



The HIP List

Your Pull
Out Guide
To What's
Happening
In Hastings

Want your event listed?
Contact us now
Ian Greensmith (music),
Nadine Hayward (art,
cinema, theatre &
performance), Hugh
Sullivan (sport) and Rod
Webb (events, classes)
on listings@yourhip.co.uk

MUSIC

Friday 11 August

Seafront Session: DJ

Dave Valentine

The Albion, George St, 3.00pm

The Other Band

Oscar's on the Square,
Lower Promenade, Warrior
Square, 3.30pm

McNiff's Folk Sundowner

The Jenny Lind, High St, 5.00pm

Bliss Music Open Mic

Plough Inn, Priory Rd, 8.00pm

James Barrie + Twitch

+ Clara & Luke

The Pig, White Rock, 8.00pm

Martin Blackman

Pissarro's, South Terrace, 8.30pm

Saturday 12 August

Noughty 90s DJs

Hastings Pier, 12noon

Longshore Drifters

Oscar's on the Square,
Lower Promenade, Warrior
Square, 5.00pm

Fire in the Meadow

The Jenny Lind, High St, 6.00pm

B-Sides Beside the Seaside

with DJs Wendy May, Nick

Saloman, Haydn Ackerley,

Matt Le Chat, Dan Willett

& Southcoast Don Arden

Bullet Coffee House,

Robertson St, 6.30pm

Aquarius International

Club: 1973 Special

White Rock Hotel, White

Rock, 8.00pm

Dog of Man + This Living Wreck

The Pig, White Rock, 8.00pm

Brain Bushman Band

East Hastings Sea Angling

Association, The Stade, 8.45pm

Sunday 13 August

Alison Adamas

East Hastings Sea Angling

Association, The Stade, 2.00pm

Second Sundays at the

Hoxley hosted by Tom Cole

with special guests Danny

Goring + Tim Hoyte

The Hoxley, London Rd, 3.00pm

6th Anniversary Double Bill:

MG Boulter + Silver Hill

The Stag, All Saints St, 4.00pm

Los Twangueros

The Jenny Lind, High St, 4.00pm

Fire in the Meadow

The Royal Standard, East

Beach St, 5.30pm

Vinyl Night

The Jenny Lind, High St, 7.00pm

Tuesday 15 August

Irish Night

The Albion, George St, 8.30pm

Traditional Folk Session

The Stag, All Saints St, 8.30pm

Wednesday 16 August

Simon&thePope: Avant Bavard

Kino-Teatr, Norman Rd, 6.00pm

Open Mic

The Carlisle, Pelham St, 7.00pm

Open Mic with James & Jules

Tin Tins, Robertson St, 8.00pm

Jam Night

Pissarro's, South Terrace, 8.00pm

Medicine Wagon

The Seadog, Station Rd, 8.30pm

Thursday 17 August

OB Sounds: Shoulder

2 Shoulder Takeover -

Garage, Drum n Bass,

Jungle (Age 14-17 Only)

The Observer Building,

Cambridge Rd, 6.00pm

Live Jazz: The Jazz

Organisation plus Special

Guest Paul Eshelby (Trumpet)

The NUR, Robertson St, 8.00pm

Open Mic with James

& Meredith

The Pig, White Rock, 8.00pm

Lord Jasper The Reluctant

Hippy Presents the

Blues + Guests

The Royal Standard, East

Beach St, 8.00pm

Shanty Night with

Completely Scuppered

The Jenny Lind, High St, 8.30pm

Rattlebag Sing-a-Round

The Stag, All Saints St, 8.30pm

Friday 18 August

McNiff's Folk Sundowner

The Jenny Lind, High St, 5.00pm

The Cavaliers

The Piper, Norman Rd, 8.00pm

Vexxed

Pissarro's, South Terrace, 8.30pm

Saturday 19 August

Soul-Jazz Morning: The

Bongo Helix Quartet

The Crown, All Saints St, 10.00am

Hidden Beach Music Fest:

