



**SPACE FOR HIRE**  
 PLEASE CALL 020 8560 6969  
 OR EMAIL [info@ageukhounslow.org.uk](mailto:info@ageukhounslow.org.uk)



# Age UK Hounslow

## Activities & Services Planner 2019 v.11

**The Southville Community Centre**

Southville Road,  
 Feltham,  
 TW14 8AP  
 020 8560 6969

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

**Free Parking**



**Disabled facilities**



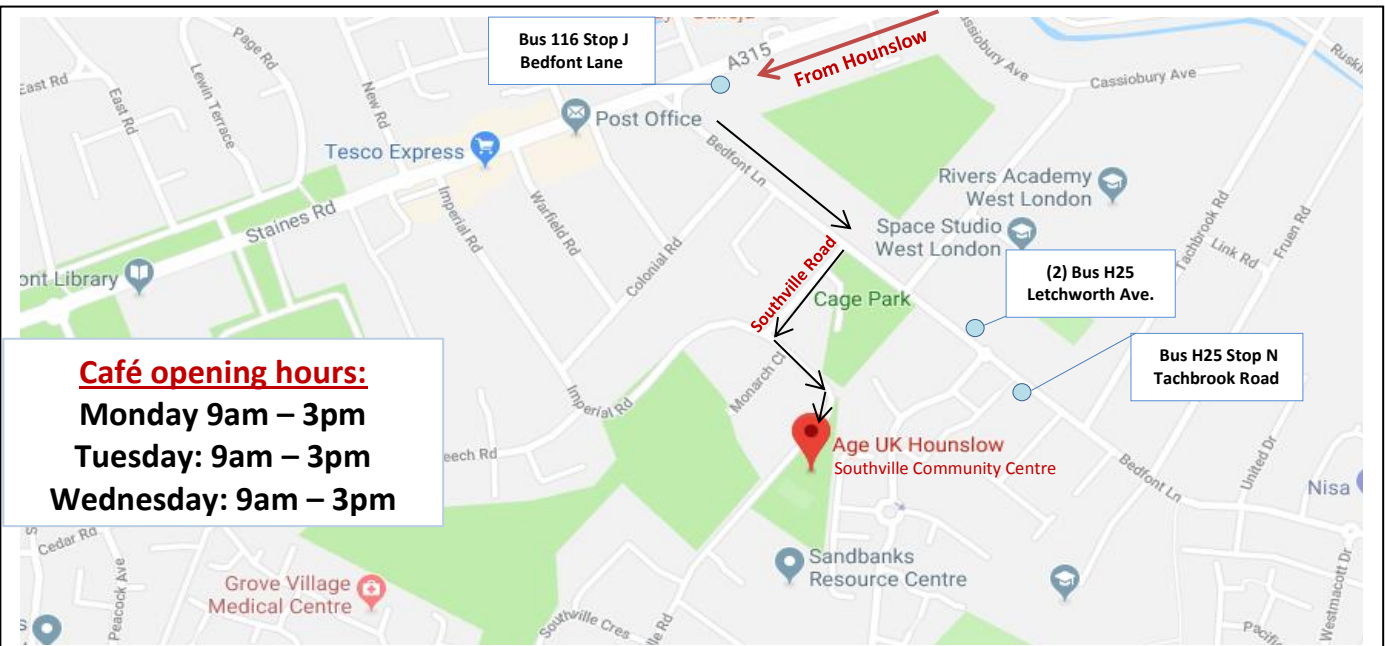
**How to get to us.**

**From Hounslow**

**By car:** A315 Staines Road to Bedfont Lane. Then right into Southville Road. Turn left at junction.  
**By bus:** 116 from Hounslow, alight at Bedfont Lane bus stop J. Walk down Bedfont Lane, 2<sup>nd</sup> right into Southville Road.

