

SPACE FOR HIRE FOR COMMUNITY USE – COMPETITIVE RATES  
PLEASE CALL 0208 560 6969  
OR EMAIL [info@ageukhounslow.org.uk](mailto:info@ageukhounslow.org.uk)



# Age UK Hounslow Activities and Services Planner

2024 v5



RIVERSIDE VANS  
Excellent competitive rates.  
Tel 0800 118 2223



Our Café is open  
Monday, Tuesday  
and Wednesday  
10am – 2pm

The Southville Community Centre  
Southville Road  
Feltham  
TW14 8AP  
0208 560 6969  
[www.ageuk.org.uk/hounslow](http://www.ageuk.org.uk/hounslow)

AS WELL AS PROVIDING  
SERVICES FOR OLDER PEOPLE  
WE ARE HERE TO SUPPORT THE  
LOCAL COMMUNITY OF ALL  
AGES

We're Social!

Search for us on  
your favourite social  
media sites – say  
Hi!

## How to get to us from Hounslow

**By car:** Take A315 Staines Road to Bedfont Lane traffic lights. Turn **left** into Bedfont Lane. Take 2nd turning on **right** into Southville Road, keep **left** on Southville Road until you reach the centre.

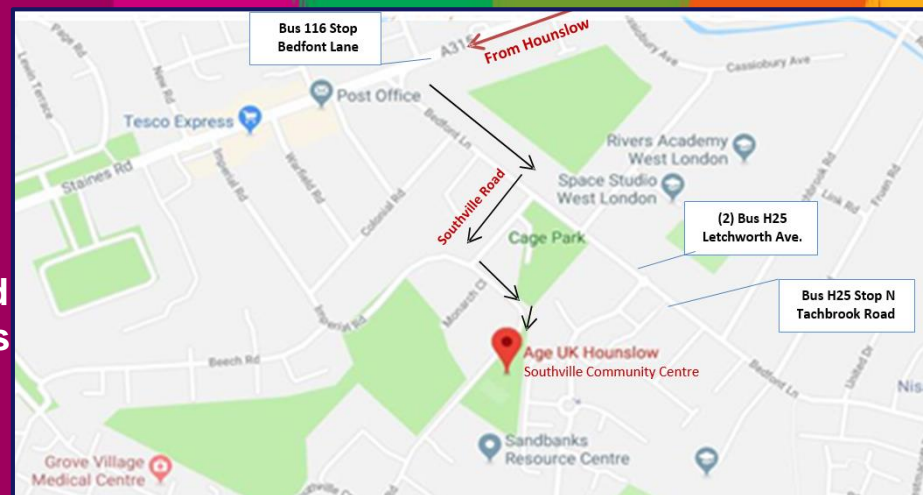
**By bus:** 116 from Hounslow alight at Bedfont Lane bus stop J. Walk down Bedfont Lane, 2nd **right** into Southville Road, keep **left** until you reach the Centre.

No.H25 from Hatton Cross. Alight at Letchworth Avenue bus stop. No.H25 from Feltham. Alight at Tachbrook Road bus stop N.

Free  
Parking



Disabled  
Facilities



# MONDAY

\* Non-members pay  
£1.00 extra for all  
activities

Our Café is  
open today  
10am –  
2pm

## Physical Activities

### Western Dance

**£5.00\***

09.45am – 10.40am  
Main Hall

A fun class where you can  
learn both basic and  
advanced cowboy dancing  
steps as well as keeping fit.

All levels of ability welcome.

### Salsa and Zumba

**£5.00\***

10.45am – 11.40am  
Main Hall

All levels of ability  
welcome.

### Knit & Natter

*Suggested donation of £1.00*

11.00 - 12.00

Café



Beginners to  
advanced  
level come  
and join us.

Free wool  
provided.

### Stretch and Tone Chair based £5.00\*

11.45am – 12.30pm

Main Hall

A chair-based exercise  
activity, a gentle way to  
keep fit.

All levels of ability  
welcome.

