



Autumn 2019 Edition (V3 – 13th September)

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

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[Zumba Chair Gold](#)

(15/08/2019)

60+ Gentle Exercises

Oasis (Junction of Northease Drive and Hangleton Way)

Tuesday 2pm - 2.45pm; Thursday 10.30am – 11.15am

£4.50 per session

These are fun classes with all routines to music.

The class is aimed at improving circulation, loosening joints and improving muscle tone. The heart and lungs will also get a gentle workout.

If you are a little unsure and want more information, contact me, Susan Ralph, on 01273 249600 or you can even pop in and watch one of my classes before you join. Spaces are available for the Tuesday afternoon session; the Thursday class is nearly full.

Come with a friend if you prefer. We're a friendly bunch and will make you feel welcome. The classes run all through the year and we end the year with a Christmas meal together at Hangleton Manor which is always a lovely evening.



Age UK Information and Advice Service

Hazelholt, Graham Ave, Portslade, Brighton BN41 2WF

The Fourth Tuesday in the month 3pm – 5pm

www.ageuk.org.uk/brightonandhove



The clinic is open to anyone 50+ who needs support, information or advice on literally ANYTHING. Contact Age UK: 01273 720603. This is from their leaflet:

We offer a free and confidential information and advice service on a wide range of issues

Our Information and Advice includes:

- Welfare Benefits
- Community Care
- Money Matters
- Consumer Issues
- Accommodation issues
- Disability issues
- Social activities

Availability

The Information and Advice Service is open Monday to Friday 10.00am–4.00pm, please call **01273 720603**. It also offers an appointments only service at our Prestonville Road offices.

A free legal clinic and simple will writing service provided by independent lawyers is also available by appointment.

Accessibility

The service is accessible to people with disabilities or reduced mobility.

Advisors

All advisors are given appropriate induction and receive training in the delivery of general Information and Advice and form filling. For those who are housebound, a home visit can be arranged subject to the availability of an advisor.

Sign posting

Where an advisor is unable to provide the necessary advice or information, or where a service is required that is not available within the organisation, the advisor will try to assist the client in finding the help they need.

Monitoring

We endeavour to constantly improve and develop our service. We do this by monitoring our service by obtaining details about clients which are kept confidentially and invite clients to give feedback.



Comments and complaints

We welcome any comments you have to make. Should you wish to make a comment or complaint a leaflet on how to do so is available from reception.

Quality Standards

The Information and Advice service is recognised and approved by the Advice Services Alliance. We have reached the Advice Quality Standard and are proud to display their logo.

Confidentiality

We treat all user information with respect and in accordance with our confidentiality policy and data protection principles.

Volunteering

We always welcome interested volunteers and if you would like to know more about how to get involved, please contact us.

Benfield Wildlife and Conservation Group

Benfield Hill Local Nature Reserve

Tuesday mornings starting at 10.30am from October to the end of March

Where we are

Benfield Hill Local Nature Reserve (LNR) is situated to the north-west of Hove, at the head of the Benfield Valley, between the West Hove Golf Course to the east and New Barn Farm to the west.

Our Aim

Working to save our chalk hillside for future generations, on Hove's first Local Nature Reserve. Scrub clearing takes place every Tuesday starting 10.30am from October to the end of March.

Events

- Moth trapping sessions, Guided Flower Walk, Glow worm Counts.
- Two talks per year at the Oasis Fellowship Church on various subjects.
- Regular help needed with records of Birds on the reserve.
- Help needed with the making up of bird boxes and Dormouse boxes
- Other activities are Bird box cleaning and replacing.
- Fitting up new Dormouse boxes.
- Winter Fire marshal always needed.
- Winter sheep checking duties.



This is our website: <https://benfieldwildlifeandconservationgroup.wordpress.com/>

To contact us, email benfield123@hotmail.co.uk or call Dolly on 07887 922002.

Bereavement Support Group

Third Thursday of each month



The
Compassionate
Friends

The Compassionate Friends is an international charity started in England around 50 years ago, supporting parents, grandparents and siblings of those who have died at any age of any cause. It provides a free helpline, weekend retreats, befriending, and peer to peer support groups with a trained facilitator.

A very welcoming peer support group started on Thursday 15 March 2018 and will meet on the third Thursday of the month.

For more information and the venue, ring Pat on 07963 963 224.

Donations to meet the cost of the hire of the room will be invited.

Bluebird Society for the Disabled

176 Portland Rd, Hove, BN3 5QN



The Bluebird Society for the Disabled runs a charity shop in Hove and we offer transport to residents of Hove and Portslade who are mobility impaired or need more help in wheelchair accessible vehicles to medical appointments. We have two small wheelchair accessible vehicles and our charges are as follows:

- from Portslade and Hove to Royal Sussex Hospital, Brighton General Hospital, Breast Cancer Clinic in Preston Road - £18 return
- from Portslade and Hove to local appointments e.g. Poly Clinic - £12 return
- from Portslade and Hove to Princess Royal Hospital at Haywards Heath - £32 return.

Our charges include pick up from home, take to appointment, wait or arrange return pick up and return home. The user can have someone to accompany them if they wish. Our volunteer drivers will assist people into the facility and arrange to come back to collect them when ready.

For further information contact the office at 176 Portland Road, Hove BN3 5QN, telephone 01273 207664 or email bluebird.hove@googlemail.com.

Brighton & Hove Breathe Easy Group

St Andrews & St Nicolas Church Hall Portslade
Second Wednesday of each month 2pm – 4pm



The British Lung Foundation is the only UK charity looking after the nation's lungs. With your support, we'll make sure that one day everyone breathes clean air with healthy lungs.

The Brighton & Hove Breathe Easy Group meets on the second Wednesday of the month as a friendly support and social group. We have speakers who talk on a Variety of different and relevant subjects., e.g. oxygen, respiratory nurse, dietitian .

Each session includes refreshments and a raffle. There is easy free parking and the bus stops out side.

This is our website: <https://www.blf.org.uk/support-in-your-area/breathe-easy-brighton-hove-support-group>

To contact us, call Anita on 01273 417620.

