

Early **HELP** Family Support

St Lukes Community Hub
1-3 Cluny Square, SS2 4AF
☎ 01702 463927



stlukeshub@southend.gov.uk

What's on	Where/ When	Aims of Project	Contact
Monday			
Benefit drop in	At St Lukes Community Hub: Every Monday (term time) 9-12pm	Drop in for information, benefit, signposting, general enquiries.	Simon Poynton simonpoynton@southend.gov.uk
Adult Social Care	Every Monday 10am to 12pm	Drop in for help ,signposting information,	
Family time	At St Lukes Community Hub: Every Monday (term time) 3 - 4.30pm	Drop in for Parents/ carers with primary aged children. Games and refreshments	Jen Smith 07768793274

<p>Asperger's Support Group</p> <p>Southend Borough Council's Early Help Community Team, in partnership with SAFE (Supporting Asperger Families in Essex), have set up a group for young people with Asperger's/High Functioning Autism and their families in Southend</p>	<p>Fortnightly group that runs on Mondays 6 – 8pm Please contact Kate pipe for 2019 dates.</p> <p>At St Lukes Community Hub</p>	<p>This project is currently open to young people aged 10-17 with a diagnosis of Asperger's/High Functioning Autism, which aims to support them by providing a space where they can be themselves, practice social skills, and spend time relaxing and having fun.</p>	<p>katepipe2@southend.gov.uk</p>
<p>Community Gym</p>	<p>Inductions available for booking on Mondays 9am – 3pm Fridays 9am – 2pm At St Lukes Community Hub Gym open daily 9am – 3pm</p>	<p>Access to our free community Gym Being inducted to the gym allows the families to use the site even when an instructor isn't present (YP should be 14 or older to use equipment) Matt is at the gym Mondays and Fridays, please book in.</p>	<p>Matt Laing 07768815937 matthewlaing@southend.gov.uk or 01702 463927 stlukeshub@southend.gov.uk</p>
<p>Tuesday</p> <p>Welcome to UK</p>	<p>Every Tuesday 3:30pm- 4:30pm At St Lukes community Hub</p>	<p>Since 2014 'Welcome to the UK' has supported many families and children, who face barriers to</p>	<p>Ilda Stafa welcome2theuk@yahoo.com</p>

		<p>becoming an active citizen in Southend On Sea, due to:</p> <ul style="list-style-type: none"> • Lack of English • Isolation with the community – low levels of confidence 	
Clunic Gardens	Every Tuesday and Thursday from 10 to 2pm	Join us in the Garden and at the Hub for gardening activities	<p>Tony Wagstaff tonywagstaff@southend.gov.uk</p>
Anxiety Society	<p>Tuesday 10 to 12pm :</p> <p>Tue 18th Dec, Tue 15th Jan, Tue 12th Feb Tues 12th March</p>	Anxiety Society is a safe and friendly group open to anyone that is suffering with worry, low mood any or other mental health difficulties	<p>anxiety.society@outlook.com</p>
Wednesday			
GP Referral	Last Wednesday of every months	Free personal training programme	<p>Booking is essential : 01702 463927 stlukeshub@southend.gov.uk</p>
Art Group	Every Wednesday 10 am – 1pm At St Lukes Community Hub	Friendly, relaxed atmosphere Opportunity to express & connect through art with	<p>Marie Gold 07768842127</p>

		like-minded people. Equipment provided.	01702 534300 ex 2278 mariegold@southend.gov.uk
Youth Group Juniors	Every Wednesday from 3:30 to 5pm St Lukes Community Hub	A range of positive and fun activities For school year 7&8	Eva
Thursday Support and advice drop in	Every Thursday 10 am – 1pm At St Lukes Community Hub	This is a useful drop in session where you will be able to access support and advice on a number of issues, such as employment and housing. This is supported by Peabody . No appointment necessary	Iwona Kalisz 07768808125 Stlukeshub@southend.gov.uk
Art Group – Shoebury Community Centre	Every Thursday 1 – 3 at Shoebury Community Centre	Therapeutic Art Group	mariegold@southend.gov.uk

<p>Dementia drop in</p> <p>Dementia group</p> <p>Anxiety Society (mental health support group)</p>	<p>Every Thursday 10am – 12pm</p> <p>Every Thursday 2pm- 4pm</p> <p>Thursday from 6 to 8pm : 6th Dec 3rd Jan 31st Jan 28th Feb 28th March</p>	<p>Drop in session by Dementia Community Team in Southend</p> <p>Group for people with Dementia run by Dementia Community Team in Southend</p> <p>Anxiety Society is a safe and friendly group open to anyone that is suffering with worry, low mood any or other mental health difficulties</p>	<p>tinawoodham@southend.gov.uk</p> <p>anxiety.society@outlook.com</p>
<p>Friday</p> <p>Inside Out Wellbeing programme</p>	<p>Inside Out (wellbeing programme)</p> <p>Every Friday</p>	<p>9:30- 10:30 Acupuncture</p> <p>10:30-12:00 Sculpture project/Gardening</p>	<p>Iwona Kalisz stlukeshub@southend.gov.uk</p>

<p>Youth Club</p>	<p>At St Lukes Community Hub From 09:00 to 1:30 pm</p> <p>Every Friday from 3:30 to 5pm</p>	<p>12:00-1:30 cooking, discussion, health check by Ace lifestyle</p> <p>Club for children school year 7&8</p>	<p><u>evamajid@southend.gov.uk</u></p>
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<p>Saturday</p>	<p>Youth group</p>	<p>From 12pm – 3pm for ages 10 and over</p>	<p><u>evamajid@southend.gov.uk</u></p>



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[updated 22/11/2018](#)