Afrobrasilika + Aba Shanti

+ Awale Jant Band + More

The Oval, Bohemia Rd, 12noon

Seafront Session: DJ Mark Day

The Albion, George St, 3.00pm

Bushman Brothers

The Jenny Lind, High St, 6.00pm

Nomad Shakes

The Piper, Norman Rd, 7.00pm

DJs Southcoast Don Arden

& Haydn Ackerley

The Piper, Norman Rd, 9.00pm

Mark Wright: Neil

Diamond Tribute

East Hastings Sea Angling

Association, The Stade, 8.45pm

Punk Night

The Carlisle, Pelham St, 9.00pm

Silent Disco

The Brass, Havelock St, 10.00pm

Sunday 20 August

Skinny Sunday: headlining

Buddha Triangle.

Stade Open Space,

12.00pm-10.00pm

One-day music festival
curated and produced by HFT
Youth Curatorial Panel.

Ocean Colour Scene

De La Warr Pavilion,

Bexhill, 7.00pm

Vibe 5

The Jenny Lind, High St, 4.00pm

Charlie Austen & Roger Askew

The Stag, All Saints St, 5.00pm

The Haystingers

The Albion, George St, 7.00pm

Tuesday 22 August

Albion Skiffle Company

The Albion, George St, 8.30pm

Traditional Folk Session

The Stag, All Saints St, 8.30pm

Wednesday 23 August

Open Mic with James & Jules

Tin Tins, Robertson St, 8.00pm

Jam Night

Pissarro's, South Terrace, 8.00pm

Bertie Whuksters:

Ukulele Jam Session

The Seadog, Station Rd, 8.00pm

Thursday 24 August

Live Jazz: The Jazz

Organisation plus

Special Guest Robbie

Robinson (Trumpet)

The NUR, Robertson St, 8.00pm

Open Mic with James & Meredith

The Pig, White Rock, 8.00pm

Lord Jasper The Reluctant

Hippy Presents the

Blues + Guests

The Royal Standard, East

Beach St, 8.00pm

Shanty Night with

Completely Scuppered

The Jenny Lind, High St, 8.30pm

CINEMA

Friday 11 August

Dali in New York, plus

Un Chien Andalou

Electric Palace, High St, 7.30pm

Oppenheimer, 3.00pm

Barbie, 11.00am, 7.30pm

Kino-Teatr, Norman Rd, 3.00pm

Saturday 12 August

Sunset Screening:

Back to the Future

The Lawn, De La Warr

Pavilion, 8.00pm

Rebel Dykes

Electric Palace, High St, 7.30pm

Oppenheimer

Kino-Teatr, Norman Rd, 3.00pm

Sunday 13 August

Dali in New York, plus

Un Chien Andalou,

11.00am

Rockers London (+Director's
Q&A), 2.30pm

Electric Palace, High St, 11.00am

Oppenheimer

Kino-Teatr, Norman Rd, 2.00pm

Thursday 17 August

One Fine Morning

Electric Palace, High St,

11.00am, 7.30pm

Oppenheimer

Kino-Teatr, Norman Rd, 7.30pm

Friday 18 August

Polite Society

Electric Palace, High St, 7.30pm

Squaring the Circle

Kino-Teatr, Norman Rd,

3.00pm, 7.30pm

Saturday 19 August

Sunset Screening: Moana

The Lawn, De La Warr

Pavilion, 8.00pm

Polite Society

Kino-Teatr, Norman Rd,

3.00pm, 7.30pm

Sunday 20 August

Wandering...But Not Lost

Electric Palace, High St, 11.00am

Squaring the Circle

Kino-Teatr, Norman Rd, 2.00pm

South Coast Film Festival

Stables Theatre, The

Bourne, 10.30am

Thursday 24 August

Mad About the Boy:

The Noel Coward Story

Electric Palace, High St,

11.00am, 7.30pm

Sussex Exchange

Queensway – for film

listings go to:

cinema.thesussexexchange.co.uk

Odeon Hastings

Queens Rd – for film listings go to:

odeon.co.uk/cinemas/hastings

PERFORMANCE

Friday 11 August

The House of Kaleidoscopes

Archer Lodge, Charles Rd,

8.00pm

Shelf Life

Stables Theatre,

The Bourne, 7.30pm

The Wizard of Oz

(presented by The White

Rock Summer Youth Project)