Brighton & Hove Stammering Support Group

St Richard's Community Centre

First Tuesday of each month 7pm – 9pm

Free

The BHSSG (Brighton & Hove Stammering Support Group) is a group of adults who stammer living in the Brighton and Hove area, although some members do travel from around East and West Sussex to come to the group.

We meet on the first Tuesday of every month from 7pm to 9pm at St Richard Church and Community Centre, Egmont Road, Hove, BN3 7FP.

The meetings focus on confidence and self esteem building and give us all the opportunity and time to talk about the things that really matter to us, how we feel and our personal experiences.

Currently the group meetings are divided into two focus sessions: a speaking circle which gives us all an opportunity to have an uninterrupted speaking platform where we are listened to by the other group members; and an informal chatting space where we discuss any difficulties or obstacles we encounter living with a stammer. Between the sessions we have a break where tea, coffee and of course biscuits are provided. If you would like more information, please contact Naomi at BHSSG admin@bhssg.org.

Note: Please understand we do not provide speech therapy, we are a group of adults who stammer, supporting each other.



Brighton & Sussex Take Heart Group



St George's Church Hall, Court Farm Road

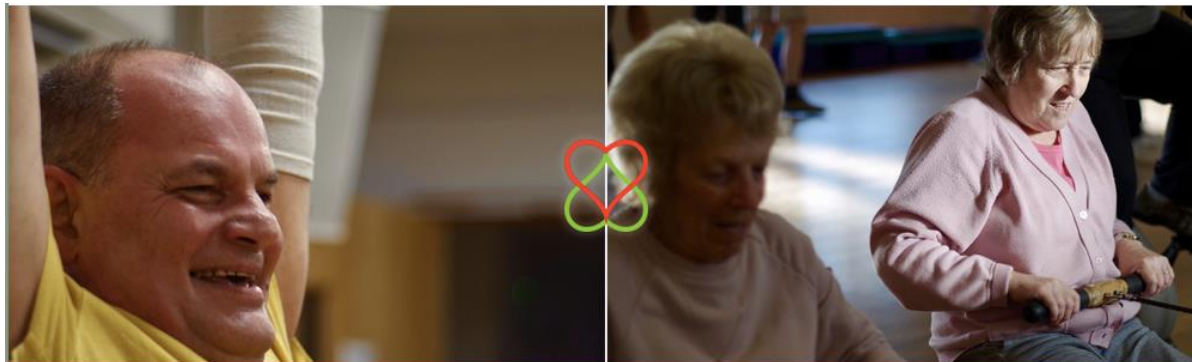
Mondays 8.30am – 9.30am, Wednesdays and Fridays 9.30am – 10.30am

BSTHG provides community-based Phase IV exercise classes for cardiac patients designed to improve and maintain their physical, psychological and social wellbeing. These services include group exercise classes and personal training delivered by BACPR (British Association of Cardiac Prevention & Rehabilitation) qualified instructors

Patients attending these programmes present with chronic or post-acute cardiovascular disease but are able to preserve or resume optimal functioning through practice of improved health behaviours. As a result they can slow down or reverse the progression of coronary heart disease and this may include a reduction in medication. Patients are referred on to the programme by their GP, cardiologist or local NHS Phase III team (Royal Sussex County Hospital and Princess Royal Hospital).

There is a £15 joining then £7 per class. Monthly discounted memberships are available: £50 per month entitles you to attend three sessions per week, every week saving you money.

For more information contact Richard on 07786 001771 or email richard@takeheartgroup.org or look at the website <http://www.bsthg.org.uk/home>.



CAMEO (Come And Meet Each Other) Club

Bishop Hannington Church (Nevill Road)

Thursday 9.45am - 12noon

£1.50 per session

Every Thursday between 50 to 60 people Come And Meet Each Other (CAMEO).

Between 10 and 11 we have tea/coffee and biscuits and chat. From 11 to 12 we have a guest speaker or singing group to entertain us. For example, in October and November we will have a talk about Cuba, the Blind Veterans charity coming in, a morning about Grizzly Bears, a Songs of Praise morning, a Cameo Christmas shopping morning in the church and a singing and dancing show about the Hollywood Years. Every three weeks we have a two course lunch costing £2.50 and optional Bible study.

For further information contact Laura Dwyer-Smith on 07909 918796.



Cascadez Line Dancing

St Richard's Community Centre

Friday 1pm – 3.30pm

£5 per session

Line dancing for beginners and improvers. All ages welcome but predominantly 50+.

The music is a mixture of modern and country. Really friendly group of people who give a warm welcome to everyone. Get Fit. Make Friends. Have Fun.

Come and give it a try - your first class is free! The loyalty programme means every 10th class is free.

Tea, coffee and biscuits are available free of charge - just help yourself.

Both teachers are fully qualified BWDA 2000 Instructors and BWDA 2000 Medal Test Adjudicators. For further information contact Carol on 07784 637057.

The Facebook page can be seen at <https://www.facebook.com/CascadezLineDancing>.



Some of our dancers doing the Red Hot Salsa

Coffee Break

Oasis

Friday 10am - 12noon

Free

For the last fifteen years, people (currently 25) meet each Friday at the Oasis for tea/coffee and biscuits, a chat and Short Mat Bowls.

There is a monthly lunch for which there is a small charge.

For further details contact Oasis on 01273 621193.

Computer Sessions & Get Online

Hangleton Library
Thursday Mornings
Free – booking necessary

Library Connect covers the computer sessions as well as the 'Get Online' campaign. Library Connect sessions are one-to-one sessions with library volunteers, offering guidance on using computers, smartphones and tablets, or navigating the web. The volunteers can signpost users to the council website and assist them in navigating around the website, however, neither they, nor library staff can offer council service advice.

Do you or someone you know need help to use a computer, tablet, laptop, e-book reader or smartphone? If so, drop in or book a session with our friendly volunteer for helpful one-to-one guidance with various digital and online activities including:

- using the internet and email
- keeping in touch with friends and relatives online
- sending attachments such as a CV
- accessing council services online
- printing and scanning and much more

Sessions take place on Thursdays at Hangleton Library between 10am-1pm, and last 45 minutes- book up to 8 for free! For more information or to book a session, contact Hangleton Library on 01273 296904

Craft and Conversation

Hangleton Library
Thursday 10am - noon

Do you knit, crochet or craft with fabric, or would you like to learn? If so, join our friendly group for a cuppa and a chat while you work on your projects. Everyone is welcome!

