

An example of activities and services available at our Community Hubs

Services
Advice, Information & Guidance
Direct Payments
Personal Budgets
Escorting
Befriending
Gardening
Odd Jobs
Hairdresser
Beauty Therapy
Toenail cutting
Hand/Arm Massage
Barber
Activities
Wii Body & Mind
Language
Art
Exercise
Music Appreciation
Choir
Picture Framing
Healthy Eating
Computers
Ballroom & Latin Dance
Bridge
Bollywood
Dance Aerobics
Bingo
Self Defence
Creative Writing
Drama
Film Club



For more information contact us

Harris Centre: 020 3370 3035  
 Covent Garden Centre: 020 3370 3030  
 Reaching U: 020 3004 5618

Email: [CGHub@acwestminster.org.uk](mailto:CGHub@acwestminster.org.uk)  
[HCHub@acwestminster.org.uk](mailto:HCHub@acwestminster.org.uk)  
[ReachingU@acwestminster.org.uk](mailto:ReachingU@acwestminster.org.uk)



# Community Hubs

**AGE Concern** Westminster



WESTMINSTER

Charity Number: 1018300

## Community Hubs for the over 50's

Our three community hubs, one in Maida Vale and two in Covent Garden, offer you a range of activities, support and social interaction and a wide range of food and drink available from our café.

An extensive choice of activities is provided at the hubs, we host a broad selection of adult education classes in addition to those delivered through our Reaching U programme.

As well as providing a warm environment and a hot meal, our hubs enable you to mix with each other and join in activities that suit your interests and hobbies. Keeping mentally active, physically fit, having a good network of friends and maintaining a balanced and healthy diet are all important in helping people to lead healthier lives and remain active citizens.



## New Style

Age Concerns hubs have undergone extensive renovation and rebuilding work over the last 18 months. We are proud to offer services from two state of the art venues, offering a wide range of activities, classes, food and beverages throughout the day so; you can drop in anytime.



**The Harris Centre**  
51 Lanark Road  
Maida Vale  
London W9 1DE

**Covent Garden Centre**  
E42 Odhams Walk  
Covent Garden  
London WC2H 9SB

Our Community Hubs are working in partnership with local groups to bring you the widest possible range of activities. We have active partnerships with National Ballet, Active Westminster, Westminster Libraries and Opening Doors.



## Cathay Club

The Cathay Club offers activities and services in the Chinese language @

E42 Odhams Walk  
Covent Garden  
London WC2H 9SB

联系我们 - 星期一及星期三

07989113997

## Reaching U

**Reaching U** is a joint project between Age Concern Westminster, Open Age and Westminster Adult Education Service which offers a programme of weekly learning activities for the over 50s across Westminster. Activities include Thai Chi, Art, Yoga, Guides to gadgets & gismos, line dancing, ceramics & jewelry making (Fees £1p/h).

