

THE SCROLL

August/
September 2022

Issue No 73

DELIVERED FREE IN THE KNOLL AREA*

LOCAL
NEWSPAPER

St Helen's & St Richard's

Our Priest Rev David Hazell is welcoming the community to join the Sunday mass 10am, at St Richard's, Egmont Road, Hove and St Helen's, Hagleton Way, Hove.

The services at St Richard's are every first Sunday of the month and all the rest of the services are to be held in St Helen's church.

For all updates of St Helen's and St Richard's, please visit the website:

www.sthelensandstrichards.org

All the services are streamed and recorded online. You can access these via

<https://www.facebook.com/StHelens-and-St-Richards-Hangleton-Video-Mass-107971237502530/> or

https://www.youtube.com/channel/UCfSx6dWRfA_p2krqNY0d3Yg

Family Support Work

Your help is needed more than ever to stop children going hungry.

Our foodbank is well stocked with certain items but incredibly low on others.

If you are arranging donations from your networks, please ask for rice, tinned tomatoes, jams, spreads and cleaning products.

We would be grateful if you could avoid collecting cereal and pasta as we have a huge stock of these.

Please leave all donations in the box in St Helen's church porch and St Richard's foyer ready for delivery to the food bank at Garton House.

Cash donations/supermarket vouchers are also accepted to enable the purchase of fresh fruit, vegetables, meat, etc.

Please contact **Pat Gething** on **01273 418009**.

Knoll Community Association - Update

We are welcoming Knoll residents to join our friendly Committee to bring new ideas, skills, and enthusiasm.

Are you passionate about the local area and would like to be more involved?

All welcome to attend our upcoming meetings

Dates of the next meetings at St Richard's Community Centre, Egmont Road, BN3 7FP.

Thursday September 8th 7pm - 8.30pm

Thursday December 1st 7pm-8.30pm ANNUAL GENERAL MEETING

To join the Knoll Community Association email list to receive all meeting Minutes, Agendas and other updates please contact **Ann Tizzard**: info@strknoll.org.uk

Contact **Clare at HKP** if you'd like to get more involved:
clare.hopkins@hkproject.org.uk; **01273 410858**

COMMUNITY AND LOCAL NEWS FROM KNOLL AND HANGLETON

Contact Rali Sarker at Sarker Publishing on **07917 154 666** or email: infoandsubmissions@thescroll.co.uk; www.thescroll.co.uk.

*The Scroll is also delivered in areas like Laburnum, Moyne Close and some public places in Hangleton, Portslade and West Hove

Big Camp



"The Big Camp" has become a Hove Park tradition for all Year 7 students, at the end of their first summer term. Our Big Camp breaks the barriers of students who get to do these types of activities. All students take part regardless of postcode, or parental income. All students access the same unforgettable experience.

This year it took place of Friday 1st July, 2022 with everyone taking part in a range of forest school type-activities, such as: making camp fires, team building, obstacle courses, shelter construction and wood crafts, by **Woodland Tribe** (www.woodlandtribe.org). We even had an inflatable planetarium from **The Observatory Science Centre, Herstmonceux** giving students a sky at night experience. (www.the-observatory.org)

This year over 250 students then camped out on the school field after dinner, which was provided by the **Old Skool Bus & Kitchen** (www.oldschoolbusevents.com). The students had an unforgettable time, with one parent emailing to say; **"Please thank all the staff for me. You all went over and above to give them a truly amazing experience"**. Spending a night under the stars, is one of 8 themes that we challenge students to complete, by the time they finish year 8 and move to our Nevill campus. The other themes form part of our **Every Child Should** strategy, with students earning a coloured star badge, for each one completed:

- Contribute and feel part of their local community;
- Spend a night under the stars;
- Show an interest and understanding of the wider world, experiencing the vibrant, diverse cultures and languages;
- Reflect the ethos of our shared values in the way that they participate in the life and community of the school;
- Be captivated by live theatre, music or sport;
- Make a commitment to a club or activity of their choice;
- Show resilience in taking on a new challenge;
- Take pride in representing their house and / or school in an activity or event.