We meet on Thursdays at Hangleton Library from 10am-12pm.

Crafty Adults

Churchill House

Alternate Wednesdays 10am - 12noon

We are people who enjoy craft, and between us manage to do a lot of different things. We meet every two weeks at Churchill House for two hours, to have a natter, put the world to rights, and also make items. At present there are 13 members.

Our talents at present include tapestry, patchwork, cross stitch, card making, Parchment craft, knitting, to name a few.

If you wanted to learn any of these crafts we can help you, and we also hold a small amount of basic material to start you off, at no charge.

For further details contact Mary Mason on 01273 413103 or email mariafour@talktalk.net



Dancing for Health

Seated Exercise progressing to Active Dance

Bishop Hannington Youth and Community Centre

Tuesdays 11.15am – 12.15pm

Adults - £3 or £2 concessionary



BEGINNERS WELCOME

WEEKLY EXCLUDING SCHOOL HOLIDAYS

NO NEED TO BOOK – JUST DROP IN

This is a friendly and welcoming class to music. The first part of the class is seated using dynamic exercises that can help core strength, flexibility and balance. The second part is standing active dance to music from around the globe, although it can also be completed while seated.

If you would like more information contact the Healthy Lifestyles Team on 01273 294589 or email healthylifestyles@brighton-hove.gov.uk

**Your healthy
Lifestyle**

The logo for Brighton & Hove City Council features a stylized white building with three towers and a central dome, set against a blue background. Below the building, the text 'Brighton & Hove' is written in a bold, sans-serif font, and 'City Council' is written in a smaller, sans-serif font below it.

**Brighton & Hove
City Council**

Drop-in Sessions

St Peter's Church (near the windmill)
First Friday of each month 10.30am - 12noon

Drop in for coffee, conversation and companionship. Meet some new friends or catch up with old ones.

For further details contact look at www.stpeterswestblatchington.org.uk.

Film Club

Bishop Hannington Church

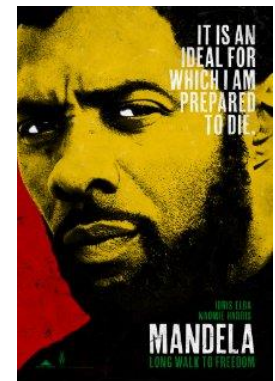
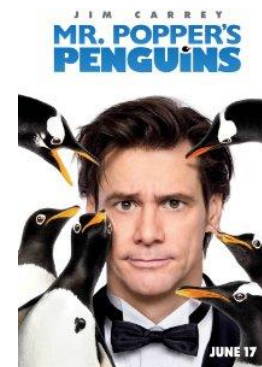
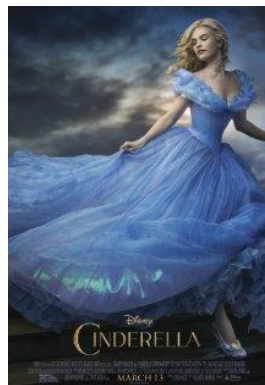
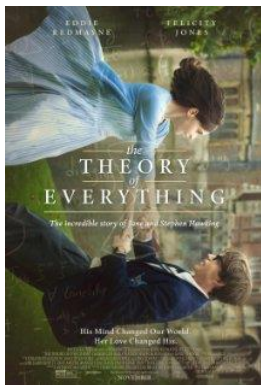
1st Monday of each month 2pm – 4 pm

Voluntary suggested £1.50 donation for tea, coffee and cakes

The Film Club has been running for about three years. Patrons are asked to donate £1.50 for tea and cakes. A wide variety of films are shown.

Recently shown films include Cinderella, Sound of Music, The Theory of Everything (Stephen Hawking), Mr Popper's Penguins, Nelson Mandela. "We try to mix it up a bit!"

For further details contact Jacquie Funnell on 07917 875355.



Food Bank

St George's Church Hall
Court Farm Road, Hove BN3 7QR
Wednesdays 12 noon – 2pm



Our food bank is run by volunteers from St George's Catholic Church and St Peter's Anglican Church both of Court Farm Road, Hove.

We are open every Wednesday between 12 noon - 2pm.

Our aim is to provide food to individuals and families who find themselves in crisis or urgent situations.

We offer a hot or cold drink and a chat with people who may be able to point you in the right direction for further assistance. We then accompany you to collect from our range of tinned and dried goods.

We regret that we are unable to support clients financially.

In order to receive a food parcel you must be referred to us by a local agency. We are able to offer assistance for 4 weeks following a referral.

We rely on donations so cannot promise availability of specific brands or products.

For more information contact Anna on 07990 631892 or email info@hangletonfoodbank.org.

www.hangletonfoodbank.org

Forget Me Nots Social Club

St Richard's Community Centre

Tuesday 1.30pm - 4pm

£1.50 per session

This is a social activity group which has been going for at least 30 years! We play Bingo, have a raffle, and chat with tea and coffee.

For the entry fee you get two Bingo tickets which give you 10 games (line and full house), two raffle tickets, and tea and biscuits. Once a month we hold a Bring & Buy session.

New members are welcomed. For further information, contact Pat Weller or Ann Tizzard at 01273 414483.



Hangleton & Knoll 50+ Tea, Chat and Friendship Group

Every second Wednesday of the month from 1.45-3.45pm
The Oasis, Hangleton Way, Hove, BN3 8EQ

Do you find it hard to get out and meet new people? Come along for our free drop-in with afternoon tea.

The group will run every second Wednesday of the month from **1.45-3.45pm** on the following dates initially:

9th October 2019

8th January 2020

13th November 2019

12th February 2020

11th December 2019

11th March 2020

at The Oasis, Hangleton Way, Hove, BN3 8EQ (free parking available on-site and on bus route 5b)

Some transport available for residents of Hangleton and Knoll: please contact Emily Daniel at Together Co Befriending on 01273 775 888 or email emily.daniel@togetherco.org.uk to request transport.

