

## Monday (cont.)

### 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



### 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: 01273 410858



### 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 Jacque: 07917 875355



### 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

### 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



### Brighton & Sussex Take Heart Group

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



### 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](http://www.standingtall.net)



### Benfield Wildlife & Conservation Group

Scrub clearing 10.30am October to March  
Contact Sally: 07941 288625



### Sporting Memories Group

**County Cricket Ground** 10.30am – 12 noon Free  
Contact Emma: [emma.brooke@sussexcricket.co.uk](mailto:emma.brooke@sussexcricket.co.uk)



### 60+ Tai Chi Health Class

**St Richard's** 12 noon - 1pm £10  
[www.taichibrighton.com](http://www.taichibrighton.com)  
Contact Ian: 07900 193230 [www.taichibrighton.com](http://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



### Housom Fellowship

**Housom 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 for all ages

**St Richard's** 7pm – 7.45pm £7  
Contact Jo: 07711 243241 - book at [Zumbawithjo.com](http://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 Help

**St Richard's** Bookable Free drop in  
10am – 12 pm, 1pm - 3pm Contact Lulu:  
01273 706469



### 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 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@carershub.co.uk](mailto:info@carershub.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](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**  
10.30am – 12.30pm Every other Wednesday  
£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](http://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



### FREE Yoga for all abilities

6-7pm at St Richard's  
Contact Claire: 01273 410858



## 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](mailto: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 Coaching available

**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](mailto:clare.hopkins@hkproject.org.uk)  
[www.switchboard.org.uk/what-we-do/older-lgbt-project](http://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](http://www.standingtall.net)

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

## Friday

**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](mailto: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](http://www.stpeterswestblatchington.org.uk)



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

**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)

**Walking Cricket**  
**Southwick Leisure Centre** 11.30am- 12.30pm  
 £3 Contact Alex: [Alex.King@sussexcricket.co.uk](mailto:Alex.King@sussexcricket.co.uk)

**HKP Computer Help working with GP surgeries**  
**St Richard's** 11am – 1pm Free drop in  
 Contact Lulu: 01273 706469

**Cascadez Line Dancing**  
 Beginner / Improver – £5 – free tea/coffee  
**St Richard's** 12.45pm – 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



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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 Summer/Autumn 2022

[www.hk50plus.co.uk](http://www.hk50plus.co.uk)

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

**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/Scots, 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](mailto: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](mailto:Aleya.khatun@hkproject.org.uk)

**COVID-19 Vaccinations:** for all queries including about Home Visits contact Booking Hub: 0300 303 8060 or Direct: 01273 855946. If you have concerns about your medical history and how it might interact with the vaccine, please contact your GP



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## 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](mailto:clare.hopkins@hkproject.org.uk)

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

