

## Penfold Community Hub

All sessions are open to Westminster residents over 50 years old and carers.

15<sup>th</sup> April - 30<sup>th</sup> June 2024

<p>Monday to Friday</p> <p>10 am – 1 pm 60 Penfold Street</p>	<p><b><u>Information and Advice</u></b> <b><u>Telephone Support</u></b></p> <p>Need help or advice? Not sure which organisation to contact? Call us and we can direct you to the most suitable agency to provide the help you need. Information on what support is available and how to join in various activities across Westminster.</p>	<p><b>Telephone availability</b></p> <p><b>10 am to 1 pm</b></p> <p><b>Phone</b> 07872811106</p>
<p>Mondays</p> <p>10 am to 12 noon</p> <p>60 Penfold Street</p> <p>Not bank holidays</p>	<p><b><u>Sewing Café</u></b></p> <p>Join others in the community space for a friendly morning of coffee and company as you stitch, knit or crochet. Tablespace and machines are available. You are welcome to bring along your work or join in making crafts for the fundraising Refreshments are available.</p>	<p><b>Phone to check availability.</b> <a href="mailto:penfoldhub@housing21.org.uk">penfoldhub@housing21.org.uk</a></p> <p>07872811106</p> <p>Contribution £1</p>
<p>Mondays</p> <p>10 am to 12.00 pm</p> <p>10<sup>th</sup> June to 8<sup>th</sup> July</p>	<p><b><u>Art for Beginners</u></b> <b><u>Images from the Penfold Garden</u></b></p> <p>With a summer theme, the Penfold Garden will become the inspiration for looking at expressing images in abstract patterns No experience necessary All materials and refreshments provided.</p>	<p><b>You must book a place in advance.</b></p> <p><a href="mailto:penfoldhub@housing21.org.uk">penfoldhub@housing21.org.uk</a></p> <p>07872811106</p> <p>Contribution £2</p>
<p>Monday</p> <p>17<sup>th</sup> June</p> <p>7 pm</p>	<p><b><u>Music in the Garden</u></b></p> <p>Join the South Westminster Community Choir and Brass Band for a magical performance of your favourite songs. Sing along and enjoy refreshments!</p>	<p>Tickets are free but must be booked in advance</p> <p><b>Phone to check availability.</b> <a href="mailto:penfoldhub@housing21.org.uk">penfoldhub@housing21.org.uk</a></p>

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<p>Meets</p> <p>3<sup>rd</sup> Monday</p> <p>11 am to 2 pm</p> <p>Every Month</p>	<p><b><u>Westminster Breathe Easy Support Group</u></b></p> <p>Supporting people with respiratory conditions, their friends, family and carers, helping with information and companionship.</p> <p><a href="mailto:tessa.jelen@btinternet.com">tessa.jelen@btinternet.com</a> or text Tess: 0794 651 4380</p>	<p>Free</p> <p>Held at Ada Court, 8<sup>th</sup> floor 10-16 Maida Vale, W9 1TD</p>
<p>Every Monday</p> <p>11 am - 4 pm</p> <p>60 Penfold Street</p>	<p><b><u>Reflexology and Massage</u></b></p> <p>Take a moment to treat yourself to a tranquil session with our highly skilled and professional therapist. It will provide you with a sense of reduced stress and relaxation. Contact Maura on 07790313611</p>	<p>You must book in advance.</p> <p>Charges apply</p>
<p>Mondays</p> <p>1.30 pm 3.30 pm</p> <p>Church Street Library 67 Church Street NW8 8EU</p>	<p><b><u>IT – Drop-In Sessions</u></b></p> <p>Do you want to learn about Microsoft Word, the Internet, sending emails etc.? Weekly drop-in session</p>	<p>Free</p> <p>No need to book.</p> <p>Just drop in.</p>
<p>Mondays</p> <p>2 pm to 4.30 pm</p> <p>Every Monday ( except Bank Holidays )</p>	<p><b><u>Creative Movement Session With Resonate Arts</u></b></p> <p>A session for people living with dementia, their companions and carers. A space for gentle creative movement led by an experienced theatre artist and yoga practitioner. Transport available For more information and to book a place Contact Shelley 03000327212 <a href="mailto:Shelley@resonatearts.org">Shelley@resonatearts.org</a></p>	<p>Free</p> <p>You need to book a place.</p> <p>Refreshments provided</p>
<p>Monday</p> <p>22<sup>nd</sup> April</p> <p>2 pm to 4 pm</p> <p>Church Street Library</p>	<p><b><u>Church Street Library Over 60's Spring Party</u></b></p> <p>Come along and join us in the Library for some music and fun Let your hair down and boogie on Performance by Nicky–Motown and Refreshments</p>	<p>Free</p> <p>You need to book in advance</p> <p>At the Library staff point</p>

