

CENTRE NEWS LETTER



Providing Space for the Community



Events for 2024 in the Community Centre

Sat 7th Sept Table Top Sale

Events in the Park dates for your diaries

Teddy Bears Picnic Weds 24th July, Sports in the Park Weds 28th Aug

Art in the Park held in rear hall Sat 21st Sept

Regular Activities

Children's groups in [blue](#).

Monday

Zumba Gold 10 – 11am
Tiny Tykes toddlers 9.45 – 11.15am
The Wellbeing junction 3.30 – 7.00pm
Mama Baba 4.15 -5.15pm
CA Meeting 7 – 8.30pm
Pilates with Sally 7.30 – 8.30pm

Tuesday

Big Movers 10 – 11am
LUNCH CLUB 12.30 – 1.30PM
Hertswise 1.30 – 3.30pm
Imagine & Move 4.30 – 6.00pm
Karata 6 – 7pm
Girl Guides 7 – 9pm
Pilates with Sally 8 – 9pm

Wednesday

Pilates with Sally 10 – 11am
Tippy Toes Ballet from 3.30pm
Brownies 6.30pm
Art Box every other week 1 – 3pm
Pilates with Joanne 7 – 8.10pm

Thursday

Tiny Tykes toddlers 9.45 – 11.15am
Line Dancing 10 – 11am
LUNCH CLUB 12.30 – 1.30pm
Hertswise 1.30 – 4.00pm
Singing Mama's 1.30 – 2.30pm
The Wellbeing junction 3.30 – 5.30pm
Line Dancing 7 – 8pm

Friday

Yoga 9.30 – 10.30am
Pilates with Joanne 10 – 11.15am
Senior Exercise 11am – noon
LUNCH CLUB 12.30 – 1.30PM
Gemms 10am – 2pm
Friendship Hobby Craft 2pm – 4pm
[Rainbows 5.45pm – 6.45pm](#)
Karate 2 classes from 6.30pm
CA Meeting 7.30 – 8.30pm

Saturday

Party slot times

Kennedy Suite 11.00 – 14.00,
14.30 – 17.30 & 18.00 – midnight
Henry Hall 10.30 – 13.30 &
14.00 – 17.00

Sunday

Church Service 10.30 – 13.30

Party slot times

Kennedy Suite 14.00 – 17.00
Henry Hall 14.00 – 17.00

Monthly

Councillors Surgery

The local councillors hold a monthly surgery *now on the second* Saturday of the month. Meetings are held in the coffee shop. If there are any confidential matters you will be taken to the office

Please note 13th July, 10th August & 14th Sept are the next sessions between 10-11am

Cllr Lin Martin-Haugh 01438 351467 email
lin.martin-haugh@stevenage.gov.uk
Cllr Maureen McKay 01438 234363 email
maureen.mckay@stevenage.gov.uk
Cllr Jeannette Thomas 01438 721258 email
jeannette.thomas@stevenage.gov.uk

Coffee Shop

Our Coffee Shop is open 7 days a week & sells a variety of different coffees, plus a selection of teas, hot chocolate and cold drinks including milkshake. We have a selection of hot food and snacks, with a choice of cake for your afternoon tea. Specials are a Bacon Roll & coffee served all day or a slice of cake with a pot of tea or any coffee or speciality tea.

We haven't forgotten your Canine friends, we sell dog biscuits (all profits go to charity every month) and we put out a bowl of water for them too. Well behaved dogs on leads welcome.

You can find us on Trip-advisor or Facebook: [Hampsonparkcoffeeshop](#) or on the centre website www.hampsonparkcc.co.uk- cafe



Opening hours throughout the year.

Monday to Friday

From 10.00am to 4.30pm

Saturday 9.00am to 3.30pm

Sunday 9.00am to 3.30pm

Closing time may vary depending on weather

Art Box

Runs every other Wed's for people with early-stage Dementia & their carers 1.00 – 3.00pm Checkout their website openartbox.org.uk or you can email artists@openartbox.org.uk

Big Movers

This exercise group is for people with Parkinson's
Here on a Tuesday @ 10 -11am Phone Pete **07505 363021**

Brownies

Meet on a Wednesday @ 6.30 – 8.30pm, for places contact Tracey on **01438 723619** or email twrd496@gmail.com

CA Meeting

Struggling with a drug addiction? Support groups every Monday 7 – 8.30 & Friday evening 7.30 – 8.30pm

Friendship Hobby Crafts

Small group that runs on a Fri 2 – 4pm. Time to socialise with others in the group, just bring along what ever project your working on. Share your knowledge about a different craft, or learn something new. Most of all make new friends why you do something you enjoy

