

CENTRE NEWS LETTER



Providing Space for the Community



Events for 2025 in the Community Centre

Regular Activities

Children's groups in **blue**.

Monday

Zumba Gold 10 – 11am
Tiny Tykes toddlers 9.45 – 11.15am
CA Meeting 7.30 – 8.30pm
Pilates with Sally 7.30 – 8.30pm

Tuesday

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

Wednesday

Pilates with Sally 10 – 11am
Tippy Toes Ballet from 3.30pm
Rainbows 5.30pm – 6.30pm
Brownies 6.30pm
Art Box every other week 1 – 3pm
Pilates with Joanne 7 – 8.00pm

Thursday

Tiny Tykes toddlers 9.45 – 11.15am
Line Dancing 10 – 11am
Chair Yoga with Helen 12.00 – 1pm
LUNCH CLUB 12.30 – 1.30pm
Herts. Mobilisation 1.30 – 4.00pm
Singing Mama's 1.30 – 2.30pm
Line Dancing 7 – 8pm

Friday

Yoga 9.30 – 10.30am
Pilates with Joanne 10 – 11am
Senior Exercise 11am – noon
LUNCH CLUB 12.30 – 1.30PM
Big Movers 14.00 – 15.00
Friendship Hobby Craft 2pm – 4pm
Music & Movement 11.45am – 12.30pm
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
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 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 8th March, 12th April & 10th May 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

Office Assistance

/Invoicing

Karen Robson

Social Media

Events Co-ordinator

Carol Jennings

Coffee Shop Manager

Sally

Supervisor

Holly

Coffee Shop Assistance

Week days **Judith M**

Weekends **Mackenzie, Lucy, Ruby**

Sunday Supervisor

Louise

Volunteers

Rita, Sue

Cook

Carol

Volunteers

David

Tracy

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



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	£2.40	£2.80
Latte	£2.60	£3.00
Cappuccino	£2.60	£3.00
Mocha	£3.20	
Espresso	£2.20	£2.60
Hot Chocolate	£2.50	
with cream/marshmallows		£3.00

Mug of Tea £1.00

Herbal/Speciality Tea £1.50

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 or Sandwich £3.00

Sausage in a roll or sandwich
£3.20

Kids Bacon Roll £1.30

Pastry Sausage Roll £2.00

Bacon Roll with coffee offer £4.10

Jacket potato & butter £3.00

Jacket Potato with Cheese/Beans
£4.00

Jacket Potato with Tuna & Mayo
£5.00

Extra toppings from £1.00

Panini - Ham & Cheese £3.90

Panini - Cheese & Tomato £3.70

Panini Sausage, Cheese &
Chutney £4.30

Panini Tuna Melt £4.00

Toasties Cheese & Tomato £3.10

Toasties Cheese & Marmite £3.10

Toastie Ham & Cheese £3.20

Toast 2 Slices £1.50

Toast and Jam £1.95

Cheese on toast £3.30

Luxury Teacake £2.30 (Jam 50p)

Cake Slice from £3.20

Children's Crisps from £0.40

Ice Lollies & Ice Cream Tubs from
£0.80

Special offers

All day special slice of cake with
any coffee £4.50

Some Gluten Free and Vegan
available

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. Friday 2 – 3pm £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 @ 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 7.30 – 8.30 & Friday evening 7.30 – 8.30pm

Chair Yoga

With Helen O'Sullivan on Thursdays 12.00 to 1pm. 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

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 – 9pm. If you are interested contact Christine Noakes on **07508 015535** or email christine.guiding@hotmail.com as you need to book.

THE CENTRE

Herts Mobilisation in partnership by age UK, Carers in Herts & Alshemiers 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 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**

Music & Movement

Activity Sessions for children aged from 18 months+ guided by their ‘Grown ups’ Helping children develop their gross & fine motor skills using various small apparatus in a fun & musical way. Fri at 11.45 for 45 minutes. Contact Kay on 07905 371971 or email musicandmovement@yahoo.com to book your place

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.

Rainbows

2nd Pin Green Rainbows is part of the Girl-guiding UK family for girls aged 4-7. We meet on a Weds evening during the school term 5.30 - 6.30pm. 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 – 2.45pm 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. 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 3.30pm

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** Or blessingjoseph97@gmail.com

Our for Sale Items

We sell in the reception area 2nd 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.

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.



& Supper Night

Saturday 8th March
2025

Doors open at
6.30
Quiz to start at
7pm
To 10.30 pm

Entrance
fee
£7

Bring your
Own alcohol
Tea & Coffee
On Sale

Raffle £1
A Strip

MENU

Breast of Chicken & Chips - £7.85
Cheese & Onion Pasty & Chips - £6.45
or just Chips - £2.85

Please state if
you require
food on
booking

Please let us know if you require the vegetarian meal
or the Chicken meal or chips on booking.

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



FEBRUARY WISHLIST

Tinned Spaghetti
Tinned Potatoes
Rice
Large Nappies
Baby Formula (Stage 1)
Sugar
Washing Detergent
Squash/Juice
Toiletries e.g. Deodorant,
Shampoo, Toothbrush + Toothpaste

stevenage vineyard
love | metro | action

Centre Quiz & Supper Night

Please book your team and any food requirements at the office. Mon to Fri 9.30 to 15.00. Payment on booking receive your tickets.

[Give as You Live!](#)

Raise Free Funds for us every time you shop online!

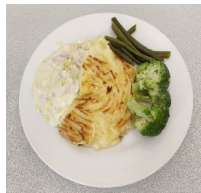
www.giveasyoulive.com/join/hampson-parkcc

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

[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 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 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

Jan-25

Tuesday 4th	Thursday 6th	Friday 7th
Roast Gammon	Pie & Mash	Mince & Mash
Viannetta	Fruit & Cream	Jam Roly Poly
Tuesday 11th	Thursday 13th	Friday 14th
Honey Chicken	Stew & Dumpling	Roast Pork
Profiteroles	Apple Crumble	Angel Delight
Tuesday 18th	Thursday 20th	Friday 21st
Sausage & Chips	Chicken & Boiled Potatoes	Fish & Chips
Lemon Meringue Pie	Cheesecake	Cake
Tuesday 25th	Thursday 27th	Friday 28th
Roast Beef	Sweet & Sour Pork	Chicken Cobbler
Rice Pudding & Jam	Gateau	Bakewell Tart
Tuesday 4th March	Thursday 6th	Friday 7th

Meal cost £7.00

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 £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

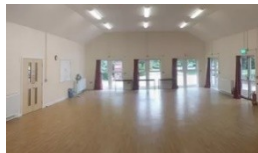
Henry Hall, 3hr slot for £69, 4hr slot price for £92

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

Hall sizes 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 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 21st parties there are special conditions. Please ask for details on booking.