



CLUB 50+ MEMBERS PACK



2019
EDITION



Welcome to the club

Thank you very much for your interest in joining us at Club 50+.

Club 50+ is part of the Age Concern Southend family, a small, independent charity providing help and support to older people in our community.

If you read through this pack you will find all the information you need to find out about the activities at the club as well as other ways you can get involved and even how you can become a volunteer should you wish to.

If you need help to complete your membership form or have further questions, please don't hesitate to get in touch with our office on 01702 345373 or by emailing us on enquiry@acsos.co.uk. Once completed you can drop your membership form into the club office at 138-140 Hamlet Court Road or pop it in the post along with a check for your membership fees.

We look forward to meeting you at the club!

Best wishes,

Lin

Lin Boulter
CEO

CLUB 50+, 138-140 HAMLET COURT ROAD, WESTCLIFF



ABOUT CLUB 50+



Club 50+ began as Club 60 in 1978 at Queensway House as a social club for over 60's and has been going strong ever since.

We have had a variety of homes across Southend from Margaret Thatcher House to Queens Road before arriving where we are today at 138-140 Hamlet Court Road, The Haven Community Hub.

The club merged with Age Concern Southend (registered charity number 1160916) in February 2018.

We hope you will find our club a safe and welcoming place to meet new people, learn new skills and, most importantly, have fun.

WHAT WE DO



Our club offers a variety of activities for over 50's ranging from keep fit and tai chi to carpet bowls and art groups, we hope there is something for everyone to enjoy!

To find out more about what is on offer at Club 50+ please go to page 4/5 where you will find our current activities timetable.

Our opening hours are currently 9am-4.30pm from Monday to Friday but we will be expanding to open from 8am-8pm 7 days a week from Summer 2019.




THE HAVEN



The Haven Older People's Community Club opens in 2019 in the stunning, Havens department store building on Hamlet Court Road, Westcliff.

The hub will be a thriving place for older people to get advice, support and information relating to all aspects of getting older from housing and bereavement to keeping fit and staying healthy. Club 50+ are located on the first floor (wheelchair accessible via the grade II listed lift)

FROM SUMMER 2019 POP IN FOR:

- GENERAL ADVICE
 - SOCIAL SERVICES
 - CARE CO-ORDINATION
 - COMMUNITY CAFE
 - BEREAVEMENT COUNSELLING
 - IT HELP
 - COOKERY CLASSES
 - DEMENTIA SUPPORT
 - FLU JABS
 - HAIRDRESSING, BEAUTY AND PODIATRY
 - AND MUCH MORE
- 

WHAT'S ON MAIN ROOM

PRICES ARE MEMBERS/NON-MEMBERS



MONDAY

10.30-11.30 Keep Fit with Liam £2.50/£4.50
13.30-15.15 Sequence Dancing £2.50/£4.50

TUESDAY

10.00-11.30 Tai Chi £2.50/£4.50
11.30-12.15 Keep Fit with Liam (chair) £2.50/£4.50
13.00-15.30 Whist £2.00/£4.00

WEDNESDAY

11.00-12.30 Line Dancing £2.50/£4.50
12.30-13.30 Beginners Line Dancing £2.50/£4.50
13.30-15.15 Sequence Dancing £2.50/£4.50

THURSDAY

10.15-11.15 Keep Fit with Liz £2.50/£4.50
11.30-12.15 Yoga £2.50/£4.50
13.30-15.00 Belly Dancing £3.00/£5.00

FRIDAY

11.00-12.00 Cognitive Exercise (based on simple martial arts drills) £2.50/£4.50
13.00-15.30 Whist £2.00/£4.00



WEEKENDS - FROM SUMMER 2019

1st Saturday of the month
13.30-15.30 Quizzes and Games £1.00/£3.00



WHAT'S ON ACTIVITY ROOM

PRICES ARE MEMBERS/NON-MEMBERS

MONDAY

13.00-15.00 Bridge £2.00/£4.00

TUESDAY

10.00-12.00 Carpet Bowls £2.00/£4.00

12.15-13.15 Personal Training (please register your interest with the office for more info)

