

## 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](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 £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](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 Jacqui: 07917 875355



**West Area 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 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](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  
**£2 per session** Contact Claire Hines: 01273 410858, [claire.hines@hkproject.org.uk](mailto:claire.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](mailto: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](mailto:claire.johnson@hkproject.org.uk)



**West Area Health Forum**  
Quarterly on Wednesdays 10am – 12 noon  
**St Richard's.** Contact Claire H: 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**  
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](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 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: [hkwbgp@gmail.com](mailto: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](http://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](mailto: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](mailto: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 - 1.30pm £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](mailto:clare.hopkins@hkproject.org.uk) or contact  
[www.switchboard.org.uk/what-we-do/older-lgbt-project](http://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)



### 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](http://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  
£8 per class 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



**NEW Portslade and Mile Oak links**  
**Fresh Start Portslade** provide activities, groups and learning for  
the 55+ age group: [www.my.portslade.com/over55](http://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](mailto:lifelines@volunteeringmatters.org.uk)

**Portslade Together** - quarterly newsletter. For more information  
email [contactus@portsladetogether.uk](mailto:contactus@portsladetogether.uk)

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The Hangleton and Knoll Project is a registered charity  
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**What's On for 50+**  
**Hangleton & Knoll 2025**  
Including Portslade and Mile Oak area  
[www.hkproject.org.uk](http://www.hkproject.org.uk)

Contact Clare Hopkins, Older People's Community  
Worker to find out more: 01273 410858/  
07422692845; [clare.hopkins@hkproject.org.uk](mailto: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](mailto: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

