

## Monday

### Brighton & Sussex Take Heart Group

St George's Church 8.30am – 9.30am  
£15 joining then £6 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

### In Shape for Life (healthy lifestyle)

£2 concessions / £3 (for adults of all ages)  
**Hangleton Community Centre** 9.30am-10.30am  
Contact Eilly: 01273 294589

### Men in Sheds

Free 10am – 2pm Keith: 01273 413103  
**Garage at the top of West Road, Fishersgate**

### 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

2<sup>nd</sup> Monday of the month at 2.30pm  
**Honsom United Reform 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: 07759 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 falls prevention classes 50+ £3/£4 class  
**Hangleton Community Centre**, 10am – 11am or  
11.30am – 12.30pm or 1pm – 2.30pm  
Contact Ruth: 07399 993426



### Sporting Memories Group

**County Cricket Ground** 10.00am – 11.30am Free  
Contact Linda: 07947 521836

### 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 556756

### 60+ Gentle Exercise

**Oasis** 2pm - 2.45pm £4  
Contact Susan: 01273 249600

### Forget Me Nots

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

### Honsom Fellowship

Every other Tuesday 2.30pm – 4pm  
**Honsom United Reform 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

### Brighton & Hove Stammering Support Group

First Tuesday of each month 7pm – 9pm Free  
**St Richard's** Contact Naomi: [admin@bhssg.org](mailto:admin@bhssg.org)

## Wednesday

### Men in Sheds

Free 9am – 4pm Keith Mason 01273 413103  
**Garage at the top of West Road, Fishersgate**

### Brighton & Sussex Take Heart Group

St George's Church 9.30am – 10.30am  
See Mondays for information

### Computer Drop-in HaKIT

**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

### H & K Health Forum

Quarterly on Wednesdays 10am – 12 noon  
**St Richard's**. Contact Clare: 01273 410858



### Crafty Adults

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

### 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

### Hove Carer's Support Group

**St Richard's** 10.30am – 12.30pm Free  
Usually last Wednesday of the month. Contact  
01273 726266 or [brighton@alzheimers.org.uk](mailto:brighton@alzheimers.org.uk)

### Food Bank

12noon – 2 pm  
**St George's Church Hall**, Court Farm Road  
Contact Anna: 07990 631892 or  
[www.hangletonfoodbank.org](http://www.hangletonfoodbank.org)

### 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 10:00am – 12 noon  
Contact Liz: 01273 746222 or  
[www.thecarerscentre.org](http://www.thecarerscentre.org)

### 60+ Gentle Exercise

**Oasis** 10.30am - 11.15am £4  
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 – 1pm  
Social lunch at **Emmas Cafe, Portslade**  
(£ contribution to costs welcomed)  
Contact Clare Hopkins: 01273 410858



## Knoll Lunch Club

£4.50. Contact for details about transport costs  
**St. Richard's** 11.30am - 2.30pm  
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 falls prevention class 50+ £7.50 class  
**St Richard's** 2.45pm – 4.15pm  
Contact Ruth: 07399 993426



## Bingo

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



**Bereavement Support Group** for families  
experiencing death of their child of any age  
**St Richard's** Small donations to TCF  
7pm-9pm Third Thursday of the month  
Contact Pat: 07963 963 224



## Friday

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



## Men in Sheds

Free 10am – 2pm Keith Mason 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 411116



## Money Works @ HaKIT

**St. Richard's** 10am - 1pm Free  
Contact Lulu: 01273 881446  
[www.advicebrighton-hove.org.uk/moneyworks](http://www.advicebrighton-hove.org.uk/moneyworks)



## Say Aphasia

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



## Shape Up and Feel Better

**St. Richard's** 10.30am – 11.30am £2  
Circuit Exercise Sessions with monthly nutritional  
advice. Contact Claire: 01273 410858



## Drop-in Sessions

**St Peter's Church** 10.30am – 12 noon  
Contact Rev Daniel Smith: 01273 732459



## Oasis Arts and Crafts Group

**Oasis** 1pm - 3pm £1  
Contact: 01273 411116



## Cascadez Line Dancing

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



## Age UK Information and Advice Surgery

1pm - 3pm 3<sup>rd</sup> Friday in each month  
The Martlets, Wayfield Avenue  
Contact Age UK: 01273 720603



## 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



## Hangleton Senior Brass Band

£15 per month 7.45pm-9.45pm  
Hangleton Junior School Hall  
Need be able to play a brass instrument  
Contact: [manager@hangletonband.co.uk](mailto:manager@hangletonband.co.uk)



## Saturday

### Reading Group (Adult fiction)

**Hangleton Library** 11am - 12.30pm  
Free Last Saturday of the Month.  
Contact: [norah.carr@brighton-hove.gov.uk](mailto: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: 0344 225 3609



### South Downs Arts Society

**Hangleton Community Centre** 1.30pm - 4pm  
Contact Jan Cohen: 01273 274129



## Bingo

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



06/03/2019



# Spring Edition



# 50+ in Hangleton and Knoll

## YOU ARE NEVER ALONE WITH 50+

Feeling lonely or bored ? Recently retired?  
Lots of local groups and activities

[www.hk50plus.co.uk](http://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](mailto:clare.hopkins@hkproject.org.uk)

[www.hk50plus.co.uk](http://www.hk50plus.co.uk) to download this leaflet

[www.hkproject.org.uk](http://www.hkproject.org.uk) to find out more about the  
Hangleton and Knoll Project

[www.possabilitypeople.org.uk](http://www.possabilitypeople.org.uk) What's On in the city

## 50+ Trips

**Nick Goslett 07899 066683 / [nickgoslett@gmail.com](mailto:nickgoslett@gmail.com)**

**Community Transport Trips and Shopping:** 01273 677559

**Bluebird Society for the Disabled** – transport – 01273 207644

**Low Cost Shopmobility Service:** 01273 323239

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

**Befriending Contact Point:** 01273 229005 or  
[contact@bhbefriending.org](mailto:contact@bhbefriending.org) [www.bhbefriending.org](http://www.bhbefriending.org)

**Access Point** help line number: 01273 295555 or  
[accesspoint@brighton-hove.gov.uk](mailto:accesspoint@brighton-hove.gov.uk)

**Money Advice PLUS** (Debt and Welfare Benefit Advice Line):  
01273 809288 [www.moneyadviceplus.org.uk](http://www.moneyadviceplus.org.uk)

**Alzheimers Society:** [www.alzheimers.org.uk](http://www.alzheimers.org.uk) or 01273 726266

**Plot 22**, Weald Allotments: [info@plot22.org](mailto: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.

