

Monday

HK50+ In Shape for Life exercise class
Hangleton Community Centre 9.15am – 10.15am
£1 per class (voluntary) **Full.** To join the waiting list,
contact: Clare 01273 410858



Cardiac and Pulmonary Fitness Class
St George's Church £10 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 £35 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
£7 May to September Contact: Marilyn 01273
595286 or Michael 07757808244



Film Club
Bishop Hannington Church 2pm 1st Monday
in the month. Suggested donation £1.50 for tea and
cake Contact Jacqui: 07917 875355



West Area Memory Café
2pm - 4pm 1st Monday of the month at **St Richard's**
Refreshments, information and peer support
Contact: 01273 410858 / 07568 739806
cathy.atherton@hkproject.org.uk



Tuesday

HKP Free IT Drop-in Computer Help
St Richard's 10am – 12noon
Form Filling; NHS App; Job search; etc.
Contact David: 07422 665761



Sporting Memories Group
County Cricket Ground 10.30am – 12 noon Free
Contact Emma: emma.brooke@sussexcricket.co.uk



Dancing for Health Seated Exercise Class
Bishop Hannington Community Centre
Free 11.15am-12.15pm Contact: 01273 294589
Term time only



Brighton & Sussex Take Heart Group
Portslade Leisure Centre 10am – 11am
£7 per class £9 for couples £44 per month
Contact David: 07834 595657



Standing Tall

Physio-led strength & balance class 60+ £6.50/class
Hangleton Community Centre
10am – 11.am or 11.30am – 12.30pm
Contact Ruth: 07399 993426_ www.standingtall.net



Benfield Wildlife & Conservation Group
Weekly scrub clearing from 16th September to end
March 2026 Benfield Hill Local Nature Reserve
BN3 8EX 10am-2pm Contact Sally: 07941 288625



HK50+ Coffee and Chat Drop-in
Oasis, Hangleton Way 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 Udit: uditamusic@protonmail.com



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



Warrior Close Click & Connect
Free weekly digital drop-in. 2-4pm Warrior Close Estate
Office, Warrior Close, BN41 2JA. Call Cathy:
07568 739806 cathy.atherton@hkproject.org.uk



Singing for Wellbeing
Hangleton Community Centre 2pm-3pm
£2 per session Contact Cathy: 01273 410858 /
07568 739806 cathy.atherton@hkproject.org.uk



Hounsom Fellowship
Hounsom United Reform Church
3rd Tuesday in the month 2.30pm – 4pm
Contact Angela: 07415 516219



Shape Up
St. Richard's 6pm – 7pm £2 per session
Exercise Sessions All abilities. Claire:
hkwbgp@gmail.com or 01273 410858



Wednesday

Cardiac and Pulmonary Fitness Class
St George's Church £10 per session
9.30am – 10.30am Contact Richard: 07786 001771



Men in Sheds (see Monday's entry)
10am – 4pm Contact Keith: 01273 413103



Oasis Community Shop
Hangleton Way, BN3 8EQ 10-12 noon. No referral
needed - just pop in. Contact: 07708 384906



HKP Computer Help
St Richard's Free drop in
10am – 12 pm, 1pm - 3pm, 3pm – 5pm
Contact Lulu: 01273 706469



West Area Network Meeting
Quarterly 10-11.30am **St Richard's**
Open to anyone volunteering or working in the
West area. Contact Claire J: 01273 410858
claire.johnson@hkproject.org.uk



West Area Health Forum
Quarterly on Wednesdays 10am – 12 noon
St Richard's Contact Claire H: 01273 706469



Knoll Pilates Group
St Richard's 10am - 11am and 11.15am - 12.15pm.
6 lessons for £35. Full but please email to go on
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
Twice a month. Gentler paced seasonal garden-related
activities - dementia inclusive and welcomes friends
and carers. 10.30am – 12.30pm Free
Contact: 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.. Contact:
www.hangletonfoodbank.org or
info@hangletonfoodbank.org or 07990 631892



Community Health Drop In
St Richard's 1-4pm For those experiencing early
pain, or a flare up of an existing condition
No need to book in advance. Contact Claire:
claire.hines@hkproject.org.uk, 01273 410858



DiVibe (low impact chair dance class)
St Richard's 2-3pm £8 Free tea/coffee.
Contact Diane: 07795 956793 www.divibe.co.uk



50+ Social Bridge
Churchill House 2pm – 4pm £1
Contact Nick: 07899 066683 **Full**



Brighton & Hove Breathe Easy Group
St Andrews & St Nicolas Church Hall, Portslade
Contact Anita: 07715 683672



Beginners Yoga
6-7pm at St Richard's £2 per session
Contact Claire: hkwbgp@gmail.com or 01273
410858



