

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

2021 v15



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

Our Café is open  
 Monday, Tuesday  
 and Wednesday  
 10am – 3pm

**How to get to us from Hounslow**  
**By car:** Take A315 Staines Road to Bedfont Lane traffic lights. Turn **left** into Bedfont Lane. Take 3rd 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 (2). No.H25 from Feltham. Alight at Tachbrook Road bus stop N.

Free Parking



Disabled Facilities



Our Café is  
open today  
10am –  
3pm

# MONDAY

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

## Physical Activities

### Line Dancing £4.00\*

10.15am – 11.15am

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.

HALL CLEANING

### Stretch and Tone Chair based - £4.00\*

11.45am – 12.30pm

Main Hall

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

All levels of ability  
welcome.

HALL CLEANING

### Zumba £4.00\*

12.30pm – 1.15pm

Main Hall

Fun exercise with  
fabulous music.

All levels of ability  
welcome.

## Social Activity

### Sagar Group £3.00\*

1.30pm – 3.00pm

Main Hall

Gujarati ladies coming  
together to socialise.

## Educational Activity

### Computer Training

1 to 1, 1 hour tutorials £4.00

9.30am – 10.30am

10.30am – 11.30am

11.30am – 12.30pm

12.30pm – 1.30pm

Meeting Room

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

### Mind – The Safe Space

7 days a week

Service operates 6pm – 1am

Drop in sessions 6pm – 8pm

Appointments available 8pm – 11pm

 **Mind**  
Hammersmith,  
Fulham, Ealing  
and Hounslow



coming soon

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

# TUESDAY

Our Café is open today  
10am – 3pm



### Physical Activities

<p><b>Yoga £4.00*</b> 10.00am – 11.00am Main Hall</p> <p>De-stress with our weekly yoga session. Yoga mats provided. All levels of ability welcome.</p>	HALL CLEANING	<p><b>The Dementia Creative Art Club - FREE</b> 11.30am – 12.30pm Main Hall</p> <p>Activity for those with dementia related conditions. A variety of Art &amp; Craft Activities (all materials provided)</p>
---	---------------	--

### Educational Activities

**Learning Sign Language £3.00\***  
11.00am – 12.30pm  
Meeting Room

Learn to communicate with people with hearing difficulties. For details call 0208 560 6969

### Information

**Wills, Probate & Power of Attorney**

Advice from a qualified solicitor First Tuesday in the month. Members only service. APPOINTMENT ONLY. Please call 0208 560 6969 to book.

**Family Law Advice Clinic**

Monthly by appointment only  
Book your free 20 minute session now by calling 07958 023 377 or email [dominic@thefamilymediationgroup.com](mailto:dominic@thefamilymediationgroup.com)

the family mediation group Dominic: the family mediation group

### Social Activities

<p><b>Games Club £2.00*</b> 10.00am – 12noon Café</p> <p>Come and play your favourite games, including scrabble, chess and cards</p>	CAFÉ CLEANING	<p><b>Nepalese Social Group FREE</b> 1.30pm – 3.00pm Main Hall</p> <p>A group for the Nepalese community including activities.</p>	HALL CLEANING	<p><b>Social Club £1.00*</b> 1.30pm – 3.00pm Café</p> <p>Meet &amp; Chat on various topics. All welcome.</p>
--	---------------	--	---------------	--

**Gurkha Welfare**

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

**Listening Therapy FREE**

Bereavement & anxiety counselling  
1.00pm – 3.00pm  
Virtual session by appointment  
Call 0208 560 6969

### External Activities

**BINGO** 1.00pm – 3.00pm  
Greenrod Place, Clayponds Avenue, Brentford, TW8 0BN.  
Prizes to be won!

**Ealing Friendship Centre Lunch – various venues** First Tuesday of the month, Call Christine O’Sullivan on 0208 579 9868

**Mind – The Safe Space**

7 days a week  
Service operates 6pm – 1am  
Drop in sessions 6pm – 8pm  
Appointments available 8pm – 11pm

Mind Hammersmith, Fulham, Ealing and Hounslow

Our Café is  
open today  
10am –  
3pm

# WEDNESDAY

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



## Physical Activities

### Tai Chi £4.00\*

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

HALL CLEANING

### Chair Tai Chi

£4.00\*

11.15am – 12.00pm  
Main Hall

Chair-based exercise at  
your own pace. With  
music.

## Information

### Lodge Bros. Funeral Planning - FREE

First Wednesday of the month  
10.00am – 12noon  
Appointment only  
Call 0208 560 6969 to book

### Listening Therapy FREE

Bereavement & anxiety counselling  
1.00pm – 3.00pm  
Virtual session by appointment  
Call 0208 560 6969

## Social Activities

HALL CLEANING



**WATCH THIS  
SPACE**

HALL CLEANING



### Health Means Wealth £3.00\*

2.30pm – 4.00pm  
Hall

Asian women's social  
contact group.



### Complete Feet Care Podiatrist

Appointment Only  
Meeting Room  
Please call  
0208 560 6969 to  
book.