### Pilates £5.00\*

1.00pm – 1.45pm

Main Hall

Improve physical  
strength, flexibility, and  
posture, and enhance  
mental awareness



## Social Activity



### Sagar Social Group -

**£4.00\***

1.45pm – 3.45pm, Main  
Hall

Gujarati ladies coming  
together to socialise.  
Sing, dance and chat.



## Educational Activity

### Computer Training

1 to 1, 1 hour tutorials £5.00\*

9.30am – 10.30am

10.30am – 11.30am

11.30am – 12.30pm

12.30pm – 1.30pm

Front Office

Learn on a PC, laptop, tablet, iPad or  
smartphone. Own devices must be fully  
charged before bringing along.

PLEASE CALL  
0208 560 6969  
TO BOOK



\* Non-members pay  
£1.00 extra for all  
activities

This planner is subject to change

# TUESDAY

Our Café is  
open today  
10am –  
2pm

 **Hounslow  
ageUK**  
Charity No: 1061681

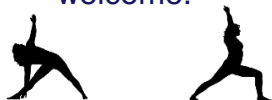
## Physical Activities

### Yoga £5.00\*

09.45am – 10.45am

Main Hall

De-stress with our  
weekly yoga session.  
Yoga mats provided.  
All levels of ability  
welcome.



### Dementia Station

**FREE**

11.00am – 12noon

Main Hall

Rotating weekly dementia  
friendly activities. These  
sessions will include  
Singing for the Brain,  
Qigong, Reminiscence  
talks and creative activities  
and music sessions

### Walking Cricket

**FREE**

Fortnightly starting 17<sup>th</sup>

September

3.30pm – 4.30pm

Main Hall

New 6  
fortnightly  
sessions of  
walking cricket



## Social Activities

### African Social Group

**£4.00\***

12.00pm – 2.00pm

Café

Come have fun  
and socialise

### Polish Social Group

**£4.00\***

Main Hall

3.30pm – 4.30pm  
fortnightly starting 27<sup>th</sup>  
August

### Nepalese Group *Suggested*

*donation of £1.00*

1.30pm – 3.30pm

Main Hall

A group for the Nepalese  
community to improve their  
English.

## Information

### Gurkha Welfare

Free Information & Advice  
for the Nepalese  
Community. Once a  
month. 1.30pm – 3.00pm

### Walking Football

**FREE**

12.15pm – 1.15pm

Main Hall

A fun intergenerational  
class incorporating  
standing and seated  
football activities, a fun  
way to get active and  
meet new people. All  
levels of ability welcome.

Next Dates:

20/08/24

03/09/24

17/09/24

01/10/24



### Joint Movements

**FREE**

12.15pm – 1.15pm

Main Hall

Follow the instructions on  
the screen doing gentle  
movements to help those  
joints move

Next Dates:

27/08/24

10/09/24

24/09/24

08/10/24

22/10/24

## Educational Activities

### Learning Sign Language

**£4.00\***

11.00am – 12.00pm

Vintage Room

Learn to communicate with  
people with hearing difficulties in  
a social environment.

For details call - 0208 560 6969

## External Activities

### Sit and Strengthen

**FREE**

11am – 12noon

First Floor, Laurel Lounge  
Bristol Court, United Drive,  
Feltham TW14 9AG

### Ealing Friendship Centre Lunch – various

venues First Tuesday of the  
month, Call Christine  
O'Sullivan on 0208 579 9868

### BINGO

1.00pm – 3.00pm

Greenrod Place,  
Clayponds Avenue,  
Brentford, TW8 0BN.  
Telephone: 0370 192  
4983

\* Non-members pay £1.00 extra for all activities

# WEDNESDAY

Our Café is open today  
10am – 2pm



## Physical Activities

### Tai Chi £5.00\*

10.00am – 11.00am Main Hall  
A traditional gentle exercise that aims to improve your balance and calm the mind and spirit.



### Chair Tai Chi £5.00\*

11.15am – 12.00pm Main Hall  
Chair-based exercise at your own pace.



