

Age UK Charity  
Quality Standard



SPACE FOR HIRE FOR COMMUNITY USE – COMPETITIVE RATES

PLEASE CALL 020 8560 6969

OR EMAIL [info@ageukhounslow.org.uk](mailto:info@ageukhounslow.org.uk)



Disabled  
facilities



Free  
Parking



**Café opening hours:**

Monday 9am – 3pm

Tuesday: 9am – 3pm

Wednesday: 9am – 3pm

# Age UK Hounslow Activities & Services Planner

March 2020 V14

The Southville Community Centre

Southville Road,

Feltham,

TW14 8AP

020 8560 6969

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

Charity no 1061681

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

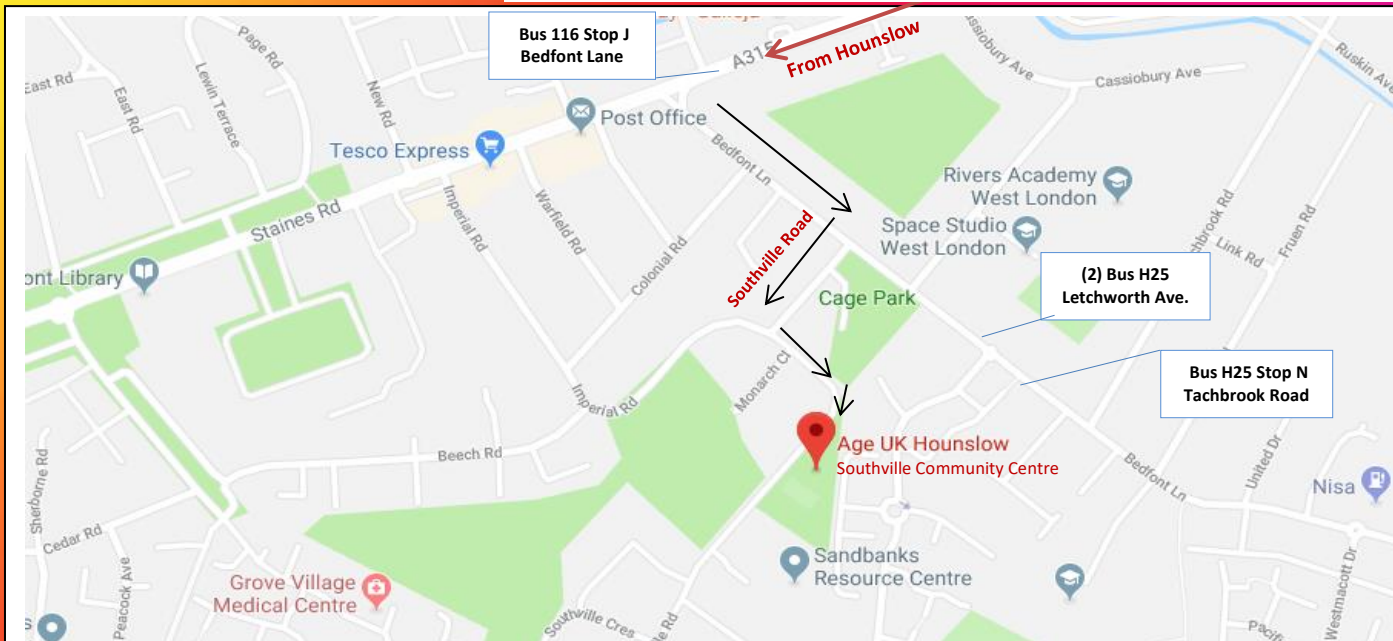
Email: [info@ageukhounslow.org.uk](mailto:info@ageukhounslow.org.uk)

Twitter: @ageukhounslow

Facebook:

[www.facebook.com/ageukhounslow](https://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 2<sup>nd</sup> 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, 3<sup>rd</sup> 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.

# 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.

SPACE FOR HIRE FOR  
COMMUNITY USE –  
AVAILABLE 7 DAYS A  
WEEK  
COMPETITIVE RATES

PLEASE CALL 020 8560 6969  
OR EMAIL

[info@ageukhounslow.org.uk](mailto:info@ageukhounslow.org.uk)

## Educational Activity

### Computer Training

1 to 1 tutorials £4  
9.30am -1.30pm Meeting Room

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 Activity

### Sagar Group £3

(2<sup>nd</sup>, 3<sup>rd</sup> & 4<sup>th</sup> Mondays of the month)

1.30pm-3.15pm  
Meeting Room

Gujarati ladies coming together to socialise.

