# 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

1.30 pm - 2.45 pmContact 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



Stroke

**Brighton & Sussex Take Heart Group** Portslade Leisure Centre 11am-12noon £6 per class

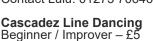
£9 for couples £40 per month Contact: members@takeheartgroup.org



£3 Contact Alex: Alex.King@sussexcricket.co



Free drop in Contact Lulu: 01273 706469



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** Gärden 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













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 Cutural 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



