Henderson Court Resource Centre (Hampstead)

Henderson Court offers a wide range of day opportunities for anyone who is 60 or over. Activities include:

- Tai Chi
- Hairdressing
- Arts and Crafts
- Computing
- Singing
- Exercise active and chair based
- Shopping Trips
- Massage
- Advocacy service
- Acupuncture
- Homeopathy
- Poetry
- Drama
- Film Festivals
- Dementia Care Group
- Health Checks & Discussion Group
- Guitar circle
- Older gay men’s group
- Darts and board games
- Music Appreciation
- Macular support group
- Advice and Information
- Relaxation
- Dancing
- Yoga, chair and floor

There are numerous other activities on offer including a daily lunch (cost £3.00).

The centre also has a range of outings and special events throughout the year including musical afternoons, theatre performances, talks and much more. The centre has a friendly atmosphere and we welcome visitors. Please pop into the centre or call us if you would like more information.

**Category(ies):** Socialising, Activities, Day centres

**Who it is for:** for the over 60's living in Camden

**Where available:** Local service covering: Camden (Greater London).

**How to access or apply for it:** Please pop into the centre or call us if you would like more information.

**Opening hours and access**
The centre is open from Monday to Friday 9.30 - 4.30pm. The centre is situated 5
minutes walk from Hampstead tube station. Bus stop for numbers 46 and 268 are nearby.

There is wheelchair access to the main entrance of the centre, which is in Prince Arthur Road.

The address of the centre is:

Henderson Court Resource Centre  
102 Fitzjohns Avenue  
London  
NW3 6NS  
Telephone: **020 7794 6588**  
Fax: 020 7431 4742  
E-mail: [Hcourt@ageukcamden.org.uk](mailto:Hcourt@ageukcamden.org.uk)

Transport: The nearest tube station is Hampstead.

**Info. updated:** 09/04/2015

**About the service provider:**

**Contact info:**  
**Age UK Camden:** Henderson Court Day Centre, 102 Fitzjohns Avenue, London, NW3 6NS.  
**Telephone:** 020 7794 6588.  
**Fax:** 020 7431 4742.

[Email them]  [Visit their website]  [Find them on a map]

**Parent organisation:**  
**Age UK Camden**

Web link: [http://www.housingcare.org/s/link-info-5521.aspx](http://www.housingcare.org/s/link-info-5521.aspx)  