

Age UK Hounslow

Activities & Services Planner 2026 v1a



Disabled Parking



Monday

Physical Activities

Country & Western Dance

£5.00*

09.45am–10.40am

Main Hall

Salsa and Zumba £5.00*

10.45–11.40

Main Hall

Knit & Natter **FREE**

11.00–12.00

The Café

Stretch and Tone Chair

Based £5.00*

11.45–12.30

Main Hall

Pilates £5.00*

1.00–1.45pm

Main Hall

Educational Activities

Computer Training 1 to 1

1 hour tutorials £5.00*

Booking required

Social Activities

Sagar Social Group £4.00*

1.45–3.45

Main Hall

Tuesday

Physical Activities

Yoga £5.00*

09.45–10.45am

Main Hall

Dementia Station **FREE**

11.00am–12noon

Main Hall

Adaptive Sports or Digital

Exercise— **FREE**

12.00noon–12.30pm

Social Activities

Games Group **FREE**

The Café

1.00pm–3.00pm

Nepalese Group

Social Group **FREE**

1.30–3.00 Main Hall

External Activities

Bingo **FREE**

Greenrod

Place TW8 OBN

0370 192 4983

Ealing Friendship Centre

Lunch 0208 579 9868

Wednesday

Physical Activities

Tai Chi £5.00*

10.00–11.00am

Main Hall

Chair Tai Chi £5.00*

11.15–12.00pm

Main Hall

Line Dancing Improvers

Class £5.00*

12.15–1.15

Main Hall

Social Activities

Men's Group—**FREE**

1.15pm–3.15pm

The Café

Women United Social Group

£4.00

1.30–3.30pm

Main Hall

External Activities

Mamta Group—**FREE**

Laxmi Narayan Temple

TW3 4GJ

Arts and Crafts—**FREE**

Greenrod place TW8 OBN

0370 192 4983

Sit & Strengthen

See planner for dates

St Richards Church

Thursday

Social Activities

Singing Club—**FREE**

1st Thursday of the month

1.15pm–3.15pm

Vintage Lounge

External Activities

Sit and Get Fit £4.00*

1.30–2.30 United Reform

Church, Hounslow

BINGO **FREE** 1.30–3.30

Wellington Day Centre

Ealing Friendship Centre

Meeting

Hanwell Community Library

Excellent Care 2nd Podiatry

To Book: 0208 560 6969

By appointment only

Friday

External Activities

Sing Your Heart Out—

FREE

11.00am–12noon

Greenrod Place

Ealing Friendship Centre

Outings 0208 579 9868



Age UK Hounslow offers a Day Provision Service at our centre, known as **The Vintage Club**. Running on Mondays, Tuesdays, and Wednesdays. Members can enjoy morning and afternoon tea, a hot two-course lunch, and take part in a variety of engaging activities.

A minibus transport service is available for those living within a certain radius of the centre.

For more information, please visit our website or call us on 0208 560 6969.

Our Activities and Services The elderly and vulnerable residents of Hounslow need your support. 100% of all donations and Membership fees go towards supporting the elderly and vulnerable residents of Hounslow.

*** Non members pay £1.00 extra**
Free activities – donations welcome

Our membership is £15 per annum of which 100% goes to support our activities and services.

We would be grateful if you can either become a member by completing the enclosed form or by offering a donation.

Payments can be made by cheque and sent to our address below or by BACS transfer to :-
Bank : CAF Bank (Charities Aid Foundation Bank)

Sort Code: 40 52 40

Account: Age UK Hounslow

Account No: 00018052

THANK YOU FOR YOUR SUPPORT



Age UK Hounslow Activities & Services Planner 2026 v1

Planner is subject to change

Hounslow
ageUK

Registered charity number 2061651

The Southville Community Centre
Southville Road
Feltham TW14 8AP

0208 560 6969

www.ageuk.org.uk/hounslow



Free Parking

Disabled Parking



Safe Space

Age UK Charity Quality Standard



COMMUNITY FUND

2023
RCMD MEMBER

SERVICES FOR CHARITIES

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 Tatchbrook Road bus stop N.

Monday

* Non-members pay
£1.00 extra for all
activities



Physical Activities

Country & 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 ability levels are welcome to join this energetic exercise class! Whether you're a beginner or experienced, everyone can participate and have fun!



