

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 Hilary: 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 Jacque: 07917 875355

Townswomen's Guild
 2nd Monday of the month at 2.30pm
Hounsom 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 Udit: 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



Hounsom Fellowship
 Every other Tuesday 2.30pm – 4pm
Hounsom 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 Hilary: 07825 201950



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



Christian Arabic Friendship and Sympathy Group
17 Gladys Road 11.15 alternate Wednesdays
 £2 including meal. Contact: Ekhlal 07588 319883



Zumba Chair Gold
Oasis 12.15pm – 1.15pm £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. 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



Cascade 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



20/11/2019 V4.1



What's On in Hangleton & Knoll Winter 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

