



SPACE FOR HIRE
PLEASE CALL 020 8560 6969
OR EMAIL info@ageukhounslow.org.uk



Age UK Hounslow

Activities & Services Planner 2019 v.20

The Southville Community Centre

Southville Road,
Feltham,
TW14 8AP
020 8560 6969

www.ageuk.org.uk/hounslow

Free Parking



Disabled facilities



How to get to us.

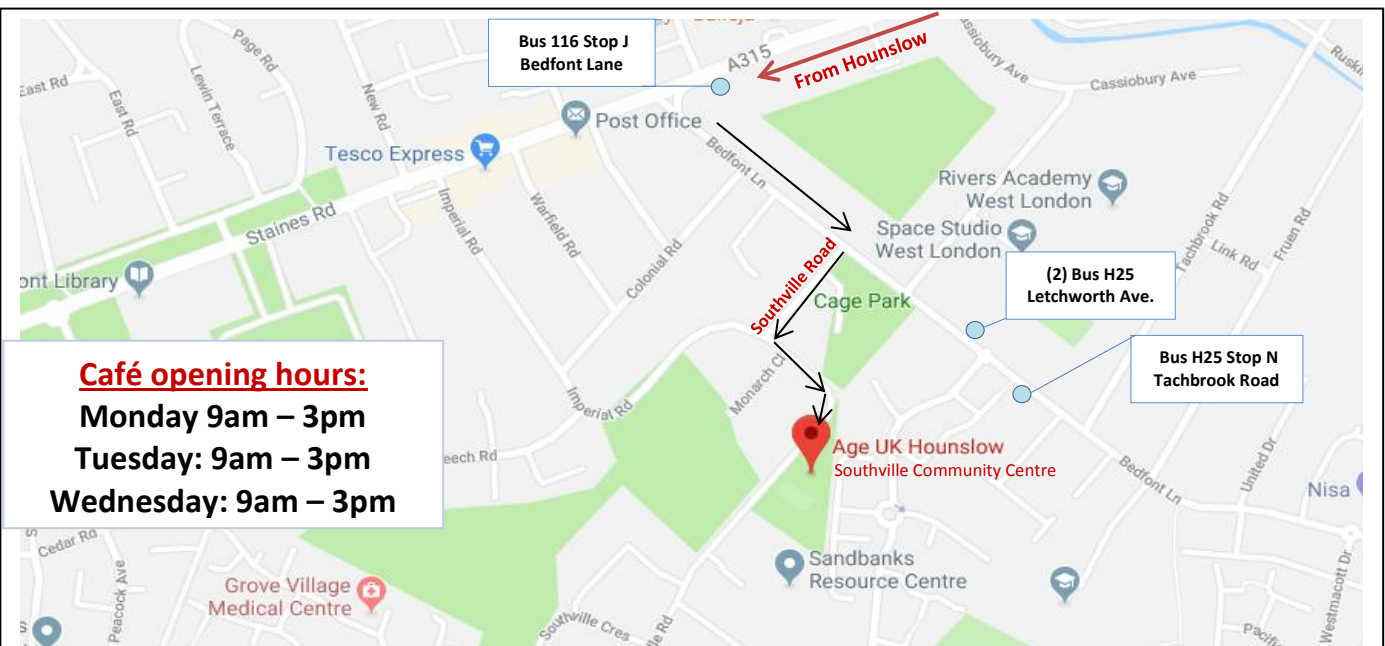
From Hounslow

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, 2nd 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

Twitter: @ageukhounslow

Find us on Snapchat, Instagram and Pinterest, search ageukhounslow

info@ageukhounslow.org.uk

Facebook:
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.**



Free Dementia Session

Tuesday 11.45am-12.15pm Main Hall



Fit and Fabulous £4

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



Pilates £4

Wednesday 1.05pm-2pm Main Hall

Floor based exercises. All abilities welcome.



COMING SOON: Tai Chi from 5/09/19



Communit:
Sports
Trust

Evening Activities

Monday –**YOGA** 6.30-7.30pmpm. Starts September

Tuesday – **PILATES** 6pm-7pm



Activities at Age UK Hounslow – Southville Community Centre

Educational Classes



Learning Sign Language £6

Tuesday 11.00am-12.00pm Meeting Room 1

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



Computer Training

Book a 1 to 1, one-hour tutorial. £4

Please phone to book.

