

CENTRE NEWS LETTER



Providing Space for the Community



Events for 2025 in the Community Centre

## Saturday 31<sup>st</sup> May Spring into Summer Craft Fair. Doors open at 12.30 – 15.30

Park activities (not run by centre) Teddy Bear Picnic Wed 30<sup>th</sup> July, Music in the park Sat 21<sup>st</sup>

June and Sports in the Park Wed 20<sup>th</sup> August

New Groups starting this month **Messy Play**, Wednesdays & **Music & Movement** Mondays

### Regular Activities

Children's groups in **blue**.

#### Monday

Zumba Gold 10 – 11am

**Tiny Tykes toddlers 9.45 – 11.15am**

**The Wellbeing Junction 15.45 – 18.45**

Music & Movement

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

**Imagine & Move 16.30 – 18.00**

Karate 18.00 – 19.00

**Girl Guides 19.00 – 21.00**

Pilates with Sally 20.00 – 21.00

#### Wednesday

Pilates with Sally 10 – 11am

**Messy Play 10.00 – 11.30am**

**Tippy Toes Ballet from 15.30 – 17.30**

**Brownies 18.30 – 20.00**

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 13.45 – 16.45

Singing Mama's 13.30 – 14.30

**The Wellbeing Junction 15.30 – 17.30**

Line Dancing 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

Karate 2 classes from 18.30 – 20.30

CA Meeting 19.30 – 20.30

#### Saturday

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 10.30 – 13.30

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 10<sup>th</sup> May, 14<sup>th</sup> June & 12<sup>th</sup> July are the next sessions between 10-11am**

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**

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Office Assistance  
/Invoicing  
**Karen Robson**

Coffee Shop Manager  
**Sally**

Cook  
**Carol**

Social Media  
Events Co-ordinator  
**Carol Jennings**

Supervisor  
**Holly**

Volunteers  
**Tray**

Coffee Shop Assistance  
Week days **Judith M**  
Weekends **Mackenzie, Lucy, Ruby**

Sunday Supervisor  
**Louise**

Volunteers  
**Rita, Sue**

Caretakers  
**John & Mark**

# 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](http://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	£2.60	£3.00
Latte	£3.00	£3.60
Cappuccino	£3.00	£3.60
Mocha	£3.60	
Espresso	£2.20	£2.60
Hot Chocolate	£3.00	
with cream/marshmallows		£3.60
Mug of Tea	£1.20	
Herbal/Speciality Tea	£1.60	
Milk (children)	£1.20	
Milk Shakes	£1.00	
Toppings-Milk Shakes	£0.50	
Fruit Shoot	£1.10	
Canned drinks:-		
Normal	£1.30	
Zero/Sugar free	£1.10	
Bottled Water	£1.10	
Squash from	£0.70	
Soya or Almond milk, skimmed or semi available		

## Snacks

Bacon Roll	£3.40	Sandwich	£3.60
Sausage in a roll	£3.60		
Sausage sandwich	£3.80		
Kids Bacon Roll	£1.30		
Pastry Sausage Roll	£2.00		
Bacon Roll with coffee offer	£5.00		
Jacket potato & butter	£3.50		
Jacket Potato with Cheese/Beans			£4.50
Jacket Potato with Tuna & Mayo			£5.00
Extra toppings from	£1.00		
Panini - Ham & Cheese	£4.30		
Panini - Cheese & Tomato	£4.00		
Panini Sausage, Cheese & Chutney	£4.80		
Panini Tuna Melt	£4.50		
Toasties Cheese & Tomato	£3.50		
Toasties Cheese & Marmite	£3.60		
Toastie Ham & Cheese	£3.80		
Toast 2 Slices	£1.70		
Toast and Jam	£2.20		
Cheese on toast	£3.70		
Luxury Teacake	£2.50	(Jam 50p)	
Cake Slice from	£3.20		
Children's Crisps from	£0.50		
Ice Lollies & Ice Cream Tubs from			£0.80
Special offers			
All day special slice of cake with tea or coffee	£5.00		
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](http://openartbox.org.uk) or you can email [artists@openartbox.org.uk](mailto: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](mailto:twrd496@gmail.com)

## CA Meeting

Struggling with a drug addiction? Support groups every Monday 19.00 – 20.00 & Friday evening 19.30 – 20.30

## Chair Yoga

With Helen O'Sullivan on Thursdays 12.00 to 13.00. Are you looking for a yoga exercise class that you don't have to lay on the flooring for? Then how about trying chair yoga. Exercise to help you get your joints moving. Please book by either ringing Helen on 07923 975198 or email [hos55@hotmail.co.uk](mailto:hos55@hotmail.co.uk)

## 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

## GKR Karate

Classes for all ages and abilities. On Tuesdays 18.00 – 19.00 and Friday 18.30 – 20.30 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 16.30 – 17.00 for the younger children, then 17.15 – 18.00. Contact Hannah **07394 934911** [info.imaginationarts@yahoo.com](mailto:info.imaginationarts@yahoo.com)

## 1<sup>st</sup> 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](mailto:christine.guiding@hotmail.com) as you need to book.

