

Monday

Brighton & Sussex Take Heart Group

St George's Church Hall 8.30am – 9.30am
£15 joining then £7 per class **RESTART SEPTEMBER**
Contact Richard: 07786 001771 or
richard@takeheartgroup.org



H&K Multi-Cultural Women's Group Yoga

(Women only) online on Zoom 9.30am - 10.30am
Free. Contact Laura: 07740 930010
laura.topping@icloud.com



50+ HK In Shape for Life – Circuits for All Abilities

Hangleton Community Centre 9am – 10.30am
£2 First session free Contact Clare: 07422 692845
RESTART 20 SEPTEMBER



Men in Sheds

Garage at the top of West Road, Fishersgate

10am – 2pm Free first time then £25 per annum
Contact Keith: 01273 413103



Hangleton Table Tennis

Hangleton Community Centre 10.30am – 1pm.
£2 Contact Brian: ttbrianw@gmail.com



Hangleton Bowling Club

Knoll Park (via Rowan Avenue)
10.30am May to September £3.20 Contact Jerry:
07530 858840 jerry.lineham@sky.com



Hangleton & Knoll 50+ Tea, Chat and Friendship

St Richard's 1pm – 2.30pm Free refreshments.
Advance booking essential. Some transport for
H&K residents. Contact Clare: 07422 692845



Old Knollonians (formerly Knollites Group)

St Richard's 2pm - 4pm £4
Contact: Mike: 01273 777733



Film Club

Bishop Hannington Church

RESTART TBC (2pm first Monday in the month)
Donation for refreshments of £1.50
Contact Jacquie: 07917 875355



Ingram Crescent Community Garden

Free 2pm – 5 pm No experience necessary
Contact Kim: 07931 354367



Townswomen's Guild

Housom United Reformed Church

2nd Monday of the month at 2.30pm
Contact Wyn: wynb41@gmail.com
RESTART 13 SEPTEMBER



Tuesday

Sporting Memories Group

County Cricket Ground 10.00am – 11.30am Free
Contact Emma: emma.brooke@sussexcricket.co.uk



Benfield Wildlife & Conservation Group

Scrub clearing 10.30am October to March
Contact Dolly: 07887 922002



Standing Tall

Physio-led strength & balance class 60+ £6 per class
Hangleton Community Centre, 10am – 11.15am or
11.30am – 12.45pm or 1.15pm – 2.30pm
RESTARTING IN SEPTEMBER
Contact Ruth: 07399 993426_ www.standingtall.net



60+ Tai Chi Health Class

St. Richard's 12 noon - 1pm £7
Contact Ann: 01273 414483 or Ian 07900 193230



Sing for Better Health

St Richard's 1pm - 2pm Zoom
Donations Contact Udita: 01273 556755



Forget Me Nots

St Richard's 1.30pm - 4pm £2
Bingo, refreshments and a chat. Contact Ann: 01273
414483 **RESTART TBC**



Trefoil Guild (Guiding for Adults)

First Tuesday of each month (not Dec/Jan)
West Blatchington Windmill Barn
Membership fee £16 per annum 2.30pm
RESTARTING 7 SEPTEMBER
Contact Janet: 01273 504513



Brighton & Hove Stammering Support Group

First Tuesday of each month 7pm – 9pm Free
St Richard's Contact Naomi: info@bhssg.com



Shape Up and Feel Better

St. Richard's 6pm – 7pm £3
Circuit Exercise Sessions Claire: 01273 410858
RESTART 20 SEPTEMBER



Wednesday

Men in Sheds (see Monday's entry)

10am – 4pm Contact Keith: 01273 413103



Brighton & Sussex Take Heart Group

St George's Church Hall 9.30am – 10.30am
See Mondays for information



HKP Computer

Bookable 1 hour slots Free
St. Richard's 10am – 12 pm, 1pm - 3pm
Contact David 07422 665761 hakit@hkproject.org.



West Area Health Forum

Quarterly on Wednesdays 10am – 12 noon
St Richard's. Contact Lulu: 01273 706469



Knoll Pilates Group

St Richard's 6 lessons for £25
RESTART 8 SEPTEMBER
10am - 11am and 11.15am - 12.15pm.
Contact: knollpilates@gmail.com



Standing Tall Zoom

Zoom Physio-led strength & balance class 60+
10am – 11am £5 per class **RESTART SEPTEMBER**



Growing Together at PLOT 22

Gentle gardening for isolated elderly and people living
with dementia and their carers. 10.30am – 12.30pm
Free Two per month Contact Emma: 07717 467 862
or info@plot22.org www.plot22.org



H & K Community Action

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



Hangleton Get Together Club

Hangleton Community Centre 1.30pm – 3.30pm
1st & 3rd Wednesdays **RESTART 6 OCTOBER**
£2.50 with refreshments, Contact Ricky: 07749
479306 or Sheila 01273 329844



DiVibe (Seated Chair Fitness)