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 (2nd, 3rd & 4th) 1.30pm-3.15pm

Gujarati ladies coming together to socialise.

All welcome.



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Nepalese Social Group (Free)

Tuesday 1pm-3pm Main Hall

Social Group

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

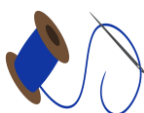
Six cards for £3. Raffle £1 for 5 tickets. Prizes to be won. All welcome.



Knit and Natter Group (Free)

Wednesday 11am-1pm Meeting Room

Come to knit and socialise. Beginners welcome.



Sewing Class

Please phone for details

Tuesday 12.30-1.30pm



Day	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	18.00	Location	Evening	
Monday			Line Dancing 10.30am - 11.30pm		Stretch and Tone 11.45am - 12.30pm		Zumba 12.40pm - 1.30pm		Sagar Group 1.30pm - 3.00pm 2nd, 3rd & 4th Mon						Main Hall	BFC Yoga 6.30pm-7.30pm	
		Complete Feet Care - Foot care service Appointments Only. 3rd Monday in the Month. Call 0203 794 5488 for dates and to book. 10.30am - 5.30pm															
																Meeting Room	
																Meeting Room	
Tuesday			Yoga 10.30am - 11.30am		Dementia Activity: 11.45am-12.15pm				Nepalese Social Group 1pm-3pm						Main Hall	BFC Pilates 6.00pm-7.00pm	
			Games Club 10.00am-12.00pm						Sewing Class-Ask for details 12.30pm-1.30pm						Social Space		
			Sign Language 11.00am-12.00pm						Will and Probate I&A First Tuesday of the month 12.30pm-2.30pm						Meeting Room		
		Middlesex Association for the Blind I.T. Training - 10.00am - 1.00pm Appointment Only															
									Gurkha Welfare I&A 1.00pm-3.00pm						Meeting Room		
									Bingo at Greenrod Place 1.00pm-3.00pm						External		
									50+ Club All Saints Church, Hanworth 1.00pm-3.00pm						External		
															Meeting Room		
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Wednesday															Meeting Room		
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Thursday															Meeting Room		
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Friday															Meeting Room		
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Age UK Hounslow Activity Planner - Southville Community Centre. Subject to change. Please check for details. WEEKEND AND EVENING HIRE ALSO AVAILABLE.

Age UK Hounslow Activity Planner – Southville Community Centre
I.T. Training is available, 1 to 1 tuition, £4 for one hour. Please call to book: 020 8560 6969

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 or at reception.

PLEASE SEE OUR SPACE FOR HIRE PAGE

Age UK Hounslow Activities at our External Hubs

Bingo!



Prizes to be won!

Every Tuesday 1pm-3pm
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

Laxmi Narayan 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

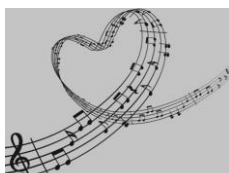


Every Thursday
2.30-3.30pm

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 Thursday and 3rd Monday of the month. APPOINTMENT ONLY- To book call: **0203 794 5488**, online: www.completefeetcare.co.uk £20 & £25

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. First Tuesday of the month, 12.30pm-2.30pm. Call 020 8560 6969 to check times and to book.

Gurkha Welfare I&A – advice from a member of the Nepalese Community. Tuesdays once a month. 1pm-3pm.

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

Befriending – free service.

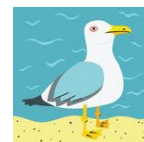
Tax Help for Older People friendly, jargon free and confidential advice in personal tax by qualified tax advisers. Call **Tax Help** for an appointment: 0845 601 3321 or 01308 488 066.

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. Our first trip this year was to Brighton in June. Sixty of our members enjoyed a perfect day by the seaside!

Please call 020 8560 6969 for information on our next trip.

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

***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

UNTIL SEPTEMBER 2019 ONLY.

For more information, please call **020 8583 6000** or email communitylearning@hounslow.gov.uk

1.15pm - 2.15pm: **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 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 a meeting room 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

Donation platforms

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

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

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 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 21/08/19