This year over 400 students have camped out overnight, as part of either our **Big Camp, Valley Challenge or Bronze Duke of Edinburgh expeditions**. This is an amazing achievement which can only be achieved with the support and commitment of Hove Park staff, that go above and beyond to make these experiences and opportunities happen.



by Karl Salter,
Hove Park School

NHS App: Free one-to-one support sessions

Did you know that with the NHS App you can:

- Get your COVID Vaccination pass
- Order repeat prescriptions from your chosen pharmacy
- View your GP health record

A Link Worker can talk you through everything you need to know including how to download, sign in and navigate the app.

Where? St Richard's Community Centre or Hangleton Library

When? Friday mornings between 9am - 12noon

How do I book?

Email socialprescribing.togetherco@nhs.net

DADS GROUP

Fathers & Male Carers of Children/Adults with SEND in Brighton & Hove

Venue: Stoneham Pub Portland Road, Hove BN3 5QJ

Every last Thursday of each month.

For further information, please contact **Darren Walker**, Dads Group Coordinator via emailing dazmonkey72@googlemail.com

Calling all Knitters!

The Knitting Group is back in Hangleton Library on Thursdays from 10.30am-12.30pm. It is a sociable drop-in group and everyone is welcome. Please bring some knitting with you and join in and chat. If you are struggling with a particular pattern or stitch, we will do our best to troubleshoot! We look forward to meeting you.

Hangleton Library (Opening Hours)

Monday - Staffed - 9am-5pm ;
Tuesday - Libraries Extra - 9am-7pm;
Wednesday - Libraries Extra - 9am-7pm;
Thursday - Staffed - 9am-5pm;
Friday - Staffed - 9am-5pm;
Saturday - Libraries Extra - 9am-5pm;
Sunday - Staffed - 11am-5pm.

Address: **West Way, Hove, BN3 8LD**
Telephone: **01273 290 800**
Email: libraries@brighton-hove.gov.uk

Come and join us in your 'third age' and enjoy life !

u3a
learn, laugh, live



Brunswick, West Hove and Portslade u3a

We are a unique and inspiring organisation providing life-enhancing opportunities through learning and sharing, so why not grow and flourish with us? If you're retired or semi-retired, living in Hove, Portslade or surrounding area, want to make new friends and share interests, want to acquire new skills and develop different aspects of your personality through fun and shared learning...

then u3a is for you!

- We meet in small groups to explore and enjoy special interests such as music including jazz, history, film, books, plays, art, science, languages, creative writing, discussion, board games, yoga and tai chi, wine appreciation, outdoor activities - to name but a few.
- We have a programme of stimulating monthly talks of general interest given by noteworthy speakers and held at Ralli Hall in Hove.
- We share ideas and experiences. We offer walks and sports, visits to theatres and places of interest, meetings for coffee and chat.
- AND MUCH MORE!

Groups are run by members for members, so the members themselves can suggest group ideas and are given help to get new groups underway.

There is a small annual subscription.

To find out more: Come to our Open Day afternoon on Wednesday, 17th August from 2.15pm at Ralli Hall, 81 Denmark Villas, Hove, BN3 3TH or contact our Membership Secretary, Pam Hansford, on email pamhansfordu3a@gmail.com or 01273 773219 or visit our website at: <https://u3asites.org.uk/Brunswick-westward>

*by Jackie Fuller
Brunswick, W Hove & Portslade u3a)*



News from HKP – Hello Everyone!

Youth Activities: Our summer programme runs from 1st to 26th August for 11 – 19-year-olds

• **Hangleton Community Centre**

Youth club Every Mon and Tues 2nd & 16th 1pm-3.30pm

• **Hove Lagoon Youth bus, Every Tuesday 5pm-7pm**

• **Knoll Pavilion, Knoll Park**

Youth Club Every Wednesday 1pm-3.30pm

• **Hove Park Youth Bus Every Thursday 2pm-4pm**

• **Easthill Park Youth Bus Friday 5th 2pm-4pm**



**The Hangleton
& Knoll Project**

Working for a better community

There will be limited spaces available for local trips every Thursday for our regular members. Speak to your youth worker to sign up.

Look out for our programme on Facebook and Instagram

Social Media: <https://www.instagram.com/hkpyouthteam>; <https://www.facebook.com/HKPYouthteam> or e-mail the Youth Team: youth@hkproject.org.uk or call 07702 392339.

Our Community Learning Team will be bringing new courses, activities and workshop this Autumn, if you want all the latest news sign up to the HKP E Newsletter (details below).

