



CENTRE NEWS LETTER



Providing Space for the Community



Events for 2026 in the Community Centre

Date for diary

Craft Fair Sat 24th October. (NO more Stall holders required, Thank you)
Quiz night & Supper Night, on Saturday 14th November Tickets £7. Supper extra.

Regular Activities

Children's groups in **blue**.

Monday

Zumba Gold 10 – 11am
Walking Group outside of centre 11.00am
Tiny Tykes toddlers 9.45 – 11.15am
The Wellbeing Junction 16.00 – 18.45
Music & Movement 16.15 – 18.15
CA Meeting 19.00 – 20.00
Pilates with Sally 19.30 – 20.30

Tuesday

Big Movers 10 – 11am
LUNCH CLUB 12.30 – 13.30
Herts. Mobilisation 13.30 – 15.30
Seated Meditation 13.45 – 14.45
Imagine & Move 16.30 – 18.00
Savage Martial Arts 16.45 – 18.15
Girl Guides 19.00 – 21.00
Pilates with Sally 20.00 – 21.00

Wednesday

Pilates with Sally 10 – 11am
Tippy Toes Ballet from 15.30 – 17.30
Brownies 18.30 – 19.30
Positive Movement 10.00 – 11.30
Art Box every other week 13.00 – 15.00
Pilates with Joanne 19.00 – 20.00

Thursday

Tiny Tykes toddlers 9.45 – 11.15am
Line Dancing 10 – 11am
Chair Yoga with Helen 12.00 – 13.00
LUNCH CLUB 12.30 – 13.30
Herts. Mobilisation 13.30 – 15.30
The Wellbeing Junction 15.30 – 17.30
Line Dancing 19.00 – 20.00
Calm the mind Yoga 19.00 – 20.00

Friday

Yoga 9.30 – 10.30am
Pilates with Joanne 10 – 11am
Senior Exercise 11am – noon
LUNCH CLUB 12.30 – 13.30
Big Movers 14.00 – 15.00
Friendship Hobby Craft 14.00 – 16.00
CA Meeting 19.30 – 21.00

Saturday

Emerald Dance 9.00 – 10.30
Party slot times
Kennedy Suite 11.00 – 14.00,
14.30 – 17.30 & 18.00 – midnight
Rear Hall 10.30 – 13.30 &
14.00 – 17.00

Sunday

Church Service 9.30 – 12.00
Pastor Michael David
Party slot times
Kennedy Suite 14.00 - 17.00
Rear Hall 14.00 - 17.00

Monthly

Councillors Surgery

The local councillors hold a monthly surgery 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 10th Oct, 14th Nov & 12th Dec are the next sessions between 10am - 11am

Cllr Lin Martin-Haugh 01438 351467 email
lin.martin-haugh@stevenage.gov.uk
Cllr Tom Plater 07986 543762 email
tom.plater@stevenage.gov.uk
Cllr Jeannette Thomas 01438 721258 email
jeannette.thomas@stevenage.gov.uk

Meet the Team

Head of Trustees
Cllr Lin Martin-Haugh

Centre Manager
Sophie Jenkins

Office Assistance
/Invoicing
Karen Robson

Social Media
Events Co-ordinator
Carol Jennings

Coffee Shop Manager
Sally

Supervisor
Jackie

Cook
Carol C

Volunteers
Tracy

Coffee Shop Assistance
Week days **Judith M**
Weekends **Neave** - Saturday
Oscar - Sunday

Sunday Supervisor
Ruby

Volunteers
**Rita, Sue, Ann
& Angela**

Caretakers
Vikki & Bradley

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



COFFEE SHOP MENU

Drinks Price list

	Regular & Large	
Americano	£2.70	£3.20
Latte	£3.20	£3.80
Cappuccino	£3.20	£3.80
Mocha	£4.00	
Espresso	£2.70	£3.20
Hot Chocolate	£3.25	
with cream/marshmallows		£3.85

Mug of Tea £1.25
 Herbal/Speciality Tea £1.65
 Milk (children) £1.20
 Milk Shakes £1.00

Fruit Shoot £1.15

Canned drinks:-

Normal £1.35

Zero/Sugar free £1.15

Bottled Water £1.20

Squash from £0.70 - £1.20

Soya or Almond milk, skimmed
 or semi available

Snacks

Bacon Roll £3.60, Sandwich £3.80

Bacon Roll with Coffee Offer
 £5.60

Sausage in a roll £3.70

Sausage sandwich £3.90

Kids Bacon Roll £1.30

Pastry Sausage Roll £2.00

Jacket potato & butter £3.50

Jacket Potato with Cheese £4.60

Jacket Potato with Beans £4.60

Jacket Potato with Tuna & Mayo
 £5.20

Extra toppings from £1.00

Panini - Ham & Cheese £4.50

Panini - Cheese & Tomato £4.20

Panini Sausage, Cheese &
 Chutney £5.00

Panini Tuna Melt £4.60

Toasty Cheese & Tomato £3.60

Toasty Cheese & Marmite £3.80

Toasty Ham & Cheese £3.80

Toast 2 Slices £1.90

Toast and Jam £2.60

Cheese on toast £2.50

Luxury Teacake from £3.60

Cake Slice from £3.20

Children's Crisps from £0.60

Ice Lollies & Ice Cream Tubs from
 £0.80

Special offers

All day special slice of cake with
 coffee £4.90

Some Gluten Free and Vegan
 available

Art Box

Runs every other Wed's for people with early-stage Dementia & their carers 13.00 – 15.00 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. Friday 14.00 – 15.00
£4 per session, discount for attending both Tuesdays & Fridays sessions in the same week. New Members the first week free. Phone Pete **07505 363021**

