

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
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 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: Jerry
jerry.lineham@sky.com 07530 858840 or Marilyn
m.foster70@ntlworld.com 07846 955211



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
Housom 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
St Richard's 10am – 12noon
Contact David: 07422 665761



Dancing for Health Seated Exercise Class
Bishop Hannington Community Centre
Free 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+ £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



Coffee and Chat Drop-in
The Grenadier 10.30am – 12 noon Free tea/coffee
First Tuesday of the month. Contact Nick: 07899
066683



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
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



Exercise and Socialise for 60+
for strength, balance and flexibility
Bishop Hannington Church 2pm – 3pm £4
Contact Cleria: admin@vidaactive.club



Singing for Wellbeing
Hangleton Community Centre 2pm-3pm Free
Contact Lizzie: thesongcompanion@gmail.com
Or 01273 410858



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 Free
Circuit Exercise Sessions Claire: 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 £25
10am - 11am and 11.15am - 12.15pm.
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
Gentle gardening for isolated elderly and people living
with dementia and their carers. 10.30am – 12.30pm
Free 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



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 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 Free
Contact Claire J: 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, trips and zooms. Contact: Clare 01273 410858 or clare.hopkins@hkproject.org.uk
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



Brighton & Hove Stammering Support Group

First Thursday of each month 7pm – 9pm Free
St Richard's Contact Naomi: 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 41310



Sussex Sporting Memories

Zoom 10am – 11.30am Free
Contact: emma.brooke@sussexcricket.co.uk



South Downs Arts Society

Hangleton Community Centre 10am – 12 pm
Currently full: contact Jan Cohen: 01273 274129



Free coffee, cake and chat

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@savaphasia.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 12.30pm – 2.45pm
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



05/07/2023 V2.5



What's On in Hangleton & Knoll Summer 2023

www.hk50plus.co.uk

Contact Clare Hopkins, Older People's Community Worker for Hangleton and Knoll area to find out more: clare.hopkins@hkproject.org.uk 01273 410858 or [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/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

For activities for older residents from ethnically diverse backgrounds including 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

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



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