White Rock Theatre, 7.30pm

Saturday 12 August

The House of Kaleidoscopes

Archer Lodge, Charles Rd, 8.00pm

Cherry Liquor

Forbidden Fruit, Grand

Parade, 9.30pm

Shelf Life

Stables Theatre, The Bourne,

2.30pm, 7.30pm

The Wizard of Oz

(presented by The White

Rock Summer Youth Project)

White Rock Theatre,

2.30pm, 7.30pm

Continued on page 12>



LISTINGS

HASTINGS INDEPENDENT IS YOUR PAPER – USE YOUR VOICE... HASTINGSINDEPENDENTPRESS

< Continued from page 11

Sunday 13 August

The House of Kaleidoscopes
Archer Lodge, Charles Rd, 8.00pm
Ireland the Show
White Rock Theatre, 7.30pm

Monday 14 August

The House of Kaleidoscopes
Archer Lodge, Charles Rd, 8.00pm

Tuesday 15 August

The House of Kaleidoscopes
Archer Lodge, Charles Rd, 8.00pm

Wednesday 16 August

The House of Kaleidoscopes
Archer Lodge, Charles Rd, 8.00pm
Bavard Bar
Kino-Teatr, Norman Rd, 7.30pm

Thursday 17 August

The House of Kaleidoscopes
Archer Lodge, Charles Rd, 8.00pm
The Tenant
Stables Theatre, The Bourne, 7.30pm

Friday 18 August

The House of Kaleidoscopes
Archer Lodge, Charles Rd, 8.00pm
Martha d'Arthur
Forbidden Fruit, Grand Parade, 9.30pm
The Tenant
Stables Theatre, The Bourne, 7.30pm
Cirque: The Greatest Show
White Rock Theatre, 5.00pm

Saturday 19 August

The House of Kaleidoscopes
Archer Lodge, Charles Rd, 8.00pm
Dave Lynn
Forbidden Fruit, Grand parade, 9.30pm
La Cenerentola (Cinderella)
by Barefoot Opera
Rye Creative Centre, New Rd, Rye, 7.00pm
The Tenant
Stables Theatre, The Bourne, 7.30pm

Sunday 20 August

The House of Kaleidoscopes
Archer Lodge, Charles Rd, 8.00pm
Sarah & Duck's Big Top Birthday
White Rock Theatre, 1.00pm, 4.00pm

Monday 21 August

The House of Kaleidoscopes
Archer Lodge, Charles Rd, 8.00pm
Sarah & Duck's Big Top Birthday
White Rock Theatre, 11.00am, 3.30pm

Tuesday 22 August

The House of Kaleidoscopes
Archer Lodge, Charles Rd, 8.00pm

Thursday 24 August

Three Pieces by Pinter
– Landscape, Victoria Station, Night
Stables Theatre, The Bourne, 7.30pm
Joe Pasquale: The New Normal – 40 Years of Cack!
White Rock Theatre, 7.30pm

ART

Abraham Osorio & The Young Creatives Collective

Until 31 August 2023
Rooftop Foyer, De La Warr Pavilion, Bexhill

A Moment in Time

Until 30 September 2023
Stables Theatre Gallery, The Bourne

Brian Aris – Two Worlds

Until 12 August 2023
Lucy Bell Gallery, Norman Rd

Decade – Folio 14 Artists

22 August until 3 September
Hastings Arts Forum, Marina

Edges and Elements: Wendy Smith and Steve Betts

Until 20 August 2023
Hastings Arts Forum

Jack in the Green 40

Until 6 October 2023
Hastings Museum and Art Gallery, Bohemia Rd

Katie Cuddon – Night Portraits

Until 3 September 2023
De La Warr pavilion, Bexhill (Artist Talk with Katie Cuddon and Hettie Judah 19 August, 2.00pm)

