

## Monday

**HK50+ In Shape for Life exercise class**  
**Hangleton Community Centre** 9.15am – 10.15am  
Free or £1 donation to HKP. **Currently full.** To join the waiting list, contact: Clare  
[clare.hopkins@hkproject.org.uk](mailto:clare.hopkins@hkproject.org.uk) or 01273 410858



**Cardiovascular Exercise Class**  
**St George's Church** £8 per session  
9.30am – 10.30am Contact Richard: 07786 001771



**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 New members welcome



**Hangleton Table Tennis**  
**Hangleton Community Centre** 10.45am – 12.45pm.  
£3 Full Contact Bonnie: [bonniemargo@hotmail.com](mailto:bonniemargo@hotmail.com)



**Hangleton Bowling Club**  
**Knoll Park (via Rowan Avenue)** 10.30am-12.30pm  
£6 May to September Contact: Marilyn 01273 595286 or Michael 07757808244



**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 Jacque: 07917 875355



**HK Memory Café**  
2pm - 4pm 1st Monday of the month at **St Richard's**  
Refreshments, information and peer support  
Contact Clare Hopkins: 01273 410858,  
[clare.hopkins@hkproject.org.uk](mailto:clare.hopkins@hkproject.org.uk)



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



## Tuesday

**HKP Free IT Drop-in 'Job Club'**  
Looking for employment or training  
**St Richard's** 10am – 12noon  
Contact David: 07422 665761



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



**Brighton & Sussex Take Heart Group**  
**Portslade Leisure Centre** 10am – 11am  
£7 per class £9 for couples £44 per month  
Contact David: 07834 595657



**Standing Tall**  
Physio-led strength & balance class 60+ £3.50/class  
**Hangleton Community Centre**  
10am – 11.am or 11.30am – 12.30pm  
Contact Ruth: 07399 993426\_ [www.standingtall.net](http://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](mailto:emma.brooke@sussexcricket.co.uk)



**HK50+ Coffee and Chat Drop-in**  
Hangleton Manor Pub 10.30am-12 noon Free  
tea/coffee First Tuesday of the month. Contact  
Clare: 01273 410858, [clare.hopkins@hkproject.org.uk](mailto:clare.hopkins@hkproject.org.uk)



**60+ Tai Chi Health Class**  
**St Richard's** 12 noon - 1pm £10  
[www.taichibrighton.com](http://www.taichibrighton.com)  
Contact Ian: 07900 193230 [www.taichibrighton.com](http://www.taichibrighton.com)



**Sing for Better Health**  
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



**Singing for Wellbeing**  
**Hangleton Community Centre** 2pm-3pm Free  
Contact Lizzie: [thesongcompanion@gmail.com](mailto:thesongcompanion@gmail.com)  
Or 01273 410858



**Housom Fellowship**  
**Housom United Reform Church**  
1st Tuesday in the month 2.30pm – 4pm  
Contact William: 01273 738762



**Hove Afternoon Trefoil (Guiding for Adults)**  
**West Blatchington Windmill Barn**  
1st Tuesday in the month. Annual membership £20  
2.30pm Contact Janet: 01273 504513



**Shape Up**  
**St. Richard's** 6pm – 7pm £2 per session  
Exercise Sessions All abilities. Carmel:  
[hkwbgp@gmail.com](mailto:hkwbgp@gmail.com) or 01273 410858



## Wednesday

**Cardiovascular Exercise Class**  
**St George's Church** £8 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, 3pm – 5pm  
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 £35  
10am - 11am and 11.15am - 12.15pm.  
Full with waiting list. Contact: [knollpilates@gmail.com](mailto:knollpilates@gmail.com)



**Carers Coffee Morning Online**  
10:30am - 11:30am Zoom Contact 01273 977000  
or e-mail [info@carershub.co.uk](mailto:info@carershub.co.uk)



