

CENTRE NEWS LETTER



Providing Space for the Community



Upcoming Events for 2022 in the Park & Centre

Saturday 4th June Art in the Park

Wednesday 27th July Teddy Bears Picnic

Music in the park (Date to be confirmed)

All information & posters for these events will be during the year

Regular Activities

Children's groups in [blue](#)

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](#)

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 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 June's will be on 11th 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

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



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 or you can email 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
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

CA Meeting

Struggling with a drug addiction? Support groups every Monday & Friday evening 7 – 9pm

Craft Friendship Club

If you're interested in crafts then this small group maybe for you. An opportunity to try new crafts, share ideas & make friends. Friday's at 2 – 4pm

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 or on [facebook.com/childrenscreativechefs](https://www.facebook.com/childrenscreativechefs)

Friendship Crafts

Small group runs on Fri 2 – 4pm. Learning different craft by sharing your craft gift. Time to socialise

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

THE CENTRE

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. For the older ones there are the Rangers. Contact Tina by email to tinahoneysett@yahoo.co.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 or 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

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 or contact Billy at

billydensham@superstarport.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**

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**

Or Yoga with Lisa

On a Wednesday evening from 7.00 – 8.00pm Call Lisa on **07769 582414** or email **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**

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**

Church info

Destiny International Christian Assembly

Sunday Morning: 11.00am – 1.30pm

Contact Blessing on **07947 231362** Or **blessingjoseph97@gmail.com**

Stevenage Food Bank

We are a collection point for the food bank. Any donation of non-perishable foods & toiletries are very welcome. Please put in the white bins by the main doors Thank you

Our for Sale Items

We sell in the reception area 2nd 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 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

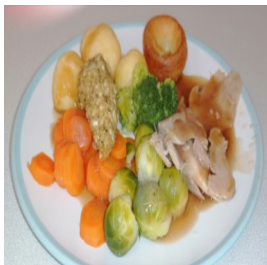
GEMMS

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

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 website: 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.

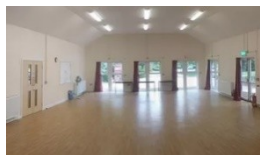
SPECIAL OFFER Book both halls from 6pm - mid for £275

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.