

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 Jacqui: 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
Housom 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



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



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



Housom Fellowship
Housom 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:
hkwbqp@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@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 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



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



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 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

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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
aleya.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