Keeping you up to date with activities in Hangleton and Knoll

There is something for everyone and if you want to get involved, or find new activities, workshops and courses all activities are listed in our **"What's On in Hangleton and Knoll"** - our regular E Newsletter. You can either go to our website www.hkproject.org.uk and subscribe to our E Newsletter on the welcome page or email info@hkproject.org.uk and ask Lulu to add you to the E Newsletter. You can unsubscribe from the HKP E Newsletter at any time.

Community Development Team: There are many and varied community groups in Hangleton & Knoll and we continue to support them with a wide range of face-to-face and online activities, workshops and courses. If you are aged 50+ and want some more information, please email clare.hopkins@hkproject.org.uk.

We also have a programme of multi-cultural activities including Bollywood Dancing & Yoga, for more info email aleya.khatun@hkproject.org.uk. For arts or health activities, email katie.merrien@hkproject.org.uk.

For general community inquiries please contact Claire Johnson Community Development and Learning Coordinator email claire.johnson@hkproject.org.uk or to leave a message for Claire, Clare, Aleya or Katie call on 01273 410858 or keep up to date with Facebook (Claire Johnson HK, Clare Community Worker, Aleya Khatun, and Katie Merrien HKP).

Routes Employment Project: for one to one tailored help with getting a job or accessing training with money to support work related courses Contact 07422 692831
Email: routes@hkproject.org.uk or www.routes.org.uk.

Community Learning: Free & Friendly IT drop-in every Wednesday 10am-12noon & 1pm-3pm or there is a new digital health session every Friday 11am-1pm for help with health IT (The NHS App). If you have any questions email hakit@hkproject.org.uk or just "drop-in", Facebook "HaKIT Hangleton & Knoll Community Learning"

For general enquiries contact Lulu 01273 706469

E info@hkproject.org.uk. Also to sign up to HKP "E Newsletters" with all the latest information either email Lulu or follow this link <https://hkproject.us9.list-manage.com/subscribe?u=b7676b4c351f6f6b19c4cd398&id=9bff7b433b> to subscribe to HKP's E Newsletter also Facebook Lulu Russell.



Are you 50+ and worried about bills in the coming months or struggling to make ends meet now?



If you are worried about how you will pay your heating bills or you are struggling to buy all that you need in your weekly food shop

HKP & The Household Support Fund may be able to help



**Contact Clare Hopkins
Tel: 01273 410858**

Email: clare.hopkins@hkproject.org.uk



Two events about film-making and local history in Brighton and Hove, including free refreshments/lunch (please see below). Everyone aged 50 and over is welcome to join us!



HK 50+ Film and Culture Club

1.30pm-4.30pm on 19th Sept 2022: "Royal Sussex"
Dr Frank Gray gives a guided tour of footage about Royal visits and celebrations by historic film-makers in Brighton, Hove and Sussex from the archive collection of Screen Archive South East at the University of Brighton. Includes the 1935 and 1977 Jubilees, the 1937 and 1953 Coronations, and communities coming together for the celebrations. Followed by free tea and cake and the chance to share your thoughts about the footage through the lens of "challenging ageism".

11am-2pm on 8th Dec 2022: "Brighton at War"
Dr Frank Gray gives a guided tour of war-time movies from Screen Archive South-East's collection, with film-makers in Brighton & Hove providing a glimpse of what living here was like during WWI and WWII. Includes rare surviving footage made during WWI of the King and Queen visiting the Royal Pavilion and the Indian Hospital, and WWII "home front" films of parades, Air Raid Precautions, bomb damage, Land Girls and VE Day celebrations. Includes free lunch and refreshments.

Held at St Richards Church and Community Centre, Egmont Road, Hove, BN3 7FP.

Places must be booked in advance. Please contact Clare Hopkins via 01273 410858 or clare.hopkins@hkproject.org.uk for more information.



Do you have a warm heart, caring nature and the ability to build great relationships? Join our team of outstanding Care Professionals!

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Contact our friendly recruiter for more information on **07976 835049**
www.homeinstead.co.uk/brighton

Summer Activities, supported by the Hangleton and Knoll 50+ Group

Monday (cont)

Men in Sheds

Garage at the top of West Road, Fishersgate 10am – 2pm Free first time then £25 per annum Contact Keith: 01273 413103.



