

Age UK Hounslow Activities and Services Planner

2022 v20



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

The Age UK Hounslow
Vintage Club operates
Monday, Tuesday,
Wednesday each week.
Telephone for details and an
Application Form
0208 560 6969

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.

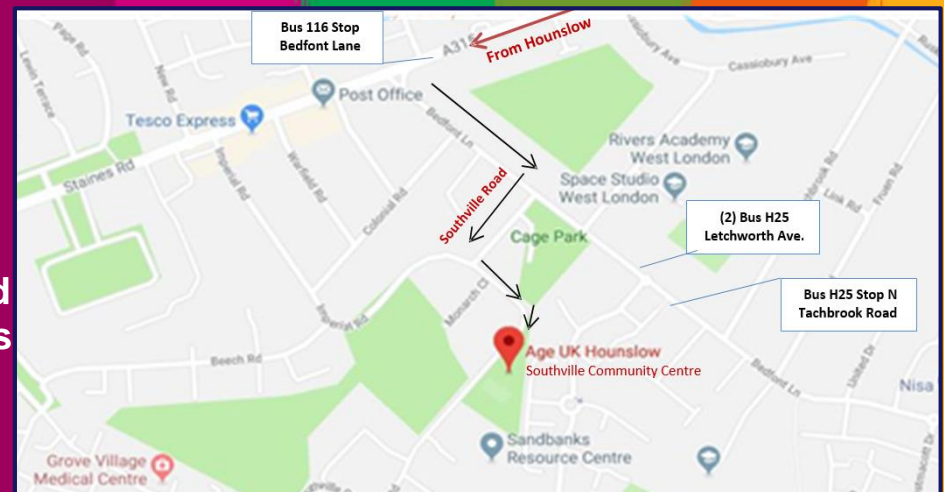
By bus: 116 from Hounslow alight at Bedfont Lane bus stop J. Walk down Bedfont Lane, 2nd **right** into Southville Road, keep **left** until you reach the Centre.

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



* Non-members pay
£1.00 extra for all
activities

MONDAY

Our Café is
open today
10am –
2pm

 **Hounslow
ageUK**
Charity No: 1061681

Physical Activities

Western Dance £4.00*

10.00am – 11.00am

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.

Knitting & Crochet Class – FREE

11.15 - 12.15

CAFÉ



Beginners to
advanced level
come and join us.

Free wool
provided.

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.

Zumba £4.00*

12.30pm – 1.15pm

Main Hall

Fun exercise with
fabulous music.

All levels of ability
welcome.

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

Social Activity

Filipino Social Group

1.30pm – 3.00pm,
Cafe

Sagar Social Group - £3.00*

1.30pm – 3.00pm, Main Hall

Gujarati ladies coming together to
socialise.

Sing, dance and chat.

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

* Non-members pay
£1.00 extra for all
activities

TUESDAY

Our Café is
open today
10am –
2pm

This planner is subject to change

 **Hounslow
Age UK**
Charity No: 1061681

Information

Wills, Probate & Power of Attorney

Free 20 minute advice from a qualified solicitor. Members only service. Please call 0208 560 6969.

Family Law Advice Clinic

Monthly by appointment only
Book your free 20 minute session now by calling 07958 023 377 or email Dominic:
dominic@thefamilymediationgroup.com

 the family mediation group
since 2005

Gurkha Welfare

Free 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

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Appointments available 8pm – 11pm

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

Physical Activities

Yoga £4.00*

10.00am – 11.00am
Main Hall
De-stress with our weekly yoga session. Yoga mats provided.
All levels of ability welcome.

ZOOM Chair Exercise - FREE

11.00am – 12noon
Main Hall
Sit, dance and exercise via ZOOM. From the comfort of our Main Hall or from your own home.

The Dementia Creative Art Club - FREE

1.30pm – 2.30pm
Main Hall
Activity for those with dementia related conditions. A variety of Art & Craft Activities (all materials provided)

Educational Activities

Learning Sign Language £3.00*

11.00am – 12.00pm
Learn to communicate with people with hearing difficulties.
For details call - 0208 560 6969

External Activities

BINGO 1.00pm – 3.00pm

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

Ealing Friendship Centre

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

Social Activities

African Social Group

1.00pm – 3.00pm
Café



Nepalese Group

Social Group FREE

1.30pm – 3.00pm
Main Hall

A group for the Nepalese community including activities.

Yoga FREE

3.00pm – 3.30pm
Main Hall

De-stress with our weekly yoga session. Yoga mats provided.

* Non-members pay
£1.00 extra for all
activities

WEDNESDAY

Our Café is
open today
10am –
2pm

Hounslow
ageUK
Charity No: 1061681

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.

