

Monday (cont.)

Hangleton Table Tennis

Hangleton Community Centre 10.45am – 12.45pm.
£2 Full Contact Bonnie: bonniemargo@hotmail.com



Hangleton Bowling Club

Knoll Park (via Rowan Avenue) 10.30am-12.30pm
£4 May to September Contact Margaret: 01273
423588 kilbymej@gmail.com



Hangleton & Knoll 50+ Tea, Chat and Friendship

St Richard's Monthly 1pm – 2.30pm Free
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

2pm 1st 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

Housnom United Reformed Church

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



Tuesday

Dancing for Health Seated Exercise Class

£2 concessions / £3 (for adults of all ages) TBC
Bishop Hannington Community Centre
11.15am-12.15pm Contact Claire: 01273 294589
Term time only RESTART 26 April



Brighton & Sussex Take Heart Group

Portslade Leisure Centre 10am – 11am
£6 per class £9 for couples £40 per month
Contact David: 07834 595657



Wellbeing Coffee and Chat

Zoom. 2nd Tuesday in the month 10am – 11am
Free Contact: Katie 01273 410858



Standing Tall

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



Benfield Wildlife & Conservation Group

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



Sporting Memories Group

County Cricket Ground 10.30am – 12 noon Free
Contact Emma: emma.brooke@sussexcricket.co.uk



60+ Tai Chi Health Class

St Richard's 12 noon - 1pm £7
www.taichibrighton.com
Contact Ian: 07900 193230 www.taichibrighton.com



Sing for Better Health in partnership with HK50+

Zoom 1pm - 2pm All welcome
Donations Contact Udita: 01273 556755



DMob – Dementia Support Group

Shark Park Café, Portslade
1pm-3pm first Tuesday in the month Free
Contact Alice: 07563 382806



Forget Me Nots

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



Housnom Fellowship

Housnom United Reform Church
2nd Tuesday in the month 2.30pm – 4pm
Contact William: 01273 738762



Trefoil Guild (Guiding for Adults)

West Blatchington Windmill Barn
1st Tuesday in the month. Annual membership £16
2.30pm Contact Janet: 01273 504513



Shape Up and Feel Better

St. Richard's 6pm – 7pm £3, first one free
Circuit Exercise Sessions Claire: 01273 410858



Zumba

St Richard's 7pm – 7.45pm £7
Contact Jo: 07711 243241 - book at Zumbawithjo.com



Wednesday

Cardiovascular Exercise Class

St George's Church £7 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

St Richard's Bookable 1 hour slots Free
10am – 12 pm, 1pm - 3pm See Tuesday for
contact info



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



Standing Tall via Zoom

Zoom Physio-led strength & balance class 60+
10am – 11am £5 per class. Contact Ruth: 07399
993426



Carers Coffee Morning Online

10:30am - 11:30am Zoom Contact 01273 977000
or e-mail info@carershubs.co.uk



Growing Together at PLOT 22

Gentle gardening for isolated elderly and people living
with dementia and their carers. 10.30am – 12.30pm
Free Two Wednesdays 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



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 or
info@hangletonfoodbank.org or 07990 631892



Hangleton Get Together Club

Hangleton Community Centre
10.30am – 12.30pm 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 £6.50 Free tea/coffee
Contact Diane: 07795 956793 www.divibe.co.uk



50+ Social Bridge

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



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 a short service of prayer and reflection)
Donations towards refreshments
Contact: 01273 732965 or cameo@bhmc.org.uk



Knit and Natter
Hangleton Library 1030 am – 1230 pm Free
Contact: 01273 290800



Hangleton Bowling Club
10.30am-12.30pm See entry for Mondays



SocialPing
Hangleton Community Centre
10.30am – 12.30pm. £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



H&K Older LGBTQ in partnership with Switchboard
Various wellbeing activities, trips and zooms.
Contact: Clare 07422692845 or
clare.hopkins@hkproject.org.uk
www.switchboard.org.uk/what-we-do/older-lgbt-project



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



Brighton & Hove Stammering Support Group
First Thursday of each month 7pm – 9pm Free
St Richard's Contact Naomi: info@bhssg.com



Friday

NHS App Support
Every Fri morning in **West Hove**
1 to 1 support on how to use the app
Contact Jasia 01273 900424



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



Sussex Sporting Memories
Zoom 10am – 11.30am
Contact: emma.brooke@sussexcricket.co.uk



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



Drop-in Sessions
St Peter's Church First Friday of each month
10.30 am – 12 noon
www.stpeterswestblatchington.org.uk



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



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



Walking Cricket
Southwick Leisure Centre 11.30am- 12.30pm
£3 Contact Alex: Alex.King@sussexcricket.co.uk



Cascadez Line Dancing
Beginner / Improver – £5 – free tea/coffee
St Richard's 1pm – 2.30pm
Contact Adrienne (Ade): 07952 004935



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
See Tuesday for contact details



Hangleton Bowling Club
10.30am-12.30pm See entry for Mondays




Sunday

Ingram Crescent Community Garden
11am- 2pm See Monday



04/05/2022 V2.6

 The Hangleton and Knoll Project is a registered charity No 1139971 and a company limited by guarantee No 7260539



What's On in Hangleton & Knoll April to June 2022

www.hk50plus.co.uk

Contact Clare Hopkins, Older People's Community Worker for Hangleton and Knoll area to find out more: [01273 410858](tel:01273410858) or clare.hopkins@hkproject.org.uk [07422 692845](tel:07422692845)

St. Richard's Community Centre, Egmont Road, Hove BN3 7FP. Tel: 01273 414483

Hangleton Community Centre, Harmsworth Crescent, Hove BN3 8BW. Tel: 01273 292962

HK 50+ Out and About (Trips, Walk/Scoots, Theatre, Green Spaces, Wellbeing activities) Nick Goslett 07899 066683



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



Hove Jigsaw Swap Contact Kathryn: 07748 611689 or kathryn-stanley@hotmail.com

For activities for older residents from ethnically diverse backgrounds including **HKP Multi Cultural Women's Group** Yoga, Bollywood, exercise, Coffee mornings contact Aleya Khatun 07529 221253, 01273 410858 or Aleya.khatun@hkproject.org.uk

Monday

HK50+ In Shape for Life – Circuits for All Abilities
Hangleton Community Centre 9.15am – 10.15am
£2 First session free. Zoom. Contact: Clare clare.hopkins@hkproject.org.uk



Cardiovascular Exercise Class
St George's Church £7 per session
9.30am – 10.30am Contact Richard: 07786 001771



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 Library Textile Group
Hangleton Library 10am – 12.30pm
Contact 01273 290800 Free