St Richard's 2pm – 3pm £6, free first time
Contact Diane: 07795 956793



50+ Beginners Social Bridge

Churchill House 2pm – 4pm £1
Contact Nick: 07899 066683
RESTART TBC



Brighton & Hove Breathe Easy Group

St Andrews & St Nicolas Church Hall, Portslade
RESTART TBC Contact: 0300 3030 253



Ingram Crescent Community Garden

2pm – 5 pm See Monday



Thursday

CAMEO (Come and Meet Each Other) Club

Bishop Hannington Church 10.30am -12 noon
(10am Prayer and Thanksgiving)
Donations until speakers Contact: 01273 732965 or
cameo@bhmc.org.uk



Knit and Natter

Hangleton Library 10am - 12 noon Free
Contact: 01273 296904 **RESTART 2 SEPTEMBER**



Computer sessions and Get Online

Hangleton Library 10am – 1pm Free
(45 minute sessions. Booking necessary)
Contact: 01273 296904 **RESTART TBC**



Hangleton Bowling Club

10.30am See entry for Mondays



60+ Gentle Exercise

Oasis 10.30am - 11.15am £5 *RESTART TBC*
Contact Susan: 01273 249600



SocialPing

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



Knoll Lunch Club

St. Richard's 11.30am - 2.30pm £5
Contact Ann: 01273 414483 *RESTART TBC*



Walking Cricket

King Alfred Leisure Centre 12.30pm - 1.30pm £3
RESTART 9 SEPTEMBER. Contact Emma: 07718 492529 or
Emma.brooke@sussexcricket.co.uk



Hangleton Short Mat Bowls

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



Standing Tall

Physio-led strength & balance class 60+ £6 per class
St Richard's 1.30pm - 2.45pm
RESTART SEPTEMBER
Contact Ruth: 07399 993426 www.standingtall.net



Walking Football

Knoll Park 4pm - 5pm 8 weeks from 5th August.
Free Contact Gary: 07989159984 or gary@vydcic.org



H&K Multi-Cultural Women's Group Bollywood Dancing

(Women-only) online on Zoom 6pm-7pm
Free. Contact Aleya: via aleya.s.khatun@live.co.uk or
07825 447108 or Raminder via gill.raminder@gmail.com



Friday

Brighton & Sussex Take Heart Group

St George's Church Hall 9.30am - 10.30am
See Mondays for information



Men in Sheds (see Monday's entry)

10am - 2pm Contact Keith: 01273 413103



South Downs Arts Society

Hangleton Community Centre 1.30pm - 4pm
Currently full: contact Jan Cohen: 01273 274129



Say Aphasia

United Reform Church 10.30am - 12.30pm
Free Contact Colin: colin@sayaphasia.org



Shape Up and Feel Better

St. Richard's 10.30am - 11.30am £3
Circuit Exercise Sessions Claire: 01273 410858



Drop-in Sessions

St Peter's Church First Friday of each month
10.30 am - 12 noon. *RESTART TBC*
www.stpeterswestblatchington.org.uk



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
RESTART TBC



Ingram Crescent Community Garden

2pm - 5 pm See Monday



Saturday

Zumba Gold

St Richard's 10 am - 10.45 am £6
Contact Jo: 07711 243241 - book at
Zumbawithjo.com



Reading Group (Adult fiction)

Hangleton Library 11am - 12.30pm
Free Last Saturday of the Month *TBC*
Contact: BookGroupsLibraries@brighton-hove.gov.uk



Brighton & Hove Branch of Parkinson's UK Bishop Hannington Church

Third Saturday of the month 12.15 pm - 4.30pm
RESTART TBC Contact Paul: 07952 299085



Sunday

Ingram Crescent Community Garden

11am- 2pm See Monday



01/08/2021 V2.2



What's On in Hangleton & Knoll August to October 2021

www.hk50plus.co.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
07422 692845](mailto:clare.hopkins@hkproject.org.uk)

www.hk50plus.co.uk to download this leaflet
www.hkproject.org.uk to find out more about the
Hangleton and Knoll Project
www.itslocalactually.org.uk What's On in the City

50+ Trips: Nick Goslett 07899 066683

Access Point help line number: 01273 295555 or
accesspoint@brighton-hove.gov.uk

Age UK for Info, Advice and Money Advice 0800 019 1310 or
info@ageukwsbh.org.uk

Ageing Well (city-wide activities, transport, events and
information): 07770 061072 or ageingwellbh.org/coronavirus/

Dementia Connect 0333 150 3456

www.alzheimers.org.uk/dementiaconnect

Bluebird Society for the Disabled - transport - 01273 207664
Community Transport Trips and Shopping: 01273 677559 £8
or £6 if paid in advance

HK Hedgehogs hkhedgehogs@gmail.com or 07985 987908

Low Cost Shomobility Service: 01273 323239 £5 per day

Martlets Day Services at Martlets Hospice:
Mon-Fri 9am - 5pm 01273 273400

Money Advice PLUS (Debt and Welfare Benefit Advice Line):
0800 9887037 www.moneyadviceplus.org.uk

BHCC Healthy Lifestyles Team for support to get active 01273
294589

The Hangleton and Knoll Project is a registered charity No
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