Matthew Radford: Succession

From 19 August 2023
Kino-Teatr Gallery, Norman Rd

Mohammed Sami: The Point 0

Until 28 August 2023
De La Warr Pavilion, Bexhill

Mythomania

Until 3 September 2023
Hastings Museum and Art Gallery, Bohemia Rd

Portraits of the Dove Café

Until 17 September 2023
Hastings Museum and Art Gallery, Bohemia Rd

Re-Imagined

Until 26 August 2023
North Staircase, De La Warr Pavilion, Bexhill

Rip It Up (Group Show)

Until 30 August 2023
St Andrews Mews

Rossanne Pellegrino – Extremely Supernormal

Until 12 August 2023
Solaris, Norman Rd

Ruby Cox & Tom O'Brien

(18 August Cheese & Wine, Live Music)
Until 31 August 2023
His Place Community Church, Robertson St

Soutine/Kossof

Until 24 September 2023

Hastings Contemporary, The Stade
Tschabalala Self: Seated
Until 29 October 2023
De La Warr Pavilion
Lawn, Bexhill
Yun Hyong-Keun
Until 1 October 2023
Hastings Contemporary, The Stade

SPORT

Saturday 12 August Football

Hastings United v Cheshunt – Isthmian League Premier Division
Pilot Field 3.00pm
First match of the season for new-look United team against Hertfordshire visitors relegated from National League South in April. Good crowd expected.

Saturday 19 August Cricket

Hastings & St Leonards Priory v West Chilmington & Thakeham – Sussex Cricket League Div 2
Claremont School 12.30pm
Key contest between promotion challengers to be played under limited overs format
Crowhurst Park v Chichester Priory Park – Sussex Cricket League Div 2
Crowhurst Park 12.30pm

Sunday 20 August Football

Hastings United Women v Newhaven – London & South East Regional League
Pilot Field 2.00pm
First league match for United women under new manager Tom Young

EVENTS

Summer Reading Challenge

To encourage children aged 4 to 11 to read for pleasure over the summer holidays. Goal set by East Sussex Libraries to read each week over the 6-week break. There's a prize for every book read and a medal and certificate after sixth book read!
your.eastsussex.gov.uk/2023/07/03/join-the-summer-reading-challenge

Every Monday, Tuesday, Wednesday, Friday Health Walks

Gentle, hour-long walks to boost physical and mental health. Free, no booking required, Times and venues vary, see website for details.
tcv.org.uk/southeast/volunteer-south-east/east-sussex-healthy-walks

Every Monday

Al-Anon
7.30pm-8.30pm
Clifton Community Church Centre, 1-2 Stainsby St, St Leonards
Worried about someone's drinking? Come to Al-Anon family groups 12-step weekly meeting. All welcome.
al-anonuk.org.uk/groups/hastings-monday
Karaoke Night with John C Live
Havelock Pub, Robertson St, 7.00pm
Facebook
[#generalhavelockhastings](https://www.facebook.com/generalhavelockhastings)
The Seadog Quiz
32, Station Rd, Hastings, 8.00pm
1st place - £50 bar tab
[@TheSeaDogHastings](http://TheSeaDogHastings)

Every Tuesday

OHPS Original Old Town Guided Walks
Meet by the café on the West Hill 2.30pm (until 26 Sept)
£6. Prebook online or at Fisherman's Museum
ohps.org.uk/walks
5IVE Rhythms
10.00am-11.30am
The Crown House, Marina, St Leonards
5Rhythms is a dynamic movement practice that ignites creativity, connection and community. Come and dance with Emma Leech.
emmadance.co.uk

Every Tuesday, Friday, and Saturday

The Hastings Library of Things
Tuesday 12.00pm-2.00pm, Friday and Saturday 12.00pm-4.00pm
The Common Room, 27-29 Cambridge Rd
A library of things to be borrowed, used and returned. Tools, kitchen items, jigsaw puzzles and lots more.
hastingslibraryofthings.co.uk

Every Wednesday

Let's Do Lunch
12.30pm-2.00pm
Isabel Blackman Centre, Winding St, Hastings
Make new friends and reconnect with old ones over a lovely and affordable 2 course lunch for under £10.

