

Monday

H&K Multi-Cultural Women's Group Yoga
(Women only)

St Richard's 9.30am - 10.30am
£3 for non-members, £2 for members
Contact Laura: laura.topping@icloud.com or
07740 930010



In Shape for Life (healthy lifestyle)

£2 concessions / £3 (for adults of all ages)
Hangleton Community Centre 9.30am-10.30am
Contact Dan Brooker: 01273 292724



Men in Sheds

Free 10am - 2pm Keith Mason 01273 413103
Garage at the top of West Road, Fishergate



Knoll Pilates Group

St Richard's 10.40am - 11.40am and
11.45am - 12.45pm. 6 lessons for £25
Contact Jacquie: knollpilates@gmail.com or
07825 201950



Old Knollonians (formerly Knollites Group)

St Richard's 2pm - 4pm £4
Refreshments and guest speaker
Contact Mike: 01273 777733 or
mrhookham@yahoo.co.uk



Film Club

Bishop Hannington Church
2pm first Monday in the month
Tea, coffee and cakes. Donation of £1.50
Contact Jacquie: 07917 875355



Slimming World

Oasis 5.30pm - 6.45pm and 7.30pm - 8.45pm
£4.95 (£4.65 for over 60s)
Contact Patrick: 07759 669957



Tuesday

Standing Tall Hangleton

Safe, effective exercise & falls prevention classes for
50+, run by a physio, with tea & coffee after. £6/class.
Hangleton Community Centre, 10am - 11am or
11.30am - 12.30pm Contact Ruth: 07399 993426 or
mcenerycarter@gmail.com



Benfield Wildlife & Conservation Group

Scrub clearing 10.30am October to March
Contact: benfield123@hotmail.co.uk or Dolly on
07887 922002



Tai-Chi

St. Richard's 12 noon - 1pm £6
Contact Pat or Ann: 01273 414483



Sing for Better Health

St Richard's 1pm - 2.30pm £3.50
Contact Udita: 01273 556755



60+ Gentle Exercise

Oasis 2pm - 2.45pm £4
Contact Susan Ralph: 01273 249600



Forget Me Not's

St Richard's 1.30pm - 4pm
Bingo, refreshments and a chat
Contact Pat or Ann: 01273 414483



Housom Fellowship

Every other Tuesday 2.30pm - 4pm
Housom United Reform Church
Speakers and refreshments
Contact William Grave: 01273 738762 or
wgrave@virginmedia.com



Trefoil Guild (Guiding for Adults)

First Tuesday of each month (not Jan/Aug)
St Peter's Church, Hangleton Road
Membership fee £16 per annum 2.30pm
Get together, talks, craft, outings
Contact: Hazel 01273 732137 or Janet 01273 504513



Wednesday

Men in Sheds

Free 9am - 4pm Keith Mason 01273 413103
Garage at the top of West Road, Fishergate



Computer Drop-in HaKIT

St. Richard's - Free
10am - 12 noon, 1 - 3pm, 3 - 5pm
Contact Lulu: 01273 881446



Hangleton & Knoll Community Garden

Wayfield Resource Centre 10am - 12 noon
Contact Nick Goslett: 07899 06683



Hangleton Get Together Club

Oasis 10am - 12 noon £1.50
Contact Ray: 01273 884149 or Doreen: 01273
737562



Crafty Adults

Free - Alternate Wednesdays
Churchill House 10am - 12 noon
Contact Mary: 01273 413103 mariafour@talktalk.net



Knoll Pilates

St Richard's 6 for £25
10.30am - 11.30am and 11.45am - 12.45pm
Jacquie: knollpilates@gmail.com or 07825 210950



60+ SEATED Gentle Exercises

Oasis 10.30am - 11.15am £4
Contact Susan Ralph: 01273 249600



H & K Health Forum

Quarterly on Wednesdays 10am - 12 noon
St Richard's. Contact Clare: 01273 410858



H & K Community Action

Quarterly on Wednesdays 10.30am - 12 noon
St Richard's
Contact Pat or Ann: 01273 414483



Food Bank

12:30 pm - 2:30 pm
St George's Church Hall, Court Farm Road
Contact: 07990 631892 or
hangletonfoodbank@yahoo.com
www.hangletonfoodbank.org



Brighton & Hove Breathe Easy group

Second Wednesday of the month 2pm - 4pm
St Andrews & St Nicolas Church Hall Portslade
£2 Contact Anita: 01273 417620



Thursday

Knit and Natter

Hangleton Library 10am - 12 noon
Free Contact: 01273 296904 or
Hangletonlibrary@brighton-hove.gov.uk



Computer sessions and Get Online

Hangleton Library 10am - 1pm Free
(45minute sessions. Booking necessary)
Contact: 01273 296904 or
Hangletonlibrary@brighton-hove.gov.uk