Hangleton Library Textile Group

Hangleton Library 10am – 12.30pm Contact 01273 290800 Free



Hangleton Table Tennis Hangleton Community Centre

10.45am – 12.45pm. £2 Full Contact Bonnie: bonniemargo@hotmail.com



Hangleton Bowling Club Knoll Park (via Rowan Avenue)

10.30am-12.30pm £4 May to September Contact Margaret: 01273 423588 kilbymej@gmail.com



Hangleton & Knoll 50+ Tea, Chat and Friendship St Richard's

Monthly 1pm – 2.30pm Free Advance booking essential. Some transport for H&K residents. Contact Clare: 01273 410858



Old Knollonians (formerly Knollites Group) St Richard's

2pm - 4pm £4 Contact: Mike: 01273 777733



Film Club

Bishop Hannington Church 2pm 1st Monday in the month Suggested donation £1.50 for tea and cake Contact Jacquie: 07917 875355



Townswomen's Guild Housom United Reformed Church

2nd Monday of the month at 2.30pm Contact Wyn: wynb41@gmail.com



Tuesday

Dancing for Health Seated Exercise Class

£2 concessions / £3 (for adults of all ages) TBC **Bishop Hannington Community Centre** 11.15am-12.15pm Contact Claire: 01273 294589 Term time only



Brighton & Sussex Take Heart Group Portslade Leisure Centre

10am – 11am £6 per class £9 for couples £40 per month Contact David: 07834 595657



Standing Tall

Physio-led strength & balance class 60+ £6 per class Hangleton Community Centre 10am – 11.15am or 11.30am – 12.45pm Contact Ruth: 07399 993426 www.standingtall.net



Benfield Wildlife & Conservation Group

Scrub clearing 10.30am October to March Contact Sally: 07941 288625



Sporting Memories Group County Cricket Ground

10.30am – 12noon Free Contact Emma: emma.brooke@sussexcricket.co.uk



60+ Tai Chi Health Class

St Richard's 12noon - 1pm £10 www.taichibrighton.com Contact Ian: 07900 193230



Sing for Better Health in partnership with HK50+

Zoom 1pm - 2pm All welcome Donations Contact Udita: 01273 556755



DMob – Dementia Support Group

Shark Park Café, Portslade 1pm-3pm first Tue in the month Free Contact Alice: 07563 382806



Forget Me Nots

St Richard's 1.30pm - 4pm £2 Bingo, refreshments and a chat. Contact Ann: 01273 414483



Housom Fellowship Housom United Reform Church

2nd Tue in the month 2.30pm – 4pm Contact William: 01273 738762



Trefoil Guild (Guiding for Adults) West Blatchington Windmill Barn

1st Tuesday in the month. Annual membership £16 2.30pm Contact Janet: 01273 504513



Shape Up and Feel Better St. Richard's

6pm – 7pm £3, first one free. Circuit Exercise Sessions Claire: 01273 410858



Zumba for all ages

St Richard's 7pm – 7.45pm £7 Contact Jo: 07711 243241 book at Zumbawithjo.com



Wednesday

Cardiovascular Exercise Class St George's Church £7 per session 9.30am – 10.30am Contact Richard: 07786 001771



Men in Sheds (see Mon entry) 10am – 4pm Contact Keith: 01273 413103



HKP Computer Help

St Richard's Bookable Free drop in, 10am – 12noon, 1pm – 3pm Contact Lulu: 01273 706469



West Area Health Forum

Quarterly on Wednesdays 10am – 12noon St Richard's. Contact Lulu: 01273 706469



Knoll Pilates Group

St Richard's 6 lessons for £25 10am - 11am and 11.15am - 12.15pm. Contact: knollpilates@gmail.com

Standing Tall via Zoom

Zoom Physio-led strength & balance class 60+ 10am – 11am £5 per class. Contact Ruth: 07399 993426



Carers Coffee Morning Online

10:30am - 11:30am Zoom Contact 01273 977000 or e-mail info@carershub.co.uk



Growing Together at PLOT 22

Gentle gardening for isolated elderly and people living with dementia on their carers. 10.30am-12.30pm Free Two Wednesdays per month Contact Emma: 07717 467 862 or info@plot22.org www.plot22.org



H & K Community Action

Quarterly on Wed 10.30am-12noon St Richard's Contact Pat or Ann: 01273 414483



Smile While You Dance

St Richard's 1.30pm-3pm. Free tea and coffee Beginner's ballroom and Latin class. Ideal for those with dementia. Contact Sara: 01273 412585