Brownies

Meet on a Wednesday @ 18.00 – 19.30, for places contact Tracey on **01438 723619** or email twrd496@gmail.com

CA Meeting

Struggling with a drug addiction? Support groups every Monday 18.45 – 20.15 & Friday evening 19.30 – 21.00

Calm the mind Yoga Thurs 19.00 – 20.00. Contact Hayley Brown on **07432 000857** or info@naturalhealinghaven.co.uk or Kevin on 07847 184540

Card making If you are into card making and you would like to bring your project along to this group for socialising then do come a long on the 2nd & 4th Wednesdays in the month. Group runs from 10.00 – 12.00 in the rear hall 2.

Chair Yoga

With Helen O'Sullivan. If you are looking for a yoga exercise class that you don't have to lay on the flooring for? Then how about trying chair yoga on Thurs 12.00 – 13.00 - £5 a class. Exercise to help you get your joints moving. Please book by either ringing Helen on **07923 975198** or email hos55@hotmail.co.uk

Emerald Dance On Saturday 9.00 – 10.30am Ballet/Tap 2 classes
Pre - age 3-5yrs – 9.00 - 9.45, Primary – age 6yrs + - 9.50 – 10.35
you can email info@emeraldldanceacademy.co.uk or call **07584 021147**

Friendship Hobby Crafts

Small group that runs on a Fri 14.00 – 16.00. 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.

THE CENTRE

Imagination Dance (Imagine & Move)

Sensory movement class for those aged 3+ with suspected or diagnosed additional needs Tuesday 16.30 – 17.00 for the younger children, then 16.15 – 18.00. Contact Hannah **07394 934911** info.imaginationarts@yahoo.com

1st Pin Green Guides & Rangers

Tuesday evening at 19.00 – 21.00. If you are interested contact Christine Noakes on **07508 015535** or email christine.guiding@hotmail.com as you need to book.

Herts Mobilisation in partnership by age UK, Carers in Herts & Alshimers Society. *Together Group Stevenage* - runs on a Tuesday & Thursdays 1.30 – 3.30pm. This group is for people living with dementia or those worried about their memory, to come along with a family member, close friend or carer. For more information contact them on Tel: **01279 427522** or Email: central.herts@alzheimers.org.uk

Line Dancing

Come along on Thursday's either at the 10.00 – 11.00am class or at the 19.00 – 20.00 class 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**

Music & Movement Group 16.15 -18.15. Workshops, developed from the **Songlines for Parkinson's project** drawing on additional research from Switch 2 Move and Sing to Beat Parkinson's. Group open to everyone. Runs term times only. Contact Maria Thomas by email maria@music-workshop.co.uk or phone **07391 506603**

Pilates (Sally)

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 (Joanne)

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- 8.00pm, and Friday 10.00-11.00 am
Contact Joanne on **07947398507** or email mindbodycorepilates@outlook.com
Booking essential no walk ins.

Positive Movement This group is for people looking for gentle exercises, breathwork & meditation to help feel more centered, clam & blananced. Everybody welcome. Wednesday 10.00 -11.30. To register then contact Clare Chambers on **01462 678804** or email clare.chambers@hertsmindnetwork.org

Savage Martial Arts classes will run on Tuesday. Littles for 4 to 7yrs run 16.45 – 17.15 & Juniors for 8 – 12 yrs run 17.30 – 18.15. Please Contact Andy Pollard on **07717 796819** or email andy@savagemartialarts.co.uk for more information.

Seated Meditation & Breathing Techniques with Helen - £7 per class

Class on Tues 13.45 – 14.45 Calming, energising breathing exercise & meditation practices will significantly improve physical & mental health. Contact Helen on **07923 975198** or email her at hoss55@hotmail.co.uk

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**

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 15.30 – 17.30 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

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. Mon in main hall 15.45 – 18.45, Thurs rear hall 15.30 – 17.30 For more information on what we do please visit our social media pages or call **0756 724521** or email thewellbeingjunction@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 10 - 11am. Booking required. Contact Charlotte on **07854 306774** or email charlotte_x@hotmail.co.uk

Our for Sale Items

We sell in the reception area paper back books for 25p, hardback books 50p & very large hardbacks are £1 each, unless otherwise priced. Puzzles 500s piece £1.50, 1000 piece £2.50 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, each. Now and again we have handmade cards for 50p/£1 each. Cook books £4 each