CAMEO (Come and Meet Each Other) Club

Bishop Hannington Church
9.45am - 12 noon £1.50
Contact Laura: 07909 918796



Hangleton and Knoll Carers Coffee Morning

Hangleton Manor. Free to unpaid adult carers
First Thursday of month 10.30am - 12 noon
Contact Nicola: 01273 746222 or
nicola.lytle@thecarerscentre.org /
www.thecarerscentre.org



60+ Gentle Exercise

Oasis 10.30am - 11.15am £4
Contact Susan Ralph: 01273 249600



SocialPing

Hangleton Community Centre
11am - 1pm. £3, includes coaching
Contact Nick: 07899 066683



H&K Older LGBT Meet Up

Third Thursday of each month 11am – 1pm
Social lunch at **Emmaus Cafe, Portslade**
(£ contribution to costs welcomed)
Contact Clare Hopkins: 01273 410858
www.switchboard.org.uk/older-lgbt-project

Knoll Lunch Club

£4.50 + 50p for transport
St. Richard's 11.30am - 2.30pm
Contact Pat or Ann: 01273 414483

Hangleton Short Mat Bowls

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

Zumba

St George's Hall, Court Farm Road
7.45pm – 8.30pm £6 – for all ages
Contact: Kevin 07951 295822

Bingo

St. Richard's 7pm - 9pm
Contact Pat or Ann: 01273 414483

Craft Group

Hangleton Community Centre
£5 includes refreshments
2nd Thursday of the month 7pm-9pm
Contact: 01273 292962

Friday

Men in Sheds

Free 10am – 2pm Keith Mason 01273 413103
Garage at the top of West Road, Fishersgate

Coffee Break

Free - With Short Mat Bowls
Monthly lunch £3

Oasis 10am - 12 noon
Contact Peter: 01273 747258

Money Works @ HaKIT

St. Richard's 10am - 1pm Free
Contact Lulu: 01273 881446
www.advicebrighton-hove.org.uk/moneyworks

Drop-in Sessions

St Peter's Church 10.30am – 12 noon
Contact Rev Daniel Smith: 01273 732459

Oasis Arts and Crafts Group

Oasis 1pm - 3pm £1
Contact Liz: 01273 501261



Age UK Information and Advice Surgery

1pm - 3pm 3rd Friday in each month
The Marlets, Wayfield Avenue
Contact Age UK: 01273 720603
www.ageuk.org.uk/brightonandhove

Cascadez Line Dancing

Beginner / Improver – £4 – free tea/coffee
St Richard's 1pm - 3pm
Contact Carol: 07784 637057

Hangleton Short Mat Bowls

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

Hove Stroke Club

Bishop Hannington Church
2pm – 4pm £4.50 or £6 with transport
Refreshments, tabletop games, quizzes and raffle
Contact: Anne Daswanii 01273 731636 or
Daail Godson 07763 206091

Hangleton Senior Brass Band

Free 7.45pm-9.45pm
Hangleton Junior School Hall
Need be able to play a brass instrument
Contact: manager@hangletonband.co.uk

Saturday

Reading Group (Adult fiction)

Hangleton Library 11am - 12.30pm
Free. Tea, coffee and biscuits.
Last Saturday of the Month.
Contact: norah.carr@brighton-hove.gov.uk

Brighton & Hove Branch of Parkinson's UK

Bishop Hannington Church
Third Saturday of the month 12.15 pm – 4.30pm
Support to those with Parkinson's, families and carers
Contact Carole: carole349@btinternet.com or 0344 225 3609

Southdown's Arts Society

Hangleton Community Centre 1.30pm - 4pm
Contact Jan Cohen: 01273 274129

Bingo

St. Richard's 7pm - 9pm
Contact Pat or Ann: 01273 414483



Autumn 2017

50+ in Hangleton and Knoll

YOU ARE NEVER ALONE WITH 50+

Feeling lonely or bored? Recently retired?

Lots of local groups and activities

(If you would like company for your first visit, please let us know.)

www.hk50plus.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

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

www.hk50plus.org.uk to download this leaflet

www.hkproject.org.uk to find out more about the
Hangleton and Knoll Project

www.possabilitypeople.org.uk to find out

What's On in the city

50+ Trips

Nick Goslett 07899 066683 / nickgoslett@gmail.com

Community Transport Trips and Shopping: 01273 877559

Low Cost Shopmobility Service: 01273 323239

Martlets Day Services at Martlets Hospice:

Mon-Fri 9am - 5pm 01273 273400

Befriending Contact Point: 01273 229005 or

contact@bhbfriending.org www.bhbfriending.org

Access Point help line number: 01273 295555 or

accesspoint@brighton-hove.gov.uk

Money Advice PLUS (Debt and Welfare Benefit Advice Line):

01273 809288 www.moneyadviceplus.org.uk

Alzheimers Society: www.alzheimers.org.uk or 01273 726266

