

West Area Multicultural Activities and Groups August to October 2021

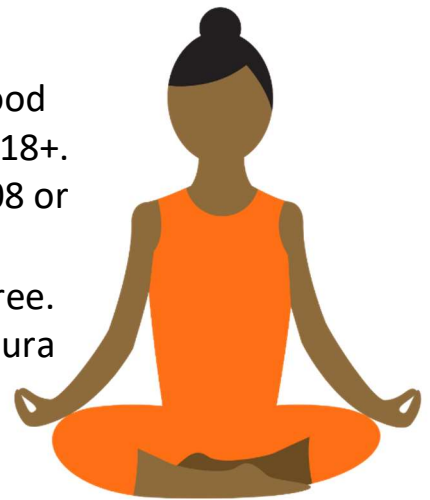


A directory of groups, activities and support for multicultural communities in Hangleton and Knoll and the West of the City.

Please contact Aleya Khatun via 07825447108, 01273 410858 or aleya.khatun@hkproject.org.uk 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. Thursday 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. Monday 9:30-10:30am on Zoom. All women 18+. Contact Laura on 07740930010 or laura.topping@icloud.com



Family and Adult Activities and Groups

- 'Shape Up' weekly exercise classes for all abilities: Tuesdays 6pm-7pm in Knoll Park (weather permitting). £3 a class, first class free. Contact Claire via 01273 410858 or claire.johnson@hkproject.org.uk
- Egyptian Coptic Christian Association String Art for young people and adults. Sundays 8-9pm. Free. Call Marina on 07449783488
- Egyptian Coptic Christian Association online family meetings. Sundays from 5pm to 6:30pm. Free. Call Michil on 07533949487
- Egyptian Coptic Christian Association online cookery classes. Saturdays from 6:30-7:30pm. Free. Call Mervat on 07450451289
- 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>



Young People's and Children's Activities and Groups

- Online tutoring/classes for 9-16 year olds with the Egyptian Coptic Christian Association. £5 a session. Call Josphien on 07578188592.
 - Maths: Thursday 4:15-5:15pm (Year 8) & 5:30-6:30pm (Year 7)
 - Science: Wednesday 4:15-5:15pm (Year 8) and 5:30-6:00pm (Year 7), and Friday 4:30-5:30pm (Year 11) and 5:45-7pm (Years 9 & 10)
 - English Tuesday 3-4pm (Years 8 & 9)
 - Art classes for 7-16 year olds. Friday 3-4pm and 4-5pm (advanced group)
 - Sewing Course for beginners. Saturday 5-6pm.
- Egyptian Coptic Christian Association Children's Choir. Saturday 12-1pm. Free. Call Josphien on 07578188592 or Treza Nashed on 07424517237
- Egyptian Coptic Christian Association String Art for young people and adults. Sunday 8-9pm. Free. Call Marina on 07449783488
- Egyptian Coptic Christian Association online craft and DIY classes (painting on wood, ceramic and fabric) for 9-25 year olds. Monday 6:30-8:30pm. 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 claire.johnson@hkproject.org.uk or 01273 410858.



In partnership with
THE NATIONAL LOTTERY
COMMUNITY FUND