Hangleton and West Blatchington Food Bank

St George's Church Hall, Court Farm Road 12noon-2pm by appointment only. Contact: www.hangletonfoodbank.org or info@hangletonfoodbank.org or 07990 631892



Hangleton Get Together Club Hangleton Community Centre

10.30am-12.30pm Every other Wed £2.50 with refreshments, Contact Ricky: 07749 479306 or Sheila 01273 329844



DiVibe (low impact chair dance class) St Richard's

2pm-3pm £6.50 Free tea coffee Contact Diane: 07795 956793 www.divibe.co.uk

50+ Social Bridge

Churchill House 2pm – 4pm £1 Contact Nick: 07899 066683



Brighton & Hove Breathe Easy Group St Andrews & St Nicolas Church Hall, Portslade

Contact Anita: 07715 683672

FREE Yoga for all abilities

6pm-7pm at St Richard's Contact Claire: 01273 410858



Summer Activities, supported by the Hangleton and Knoll 50+ Group

Thursday

CAMEO (Come and Meet Each Other) Club
Bishop Hannington Church
 10.30am -12noon (10am a short service of prayer and reflection)
 Donations towards refreshments
 Contact: 01273 732965 or cameo@bhmc.org.uk

Knit and Natter
Hangleton Library
 10.30 am-12.30pm Free
 Contact: 01273 290800

Hangleton Bowling Club
 10.30am-12.30pm See entry for Mon

SocialPing
Hangleton Community Centre
 10.30am-12.30pm. £3
 Coaching available

Knoll Lunch Club
St. Richard's
 11.30am-2.30pm £5
 Contact Ann: 01273 414483

H&K Older LGBTQ in partnership with Switchboard
 Various wellbeing activities, trips and zooms.
 Contact Clare: 07422 692845 or clare.hopkins@hkproject.org.uk
www.switchboard.org.uk/what-we-do/older-lgbt-project

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

Standing Tall
 Physio-led strength & balance class 60+ £6 per class
St Richard's
 1.30pm – 2.45pm
 Contact Ruth: 07399 993426
www.standingtall.net

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

Friday

 **Men in Sheds** (see Mon entry)
 10am – 2pm
 Contact Keith: 01273 413103


Sussex Sporting Memories
 Zoom 10am – 11.30am Contact: emma.brooke@sussexcricket.co.uk


 **South Downs Arts Society**
Hangleton Community Centre
 10am-12noon Currently full:
 Contact Jan Cohen: 01273 274129


Drop-in Sessions
St Peter's Church 1st Fri of each month
 10.30 am-12noon
www.stpeterswestblatchington.org.uk

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

 **Brighton & Sussex Take Heart Group**
Portslade Leisure Centre
 11am-12noon £6 per class
 £9 for couples £40 per month
 Contact: members@takeheartgroup.org


 **Walking Cricket**
Southwick Leisure Centre
 11.30am-12.30pm
 £3 Contact Alex: Alex.King@sussexcricket.co.uk

 **HKP Computer Help working with GP surgeries**
St Richard's 11am -1pm
 Free drop in
 Contact Lulu: 01273 706469

 **Cascade Line Dancing**
 Beginner / Improver – £5 free tea/coffee
St Richard's 12.45pm – 2.30pm
 Contact Adrienne (Ade): 07952 004935

 **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

 **Ingram Crescent Community Garden**
 2pm-5pm See Monday 14/07/2022 V3.2

Saturday

Zumba Gold
St Richard's 10am-10.45am £6
 See Tuesday for contact details

Hangleton Bowling Club
 10.30am-12.30pm See entry for Mondays

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



THE
 Derek & Eileen Dodgson
 FOUNDATION

Brighton & Hove
 City Council

Sussex
 Community
 Foundation



What's On in Hangleton & Knoll Summer/Autumn 2022

www.hk50plus.co.uk


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
 07422 692845

St Richard's Community Centre,
 Egmont Road, Hove
 BN3 7FP. Tel: 01273 414483
Hangleton Community Centre,
 Harmsworth Crescent,
 Hove BN3 8BW. Tel: 01273 292962

HK 50+ Out and About
 (Trips, Walk/Scoots,
 Theatre, Green Spaces,
 Wellbeing activities)
 Nick Goslett 07899 066683

Ageing Well (city-wide
 activities, transport,
 events and information):
 07770 061072 or
<https://ageingwellbh.org/>
Hove Jigsaw Swap Contact
 Kathryn: 07748 611689 or
kathryn-stanley@hotmail.com

