Monday

HK50+ In Shape for Life exercise class Hangleton Community Centre 9.15am – 10.15am £1 per class which goes towards group social, equipment and venue hire.. Currently full. To join the waiting list, contact: Clare clare.hopkins@hkproject.org.uk or 01273 410858





Men in Sheds

Garage at the top of West Road, Fishersgate 10am – 2pm Free first time then £35 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



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 Jacquie: 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



Townswomen's Guild **Hounsom United Reformed Church**

2nd Monday of the month at 2.30pm Contact Wyn: wynb41@gmail.com



Tuesday

HKP Free IT Drop-in Form Filling NHS App; Job search; General IT 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



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



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



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

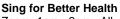


60+ Tai Chi Health Class

St Richard's 12 noon - 1pm £10 www.taichibrighton.com



Contact Ian: 07900 193230 www.taichibrighton.com



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 £2 per session Contact Claire Hines: 01273 410858, clare.hines@hkproject.org.uk



Hounsom Fellowship Hounsom United Reform Church

3rd 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 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



H&K Community Action

St Richard's 10.30am - 12 noon Raise issues on housing, community safety, etc. Contact Pat or Ann: 01273 414483



West Area Network Meeting

Quarterly 10-11.30am St Richard's Open to anyone volunteering or working in the West area. Contact Claire J: 01273 410858 claire.johnson@hkproject.org.uk



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



Carers Coffee Morning Online

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



Growing Together at PLOT 22

Growing Together at PLOT 22 Once a month. Gentle gardening for isolated elderly and people living with dementia and their carers, 10.30am - 12.30pm Free Contact: 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



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



DiVibe (low impact chair dance class)

St Richard's 2pm - 3pm £7.50 Free tea/coffee Contact Diane: 07795 956793 www.divibe.co.uk



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



Brighton & Hove Breathe Easy Group St Andrews & St Nicolas Church Hall, Portslade

Contact Anita: 07715 683672

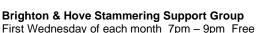


Beginners Yoga

6-7pm at St Richard's £2 per session Contact Carmel: hkwbqp@qmail.com or 01273

St Richard's Contact: www.BHSSG.com

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



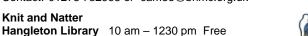
SPORTING MEMORIES

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

Contact: 01273 290800 New members welcome





Hangleton Bowling Club

Knit and Natter

10.30am-12.30pm See entry for Mondays



SocialPing **Hangleton Community Centre**

10.30am - 12.30pm. £3





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



Physio-led strength & balance class 60+ £3.50/class St Richard's 1.30pm - 2.45pm

Contact Ruth: 07399 993426 www.standingtall.net



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



Brighton & Sussex Take Heart Group

Portslade Leisure Centre 11am – 12 noon £8 per class Contact: members@takeheartgroup.org



Walking Cricket

Southwick Leisure Centre 11.30am- 12.30pm £3 Contact Alex: 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

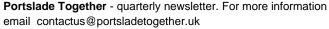
10.30am-12.30pm See entry for Mondays



NEW Portslade and Mile Oak links

Fresh Start Sussex provide activities, groups and learning for the 55+ age group: www.my portslade.com/over55





07/10/2024 V4.1



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 Including Portslade and Mile Oak area Autumn 2024

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

https://www.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

HK 50+ Out and About Contact Nick Goslett for more info. about activities, trips and events 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.

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

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



Hove Jigsaw Swap Contact Kathryn: 07748 611689





