



SPACE FOR HIRE FOR COMMUNITY USE – COMPETITIVE RATES

PLEASE CALL 020 8560 6969

OR EMAIL info@ageukhounslow.org.uk



Charity no 1061681

Disabled facilities



Free Parking



Age UK Hounslow Activities & Services Planner

(With effect from September 2019) V8

The Southville Community Centre

Southville Road,

Feltham,

TW14 8AP

020 8560 6969

www.ageuk.org.uk/hounslow

www.ageuk.org.uk/hounslow

Email: info@ageukhounslow.org.uk

Twitter: @ageukhounslow

Facebook:

www.facebook.com/ageukhounslow

Snapchat, Instagram & Pintrest:
search **ageukhounslow**

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 Rd until you reach the centre.

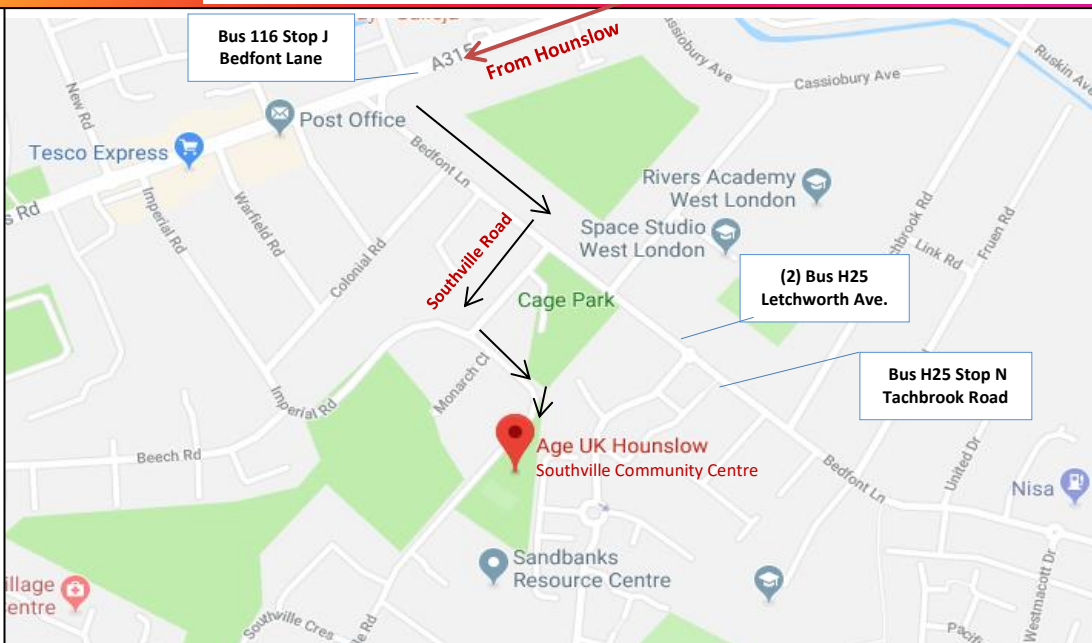
By bus: 116 from Hounslow, alight at Bedfont Lane bus stop J. Walk down Bedfont Lane, 2nd right into Southville Rd, keep left until you reach the centre.

No.H25 from Hatton Cross. Alight at Letchworth Avenue bus stop (2).
No.H25 from Feltham. Alight at Tachbrook Road bus stop N.

Christmas Holiday Period

We will be closed to the public from **Friday 20th December** and will reopen again on **Monday 6th January 2020**.

Wishing all of our members and service users a very merry Christmas and happy & prosperous New Year.



Monday

Physical Activities

Line Dancing £4

10.30am-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 & Tone £4

11.45am-12.30pm

Main Hall

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

All levels of ability welcome.

Zumba £4

12.40pm-1.30pm

Main Hall

Fun exercises with fabulous music.

All levels of ability welcome.

Evening Activities

Yoga

(with Brentford Football Club)

6.30pm-7.30pm

Main Hall

£25 for whole course

Commences 16/09/19 until

02/12/19. No classes on 11th or 18th November 2019.

