

Health & Well-Being

Hangleton & West Blatchington Food Bank

The Food Bank provides food parcels to individuals and families who find themselves in crisis or urgent situations. The Food Bank is open every Wednesday between 12.30-2.30pm at St George's Church Hall, Court Farm Road, Hove. To receive a food parcel you must be referred to the Food Bank by a local agency, such as your GP, School, Council agency or Church. For more information contact Zoe on 07990 631892 or email hangletonfoodbank@yahoo.com

Are you aged 50+?

There are lots of activities happening locally <http://www.hkproject.org.uk/50plus> For more information contact Clare Hopkins on 01273 410858 or email clare.hopkins@hkproject.org.uk

Hangleton and Knoll Health Forum

This forum is made up of representatives from the local GP Surgeries and patients. Quarterly meetings are held to give residents the opportunity to raise issues or concerns they have about their GP Surgery and/or other health services.

For more information, contact Clare on 01273 410858
Email clare.hopkins@hkproject.org.uk

Newsletters

Hangleton Harbinger

The group who publish the Hangleton Harbinger bi-monthly newsletter for the Hangleton Area.

For more information or to advertise
Email hangletonharbinger@hotmail.com

The Scroll

The bi-monthly newsletter for the Knoll area.
For more information or to advertise, contact Rali on 07917154666
Email thescroll@hotmail.co.uk

Health & Well-Being

Hangleton and Knoll Multi Cultural Women's Group

A group open to all women. Providing health focused activities including Yoga, Health Walks, women only swimming and monthly coffee mornings.

For more information contact

Takako on 07830266819

Email takako18@hotmail.com

Miranda (Arabic speaker) on 07805033421

Email allanmiranda0@gmail.com

Mumtaz (Bengali speaker) on 07950549046

Email mumtazamee@hotmail.com

Search "Hangleton and Knoll Multi Cultural Women's Group" on Facebook

English and Life in the UK Courses

To find out more about our courses and training opportunities

Please contact

Claire on 01273 410858

Email claire.johnson@hkproject.org.uk

Hangleton Holistics

Based at Hangleton Community Centre, Hangleton Holistics provides low cost holistic treatments including Massage, Facials and Emotional Freedom Technique.

For more information contact

Elizabeth on 07727130022

Email hangletonholistics@gmail.com

Search "Hangleton Holistics" on Facebook

Stammering Support Group

We are a group of adults who stammer and we provide a support group for adult stammerers.

We meet on the first Tuesday of every month at St Richard's Church and Community Centre

For more information

Visit <http://www.bhssg.org/index.html>

Parks & Wildlife

The Friends of Hangleton Park Group

This group works to improve Hangleton Park by holding work days and events. For more information contact Nick on 07966196410

Visit <http://friendsofhangletonpark.tumblr.com/>

Search "Friends of Hangleton Park" on Facebook

Benfield Wildlife and Conservation Group

This group helps preserve and manage the reserve, and provides regular speakers and activities to promote Wildlife and habitats. For more information call 01273 410430

benfield123@hotmail.co.uk

<https://benfieldwildlifeandconservationgroup.wordpress.com/about-2/>

HK Hedgehogs

This group is part of the National Hedgehog Street project and provides events, activities and information on Hedgehogs, and how to protect and enjoy them.

Contact Becky on 01273 419920

Email hkhedgehogs@gmail.com

Search "HK Hedgehogs" on Facebook

Family

Hangleton Fun for Families

A group who organises subsidised day trips for families living in the Hangleton and Knoll area. Trips include Theme Parks, Farms, Museums and Pantomime. For more information contact

Lyn on 07762761943 lyndensley@ntlworld.com

Search "Hangleton Fun for Families" on Facebook

Hangleton and Knoll Parent/Carer Group

A monthly support group for parent/carers who have a child with a disability or additional needs.

For more information contact Claire on 01273 410858

claire.johnson@hkproject.org.uk

Search "Hangleton and Knoll Project Amaze Parent Carer Group" on Facebook

Community Action

Hangleton and Knoll Community Action

The local action team for the Hangleton & Knoll area. Residents and service providers meet quarterly to find solutions to issues raised by residents. This could include community safety, housing or anti-social behaviour. All are welcome to attend.

For more information contact

Pat or Ann on 01273 414483

Email pat.weller@btconnect.com

Hangleton Community Association

The group who manages the Hangleton Community Centre. If you would like to book a space, get involved or become a trustee, please get in touch.

For more information contact

Elizabeth on 01273 292962

Email office@hangletoncommunitycentre.org.uk

Or visit www.hangletoncommunitycentre.org.uk

Search "Hangleton Community Centre" on Facebook

Knoll Community Association

This group meets monthly and is open to all residents interested in making positive improvements to the area and raising issues of concern.

For more information contact

Pat or Ann on 01273 414483

Email pat.weller@btconnect.com



**The Hangleton
& Knoll Project**

Working for a better community



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What is the Hangleton & Knoll Project?

We are a charity based in the Hangleton and Knoll ward of Brighton and Hove. A part of the community since 1983 we are a project working *for* the community *with* the community and managed *by* the community.

What is the Community Development team?

The Community Development team supports local residents to come together and develop the skills, knowledge and experience necessary to take collective action. They support the residents to make positive change in response to issues identified by the community. The community development workers are based in the two local community centres and are a great point of contact for anybody new to the area or wishing to get more involved in local community activities.

If you are responsible for running an organisation or community service in the Hangleton and Knoll area, and would like to have your organisation included in this directory, get in touch today. Or if you have an idea for a new group to really benefit the local community, please contact Claire on claire.johnson@hkproject.org.uk

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Hangleton & Knoll Community Group Directory



**The Hangleton
& Knoll Project**

Working for a better community

www.hkproject.org.uk

**Claire Johnson
Community Development
Coordinator**

01273 410858

claire.johnson@hkproject.org.uk

Search "Claire Johnson HK" on Facebook

St. Richard's Community Centre
Egmont Road, Hove BN3 7FP
01273 414483

Hangleton Community Centre
Harmsworth Crescent
Hove BN3 8BW
01273 292962