For activities for older residents from ethnically diverse backgrounds including **HKP Multi Cultural Women's Group**
 Yoga, Bollywood, exercise, Coffee mornings contact Aleya Khatun 07529 221253, 01273 410858 or
Aleya.khatun@hkproject.org.uk

COVID-19 Vaccinations: 
 for all queries including
 about Home Visits contact Booking
 Hub: 0300 303 8060 or Direct: 01273
 855946. If you have concerns about
 your medical history and how it might
 interact with the vaccine, please
 contact your GP

Monday

HK50+ In Shape for Life - Circuits for All Abilities
Hangleton Community Centre
 9.15am-10.15am £2
 First session free. Zoom.
 Contact: Clare
clare.hopkins@hkproject.org.uk



Cardiovascular Exercise Class
St George's Church £7 per
 session 9.30am-10.30am
 Contact Richard: 07786 001771



LOCAL COUNCILLORS

They are looking after our local area and will hear out all the residents concerns. Please contact them:

Dawn Barnett

Surgery 3rd Friday of the month
4pm - 5pm at
St Richard's Community Centre,
Egmont Road, Hove

Tel: 291198

Email: dawn.barnett@brighton-hove.gcsx.gov.uk



Tony Janio

Surgery to be confirmed at
Hangleton Library,
West Way, Hove

Tel: 296434

Email: tony.janio@brighton-hove.gcsx.gov.uk



Nick Lewry

Surgery 4th Friday of the month
4pm - 5pm at
Hangleton Community Centre,
Harmsworth Crescent, Hove

Tel: 291641

Email: nick.lewry@brighton-hove.gov.uk



Note from Dawn, Tony and Nick:

"Your local Councillors thank all local residents for their support!!"



Hangleton & Knoll

Our local Councillors Dawn, Tony and Nick would like you to contact them (details above) if you see a dog being walked out without a lead.

Did you know that there is a £80 fine to the owner?

Please do get in touch if you have any concerns.

You can also call **01273 292445** to report.

St Richard's Community Centre

Monday

9.15am-12.15pm: Baby Ballet
4pm-5pm: Table Tennis
5pm-8pm: Young women's group

6pm-9pm: Girl Guides
2nd Monday each month
Knoll Community Association

Tuesday

12noon-1pm 50+ Tai Chi
1.30pm-4pm Forget me nots
4pm-6.30pm SEND
Parent/Carer coffee morning

6pm-7pm: Tuesday Shape up
7pm-8pm: Zumba

Wednesday

9.20am-10am: Church Service
10.30am-1pm: Pilates
Computer drop ins
throughout the day
1pm-4pm: Smile while you dance
2pm-3pm: Chair Dance

6pm-7pm: Boxing
6pm-7pm: Yoga with Laurie
7.30pm Saxophone tuition
Community action
Health forum surgery
meetings

Thursday

10am-2pm: Knoll Lunch Club
10am-12noon: Multicultural
Womens group
1.30pm-3pm: Standing
Tall Exercise

1.30pm-3pm: Art Classes.
7pm-9pm: 1st Thursday
each month BHSSG group

Friday

12.30pm-4pm: Line Dancing

4pm-5pm: Dawn Barnett
Councillor 3rd Friday

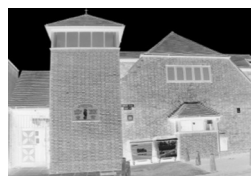
Saturday

10am-11am: Zumba Gold

Sunday

10am: Church Service
1st Sunday of each month

3pm-6pm: 2nd Sunday
Tea for the Elderly



For more information,
please call Gerard and Ann
01273 414483, or
email: info@strknoll.org.uk
Website: www.strknoll.org.uk

Useful Contacts

Hangleton and Knoll Community Action: 01273 41 44 83

Access Point, Social Care Services:

(24 hours in emergencies): 01273 29 55 55

Age UK (Concern): 01273 72 06 03

Alzheimer's/Dementia Society: 01273 72 62 66; 0300 222 11 22

Bereavement Care: 01273 23 40 07

Carelink: 0300 123 3301

Childline: 0800 1111

Drug and alcohol Advice line: 01273 73 19 00; 0800 01 49 819

East Sussex Fire and Rescue Service:

0800 177 7069; minicom 01323 462 003; enquiries@esfrs.org

Gas/Electric Bills (Bhesco): 01273 76 66 71;