### Line Dancing £5.00\*

12.15pm – 1.15pm Main Hall  
Improve your Line Dancing moves with Country and Modern Music

**Age UK Hounslow Gardening Club**  
Weekly on Wednesdays between 1.30pm-3.30pm  
Join with other local people who have a common interest in gardening.  
Southville Community Centre, Southville Road, Feltham TW14 8AP  
0208 560 6969  
Hounslow age UK

Volunteer's wanted to help run this club! Please telephone 0208 560 6969 for more details

## Social Activities

Asian Social Group  
**£4.00\***  
1.30pm – 3.30pm Main Hall  
Come join in and socialise

Mens Group  
Suggested donation of £1.00  
1.15pm – 3.15pm Café  
Come and play your favourite games including scrabble, chess and cards.

## External Activities

Arts and Crafts  
**FREE**  
10.30am – 12.00noon  
At Greenrod Place, Clayponds Lane, Brentford TW8 0BN  
0370 192 4983

Sit & Strengthen Exercise  
**FREE**  
Chair exercise. 2.00pm – 3.00pm at St Richards Church, 35 Forge Lane, Hanworth TW13 6UN  
Dates: Sep 11<sup>th</sup> & 25<sup>th</sup>, Oct 9<sup>th</sup> & 23<sup>rd</sup>, Nov 13<sup>th</sup> & 27<sup>th</sup>, Dec 11<sup>th</sup>

Chair Exercise  
**FREE**  
2.30pm – 3.30pm  
Laurel Lounge, Bristol Court, United Drive, Feltham TW14 9AG

## Healthy Hounslow – FREE NHS Health Check

Southville Community Centre  
16<sup>th</sup> October  
20<sup>th</sup> November  
18<sup>th</sup> December



### WHO CAN GET A CHECK?

- We offer the check to everyone who:
  - is between 25 and 74 years old
  - has no record of a check in the last 5 years
  - lives, works or is registered with a GP in Hounslow
  - has not been diagnosed with the conditions above



### WHAT HAPPENS AT THE CHECK?

- The check takes about 20-30 minutes
- You'll be asked some simple questions about you, your family history and lifestyle
- We'll record your height, weight, age, sex and ethnicity
- We'll do a pinprick test for blood glucose and cholesterol
- We'll check your blood pressure



Live well, feel better, enjoy life

Find out more at [www.healthyhounslow.co.uk](http://www.healthyhounslow.co.uk)



\* Non-members  
pay £1.00 extra for  
all activities

# THURSDAY

This planner is subject to change



## New Monthly Activities

### BOCCIA

**FREE**

2.00pm – 4.00pm

Main Hall

Chair based activity / game

Next Dates: 19<sup>th</sup> September

### Singing Club

**FREE**

1.30pm – 2.30pm

Supported by Members of the  
Feltham Community Choir. Singing  
songs old and new

Next Dates: 5<sup>th</sup> September, 3<sup>rd</sup>  
October

### Film Club

**FREE**

1.30pm – 4.30pm

Vintage Rooms

A place for film enthusiast to come  
together and enjoy watching classic  
movies

Next Dates: 26<sup>th</sup> September

### Pamper Sessions

£4.00\* a treatment

1.30pm – 2.30pm

Vintage Rooms

Please speak with  
Reception or call 0208 560  
6969

Next Dates: 3<sup>rd</sup> October

## External Activities

### Joint Movements

**FREE**

10.30am – 11.30am

First Floor, Laurel Lounge  
Bristol Court, United Drive,  
Feltham TW14 9AG

### Sit and Get Fit £5.00\*

Seated Chair Exercises  
1.30pm – 2.30pm – United  
Reform Church, 114  
Hanworth Rd, Hounslow  
TW3 1UF  
Telephone: 0208 560 6969



### BINGO FREE

1.30pm – 3.30pm

Everyone is welcome to come  
and play!

