

## 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**  
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



**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



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



**Singing for Wellbeing**  
**Hangleton Community Centre** 2pm-3pm Free  
Contact Lizzie: [thesongcompanion@gmail.com](mailto:thesongcompanion@gmail.com)



**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 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](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 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 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](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 £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](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)

**Exercise and Socialise for 60+**  
for strength, balance and flexibility  
**Bishop Hannington Church** 2pm – 3pm £3  
Contact Cleria: [admin@vidaactive.club](mailto: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](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

**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](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

## Saturday

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



26/09/2022 V4.1



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 Autumn/Winter 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](tel:01273410858) or [clare.hopkins@hkproject.org.uk](mailto: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/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

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

