

Women Only Activities and Groups

Hangleton and Knoll Multi-Cultural Women's Group Bollywood



Exercise classes. Thursday 6 – 7pm at St Richards Community centre, Egmont Road BN3 7FP. Term Time Only. All women aged 18+. £2/£3. Contact Aleya via aleya.khatun@hkproject.org.uk or 07471799793 or 01273 410858

Hangleton and Knoll Multi Cultural Women's Group Swimming



King Alfred Leisure Centre: Women's only session on Wednesdays 10-11am or at any one general swim, one swim a week. All women age 18+. £2 for members. (Membership card required)
Contact Aleya via aleya.khatun@hkproject.org.uk or 07471799793 or 01273 410858 or Raminder via gill.raminder@gmail.com

Hangleton and Knoll Multi-Cultural Women's Group Yoga and Meditation.



Monday 1-2pm at St Richards Community centre, Egmont Road BN3 7FP. Term Time only. All women 18+. Contact Aleya via aleya.khatun@hkproject.org.uk or 07471799793 or 01273 410858. All women aged 18+ £3/£4.

Hangleton and Knoll Multi Cultural Women's Group Monthly Coffee morning.



Contact Aleya via aleya.khatun@hkproject.org.uk or 07471799793 or 01273 410858.
Raminder via gill.raminder@gmail.com

Hangleton and Knoll Multi Cultural Women's Group Monthly Walk, Chat and Lunch



Last Thursday of the month 10.15 – 12.45. Various Locations. All women 18+. £3. Contact Aleya via aleya.khatun@hkproject.org.uk or 07471799793 or 01273 410858. Or Raminder via gill.raminder@gmail.com

Family and Adult Activities and Groups

'Shape Up' weekly exercise classes for all abilities Tuesdays 6pm-7pm at St Richard's Community Centre, Egmont Road BN3 7FP. Drop In. £2 a class. For more Info call 01273 410858 Email HKWBGPG@GMAIL.COM



Beginners Yoga for all abilities

Wednesday's 6-7pm at St Richard's Community Centre, Egmont Road BN3 7FP. Drop In £2 a class. For more Info call 01273 410858 or Email HKWBGPG@GMAIL.COM



Egyptian Coptic Christian Association String Art

For young people and adults. Sundays 8-9pm. Free. Call Marina on 07449783488



Egyptian Coptic Christian Association family fortnightly meetings.

Sundays from 5pm to 8pm. Free. Call Michil on 07533949487



Egyptian Coptic Christian Association cookery classes.

Sundays (fortnightly) from 4pm-5pm. Free. Call Hanny 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



Christian Arabic Club - Teaching BASIC English

Classes for refugees from Syria, Sudan, Iran and Ethiopia. Every Thursday from 12 to 3pm. Students enjoy time together with games after the class as well as having tea and coffee. Free. Any one is welcome. Contact Nabila: nabilagiris111@gmail.com. 17 Gladys Rd BN3 7GJ



Christian Arabic Club Lunch 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: nabilagiris111@gmail.com 17 Gladys Rd BN3 7GJ



Young People's and Children's Activities and Groups

Egyptian Coptic Christian Association. Online tutoring/classes for 9-16 Year Olds £5 a session. Call Josephine on 07578188592.

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)



Sewing with the Egyptian Coptic Christian Association

Tuesday 5:00-6:00 Primary and 7:15-8:15 A



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



The Hangleton And Knoll Project Youth Activities

If you are aged 11-19 and would like to join the free youth activities or volunteer in youth activities, Please contact Helen Baxter via 07702 392339 or helen.baxter@hkproject.org.uk

Men's Only Activities and Group



Multi Cultural Men's Health and Wellbeing Group



Meet one Wednesday a month at St Richards Community Centre. All men 18+. Sessions focus on improving mental health, health and wellbeing with workshops and activities. Including refreshments. FREE. Please contact Aleya via aleya.khatun@hkproject.org.uk 07471799793 or 01273 410858

Multi Cultural Men's 'Walk, Talk and Laugh' Group

Meet one Wednesday a month. Various Locations, All men 18+. Including refreshments. FREE. Please contact Aleya via aleya.khatun@hkproject.org.uk 07471799793 or 01273 410858



IT support and Community Learning

If you need help with your IT



HKP Free IT Drop-in Weds: 10-12am, 1-3pm, 3-5pm
St Richard's Community Centre
Contact David Purkiss on 07422 665761 or hakit@hkproject.co.uk

ESOL



If you are interested in ESOL English and/or learning courses please contact Aleya on aleya.khatun@hkproject.org.uk or 07471799793 or 01273 410858

Other Useful information

Sikhs of Sussex Activities

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

West Area Health Forum

Quarterly on Wednesdays 10am – 12 noon St Richard's Community centre. Contact Lulu: 01273 706469



H & K Community Action

Quarterly on Wednesdays 10.30am – 12 noon. St Richard's Community Centre Contact Pat or Ann: 01273 414483



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



Oasis Food Bank – Brighton and Hove Food Partnership (bhfood.org.uk)

Emmanuel@ Oasis Hangleton Way, Hove BN3 8EQ Open 10-12 am Contact: oasisfoodbank@weareemmanuel.com or 07708384906

Hangleton and Knoll 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

50+ Ethnical Diverse Community If you are 50+ from ethnically diverse community. To find out more about activities and trips please Contact Aleya aleya.khatun@hkproject.org.uk or 07471799793 or 01273 410858



Leaflet Produced June 2024



West Area Multicultural Activities and Groups

A Directory of Groups, Activities And Support For Multicultural Communities In The West Area Of The City.

For all referrals, further information about the contents of this leaflet and other activities please Contact Aleya Khatun - Equalities and Inclusion Community Development Worker for Hangleton and Knoll Area

Tel: 01273 410858 or 07471799793. aleya.khatun@hkproject.org.uk

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

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



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