To book:

<https://www.brentfordfcst.com/product/intermediate-yoga-with-annie-southville-community-centre/>

utor will also take cash in class

Educational Activities

Computer Training 1 to 1 tutorials £4

10am-1pm Meeting Room 2

Learn on a PC, laptop, tablet, iPad or smartphone. Own devices must be fully charged before bringing along.

Please call 020 8560 6969 to book.

Social Activities

Sagar Group £3

(2nd, 3rd & 4th Mondays of the month only)

1.30pm-3.15pm Meeting Room
Gujarati ladies coming together to socialise.

Tuesday

Physical Activities

Yoga £4

10.30am-11.30am
Main Hall

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

Dementia Activity

FREE

11.45am-12.15pm
Main Hall

FREE activity for those with dementia related conditions.

Social Activities

Games Club £3

(price includes a hot drink and biscuits)

10.00am-12pm – Café
Come and play your favourite games, including Scrabble, chess and cards.

Social Club £1

(price includes a hot drink and sandwiches)

2pm-4pm - Cafe
Meet, play games, drink coffee and chat!
All welcome

Nepalese Group

FREE 1pm-3pm

Main Hall
A group for the Nepalese community. Activities

Educational Activities

Free Cook & Eat Programme in partnership with

Hounslow & Richmond Community Healthcare NHS Trust (HRCH)

FREE. Learn how to prepare healthy, nutritious meals.

1pm-3pm Main Hall - 22nd, 29th October, 5th, 12th November

Call: 020 8973 3530 for more information

Learning Sign Language £6 11am-12pm Meeting Room

Learn to communicate with people with hearing difficulties.

Please call 020 8560 6969 for details.

Middlesex Association for the Blind I.T.Training

10am-1pm Meeting Room

Computer tuition for visually impaired people.

APPOINTMENT ONLY.

Please call 020 8560 6969 for details.

Sewing Class £4. Call 020 8560 6969 for details

Information and Advice

Wills, Probate & Power of Attorney

Advice from a qualified solicitor. First Tuesday in the month.

12.30-2.30pm. Members only service. **APPOINTMENT ONLY.**

Please call 020 8560 6969 to book

Gurkha Welfare Advice for the Nepalese Community. Once a month only. 1pm-3pm

Evening Activities

Pilates (with Brentford Football Club)

6pm-7pm Main Hall

13 week course for £32. Cash or to book:
<https://www.brentfordfccst.com/product/pilates-with-hayley-southville-community-centre/>

External Activities

Bingo 1pm-3pm Greenrod Place, Clayponds Avenue, Brentford. TW8 0BN. 1pm-3pm. Prizes to be won!

50+ Club. Every Tuesday, term time only.
1pm-3pm at All Saint's Church, Hanworth, TW13 5EE.



***Non-members pay £1 extra for all activities**



Wednesday

Physical Activities

Bolder but not Older – Dance West. FREE.

10.30am-11.30am. Main Hall

**Free-form dance and
movement with music.**

October 30th

Nov:6th,13th, 20th, 27th; Dec:4th

Fit & Fabulous £4

11.30am-12pm

Main Hall

(2nd, 3rd & 4th Weds)

**Chair-based exercises at
your own pace. With
music.**

Zumba £4

12.15pm-1pm

Main Hall

**Fun exercises with
fabulous music. All
levels of ability
welcome.**

Pure Stretch £4

1.05pm-2pm

Main Hall

**Stretch exercises. All
levels of ability
welcome.**

Educational Activities

Computer Training 1 to 1 tutorials £4

10am-1pm Meeting Room 2

**Learn on a PC, laptop, tablet, iPad or
smartphone. Own devices must be fully charged
before bringing along. Please call to book.**

Social Activities

Bingo

2pm-3.30pm Main Hall.