First Tuesday of the month

13.30- 15.30 Art Workshop with Linda (please check with staff for more info) £5/£7

WEDNESDAY

13.00-15.00 Bridge £2.00/£4.00

THURSDAY

12.00-13.00 Personal Training (please register your interest with the office for more info)

13.00-15.00 Informal Art Group £1.00/£3.00

First Thursday of the month

10.00-11.30 Cook 4 Life - cooking on a budget FREE

FRIDAY

10.00-12.00 Carpet Bowls £2.00/£4.00

12.30-13.30 Drop-in basic IT help FREE/£2.00

14.00-15.30 Tai Chi £2.50/£4.50



GENERAL ACTIVITIES ALL DAY EVERY DAY

Snooker, darts, board games, table tennis, adult colouring, crafts, jigsaws, little free library, daily newspapers FREE/£2.00





BECOME A MEMBER



Membership to Club 50+ is £60 per year, paid in two 6 monthly installments.

Being a member means that you have free access to the club during opening hours as well as reduced entrance fees for activities such as yoga, tai chi, whist and table tennis.

Anyone over the age of 50 can become a member of Club 50+ so please do bring along any friends or family you think might enjoy our facilities.

CODE OF CONDUCT

To make sure you and all of our other members enjoy a safe and comfortable environment whilst visiting Club 50+ we ask that all members follow our code of conduct.

- All members must respect the rights, dignity and worth of all participants regardless of age, gender, ability, race, cultural background, religious beliefs or sexual identity.
- Members should recognise the valuable contribution made by our volunteers and treat them with respect.
- All members must respect staff and publicly accept their decisions. Volunteers must also be treated with respect.
- All members should be a positive role model, treat other members with the same level of respect you would expect to be shown to you.
- Members must be polite and respectful to other members and avoid swearing whilst in the club.
- Members are not allowed to smoke within the club.
- Members should not be under the influence of any illegal substances during their time at the club.
- Members must pay any fees for activities or events promptly.
- Bullying or harrassment of any sort will not be tolerated.

BECOME A VOLUNTEER

If you are interested in doing more for our club and have a few spare hours a week why not think about becoming a volunteer?

We are looking for kind hearted, enthusiastic volunteers to help us as tea bar assistants, club hosts (assisting club members and getting people involved with activities), receptionists and activity leaders.

To find out more please pop in to our office at Club 50+, call us on 01702 345373 or email enquiry@acsos.co.uk.

WANT TO TALK TO OUR TEAM?

If you have any suggestions about what you'd like to see at Club 50+, any complaints (we hope not!), or have something you'd like to discuss with our team you can contact us by:

Visiting the club at 138-140 Hamlet Court Road

Calling us on 01702 345373

Emailing us on enquiry@acsos.co.uk

Visiting our website at www.acsos.co.uk/club50

JOIN THE LOTTO



BE IN IT TO WIN IT!

Our lotto is drawn at the end of every month and helps us to raise vital funds to keep the club running and offer even more events and activities for you to enjoy. In 2018 the club raised over £500!

The lotto costs just £1 per month to play along and the prizes go up the more people join in!

If 100 people join in with the lotto the prizes would be:

FIRST PRIZE £20

SECOND PRIZE £10

THIRD PRIZE £5

To join please get in touch with the Club 50+ offices at 138-140 Hamlet Court Road or call Age Concern Southend on 01702 345373.



RUN A GROUP OR ACTIVITY AT CLUB 50+

Do you have an idea for a group or activity that you would like to run at Club 50+?

We'd love to have you on board whether you'd like to run a scrabble club, a community choir, a self defence class or a knitting group.



OTHER WAYS TO GET INVOLVED

Take part in a sponsored event

Help raise money for Club 50+ by taking part in a sponsored run, walk, fancy dress day or anything you can think of! All money raised goes to help run our services and make Southend a better place to age.

