

## Monday

**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** 9.15am – 10.15am  
£2 First session free Contact Clare: 07422 692845



**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: [tbrianw@gmail.com](mailto:tbrianw@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 Knollionians (formerly Knollites Group)**  
**St Richard's** 2pm - 4pm £4  
Contact: Mike: 01273 777733



**Film Club**  
**Bishop Hannington Church**  
2pm first Monday in the month  
Suggested donation £1.50 for tea and cake  
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](mailto:wynb41@gmail.com)



## Tuesday

**Brighton & Sussex Take Heart Group**  
**Portslade Leisure Centre** 10am – 11am  
£6 per class £9 for couples £40 per month  
Contact David: 07834 595657



**Benfield Wildlife & Conservation Group**  
Scrub clearing 10.30am October to March  
Contact Dolly: 07887 922002



**Sporting Memories Group**  
**County Cricket Ground** 11.00am – 12.30pm Free  
Contact Emma: [emma.brooke@sussexcricket.co.uk](mailto:emma.brooke@sussexcricket.co.uk)



**Standing Tall**  
Physio-led strength & balance class 60+ £6 per class  
**Hangleton Community Centre**, 10am – 11.15am or  
11.30am – 12.45pm or 1pm – 2.15pm  
Contact Ruth: 07399 993426\_ [www.standingtall.net](http://www.standingtall.net)



**60+ Tai Chi Health Class**  
**St Richard's** 12 noon - 1pm £7  
Contact Ann: 01273 414483 or lan 07900 193230



**Sing for Better Health**  
Zoom 1pm - 2pm All welcome  
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 16 November*



**Trefoil Guild (Guiding for Adults)**  
First Tuesday of each month (not Dec/Jan)  
**West Blatchington Windmill Barn**  
Membership fee £16 per annum 2.30pm  
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](mailto:info@bhssg.com)



**Shape Up and Feel Better**  
**St. Richard's** 6pm – 7pm £3, first one free  
Circuit Exercise Sessions Claire: 01273 410858



## Wednesday

**Cardiovascular Exercise Class**  
**St George's Church** £8 per session  
9.30am – 10.30am Contact Richard: 07786 001771



**Men in Sheds** (see Monday's entry)  
10am – 4pm Contact Keith: 01273 413103



**HKP Computer**  
Bookable 1 hour slots Free  
**St. Richard's** 10am – 12 pm, 1pm - 3pm  
Contact David 07422 665761  
[hakit@hkproject.org](mailto: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  
10am - 11am and 11.15am - 12.15pm.  
Contact: [knollpilates@gmail.com](mailto:knollpilates@gmail.com)



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



**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](mailto:info@plot22.org) [www.plot22.org](http://www.plot22.org)



**H & K Community Action**  
Quarterly on Wednesdays 10.30am – 12 noon  
**St Richard's** Contact Pat or Ann: 01273 414483



**Smile While You Dance**  
**St Richard's** 1.30pm – 3pm. Free tea and coffee  
Beginner's ballroom and Latin class. Ideal for those  
with dementia. Contact Sara: 01273 412585



**Hangleton and West Blatchington Food Bank**  
**St George's Church Hall**, Court Farm Road  
12 noon – 2pm by appointment only. Contact:  
[www.hangletonfoodbank.org](http://www.hangletonfoodbank.org) or  
[info@hangletonfoodbank.org](mailto:info@hangletonfoodbank.org) or 07990 631892



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



**DiVibe (low impact chair dance class)**  
**St Richard's** 2pm – 3pm £6  
Contact Diane: 07795 956793 [www.divibe.co.uk](http://www.divibe.co.uk)



**50+ Social Bridge**  
**Churchill House** 2pm – 4pm £2  
Contact Nick: 07899 066683  
*RESTART 3 November*



**Brighton & Hove Breathe Easy Group**  
**St Andrews & St Nicolas Church Hall, Portslade**  
Contact Anita: 07715 683672



**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 towards refreshments  
Contact: 01273 732965 or [cameo@bhmc.org.uk](mailto:cameo@bhmc.org.uk)