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

Sagar Social Group £4.00*

1.45pm – 3.45pm, Main Hall
Gujarati ladies coming together to socialise. Sing, dance and chat.



Educational

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.

To Book Please Call 0208 560 6969



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



RIVERSIDE VANS
Excellent competitive rates.
Tel 0800 118 2223

Tuesday

* Non-members pay
£1.00 extra for all
activities

Hounslow
ageUK

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 Suggested donation of £1.00
11.00am - 12noon
Main Hall

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



Adaptive Exercise

FREE Suggested donation of £1.00
12.00pm - 12:30pm
Main Hall



Beginners to advanced
level come and join us.
on screen or with a tutor

?

Suggested donation of
£1.00

3.30pm - 4.30pm
Main Hall

Beginners to advanced
~~COMING SOON!!!~~ join us.

Social

African Social Group £4.00*

12.00pm - 2.00pm
Café

Come have fun and socialise



Nepalese Group

Suggested donation of £1.00

1.30pm - 3.30pm
Main Hall

A group for the Nepalese community improving English.



Games Club

Suggested donation of £1.00
Café

1.00pm - 3.00pm



Educational

Learning Sign language Social Group £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

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



Wednesday

* Non-members pay
£1.00 extra for all
activities



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



Social

Women United Social Group

(Previously Asian Social Group)
£4.00*

1.30pm – 3.30pm
Main Hall

Come join in and socialise



Healthy Hounslow

Free NHS Health checks
Southville Community Centre
??



Primary Care Network

Hounslow and Brentford
Community Healthcare
NHS



External

Arts and crafts

FREE
10.30am – 12.00noon
At Greenrod Place, Claypolds Lane, Brentford
TW8 0BN
0370 192 4983



Men's Group

Suggested donation of £1.00
1.15pm – 3.15pm
Café

Come and play your favourite
games including scrabble
chess and cards.



Sit & Stretch Exercises

FREE
Chair exercise. 2.00pm – 3.00pm
St Richards Church, 35 Forge Lane,
Hanworth TW13 6UN

Dates: TBC

Thursday

* Non-members pay
£1.00 extra for all
activities

Hounslow
ageUK

Drop in clubs



Singing Club

FREE- Suggested donation of £1.00
1st Thursday of the month
Vintage Lounge

Supported by Members of the Feltham Community Choir. Come along and sing a variety of songs



Excellent Care 1st Podiatry



Weekly 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



External Activities

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

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

Friday

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



One off hires
available



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

Memory Lane Cafe



If you are eager to socialise and connect with new faces, join us at Age UK Hounslow's Memory Café.

We provide a variety of beverages, nutritious snacks, sandwiches, and a delicious two-course hot lunch.



Opening Times

Monday 10am to 2pm
Tuesday 10am to 2pm
Wednesday 10am to 2pm



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.

Vintage Club

Our centre provides a day provision service called the Vintage Club, designed for residents experiencing low to moderate dementia or those who are elderly and frail.

Operating on Mondays, Tuesdays, and Wednesdays, members enjoy morning and afternoon tea, a delicious two-course hot lunch, and a variety of engaging and independent activities throughout the day.

For added convenience, we offer a mini bus transport service for individuals residing within a specific distance from the centre.

*Please see our website - www.ageuk.org.uk/hounslow or telephone 0208 560 6969
For an application pack.*



Space for the Community to Hire



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.



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 : Monday to
Wednesday 10am – 2pm



Our Vintage Club
Room

Volunteering Opportunities

We are currently looking for volunteers, especially in **café support**, **admin support** and **remembrance**. If you are interested, please check our website or contact us on 0208 560 6969 or email info@ageukhounslow.org.uk



Sign up as a member of Age UK Hounslow using this planner before 31st March 2025 to receive a FREE activity session.

Reminiscence Sessions

Age UK Hounslow have performed Reminiscence sessions at various locations across the borough.



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

Up Coming Events

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Ways to Donate

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



Give as you Live
Online

You can donate online at 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.giveasylive.com where they donate a percentage of your shop to 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 call 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 fundraise opportunities please call 0208 560 6969

smile amazon

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