Hospital Aftercare: 07795 90 57 40

Library Home Delivery: 01273 29 45 99

Loneliness:

Time to talk befriending - 01273 73 77 10;

Impetus - 01273 77 58 88

Migrant Help: 0808 800 06 30

NHS Direct: 111

Possability People: 01273 89 40 40

Sussex Mental Health: 0300 5000 101

Tenants and Leaseholders Survey

Dear Resident,

Brighton & Hove council tenant and leaseholder engagement is about residents working with the council to influence decisions about their homes and estates. It plays a vital role in ensuring the council understands the experience of residents living on estates and in council housing and helps improve and develop the quality of services, the local environment, and the standard of homes.

The council is currently reviewing how we speak to, listen, and involve tenants and leaseholders and the management and maintenance of their homes. Housing Management Area Panels are one of the ways for tenants and leaseholders to work with the council. These are regular meetings with local councillors and senior housing officers to look at a wide range of issues.

We are looking at the way these meetings work and engage residents and if there are other ways people would like to contribute alongside the meetings.

Why your views matter? We are aware that not everyone wants to or is able to come along to meetings. This survey aims to gather information so we can improve the existing ways to get involved and develop new ways for the council and residents to work together.

We hope this survey will reach a wide group of tenants and leaseholders so we can get some in-depth views, experiences and ideas. **This will enable us to work together to improve the quality of your homes and develop council housing services.**

Please complete our survey to let us know what it's like to be a tenant or leaseholder with Brighton and Hove City Council by following this link: www.consultations.brighton-hove.gov.uk/neighbourhoods-communities/working-with-council-housing

Kind regards,

Natalie Beckwit,

Community Engagement Administrative Assistant

2nd Floor West Wing, Bartholomew House, Bartholomew Square,

Brighton BN1 1JE

Community Engagement Team

Tel: 01273 291518; Mobile 07717 302986



**Brighton & Hove
City Council**

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We believe that homecare is a way of improving people's lives and helping them to continue living the life they prefer to lead. That is why we are looking for compassionate, caring people to join our family of Care Assistants and join the social care sector.

Requirements:

Before you join Allied Healthcare, we will need to complete a compliance checklist including a DBS check and evidence of the right to work in the UK.

Tasks may include:

- Providing personal care – washing, bathing, toileting
- Preparation of meals
- Support with medication
- Light domestic duties
- Visits out into the community

What can Allied Healthcare offer me?

- Free uniform & PPE
- Paid training & induction programme
- Free DBS*
- Employee recognition awards including monetary bonus*
- Uncapped £500 refer a friend scheme*
- A variety of shifts including guaranteed hours or flexible contracts
- NVQ qualifications and career progression opportunities

*Terms and conditions apply.

We are looking for people who share the same values as us:

Accountable, Listening, Leadership, Innovative, Empowering, and Dignified.

Our values are at the heart of everything we do, and every member of our family plays a part in upholding these.

The people we support deserve the very best, so if you have the determination and passion to make this possible, get in touch today and apply today! Our Telephone number is **01273 770202**.

Allied Healthcare is an equal opportunities employer. This vacancy is based in the United Kingdom. Allied Healthcare operate in the UK and can only process applications from candidates who are currently UK residents and eligible to work in the UK.

HOUNSOM UNITED REFORMED CHURCH

Top of Nevill Avenue www.hmurc.org.uk

Weekly Sunday Worship at 10.30am

During August we join with Portslade URC for

worship on alternate weeks:-

7th & 21st August @ Portslade

14th & 28th August @ Housom

4th September @ Portslade
Housom

11th September - Rev Sue Chapman

18th September - Rev Sue Chapman

25th September - Rev Peter Elliott

Wednesday Coffee & Prayers 10.30am -11.30am

3rd, 10th, 17th, 31st August (not on 24th)

7th, 14th, 21st, 28th September

Church Coffee Mornings 10.30am

Saturday 27th August

Saturday 24th September & Crafty Kids

Housom Fellowship 2.30pm

Restarts Tuesday 13th September

Oasis Ladies' Club 7.30am-9pm

Thursdays 11th August, 8th September

Noah's Ark 9.30am-11.30am

Restarts 7th September

Wednesdays during term-time

Facebook: Noah's Ark Playgroup Hove

Teresa Baker & Michelle Tanner

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