Every Friday Nature Babies, Wellbeing Walks, Talks, Classes and lots more

Rye Harbour Nature Reserve
Dates and times vary – see website for details.
Explore and learn in the natural environment at Rye Harbour Nature reserve. Fantastic tours, events and classes on

offer for adults and children.
rye.sussexwildlifetrust.org.uk/discovery-centre/events
Fixing Friday
12.00pm-4.00pm
The Common Room, 27-29 Cambridge Rd
Bring your small items for repair. If in doubt, bring it along!
makeandmendbexhillandbeyond.org.uk

Saturday 29 July/12 August And every other Saturday

Flight Feathers Poetry Slam
7.00pm-10.00pm
The Nest, High St, Hastings
Join us as we bring together experienced poets and budding talents to help develop their creative wings. Hosted by the amazing local performer Lucas The Peaceful Poet.
eventbrite.co.uk

Wednesday 9 August

Memories Lost & Forgotten
Hastings Fishermen's Museum
Rock a Nore, Hastings, 4.30pm, £6 from museum
hastingsfishermensmuseum@googlemail.com
Violin workshop
11.00am-1.00pm
Kino-Teatr, Norman Rd, St Leonards
aysenulucan@hotmail.com

Saturday 19 August

Rye & District Country Show
Elm Tree Farm, Icklesham, Winchelsea TN36 4BH
eventbrite.co.uk
Fairlight Hall Open Garden
11.00am-3.30pm, £10 or £22.50 with lunch
As part of Nation Garden Scheme, take in the magnificent horticultural sites such as the Tropical Border, Glasshouse and Walled Garden.
eventbrite.co.uk

Saturday 19/26 August

All about the Sea: Porcelain Class
Classes start at 11am, 1pm and 3pm
Pelham's Kings Rd, St Leonards
Create sea-inspired night lights/vases with Liz Emtage
Make your porcelain vessel on Saturday 11 and glaze on Saturday 18. Fun for adults and children alike. Each class approx.1.5 hours. From £50.
pelhamsonline.com

Tuesday 22 August

Circus Vegas – Hastings
12.00 pm
Glyne Gap Field, Bexhill
a new death-defying circus is touring in the United

**Crossword Solution No 232:****Across:** 1. Sucker 3. Intend 4. Eminem (anagram) **Down:** 1. Strike 2. (Tou)R and om(it)

HASTINGSINDEPENDENTPRESS

LISTINGS

Kingdom, celebrating 255 years of circus performances
eventbrite.co.uk

Thursday 24 August**Hypno-Magick Nights**

19.30pm at the bar
The White Rock Hotel, Hastings,
A series of fascinating,
educational and interactive talks
on Hypnosis for the curious to the
expert. Expect the unexpected.
eventbrite.co.uk

Saturday 26 August**Moonlight & Memories Walk**

Start time 8.00pm
25 Upper Maze Hill, St
Leonards TN38 0LB
Celebrate life, love and friendship
and remember loved ones at St
Michael's Hospice's Moonlight and
Memories Walk. Start and finish
at the hospice. Registration £15.

CLASSES

Mondays**Slow and Easy Fitness**

11.30am-12.30pm, £3
Bewellfit, 9, The Ridge,
TN34 2AA
Exercise for older adults
07817 144812:
bodymoveshastings.com

Drum Club

4.15pm-5.15pm, £6.50
West Hill Community Centre
For 15-16 year olds,
booking essential.
juliansambadrums@gmail.com

**Art Classes, including
Life Drawing**

10.00am-12.15pm and
12.45pm-3.00pm
Ore Community Centre,
455 Old London Rd, Hastings
£10.50 per session
sjflack.art

Darragh Dance

5.30pm-7.00pm, £10,
£5 concessions
Afri-Co-Lab, 3 Marine
Court, St Leonards
Get your joy on with movement
director and choreographer
Darragh O'Leary.
afri-co-lab.org

**Silver Swans Beginners
Ballet Class**

11.15am-12.15pm
Isabel Blackman Centre
Annie 07704 711772

Silver Swans Ballet Class

4.00pm-5.30pm and
6.30pm-8.00pm
Ore Community Centre,
Studio 2
Annie 07704 711772

Art Class for Adults

10am-12.15pm & 12.45-3.00pm
Ore Community Centre
All levels, £10.50 per session
sjflack.art

Choir Practice!