## Evening Activity

### Yoga

(with Brentford Football Club)

Starting 13<sup>th</sup> January - finishing on 30<sup>th</sup> March 2020

5.30-6.30pm Main Hall

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

Tutor will also take cash in class

# Tuesday

## Physical Activities

### Yoga £4

10.30am-11.30am  
Main Hall

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

### Autism

#### Hounslow

11.45am-12.45pm  
Main Hall

(Closed Group)  
Shintaido – Japanese Martial Arts  
Starts 7 Jan 2020.  
Contact Rose:  
07401 715229

### 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.

### Nepalese Group

**FREE** 1pm-3pm  
Main Hall  
A group for the Nepalese community.  
Activities

### Social Club £1

(price includes a hot drink and sandwiches)  
2pm-4pm - Cafe  
Meet, play games, drink coffee and chat!  
All welcome

## Educational Activities

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

Learn to communicate with people with hearing difficulties.  
Please call 020 8560 6969 for details.

### Pilates (with Brentford Football Club)

Starting on 14<sup>th</sup> January - 31<sup>st</sup> March 2020

5.30pm-6.30pm Main Hall

<https://www.brentfordfccst.com/product/pilates-with-hayley-southville-community-centre/>

### Evening Activity

### External Activities

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

## 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



### Family Law Advice Clinic

Monthly by Appointment only  
3pm - 5pm



Book your free 20 minute session now by calling 07958 023 377 or email Dominic: [dominic@thefamilymediationgroup.com](mailto:dominic@thefamilymediationgroup.com)

### Gurkha Welfare Advice for the Nepalese Community.

Once a month only. 1pm-3pm

**Ealing Friendship Centre Lunch – various venues**  
First Tuesday of the month, Call Christine O'Sullivan on 020 8579 9868 for more information.

## Wednesday

### Physical Activities

#### **Fit & Fabulous £4**

11.30am-12pm

Main Hall

(2<sup>nd</sup>, 3<sup>rd</sup> & 4<sup>th</sup> 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.

### Social Activities

#### **The Creative Club £1**

1pm – 3pm Meeting Room/Café

Come and learn new skills and share your own expertise in the following: Arts & Crafts, Knitting and Crochet. Tea and biscuits included in the price!

### Educational Activity

#### **Computer Training 1 to 1 tutorials £4**

9.30am-1.30pm Meeting Room

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.

### Information and Advice

#### **Lodge Bros. Funeral Planning**

FREE 1<sup>st</sup> Wednesday of month  
10am-12pm.

Appointment only.

Call 020 8560 6969 to book.

### External Activity

#### **Mamta**

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

#### **Listening Therapy - FREE**

Bereavement & Anxiety  
Counselling

First Wednesday of every month

1pm-3pm. Meeting Room

Call 020 8560 6969 to book.

#### **Health Means Wealth £3**

3pm – 5pm

Meeting Room

Asian Women's Social Contact Group.

### Meetings

#### **The Sparrow Farm Social Group**

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

#### **The Co-op Housing**

*Closed Group*

7pm-9.30pm

Last Wednesday of the month.

## Thursday

### Physical Activities

#### Expressive Arts Course

Specifically for people with learning disabilities and/or Autism  
Please come with your 1 to 1 support.

10.30am-11.30am in main hall.

6<sup>th</sup> Feb – 19<sup>th</sup> March 20 (7 weeks)

A 7 week course based on a specific musical, taking you on a creative journey through dance, drama, technical theatre and vocal & stage performance with the guidance from a specialist expressive arts practitioner.

#### Tai Chi £4

11.45am-12.45pm 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

#### Ealing Friendship Centre Main Meeting

Northfields Community Centre,  
71A Northcroft Rd, Ealing, London W13 9SS

3rd Thursday of the month. Call Christine  
O'Sullivan on 020 8579 9868 for more  
information.

## Friday

### External Activities

#### Sing Your Heart Out - FREE

Songs old and new accompanied on the piano.

12pm-1pm

Greenrod Place, Clayponds Lane, Brentford,  
TW8 0BN

#### Ealing Friendship Centre Outings

Last Friday of the month.

Call Christine O'Sullivan on  
020 8579 9868 for more information.

### Meeting

#### 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.

**Befriending** – free service.

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

To book call: 0203 794 5488

**Dying Matters & Funeral Planning Advice.** 1 to 1 sessions from Lodge Brothers. First Wednesday in each month, 10am-12pm. Appointment only, please call 020 8560 6969 to book.

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

**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.

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

**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**

**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.

### **Health Awareness Talks in 2020**

We will be hosting a number of Health Awareness Talks at our centre in 2020. For more information, please check our noticeboards and website.

### **Day Trips**

We will be organising our days out soon. Please let us know where you would like to go!

Booking in person at Age UK Hounslow,  
Or phone 020 8560 6969

### **COMING SOON**

We will be hosting a tea party, dance sessions and pampering sessions. For more information, please check our noticeboards and website.

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

**Donation platforms**

**[www.giveasyoulive.com](http://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](http://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](http://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**



Charity no 1061681

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**PLEASE CALL 020 8560 6969**  
**OR EMAIL [info@ageukhounslow.org.uk](mailto:info@ageukhounslow.org.uk)**



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