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<p><b>Mondays</b>  <b>1<sup>st</sup> and 3<sup>rd</sup> Monday</b>  <b>of each Month</b>  <b>3 pm to 4 pm</b>  <b>60 Penfold Street</b></p>	<p align="center"><b><u>Social Afternoon</u></b>  <b><u>with Games and Bingo</u></b></p> <p align="center">Come along and meet up with other residents, have a chat and refreshments and find out what is going on in the neighbourhood.</p>	<p align="center">£4.00 for six games</p> <p align="center"><b>No need to book.</b>  <b>Just turn up</b></p>
<p><b>Mondays</b></p> <p><b>April / May</b></p> <p><b>6 00 pm</b></p> <p><b>To</b></p> <p><b>7.30 pm</b>  <b>All sessions on Zoom</b></p>	<p align="center"><b><u>Wellbeing Webinars</u></b>  <b><u>with Talking Therapies</u></b></p> <p>Finding things difficult? Would you like to learn how to improve your mood and relieve anxiety?  Free online workshops</p> <p><b>15<sup>th</sup> April</b> - How to Improve Sleep  <b>29<sup>th</sup> April</b> Taking Charge of Stress and Worry  <b>13<sup>th</sup> May</b> Well Being Booster – Mind and Movement</p> <p align="center"><u>Click on the book link.</u>  <a href="#">Westminster Webform :: CNWL Talking Therapies</a>  Or call 03033330000</p>	<p align="center"><b>Free</b></p> <p align="center"><b>You need to book in advance</b></p> <p align="center"><b>All sessions on Zoom</b></p>
<p><b>Every Tuesday</b></p> <p><b>10 am to 5 pm</b></p> <p><b>60 Penfold Street</b></p>	<p align="center"><b><u>Beauty Therapy</u></b>  <b><u>Sessions</u></b></p> <p>A range of treatments, including toenail cutting, massage and facials with a professional therapist.</p> <p align="center"><b>Basic Nail Care /Cutting</b>  More info and bookings –  Contact Rima on <b>07459712302</b></p>	<p align="center"><b>You must book in advance.</b></p> <p align="center"><b>Charges apply</b></p>
<p><b>Tuesdays</b></p> <p><b>Dates to be agreed with participants</b></p>	<p align="center"><b><u>Men's Health</u></b>  <b><u>Health information and support for older men in Westminster</u></b></p> <p>Are you interested in joining other older men in Westminster to discover how you can improve your physical health and mental well-being?</p> <p>Sessions will be held at the Penfold Hub and we will have access to information and advice provided by One You Westminster.</p> <p>If you are unable to join the group but would like information and support on various health issues – click on the link below.</p> <p align="center"><a href="https://oneyou-rbkc-westminster.org.uk/">https://oneyou-rbkc-westminster.org.uk/</a></p>	<p align="center"><b>Interested !!</b></p> <p align="center"><b>For more information</b></p> <p align="center"><b>Contact Denis Kane</b></p> <p align="center"><b>07872811106</b></p> <p align="center"><a href="mailto:penfoldhub@housing21.org.uk">penfoldhub@housing21.org.uk</a></p>

