

August 2022

CENTRE NEWS LETTER



Providing Space for the Community



## Upcoming Events for 2022 in the Park & Centre

Wednesday 31<sup>st</sup> August Sport in the Park 11am to 3pm

### Regular Activities

Children's groups in blue

Creative Chefs Summer break will resume in September

Tiny Tykes Summer break. Return Mon 5<sup>th</sup> Sept

All children's clubs are on a summer break

Change of group name from Craft Friendship club to Friendship Hobby Craft. Group is having a break and will start again on 2<sup>nd</sup> Sept so do come along if interested

#### Monday

Zumba Gold 10 – 11am

Tiny Tykes toddlers 9.45 – 11.15am

Mimic Stage School 4- 5pm

CA Meeting 7 – 8.30pm

Pilates 7.30 – 8.30pm

#### Tuesday

Big Movers 10 – 11am

Gemms 10am – 1.30pm

Creative Chefs (Term time only) 10.15am

LUNCH CLUB 12.30 – 1.30PM

Hertswise 1.30 – 3.30pm

Imagine & Move 4.30 - 5.00pm

Karata 6 – 7pm

Girl Guides 7pm

Rangers 7pm

Pilates 8 – 9pm

#### Wednesday

Pilates 10 – 11am

Tippy Toes Ballet from 3.30pm

Brownies 6.30pm

Yoga-Being 7 – 8.30 pm

Art Box every other week 1 – 3pm

#### Thursday

Tiny Tykes toddlers 9.45 – 11.15am

Line Dancing 10 – 11am

LUNCH CLUB 12.30 – 1.30pm

Hertswise 1.30 – 4.00pm

Zumba 7 -8pm

#### Friday

Mama Baba 9.30am

Yoga 9.30 – 10.30am

Senior Exercise 11am – noon

LUNCH CLUB 12.30 – 1.30PM

Gemms 10am – 3pm

Friendship Hobby Craft 2pm – 4pm

Super sports, Dodgeball 5 – 6pm

Karate 2 classes from 6.30pm

CA Meeting 7 – 8.30pm

#### Saturday

Parties Rear Hall 1.30 - 5.30pm

Kennedy Suite 11am – 2pm

2.30 – 5.30pm & 6pm – midnight

#### Sunday

Church Service 10.30am – 1.30pm

Parties main hall 2.00 – 5.00pm

Rear Hall 1.30 - 5.30pm

#### Monthly

##### Councillors Surgery

The local councillors hold a monthly surgery on the first 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 2<sup>nd</sup> July, 6<sup>th</sup> August, 3<sup>rd</sup> 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 opens 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 & tea or a small Americano 10 – 12 noon or a slice of cake with a tea or a small Americano from 12 noon.

We haven't forgotten your Canine friends as we sell dog biscuits (all profits go to charity every month) and we put out a bowl of water for them to.

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

## Coffee Shop Canopy

We want to build a canopy to cover most of the outside area of the coffee shop including over the takeaway window. This will give a more usable space. We can't do this without the support of the local people and those who use our centre. The whole cost is £10,000, some of which we are hoping to get grants for. We are wondering if you can help us reach our £1,000 target by donating to our JustGiving Crowdfunding Page and help make it happen: We will be grateful for any donation given.

Thanks for your support

Opening hours change for the seasons

### Opening hours

*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*



The outside area where we are planning to have the canopy

## Art Box

Runs every other Wed's for people with early-stage of Dementia & their careers 1.00 – 3.00pm Checkout their website [openartbox.org.uk](http://openartbox.org.uk) or you can email [artists@openartbox.org.uk](mailto:artists@openartbox.org.uk)

## Ballet Class

The Emerald Dance Academy runs on a Saturday between 9.30 – 11.30am Contact Daniellle Buttle **07584 021147** or email [info@emeralddanceacademy.co.uk](mailto:info@emeralddanceacademy.co.uk) [www.emeralddanceacademy.co.uk](http://www.emeralddanceacademy.co.uk)

## Big Movers

This exercise group for people with Parkinson's (You don't have to have Parkinson's the exercises are easy for a lot of the older people) Here on a Tuesday @ 10 -11am Phone Pete **07505 363021**

## Brownies

Meet here on a Wednesday @ 6.30 – 8.30pm, 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 & Friday evening 7 – 9pm

## Creative Chef

Fun cooking club for preschoolers. Little chefs 'cook' a meal based around the rainbow. Run during term times on Tuesday 10.15 – 10.45 am. Check notice board for dates. Book your session by calling Angie on **07887 5737986** or email [angie@childrenscreativechefs.co.uk](mailto:angie@childrenscreativechefs.co.uk) or on [facebook.com/childrenscreativechefs](https://www.facebook.com/childrenscreativechefs)

## Friendship Hobby Crafts

Small group runs on Fri 2 – 4pm. Time to socialise with others in the group along with 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 Contact Hannah **07394 934911** [info.imaginationarts@yahoo.com](mailto:info.imaginationarts@yahoo.com)

