

CENTRE NEWS LETTER



Providing Space for the Community



## Upcoming Events for 2023 in the Park & Centre

Quiz Night Sat 18<sup>th</sup> Nov,

### Regular Activities

Children's groups in [blue](#)

#### Monday

Zumba Gold 10 – 11am  
Tiny Tykes toddlers 9.45 – 11.15am  
Mama Baba 4.15 -5.15pm  
CA Meeting 7 – 8.30pm  
Pilates 7.30 – 8.30pm

#### Tuesday

Big Movers 10 – 11am  
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  
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  
Singing Mama's 1.45 – 2.45pm  
Line Dancing 7 – 8pm

#### Friday

Mama Baba 9.30 – 10.30am  
Yoga 9.30 – 10.30am  
Senior Exercise 11am – noon  
LUNCH CLUB 12.30 – 1.30PM  
Gemms 10am – 2pm  
Friendship Hobby Craft 2pm – 4pm  
Rainbows 5.45pm – 6.45pm  
Karate 2 classes from 6.30pm  
CA Meeting 7 – 8.30pm

#### Saturday

Party slot times  
Kennedy Suite 11.00 – 14.00,  
14.30 – 17.30 & 18.00 – midnight  
Henry 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  
Henry 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 2<sup>nd</sup> Dec, 6<sup>th</sup> Jan & 3<sup>rd</sup> Feb 2024 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 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 & tea or a small Americano served all day or a slice of cake with a tea or a small Americano from 12 noon.

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)

## Coffee Shop Canopy



## 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*

## 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](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 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](mailto:twrd496@gmail.com)

## CA Meeting

Struggling with a drug addiction? Support groups every Monday 7 – 8.30 & Friday evening 7 – 9pm

## 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](mailto:info.imaginationarts@yahoo.com)

## 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.

## Hertswise

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

Hertswise is a 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 to book a place contact Gill on 07496 744402

# THE CENTRE

## 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**

## Mama Baba

For Hungarian families to promote the Hungarian nursery rhymes & language. Friday mornings 9.30 – 10.30am in rear hall 2, for babies & toddlers. Afternoon group on a Monday 4.15 -5.15 in rear hall 1. Contact Melinda **07835 407752** (Term time only)

## 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)

## Rainbows

2nd Pin Green Rainbows is part of the Girl-guiding UK family for girls aged 4-7.

We meet on a Friday evening during the school term 5.45 - 6.45pm.

We enjoy crafts, games, fun and friendship.

Please email Anne @ [pingreenrainbows@outlook.com](mailto:pingreenrainbows@outlook.com) for further information.

To apply for a place at rainbows you need to go online [Girlguiding.org.uk/join-us](http://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](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.

## 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)

### **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)

## **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 basket.

July wish list the Foodshed are asking for is

Tinned Meat, Tinned Vegetables, Tinned Spaghetti, Sanitary Products,  
Deoderant/Shower Gel, Shampoo, UHT Milk, Crisps, Biscuits, Tinned Fruit,  
Sweets/Treats

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 otherwise priced and puzzles start at £1 each, 1000 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 50p each.

Now have Christmas cards on sale, handmade cards are £1 for large and 75p for small. Standard Christmas 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 site & 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**

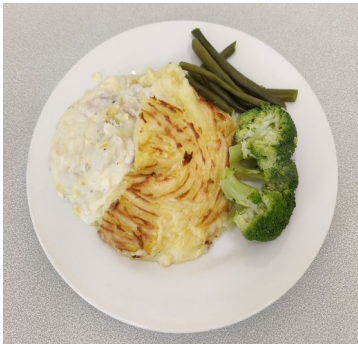
### **Dementia Activity Group**

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 Friday 10am to 2pm 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 £6.50 **BOOKING** is essential and must be done 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, call on 01438 354662 or pop in and see us.



Fish pie & Veg



Jam Roly Poly





# 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 £84, 4hr slot price £110.

Kennedy suite, Saturday's Only 6pm onwards – £31 per hour.

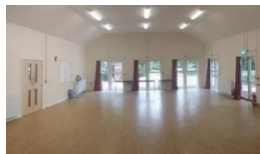
Kennedy suite, time slots, Saturday 10am - 2pm, 2.30pm – 5.30pm & Sundays 2pm – 5 or 6pm.

SPECIAL OFFER for Saturday's Only. Book both halls from 6pm - mid for £275

Rear Hall, 3hr slot for £63, 4hr slot price for £82

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

Rear Hall Saturdays only 6pm onwards £26 per hour.



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 48hrs of booking your party date. This is non-refundable if the function is cancelled within 2 weeks of the booked date. We also hire out a sound system and projector if required. Between the ages of 14th to 21st (Sorry we no longer catering for 16th birthday parties) special conditions. Please ask for details.