

West Area Multicultural Activities and Groups November 2020 to January 2021



A directory of groups, activities and support for multicultural communities in Hangleton and Knoll and the West of the City.

Please contact Katie Merrien via katie.merrien@hkproject.org.uk, 01273 410858 or 07422693478 for all referrals, and further information about the contents of this leaflet.

Women-only Activities and Groups

- Hangleton and Knoll Multi-Cultural Women's Group Bollywood Dancing. Thursdays from 6 – 7pm on Zoom. Free. All women aged 18+. Contact Aleya via aleya.s.khatun@live.co.uk or 07825 447108 or Raminder via gill.raminder@gmail.com
- Hangleton and Knoll Multi-Cultural Women's Group Yoga. Free. Mondays from 9:30-10:30am on Zoom. All women 18+. Contact Laura on 07740930010 or laura.topping@icloud.com



Young People's and Children's Activities and Groups

- Science and Maths tutoring for 9-16 year olds with the Egyptian Coptic Christian Association. £5 a session. Call Josphien on 07578188592.
 - Maths: Monday 4:15-5:15pm (Year 8) & 5:20-6:20pm (Year 7)
 - Science: Sunday 4:30-5:45pm (GCSE students). Friday 4:15-5:15pm (Year 8), 5:20-6:20pm (Year 7) & 6:30-7:30pm (Year 9)
- Egyptian Coptic Christian Association Children's Choir. Saturdays from 6-7pm. Free. Call Merna on 07857088775 or Josphien on 07578188592.
- Egyptian Coptic Christian Association online craft and DIY classes (including woodwork, wood carving, and painting on wood, ceramic and fabric) for 9-25 year olds. 6:30-8:30pm on Mondays. Cost £1 a class for 9-15 year olds, £2 for age 16+. Some materials provided. Call Helana on 07414477470 or Irini on 07900972932
- If you are aged 11-19 and would like to volunteer or join in youth activities in Hangleton and Knoll please contact Helen Baxter via 07702 392339 or helen.baxter@hkproject.org.uk



IT support and Community Learning

- If you need help with your IT (including how to use Zoom), contact David Purkiss on 07422 665761 or hakit@hkproject.co.uk
- If you are interested in ESOL and/or online learning courses please contact Claire via 01273 410858 or claire.johnson@hkproject.org.uk



Family and Adult Activities and Groups

- Shape Up online exercise classes. Tuesdays 6pm-6:45pm, Fridays 9.30am-10:15am and Sundays 10.30am-11:15am. £3 a class. Contact Claire via 01273 410858 or claire.johnson@hkproject.org.uk
- Egyptian Coptic Christian Association online family meetings. Alternate Sunday evenings. Free. Contact Michil on 07533949487
- Join the UKPHA Virtual Zoom Book Club with members of the Sussex Indian Punjabi Society. Mondays from 5pm. Free. Register and find out more at <https://ukpha.org/bookclub>
- Egyptian Coptic Christian Association online cookery classes. Saturdays from 5:30-7pm. Free. Call Mervat on 07450451289



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& Knoll Project**
Working for a better community



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