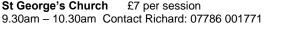
Monday

HK50+ In Shape for Life exercise class Hangleton Community Centre 9.15am – 10.15am Free or £1 donation to HKP. Currently full. To join the waiting list, contact: Clare clare.hopkins@hkproject.org.uk or 01273 410858



Cardiovascular Exercise Class

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 New members welcome



Hangleton Table Tennis

Hangleton Community Centre 10.45am - 12.45pm. £3 Full Contact Bonnie: bonniemargo@hotmail.com



Hangleton Bowling Club

Knoll Park (via Rowan Avenue) 10.30am-12.30pm £6 May to September Contact: Marilyn 01273 595286 or Michael 07757808244



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



HK Memory Café

2pm - 4pm 1st Monday of the month at St Richard's Refreshments, information and peer support Contact Clare Hopkins: 01273 410858, clare.hopkins@hkproject.org.uk



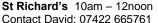
Townswomen's Guild **Hounsom United Reformed Church**

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



Tuesday

HKP Free IT Drop-in 'Job Club' Looking for employment or training





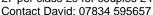
Dancing for Health Seated Exercise Class Bishop Hannington Community Centre

11.15am-12.15pm Contact Claire: 01273 294589 Term time only



Brighton & Sussex Take Heart Group

Portslade Leisure Centre 10am – 11am £7 per class £9 for couples £44 per month



Standing Tall

Physio-led strength & balance class 60+ £2 per class **Hangleton Community Centre**

10am - 11.am or 11.30am - 12.30pm

Contact Ruth: 07399 993426 www.standingtall.net

Benfield Wildlife & Conservation Group

Scrub clearing on Benfield Hill Local Nature Reserve BN3 8EX 10am-2pm Contact Sally: 07941 288625



Sporting Memories Group

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



HK50+ Coffee and Chat Drop-in

The Grenadier 10.30am - 12 noon Free tea/coffee First Tuesday of the month. Contact Clare: 01273 410858, clare.hopkins@hkproject.org.uk



60+ Tai Chi Health Class

St Richard's 12 noon - 1pm £10



Contact Ian: 07900 193230 www.taichibrighton.com



Sing for Better Health

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

Or 01273 410858



Hounsom Fellowship Hounsom United Reform Church

1st Tuesday in the month 2.30pm – 4pm Contact William: 01273 738762



Hove Afternoon Trefoil (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 £2 per session Circuit Exercise Sessions Carmel: carmel.odell@hkproject.org.uk 01273 410858



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 Free drop in 10am - 12 pm, 1pm - 3pm, 3pm - 5pm 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 £30 10am - 11am and 11.15am - 12.15pm. Full with waiting list. Contact: knollpilates@gmail.com



Carers Coffee Morning Online

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



Growing Together at PLOT 22

Fortnightly from October. Gentle gardening for isolated elderly and people living with dementia and their carers. 10.30am - 12.30pm Free Contact: 07522 560 250 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



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



DiVibe (low impact chair dance class)

St Richard's 2pm - 3pm £7.50 Free tea/coffee Contact Diane: 07795 956793 www.divibe.co.uk

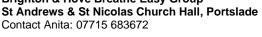


50+ Social Bridge

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



Brighton & Hove Breathe Easy Group St Andrews & St Nicolas Church Hall, Portslade





Yoga for all abilities

6-7pm at St Richard's £2 per session Contact Carmel: carmel.odell@hkproject.org.uk 01273 410858



Thursday

Standing Tall via Zoom

Zoom Physio-led strength & balance class 60+ 9.45am - 10.45am £2 per class. Contact Ruth: 07399 993426



Sporting Memories Group

Central URC Church 10am - 11.30am Contact: emma.brooke@sussexcricket.co.uk



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 10 am - 1230 pm Free Contact: 01273 290800 New members welcome



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

Signposting to wellbeing and social activities and trips. Local link: Clare 01273 410858 or clare.hopkins@hkproject.org.uk or contact 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+ £2 per class **St Richard's** 1.30pm – 2.45pm

Contact Ruth: 07399 993426 www.standingtall.net



HKP Diabetes Peer Support Project

St Richard's 6pm – 7.30pm on 28 Sep. 16 Nov. 15 Feb and 21 Mar. Free. Contact Carmel: carmel.odell@hkproject.org.uk 01273 410858



Brighton & Hove Stammering Support Group First Thursday of each month 7pm - 9pm Free St Richard's Contact: www.BHSSG.com



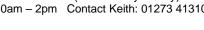
Friday

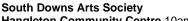
Fitsteps

Hangleton Community Centre 9.30am-10.30am Aerobics class based on Strictly dance moves £6 drop in. Beginners welcome. Contact: Lucy 07973 314895 or lucy.spearman120@gmail.com

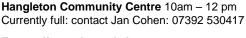


Men in Sheds (see Monday's entry) 10am - 2pm Contact Keith: 01273 413103





Currently full: contact Jan Cohen: 07392 530417



Free coffee, cake and chat St Peter's Church First Friday of each month 10.30 am - 12 noon www.stpeterswestblatchington.org.uk

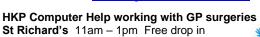


United Reform Church 10.30am - 12.30pm Contact Colin: colin@sayaphasia.org





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





Contact Lulu: 01273 706469

Beginner / Improver - £5 - free tea/coffee St Richard's 12.30pm - 2.45pm Contact Adrienne (Ade): 07952 004935



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



Stroke

The Hangleton

& Knoll Project

20/12/2023 V1.1



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 Winter 2024

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/



For information about ageUK groups, advice and services https://www.ageuk.org.uk/westsussexbrightonhove/. Call our freephone number 0800 019 1310, open 9am to 5pm Monday to Thursday and 9am to 4pm Friday.

Hove Jigsaw Swap Contact Kathryn: 07748 611689

For activities for older residents from ethnically diverse backgrounds including a new 50+ Men's Wellbeing group, and the HK Multi Cultural Women's Group (Yoga, Bollywood, Exercise, Coffee mornings, Walk and lunch, Swimming) contact Aleya Khatun 07529 221253, 01273 410858 or aleya.khatun@hkproject.org.uk

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







