



## West Area Multicultural Activities and Groups

### A Directory Of Groups, Activities And Support For Multicultural Communities In Hangleton And Knoll And The West Of The City.

Please contact Aleya Khatun via 07529221253, 01273 410858 or [aleya.khatun@hkproject.org.uk](mailto:aleya.khatun@hkproject.org.uk) for all referrals, further information about the contents of this leaflet and other activities.

#### Women-only Activities and Groups

- Hangleton and Knoll Multi-Cultural Women's Group Bollywood Exercise classes. Thursday 6 – 7pm at Hangleton Community Centre. All women aged 18+. £2/£3
- Hangleton and Knoll Multi Cultural Women's Group Swimming - King Alfred Leisure Centre: Women's only session on Wednesdays at 10am or at any one of the general swim sessions. One swim a week £2 for members. (Membership required)  
Contact Aleya via [aleya.khatun@hkproject.org.uk](mailto:aleya.khatun@hkproject.org.uk) or 07529221253 or Raminder via [gill.raminder@gmail.com](mailto:gill.raminder@gmail.com)
- Hangleton and Knoll Multi-Cultural Women's Group Yoga. Free. Monday 9:30-10:30am on Zoom. All women 18+. Contact Laura on 07740930010 or [laura.topping@icloud.com](mailto:laura.topping@icloud.com)
- Hangleton and Knoll Multi Cultural Women's Group Monthly Coffee morning. Contact Aleya via [aleya.khatun@hkproject.org.uk](mailto:aleya.khatun@hkproject.org.uk) or 07529221253 or Raminder via [gill.raminder@gmail.com](mailto:gill.raminder@gmail.com)

#### Family and Adult Activities and Groups

- 'Shape Up' weekly exercise classes for all abilities: Tuesdays 6pm-7pm at St Richard's Community Centre. £3 a class, first class free. Contact Claire via 01273 410858 or [claire.johnson@hkproject.org.uk](mailto:claire.johnson@hkproject.org.uk)
- Free - Yoga for all abilities Wednesday's 6-7pm at St Richard's Community Centre contact Claire on 01273 410858 or email [claire.johnson@hkproject.org.uk](mailto:claire.johnson@hkproject.org.uk)
- Egyptian Coptic Christian Association String Art for young people and adults. Sundays 8-9pm. Free. Call Marina on 07449783488
- Egyptian Coptic Christian Association family meetings. Sundays from 5pm to 8pm. Free. Call Michil on 07533949487
- Egyptian Coptic Christian Association cookery classes. Sundays (fortnightly) from 4pm-5pm. Free. Call Hany on 07512852867
- Egyptian Coptic Christian Association Sewing Group: Saturdays 12:00-13:30 for kids and 15:00 – 17:00 for adults. Call Marina Ibrahim Tel: +44 7861 620512
- Multi Cultural Parent/Carer monthly coffee mornings in partnership with Amaze. Contact Aleya via [aleya.khatun@hkproject.org.uk](mailto:aleya.khatun@hkproject.org.uk) or 07529221253



## Young People's and Children's Activities and Groups

- Online tutoring/classes for 9-16 year olds with the UK Egyptian Coptic Christian Association. £5 a session. Call Josphien on 07578188592.
  - Maths: Thursday 4:15-5:15pm (Year 8) & 5:30-6:30pm (Year 7)
  - Science: Thursday 4:30-5:30pm (year7) 5:30-6:30pm (Year 8&9) and 6:30-7:30pm (GCSE),
  - English Tuesday 4:15-5:15pm (GCSE) and 5:30-6:30pm (year 8&9) Wednesday 4:30-5:30 (year 3&4) and 5:30-6:30 (year 5&6)
  - French: Friday 4:30-5:30 Secondary and Saturday 10:30-11:30 petit (online)
  - Sewing: Tuesday 5:00-6:00 Primary and 7:15-8:15 Adults.
- Egyptian Coptic Christian Association Children's Choir. Saturday 12-1pm. Free. Call Treza Nashed 07424517237
- Egyptian Coptic Christian Association String Art for young people and adults. Sunday 8-9pm. Free. Call Marina on 07449783488
- Egyptian Coptic Christian Association Resin Art online Cost £2 a class for age 16+. Some materials provided Call Irini on 07900972932
- Egyptian Coptic Christian Association online craft and DIY classes (painting on wood, ceramic and fabric) for 9-25 year olds. Monday 6:30-8:30pm. Cost £1 a class for 9-15 year olds, £2 for age 16+. Some materials provided. Call Helana on 07414477470 or Irini on 07900972932



### Sikhs of Sussex

Find out more about their aims, objectives and upcoming activities via:

Facebook Page: <https://www.facebook.com/sikhsofsussex>

### Youth Activities

If you are aged 11-19 and would like to join or volunteer in youth activities in Hangleton and Knoll please contact Helen Baxter via 07702 392339 or [helen.baxter@hkproject.org.uk](mailto:helen.baxter@hkproject.org.uk)

### IT support and Community Learning

If you need help with your IT (including how to use Zoom), contact David Purkiss on 07422 665761 or [hakit@hkproject.co.uk](mailto:hakit@hkproject.co.uk)

- **If you are interested in ESOL and/or learning courses** please contact Claire via [claire.johnson@hkproject.org.uk](mailto:claire.johnson@hkproject.org.uk) or 01273 410858. We are starting a ESOL course in November



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