The Hangleton and Knoll Project (HKP)

Community learning with a focus of getting confident with computers

HKP runs a selection of very low cost, friendly, welcoming courses in easily accessible community venues and delivered by a team of skilled tutors. Please contact Lulu on 01273 881446 or info@hkproject.org.uk for further information.

Courses run in basic computer skills, Excel, Word, English as a second language, First Aid and Food hygiene for example.

There are **FREE** weekly computer sessions with our IT tutor David at St Richard's, Egmont Rd – details below.



The Hangleton
& Knoll Project
Working for a better community

The Hangleton & Knoll Project Free Computer Drop-Ins

No need to book, just 'drop-in'

Every Wednesday & **Every Friday**
10am-12; 1- 3; 3-5pm & **10am-1pm**
With David & 3-5pm with Karen With our trained Tutor David



The Hangleton
& Knoll Project
Working for a better community

For help with: Computer basics; Setting up Email, Facebook & Twitter; Getting to know your computer; Microsoft Office; Using the scanner; Writing a CV, Employment Searches; Online Benefits; Bill Payments; Selling/Buying online; and lots more. Professional friendly 1to1 help at your own pace! Need help with anything from the basics on up or just need to use the computer, our computer drop-ins are the place for you.

Scanner and low cost printing available for residents; Equipment: Do you have your own tablet or laptop? You are welcome to bring that along to the drop-in with you so that you can learn on your own machine

In the HaKIT Room at St Richard's

All HaKIT courses are advertised via our HKP E Newsletter; we send out regular updates to over 500 residents about project and community activities & events so if you would like information straight to your in box; email: info@hkproject.org.uk and ask 'add me to the database'. Alternatively pop in to the computer drop-in or telephone Lulu on 01273 881446

St Richard's Community Centre Egmont Road Hove BN3 7FP

Many thanks to our funders:



Hangleton and Knoll Carers Coffee Morning

Hangleton Manor

First Thursday of each month 10.30am – 12noon

Free to unpaid adult carers



Are you an unpaid family carer living in the Hangleton and Knoll area? Would you like to meet with other carers from your community over a hot drink in the beautiful Hangleton Manor? The Carers Centre for Brighton and Hove runs a monthly Coffee Morning from 10.30am to 12 noon on the first Thursday of the month. This is an opportunity to have some social time and peer support from other people in a similar situation to yourself and to access information on specialist local services relevant to health issues faced by carers and the person that you look after. Previous speakers have included, for example, the Older People's Housing Manager from Brighton and Hove Council, the Health Check service and Customer Liaison Officer from Brighton and Hove Bus Company.

For more information, please contact the Adult Carers Team on 01273 746222 or Liz.Gough@thecarerscentre.org .

Hangleton and Knoll Community Action

St Richard's Community Centre
Quarterly on Wednesdays 10.30am – 12noon

Community Action is a forum where local residents, representatives from community groups, such as residents associations, Brighton & Hove City Council, the Police, and other agencies, come together to look at the **needs of the community**, and to discuss the issues that affect the neighbourhoods. We look at ways of working together to find a common solution.

As a local resident and/or member of a local community group, attending Community Action will enable you to speak out on community issues such as **crime, community safety, facilities for young people and housing**, and be part of the process that decides what the priorities are and how to go about solving problems.

If you are interested in finding out more about Community Action, including dates of future meetings, contact Ann or Pat on 01273 414483.



Hangleton and Knoll Multi-Cultural Women's Group Yoga

St Richard's Community Centre

Mondays: 9.30am – 10.30am during term time

£4 for non-members, £2 for members

Yoga class for women only during term time.

The Multi-Cultural Women's Group has other Health and Well Being Activities, as well as monthly Coffee Mornings at St Richard's.

For more information contact Laura Topping on 07740 930010 or laura.topping@icloud.com.



The Group

Hangleton Bowling Club

Knoll Park Recreation Ground,
Rowan Avenue, Hove, Sussex, BN3 7JH

Roll ups: Monday and Thursday at 10.30 am, May to September
£3.70 adult or £3.20 concessions for a session's bowling

Make new friends – learn new skills

Hangleton Bowling Club is a friendly mixed club operating from late April to the end of September each year and we are always delighted to meet potential new members. All are welcome, men and women, young and old. For novices , tuition is available within the club.

Come and meet club members at our green in Knoll Park, off Rowan Avenue, Hangleton during their social 'roll ups' on Monday and Thursday mornings or, if that's not convenient, contact Clive Bennett on 01273 881226 or email clivebennett.folk@virgin.net.

Note that prices are subject to variation by the City Council. First visit, if pre booked with the Club Secretary, is FREE as guest of the club

For more information, please look at the web site - <http://www.hangletonbowls.co.uk> .



Hangleton Get Together Club

Oasis (Junction of Northease Drive and Hangleton Way)

Wednesday 10am - 12noon

£2 per session

This club has been going for over 16 years! About 20 members turn up each week to listen to outside speakers, recent ones being Trevor Povey on Old and New Shoreham, Chris Horlock on Brighton in the Second World War, and a talk on the RNLI. Tea and biscuits is included in the price.

Once a month there is Bingo. In 2017, outings were organised to the Loxwood Canal and Polehill Garden Centre.

For further information, contact Sheila on 01273 329844.



Hangleton Senior Brass Band

Hangleton Junior School Hall, Northease Drive, Hove

Friday 7.45pm – 9.45pm

£15 per month



The Hangleton Senior band is made up of approximately 25 brass and percussion players from the Brighton and Hove area. Many of our members came up through the ranks of the Youth Band, reinforcing the strong links and sense of community between the two bands. We play a wide variety of music, ranging from classical works to arrangements of chart music.

We put on two annual concerts, and play at a variety of other venues such as bandstands during the year in the Brighton and Hove area and around Sussex.

We are also a contesting band, and compete in both local (Southern Counties Amateur Bands Association Second Section) and National (Third Section) competitions. We have qualified for the National Brass Band Finals twice in the last ten years - in 2008 and again in 2011.

We are a friendly bunch and put on a variety of social events for our members during the year. New members are always welcome. If you are interested in coming along to a rehearsal email manager@hangletonband.co.uk for more details.

