

Do you have an on-going physical or mental health concern? Or feel that your health is deteriorating?

And/or  
If so, you could try

Do you think going to a creative or social activity would improve your health or wellbeing?

# SOCIAL PRESCRIBING!





Social Prescribing is designed to help people manage their mental and physical health through free and low-cost groups and activities which are proven to improve people's health and wellbeing.

It can help with all kinds of long-term mental and physical health conditions (e.g. mobility issues, breathing or heart conditions, diabetes, anxiety, cancer, loneliness, chronic pain and more...).

Benefits can include: improved breathing and mobility, fewer GP appointments, reducing medication, learning new skills, finding new interests, improved mood, making friends, and having fun! And you don't need any prior experience or skills!

The wide range of online and in-person Social Prescribing offers in West Hove are detailed below, along with useful accessibility information. Activities are colour-coded by location (please see Location Key below).

To find out more about Social Prescribing you can talk to a Doctor or Receptionist at your GP Surgery, call 01273 229382 or email [socialprescribing.togetherco@nhs.net](mailto:socialprescribing.togetherco@nhs.net)

If you would like someone to go with you, please contact Katie Merrien on 07422693478, 01273 410858 or [katie.merrien@hkproject.org.uk](mailto:katie.merrien@hkproject.org.uk)

If you know anyone who could benefit from Social Prescribing, please help us spread the word!

### Location Key:

- Online
- St Richard's Church and Community Centre
- Hangleton Community Centre
- Knoll Park
- West Hove
- East Hove and Brighton
- Hangleton and Knoll Community Centres, Libraries and GP Surgeries

ACTIVITY / GROUP	DESCRIPTION	WHEN	HOW	WHERE	ACCESS & FACILITIES
Craft & DIY classes	Hosted by the Egyptian Coptic Christian Association for 9-25 year olds. Activities include painting on wood, ceramic and fabric. Costs £1 a class for 9-15 year olds, £2 for age 16+. Some materials provided.	Mondays from 6:30-8:30pm.	Call Helana on 07414477470 or Irini on 07900972932	Online	<ul style="list-style-type: none"> <li>• Low-cost</li> <li>• Child-friendly</li> </ul>
Yoga Classes	Free women-only Yoga classes run by Hangleton and Knoll Multi-Cultural Women's Group.	Mondays from 9:30-10:30am.	Contact Laura on 07740930010 or <a href="mailto:laura.topping@icloud.com">laura.topping@icloud.com</a>	Online	<ul style="list-style-type: none"> <li>• Free</li> <li>• Women-only</li> <li>• All ages</li> <li>• Bring a friend</li> </ul>
Mood Boosting Moves	Free, easy and fun dance classes with no experience required. All abilities and everyone welcome. Dance like nobody is watching!	1pm on Fridays.	Email <a href="mailto:contact@robinhoodhealth.org">contact@robinhoodhealth.org</a>	Online	<ul style="list-style-type: none"> <li>• Bring a friend</li> <li>• Neurodiversity-aware</li> <li>• Free</li> <li>• All ages</li> </ul>
Sing for Better Health	Singing class to improve health and wellbeing, using a combination of relaxation/posture/breathing exercises, and singing songs together. You don't have to be able to sing and everyone is welcome! Donation-based cost per session.	1-2pm on Tuesdays	Contact Uditia via <a href="mailto:udita@singforbetterhealth.co.uk">udita@singforbetterhealth.co.uk</a>	Online	<ul style="list-style-type: none"> <li>• Low-cost/free</li> <li>• Older people</li> <li>• Bring a friend</li> <li>• Neurodiversity-aware</li> </ul>
Bollywood Dancing	Free women-only Bollywood Dancing classes hosted by the Hangleton and Knoll Multi-Cultural Women's Group.	Thursdays from 6-7pm	Contact Aleya on 07825447108 or <a href="mailto:aleya.khatun@hkproject.org.uk">aleya.khatun@hkproject.org.uk</a> or Raminder via <a href="mailto:gill.raminder@gmail.com">gill.raminder@gmail.com</a>	Online	<ul style="list-style-type: none"> <li>• Free</li> <li>• Women-only</li> <li>• All ages</li> <li>• Bring a friend</li> </ul>

