



What's On in Hangleton & Knoll for 50+

May 21 - July 21

www.hk50plus.co.uk

The Hangleton and Knoll 50+ Steering Group is here to meet your needs. We have been in touch with all the 50+ groups and activities that were in our leaflet prior to the pandemic. Please find listed below all the activities open to new members that are going on right now on-line.

Clare Hopkins is your H&K Community Development Worker for Older People. Please get in touch with any queries or concerns or if you have any ideas for new 50+ activities. Contact Clare on 07422692845 or clare.hopkins@hkproject.org.uk

For information about H&K 50+ BAME groups and activities, contact Katie Merrien on 07422693478 or katie.merrien@hkproject.org.uk

If you need help with your IT (including being able to Zoom!), contact David Purkiss on 07422 665761 or hakit@hkproject.co.uk



For more information about the Hangleton & Knoll Project visit <https://www.hkproject.org.uk/>

New HKP Community Learning Service and Annual membership offer - for more info on Free IT support and online courses please contact 01273 881446 or clare.johnson@hkproject.org.uk



The Ageing Well web site www.ageingwellbh.org provides a wealth of information on city-wide services, transport and events.



The Alzheimer's Society provides a link to support those living with dementia and their carers: www.alzheimers.org.uk or 01273 726266.

Contact the Carers' Hub for support and advice on the same number.

Shape Up

Low Cost Exercise Classes and Courses are available. For more information please contact Claire Johnson on 01273 410858 or email claire.johnson@hkproject.org.uk

Scooting and Walking

If you are interested in Wellbeing Walks or Mobility Scooter excursions in the future, contact Clare on 07422692845 or clare.hopkins@hkproject.org.uk

Monday

Women's Yoga Classes

Zoom: 9.30 to 10.30am All ages 18+
Free Contact: Laura 07740 930010 or laura.topping@icloud.com

Dancing for Health

Zoom: Monthly 10 am – 11 am Free
Contact: 01273 294589 or healthylifestyles@brighton-hove.gov.uk

Tuesday

Dancing for Health

Zoom: 10 am – 11 am Free
Contact: 01273 294589 or healthylifestyles@brighton-hove.gov.uk

Standing Tall

Physio-led strength & balance class for all
Zoom: 10 am – 11 am
Zoom: 11.15 am - 12.15 pm
Cost £4 Contact: Ruth 07399 993426 or rmcenerycarter@gmail.com

Young at Heart Keep Fit

Zoom: 10.45 am – 11.30 am £5
Contact: Ty 07876 655868 or ty@typaul.co.uk

DiVIBE Seated Dance

Zoom: 11 am £5
Contact: Diane 07795 956793
<https://www.divibe.co.uk/>

Sing for Better Health

Zoom: 1pm – 2pm Donation
Everybody welcome!
Contact: udita@singforbetterhealth.co.uk

Wednesday

Sporting Memories

Zoom: 10 am – 11 am Free
Contact: Emma 07718 492529 or emma.brooke@sussexcricket.co.uk

Wednesday

50+ Quiz

Zoom: 10.45 am – 12 noon Free
1st Wednesday of each month
Contact: Clare 07422 692845 or clare.hopkins@hkproject.org.uk

Older LGBTQ with Switchboard

Zoom: Coffee Morning 11 am - 12.30 pm
1st & 3rd Wednesdays of the month
Free Contact: Clare 07422 692845 or clare.hopkins@hkproject.org.uk

Thursday

Young at Heart Keep Fit

Zoom: 10.30 am – 11.15 am £5
Contact: Ty 07876 655868 or ty@typaul.co.uk

Sporting Memories

Zoom: 11 am – 12 noon Free
Contact: Emma 07718 492529 or emma.brooke@sussexcricket.co.uk

Women's Bollywood Dance Classes

Zoom: 6 to 7pm Free All ages 18+
Contact: Aleya 07825 447108 or aleya.s.khatun@live.co.uk

Friday

DiVIBE Seated dance

Zoom: 11 am £5
Contact: Diane 07795 956793
<https://www.divibe.co.uk/>

Sunday

DiVIBE Seated dance

Zoom: 11 am £5
Contact: Diane 07795 956793
<https://www.divibe.co.uk/>