**No. H25** from Hatton Cross Underground Station. Alight at Letchworth Avenue bus stop(2).

**No. H25** from Feltham. Alight at Tachbrook Road bus stop N.



**Café opening hours:**  
**Monday 9am – 3pm**  
**Tuesday: 9am – 3pm**  
**Wednesday: 9am – 3pm**



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



Twitter: @ageukhounslow

Find us on Snapchat, Instagram and Pinterest, search ageukhounslow



[info@ageukhounslow.org.uk](mailto:info@ageukhounslow.org.uk)



Facebook:  
[www.facebook.com/ageukhounslow](http://www.facebook.com/ageukhounslow)



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## Activities at Age UK Hounslow – Southville Community Centre

**Non-members pay £1 extra\***

**\*Age UK Hounslow offers membership to service users at a cost of £7.50 per year.**

### Keep Fit Classes



#### **Line Dancing £4**

Monday 10.30-11.30am Main Hall

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

**All levels of ability welcome.**



#### **Stretch and Tone £4**

Monday 11.45am-12.30pm  
Main Hall

**Chair-based exercise activities,  
a gentle way to keep fit.**



#### **Zumba / Zumba Fitness £4**

Monday 12.40pm -1.30pm  
Wednesday 12.15pm – 1.00pm

**Fun exercises with fabulous music.  
All levels of ability welcome.**



#### **Yoga £4**

Tuesday 10.30am-11.30am Main Hall

**De-stress with our weekly Yoga session.  
Yoga mats are provided.**



#### **Chair Yoga – Free Dementia Session**

Tuesday 11.45am-12.15pm Main Hall

**Chair Yoga and breathing exercises.**



#### **Fit and Fabulous £4**

Wednesday 11.30am-12pm Main Hall (2<sup>nd</sup>, 3<sup>rd</sup> & 4<sup>th</sup> Weds)  
**Chair based exercises at your own pace. With music.**



#### **Pilates £4**

Wednesday 1.05pm-2pm Main Hall

**Floor based exercises. All abilities welcome.**



Community  
Sports  
Trust

### **Evening Activities**

Monday –**YOGA** 6pm-7pm (from 13<sup>th</sup> May.  
No class 27/05/19 –Bank Holiday)

Tuesday – **PILATES** 6pm-7pm (from 7<sup>th</sup> May)



# Activities at Age UK Hounslow – Southville Community Centre

## Educational Classes



### Learning Sign Language £6

Tuesday 11.30am-12.30pm Meeting Room 1

Learn how to communicate with people who are hearing-impaired.



### Computer Training

Book four one-hour tutorials for £5 per session

Wednesday & Thursday 9.30am-12.30pm

**BY APPOINTMENT ONLY**

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



## Social Groups



### Sagar Social Group £3

Mondays (2<sup>nd</sup>, 3<sup>rd</sup> & 4<sup>th</sup>) 1.30pm-3.15pm

Gujarati ladies coming together to socialise.

All welcome.



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### Nepalese Group (Free)

Tuesday 12.30pm-3.30pm Main Hall

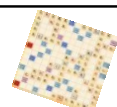
Social group and basic English classes, with Talk English and the London Borough of Hounslow.

All welcome.

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अंग्रेजी



### Games Club £3

Tuesday 10am-12pm Cafe

Come and play your favourite games. Scrabble, chess, draughts and cards all available.

Cost includes Free Tea and Coffee. All welcome.



### Social Group £1

Tuesday 2pm-4pm Cafe

Meet, play games, drink coffee and chat! All welcome.



### Bingo!

Wednesday 2pm -3.30pm Main Hall

Six cards for £3. Raffle £1 for 5 tickets. Prizes to be won. All welcome.



### Knit and Natter Group (Free)

Wednesday 11am-1pm Meeting Room

Come to knit and socialise. Beginners welcome.



COMING SOON – Thursday mornings:

### Hatha Flow Yoga –

Thursdays 10-11am - starting 6/06/19. £6



Tai Chi – coming soon.