ACTIVITY / GROUP	DESCRIPTION	WHEN	HOW	WHERE	ACCESS & FACILITIES
Wellbeing Coffee and Chat	Free monthly social session. Everyone is welcome to join for a chat. A chance to meet with friendly faces and listen to or talk about anything you like!	3rd Tuesday of the month from 10-11am	Contact Katie Merrien on <a href="mailto:katie.merrien@hkproject.org.uk">katie.merrien@hkproject.org.uk</a> 01273 410858 or 07422693478	Online	<ul style="list-style-type: none"> <li>• Free</li> <li>• Bring a friend</li> <li>• Older people</li> </ul>
Dance and Movement	Free classes to try dance and movement styles from around the world to improve your fitness and mobility. If you prefer, you can participate sitting down.	10-11am on Mondays and Tuesdays	Please self-refer to <a href="mailto:contact@robinhoodhealth.org">contact@robinhoodhealth.org</a>	Online	<ul style="list-style-type: none"> <li>• Free</li> <li>• Bring a friend</li> <li>• Neurodiversity-aware</li> <li>• All ages</li> </ul>
String Art	Free String Art classes for young people and adults run by the Egyptian Coptic Christian Association.	Sundays from 8-9pm.	Call Marina on 07449783488 for more information.	Online	<ul style="list-style-type: none"> <li>• Free</li> <li>• Bring a friend</li> <li>• Child-friendly</li> <li>• All ages</li> </ul>
Art for Relaxation	Free art class of simple and fun creative projects that are great for calming the mind. Delivered in an informal and relaxed atmosphere - easy techniques that require no previous art experience.	10:30am on Mondays	Self-refer by emailing <a href="mailto:contact@robinhoodhealth.org">contact@robinhoodhealth.org</a>	Online	<ul style="list-style-type: none"> <li>• Free</li> <li>• Child-friendly</li> <li>• All ages</li> <li>• Bring a friend</li> <li>• Neurodiversity-aware</li> <li>• In-person/telephone interpreter available by prior booking</li> </ul>
Art with Suzie	Explore drawing through mark-making with an emphasis on enjoying the materials and the process.	Thursdays from 10am-12noon until 14 December 2021.	Self-refer by emailing <a href="mailto:contact@robinhoodhealth.org">contact@robinhoodhealth.org</a>	Online	<ul style="list-style-type: none"> <li>• Free</li> <li>• Neurodiversity-aware</li> <li>• Bring a friend</li> <li>• Interpreter possible by prior booking</li> </ul>

ACTIVITY / GROUP	DESCRIPTION	WHEN	HOW	WHERE	ACCESS & FACILITIES
Visual Art Workshop	Free arts workshops offering simple, fun creative projects that are great for calming the mind. Delivered in an informal and relaxed atmosphere, with easy techniques that require no previous art experience. Basic art supplies delivered to participants in advance.	Thursdays from 10am	Self-refer by emailing <a href="mailto:contact@robinhoodhealth.org">contact@robinhoodhealth.org</a>	Online	<ul style="list-style-type: none"> <li>• Free</li> <li>• All ages</li> </ul>
Online cookery classes	Free cookery classes. Participants are required to provide their own ingredients.	Saturdays from 6:30-7:30pm	Call Mervat on 07450451289	Online	<ul style="list-style-type: none"> <li>• Free</li> <li>• Bring a friend</li> <li>• Child-friendly</li> <li>• All ages</li> </ul>
HKP Community Learning	A variety of free courses and workshops including exercise, wellbeing, healthy living and singing.	Various	Please contact Claire Johnson for further information via 01273 410858 or <a href="mailto:claire.johnson@hkproject.org.uk">claire.johnson@hkproject.org.uk</a>	Online and in-person	<ul style="list-style-type: none"> <li>• Free</li> <li>• Accessible toilets</li> <li>• Wheelchair-friendly</li> </ul>

