

SPACE FOR HIRE FOR COMMUNITY USE – COMPETITIVE RATES  
PLEASE CALL 0208 560 6969  
OR EMAIL [info@ageukhounslow.org.uk](mailto:info@ageukhounslow.org.uk)

Charity No: 1061681



# Age UK Hounslow Activities and Services Planner

2024 v1



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

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

## 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.

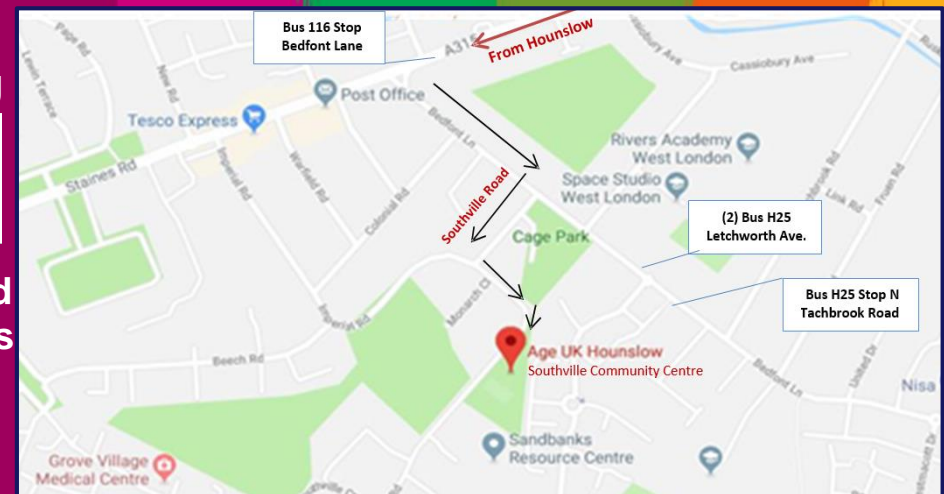
**By bus:** 116 from Hounslow alight at Bedfont Lane bus stop J. Walk down Bedfont Lane, 2nd **right** into Southville Road, keep **left** until you reach the Centre.

No.H25 from Hatton Cross. Alight at Letchworth Avenue bus stop. No.H25 from Feltham. Alight at Tachbrook Road bus stop N.

Free  
Parking



Disabled  
Facilities



# MONDAY

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

Our Café is  
open today  
10am –  
2pm

## Physical Activities

### Western Dance

**£4.00\***

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

**£4.00\***

10.45am – 11.40am  
Main Hall

Dance session portraying a story

All levels of ability welcome.

### Knit & Natter – FREE

11.00 - 12.00  
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.

### Pilates £4.00\*

1.00pm – 1.45pm  
Main Hall

Improve physical strength, flexibility, and posture, and enhance mental awareness



## Social Activity



### Sagar Social Group -

**£3.00\***

1.45pm – 3.45pm, Main Hall

Gujarati ladies coming together to socialise. Sing, dance and chat.



## 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



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

# TUESDAY

Our Café is open today  
10am – 2pm

**Hounslow**  
**ageUK**  
Charity No: 1061681

## Physical Activities

**Yoga £4.00\***  
**FREE ACTIVITY FROM**  
**16/01/24 – 26/03/24**  
09.45am – 10.45am  
Main Hall  
De-stress with our weekly yoga session. Yoga mats provided.  
All levels of ability welcome.



**Dementia Station**  
**FREE**  
11.00am – 12noon  
Main Hall  
Rotating weekly dementia friendly activities. These sessions will include Singing for the Brain, Qigong, Reminiscence talks and creative activities and 50's and 60's music

**Walking Football**  
**FREE**  
12.15pm – 1.15pm  
Main Hall  
A fun intergenerational class incorporating standing and seated football activities, a fun way to get active and meet new people. All levels of ability welcome.




**Joint Movements**  
**FREE**  
12.15pm – 1.15pm  
Main Hall  
Follow the instructions on the screen doing gentle movements to help those joints move

**Dates**  
09/01/2024  
23/01/2024  
06/02/2024  
20/02/2024  
05/03/2024  
19/03/2024  
02/04/2024

**Dates**  
16/01/2024  
30/01/2024  
13/02/2024  
27/02/2024  
12/03/2024  
26/03/2024

## Educational Activities

**Learning Sign Language**  
**£3.00\***  
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

**BINGO**  
1.00pm – 3.00pm Greenrod Place, Clayponds Avenue, Brentford, TW8 0BN.  
Telephone: 0370 192 4983

Watch this space!

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

## Social Activities

**African Social Group - FREE**  
12.00pm – 2.00pm  
Café  
Come have fun and socialise



## Nepalese

**Conversational English - FREE**  
1.30pm – 3.30pm  
Main Hall  
A group for the Nepalese community to improve their English.