### Mind – The Safe Space

7 days a week  
Service operates 6pm – 1am  
Drop in sessions 6pm – 8pm  
Appointments available 8pm – 11pm



## External Activity

Mamta - Asian women's social contact group.  
1.00pm – 3.00pm at Laxmi Narayan Temple, 60  
Neville Close, Hounslow, TW3 4GJ



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

# THURSDAY

## External Activities

### Sit and Get Fit £4.00\*

Seated Chair Exercises for Flexibility.

1.30pm – 2.30pm – United Reform Church, 114 Hanworth Rd, Hounslow TW3 1UF

### Ealing Friendship Centre

#### Main Meeting

3<sup>rd</sup> Thursday of the month. Call Christine O’Sullivan on 0208 579 9868 for more information.  
Northfields Community Centre, 71A Northcroft Road, Ealing, London W13 9SS

## Physical Activities

**coming soon**

### Expressive Arts

Specifically for people with learning disabilities an/or Autism. Please come with your 1 to 1 support.

TBC dates and times

A 7 week course based on a specific musical, taking you on a creative journey through dance, drama, technical theatre and vocal & stage performance with guidance from a specialist expressive arts practitioner.

## Mind – The Safe Space

7 days a week

Service operates 6pm – 1am

Drop in sessions 6pm – 8pm

Appointments available 8pm – 11pm

 **Mind**  
Hammersmith,  
Fulham, Ealing  
and Hounslow



## Space for Community

Hire Available

Please call

0208 560 6969



# FRIDAY

## External Activities

Starting  
from 3<sup>rd</sup>  
September

### Sing Your Heart Out – FREE

Songs old and new accompanied on the piano. 12.00pm – 1.00pm

Greenrod Place, Clayponds Lane, Brentford TW8 0BN

### Ealing Friendship Centre Outings

Last Friday of the month.

Call Christine O’Sullivan on 0208 579 9868 for more information.

## Mind – The Safe Space

7 days a week

Service operates 6pm – 1am

Drop in sessions 6pm – 8pm

Appointments available 8pm – 11pm

 **Mind**  
Hammersmith,  
Fulham, Ealing  
and Hounslow

**AS WELL AS PROVIDING SERVICES FOR OLDER PEOPLE WE ARE HERE TO SUPPORT THE LOCAL COMMUNITY OF 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 used for Corporate, Council and Health meetings and regular or one-off private and commercial events,. Please check for details as the planner is subject to change.

Please telephone 0208 560 6969 for more details.

# SERVICES AT AGE UK HOUNSLOW



## Age UK Hounslow Services – Please check daily pages for details.

**Befriending** – free service.

**Complete Feet Care** – Foot care service from a qualified podiatrist. APPOINTMENT ONLY. Fortnightly on Wednesdays. To book call 0208 560 6969.

**Dying Matters and Funeral Planning Advice**. 1 to 1 sessions from Lodge Brothers. Appointment only, please call 0208 560 6969 to book.

**Gurkha Welfare Information and Advice from Head of Gurkha Welfare UK** – Tuesdays once a month. 1.30pm – 3.00pm.

**Listening Therapy** – Talk through bereavement or emotional issues with our qualified counsellor. On Tuesday 11am to 2pm and Wednesdays 3pm – 5pm by appointment only. Free virtual session. Call 0208 560 6969 to book.

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

**Wills, Probate and Power of Attorney Information and Advice** – from a qualified solicitor. Free 20 minutes advice service for members only. Appointment only. Call 0208 560 6969 for availability and booking.

**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.

**Mind** - The Safe Space is a local hub for anyone who feels they are nearing crisis point. We are here to listen to what you need and work with you to help. 7 days a week, Service operates 6pm – 1am, Drop in sessions 6pm – 8pm, Appointments available 8pm – 11pm. For bookings or more information call 0207 471 0584 or email Safespacehounslow@hfehmind.org.uk



## The Age UK Hounslow Day Provision Service – 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 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.



## Age UK Hounslow Café

Our café is open Monday to Wednesday, 10.00am – 3.00pm. 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.

**Health Awareness Talks** We will be hosting a number of health awareness talks at our centre in 2021. For more information please check our noticeboards and our website.

**COMING SOON** Bingo, Connaught Opera, Free Archaeological activities and the Wallace Collection – Watch this space! We will also be hosting a tea party, dance sessions and pampering sessions. For more information please check our noticeboards and our website.

## Day Trips

We will be organising our days out soon. Please let us know where you would like to go. Please call 0208 560 6969.

# 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, 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. We offer very competitive prices.

## 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 – 3.00pm



## Meeting Room

We have a meeting room available for hire.



## 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 the donate a percentage of your shop to Age UK Hounslow.



Give as you Live®

DONATE



smile.amazon.co.uk

You can help donate by shopping on Amazon using Amazon Smile and searching for Age UK Hounslow



You can donate through PayPal by searching for Age UK Hounslow

## 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

## Volunteering

Do you want to put your skills to good use or learn new ones? 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 0208 560 6969 for more information.

Volunteering is a great way to meet new people, learn new skills, and support the work we do in the community.

Whether you wish to give an hour a week or a few hours a day we can find a role you will be happy with.