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<p><b>Tuesday</b></p> <p><b>11<sup>th</sup> June</b></p> <p><b>11 am</b></p> <p><b>Daventry House</b></p>	<p><b><u>Alberts Band</u></b></p> <p>Musicians from the Royal Albert will perform a one-hour concert of incredible songs that have been performed at the Hall by artists including <b>Dame Vera Lynn, Sir Tom Jones, The Beatles</b> and <b>Frank Sinatra</b>. Audience members will receive a book containing the lyrics to the music played and photos from the Hall's archives.</p>	<p><b>Free</b></p> <p><b>You need to book in advance</b></p> <p><a href="https://www.penfoldhub.org.uk">@penfoldhub@housing21.org.uk</a></p> <p><b>07872811106</b></p>
<p><b>Tuesdays</b></p> <p><b>11 am to 11.45 am.</b></p> <p><b>60 Penfold Street</b></p>	<p><b><u>Penfold Dementia Choir</u></b></p> <p>Join our Penfold residents' choir for a weekly session of joyous singing. Popular songs that you will know with all the lyrics provided. Session led by professional choir leader. No experience necessary</p>	<p><b>Free</b></p> <p><b>You must book a place in advance.</b></p> <p><a href="https://www.penfoldhub.org.uk">@penfoldhub@housing21.org.uk</a></p> <p><b>07872811106</b></p>
<p><b>Tuesdays</b></p> <p><b>2 pm - 3 pm</b></p> <p><b>April 30<sup>th</sup></b> <b>May 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup></b> <b>June 4<sup>th</sup> 11<sup>th</sup> 18<sup>th</sup></b></p>	<p><b><u>Royal Academy of Music Music and Dance Project</u></b></p> <p>For people living with mild to moderate dementia and carers.</p> <p><i>"Music provides a way for people to connect, to communicate and share things. It builds a sense of community"</i></p>	<p><b>Free</b></p> <p><b>You must book a place in advance.</b></p> <p><a href="https://www.penfoldhub.org.uk">@penfoldhub@housing21.org.uk</a></p> <p><b>07872811106</b></p>
<p><b>Wednesdays</b></p> <p><b>11.15 am To 12 noon</b></p> <p><b>On Zoom</b></p>	<p><b><u>Chair Yoga on Zoom</u></b></p> <p>This session will benefit your well-being, stimulate, and energise the mind, reduce anxiety, and improve physical strength and stability.</p>	<p><b>To book a place Contact Penfold Hub</b></p> <p><a href="https://www.penfoldhub.org.uk">@penfoldhub@housing21.org.uk</a></p> <p><b>Contribution £3</b></p>
<p><b>Wednesday</b></p> <p><b>10th April</b></p> <p><b>10 am - 1 pm</b></p>	<p><b><u>Intergenerational Sessions</u></b></p> <p>Join our Penfold Hub group supporting students at a local school, helping with reading, chatting, and sharing your life experiences. On arrival, there will be light refreshments.</p>	<p><b>Free</b></p> <p><b>You need to book a place.</b></p> <p><b>07872811106</b></p> <p><a href="https://www.penfoldhub.org.uk">@penfoldhub@housing21.org.uk</a></p>

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<p><b>Wednesday</b></p> <p><b>19<sup>th</sup> June</b></p> <p><b>11 am to 1 pm</b>  <b>St John's Wood</b>  <b>Library</b>  <b>20 Circus Road</b>  <b>NW8 6PD</b></p>	<p><b><u>Talking Therapies</u></b></p> <p><b>Are you looking for ways of feeling better?</b></p> <p>Talking Therapies is an NHS service which provides free access to sessions which can help you feel better. This introduction will provide information on the range of sessions which are available including How to Improve Your Sleep and Take Charge of Stress and Worry</p>	<p><b>Free</b></p> <p><b>Please book a place in advance</b></p> <p><a href="mailto:penfoldhub@housing21.org.uk">penfoldhub@housing21.org.uk</a></p> <p><b>07872811106</b></p>
<p><b>Wednesday</b></p> <p><b>April 17th</b></p> <p><b>10 am</b>  to  <b>12 noon</b></p>	<p><b><u>IT Support</u></b></p> <p><b>Need help with your Smartphone Laptop or Tablet</b></p> <p>Get free dedicated one-to-one support to help build your digital skills, learn how to use Zoom, What's App or how to set up an email account.</p> <p>Sessions at 10 am and 11 am</p>	<p><b>Free</b></p> <p><b>Please book a place in advance.</b></p> <p><a href="mailto:penfoldhub@housing21.org.uk">penfoldhub@housing21.org.uk</a></p> <p><b>07872811106</b></p>
<p><b>Wednesday</b></p> <p><b>26<sup>th</sup> June</b></p> <p><b>1 pm -3 pm</b></p>	<p><b><u>Open Stages with the Royal Albert Hall</u></b></p> <p>Art, craft, and sharing stories come together with the Royal Albert Hall in this fantastic new project</p> <p>Look out for information on this interactive exhibition to be at the Royal Albert Hall.</p>	<p><b>Free</b></p> <p><b>Contact the Hub for more information.</b></p> <p><b>Penfold Hub</b></p> <p><a href="mailto:penfoldhub@housing21.org.uk">penfoldhub@housing21.org.uk</a></p> <p><b>07872811106</b></p>
<p><b>Wednesday</b></p> <p><b>11.30 am.</b>  To  <b>12.30 pm</b></p>	<p><b><u>Zumba Gold</u></b></p> <p>Dance and exercise sessions involving multiple rhythms are specially tailored for individuals over 50 and it's an amazing way to get healthier and improve your well-being.</p> <p>Greenside Community Centre  24 Lilestone Street, London NW8 8SR</p>	<p><b>Free</b></p> <p><b>Local residents</b></p> <p>For more info, please contact Andrea  07878 357 833</p>