Chair Tai Chi

£4.00*

11.15am – 12.00pm

Main Hall

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

Line Dancing Improvers Class

£4.00*

12.15pm – 1.15pm

Main Hall

improve your Line
Dancing moves with
Country and Modern
Music



Walking Football

Club
**COMING
SOON**



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

Social Activities

Asian Social Group £3.00*

1.30pm – 3.30pm

Hall

Meet, dance, sing and socialise.
Enjoy talks on various health and
mental wellbeing subjects

Mens Group

FREE

1.15pm – 3.15pm

Café

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

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

External Activities

Mamta Group - FREE

Asian women's social
contact group. 11.00am –
2.00pm at Laxmi Narayan
Temple, 60 Neville Close,
Hounslow, TW3 4GJ

Arts and Crafts FREE

10.30am – 12.00noon

At Greenrod Place,

Clayponds Lane,

Brentford TW8 0BN

0370 192 4983



* Non-members pay
£1.00 extra for all
activities

THURSDAY

This planner is subject to change



External Activities

Sit and Get Fit £4.00

Seated Chair Exercises
1.00pm – 2.00pm – United
Reform Church, 114
Hanworth Rd, Hounslow
TW3 1UF
Telephone: 0208 560 6969

BINGO

1.00pm – 3.00pm
Everyone is welcome to
come and play!
Wellington Day Centre
292 Staines Road, Hounslow
TW4 5BA
Telephone: 0208 560 6969

Coming Soon!

Social Group - FREE

2.15pm – 3.15pm – United
Reform Church, 114
Hanworth Rd, Hounslow
TW3 1UF
Telephone: 0208 560 6969

Ealing Friendship Centre Main Meeting

3rd 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



**Footcare
Service
COMING
SOON**

**Telephone
0208 560
6969 for
more details**



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 /
1.00pm to 3.00pm

We will be developing a varied programme of
therapy, creativity, information, and chat.

See www.ins.org.uk for further details
or contact Penny

PCooke@ins.org.uk or
admin@ins.org.uk

mobile: 07724 877389 (monitored Monday,
Wednesday and Thursdays)

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
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TO BOOK

Mind – The Safe Space

7 days a week

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activities

FRIDAY

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External Activities

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

Ealing Friendship Centre Outings Using Freedom pass

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

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

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

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, 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.



Health and Wellbeing Sessions

Age UK Hounslow are providing Health and Wellbeing 4 weekly Sessions including Falls Prevention advice for residents with the support of the London Borough of Hounslow. If you would like to attend please call 0208 560 6969 for details.

**Fall
Prevention**



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.

Telephoning Befriending – The Age UK Hounslow Telephone Befriending Service aims to give support and companionship to older people who feel lonely and isolated. Our target client group are Hounslow residents aged over 65 who have little social contact.

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

Footcare Service - Feet and Care service (Podiatrists Certified by British Association) at Southville Community Centre from 9.30am to 3pm last booking (30min session) Cost £28 and Home Visit £38 Call 0208 560 6969 to book.

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.

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

Family Law - Monthly by appointment only Book your free 20 minute session now by calling 07958 023 377 or email Dominic: dominic@thefamilymediationgroup.com

Gurkha Welfare Information and Advice from Head of Gurkha Welfare UK – Second Tuesday of the 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. Call 0208 560 6969.

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

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

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

COMING SOON Watch this space! - We will also be hosting tea parties, celebratory events, dance, pampering and reminiscence sessions. For more information please check our noticeboards and our website.

Day Trips

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. 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



Meeting Room

We have a meeting room available for hire.





The Age UK Hounslow Memory Lane Café



Hounslow
ageUK
Charity No: 1061681

Our Café is open to the public from 10.00 am to 2.00 pm
Monday, Tuesday and Wednesday each week

We serve a range of hot cooked lunches including roast dinners,
vegetarian dishes as well as a variety of lighter snacks.

See our website for details www.ageuk.org.uk/hounslow



Afternoon Tea



Available Monday, Tuesday and Wednesday

Booking required

Please telephone 0208 560 6969 for bookings, price and enquiries

A selection of freshly made sandwiches, homemade scones, tasty sweet
treats and as much tea and coffee as you desire.

info@ageukhounslow.org.uk

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



Charity Number: 1061681



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



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



little hats, big difference



Hounslow age UK

Charity No: 1061681



'Calling on the knitters of Hounslow'



Grab some wool and knitting needles
We can provide you with wool if needed!



Knit a little woolly hat or two



Send your hats to us at Age UK Hounslow

25p

Age UK Hounslow get 25p for every bottle of Innocent Smoothies sold!



We send them off to Innocent Smoothies



Send them to us here



Age UK Hounslow
Southville Community Centre
Southville Road
Feltham
TW14 8AP
0208 560 6969
Registered Charity No. 1061681



Charity No: 1061681

We're Social!
Search for us on your favourite social media sites—Say Hi!



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.