Monday

HK50+ In Shape for Life - Circuits for All Abilities Hangleton Community Centre 9.15am – 10.15am Free Contact: Clare clare.hopkins@hkproject.org.uk



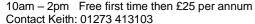
Cardiovascular Exercise Class

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





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



Film Club

Bishop Hannington Church

2pm 1st Monday in the month Suggested donation £1.50 for tea and cake Contact Jacquie: 07917 875355



Townswomen's Guild

Hounsom 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



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



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



60+ Tai Chi Health Class

St Richard's 12 noon - 1pm £10

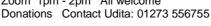
www.taichibrighton.com

Contact Ian: 07900 193230 www.taichibrighton.com



Sing for Better Health in partnership with HK50+

Zoom 1pm - 2pm All welcome





Forget Me Nots

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



Singing for Wellbeing

Hangleton Community Centre 2pm-3pm Free Contact Lizzie: thesongcompanion@gmail.com



Hounsom Fellowship Hounsom 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



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





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@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 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 Links Rd Surgery (Admin): 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 Every other Wednesday £2.50 with refreshments. Contact 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



FREE Yoga for all abilities 6-7pm at St Richard's

Contact Claire J: 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



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 £3

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

Exercise and Socialise for 60+

for strength, balance and flexibility

Bishop Hannington Church 2pm – 3pm £3 Contact Cleria: admin@vidaactive.club

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@bhssq.com



Fitsteps

Hangleton Community Centre 9.30am-10.30am Aerobics class based on Strictly dance moves £5 drop in. Beginners welcome. Contact:Lucy 07973 314895

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

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

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

Saturday

Hangleton Bowling Club10.30am-12.30pm See entry for Mondays

26/09/2022 V4.1

Stroke

The Hangleton & Knoll Project









What's On in Hangleton & Knoll Autumn/Winter 2022

www.hk50plus.co.uk

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

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 Cutural Women's Group** Yoga, Bollywood, exercise, Coffee mornings contact Aleya Khatun 07529 221253, 01273 410858 or 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

H and K Live Well with Dementia project for those living with dementia or memory loss and their Carers. Contact Clare Hopkins for more info: 01273 410858, clare.hopkins@hkproject.org.uk