Join Easyfundraising.com

Raise money for free every time you shop online by registering on

<https://www.easyfundraising.org.uk/causes/ageconcernsouthend/>

Leave a legacy

To leave a legacy to Age Concern Southend please give our team a call on 01702 345373 or email us on enquiry@acsos.co.uk for a no obligation, informal chat about how to leave a gift in your will.

Attend our events

Stay up to date with our upcoming events by signing up to our newsletter or following our social media pages. We have a regular events calendar ranging from community clubs and afternoon teas to gala dinners and bowling evening.

Follow and share on social media

Follow us on Facebook (@Club50Southend) and Twitter (@Club50Southend) and help spread the word by liking, loving or sharing our posts and events.

Donate raffle prizes

We are always in need of good quality raffle prizes to help us raise funds for Club 50+. Anything from unwanted gift sets to bottles of wine and chocolates are always appreciated!



MEMBERSHIP FORM



Please fill out this form and return it to Club 50+, 138-140 Hamlet Court Road, Westcliff, SS0 7LW. If you are a tax payer and would like to gift aid your membership please also fill in the gift aid form on the other side of this page.



FULL NAME:

DATE OF BIRTH:

ADDRESS:

POSTCODE:

EMAIL ADDRESS:

TELEPHONE NO:

MOBILE NO:

NEXT OF KIN:

RELATIONSHIP TO YOU:

NEXT OF KIN TELEPHONE NO:

MEDICAL CONDITIONS WE MIGHT NEED TO KNOW ABOUT:

WHERE DID YOU HEAR ABOUT CLUB 50+?

DO YOU PROMISE TO ABIDE BY CLUB 50+'S CODE OF CONDUCT? Y N

ARE YOU HAPPY FOR AGE CONCERN SOUTHEND AND CLUB 50+ TO CONTACT YOU REGARDING YOU MEMBERSHIP AND EVENTS AT THE CLUB YOU MAY BE INTERESTED IN? WE WILL NOT SHARE YOUR DETAILS WITH ANY THIRD PARTIES AND YOU CAN CHANGE YOUR PREFERENCES AT ANY TIME. PLEASE TICK IF YOU ARE HAPPY TO BE CONTACTED BY:

- TELEPHONE
- EMAIL
- DIRECT MAIL

GIFT AID YOUR MEMBERSHIP

Charity Gift Aid Declaration - multiple donation Boost your donation by 25p of Gift Aid for every £1 you donate Gift Aid is reclaimed by the charity from the tax you pay for the current tax year. Your address is needed to identify you as a current UK taxpayer.

IN ORDER TO GIFT AID YOUR DONATION YOU MUST TICK THE BOX BELOW:

I WANT TO GIFT AID MY DONATION OF £_____ AND ANY DONATIONS I MAKE IN THE FUTURE OR HAVE MADE IN THE PAST 4 YEARS TO: NAME OF CHARITY

I AM A UK TAXPAYER AND UNDERSTAND THAT IF I PAY LESS INCOME TAX AND/OR CAPITAL GAINS TAX THAN THE AMOUNT OF GIFT AID CLAIMED ON ALL MY DONATIONS IN THAT TAX YEAR IT IS MY RESPONSIBILITY TO PAY ANY DIFFERENCE.

TITLE _____

FIRST NAME OR INITIAL(S) _____

SURNAME _____

FULL HOME ADDRESS

_____ POSTCODE

DATE _____

PLEASE NOTIFY THE CHARITY IF YOU:

- WANT TO CANCEL THIS DECLARATION
- CHANGE YOUR NAME OR HOME ADDRESS
- NO LONGER PAY SUFFICIENT TAX ON YOUR INCOME AND/OR CAPITAL GAINS IF YOU PAY INCOME TAX AT THE HIGHER OR ADDITIONAL RATE AND WANT TO RECEIVE THE ADDITIONAL TAX RELIEF DUE TO YOU, YOU MUST INCLUDE ALL YOUR GIFT AID DONATIONS ON YOUR SELF-ASSESSMENT TAX RETURN OR ASK HM REVENUE AND CUSTOMS TO ADJUST YOUR TAX CODE.