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<p><b>Wednesday</b></p> <p><b>8<sup>th</sup> May</b></p> <p><b>1 pm</b></p> <p><b>60 Penfold Street</b></p>	<p><b><u>Dementia Week Concert</u></b></p> <p>Join us for two wonderful choirs highlighting Dementia Awareness Week. The Penfold Community Dementia Choir will be joined by the Colliers Choir from the Baker Street Quarter in The concert will highlight how music and singing play an important part in supporting people living with dementia in the community. Refreshments provided</p>	<p><b>Free</b></p> <p><b>You need to book in advance</b></p> <p><a href="mailto:penfoldhub@housing21.org.uk">penfoldhub@housing21.org.uk</a></p> <p><b>07872811106</b></p>
<p><b>Wednesday</b></p> <p><b>1.30 pm to 4.30 pm</b></p> <p><b>24<sup>th</sup> April</b></p> <p><b>Liberal Jewish Synagogue</b></p> <p><b>28 St Johns Wood Road, NW8 7HA</b></p>	<p><b><u>Video and Tea</u></b></p> <p>Watch a screening of the film 'Miss Potter' followed by a delicious tea and ice cream. No need to book tickets for £2 on the day.</p> <p>Wheelchair accessible. Contact: 020 7286 5181.</p>	<p><b>Cost £2</b></p> <p><b>Pay at the event.</b></p> <p><b>For more information contact</b></p> <p><b>020 7286 5181</b></p>
<p><b>Wednesdays</b></p> <p><b>2 pm - 4 pm</b></p> <p><b>St John's Wood Library</b></p> <p><b>20 Circus Road NW8 6PD</b></p>	<p><b><u>Help With Computers</u></b></p> <p>An advice session where you can learn more about using a Windows computer</p>	<p><b>Free</b></p> <p><b>Please book a place in advance</b></p> <p><b>020 7641 6200</b></p>
<p><b>Every Wednesday</b></p> <p><b>6 pm</b></p> <p><b>St Pauls Church</b></p> <p><b>5 Rossmore Road NW1 6NT</b></p>	<p><b><u>Community Meal</u></b></p> <p><b><u>Tasty Food and Good Company</u></b></p> <p>Come along for a warm and tasty meal, with volunteers to welcome you. <b>Organised by Food Cycle Marylebone</b></p>	<p><b>Free</b></p> <p><b>No need to book.</b></p> <p><b>Just turn up</b></p>
<p><b>Thursday</b></p> <p><b>May 30<sup>th</sup></b></p> <p><b>10 am</b></p> <p><b>To</b></p> <p><b>12 am</b></p>	<p><b><u>IT Support</u></b></p> <p>Need help with your Smartphone Laptop or Tablet</p> <p>Get free dedicated one-to-one support to help build your digital skills, learn how to use Zoom, What's App or how to set up an email account.</p> <p><b><u>Sessions at 10 am and 11 am</u></b></p>	<p><b>Free</b></p> <p><b>You must book a place in advance.</b></p> <p><a href="mailto:penfoldhub@housing21.org.uk">penfoldhub@housing21.org.uk</a></p> <p><b>07872811106</b></p>