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

Knit and Natter Group – FREE

11am-1pm. All levels of ability welcome

Information and Advice

Lodge Bros. Funeral Planning

**FREE 1st Wednesday of month 10am-12pm.
Appointment only. Call to book.**

**Listening Therapy FREE Bereavement &
Anxiety Counselling 1pm-3pm. Call to book.**

Meetings

The Sparrow Farm

Social Group

**1pm-3pm. Once a
month on Wednesdays.**

The Co-op

**7pm-9.30pm
Last Wednesday of the
month.**

External Activities

Mamta

**Asian Women's Contact Social Group.
1pm-3pm at Laxmi Narayan Temple,
60 Neville Close, Hounslow TW3 4GJ**

Thursday

Physical Activities

Tai Chi £4

11.15am-12.15pm

Main Hall

A traditional gentle exercise that aims to improve your balance and calm the mind and spirit.

Footcare Service

Complete Feet Care Chiropodists

Every 2 weeks. Appointment only. Please call 020 3794 5488 to book.

For dates please check our website:

<https://www.ageuk.org.uk/hounslow/our-services/footcare/>

External Activities

Fit and Fabulous £3

Chair based exercises at your own pace, with music.

2.30pm-3.30PM

First Floor Meeting Room

The Blenheim Centre,
Hounslow TW3 1NL

Friday

External Activities

Sing Your Heart Out - FREE

Songs old and new accompanied on the piano.

2.15-3.15PM

Greenrod Place, Clayponds Lane, Brentford, TW8 0BN

Meetings

Local Participation Patient Group (LPPG) Meeting

1.00pm – 3.00pm

Last Friday in every other month.

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 used for Corporate, Council and Health Meetings and regular or one-off private and commercial events. For example, the Local Participation Patient Group (LPPG) meet here once a month. Please check for details as the planner is subject to change.

Please telephone for more details: 020 8560 6969

SERVICES AT AGE UK HOUNSLOW

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

Complete Feet Care – Foot Care Service from a qualified podiatrist. **APPOINTMENT ONLY**- Thursdays every 2 weeks.

To book call: 0203 794 5488

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. **APPOINTMENT ONLY**

Middlesex Association for the Blind I.T. Training. Monday 10am-1pm. Meeting Room. Computer tuition for visually impaired people. **APPOINTMENT ONLY**.

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 transport service available for those living within a certain radius of the centre. Please see our website or phone 020 8560 6969 for more details.

Age UK Hounslow Café

Our café is open Monday to Wednesday, 9am-3pm. We serve hot and cold drinks, healthy snacks, sandwiches and hot, two-course lunches. Booking for lunch is recommended, please phone 020 8560 6969 for details.

Awareness Talks

We offer a range of awareness talks and workshops on a regular basis. Past talks have included Staying Warm in Winter, Scam Awareness, Falls Prevention, Funeral Planning and events organised by Hounslow CCG including a Health & Lifestyle Event and NHS Long Term Planning and what it means for patients. We are currently hosting weekly Eat Well sessions

Day Trips

We have a number of Day Trips taking place throughout the year, for example Brighton, Bognor Regis, Eastbourne and Stratford on Avon. Come and enjoy a perfect day out! Please call 020 8560 6969 for information on our next trip. Booking in person at Age UK Hounslow, Southville Community Centre, Southville Road, Feltham TW14 8AP.

Age UK Hounslow - Space for Community Hire at The Southville Community 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](http://www.ageuk.org.uk/hounslow) for further information, which is available to view on our website: 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.



We have a meeting room available for hire



Cafe

We also have a café serving hot lunches, snacks and refreshments.

Café Opening Times:

Mon-Weds

9am-3pm



Age UK Hounslow
HOW TO DONATE

YOU CAN DONATE ONLINE OR IN PERSON

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 advertise on this site for a variety of reasons in support of the elderly and vulnerable residents of Hounslow. Please log on to donate to our latest fundraiser.

www.gofundme.com

Please log on to donate to our latest fundraiser.

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. 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 020 8560 6969 for more information

AGE UK HOUNSLOW RETAIL SHOPS

Age UK Hounslow Brentford 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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