The bands currently rehearses on Friday evenings at Hangleton Junior School Hall, Northease Drive, Hove on Friday evenings from 7.45pm - 9.45pm. Contact via manager@hangletonband.co.uk.



Hangleton Short Mat Bowls

Hangleton Community Centre

Thursday 2pm - 4pm; Friday 2pm - 4pm

£10 per year membership, £2.50 per session

The benefits of playing bowls are gentle exercise, fun, and meeting new people. We do not play in competitions but we do arrange some social events, such as day trips, 'fun days' and Christmas dinner.

Most members have been with the club for many years but we welcome new members. They are offered a free session by friendly members who will explain the rules etc. New people do not necessarily need to have their own bowls as we have plenty they can use.

Tea/coffee and biscuits are free.

For further details contact Christine Wade on 01273 771681 or b-wade@sky.com.



Hounsom Fellowship

Hounsom United Reformed Church, Hangleton

Every other Tuesday 2.30pm - 4pm

Entertainment by musical groups, Audio/Visual presentations, talks by representatives of various charities, craft activities, board games and much else. Meetings last for one and a half to two hours, the last part taken up by tea/coffee, biscuits, and lots of chat.

There is an annual outing each June.

There is no charge but a collection is taken during a short service with which every meeting commences consisting of a hymn, reading and prayer.

For more information contact William Grave on 01273 738762 or wgrave@virginmedia.com.



Hove Support Group for Carers

St Richard's Community Centre

Last Wednesday in the month 10am – 12pm

Free



The Hove Carers' Support Group generally meets on the last Wednesday of each month. Please note that some dates will deviate from the last Wednesday due to venue availability, so we advise that you please contact our Brighton office to confirm upcoming dates.

Our group provides a friendly and supportive environment to talk to other carers about how dementia affects your life.

You can discuss issues you might be facing with others who understand, as much as possible, what you're going through. You can also share practical information and advice about what has helped you.

Our staff and trained volunteers run the group to help you get the most out of the sessions, and are on hand to offer you information and advice.

For more information, contact the Alzheimer's Society on 01273 726266 or brighton@alzheimers.org.uk.

Hove Stroke Club

Bishop Hannington Church

Friday 2pm – 4pm

£5 or £7 with transport



The Hove Stroke Club is affiliated to the Stroke Association and offers a social opportunity for those affected by stroke. Carers are always welcome.

Refreshments, table top games, quizzes and raffle. As well as meeting to chat, members take part in various social activities including games and crafts. In addition, the group can offer speech therapy. Transport can be provided.

We offer understanding, help and support to stroke survivors, family and carers.

The cost is £5 a week which includes tea and cake etc. or £7 which also includes transport.

Contact Daail Goodson on 07763 206091.

In Shape for Life

Portslade Sports Centre – Friday 9.30am – 10.30am
£2 concessions, £3 adults



Active for Life runs low cost and local sessions to help people become more active, more often!

Are you looking for a local exercise class where you can work at your own pace? Active for Life's In Shape for Life sessions are circuit based exercise classes with the opportunity for you to work at your own pace. Our instructors can adapt exercises to suit your needs to help you reach your goals. The sessions are for adults of all ages and abilities.

If you would like more information contact the Healthy Lifestyles Team on 01273 294589 or email healthylifestyles@brighton-hove.gov.uk.



Knoll Bingo

St Richard's Community Centre

Thursday 7 - 9 pm

Saturday 7 - 9 pm

Knoll Bingo night is a social occasion for people of all ages. Usually up to 50 people attend. We hold a raffle, play bingo, chat and drink tea and coffee. There is no cost of entry.

For further information, contact Pat Weller or Ann Tizzard on 01273 414483.

Knoll Lunch Club

St Richard's Community Centre

Thursday 11.30am – 2.30pm

£4.50 for a two course meal

A mixed group of about 15 attend the Knoll Lunch Club every Thursday to eat basic English food such as roast beef, stews, chicken casserole, jacket potatoes and salads, followed by a dessert, served with a soft drink.

We also hold a raffle.

For further information, contact Pat Weller or Ann Tizzard on 01273 414483.



The Christmas Lunch 2011

Knoll Pilates

St Richard's Community Centre

Monday 10.40 - 11.40 & 11.45 - 12.45

Wednesdays 10.30 - 11.30 & 11.45 - 12.45

6 low cost lessons for £25

Friendly and Fun lessons with Soraya our qualified professional instructor. Under Floor Heating in cold weather. Mats & equipment provided.

For more information contact Jacquie Baker on 07825 201950 or email knollpilates@gmail.com . Facebook 'Knoll Pilates Group'.



Martlets Day Services

Martlets Hospice
Monday-Friday 9am – 5pm



Supportive care for people living with a serious life limiting illness.

Martlets Day Services are designed to maximise independence, maintain quality of life and improve wellbeing. Services include Acupuncture, Art Therapy, Legal Advice Clinic, Rehabilitation Service, Pamper Suite, Complementary Therapies, Macmillan Welfare Benefits Advice Service, Life Writing, Mindfulness and Relaxation Groups, Reminiscence Groups and tea dances, Good Vibrations Choir.

Services are free but we're a registered charity and if you're able to we would appreciate a donation of £10 towards the cost of your session.

Call the hospice on 01273 273400 to find out more or to arrange an appointment.

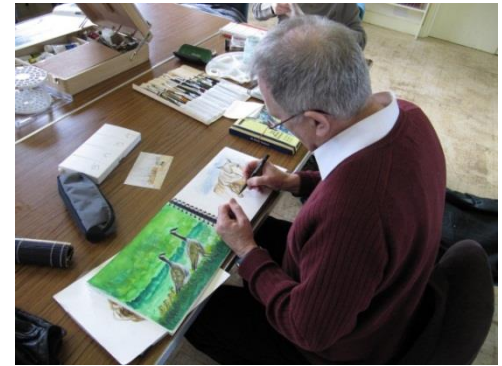
Oasis Art and Craft Group

Oasis (Junction of Northease Drive and Hangleton Way)

Friday 1pm - 3pm

£1 per session

The Oasis Art Group meets in the main hall at Oasis Christian Fellowship, Hangleton Way, Hove, each Friday between 1pm and 3pm (unless notified otherwise). It is a small group with between 8 and 9 members. There are various forms of media. Members have various degrees of skill from beginners to the more experience. Several members are involved in needlework. There is no tuition with each member supporting the others. There is a cost of £1 which covers the hiring of the hall and refreshments. New members are always welcome and if anyone is interested please contact Liz Myddleton (Church Office: 01273 621193)



Old Knollonians (formerly The Knollites Group)



St Richard's Community Centre
Various Mondays 2pm - 4pm
£4 per session

Did you attend the Knoll School? Did you live on The Knoll or nearby estates? Were you evacuated during the war?

