

## Monday (cont.)

**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 May to September £3.20 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: 07422 692845



**Old Knollonians (formerly Knollites Group)**  
**St Richard's** 2pm - 4pm £4  
Contact: Mike: 01273 777733



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



**Ingram Crescent Community Garden**  
Free 2pm – 5 pm No experience necessary  
Contact Kim: 07931 354367



**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 RESTART 22 February



**Brighton & Sussex Take Heart Group**  
**Portslade Leisure Centre** 10am – 11am  
£6 per class £9 for couples £40 per month  
Contact David: 07834 595657



**Wellbeing Coffee and Chat**  
Zoom. 2nd Tuesday in the month 10am – 11am  
Contact: Katie 01273 410858



**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 Dolly: 07887 922002



**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 £7  
Contact Ann: 01273 414483 or Ian 07900 193230



**HKP Computer**  
**St Richard's** Bookable 2 hour slots Free  
1pm – 3pm and 3.30pm – 5.30pm Contact:  
David 07422 665761 hakit@hkproject.org.



**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



**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



**Walking Football**  
**Portslade Leisure Centre** 5pm – 6pm  
Free Contact Gary: 07989 159984 or gary@vydcic.org



**Shape Up and Feel Better**  
**St. Richard's** 6pm – 7pm £3, first one free  
Circuit Exercise Sessions Claire: 01273 410858



**Zumba**  
**St Richard's** 7pm – 7.45pm Zumbawithjo.com  
£6 Contact Jo: 07711 243241 - book at



## 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**  
**St Richard's** Bookable 1 hour slots Free  
10am – 12 pm, 1pm - 3pm See Tuesday for  
contact info



**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 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 Sara: 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 1st & 3rd Wednesdays  
£2.50 with refreshments, Contact Ricky: 07749  
479306 or Sheila 01273 329844



**DiVibe (low impact chair dance class)**  
**St Richard's** 2pm – 3pm £6.50  
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



**Ingram Crescent Community Garden**  
2pm – 5 pm See Monday



## Thursday

**Knit and Natter**  
**Hangleton Library** 1030 am – 1230 pm Free  
Contact: 01273 290800



**CAMEO** (Come and Meet Each Other) **Club**  
**Bishop Hannington Church** 10.30am -12 noon  
 (10am Prayer and Thanksgiving).  
 Donations towards refreshments  
 Contact: 01273 732965 or cameo@bhmc.org.uk



**Hangleton Bowling Club**  
 10.30am See entry for Mondays



**SocialPing**  
**Hangleton Community Centre**  
 10.30am – 12.30pm. £3, includes coaching  
 Full at present. Contact Nick: 07899 066683



**Knoll Lunch Club**  
**St. Richard's** 11.30am - 2.30pm £5  
 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



**Walking Cricket**  
**King Alfred Leisure Centre** 12.30pm – 1.30pm £3  
 Contact Emma: 07718 492529 or  
[emma.brooke@sussexcricket.co.uk](mailto:emma.brooke@sussexcricket.co.uk)



**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)



**H&K Multi-Cultural Women's Group Bollywood Dancing**  
 (Women-only) online on Zoom 6pm-7pm  
 Free. Contact Aleya: [aleya.khatun@hkproject.org.uk](mailto:aleya.khatun@hkproject.org.uk) or  
 07825 447108 or Raminder [gill.raminder@gmail.com](mailto:gill.raminder@gmail.com)



**Brighton & Hove Stammering Support Group**  
 First Thursday of each month 7pm – 9pm Free  
**St Richard's** Contact Naomi: info@bhssg.com



**Friday**

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



**Sussex Sporting Memories**  
 Zoom 10am – 11am  
 Contact: emma.brooke@sussexcricket.co.uk



**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)



**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)



**Say Aphasia**  
**United Reform Church** 10.30am – 12.30pm  
 Free Contact Colin: [colin@sayaphasia.org](mailto:colin@sayaphasia.org)



**Shape Up and Feel Better**  
**St. Richard's** 10.30am – 11.30am £3  
 Circuit Exercise Sessions Claire: 01273 410858



**South Downs Arts Society**  
**Hangleton Community Centre** 10am – 12 pm  
 Currently full: contact Jan Cohen: 01273 274129



**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  
 RESTART 4 February



**Ingram Crescent Community Garden**  
 2pm – 5 pm See Monday



**Saturday**

**Zumba Gold**  
**St Richard's** 10 am – 10.45 am £6  
 See Tuesday for contact details  
**Brighton & Hove Branch of Parkinson's UK**  
**Bishop Hannington Church**  
 Third Saturday of the month 12.15 pm – 4.30pm  
 RESTART TBC Contact Paul: 07952 299085



**Sunday**

**Ingram Crescent Community Garden**  
 11am- 2pm See Monday



07/02/2022 V1.4

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**  
**January to March 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 or [clare.hopkins@hkproject.org.uk](mailto: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/>



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**Monday**

**HK50+ In Shape for Life – Circuits for All Abilities**  
**Hangleton Community Centre** 9.15am – 10.15am  
 £2 First session free. Zoom. Contact: Clare  
[clare.hopkins@hkproject.org.uk](mailto:clare.hopkins@hkproject.org.uk)



**H&K Multi-Cultural Women's Group Yoga**  
 (Women only) online on Zoom 9.30am - 10.30am  
 Free. Contact Laura: 07740 930010  
[laura.topping@icloud.com](mailto:laura.topping@icloud.com)



**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