## THE CENTRE

**Herts Mobilisation** in partnership by age UK, Carers in Herts & Alshemers 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](mailto:central.herts@alzheimers.org.uk)

### **Line Dancing**

Come along on Thursday at 10am or new class in the evening on Thurs 7pm 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**

**Messy Play** New group starting on Weds 23<sup>rd</sup> April at 10.00 - 11.30. More information to follow.

**Music & Movement** New group starting Monday 12<sup>th</sup> 16.30 -18.00. 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 on **07391 506603** or email [maria@music-workshop.co.uk](mailto:maria@music-workshop.co.uk)

### **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](http://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](mailto:mindbodycorepilates@outlook.com)  
Booking essential no walk ins.

### **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](mailto:mumsintune@gmail.com) for more information or book [www.bookwhen.com/mumsintune](http://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**

### 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](mailto:thewellbeingjunction@gmail.com)

### Tiny Tykes Tsodddler 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.** Places are available for Monday. 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](http://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](mailto: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 10 - 11am. Booking required.

Contact Charlotte on **07854 306774** or email [charlotte\\_x@hotmail.co.uk](mailto:charlotte_x@hotmail.co.uk)

## Church info

### Destiny International Christian Assembly

Sunday Morning: 11.00am – 1.30pm

Contact Blessing on **07947 231362** Or [blessingjoseph97@gmail.com](mailto:blessingjoseph97@gmail.com)

### Our for Sale Items

We sell in the reception area 2<sup>nd</sup> hand books for 25p each, unless otherwise priced and puzzles start at £1 each, 2000 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, each. Now and again we have handmade cards for 50p each.

## Spring into Summer Craft Fair

Saturday 31<sup>st</sup> May  
Doors open at 12.30 to 3.30  
Come along and see what lovely items  
Our stall holders are selling. Lots of  
different items on sale.



INTO

## CRAFT FAIR

AT HAMPSON PARK COMMUNITY CENTRE

ON SATURDAY 31<sup>ST</sup> MAY 2025

12.30PM TO 3.30PM

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

Selection of stalls selling fabulous home-made gifts

Coffee shop will be open for light refreshments



Stain Glass

Jewellery

handmade Leather bags

Wooden Puzzles

Knitted Items

Cheese cake

Plus loads, loads more

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

## Your local Food Bank is the

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

## MAY WISHLIST



Rice Pudding/Custard

Long Life Milk

Rice/ Microwave Rice

Pot Noodles

Tinned Fruit

Tinned Meat

Fruit Squash

Coffee

stevenage  vineyard  
love | mercy | action

## **Give as You Live!**

Raise Free Funds for us every time you shop online!

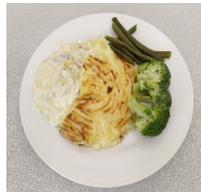
[www.giveasyoulive.com/join/hampson-parkcc](http://www.giveasyoulive.com/join/hampson-parkcc)

Simply visit the above link & 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 £7.50 **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 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 £7.50 which is a main course a dessert and a hot drink. You will also get to meet new people and make new friendships.

# Lunch Club Menu

Hampson Park Community Centre Lunch  
Menu

May 2025

<b>Tuesday 29<sup>th</sup> April</b>	<b>Thursday 1<sup>st</sup> May</b>	<b>Friday 2<sup>nd</sup></b>
<b>Roast Pork</b>	<b>Pie &amp; Mash</b>	<b>Chicken Supreme</b>
<b>Banana Split</b>	<b>Eaton mess</b>	<b>Fruit Crumble</b>
<b>Tuesday 6<sup>th</sup></b>	<b>Thursday 8<sup>th</sup></b>	<b>Friday 9<sup>th</sup></b>
<b>Mince &amp; Mash</b>	<b>Chicken Cobbler</b>	<b>Roast Beef</b>
<b>Doughnuts</b>	<b>Angel Delight</b>	<b>Cheesecake</b>
<b>Tuesday 13<sup>th</sup></b>	<b>Thursday 15<sup>th</sup></b>	<b>Friday 16<sup>th</sup></b>
<b>Sweet &amp; Sour Pork Cake</b>	<b>Roast Gammon Gateau</b>	<b>Hunters Chicken Cookies &amp; Cream</b>
<b>Tuesday 20<sup>th</sup></b>	<b>Thursday 22<sup>nd</sup></b>	<b>Friday 23<sup>rd</sup></b>
<b>Roast Chicken</b>	<b>Quiche</b>	<b>Stew &amp; Dumplings</b>
<b>Lemon Meringue</b>	<b>Scones</b>	<b>Profiteroles</b>
<b>Tuesday 27<sup>th</sup></b>	<b>Thursday 29<sup>th</sup></b>	<b>Friday 30<sup>th</sup></b>
<b>Sausage &amp; Mash Viennetta</b>	<b>Fish &amp; Chips Bakewell Tart Meal cost £7.50.</b>	<b>Roast Pork Fruit &amp; Cream</b>

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.

Please note that the lunch price has now gone up.

Phone no 354662

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



# Hampson Park Community Centre

01438 354662

Email: [hampsonparkcc@gmail.com](mailto:hampsonparkcc@gmail.com) website: [www.hampsonparkcc.co.uk](http://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 £98, 4hr slot price £130.

Kennedy suite, Saturday's Only 6pm onwards – £36.20 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 £325

Henry Hall, 3hr slot for £73.50, 4hr slot price for £98

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 15years 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. Between the ages of 16th to 21<sup>st</sup> parties there are special conditions. Please ask for details on booking.