We are a group formed in 2009 of ex-Knoll School and neighbouring estate residents circa 1930-1965.

We are in contact with over 150 'Old Boys and Girls'. We meet socially every few weeks to bring back these memories, meet old and new friends in a convivial atmosphere, with refreshments provided.

For most meetings we have a guest speaker to provide some entertainment. Past talks have included The Old Brighton Volks Railway, an Antiques Road Show experience, Sea Rescue Organisation, Lewes History, A History of the cinema locally, The story of the Crystal Palace.

We have an elected committee to manage our group according to our published constitution. For further information contact Mike Hookham on 01273 777733 / mrhookham@yahoo.co.uk.





Older LGBTQ Meet Up Emmaus Café Portslade

Third Thursday of each month



The Hangleton and Knoll Older LGBTQ Project is for Older lesbian, gay, bisexual, Trans and Questioning (OLGBTQ) people in the Hangleton and Knoll and surrounding areas of West Hove and Portslade. It has been running since October 2014 and is supported by The Hangleton and Knoll Project in partnership with Brighton and Hove Switchboard. It follows on from the previous LGBT project run in the local area but with a focus on older people in order better to meet their needs.

The group's overall aims are to improve members' mental and physical wellbeing and reduce their sense of social isolation. This group has given people who often feel isolated in Hangleton and Knoll and surrounding area the opportunity to join a social circle of activities and friendships. This in turn will improve mental health and well-being and supports healthier and happier ageing.

The group holds monthly meet ups at the Emmaus Café, Portslade and , as with all of our groups, we aim to bring OLGBTQ people together in an informal, safe and social space. Group members also attend daytrips and other health and wellbeing activities as part of the wider Older LGBTQ project . They are also given opportunities to link with non-LGBTQ community activities, training and events in Hangleton and Knoll.

For more information, contact Clare Hopkins on 01273 410858 or look at <https://www.switchboard.org.uk/projects/older-lgbt-project/>

This is a link to the H&K LGBT Facebook page: <https://www.facebook.com/lgbt.hangleton>

Parkinson's UK

Bishop Hannington Church

Third Saturday of the month 12.15 pm – 4.30pm

PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

The Brighton and Hove branch of Parkinson's UK offers information, friendship and support to local people with Parkinson's, their families and carers.

We also organise regular events and social activities. Join us - and meet other people affected by Parkinson's in your area.

Our meeting starts at 12 noon with an exercise class and carers' meeting, followed by lunch. The main branch meeting takes place from 2.30pm-4.30pm. Parking is available on and off site and the local bus 5A stops outside the venue.

For further details, email Carole on carole349@btinternet.com or call Jenny Wilcox, the central Volunteer Co-ordinator on 0344 225 3609. Our local website is <https://www.parkinsons.org.uk/local-support-groups/regions/south-east-england/brighton-and-hove-branch>.



The Reading Group

Hangleton Library

Last Saturday of each month, 11am - 12.30pm

The Group consists of approximately twelve members. We discuss the chosen books in our meeting room, with general comments at the end of each meeting.

Members are given the opportunity to choose which titles they would like at the end of each year, and we always welcome new authors and titles.

New members are always welcome.

For further details, contact Norah Carr, who manages the reading groups, via norah.carr@brighton-hove.gov.uk.

Say Aphasia



United Reform Church, Ventnor Villas
Friday, 10.30am – 12.30pm

Say Aphasia is a local charity that supports people living with aphasia. Aphasia is a communication disability which occurs when the communication centres of the brain are damaged. It is usually caused by stroke, but can be caused by brain haemorrhage, head injury or brain tumours. Aphasia affects people differently – some people are unable to speak at all, others may have difficulty finding the right word to say or have difficulty reading, writing or using numbers. The emotional, social impact of having a communication difficulty can be huge, affecting relationships, employment, education, social lives, and confidence.

Say Aphasia offers a free weekly drop-in group based in Hove. The group is open for anyone with aphasia to attend. The group provides an opportunity to socialise and meet other people experiencing similar challenges with communication.

For more information, contact Colin Lyall on 07796 143118 or email info@sayaphasia.org or look at the website <https://www.sayaphasia.org/>.



Shape Up and Feel Better

St Richard's Community Centre

Tuesday 6pm – 7pm and Friday 10.30am – 11.30am

£3 per session

Weekly circuit exercise session for adults.

For more info please contact Claire - 01273 410858 or email claire.johnson@hkproject.org.uk

Sing for Better Health

St Richard's Community Centre

Most Tuesdays 1pm – 2.30pm

Contact Udita Everett for dates of courses

All welcome – no need for any singing ability, just join in! Singing has proven benefits from better breathing, improved brain power and all over happiness. Have fun and make new friends, it's a very welcoming group!

Drop-in: £3.50

Join for a course of 6 weeks: £6 in advance + £2 per session

For more information contact Udita on 01273 556755 or
www.singforbetterhealth.co.uk



Slimming World

Oasis (Junction of Northease Drive and Hangleton Way)

Monday 5.30pm – 6.45pm and 7.30pm – 8.45pm

£4.95, £4.65 for over 60s per session

We are a friendly group with the aim of helping members lose weight and have a healthy eating lifestyle.

Like all Consultants, I joined Slimming World as a member so I really do understand the challenges - and the joys - that losing weight brings. And I know that, with the help and support of me and the friendly members in our group, together we really can do it.

For further details contact Patrick on 07595 669957, or look at <http://www.slimmingworld.co.uk/joining-a-group/nearest-group.aspx?pcl=bn3&pcr=8ld&control=master>.