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<p>Thursday 10 am</p> <p>12 noon 60 Penfold Street</p>	<p><b><u>Penfold Community Garden</u></b></p> <p>Come along to the Penfold Garden, grow your own vegetables and flowers, or join our gardening group to help keep the garden weed-free and looking fantastic. No experience necessary</p>	<p>Free</p> <p>Check for availability</p> <p><a href="mailto:penfoldhub@housing21.org.uk">penfoldhub@housing21.org.uk</a></p>
<p>Thursdays 11 am</p> <p>60 Penfold Street</p>	<p><b><u>Keep on Moving</u></b> <b><u>Chair Based Exercises</u></b></p> <p>If you are looking for a way to ease gently into an exercise routine this session is for you!</p> <p>Low-impact exercises can be adapted to suit all levels of ability.</p>	<p>Free</p> <p>Check availability</p> <p><a href="mailto:penfoldhub@housing21.org.uk">penfoldhub@housing21.org.uk</a></p> <p>07872811106</p>
<p>Thursdays 12.15 pm - 1 pm</p> <p>Daventry house Lisson Grove NW8 8FT</p>	<p><b><u>Keep on Moving</u></b> <b><u>Chair-Based Exercise</u></b></p> <p>If you are looking for a way to ease gently into an exercise routine this session is for you!</p> <p>Low-impact exercises which can be adapted to suit all levels of ability.</p>	<p>Free</p> <p>Check availability</p> <p><a href="mailto:penfoldhub@housing21.org.uk">penfoldhub@housing21.org.uk</a></p> <p>07872811106</p>
<p>Thursdays May 2<sup>nd</sup> June 6<sup>th</sup> July 4<sup>th</sup> 11 am to 1 pm</p> <p>60 Penfold Street</p> <p>Zoom link available</p>	<p><b><u>The Advocacy Project</u></b> <b><u>Older People's Voice</u></b></p> <p><b><u>May 2<sup>nd</sup></u></b> Tessa Jelen, Asthma and Lung UK 'Westminster Breathe Easy Support Group' will talk about t support and information on managing a lung condition and will include your local group, indoor pollution followed by open discussion.</p> <p>Maureen Brewster, User Involvement Coordinator the Advocacy Project – 02089693000</p>	<p>Free</p> <p>No need to book.</p> <p>Refreshments provided.</p> <p>Community Room Penfold Hub, 60 Penfold Street NW8 8PJ</p>

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<p>Thursdays 11.30 am- 12.15 pm St John's Wood Library 20 Circus Road NW8 6PD</p>	<p><b><u>Chair Yoga Session</u></b></p> <p>The class will benefit your sense of well-being, stimulate, and energise the mind, reduce anxiety, and improve physical strength and stability.</p>	<p><b>You need to book a place in advance.</b></p> <p><a href="mailto:penfoldhub@housing21.org.uk">penfoldhub@housing21.org.uk</a></p> <p><b><u>Contribution £3</u></b></p>
<p>Thursdays  12 .45 pm To 1.30 pm 60 Penfold Street  NW8 8PJ</p>	<p><b><u>Chair Yoga Session</u></b></p> <p>The class will benefit your sense of well-being, stimulate and energise the mind, reduce anxiety, and improve physical strength and stability.</p>	<p>Contact Hub on <a href="mailto:penfoldhub@housing21.org.uk">penfoldhub@housing21.org.uk</a>  07872811106 Free</p>
<p>Thursdays  11 am - 3 pm  Fridays  10 am - 3 pm</p>	<p><b><u>New Pin Church Street Drop-In</u></b></p> <p>The Drop-In is now open, the place to go for a cup of tea and a chat – take a break from the shopping and find out what is happening in the neighbourhood. <b>The Drop-In is located at 10 Church Street, near the Lisson Grove end of the Church Street Market.</b></p>	<p><b>Free</b></p> <p><b>No need to book.</b></p> <p><b>Just turn up</b></p> <p><b>Open to all</b></p>
<p>Thursdays  1.30 pm to 2.30 pm  60 Penfold Street</p>	<p><b><u>Steady and Stable</u></b></p> <p>It improves balance, helps reduce falls and increases your confidence. Please phone or email Lauren Earle at Open Age (020 4516 9975 / <a href="mailto:learle@openage.org.uk">learle@openage.org.uk</a>) to check availability</p>	<p><b>No charge</b></p> <p><b>Booking required</b></p> <p><b>02045169975</b></p>