**Knit and Natter**  
**Hangleton Library** 1030 am – 1230 pm Free  
Contact: 01273 296904



**Computer sessions and Get Online**  
**Hangleton Library** 10.30am – 12.30pm Free  
(45 minute sessions. Booking necessary)  
Contact: 01273 296904 *RESTART TBC*



**Hangleton Bowling Club**  
10.30am See entry for Mondays



**SocialPing**  
**Hangleton Community Centre**  
10.45am – 1pm. £3, includes coaching  
Full at present. Contact Nick: 07899 06668



**Knoll Lunch Club**  
**St. Richard's** 11.30am - 2.30pm £5  
Contact Ann: 01273 414483 *RESTART 4 November*



**H&K Older LGBTQ in partnership with Switchboard**  
Various activities including regular social meet ups  
at **Emmaus Portslade**, trips and zooms. Contact  
Clare to find out more: 07422692845 or  
clare.hopkins@hkproject.org.uk  
www.switchboard.org.uk/what-we-do/older-lgbt-project



**Walking Cricket**  
**King Alfred Leisure Centre** 12.30pm – 1.30pm £3  
Contact Emma: 07718 492529 or  
[emma.brooke@sussexcricket.co.uk](mailto:emma.brooke@sussexcricket.co.uk)



**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



**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  
Contact Ruth: 07399 993426 [www.standingtall.net](http://www.standingtall.net)



**H&K Multi-Cultural Women's Group Bollywood Dancing**  
(Women-only) online on Zoom 6pm-7pm  
Free. Contact Aleya: [aleya.khatun@hkproject.org.uk](mailto:aleya.khatun@hkproject.org.uk) or  
07825 447108 or Raminder [gill.raminder@gmail.com](mailto:gill.raminder@gmail.com)



## Friday

**Cardiovascular Exercise Class**  
**St George's Church** £8 per session  
9.30am – 10.30am Contact Richard: 07786 001771



**Men in Sheds** (see Monday's entry)  
10am – 2pm Contact Keith: 01273 413103



**Brighton & Sussex Take Heart Group**  
**Portslade Leisure Centre** 11am – 12 noon  
£6 per class £9 for couples £40 per month  
Contact: [members@takeheartgroup.org](mailto:members@takeheartgroup.org)



**Say Aphasia**  
**United Reform Church** 10.30am – 12.30pm  
Free Contact Colin: [colin@sayaphasia.org](mailto:colin@sayaphasia.org)



**Shape Up and Feel Better**  
**St. Richard's** 10.30am – 11.30am £3  
Circuit Exercise Sessions Claire: 01273 410858



**South Downs Arts Society**  
**Hangleton Community Centre** 10am – 12 pm  
Currently full: contact Jan Cohen: 01273 274129



**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



**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](mailto: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



20/10/2021 v3.1



# What's On in Hangleton & Knoll November to December 2021

[www.hk50plus.co.uk](http://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](http://www.hk50plus.co.uk) to download this leaflet  
[www.hkproject.org.uk](http://www.hkproject.org.uk) to find out more about the  
Hangleton and Knoll Project  
[www.itslocalactually.org.uk](http://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](mailto:accesspoint@brighton-hove.gov.uk)  
**Age UK** for Info, Advice and Money Advice 0800 019 1310 or  
[info@ageukwsbh.org.uk](mailto:info@ageukwsbh.org.uk)

**Ageing Well** (city-wide activities, transport, events and  
information): 07770 061072 or [ageingwellbh.org/coronavirus/](http://ageingwellbh.org/coronavirus/)  
**Dementia Connect** 0333 150 3456

[www.alzheimers.org.uk/dementiaconnect](http://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](mailto:hkhedgehogs@gmail.com) or 07985 987908  
**Low Cost Shomobility Service:** 01273 323239 £5 per day  
**Martlets Day Services at Martlets Hospice:**  
**Money Advice PLUS** (Debt and Welfare Benefit Advice Line):  
0800 9887037 [www.moneyadviceplus.org.uk](http://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  
1139971 and a company limited by guarantee No 7260539

