

Monday

Brighton & Sussex Take Heart Group
St George's Church Hall 8.30am – 9.30am
£15 joining then £7 per class
Contact Richard: 07786 001771 or
richard@takeheartgroup.org



H&K Multi-Cultural Women's Group Yoga
(Women only) **St Richard's** 9.30am - 10.30am
£4 for non-members, £2 for members
Contact Laura: 07740 930010



Men in Sheds
Free 10am – 2pm Contact Keith: 01273 413103
Garage at the top of West Road, Fishersgate



Hangleton Table Tennis
Hangleton Community Centre
10.30am – 1pm. £2
Contact Brian: tbrianw@gmail.com



Hangleton Bowling Club
Knoll Park (via Rowan Avenue)
10.30am May to September £3.20
Contact Clive: 01273 881226



Knoll Pilates Group
St Richard's 6 lessons for £25
10.40am - 11.40am and 11.45am - 12.45pm.
Contact Jacquie: 07825 201950



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



Film Club
Bishop Hannington Church
2pm first Monday in the month. Donation of £1.50
Contact Jacquie: 07917 875355



Townswomen's Guild
2nd Monday of the month at 2.30pm
Honsom United Reformed Church
Contact Wyn: 01273 710608



Slimming World
Oasis 5.30–6.45pm / 7.30–8.45pm £4.95
(£4.65 for over 60s) Contact Patrick: 07595 669957



Tuesday

Dancing for Health Seated Exercise Class
£2 concessions / £3 (for adults of all ages)
Bishop Hannington Community Centre
11.15am-12.15pm Contact Claire: 01273 294589



Standing Tall Hangleton
Physio-led strength & balance class 60+ £5 per class
Hangleton Community Centre, 10am – 11am or
11.30am – 12.30pm or 1pm – 2.30pm
Contact Ruth: 07399 993426_ www.standingtall.net



Sporting Memories Group
County Cricket Ground 10.00am – 11.30am Free
Contact Lizzie: 07826 256652



Benfield Wildlife & Conservation Group
Scrub clearing 10.30am October to March
Contact Dolly: 07887 922002



Tai-Chi
St. Richard's 12 noon - 1pm £6
Contact Pat or Ann: 01273 414483



Sing for Better Health
St Richard's 1pm - 2.30pm £3.50
Contact Udita: 01273 556755



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



60+ Gentle Exercise
Oasis 2pm - 2.45pm £4.50
Contact Susan: 01273 249600



Honsom Fellowship
Every other Tuesday 2.30pm – 4pm
Honsom United Reformed Church
Contact William: 01273 738762



Trefoil Guild (Guiding for Adults)
First Tuesday of each month (not Dec/Jan)
West Blatchington Windmill Barn
Membership fee £16 per annum 2.30pm
Contact Janet: 01273 504513



Age UK Information and Advice Surgery
Fourth Tuesday of each month 3pm – 5pm
Hazelholt, Portslade Contact: 01273 720603



Brighton & Hove Stammering Support Group
First Tuesday of each month 7pm – 9pm Free
St Richard's Contact Naomi: admin@bhssg.org



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



Wednesday

Men in Sheds
Free 10am – 4pm Contact Keith: 01273 413103
Garage at the top of West Road, Fishersgate



Brighton & Sussex Take Heart Group
St George's Church Hall 9.30am – 10.30am
See Mondays for information



HKP Computer Drop-in
St. Richard's 10am – 12 noon, 1 - 3pm, 3 - 5pm
Free Contact Lulu: 01273 881446



Hangleton Get Together Club
Oasis 10am – 12 noon £2
Contact Sheila: 01273 329844



West Area Health Forum
Quarterly on Wednesdays 10am – 12 noon
St Richard's. Contact Clare: 01273 410858



Crafty Adults
Churchill House Free Alternate Wednesdays
10am -12 noon Contact Mary: 01273 413103



Hove Support Group for Carers
St Richard's 10am – 12pm Free
Usually last Wednesday of the month. Contact
01273 726266 or brighton@alzheimers.org.uk



Knoll Pilates
St Richard's 6 lessons for £25
10.30am - 11.30am and 11.45am – 12.45pm
Contact Jacquie: 07825 201950



H & K Community Action
Quarterly on Wednesdays 10.30am – 12 noon
St Richard's Contact Pat or Ann: 01273 414483



Zumba Chair Gold
Oasis 11.30am – 12.30pm £6, free first time
Contact Diane: 07795 956793



Food Bank
St George's Church Hall, Court Farm Road
12noon – 2 pm Contact Anna: 07990 631892 or
www.hangleton-foodbank.squarespace.com



Hangleton & Knoll 50+ Tea, Chat and Friendship
Oasis 1.45-3.45pm, 2nd Wednesday of month
Drop-in, free afternoon tea, some Transport
available. Contact: Clare 01273 410858



50+ Beginners Social Bridge
Churchill House 2pm – 4.30pm Free
Contact Nick: 07899 066683



Brighton & Hove Breathe Easy Group
Second Wednesday of the month 2pm - 4pm
St Andrews & St Nicolas Church Hall, Portslade
£2 Contact Anita: 01273 417620