**Growing Together at PLOT 22**  
Weekly April - July. Gentle gardening for isolated elderly and people living with dementia and their carers. 10.30am – 12.30pm Free Contact: 07522 560 250 or [info@plot22.org](mailto:info@plot22.org) [www.plot22.org](http://www.plot22.org)



**H & K Community Action**  
Quarterly on Wednesdays 10.30am – 12 noon  
**St Richard's** 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](http://www.hangletonfoodbank.org) or  
[info@hangletonfoodbank.org](mailto:info@hangletonfoodbank.org) or 07990 631892



**DiVibe (low impact chair dance class)**  
**St Richard's** 2pm – 3pm £7.50 Free tea/coffee  
Contact Diane: 07795 956793 [www.divibe.co.uk](http://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



**Beginners Yoga**  
6-7pm at St Richard's £2 per session  
Contact Carmel: [hkwbgp@gmail.com](mailto:hkwbgp@gmail.com) or 01273 410858



## Thursday

### Standing Tall via Zoom

Zoom Physio-led strength & balance class 60+  
9.45am – 10.45am £3.50 per class. Contact Ruth:  
07399 993426



### Sporting Memories Group

Central URC Church 10am – 11.30am  
Contact: emma.brooke@sussexcricket.co.uk



### 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** 10 am – 1230 pm Free  
Contact: 01273 290800 New members welcome



### Hangleton Bowling Club

10.30am-12.30pm See entry for Mondays



### SocialPing

**Hangleton Community Centre**  
10.30am – 12.30pm. £3



### Knoll Lunch Club

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



### H&K Older LGBTQ+ in partnership with Switchboard

Signposting to wellbeing and social activities and trips.  
Local link: Clare 01273 410858 or  
clare.hopkins@hkproject.org.uk or contact  
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+ £3.50/class  
**St Richard's** 1.30pm – 2.45pm  
Contact Ruth: 07399 993426 [www.standingtall.net](http://www.standingtall.net)



### HKP Diabetes Peer Support Project

**St Richard's** 6pm – 7.30pm on 28 Sep, 16 Nov,  
15 Feb and 21 Mar. Free. Contact Carmel:  
carmel.odell@hkproject.org.uk 01273 410858



### Brighton & Hove Stammering Support Group

First Thursday of each month 7pm – 9pm Free  
**St Richard's** Contact: www.BHSSG.com



## Friday

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



### South Downs Arts Society

**Hangleton Community Centre** 10am – 12 pm  
Currently full: contact Jan Cohen: 07392 530417



### 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](mailto: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](mailto:members@takeheartgroup.org)



### Walking Cricket

**Southwick Leisure Centre** 11.30am- 12.30pm  
£3 Contact Alex: [Alex.King@sussexcricket.co.uk](mailto:Alex.King@sussexcricket.co.uk)



### Cascadez Line Dancing

Beginner / Improver – £5 – free tea/coffee  
**St Richard's** 12.30pm – 3pm  
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



05/08/2024 V1.4

The Hangleton and Knoll Project is a registered charity  
No 1139971 and a company limited by guarantee No  
7260539



## What's On in Hangleton & Knoll Summer 2024

[www.hk50plus.co.uk](http://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](mailto: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/Scoots, Theatre,  
Green Spaces, Wellbeing activities) Nick Goslett 07899  
066683



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



For information about **ageUK** groups, advice and services  
<https://www.ageuk.org.uk/westsussexbrightonhove/>.  
Call our freephone number 0800 019 1310, open 9am to 5pm  
Monday to Thursday and 9am to 4pm Friday.

**Hove Jigsaw Swap** Contact Kathryn: 07748 611689

For activities for older residents from ethnically diverse  
backgrounds including a new 50+ Men's Wellbeing group, and  
the HK Multi Cultural Women's Group (Yoga, Bollywood,  
Exercise, Coffee mornings, Walk and lunch, Swimming) contact  
Aleya Khatun 07529 221253, 01273 410858 or  
[aleya.khatun@hkproject.org.uk](mailto:aleya.khatun@hkproject.org.uk)

**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](mailto:clare.hopkins@hkproject.org.uk)