# THE CENTRE

## 1<sup>st</sup> 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](mailto:christine.guiding@hotmail.com) as you need to book. For the older ones there are the Rangers. Contact Tina by email to [tinahoneysett@yahoo.c.uk](mailto:tinahoneysett@yahoo.c.uk)

**Hertswise** runs on a Tuesday 1.30 – 3.30pm & on a Thursday 1.30 – 4.00pm.

Hertswise is 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 book a place contact Gill on 07496 744402

## Line Dancing

Come along on Thursday at 10am 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 age group 0 – 5yrs. Friday mornings 9.30 – 10.30am Contact Melinda **07835 407752** (Term time only)

## Mimic Stage School

This group is for children & teenagers who are interested in being on the stage. (Singing, Dancing & Acting). The group running here is for 3-6 year olds. Monday at 4 – 5pm. For more information contact them at [info@mimicstageschool.co.uk](mailto:info@mimicstageschool.co.uk) or [www.mimicstageschool.co.uk](http://www.mimicstageschool.co.uk)

## 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](http://www.fitnesswithsally.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 Isabelle on **07925 727279**

## Superstar Sports

**Dodgeball** for the 5 – 11 year olds. Runs on Fri 5 - 6pm. For information go to the website [www.superstarsports.co.uk](http://www.superstarsports.co.uk) or contact Billy at [billydenscham@superstaraport.co.uk](mailto:billydenscham@superstaraport.co.uk)

### **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](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)**

### **Or Yoga with Lisa**

On a Wednesday evening from 7.00 – 8.00pm Call Lisa on **07769 582414** or email **[lisaliversidge@hotmail.com](mailto:lisaliversidge@hotmail.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](mailto:charlotte_x@hotmail.co.uk)**

### **OR Zumbaholics**

Clap your hands move your feet on Thursdays 7 – 8pm. To book your place or find out more info contact Denise on **07766 332402** or email **[denise.zumbaholics@gmail.com](mailto:denise.zumbaholics@gmail.com)**

## **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)**

## **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 bins.

July wish list the Foodshed are asking for is

Tinned meat, vegetables, soup, fruit, Puddings/custards, tinned pulses

Crisps Juice/Squash Sugar Shower Gel/Shampoo Toilet rolls

Thank you for your donations

## **Our for Sale Items**

We sell in the reception area 2<sup>nd</sup> hand books for 25p each unless 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, handmade cards by our card group ladies are 50p each.

## **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

## **GEMMS**

### **Dementia Activity Group**

GEMMS is a local charity that has offered friendly & enjoyable groups for people with dementia or memory problems in Stevenage for over 20 years. Groups run here on a Tuesday 10am to 1.30pm Rear Hall 2 & Friday 10am to 3pm in Rear Hall 1. There will be variety & tailored activities. Including a delicious two course lunch, tea/coffee & snacks throughout the day. For further information & to arrange an assessment contact the coordinator on **07971 986045** or email: [info@gemms.org.uk](mailto:info@gemms.org.uk)

**ARE YOU ABLE TO HELP?** Gemms are looking for volunteers to help them with the group. Help them with games, colouring etc, if interest please let us know and we will pass your details onto Mark

## **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 £6. **BOOKING** is essential in advance or on the day but no later than 10am. For a menu please ask at the office, also can be found in reception area





# 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 Weds 9.15-4.15 Thurs to Fri 9.15-3.00 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 also 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 in the Kennedy Suite (Main hall). There are 3 slots. Slots 1 & 2 are for children's Parties

Prices are:

- 1) 11.00am - 2.00pm £78
- 2) 2.30pm - 5.30pm £78
- 3) Main hall £30 per hour or 6pm - mid £180.
- 4) Rear hall £25 per hour or 6pm - mid £150.

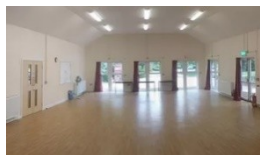
**SPECIAL OFFER** Book both halls from 6pm - mid for £275

Main Hall Sundays between 2.00 – 6.00pm only

Prices children's parties in main hall £78 for 3 hrs, £104 for 4hrs

Rear Hall Saturdays & Sundays between 1.30 - 5.30pm

Prices children's parties in rear hall £57for 3 hrs, £76 for 4hrs



Kennedy Suite  
(Main Hall)



Kitchen  
(Used for main hall  
Parties only)



Rear Hall



View of the  
kitchenette  
(Rear Hall)

Returnable deposit starting at £50 for children's parties (no alcohol allowed)

Family parties a returnable deposit of £100 (no alcohol) or £150+ (alcohol) is taken on booking. This is non-refundable if the function is cancelled within 2 weeks of the booked date. Between the ages of 13th and 21st (Sorry NO 16th) special conditions including a £300 deposit apply. Please ask for details.