ACTIVITY / GROUP	DESCRIPTION	WHEN	HOW	WHERE	ACCESS & FACILITIES
Hangleton & Knoll 50+ Tea, Chat and Friendship Group	A free, monthly face-to-face befriending group, to connect with others and boost wellbeing.	1-2.30pm on Mondays. 2021 dates are: 15 November 13 December.	Places must be booked in advance via Together Co Befriending on <a href="mailto:befriending@togetherco.org.uk">befriending@togetherco.org.uk</a> or 01273 775888	Held at St Richard's Community Centre, Egmont Road, Hove, BN3 7FP.	<ul style="list-style-type: none"> <li>• Free</li> <li>• Older people</li> <li>• Carers</li> <li>• Wheelchair-friendly</li> <li>• Accessible toilets</li> <li>• Free parking</li> <li>• Bus stop nearby</li> <li>• Some free transport available for Hangleton and Knoll residents.</li> </ul>
Routes Employment Project	Free support for anyone needing some help on their journey into employment. Routes can help you build confidence, address gaps in your CV, explore volunteering, gain employability skills, and make real progress towards better work opportunities via learning opportunities and employability-focused information and advice. Routes works holistically with people to overcome barriers to employment, supports with health referrals and coping strategies, and has a small fund for childcare/travel cost/equipment.		To find out more, visit <a href="http://www.routes.org.uk">www.routes.org.uk</a> or contact Claire Hines via <a href="mailto:routes@hkproject.org.uk">routes@hkproject.org.uk</a> , 01273 410858 or search Claire Hines on Facebook.	St Richard's Church and Community Centre, Egmont Road, Hove, BN3 7FP	<ul style="list-style-type: none"> <li>• Free</li> <li>• Wheelchair-friendly</li> <li>• Accessible toilets</li> <li>• Free parking</li> <li>• Bus stop nearby</li> </ul>



ACTIVITY / GROUP	DESCRIPTION	WHEN	HOW	WHERE	ACCESS & FACILITIES
Benefits and Financial Support workshops	<p>Free information sessions supported by Citizens Advice Bureau (CAB) and Moneyworks, including a free sandwich lunch.</p> <p>"Explore to Get More" will explore people's entitlement to benefits (including those they may not currently be receiving) and other available financial support.</p> <p>"Who Cares?" explains Disability and Carers Benefits and how to apply for them for anyone who is sick or disabled or looks after someone who is.</p>	<p>Explore to Get More sessions booked on:</p> <ul style="list-style-type: none"> <li>• 3 Nov 2021 from 10.30-12.30 with free lunch from 12.30-1pm</li> <li>• 26 Jan 2022 from 10.30-12.30 with free lunch from 12.30-1pm.</li> </ul> <p>Who Cares? sessions booked on:</p> <ul style="list-style-type: none"> <li>• 1 Dec 2021 from 10.30-12.30 with free lunch from 12.30-1pm</li> <li>• 23 Feb 2022 from 10.30-12.30 with free lunch from 12.30-1pm.</li> </ul>	<p>For more information or to book a place please contact Lulu at the Hangleton and Knoll Project on <a href="mailto:info@hkproject.org.uk">info@hkproject.org.uk</a> or 01273 881446</p>	<p>St Richard's Church and Community Centre, Egmont Road, Hove, BN3 7FP</p>	<ul style="list-style-type: none"> <li>• Free</li> <li>• Wheelchair-friendly</li> <li>• Accessible toilets</li> <li>• Free parking</li> <li>• Bus stop nearby</li> <li>• Carers</li> <li>• All ages</li> <li>• Lunch provided</li> </ul>
Links Road Dance Club	Free dance classes for people aged 50 and over.	Tuesdays from 1:30-3pm.	Email <a href="mailto:sarah.akhtar2@nhs.net">sarah.akhtar2@nhs.net</a> to book a place	St Richard's Community Centre, Egmont Road, Hove, BN3 7FP	<ul style="list-style-type: none"> <li>• Free</li> <li>• Wheelchair-friendly</li> <li>• Accessible toilets</li> <li>• Free parking</li> <li>• Bus stop nearby</li> <li>• Older people</li> </ul>
Shape Up	Weekly exercise classes for all abilities. £3 per class - first class free.	Tuesdays from 6-7pm	Contact Claire Johnson on 01273 410858 or <a href="mailto:claire.johnson@hkproject.org.uk">claire.johnson@hkproject.org.uk</a>	St Richard's Community Centre, Egmont Road, Hove, BN3 7FP	<ul style="list-style-type: none"> <li>• Free</li> <li>• Accessible toilets</li> <li>• Free parking</li> <li>• Bus stop nearby</li> <li>• All ages</li> </ul>

