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 **Hounsom 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

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 - 11.am or 11.30am - 12.30pm Contact Ruth: 07399 993426 www.standingtall.net



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



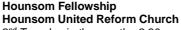
Exercise and Socialise for 60+

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



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.





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





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

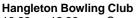


Contact: 01273 732965 or cameo@bhmc.org.uk

Knit and Natter

Hangleton Library 1030 am - 1230 pm Free

Contact: 01273 290800



10.30am-12.30pm See entry for Mondays



Hangleton Community Centre

10.30am - 12.30pm. £3 Coaching available



St. Richard's 11.30am - 2.30pm £3

Contact Ann: 01273 414483



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



St Peter's Church First Friday of each month 10.30 am - 12 noon www.stpeterswestblatchington.org.uk



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





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



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



Stroke

29/11/2022 V1.1



The Hangleton

& Knoll Project







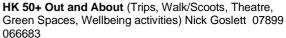
What's On in Hangleton & Knoll Winter/Spring 2023

www.hk50plus.co.uk

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

St. Richard's Community Centre, Egmont Road, Hove BN3 7FP. Tel: 01273 414483

Hangleton Community Centre, Harmsworth Crescent, Hove BN3 8BW. Tel: 01273 292962





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 Cutural 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 NHS 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