## Age UK Hounslow Activity Planner - Southville Community Centre

(Note: subject to change)

DAY/TIME	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00-17	LOCATION:	EVE
<b>Monday</b>	Complete Feet Care - Foot Care Service (1st & 3rd Mondays in the month) Appointment Only 10am-4.00pm													Main Hall	6 - 7pm BFC YOGA
														Meeting Room	
														I.T. Room	
<b>Tuesday</b>	MAB I.T. Training - 10am-1pm Appointment only.													Main Hall	6 - 7pm BFC PILATES
														Meeting Room	
														I.T. Room	
														Café	Social Club (2.00pm-4.00pm)
														Meeting Room	Wills and Probate I&A (Monthly) Appointment only 10.30am-12.30pm.
														Meeting Room	Games Club (10am-12pm)
<b>Wednesday</b>	I.T. Training (9.30am-12.30pm)													Main Hall	
														Meeting Room	Knit & Natter Group FREE 11am-1.00pm
														I.T. Room	Fit & Fab 11.30am - 12.00pm
														Meeting Room	Zumba 12.15pm -1pm
														I.T. Room	Pilates 1.05pm -2pm
<b>Thursday</b>	I.T. Training (9.30am-12.30pm)													Meeting Room	Listening Therapy Bereavement/anxiety counselling. FREE Appointment only. 1.00pm-3.00pm
														Café	
<b>Friday</b>	Hounslow Children's Services Relax and Stretch with Baby FREE Non Walkers: 0-18 months 10.00am - 11.30am Main Hall													Main Hall	Hounslow Children's Services Tiny Sports Stars FREE 18 months-5 years 1.15-2.15 Main Hall
														I.T. Room	
Available for Community Hire - All Day Call 020 8560 6969 Email: <a href="mailto:info@ageukhounslow.org.uk">info@ageukhounslow.org.uk</a>															

Age UK Hounslow Activity Planner - Southville Community Centre. Subject to change. Please check for details. WEEKEND AND EVENING HIRE ALSO AVAILABLE.

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

We are a busy vibrant Community Centre but can only remain so with the support of the local community and those who serve it. The Southville Community Centre is also used for Corporate, Council and Health meetings and events, including one- off events. Please check for details as the planner is subject to change.

**Please telephone for more details: 020 8560 6969**

**Weekend Activities**

**We have space for hire 7 days a week.** The Southville Community Centre is available for hire via Age UK Hounslow. There is free parking, disabled facilities, 7 day availability, staffing support if needed, open green space and an outdoor sports cage. Please see our **Charging Policy** for further information, which is available to view on our website: [www.ageuk.org.uk/hounslow](http://www.ageuk.org.uk/hounslow) or at reception.

**PLEASE SEE OUR SPACE FOR HIRE PAGE**

**Age UK Hounslow Activities at our External Hubs**



**Prizes to be won!**

**Bingo!**

Every Tuesday  
at **Greenrod Place,**  
**Clayponds Lane, Brentford, TW8 0BN**



**50+ Club**

Every Tuesday, TERM TIME ONLY.  
1pm-3pm



at **All Saint's Church, Uxbridge Road, Hanworth, Middx, TW13 5EE**

**MAMTA SOCIAL GROUP**

Lax-minarayan Temple  
60 Neville Close  
Off Lampton Road  
Hounslow TW3 4GJ

Asian Women's Contact Social Group  
Every Wednesday 1pm-3pm

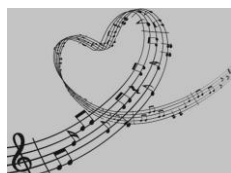
**All Welcome!**



**Fit and Fabulous £3**

Every Thursday  
2.30-3.30pm

at **First Floor Meeting Room**  
**The Blenheim Centre, Hounslow TW3 1NL**



**Sing Your Heart Out! Free**

Every Friday  
2.15pm – 3.15pm  
at

**Greenrod Place, Clayponds Lane, Brentford, TW8 0BN**



### Age UK Hounslow Services

**Complete Feet Care** – Foot Care Service from a qualified podiatrist. 1st Monday and 3rd Thursday of the month. APPOINTMENT ONLY- To book call: **0203 794 5488**, online: **www.completefeetcare.co.uk** £20

**Listening Therapy** Talk through bereavement or emotional issues with our qualified counsellor. Monthly on Wednesdays. Free service, appointment only.. Call **020 8560 6969** to book.