ACTIVITY / GROUP	DESCRIPTION	WHEN	HOW	WHERE	ACCESS & FACILITIES
Indian Futures Arts Workshops	<p>Free, monthly creative workshops offering an introduction to mono-printing and textiles art.</p> <p>People can join at any point, and can attend a single class or every workshop,</p>	<p>Textiles is Tuesdays from 10am-12pm on: 16 November 2021 21 December 2021 18 January 2022 15 February 2022 15 March 2022.</p> <p>Mono-printing is Fridays from 10am-12pm on: 19 November 2021 17 December 2021 21 January 2022 18 February 2022 18 March 2022.</p>	<p>Contact Katie Merrien on <a href="mailto:katie.merrien@hkproject.org.uk">katie.merrien@hkproject.org.uk</a> 01273 410858 or 07422693478. All places must be booked in advance each month.</p>	<p>St Richard's Community Centre, Egmont Road, Hove, BN3 7FP.</p>	<ul style="list-style-type: none"> <li>• Free</li> <li>• Wheelchair-friendly</li> <li>• Accessible toilets</li> <li>• Free parking</li> <li>• Bus stop nearby</li> <li>• Snacks and drinks provided</li> </ul>
Hangleton and Knoll Computer Drop-in	<p>The Hangleton and Knoll Project's IT department provides IT resources and training for the local community. Help can be provided via telephone or in the HKP IT Suite.</p>	<p>Bookable 1-hour slots are available from 10am-3pm on Wednesdays</p>	<p>Contact David, our friendly, experienced and qualified tutor by call or text via 07422 665761 or <a href="mailto:hakit@hkproject.org.uk">hakit@hkproject.org.uk</a> for help and advice with any of your IT-related questions.</p>	<p>St Richard's Community Centre, Egmont Road, Hove, BN3 7FP</p>	<ul style="list-style-type: none"> <li>• Free</li> <li>• Wheelchair-friendly</li> <li>• Accessible toilets</li> <li>• Free parking</li> <li>• Bus stop nearby</li> <li>• Interpreter available</li> </ul>
Hangleton and Knoll Parent/ Carer Group	<p>Bi-monthly coffee morning providing information, support and resources to parents and carers of children with additional needs.</p>	<p>Held on Tuesday mornings from 9:30-11:30am. Next dates is 7 December 2021.</p>	<p>Contact Claire Johnson 01273 410858 or <a href="mailto:claire.johnson@hkproject.org.uk">claire.johnson@hkproject.org.uk</a></p>	<p>St Richard's Community Centre, Egmont Road, Hove, BN3 7FP</p>	<ul style="list-style-type: none"> <li>• Free</li> <li>• Wheelchair-friendly</li> <li>• Accessible toilets</li> <li>• Free parking</li> <li>• Bus stop nearby</li> <li>• Neurodiversity-aware</li> <li>• Carers</li> </ul>