We can not take any more at the moment as we are out of room. Thank you for all donations they are appreciate

Your local Food Bank

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

Thank you



foodshed

OCTOBER WISHLIST

Tinned Fish/Meat
Tinned Fruit/Vegetables
Rice/Noodles
Tinned Spaghetti
Soup
Beans and Pulses
Biscuits/Sweet Treats
Condiments
Cooking Oil/Extras
Shampoo/Deodrant etc.

stevenage vineyard
live · merry · action

Craft Fair

Halloween into Christmas



Into



CRAFT FAIR

AT HAMPSON PARK COMMUNITY
CENTRE

ON SATURDAY 24th OCTOBER '26
12.30PM TO 3.30PM

*****FREE** Car Park / *****FREE** Entry

Selection of stalls selling fabulous home-made gifts
Stain Glass Glass Jewellery Wooden puzzles



Handbags & Purses



Home made Jams



Knitted items



Cushions
Blankets
& Dishes

Hand made Cards

Plus loads more



Cheesecake

COFFEE SHOP WILL BE OPEN for light refreshments

Pin Green Community Association Hampson Park Community Centre
Registered Charity no 1156808

Quiz Night & Supper Night on Saturday 14th November Doors open at 7pm for a 7.30pm start. Tickets £7 per person. The supper is extra of Lasagna £6.50, fries £3 and Garlic Bread 50p a slice. If you would like a super please book it when you book your team.

Church info

Destiny International Christian Assembly

Sunday Morning: 9.00am – 12.00pm

Contact Blessing on **07352 240552** Or destinyassembly@outlook.com

Pastor Michael David

Give as You Live!

Raise Free Funds for us every time you shop online!

www.giveasyoulive.com/join/hampson-parkecc

Simply visit the above website & raise FREE funds for us every time you shop online via Give as you Live! Over 6,000 + top retailers 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

Hertfordshire Health Walks Meet up on Mondays outside the community centre to set of their walk at 11am for about 45min walk. Suitable for beginners. (This is nothing to do with us at the centre)

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 £8. **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. There now will be a charge of £2.50 on any booked meal that hasn't been cancelled.

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. At the moment our cook is still on sick leave.



Our lunch club has grown though some days are busier than others. You must book your meal in advance as only the booked numbers of meals will be cooked. All meals are cooked fresh on the day. 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. This may only happen on occasions and its just a warning if we say we are unable to book you in.

The lunch club is not just for the elderly it is for any one who is on their own and would like to have a meal out at a good price of £8 which is a main course a dessert and a hot/cold drink. You will also get to meet new people and make new friendships.

Lunch Club Menu

Hampson Park Community Centre Lunch Menu

October 2026

Tuesday 6th	Thursday 8th	Friday 9th
Fish & Chips	Roast Pork	Mince & Mash
Lemon Meringue	Trifle	Strudel
Tuesday 13th	Thursday 15th	Friday 16th
Roast Gammon	Chicken Korma	Stew & Dumpling
Scones & Cream	Bakewell Tart	Fruit & Cream
Tuesday 20th	Thursday 22nd	Friday 23rd
Sausage & Mash	Lamb Casserole	Roast Chicken
Gateau	Angel Delight	Jam Roly Poly
Tuesday 27th	Thursday 29th	Friday 30th
Chicken Cobbler	Sweet & Sour Pork	Quiche
Viennetta	Cheesecake	Profiteroles
Tuesday 3rd Nov	Thursday 5th Nov	Friday 6th Nov
Roast Pork	Chicken Supreme	Fish & Chips
Angela Delight	Profiteroles	Cake with custard.

Meal cost £8.00

We apologise, if for any reason the menu has to be changed. Please let us know if there are any dietary requirement when booking your dinner, thank you

There now will be a charge of £2.50 on any booked meals that haven't been cancelled before 10 am on the day.

**Lunch starts at 12.30 –
13.30**

Phone no 354662

**Book before meal day or
no later than 10am on the
day**



Hampson Park Community Centre

01438 354662

Email: hampsonparkccc@gmail.com website: www.hampsonparkccc.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 £102, 4hr slot price £136.

Kennedy suite, Saturday's Only 6pm onwards – £37.70 per hour.

Kennedy suite, time slots, Saturday 11am - 2pm, 2.30pm – 5.30pm & Sundays 2pm – 5 or 6pm.

SPECIAL OFFER for Saturday's Only. Book both halls from 6pm - mid for £338

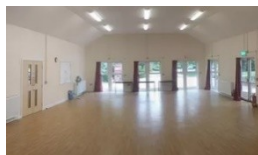
Henry Hall, 3hr slot for £76.50, 4hr slot price for £102

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

Hall sizes Kennedy 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 48 hrs 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. Ask for details. **We do not take** bookings for parties the ages of 16th to 21st Please ask for details on booking on booking a hall with us.