Wellington Day Centre  
292 Staines Road, Hounslow  
TW4 5BA  
0208 560 6969

### Ealing Friendship Centre Main Meeting

3<sup>rd</sup> Thursday of the month. Call  
Christine O'Sullivan on 0208 579  
9868 for more information. Hanwell  
Community Library, Cherington  
Road Hanwell London W7 3HL



### Integrated Neurological Services

INS Hounslow "living well" hub for all impacted by neuro-conditions  
(including those supporting) Come for coffee & a chat 10.30am to 12.30pm  
If you are interested in attending please contact [admin@ins.org.uk](mailto:admin@ins.org.uk) We offer  
a varied programme of therapy, exercise, creativity, information, and chat.  
See [www.ins.org.uk](http://www.ins.org.uk) for further details or contact Penny PCooke@ins.org.uk  
or [admin@ins.org.uk](mailto:admin@ins.org.uk) mobile: 07724 877389 (monitored Tuesday,  
Wednesday and Thursdays)



### Excellent Care 1<sup>st</sup> Podiatry



Fortnightly Service on Thursdays at Southville Community Centre  
Telephone 0208 560 6969 for more details and to book an  
appointment  
Working and supporting by providing quality nail cutting  
services to our service users. We are confident to deliver  
effective, reliable support and carefully thought-out solutions.

# FRIDAY

This planner is subject to change



Charity No: 1061681

## London Borough of Hounslow Armed Forces Community Café

A Café for all arms of His Majesty's Armed Forces. A Community Café providing friendship, chat and support for all serving and ex-Armed Forces members living in or connected to the London Borough of Hounslow meeting regularly in a safe, social, informal setting.



### Dates and Times

10.00am – 12noon  
Friday 15<sup>th</sup> November

## External Activities

### Ealing Friendship Centre Outings

#### **Using Freedom pass**

Last Friday of the month.  
Call Christine O'Sullivan on  
0208 579 9868 for more  
information.

### Sing Your Heart Out –

**FREE**

Songs old and new accompanied on the piano. 11.00am – 12 noon  
Greenrod Place, Clayponds Lane,  
Brentford TW8 0BN  
Telephone: 0370 192 4983

### Forget-Me-Not Fridays – Reminiscence **FREE**

**3<sup>rd</sup> Friday of the month 10.30am – 11.30am**

First Floor, Laurel Lounge  
Bristol Court, United Drive, Feltham TW14 9AG  
In Partnership with Visiting Angels. Enjoy a rotating weekly dementia-friendly activity to keep your brain and body active.

# SATURDAY

One off hires available

## **CHRIST APOSTOLIC CHURCH CHOIR 7pm – 9pm**

Enquiries to Pastor Daniel Danso  
c/o Age UK Hounslow 0208 560 6969

# SUNDAY

**CHRIST APOSTOLIC CHURCH**  
Enquiries to Pastor Daniel Danso c/o Age UK  
Hounslow 0208 560 6969

One off hires available



# MORE SERVICES AT AGE UK HOUNSLOW



## More Age UK Hounslow Services

**Memory Lane Café** - Our café is open Monday, Tuesday, Wednesday, 10.00am – 2.00pm. We serve hot and cold drinks, healthy snacks, sandwiches and hot two course lunches. Booking for lunch is recommended, please phone 0208 560 6969 for details.

**Gurkha Welfare Information and Advice from Head of Gurkha Welfare UK** – FREE - Second Tuesday of the month 1.30pm – 3.00pm.

**Wills, Probate & Power of Attorney** - Free 20 minute telephone advice from a qualified solicitor. Members only service.

**Wheelchair Hire Service** – Low cost service. Please call 0208 560 6969 for further information.

**Tax help for Older People** – Friendly, jargon free and confidential advice in personal tax by qualified tax advisers. Call Tax Help or an appointment: 0845 601 3321 or 01308 488 066.

**Riverside Vans** - Age UK Hounslow are delighted to recommend Riverside Vans who operate from the Southville Community Centre for your van hire needs. Excellent competitive rates. Tel 0800 118 2223

## The Age UK Hounslow Day Provision Service – Vintage Club

We offer a day provision service at our centre, known as the Vintage Club. Monday, Tuesday and Wednesday. Members are provided with morning and afternoon tea, a hot 2 course lunch and a range of activities. There is a minibus transport service available for those living within a certain radius of the centre. Please see our website or phone 0208 560 6969 for more details.