ACTIVITY / GROUP	DESCRIPTION	WHEN	HOW	WHERE	ACCESS & FACILITIES
West Area Health Forum	<p>Patient/resident-led and -centred group attended by local health- and care-based organisations. All conversations are designed to be accessible to local residents, and discussions include updates on local and national health and wellbeing issues and projects. Previous minutes are held on the Hangleton and Knoll Project's website:</p> <p><a href="https://www.hkproject.org.uk/">https://www.hkproject.org.uk/</a></p>	<p>10am - 12noon, with coffee from 9.30am.</p> <p>Future dates are:</p> <p>2 March 2022</p> <p>25 May 2022</p> <p>28 September 2022</p> <p>7 December 2022</p>	<p>Please contact Forum facilitator Joanna on 01273 881446 or <a href="mailto:joanna.martindale@hkproject.org.uk">joanna.martindale@hkproject.org.uk</a> with agenda ideas, comments, feedback or questions.</p> <p>To receive the dates and minutes of future meetings, and to be notified when the Forum returns to meeting in person at St Richard's Church, contact <a href="mailto:info@hkproject.org.uk">info@hkproject.org.uk</a></p>	<p>St Richard's Community Centre, Egmont Road, Hove, BN3 7FP (or online, subject to Covid-19 guidance)</p>	<ul style="list-style-type: none"> <li>• Free</li> <li>• All ages</li> <li>• Bring a friend</li> <li>• Wheelchair-friendly</li> <li>• Accessible toilets</li> <li>• Free parking</li> <li>• Bus stop nearby</li> <li>• Drinks provided</li> </ul>

ACTIVITY / GROUP	DESCRIPTION	WHEN	HOW	WHERE	ACCESS & FACILITIES
50+ In Shape for Life	Fun fitness sessions designed to help you move more and feel better- no experience necessary, and everyone is welcome! The first session is free, and all further classes cost £2.	Mondays from 9:30-10:30am	To book a place, contact the Healthy Lifestyles Team on 01273 294589 or <a href="mailto:healthylifestyles@brighton-hove.gov.uk">healthylifestyles@brighton-hove.gov.uk</a> For more info and a chat, contact Clare Hopkins on 07422 692845 or <a href="mailto:clare.hopkins@hkproject.org.uk">clare.hopkins@hkproject.org.uk</a>	Hangleton Community Centre, 14 Harmsworth Crescent, Hove BN3 8BW	<ul style="list-style-type: none"> <li>• Free/low-cost</li> <li>• Older people</li> <li>• Bus stop nearby</li> <li>• Free parking</li> <li>• Accessible toilets</li> </ul>
Family sessions	Family meetings hosted by the Egyptian Coptic Christian Association. Free for everyone to attend.	Every other Sunday from 5-9pm. Next date 7 November 2021.	Call Michil on 07533949487 for more information.	Hangleton Community Centre, Harmsworth Crescent, Hove BN3 8BW	<ul style="list-style-type: none"> <li>• Child-friendly</li> <li>• Older people</li> <li>• All ages</li> <li>• Bus stop nearby</li> <li>• Accessible toilets</li> <li>• Bring a friend</li> <li>• Wheelchair-friendly</li> <li>• Free parking</li> </ul>

ACTIVITY / GROUP	DESCRIPTION	WHEN	HOW	WHERE	ACCESS & FACILITIES
The Hangleton and Knoll Project Youth Club	Free and low-cost activities for anyone aged 13-25. We work with young people around any issues, thoughts, ideas they may need support with, including signposting to other services. We empower young people to plan and establish their own groups, projects, holiday activities and annual residential trips.	Knoll Drop In held weekly.  Additional activities held during school half terms and summer holidays.	For more details of all activities, contact Helen Baxter on 01273 706469, 07702 392339 or <a href="mailto:helen.baxter@hkproject.org.uk">helen.baxter@hkproject.org.uk</a>	Knoll Pavilion (a small building in Knoll Park)	<ul style="list-style-type: none"> <li>• Free/low-cost</li> <li>• Child-friendly</li> <li>• Accessible toilets</li> <li>• Bring a friend</li> <li>• Snacks and drinks provided</li> <li>• Wheelchair-friendly</li> <li>• Neurodiversity-aware</li> <li>• Bus stop nearby</li> <li>• Free parking</li> </ul>
Hangleton and Knoll Young Women's Group	Fun, friendship and wellbeing support for young women aged 13-19 (up to 25 years old with SEN) run by The Hangleton and Knoll Project Youth Club	Mondays from 5:30 to 7pm.	Contact Helen Baxter on 01273 706469, 07702 392339 or <a href="mailto:helen.baxter@hkproject.org.uk">helen.baxter@hkproject.org.uk</a>	Knoll Pavilion (a small building in Knoll Park)	<ul style="list-style-type: none"> <li>• Free/low-cost</li> <li>• Child-friendly</li> <li>• Women-only</li> <li>• Accessible toilets</li> <li>• Bring a friend</li> <li>• Snacks and drinks provided</li> <li>• Wheelchair-friendly</li> <li>• Neurodiversity-aware</li> <li>• Bus stop nearby</li> <li>• Free parking</li> </ul>
The Big Munch	Free family fun with arts, games, sports and lunch!	Weekly during school holidays.	To book a place, please email Clare via <a href="mailto:claire.johnson@hkproject.org.uk">claire.johnson@hkproject.org.uk</a> Limited spaces available.	Knoll Park	<ul style="list-style-type: none"> <li>• Free</li> <li>• Child-friendly</li> <li>• Carers</li> <li>• Lunch, snacks and drinks provided</li> <li>• Bus stop nearby</li> <li>• Free parking</li> </ul>

