



## West Area Multicultural Activities and Groups

### A Directory Of Groups, Activities And Support For Multicultural Communities In Hangleton And Knoll And The West Of The City.

Please contact Aleya Khatun via 07529221253, 01273 410858 or [aleya.khatun@hkproject.org.uk](mailto:aleya.khatun@hkproject.org.uk) for all referrals, further information about the contents of this leaflet and other activities.

#### Women-only Activities and Groups

- Hangleton and Knoll Multi-Cultural Women's Group Bollywood Exercise classes. Thursday 6 – 7pm at Hangleton Community Centre. Term Time Only. All women aged 18+. £2/£3
- Hangleton and Knoll Multi Cultural Women's Group Swimming - King Alfred Leisure Centre: Women's only session on Wednesdays at 10am or at any one of the general swim sessions. One swim a week £2 for members. (Membership required)  
Contact Aleya via [aleya.khatun@hkproject.org.uk](mailto:aleya.khatun@hkproject.org.uk) or 01273 410858 or Raminder via [gill.raminder@gmail.com](mailto:gill.raminder@gmail.com)
- Hangleton and Knoll Multi-Cultural Women's Group Yoga. Monday 1-2pm Term Time. All women 18+. Contact Aleya via [aleya.khatun@hkproject.org.uk](mailto:aleya.khatun@hkproject.org.uk) or 01273 410858
- Hangleton and Knoll Multi Cultural Women's Group Monthly Coffee morning. Contact Aleya via [aleya.khatun@hkproject.org.uk](mailto:aleya.khatun@hkproject.org.uk) or 07529221253 or 01273 410858  
Raminder via [gill.raminder@gmail.com](mailto:gill.raminder@gmail.com)
- Hangleton and Knoll Multi Cultural Women's Group Monthly Walk and Lunch Group. Contact Aleya via [aleya.khatun@hkproject.org.uk](mailto:aleya.khatun@hkproject.org.uk) or 07529221253 or 01273 410858  
Raminder via [gill.raminder@gmail.com](mailto:gill.raminder@gmail.com)
- Hangleton and Knoll project 50+ ethnically diverse Community activities. Contact Aleya via [aleya.khatun@hkproject.org.uk](mailto:aleya.khatun@hkproject.org.uk) or 07529221253 or 01273 410858

#### Family and Adult Activities and Groups

- 'Shape Up' weekly exercise classes for all abilities: Tuesdays 6pm-7pm at St Richard's Community Centre. £3 a class, first class free. Contact Claire via 01273 410858 or [claire.johnson@hkproject.org.uk](mailto:claire.johnson@hkproject.org.uk)



- Free - Yoga for all abilities Wednesday's 6-7pm at St Richard's Community Centre contact Claire on 01273 410858 or email [claire.johnson@hkproject.org.uk](mailto:claire.johnson@hkproject.org.uk)

- Egyptian Coptic Christian Association String Art for young people and adults. Sundays 8-9pm. Free. Call Marina on 07449783488

- Egyptian Coptic Christian Association family meetings. Sundays from 5pm to 8pm. Free. Call Michil on 07533949487

- Egyptian Coptic Christian Association cookery classes. Sundays (fortnightly) from 4pm-5pm. Free. Call Hany on 07512852867

- Egyptian Coptic Christian Association Sewing Group: Saturdays 12:00-13:30 for kids and 15:00 – 17:00 for adults. Call Marina Ibrahim Tel: +44 7861 620512

- Multi Cultural Parent/Carer monthly coffee mornings in partnership with Amaze. Contact Aleya via [aleya.khatun@hkproject.org.uk](mailto:aleya.khatun@hkproject.org.uk) or 07529221253

- Christian Arabic Club - Teaching BASIC English classes to refugees from Syria, Sudan, Iran and Ethiopia. This takes place every Thursday from 12 to three. Students enjoy time together with games after the class as well as having tea and coffee. All is free Any one is welcome. Contact Nabila: [nabilagirgis111@gmail.com](mailto:nabilagirgis111@gmail.com). 17 Gladys Rd BN3 7GJ
- Christian Arabic Club - Elderly Meeting every other Wednesday. Members enjoy a hot meal for a nominal cost. They also play Tombola and enjoy the Quiz time. Members whose birthday fall every month gets a gift and all enjoy a cake together. Contact Nabila: [nabilagirgis111@gmail.com](mailto:nabilagirgis111@gmail.com) 17 Gladys Rd BN3 7GJ

### Young People's and Children's Activities and Groups

- Online tutoring/classes for 9-16 year olds with the UK Egyptian Coptic Christian Association. £5 a session. Call Josphien on 07578188592.
  - Maths: Thursday 4:15-5:15pm (Year 8) & 5:30-6:30pm (Year 7)
  - Science: Thursday 4:30-5:30pm (year7) 5:30-6:30pm (Year 8&9) and 6:30-7:30pm (GCSE),
  - English Tuesday 4:15-5:15pm (GCSE) and 5:30-6:30pm (year 8&9) Wednesday 4:30-5:30 (year 3&4) and 5:30-6:30 (year 5&6)
  - French: Friday 4:30-5:30 Secondary and Saturday 10:30-11:30 petit (online)
  - Sewing: Tuesday 5:00-6:00 Primary and 7:15-8:15 Adults.

- Egyptian Coptic Christian Association Children's Choir. Saturday 12-1pm. Free. Call Treza Nashed 07424517237

- Egyptian Coptic Christian Association String Art for young people and adults. Sunday 8-9pm. Free. Call Marina on 07449783488

- Egyptian Coptic Christian Association Resin Art online Cost £2 a class for age 16+. Some materials provided Call Irini on 07900972932

- Egyptian Coptic Christian Association online craft and DIY classes (painting on wood, ceramic and fabric) for 9-25 year olds. Monday 6:30-8:30pm. Cost £1 a class for 9-15 year olds, £2 for age 16+. Some materials provided. Call Helana on 07414477470 or Irini on 07900972932

### Sikhs of Sussex

Find out more about their upcoming activities via:  
Facebook Page: <https://www.facebook.com/sikhsofsussex>

### Youth Activities

If you are aged 11-19 and would like to join or volunteer in youth activities in Hangleton and Knoll please contact Helen Baxter via 07702 392339 or [helen.baxter@hkproject.org.uk](mailto:helen.baxter@hkproject.org.uk)

### IT support and Community Learning

If you need help with your IT contact David Purkiss on 07422 665761 or [hakit@hkproject.co.uk](mailto:hakit@hkproject.co.uk)

- **If you are interested in ESOL and/or learning courses** please contact Claire via [claire.johnson@hkproject.org.uk](mailto:claire.johnson@hkproject.org.uk) or 01273 410858. We are starting a ESOL course in Spring 23.



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