GKR Karate

Classes for all ages and abilities. On Tuesdays 6 – 7pm and Friday 6.30 – 9pm. Contact the co-ordinator on **07530 756634** for further details

Imagine & Move

Sensory movement class for those aged 3+ with suspected or diagnosed additional needs Tuesday 4.30 – 5pm for the younger children, then 5.15 – 6pm. Contact Hannah **07394 934911** info.imaginationarts@yahoo.com

1st Pin Green Guides & Rangers

Tuesday evening at 7 – 8.30pm. If you are interested contact Christine Noakes on **07508 015535** or email christine.guiding@hotmail.com as you need to book.

Hertswise

runs on a Tuesday 1.30 – 3.30pm & on a Thursday 1.30 – 4.00pm. Also twice a month the group will start at 11.30am on a Tuesday. Please speak to Gill for more information. Hertswise is a dementia hub service designed to support people living with dementia, low level memory loss or mild cognitive impairment as well as their loved ones and carers. For more information or to book a place contact Gill on **07496 744402**

THE CENTRE

Line Dancing

Come along on Thursday at 10am or 7pm in the evening and learn routines and have fun. Line dancing is a low impact way to keep fit. Classes are suitable for all. Contact Caroline on **07768 123908**

Mama Baba

For Hungarian families to promote the Hungarian nursery rhymes & language. for babies & toddlers. Afternoon group on a Monday 4.15 -5.15 in rear hall 1. Contact Melinda **07835 407752** (Term time only)

Pilates

This class runs on Monday evenings at 7.30pm, Tuesday evenings at 8pm and Wednesday mornings at 10am. Pilates improves posture, core strength, balance & flexibility. Classes are for men and woman. Contact Sally to book your place on **07866 451715** info on website www.fitnesswithsally.co.uk

Pilates (New classes)

Low impact, mindful classes focusing on technique offering the maximum benefit suitable for complete beginners and experienced People. suitable for men and women.

Classes Wednesday 7.00- 8.100 pm, and Friday 10.00-11.10 am

Contact Joanne on **07947398507** or email mindbodycorepilates@outlook.com

Booking essential no walk ins.

Rainbows

2nd Pin Green Rainbows is part of the Girl-guiding UK family for girls aged 4-7.

We meet on a Friday evening during the school term 5.45 - 6.45pm.

We enjoy crafts, games, fun and friendship.

Please email Anne @ pingreenrainbows@outlook.com for further information.

To apply for a place at rainbows you need to go online Girlguiding.org.uk/join-us (please use the postcode SG1 5QU to search for 2nd Pin Green Rainbows unit).

Singing Mama's

Harmony singing for well-being. Gorgeous songs taught by ear, sing, relax & make friends. Thursday 1.30 – 2.30pm in rear hall

Email mumsintune@gmail.com for more information or book

www.bookwhen.com/mumsintune

Senior Keep Fit

Do you need to exercise but find conventional classes too difficult? Then why not join this group. It's a fun exercise group for older or less mobile adults & will keep you moving. All exercise can be done sitting in a chair. Laughter is a key ingredient in this class. Group runs on a Friday at 11am to noon. For more information contact Irene on

07802 418755

The Wellbeing Junction

We are passionate about promoting & nurturing Emotional, Physical and Mental Wellbeing. We endeavour to do this by providing a range of support to equip Children, Teenagers & Parents with self-care tools and skills to thrive in today's fast paced world. For more information on what we do please visit our social media pages or call **0756 724521** or email thewellbeingjunction@gmail.com

Tiny Tykes Toddler Group

Run a group on Monday & Thursday Mornings at 9.45 – 11.15am. Come and enjoy some company and a cup of tea while your toddler plays. Group is up to school age. **YOU MUST BOOK FOR A PLACE.** Contact Bridget **01438 355734**

Tippy Toes Ballet

Offer classes for kids between 2 & 5yrs. Classes are fun & allow the children to enjoy the social & physical benefits of learning ballet. Classes Wednesday from 3.15pm Contact Nicola on **07722 865446** or see www.tippytoesballet.co.uk

Yoga with Kerstin

Vinyasa Flow is a dynamic yoga practice that cultivates balance, flexibility, strength & endurance. Runs on Fri 9.30 – 10.30am. Contact Kerstin on **07966 363590** or kerstin.weiner23@gmail.com

Zumba Golds

This class is aimed at the over 50's giving you good aerobic exercise & helping you if you want to watch your weight Runs on Monday at 10am. Booking required. Contact Charlotte on **07854 306774** or email charlotte_x@hotmail.co.uk

Church info

Destiny International Christian Assembly

Sunday Morning: 11.00am – 1.30pm

Contact Blessing on **07947 231362**

Your local Food Bank is the Foodshed

Our collection point for the food bank is just inside our main doors. Any donations please pop them in the white basket.