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<p><b>Thursday</b> <b>23rd of May</b></p> <p><b>1 pm</b> <b>To</b> <b>4 pm</b></p>	<p><b><u>Activity Afternoon</u></b></p> <p>An afternoon of fun with a range of board Games, lots of chatting and some nice refreshments</p> <p>Staff from the Hilton London Metropole Hotel on Edgewater Road are inviting older residents along to take part in this wonderful event.</p>	<p><b>Free</b></p> <p><b>You need to book a place.</b></p> <p><b>07872811106</b> <a href="mailto:penfoldhub@housing21.org.uk">penfoldhub@housing21.org.uk</a></p>
<p><b>Thursday</b> <b>27<sup>th</sup> of June</b></p> <p><b>2 pm</b> <b>To</b> <b>4 pm</b></p>	<p><b><u>Gardening Afternoon Event</u></b> <b><u>Penfold Community Garden</u></b></p> <p>Join us for a delightful gardening activity where we will learn about and plant summer flowers and bulbs.</p> <p>Great conversation and enjoy delicious refreshments with a team of staff from local businesses.</p> <p>Opportunity to explore the garden at your own pace.</p>	<p><b>Free</b></p> <p><b>Please book a place in advance.</b></p> <p><b>penfoldhub</b> <a href="mailto:penfoldhub@housing21.org.uk">@housing21.org.uk</a></p> <p><b>07872811106</b></p>
<p><b>Thursdays</b> <b>May 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup></b></p> <p><b>2.45 pm</b> <b>To</b> <b>4.15 pm</b></p> <p><b>60 Penfold Street</b></p>	<p><b><u>Mindfulness Session</u></b></p> <p>Experience the benefits of Mindfulness that will help with stress reduction- renewed vitality- well-being, calm inspiration, joy, kindness, faith, relaxation, resilience</p> <p>We all experience challenges and stress and want to love and enjoy life. Good coping skills, awareness and care of self/others are vital.</p>	<p><b>Free</b></p> <p><b>You must book a place in advance.</b></p> <p><b>penfoldhub</b> <a href="mailto:penfoldhub@housing21.org.uk">@housing21.org.uk</a></p> <p><b>07872811106</b></p>
<p><b>Thursday</b></p> <p><b>18th April</b> <b>2 pm</b></p> <p><b>Walks last.</b> <b>( 1 ½ Hours )</b></p> <p><b>Meet</b> <b>At Embankment</b> <b>Station</b> <b>Exit next to</b> <b>Victoria Gardens</b></p>	<p><b><u>Gentle History Walks</u></b></p> <p>Join our regular group on a monthly walk at a gentle pace with the City of Westminster Guide Richard Fentiman.</p> <p><b><u>18<sup>th</sup> April</u></b></p> <p>Moving through Victoria Gardens, hear about the history of Watergate and the various statues and fountains, and explore the Strand. Crossing the Strand we will explore some of the many alleyways in the Covent Garden area and hear of their amazing, sometimes violent history.</p> <p>The walk will end at St. Paul's Church in Covent Garden</p>	<p><b>Free</b></p> <p><b>You must book a place in advance.</b></p> <p><b>To book a place</b> <b>Contact</b> <b>Penfold Hub</b></p> <p><b>penfoldhub</b> <a href="mailto:penfoldhub@housing21.org.uk">@housing21.org.uk</a> <b>07872811106</b></p>

