# Monday

HK50+ In Shape for Life exercise class Hangleton Community Centre 9.15am - 10.15am £1 per class (voluntary) which goes towards group socials, equipment and venue hire Currently full. To join the waiting list, contact: Clare 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 £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 1<sup>st</sup> 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 2<sup>nd</sup> 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

# 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

#### **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

Sing for Better Health Zoom 1pm - 2pm All welcome Donations Contact Udita: 01273 556755

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 3<sup>rd</sup> 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

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



#### 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

The Hangleton & Knoll Project

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#### **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

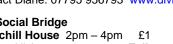
Growing Together at PLOT 22 Growing Together at PLOT 22 Once a month. Gentle gardening for isolated elderly and people living with dementia and their carers, 10.30am - 12.30pm Free Contact: info@plot22.org www.plot22.org

**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



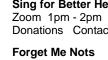


























































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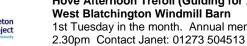




















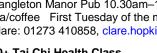












**Brighton & Hove Breathe Easy Group** St Andrews & St Nicolas Church Hall, Portslade Contact Anita: 07715 683672

#### **Beginners Yoga**

6-7pm at St Richard's £2 per session Contact Carmel: hkwbgp@gmail.com or 01273 410858

**Brighton & Hove Stammering Support Group** First Wednesday of each month 7pm - 9pm Free St Richard's Contact: www.BHSSG.com

# 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 praver 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

# 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

Sav 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 Handleton Community Centre 2pm - 4pm £2.50 Contact Christine: 01273 771681

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

Volunteering Matter - Lifelines: Activities and support services for those 50+, online and face-to-face in senior housing schemes, community centres and church halls. 01273 688117 or lifelines@volunteeringmatters.org.uk

Portslade Together - quarterly newsletter. For more information email contactus@portsladetogether.uk

01/01/2025 V1.2

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









# What's On for 50+ Hangleton & Knoll 2025

Including Portslade and Mile Oak area www.hkproject.org.uk

Contact Clare Hopkins, Older People's Community Worker to find out more: 01273 410858/ 07422692845; clare.hopkins@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, events and information): Freephone 0808 1753234 or https://ageingwellbh.org/



For information about ageUK groups, advice and services https://www.ageuk.org.uk/westsussexbrightonhove/. Freephone 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 aleva.khatun@hkproject.org.uk

HKP Live Well with Dementia project for those living with dementia or memory loss and their Carers. Contact Clare Hopkins as above.



Hove Jigsaw Swap Contact Kathryn: 07748 611689













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