

Monday

HK50+ In Shape for Life – Circuits for All Abilities
Hangleton Community Centre 9.15am – 10.15am
Free Contact: Clare clare.hopkins@hkproject.org.uk



Men in Sheds
Garage at the top of West Road, Fishersgate
10am – 2pm Free first time then £25 per annum
Contact Keith: 01273 413103



Hangleton Library Textile Group
Hangleton Library 10am – 12.30pm
Contact 01273 290800 Free



Hangleton Table Tennis
Hangleton Community Centre 10.45am – 12.45pm.
£2 Full Contact Bonnie: bonniemargo@hotmail.com



Hangleton Bowling Club
Knoll Park (via Rowan Avenue) 10.30am-12.30pm
£4 May to September Contact: Jerry
jerry.lineham@sky.com 07530 858840 or Marilyn
m.foster70@ntlworld.com 07846 955211



Hangleton & Knoll 50+ Tea, Chat and Friendship
St Richard's Monthly 1pm – 2.30pm Free
Advance booking essential. Some transport for
H&K residents. Contact Clare: 01273 410858



Film Club
Bishop Hannington Church 2pm 1st Monday
in the month. Suggested donation £1.50 for tea and
cake Contact Jacquie: 07917 875355



Townswomen's Guild
Housom United Reformed Church
2nd Monday of the month at 2.30pm
Contact Wyn: wynb41@gmail.com



Tuesday

Dancing for Health Seated Exercise Class
Bishop Hannington Community Centre
Free 11.15am-12.15pm Contact Claire: 01273
294589 Term time only



Brighton & Sussex Take Heart Group
Portslade Leisure Centre 10am – 11am
£6 per class £9 for couples £40 per month
Contact David: 07834 595657



Standing Tall
Physio-led strength & balance class 60+ £2 per class
Hangleton Community Centre
10am – 11am or 11.30am – 12.30pm
Contact Ruth: 07399 993426_ www.standingtall.net



Benfield Wildlife & Conservation Group
Scrub clearing on Benfield Hill Local Nature Reserve
BN3 8EX 10am-2pm Contact Sally: 07941 288625



Sporting Memories Group
County Cricket Ground 10.30am – 12 noon Free
Contact Emma: emma.brooke@sussexcricket.co.uk



Coffee and Chat Drop-in
The Grenadier 10.30am – 12 noon Free tea/coffee
First Tuesday of the month. Contact Nick: 07899
066683



Coffee, Chat and Games Drop-in
The Grenadier 10.30am – 12 noon Free tea/coffee
and board games. Third Tuesday of the month
Contact Hannah: brighton.info@ageukwsbh.org.uk



60+ Tai Chi Health Class
St Richard's 12 noon - 1pm £10
www.taichibrighton.com
Contact Ian: 07900 193230 www.taichibrighton.com



Sing for Better Health in partnership with HK50+
Zoom 1pm - 2pm All welcome
Donations Contact Udita: 01273 556755



Forget Me Nots
St Richard's 1.30pm - 4pm £2
Bingo, refreshments and a chat. Contact Ann: 01273
414483



Exercise and Socialise for 60+
for strength, balance and flexibility
Bishop Hannington Church 2pm – 3pm £3
Contact Cleria: admin@vidaactive.club



Singing for Wellbeing
Hangleton Community Centre 2pm-3pm Free
Contact Lizzie: thesongcompanion@gmail.com



Housom Fellowship
Housom United Reform Church
2nd Tuesday in the month 2.30pm – 4pm
Contact William: 01273 738762



Trefoil Guild (Guiding for Adults)
West Blatchington Windmill Barn
1st Tuesday in the month. Annual membership £16
2.30pm Contact Janet: 01273 504513



Shape Up and Feel Better
St. Richard's 6pm – 7pm Free
Circuit Exercise Sessions Claire: 01273 410858



Wednesday
Cardiovascular Exercise Class
St George's Church £7 per session
9.30am – 10.30am Contact Richard: 07786 001771



Men in Sheds (see Monday's entry)
10am – 4pm Contact Keith: 01273 413103



HKP Computer Help
St Richard's Free drop in
10am – 12 pm, 1pm - 3pm Contact Lulu:
01273 706469



West Area Health Forum
Quarterly on Wednesdays 10am – 12 noon
St Richard's. Contact Lulu: 01273 706469



Knoll Pilates Group
St Richard's 6 lessons for £25
10am - 11am and 11.15am - 12.15pm.
Contact: knollpilates@gmail.com or 07825 201950



Standing Tall via Zoom
Zoom Physio-led strength & balance class 60+
9.45am – 10.45am £2 per class. Contact Ruth: 07399
993426



Carers Coffee Morning Online
10:30am - 11:30am Zoom Contact 01273 977000
or e-mail info@carershub.co.uk



Growing Together at PLOT 22
Gentle gardening for isolated elderly and people living
with dementia and their carers. 10.30am – 12.30pm
Free Two Wednesdays per month Contact Emma:
07717 467 862 or info@plot22.org www.plot22.org



H & K Community Action
Quarterly on Wednesdays 10.30am – 12 noon
St Richard's Contact Pat or Ann: 01273 414483



Smile While You Dance
St Richard's 1.30pm – 3pm. Free tea and coffee
Beginner's ballroom and Latin class. Ideal for those
with dementia. Contact Links Rd Surgery (Admin):
01273 412585



Hangleton and West Blatchington Food Bank
St George's Church Hall, Court Farm Road
12 noon – 2pm by appointment only. Contact:
www.hangletonfoodbank.org or
info@hangletonfoodbank.org or 07990 631892