ACTIVITY / GROUP	DESCRIPTION	WHEN	HOW	WHERE	ACCESS & FACILITIES
Ingram Crescent Community Garden	Open to new volunteers from across Brighton and Hove. Has wheelchair-accessible raised beds.	Sundays 11am-2pm and (weather permitting) Monday, Wednesday and Fridays from 2-5pm	Contact Kim Foster via 07931 354367 or <a href="mailto:bbkimf@gmail.com">bbkimf@gmail.com</a> or visit their Facebook page <a href="https://www.facebook.com/groups/1943130679291536">https://www.facebook.com/groups/1943130679291536</a>	Ingram Crescent Community Garden, Ingram Crescent, Hove, BN3 5LB	<ul style="list-style-type: none"> <li>• Free</li> <li>• Wheelchair-friendly</li> <li>• Bus stop nearby</li> </ul>
Plot 22	<p>A community allotment offering in-person sessions of gardening, cooking and eating together.</p> <p>Sessions include:</p> <ul style="list-style-type: none"> <li>• Growing Together: for older people who are isolated</li> <li>• Women-only Thyme &amp; Space</li> <li>• Mixed and family sessions</li> <li>• Nature discovery with children</li> </ul>	Sessions are held at a variety of times throughout the week. Please see <a href="http://www.plot22.org">www.plot22.org</a> for more information.	Referrals (including self-referrals) can be made via <a href="mailto:info@plot22.org">info@plot22.org</a> . Booking is essential.	Weald Allotments, Weald Ave, Hove BN3 7JN	<ul style="list-style-type: none"> <li>• Free</li> <li>• Snacks and drinks provided</li> <li>• Lunch provided</li> <li>• Child-friendly</li> <li>• All ages</li> <li>• Older people</li> <li>• Women-only</li> <li>• Carers</li> <li>• Bus stop nearby</li> <li>• Free parking</li> <li>• Accessible toilet nearby</li> </ul>