Thursday

Standing Tall via ZOOM

ZOOM Physio-led strength & balance class 60+
9.45am – 10.45am £8 per class. Contact Ruth: 07399 993426

Warrior Close Coffee & Connections Drop-in

Warrior Close Estate Office Monthly meet up with free refreshments, themed activities and chat. 10am - 12pm
18/06, 23/07, 20/08, 10/09. Contact: Cathy 07568 739806 cathy.atherton@hkproject.org.uk

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

Oasis Community Café

Oasis Church Free drop-in. Free. 10:30-12:30
Dementia friendly. Hot drinks, baked goods, games and lunch. All ages. Contact Steve: 07838 102886
steve.horne@weareemmanuel.com

Knit and Natter

Hangleton Library 10 am – 12.30 pm Free
Contact: 01273 290800 New members welcome

Hangleton Bowling Club

10.30am-12.30pm See entry for Mondays

SocialPing

Hangleton Community Centre
10.30a – 12.30pm £3 Contact: nickgoslett@gmail.com

Knoll Lunch Club

St. Richard's 11.30am - 1.30pm £3
Contact Ann: 01273 414483

H&K Older LGBTQ+ with Switchboard

<https://www.switchboard.org.uk/service/bold/>
Contact 01273 234009, info@switchboard.org.uk

Hangleton Short Mat Bowls

Hangleton Community Centre 2pm - 4pm £3
Contact Christine: 01273 771681 / 07507 438491

Watercolours and Conversation

Hangleton Library Meeting Room 2pm – 4pm
Free but materials **not** provided. Relaxed environment. Contact Mark: 01273 290800

Standing Tall

Physio-led strength & balance class 60+ £6.50/class
St Richard's 1.30pm – 2.45pm
Contact Ruth: 07399 993426 www.standingtall.net/



Friday

Men in Sheds (see Monday's entry)

10am – 2pm Contact Keith: 01273 413103

South Downs Arts Society

Hangleton Community Centre 10am – 12 pm
Contact Jan Cohen: 07392 530417

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
£8 per class Contact: davidwchappell@gmail.com

Walking Cricket

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

Cascade Line Dancing

St Richard's 1pm – 3pm £5 – free tea/coffee
Contact Adrienne (Ade): 07952 004935

Hangleton Short Mat Bowls

Hangleton Community Centre 2pm - 4pm £3
Contact Christine: 01273 771681 / 07507 438491

Adur and Hove Stroke Club

Bishop Hannington Church 2pm – 4pm Free £2
with transport. Contact: Daail Goodson 07763 206091

Saturday

Hangleton Bowling Club

10.30am-12.30pm See entry for Mondays

Portslade and Mile Oak links

Fresh Start Portslade provide activities, groups and learning for the 55+ age group. Contact: freshstartsussex@hotmail.co.uk

Volunteering Matter - Lifelines: Activities and support services for those 50+, online and face-to-face in senior housing schemes, community centres and church halls. 01273 688117 or lifelines@volunteermatters.org.uk

Portslade Together BN41 50+ Coffee and Chat,

10.30-12, 3rd Tuesday of the month, Baptist Church Hall, South Street, Portslade. Free refreshments. Contact: 07928 765349 or contactus@portsladetogether.uk



The Hangleton and Knoll Project is a registered charity No 1139971 and company limited by guarantee 7260539



50+ What's On 2026

Hangleton & Knoll

Including Portslade and Mile Oak

www.hkproject.org.uk

For more information about **Hangleton and Knoll 50+Steering Group activities and events** contact:
HK50+ Secretary, Nick Goslett 07899 066683
nickgoslett@gmail.com

For inquiries about **Older Peoples activities in the West of the City** contact Clare Hopkins (Hangleton and Knoll Project): 01273 410858/ 07422 692845;
clare.hopkins@hkproject.org.uk

HKP Live Well with Dementia project for those living with dementia or memory loss and Carers. Contact
Cathy Atherton 01273 410858 / 07568 739806.
cathy.atherton@hkproject.org.uk

For enquiries about HKP activities for older residents from **ethnically diverse backgrounds** contact Aleya Khatun 07471 799793/ 01273 410858 or
aleya.khatun@hkproject.org.uk Including: 50+ Men's Wellbeing group, HK Multi Cultural Women's Group (Yoga, Bollywood, Exercise, Coffee mornings, Walk and lunch, Swimming)

Signposting to city-wide 50+ support services and activities:

***Ageing Well.** Freephone 0808 1753234 or

ageingwellbh.org/

***Age UK.** Freephone 0800 019 1310, open 9am to 5pm
Monday to Thursday and 9am to 4pm Friday.

www.ageuk.org.uk/westsussexbrightonhove/

***All information is accurate at time of printing, please contact groups before attending for the first time.**
V4 14/07/26

The Dodgson Foundation