Hangleton Get Together Club
Hangleton Community Centre 10.30 - 12.30pm
Every other Wednesday £2.50 with refreshments,
Contact Sheila 01273 329844



DiVibe (low impact chair dance class)
St Richard's 2pm – 3pm £7 Free tea/coffee
Contact Diane: 07795 956793 www.divibe.co.uk



50+ Social Bridge
Churchill House 2pm – 4pm £1
Contact Nick: 07899 066683



Brighton & Hove Breathe Easy Group
St Andrews & St Nicolas Church Hall, Portslade
Contact Anita: 07715 683672



FREE Yoga for all abilities
6-7pm at St Richard's Free
Contact Claire J: 01273 410858



Thursday

CAMEO (Come and Meet Each Other) Club
Bishop Hannington Church 10.30am -12 noon
(10am a short service of prayer and reflection)
Donations towards refreshments
Contact: 01273 732965 or cameo@bhmc.org.uk



Knit and Natter
Hangleton Library 1030 am – 1230 pm Free
Contact: 01273 290800



Hangleton Bowling Club
10.30am-12.30pm See entry for Mondays



SocialPing
Hangleton Community Centre
10.30am – 12.30pm. £3 Coaching available



Knoll Lunch Club
St. Richard's 11.30am - 2.30pm £3
Contact Ann: 01273 414483



H&K Older LGBTQ in partnership with Switchboard
Various wellbeing activities, trips and zooms.
Contact: Clare 07422692845 or
clare.hopkins@hkproject.org.uk
www.switchboard.org.uk/what-we-do/older-lgbt-project



Hangleton Short Mat Bowls
Hangleton Community Centre
2pm - 4pm £2.50 Contact Christine: 01273 771681



Standing Tall
Physio-led strength & balance class 60+ £2 per class
St Richard's 1.30pm – 2.45pm
Contact Ruth: 07399 993426 www.standingtall.net



Brighton & Hove Stammering Support Group
First Thursday of each month 7pm – 9pm Free
St Richard's Contact Naomi: info@bhssg.com



Friday

Fitsteps
Hangleton Community Centre 9.30am-10.30am
Aerobics class based on Strictly dance moves
£5 drop in. Beginners welcome. Contact: Lucy 07973 314895



Men in Sheds (see Monday's entry)
10am – 2pm Contact Keith: 01273 413103



Sussex Sporting Memories
Zoom 10am – 11.30am
Contact: emma.brooke@sussexcricket.co.uk



South Downs Arts Society
Hangleton Community Centre 10am – 12 pm
Currently full: contact Jan Cohen: 01273 274129



Free coffee, cake and chat
St Peter's Church First Friday of each month
10.30 am – 12 noon
www.stpeterswestblatchington.org.uk



Say Aphasia
United Reform Church 10.30am – 12.30pm
Free Contact Colin: colin@sayaphasia.org



Brighton & Sussex Take Heart Group
Portslade Leisure Centre 11am – 12 noon
£6 per class £9 for couples £40 per month
Contact: members@takeheartgroup.org



Walking Cricket
Southwick Leisure Centre 11.30am- 12.30pm
£3 Contact Alex: Alex.King@sussexcricket.co.uk



HKP Computer Help working with GP surgeries
St Richard's 11am – 1pm Free drop in
Contact Lulu: 01273 706469



Cascadez Line Dancing
Beginner / Improver – £5 – free tea/coffee
St Richard's 12.30pm – 2.45pm
Contact Adrienne (Ade): 07952 004935



Hangleton Short Mat Bowls
Hangleton Community Centre
2pm - 4pm £2.50 Contact Christine: 01273 771681



Hove Stroke Club
Bishop Hannington Church
2pm – 4pm £5 or £7 with transport
Contact: Daail Goodson 07763 206091



Saturday

Hangleton Bowling Club
10.30am-12.30pm See entry for Mondays



29/11/2022 V1.1



What's On in Hangleton & Knoll Winter/Spring 2023

www.hk50plus.co.uk

Contact Clare Hopkins, Older People's Community
Worker for Hangleton and Knoll area to find out more:
[01273 410858](tel:01273410858) or clare.hopkins@hkproject.org.uk
[07422 692845](tel:07422692845)

St. Richard's Community Centre, Egmont Road, Hove
BN3 7FP. Tel: 01273 414483
Hangleton Community Centre, Harmsworth Crescent,
Hove BN3 8BW. Tel: 01273 292962

HK 50+ Out and About (Trips, Walk/Scots, Theatre,
Green Spaces, Wellbeing activities) Nick Goslett 07899
066683



Ageing Well (city-wide activities, transport,
events and information): 07770 061072 or
<https://ageingwellbh.org/>



Hove Jigsaw Swap Contact Kathryn: 07748 611689

For activities for older residents from ethnically diverse
backgrounds including **HKP Multi Cultural Women's Group**
Yoga, Bollywood, exercise, Coffee mornings contact Aleya
Khatun 07529 221253, 01273 410858 or
Aleya.khatun@hkproject.org.uk

COVID-19 Vaccinations: for all queries including
about Home Visits contact Booking Hub: 0300 303
8060 or Direct: 01273 855946. If you have concerns about your
medical history and how it might interact with the vaccine, please
contact your GP



H and K Live Well with Dementia project for those
living with dementia or memory loss and their Carers.
Contact Clare Hopkins for more info: 01273 410858,
clare.hopkins@hkproject.org.uk



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