**VACANCIES NOW  
AVAILABLE**

Please let us know if you are interested in any other activities.  
Telephone us on 0208 560 6969 or email  
[info@ageukhounslow.org.uk](mailto:info@ageukhounslow.org.uk)

## Age UK Hounslow are working in partnership with Community Solutions from the London Borough of Hounslow.

Feltham is the first area to benefit from a new network of local hubs, featuring venues that offer support and access to services, plus other community related activities. This includes a major new Community resource, open weekly at Feltham Assembly Hall, and an existing Family Hub. In addition, a further five community venues are within walking distance of which Age UK Hounslow is one.

This new development is a key part of the Council improving the way it interacts with residents. Whether you're trying to find information, or seeking help and advice, we are making sure you can find the right solution, closer to home. Telephone Community Solutions 0208 583 2211.

# Space for Community Hire at The Southville Centre

The Southville Community Centre is available for community hire via Age UK Hounslow. There is free parking, disabled facilities, 7 day availability including evenings and weekends, staffing support if needed, open green space and an outdoor sports cage. We offer very competitive prices. Please contact Reception for details.

## Main Hall

Our main hall is multi-purpose and measures 11.2m x 18.08m with tall ceilings. It is available for meetings, focus groups, physical activities and parties.



## Front Door Intercom entry.



Café We have a café serving hot lunches, snacks and refreshments. Cafe opening times: Monday to Wednesday 10.00am – 2.00pm



## Vintage Rooms





## Volunteering Opportunities

We are currently looking for Volunteers especially in Cafe support, Admin Support and Reminiscence. If you are interested please check our website or contact us on 0208 560 6969 or email [info@ageukhounslow.org.uk](mailto:info@ageukhounslow.org.uk)

### Ways to Donate

There are many ways to donate to Age UK Hounslow. Here are a few:

You can donate online at [www.ageuk.org.uk/hounslow](http://www.ageuk.org.uk/hounslow) We use the **Give as You Live** Platform through our website where you can donate straight to us or donate through shopping via [www.giveasyoulive.com](http://www.giveasyoulive.com) where they donate a percentage of your shop to Age UK Hounslow.



Give as You Live

**DONATE**



### Leave a Legacy



Leaving a gift in your Will enables us to provide vital services for older people in Hounslow. Every gift in every Will, no matter how large or small, makes a difference. For more information telephone 0208 560 6969.

### Cash or Cheque

Cash and cheque donations are accepted in person at our centre. Cheques can also be sent by post. Please make cheques payable to Age UK Hounslow.



For other ways to donate and fundraising opportunities please call 0208 560 6969

Thank You

### REMINISCENCE SESSIONS

Age UK Hounslow have performed Reminiscence sessions at the following locations:-

- Ermine House
- Felbridge Court
- Charlotte House

And are currently looking at other locations to perform more of these valuable sessions. If you are interested in joining us as a volunteer, full training will be give please contact us on 0208 560 6969



### Bereavement Support

Please ask Reception or call 0208 560 6969 for further details

## SUMMER DAY TRIPS

Hounslow  
**ageUK**  
Registered Charity Number 1061861

Members price  
**£22**

MAY 16

BRIGHTON

JUNE 13

EASTBOURNE

JULY 11

BOURNEMOUTH

AUG 14

WORTHING

SEPT 12

SOUTHSEA

**£22 members**

**£26 non members**

Tickets on sale 23rd April 2024. Tickets must be purchased in person and paid for in full at Age UK Hounslow, Southville Community Centre.

Coach Pick ups:  
Wellington Day Centre at 9.15am and Age UK Hounslow, Southville Community Centre at 9.30am.

All day trips guests must be aged 18+. Only 2 tickets per person.

Age UK Hounslow, Southville Community Centre,  
Southville Road, Feltham TW14 8AP



Age UK Hounslow



@ageukhounslow



@ageukhounslow

[www.ageuk.org.uk/hounslow/](http://www.ageuk.org.uk/hounslow/)

0208 560 6969