We have no new wish list for the Foodshed the list here is from December Toilet Paper, Sanitary Products, Tinned soup, Rice, Beans & Pulses, Pot Noodles/cup-a Soups, Biscuits/Sweet Treats, Pasta Sauce, Soap/Shower Gel/Shampoo

Thank you for your donations throughout the year

Centres for Sale Items

We sell in the reception area 2nd hand books for 25p each, unless otherwise priced and puzzles start at £1 each, 1000 piece puzzles are £2 each. Some puzzles may be more and are priced up. All money goes to help us buy items for the centre. We also sell cards, standard cards for 25p, handmade cards 50p each.

Give as You Live!

Raise Free Funds for us every time you shop online!

www.giveasyoulive.com/join/hampson-parkcc Simply visit the site & raise FREE funds for us every time you shop online via Give as you Live! Over 4,000 top online stores. Or you can scan the QR barcodes that are posted on the notice board which will take you to the site to register

Lunch time Meals

Freshly cooked, delicious hot meal served 3 times a week, (Tues, Thurs & Fri) Meals consists of a dinner, dessert & tea or coffee. Meals are served at 12.30 & cost £7.00 **BOOKING** is essential and must be **booked a day in advance**. If unable to make your booked meal please make sure you **cancel** your booking **by 10am on the day**. For a menu please visit our Website, or call us on 01438 354662 or pop in and see us. Call into the centre or ring us on 01438 354662 to book your meal. Office hours to book Mon to Fri 09.30 – 14.45.



Fish pie & Veg



Jam Roly Poly

Our lunch club has grown to what it use to be and it is essential that you book your meal in advance. Sometimes we have to have a cut off point regarding the number of booked meals to the amount of food we have for the meals. Though this doesn't happen very often its just a warning if we say we are unable to book you in.



Hampson Park Community Centre

01438 354662

Email: hampsonparkcc@gmail.com website: www.hampsonparkcc.co.uk

Office hours Mon to Fri 9.30 - 3.00

Closed Weekends

We are in Hampson Park entrance off Webb Rise SG1 5QU

Like us on Facebook for the latest what's on news or follow us on Instagram

Parties

The community centre halls are bright and have flooring suitable for dance and other activities that need free movement yet are robust enough for a bouncy castle. Tables and chairs are supplied and are included in the cost of hire.

We take a returnable booking deposit, which will secure your booking and is held against any damage.

Because our halls are so popular, we have fixed booking slots on a Saturday & Sunday.

Kennedy suite, 3hr slot price £92, 4hr slot price £122.

Kennedy suite, Saturday's Only 6pm onwards – £34 per hour.

Kennedy suite, time slots, Saturday 10am - 2pm, 2.30pm – 5.30pm & Sundays 2pm – 5 or 6pm.

SPECIAL OFFER for Saturday's Only. Book both halls from 6pm - mid for £305

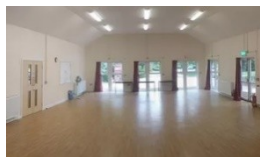
Henry Hall, 3hr slot for £69, 4hr slot price for £92

Henry Hall Saturdays time slots are 10.30 - 1.30pm, 2pm – 5pm, Sundays 2pm – 5pm

Hall sizes Kenndy 9m x 13m Bouncy castles no higher than 3.4m (11ft)

Rear hall 5.6m x 12m Ceiling height 3m Bouncy castles to be lower than this height

Rear hall sizes when divided, Rear hall 1, 5.6m x 7.5m. Rear hall 2, 5.6m x 4.5m



Kennedy Suite



Kitchen
(Used for Kennedy
Suite Parties only)



Rear Hall



View of the
Kitchenette
(Rear Hall)

Returnable deposit Children's Parties up to 13years of age there is a returnable deposit of £50

Parties from 6pm onwards the returnable deposit of £100 (no alcohol) or £150 (alcohol) Deposits are required with 48hrs of booking your party date. This is non-refundable if the function is cancelled within 2 weeks of the booked date. 10% of the deposit is retained if cancelled with more than 2 weeks notice.

We also hire out a sound system and projector if required. Between the ages of 14th to 21st special conditions. (Sorry we no longer catering for 16th birthday parties) Please ask for details.