Thursday

CAMEO (Come and Meet Each Other) Club
Bishop Hannington Church 9.45am -12 noon
£1.50 Contact Laura: 07909 918796



Knit and Natter
Hangleton Library 10am - 12 noon Free
Contact: 01273 296904



Computer sessions and Get Online
Hangleton Library 10am – 1pm Free
(45 minute sessions. Booking necessary)
Contact: 01273 296904



Hangleton Bowling Club
10.30am See entry for Mondays



Hangleton and Knoll Carers Coffee Morning
Hangleton Manor Free to unpaid adult carers
First Thursday of month 10am – 12 noon
Contact Liz: 01273 746222 www.thecarerscentre.org



60+ Gentle Exercise
Oasis 10.30am - 11.15am £4.50
Contact Susan: 01273 249600



SocialPing
Hangleton Community Centre
11am – 1pm. £3, includes coaching
Contact Nick: 07899 066683



H&K Older LGBTQ Meet Up
Third Thursday of each month 11am – 12.30pm
Meetup at **Emmaus Cafe, Portslade**
(£ contribution to costs welcomed)
Contact Clare Hopkins: 01273 410858



Knoll Lunch Club
St. Richard's 11.30am - 2.30pm £4.50
Contact Pat or Ann: 01273 414483



Hangleton Short Mat Bowls
Hangleton Community Centre
2pm - 4pm £2.50 Contact Christine: 01273 771681



Standing Tall Knoll
Physio-led strength & balance class 60+ £5 per class
St Richard's 1.30pm – 3pm
Contact Ruth: 07399 993426 www.standingtall.net



Bingo
St. Richard's 7pm - 9pm
Contact Pat or Ann: 01273 414483



Bereavement Support Group
On behalf of TCF. 7pm-9pm Third Thursday of the month. For details of venue contact Pat: 07963 963224



Friday

Brighton & Sussex Take Heart Group
St George's Church Hall 9.30am – 10.30am
See Mondays for information



Men in Sheds
Free 10am – 2pm Contact Keith: 01273 413103
Garage at the top of West Road, Fishersgate



Coffee Break
Free - With Short Mat Bowls
Oasis 10am - 12 noon Monthly lunch £3
Contact: 01273 621193



HKP Computer Drop-in
St. Richard's 10am - 1pm Free
Contact Lulu: 01273 881446
www.advicebrighton-hove.org.uk/moneyworks



Say Aphasia
United Reform Church 10.30am – 12.30pm
Free Contact Colin: info@sayaphasia.org



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



Drop-in Sessions
St Peter's Church First Friday of each month
10.30am – 12 noon
www.stpeterswestblatchington.org.uk



Oasis Arts and Crafts Group
Oasis 1pm - 3pm £1 Contact: 01273 621193



Cascadez Line Dancing
Beginner / Improver – £4 – free tea/coffee
St Richard's 1pm - 3pm
Contact Carol: 07784 637057



Young at Heart Keep Fit Club
St Helen's Church Hall 1.30pm – 3.00 pm
£5 per session Contact Gav: 07730 038830



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 or Anne Daswanii 01273 731636



Saturday

Reading Group (Adult fiction)
Hangleton Library 11am - 12.30pm
Free Last Saturday of the Month.
Contact: norah.carr@brighton-hove.gov.uk



Brighton & Hove Branch of Parkinson's UK
Bishop Hannington Church
Third Saturday of the month 12.15 pm – 4.30pm
Support to those with Parkinson's, families and carers
Contact Carole (Branch Chair): 0344 225 3609



South Downs Arts Society
Hangleton Community Centre 1.30pm – 3.30pm
Contact Jan Cohen: 01273 274129



Bingo
St. Richard's 7pm - 9pm
Contact Pat or Ann: 01273 41448



What's On in Hangleton & Knoll Autumn 2019

www.hk50plus.co.uk

St. Richard's Community Centre, Egmont Road, Hove
BN3 7FP. Tel: 01273 414483

Hangleton Community Centre, Harmsworth Crescent,
Hove BN3 8BW. Tel: 01273 292962

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

www.hk50plus.co.uk to download this leaflet
www.hkproject.org.uk to find out more about the
Hangleton and Knoll Project
www.itslocalactually.org.uk What's On in the City

50+ Trips: Nick Goslett 07899 066683

Access Point help line number: 01273 295555 or
accesspoint@brighton-hove.gov.uk

Ageing Well (city-wide activities, transport, events and
information): 01273 322947 or www.ageingwellbh.org

Alzheimers Society: www.alzheimers.org.uk or 01273 726266

Bluebird Society for the Disabled – transport – 01273 207664

Community Transport Trips and Shopping: 01273 677559

Low Cost Shopmobility Service: 01273 323239

Martlets Day Services at Martlets Hospice:
Mon-Fri 9am - 5pm 01273 273400

Money Advice PLUS (Debt and Welfare Benefit Advice Line):
0800 9887037 www.moneyadviceplus.org.uk

Plot 22, Weald Allotments: info@plot22.org or 07717 467862

We are working towards a Dementia Friendly neighbourhood
for Hangleton and Knoll. If you or someone you know **or care for**
is living with Dementia, please get in touch with **Clare Hopkins**
for more information.

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

13/09/2019 V3.3