I ♥ Slimming World

my menu for success

breakfast
I love a full English breakfast, with eggs, grilled bacon, mushrooms, beans, tomatoes and sautéed potatoes.

lunch
Something fast and filling – a chicken salad sandwich on wholemeal bread followed by mixed berries stirred into fat-free yogurt to satisfy my sweet tooth.

"I love a full English breakfast!"

dinner
My idea of heaven is a big bowl of homemade meatballs with pasta and a glass of wine!

snacks
Loads of fruit, a bag of low fat crisps and an Options hot chocolate before bed – yum!

Jackie Renforth from Warwickshire lost 1 stone 11lbs to reach her target weight. Here's why *she* loves Slimming World...

delicious family-friendly food
“ Slimming World made losing weight easier than I ever dreamed possible! I'm never hungry, there's so much choice and now I'm in control. And because it's family-friendly, me and my little boy Max eat the same delicious meals, which saves time and money! It's great to know that as well as helping me stay slim for life, Max is picking up healthy habits too. ”

sensational support
“ Nothing beats the warmth and understanding I get from my Consultant and fellow members every week in group. We're like a family! We have so much fun sharing recipe ideas and tips to stay on track and I always leave feeling motivated and confident about the week ahead. ”

unbeatable value
“ At your first group you receive everything you need to get started straight away, plus free access to Slimming World's website for extra mid-week motivation. It cost me less than £4.15 a week when I bought a 12-week Countdown course and now I'm at target I can attend my group free of charge! ”

Jackie before

Jackie x

Download our free app!
Follow us on Facebook and Twitter.

visit www.slimmingworld.com/2012 for your free 7 day slim-down plan!



SocialPing



Hangleton Community Centre
Mondays 10.30am – 1pm £2 per session
Thursday 11am – 1pm (with a Coach) £3 per session

Fancy a ping and a pong?! Want to meet like-minded people? Need a bit of exercise? Want to get out of the house? Come to our weekly SocialPing sessions. On Thursdays there will be a Brighton Table Tennis Club coach on hand to help you develop your skills and confidence. Table tennis tables with nets, bats and balls available (feel free to bring your own). A chance to bring your friends and meet new people in an informal, fun and friendly setting.

The Thursday sessions include a break for free tea, coffee and biscuits. To register your interest in attending the 50+ SocialPing activity, please contact Nick Goslett: 07899 066683 or nickgoslett@gmail.com.



South Downs Arts Society



Hangleton Community Centre
Most Saturdays 1.30pm – 3.30pm
£40 per year, first two sessions free

The membership has a wide range of abilities, from those of a professional standard and experience to those who are just beginning to learn the joy of painting.

The more able members are always willing to give help and advice when asked, but members are free to work in whatever way they wish during work sessions. There is a very friendly atmosphere in these informal meetings, with tea and biscuits halfway through the session.

The Society is affiliated to the S.A.A. (Society of Amateur Artists) and has often received help and advice from them. Some members also belong to the S.A.A. but that is not essential.

The first two sessions are FREE. Our yearly subscription at the moment is £50, which covers 40 or more sessions and is payable in two instalments of £25. We are not a money making organisation. The subscription covers the rent of the hall, third party liability insurance, and part of the cost of the fees for demonstrations by visiting artists, of which we have several each year. There is a 50p charge each session for tea/coffee and biscuits.

When the weather is good we also meet together at various beauty spots in the countryside, farms, parks, or by the river etc. to sketch or paint.

We welcome all new members above the age of fifty years and anybody interested is free to come for one session before paying the full membership subscription.

For more information contact

Jan Cohen on 01273 274129 or
jancohen50@hotmail.co.uk

You can see more at
www.southdownsartsociety.co.uk



Southdown Men in Sheds

Monday and Friday 10am – 2pm, Wednesday 10am – 4pm

Garage at the top of West Road, Fishersgate

Free



A Men's Shed is a larger version of the typical man's shed in the garden – a place where he feels at home and pursues practical interests with a high degree of autonomy. Men in Sheds offers this to a group of such men where members share the tools and resources they need to work on projects of their own choosing at their own pace and in a safe, friendly and inclusive venue. They are places of skill-sharing and informal learning, of individual pursuits and community projects, of purpose, achievement and social interaction. A place of leisure where men come together to work. See this documentary, www.bettershedthandead.co.uk.

We meet every Monday and Friday for two hours and Wednesday for seven hours. The shed is a double garage at the top of West Road in Fishersgate. Tea and coffee are included in the price. New members are always welcome. For more information contact Keith Mason on 01273 413103 or keith.hove@btinternet.com.



Sporting Memories Group

Tuesday 10am – 11.30am

Sussex Cricket Club

1st Central County Ground, Eaton Road, Hove, BN3 3AN

Free



Sporting Memories is a free weekly meeting for older sports fans to share their love of sport in a relaxed environment. Everyone is welcome!

For more information, contact Lizzie on 07826 256652 or foundation@sussexcricket.co.uk.



Standing Tall

STANDING TALL
Balance . Strength . Fitness . Flexibility . Socialising

Hangleton Community Centre - Tuesday 10am – 11am or 11.30am - 12.30am or 1pm – 2.30pm
St Richard's Community Centre – Thursday 1.30pm – 3pm

Standing Tall is a friendly, safe exercise group for 50+ which meets weekly. Run by a physiotherapist, it is based on research proven to improve fitness, strength, balance and confidence.

All exercises can be adjusted to suit anyone's level of fitness or difficulties. There is a social half hour included for tea, coffee, biscuits and chatting. £5 per class.

For more information look at www.standingtall.net or contact Ruth McEnery-Carter on 07399 993426 or email Ruth on rmcenerycarter@gmail.com.



Tai Chi

St Richard's Community Centre

Tuesday 12noon -1pm

£6 per session, first one free

The Tai Chi group was started five years ago to help 50+ people improve their balance. The same tutor, Ian Kendall, has been with us since then and we work in a lovely social atmosphere.

What is Tai Chi Chuan?

Tai Chi Chuan is a Chinese martial art and method of gentle exercise that can be practiced on many levels by all ages. Based on the Taoist philosophy of Yin & Yang, the system seeks to promote harmony in the physical and mental state of the student.