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<p><b>Thursday</b></p> <p><b>25<sup>th</sup> April</b></p> <p><b>4 pm to 5 pm</b></p>	<p><b><u>Laughter</u></b></p> <p><b><u>The Many Health Benefits of Laughter</u></b></p> <p>Come along and enjoy a fun, informative session with inspiring talk on laughter</p> <p>Reduces stress, promotes good breathing, and provides a great social opportunity.</p>	<p><b><u>Free</u></b></p> <p>You need to book in advance at the Staff Point at the Church Street Library.</p>
<p><b>Fridays</b></p> <p><b>10 am to 12 noon</b></p>	<p><b><u>Stroke Support Group</u></b></p> <p><b><u>Communication Support</u></b></p> <p>If you are interested in joining the group, please contact Berny Folan.</p> <p><b>Held 60 Penfold St, NW8 8PJ</b></p>	<p><b>Free – booking is required.</b></p> <p><b>Telephone 02081023879</b></p>
<p><b>Fridays</b></p> <p><b>Walk in Service from 11 am At 60 Penfold Street</b></p>	<p><b><u>Hairdressing with Elaine</u></b></p> <p>Have a blow dry, perm, shampoo or trim at reasonable prices – experienced hairdresser. Perms and tints must be booked in advance.</p>	<p><b>Phone Elaine to check availability.</b></p> <p><b>07949006417</b></p> <p><b>Charges apply</b></p>
<p><b>First Friday of the Month</b></p> <p><b>3<sup>rd</sup> May</b></p> <p><b>7<sup>th</sup> June</b></p> <p><b>5<sup>th</sup> July</b></p> <p><b>12.30 pm</b></p> <p><b>60 Penfold Street</b></p>	<p><b><u>Community Lunch</u></b></p> <p>Join us for a social lunch with a freshly vegetarian cooked meal – meet up with local older residents from Church Street with lots of opportunities to chat, meet new people and learn more about local activities.</p> <p>The meals are planned and cooked by staff volunteering from local businesses</p>	<p><b>You need to book in advance – Spaces are limited.</b></p> <p><a href="mailto:penfoldhub@housing21.org.uk">penfoldhub@housing21.org.uk</a></p> <p><b>07872811106</b></p>
<p><b>Saturdays</b></p> <p><b>12 pm to 2 pm</b></p> <p><b>St John's Wood Library</b></p> <p><b>20 Circus Road NW8 6PD</b></p>	<p><b><u>Digital Support</u></b></p> <p>A one-to-one session to learn how to use a computer or better understand your laptop, phone or tablet</p>	<p><b>Free</b></p> <p><b>Please book a place in advance</b></p> <p><b>020 7641 6200</b></p>
<p><b>Sunday</b></p> <p><b>28<sup>th</sup> April</b></p> <p><b>2 pm</b></p> <p><b>The British Museum</b></p> <p><b>Great Russell Street</b></p> <p><b>London WC1B 3DG</b></p>	<p><b><u>Michelangelo's The Last Decades</u></b></p> <p><b><u>British Museum Exhibition</u></b></p> <p>This exhibition looks at the last 30 years of Michelangelo's remarkable life when he returned to Rome – having been summoned by Pope Clement VII to paint a fresco of the Last Judgment in the Sistine Chapel</p> <p>Optional Curator's Talk - BP Lecture Theatre</p>	<p><b>You need to book in advance.</b></p> <p><a href="mailto:penfoldhub@housing21.org.uk">penfoldhub@housing21.org.uk</a></p> <p><b>Draw for Complementary tickets.</b></p> <p><b>Booking opens on 15<sup>th</sup> April.</b></p> <p><b>Names drawn 24<sup>th</sup> April</b></p>

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<p><b>Sunday 12<sup>th</sup> May</b></p> <p><b>12 pm</b> <b>to</b> <b>6 pm</b></p>	<p><b><u>Church Street Community Festival</u></b></p> <p>Come along to this Community Festival with lots of information and food stalls</p> <p>Activities and Children's Fun Fair</p>	<p><b>Free</b></p> <p><b>Church</b></p> <p><b>Street</b></p> <p><b>Market</b></p>
<p><b>Coming</b></p> <p><b>Summer</b></p> <p><b>2024</b></p>	<p><b>THE CHURCH STREET MASQUERADE</b> <b>Free Mask Making, Mask Acting &amp; Performance</b></p> <p>Following last year's big success, this project will be back in August 2024</p> <p>For four weeks the theatre company Dende Collective will be back at the Penfold Community Hub offering drop-in classes in making papier-mâché masks and mask acting.</p> <p>You will bring your mask to life and will also have a chance to explore masks from the Italian Commedia Dell 'Arte and Larvals from Switzerland.</p>	<p>Look out for more details in our summer programme out in July</p>

**The Penfold Community Hub provides a wide range of health and well-being opportunities to older Westminster residents and carers at a low cost or free. If you are interested in participating in any activity and find it difficult to contribute, please talk to the Hub staff who can offer advice and support.**

### **Cost of Living Support**

**The Penfold Hub has information on other agencies and projects, including Food Banks, which can provide help and support.**

**For more information about help available to Westminster residents follow the link below or call the Penfold Hub office.**

**[www.westminster.gov.uk/cost-of-living-support](http://www.westminster.gov.uk/cost-of-living-support)**

**For more information about the Penfold Hub activities for the over 50's in Westminster and carers in Westminster Contact: Telma Asemota or Denis Kane, Penfold Community Hub 60 Penfold Street, London NW8 8PJ**

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