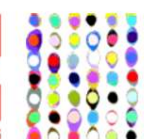
ACTIVITY / GROUP	DESCRIPTION	WHEN	HOW	WHERE	ACCESS & FACILITIES
Festive Event with activities	Free festive event with free activities including Decorative Light Making, Aromatherapy and Wreath Making.	10:30am-12pm on 17 December 2021	Call 01273 712125 or email <a href="mailto:contact@robinhoodheath.org">contact@robinhoodheath.org</a>	The Old Market, 11A Upper Market Street, Hove, BN3 1AS	<ul style="list-style-type: none"> <li>• Free</li> <li>• Free transport available</li> <li>• Accessible toilets</li> <li>• Neurodiversity-aware</li> <li>• Child-friendly</li> <li>• Bring a friend</li> <li>• Bus stop nearby</li> <li>• Wheelchair-friendly</li> </ul>
Photography & Studio Lighting	Free social and activity session to learn about Photography and Studio Lighting.	10:30am-12pm on 19 November 2021	Call 01273 712125 or email <a href="mailto:contact@robinhoodheath.org">contact@robinhoodheath.org</a>	The Old Market, 11A Upper Market Street, Hove, BN3 1AS.	<ul style="list-style-type: none"> <li>• Free</li> <li>• Free transport available</li> <li>• Accessible toilets</li> <li>• Neurodiversity-aware</li> <li>• Child-friendly</li> <li>• Bring a friend</li> <li>• Bus stop nearby</li> <li>• Wheelchair-friendly</li> </ul>
Photography Walks	Practical photography workshop that gets you thinking and walking as well as taking photos. Expand your visual eye and kick-start your curiosity with any smartphone or camera. No previous experience necessary. These walks take place outside whatever the weather, so please dress appropriately!	Wednesdays from 10am for between 1.5 and 2 hours.	Call 01273 712125 or email <a href="mailto:contact@robinhoodheath.org">contact@robinhoodheath.org</a>	Meeting at Brighton and Hove Wellbeing Centre, 18-19 Western Road, Hove BN3 1AE then going out and about.	<ul style="list-style-type: none"> <li>• Free</li> <li>• Accessible toilets</li> <li>• Neurodiversity-aware</li> <li>• Child-friendly</li> <li>• Bring a friend</li> <li>• Bus stop nearby</li> <li>• Wheelchair-friendly</li> <li>• Interpreter possible by prior booking</li> </ul>

ACTIVITY / GROUP	DESCRIPTION	WHEN	HOW	WHERE	ACCESS & FACILITIES
S Card Period Products	Free period products in 8 community buildings. Look in the bathrooms or hand an S Card to a Receptionist to get a white paper bag of products, no questions asked.	See individual locations for opening hours.	Contact Katie on <a href="mailto:katie.merrien@hkproject.org.uk">katie.merrien@hkproject.org.uk</a> 01273 410858 or 07422693478 for more information.	<ul style="list-style-type: none"> <li>• Hangleton Community Centre, BN3 8BW</li> <li>• Burwash Medical Centre, BN3 8GQ</li> <li>• Hangleton Library, BN3 8LD</li> <li>• St Richard's Church, BN3 7FP</li> <li>• Benfield Valley Healthcare Hub, BN41 1XR</li> <li>• Portslade Library, BN41 1XR</li> <li>• Links Road Surgery, BN41 1XH</li> <li>• Hove Medical Centre, BN3 8LD</li> </ul>	<ul style="list-style-type: none"> <li>• Free</li> <li>• Bus stop nearby</li> <li>• All ages</li> <li>• Accessible toilets</li> <li>• Free parking</li> <li>• Bring a friend</li> <li>• Wheelchair-friendly</li> </ul>
HKP Community Learning	A variety of free courses and workshops including exercise, wellbeing, healthy living and singing.	Various	Please contact Claire Johnson for further information via 01273 410858 or <a href="mailto:claire.johnson@hkproject.org.uk">claire.johnson@hkproject.org.uk</a>	Varies by course. Courses are held in a variety of community locations around Hangleton and Knoll, such as the Community Centres and Libraries.	<ul style="list-style-type: none"> <li>• Free</li> <li>• Wheelchair-friendly</li> <li>• Accessible toilets</li> <li>• Free parking</li> <li>• Bus stop nearby</li> </ul>

These sessions are brought to you by the "Prescribe to Thrive Partnership" in West Hove. We are: The Hangleton & Knoll Project, The Hera Arts & Health Partnership, Together Co, Brighton & Hove City Council – Healthy Lifestyles & Library Teams, Citizens' Advice Bureau Brighton & Hove, South Downs National Park, Coastal Creatives and West Hove Primary Care Network.



Supported by the Thriving Communities Fund, made possible thanks to



This programme is supported by the Thriving Communities Fund, which aims to improve and increase social prescribing community activities by bringing together place-based partnerships of local voluntary, community, faith and social enterprise projects. The Thriving Communities Fund has been made possible thanks to funding from the National Academy for Social Prescribing, Arts Council England, Natural England and Historic England, with support from NHS England and NHS Improvement, Sport England, the Office for Civil Society, the Money & Pensions Service and NHS Charities Together.

Social Prescribing offers in West Hove