Why do people practice Tai Chi Chuan?

Those who do practice every day have a longer, more active life with fewer health problems. Other exercises can dissipate your energy, while Tai Chi Chuan accumulates it, leaving you feeling refreshed when you finish. The slow and graceful movements of Tai Chi Chuan helps to create balance, flexibility and calmness. With an emphasis on deep breathing and mindful concentration, Tai Chi Chuan integrates your mind with your body and is very effective at relieving stress. Just 20 minutes a day of Tai Chi Chuan can dramatically improve your posture, coordination, leg and lower body strength.

Your first class, what to expect

All 60+ classes begin with a warm up, seated at first then standing. Students will then follow the instructor in a series of techniques and postures which are linked together; this is called the 'handform'. Throughout the class there will be rest breaks and time to ask any questions on the movements being practiced. Loose clothing and flat shoes should be worn.

Students have to be able to stand unaided.

For further information, contact Pat Weller or Ann Tizzard on 01273 414483.



Townswomen's Guild

Housom United Reformed Church, Nevill Avenue

2nd Monday of the month 2.30pm

Free



We meet every 2nd Monday of the month at 2.30pm, at Housom Hall, Neville Avenue, Hove.

We have a varied programme of speakers and activities plus several group activities which include Craft, Walking and Theatre Visits. We are a very friendly group of ladies who would welcome more members.

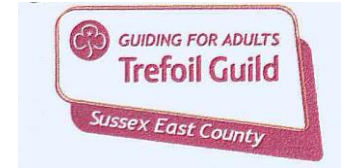
Visitors pay £2 and can visit twice before joining. Refreshments are always served.

Contact: Wyn Burgess 01273 710608 or wrb41@sky.com

Trefoil Group (Guiding for Adults)

West Blatchington Windmill Barn

First Tuesday of each month (excluding December and January) at 2.30 p.m.



New members are welcome to join us especially if they have been a Leader or have been a Ranger, Guide, Brownie or Rainbow with happy memories of their years in the Guide & Scout Movements; anyone who has an interest in the Association can join and be prepared to make or renew the Promise as required by Girlguiding UK.

There is a membership fee of £16 p.a. (last year's fee) to support Trefoil Guild Offices in London and the South East with links to International, National, Regional and County events.

During the summer months we have outings including visits to campsites and pack holidays, sometimes to help the Guiders who may need an extra pair of hands or to enjoy watching activities there and joining in with camp skills, campfire singing etc. An International Camp is held every 4 years in East Sussex with opportunities to meet and make friends worldwide. Visits to gardens and National Trust properties, places of local interest too which previously have included the Lifeboat Station at Shoreham, the Blind Veterans, the Recycling Depot. Having a ramble with lunch out or having a picnic.

At indoor meetings, a bring-and-buy helps the Martlets Hospice, and we entertain each other with our own skills, knitting and sewing for charitable causes, craft, games, interesting talks on holidays, packing Shoeboxes for needy children abroad, quizzes etc. as well as occasional speakers. Helping at District Rainbow, Brownie and Guide meetings, and joining up with other Guilds in Brighton and beyond is always pleasant too. Gentlemen can join us, although in our guild we are all ladies at present. Age is no barrier.

For more information, plus times of a local evening Guild call Janet Hand on 01273 504513.

Trips

From St Richard's Community Centre

Full Days: 9.30am – 5.30pm

Half Day: 1 - 5 pm

The Hangleton & Knoll 50+ Steering Group organises about 10 trips a year, one being on a 46-seater coach and the others in a 16 seater minibus. Thanks to the generosity of the Hove and Portslade Aid in Sickness Association, Brighton and Hove Council and Dignity Funeral Directors we are able to subsidise these trips and for those with dementia and the carers, free trips are often available.

We keep a register of people who are interested in going on these trips and try to be as fair as possible in spreading them amongst all those who want to go.

Trips in 2019 have been:

- January – Veolia Recycling Centre and Southdowns Heritage Centre
- March – Amberley Heritage Museum
- April – Fishbourne Roman Palace
- May – Calamity Jane (theatre trip)
- June – Portsmouth Harbour and Spinnaker Tower
- July – Bluebell Railway and Sheffield Park Tea Room

For further information, contact Nick Goslett on 07899 066 683 or nickgoslett@gmail.com.



West Area Health Forum

St Richard's Community Centre

Quarterly on Wednesdays 10am – 12noon

The West Area Health Forum is made up of representatives from local GP Surgeries and patients. It is open to patients from our local GP surgeries - Portslade Health Centre, Mile Oak Medical Centre, Hove Medical Centre, Wish Park Surgery, Benfield Valley Healthcare Hub, Links Road Surgery - and Hangleton and Knoll residents.

It meets once a quarter at St Richard's Community Centre and gives residents the opportunity to raise issues or concerns they have about their local GP Surgery and / or health services. The Health Forum is steered by a core group of local residents supported by the Hangleton and Knoll Project to identify priorities and agenda items for the meetings. It is also a useful mechanism for local residents to feed into decision making about health care services at a city-wide level.

For more information contact Clare on 01273 410858 or clare.hopkins@hkproject.org.uk

Young at Heart Keep Fit Club

St Helen's Church Hall

Friday 1.30pm – 3pm

£5 per session

Weekly structured group exercise class for the over 60s with two Professional Personal Trainers.

You're invited to step towards greater flexibility, balance and strength by coming along to the Young at Heart Keep Fit Club. Each 45 minute class aims to turn back your body clock as we step back, year-by-year with popular songs from the '50s, '60's and 70s.

Your friendly Young at Heart Keep Fit Club Trainers; Ty Paul and Gav O'Brien jointly take each class every Friday at St Helen's Church Hall. Registration 1.30pm, Class Starts 1.45pm. After class refreshments 2.30pm.

For more info please contact Gav on 07730 038830.



Zumba Chair Gold



Oasis (Junction of Northease Drive and Hangleton Way)

Wednesday 11.30am – 12.30pm

£6 per session

A fun, low impact, seated Zumba workout for everyone.

The first class is free. Subsequent classes £6 for one hour, including tea/coffee and biscuits.

For more info please contact Diane on 07795956793 or dianelewis537@gmail.com