**Wills, Probate and Power of Attorney Information & Advice** from a qualified solicitor. Free 20 minutes advice service for members only. Monthly, by appointment. Call 020 8560 6969 to book.

**Wheelchair Hire Service**. Low cost service. Monday to Wednesday 9 am to 4pm. Please call **020 8560 6969** for further information.

**Befriending** – free service.

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

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

We offer a Day Provision Service at our centre, known as the Vintage Club, from Monday to Wednesday. Members are provided with morning and afternoon tea, a hot, 2-course lunch and a range of activities. There is a minibus pick-up service available for those living within a certain radius of the centre. Please see our website or phone 020 8560 6969 for more details.

### Day Trips

We have a number of Day Trips taking place throughout the year. In the summer months, we organise trips to the seaside.

### **Day Trip to Brighton on 20<sup>th</sup> June 2019 – Now booking!**

**BOOKING & PAYMENT IN PERSON ONLY\*** Please visit **Age UK Hounslow** at the Southville Community Centre, Southville Road, Feltham, Middlesex, TW14 8AP.

Telephone 020 8560 6969 for more information.

**\*Bookings are confirmed on receipt of payment(s) ONLY. Refunds will only be granted in very special circumstances with the permission of management.**

### London Borough of Hounslow Children's Services

All activities take place **every Friday** in the **Main Hall**.

10.00am – 11.30am: **Art & Craft Activity FREE**

For more information, please call **020 8583 6000** or email  
**[communitylearning@hounslow.gov.uk](mailto:communitylearning@hounslow.gov.uk)**

1.15pm - 2.30pm: **Tiny Sports Stars**. Ball skills. Ages 18 months – 5 years. **FREE**.

# Age UK Hounslow

## Space for Hire at The Southville Community Centre

The Southville Community Centre is available for hire via Age UK Hounslow. There is free parking, disabled facilities, 7 day availability, staffing support if needed, open green space and an outdoor sports cage. Please see our **Charging Policy** for further information, which is available to view on our website: [www.ageuk.org.uk/hounslow](http://www.ageuk.org.uk/hounslow) or at reception.

### 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, training sessions, indoor football and children's birthday parties.



**We have three meeting rooms available for hire**



**Cafe** There is also a café serving hot lunches, snacks and refreshments.





## Age UK Hounslow How to donate



You can donate online or in person.

Charity no 1061681

To donate online, please visit our website:  
**[www.ageuk/hounslow.org.uk](http://www.ageuk/hounslow.org.uk)**

### Donation platforms

[www.giveasyoulive.com](http://www.giveasyoulive.com)

Choose Age UK Hounslow as your charity.  
Visit a store via the give as you live website, shop and they will make a free donation to Age UK Hounslow.

[www.spacehive.com/ageukhounslow](http://www.spacehive.com/ageukhounslow)

We have recently raised funds to refurbish the disabled toilet and given 250 elderly people a Christmas Lunch and free gift through this crowd-funding site. Please log on to donate to our latest fundraiser.

also

[www.gofundme.com](http://www.gofundme.com)

Please log on to donate to our latest fundraiser.

**Cash and cheques are accepted in person at our centre. Please make cheques payable to Age UK Hounslow. Thank you.**

### Volunteering

Do you want to put your SKILLS to good use? Age UK Hounslow has a variety of volunteering opportunities both with us and also with partner organisations throughout the London Borough of Hounslow. If you would like to help, we would like to hear from you.

Please call 020 8560 6969.

### Age UK Hounslow Retail Shops

Age UK Hounslow Bedfont Charity Shop: 400 Staines Road, Bedfont, TW14 8BT. Tel: 020 8893 7773  
Age UK Hounslow Brentford Charity Shop: 18 Albany Parade, Brentford, TW8 0JW. Tel: 020 8568 4611  
Age UK Hounslow Hanworth Shop: 49 Hounslow Road, Hanworth, TW13 6QA. Tel: 020 8893 9425



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Subject to change. This version published on 22/05/19