

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