## Information

**Gurkha Welfare**  
Free Information & Advice for the Nepalese Community. Once a month.  
1.30pm – 3.00pm



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

# WEDNESDAY

Our Café is open today  
10am – 2pm



## 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\***  
**FREE ACTIVITY FROM 17/01/24 – 27/03/24**

11.15am – 12.00pm Main Hall  
Chair-based exercise at your own pace.

 **Line Dancing £4.00\***

12.15pm – 1.15pm Main Hall  
Improve your Line Dancing moves with Country and Modern Music

## Social Activities

**Mens Group**  
**FREE**

1.15pm – 3.15pm Café  
Come and play your favourite games including scrabble, chess and cards.

**Asian Social Group**  
**£3.00\***

1.30pm – 3.30pm Main Hall  
Come join in and socialise

## External Activities

**Arts and Crafts**  
**FREE**

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



**Sit & Strengthen Exercise £4.00**  
**FREE ACTIVITY FROM 10/01/24 – 27/03/24**

21<sup>st</sup> June, 19<sup>th</sup> July, 25<sup>th</sup> October. Chair exercise. 2.00pm – 3.00pm at St Richards Church, 35 Forge Lane, Hanworth TW13 6UN

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



\* 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  
1.30pm – 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  
For more details:  
0208 560 6969



### Ealing Friendship Centre Main Meeting

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



### Excellent Care 1<sup>st</sup> Podiatry

Fortnightly Service on Thursdays at  
Southville Community Centre only.

Telephone 0208 560 6969 for  
more details and to book an  
appointment

Working and supporting by  
providing quality nail cutting  
services to your service users.  
We are confident to deliver  
effective, reliable support and  
carefully thought-out solutions.



### Integrated Neurological Services



INS Hounslow "iving well" hub for all impacted by neuro-conditions (including those supporting)

Come for coffee & a chat 10.30am to 12.30pm

If you are interested in attending please contact [admin@ins.org.uk](mailto:admin@ins.org.uk) We offer a varied programme of  
therapy, exercise, creativity, information, and chat.

See [www.ins.org.uk](http://www.ins.org.uk) for further details or contact Penny PCooke@ins.org.uk or [admin@ins.org.uk](mailto:admin@ins.org.uk)  
mobile: 07724 877389 (monitored Tuesday, Wednesday and Thursdays)

# FRIDAY

## 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.



# MORE SERVICES AT AGE UK HOUNSLOW



## More Age UK Hounslow Services

**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.

**Gurkha Welfare Information and Advice from Head of Gurkha Welfare UK** – FREE - Second Tuesday of the month 1.30pm – 3.00pm.

**Wills, Probate & Power of Attorney** - Free 20 minute advice from a qualified solicitor. Members only service.

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

**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.

**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

## 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 and 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.



**VACANCIES NOW  
AVAILABLE**

Please let us know if you are interested in any other activities.  
Telephone us on 0208 560 6969 or email  
[info@ageukhounslow.org.uk](mailto:info@ageukhounslow.org.uk)

## 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.

# 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 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.

## 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



## Vintage Rooms





## Volunteering Opportunities

We are currently looking for Volunteers especially in Cafe support, Admin Support, Telephone Befriending and Reminiscence. If you are interested please check our website out or contact us on 0208 560 6969 or email [info@ageukhounslow.org.uk](mailto:info@ageukhounslow.org.uk)

### 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

### REMINISCENCE SESSIONS

Age UK Hounslow have recently performed Reminiscence sessions at the following locations:-

- Ermine House
- Felbridge Court
- Charlotte House

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

### FREE PRACTICAL TRAINING & SUPPORT FOR UNPAID CARERS

**VENUE: Bridgelink Community Centre, 373 Summerwood Rd, Isleworth TW7 7QR**

**DATES: Every Second & fourth Friday of the Month (Starting October 2023)**

**TIME: 09.30 am - 12.30 pm**

**Contact: Lilian 02039036359 / 07533208607**

[info@transit-community.org](mailto:info@transit-community.org)  
<https://transit-community.org/>



## Volunteer Telephone Befriending Service

Do you want to help make a difference?

Do you have a few hours to spare to call elderly and vulnerable residents in these difficult times?



If interested please call Age UK Hounslow on **0208 560 6969**

or email [info@ageukhounslow.org.uk](mailto:info@ageukhounslow.org.uk) or download the Volunteer application form from our website at [www.ageuk.org.uk/hounslow](http://www.ageuk.org.uk/hounslow)



With the help from our Telephone Befriending Volunteers we reached over 2000 elderly and vulnerable residents during the Coronavirus Pandemic. How amazing is that?!



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[www.ageuk.org.uk/hounslow](http://www.ageuk.org.uk/hounslow)  
Registered Charity Number: 1061681