11.00am
The Chapel of Christ
Stillness, Moon Cottage,
Guestling, TN35 4HJ
New singers of all ages welcome.
thechapelofchristsstillness.co.uk
**Feel better with
Therapeutic Movements**
2.00pm-3.00pm
Salvation Army Hall, St
Andrew's Square, Hastings
Suitable for all ages.
qigongsigrid@gmail.com

Candlelit Yoga

Hastings Old Town
oldtownyoga.co.uk
**Absolute Beginners
Argentine Tango**
7.00pm-8.30pm
Upstairs at the Piper,
1 Norman Rd
£40pp or £70 couple
pennythepoetess@yahoo.co.uk

Argentine Tango

Improvers Drop-In Class
8.30pm-9.30pm, £6
Upstairs at the Piper,
1 Norman Rd
pennythepoetess@yahoo.co.uk

Beginners Vinyasa Flow

9.30am and 6.30pm
Hot Yoga Hastings,
21 St Peter's Rd, Hastings
hotyogahastings.co.uk

Slow Flow Yoga (Open Level)

9.30am-10.30am
Azur Marina Pavilion
karen@yoga-by-the-sea.co.uk

Silver Swans Ballet Class

4.00pm-5.30pm
Ore Community Centre, Studio 2
Annie 07704 711772

Beginners Pointe Class

5.30pm-6.30pm
Ore Community Centre, Studio 2
Annie 07704 711772

Alexander Technique

Taster Sessions
1.30pm-5.00pm
Braybrooke Rd
livingtenderly@yahoo.co.uk
**Kundalini Yoga &
Meditation with Yeli**
7.30pm-9.00pm
Wellington Centre, Hastings
yeli@happinessholistichealth.uk

Ballet Barre

7.15pm-8.00pm.
Hastings Old Town
oldtownyoga.co.uk

**Yoga Over 60 – maintaining
movement**

11am-12.30pm
St Leonards Studio @
Azur Marina Pavilion
zowie@stleonards.studio
Hastings Punk Choir
7.00pm-8.30pm
Electric Palace, 39A
High St, Hastings
(And generally a drink or two
in the Jenny Lind afterwards.)

Tuesdays**Ore Youth Club Sessions**

4.30pm-6.00pm
Ore Community Centre
sarah.adams@freshvisions.org.uk
Bev 07732823800

Slow and Easy Fitness

9.45-10.45am, £3
Ore Community Centre, 455
Old London Rd TN35 5BH
Exercise for older adults
07817 144812:
bodymoveshastings.com

The Crown Knitters

10.30am
The Crown, 64-66 All
Saints St, Hastings
Fortnightly first and
second week of month
A weekly knitting group who
knit lovely things to sell to raise
money for local charities.
thecrownhastings.co.uk/events

Sew Social with Karen Arthur

7.00pm-9.00pm, £10,
£5 concessions
Afri-Co-Lab, 3 Marine
Court, St Leonards
A monthly gathering on first
Tuesday of the month for
Global Majority crafters.
afri-co-lab.org

Baby & Toddler Social Meet Up

12.00pm-3.00pm
The Common Room, Eagle House,
27-29 Cambridge Rd, Hastings
A welcome space for people
with small people to meet.
umbrellasussex.org.uk/news

Needle Felt

11.00am-12.00pm and
1.00pm-2.00pm
Isabel Blackman Centre
One of several classes
covering all topics.
isabelblackmancentre.co.uk

Online Chair Yoga

Zoom, 2.00pm-3.00pm
sueyoga1066@gmail.com

Creative Writing at The Crown

10.00am-11.30am
The Crown, Hastings, £8
£15 – lots more classes
available for all levels
Nicky 07938 734871

Life Drawing

10.00am-12.00pm
Art in the Park, Alexandra Park.
£15 (concessions available)
info@artsonprescription.org

Classical Guitar Tuition

Tuesdays, Wednesdays, Fridays
Bexhill, from £15, free
taster sessions
bexhillclassicalguitar.co.uk

Pilates with Lucy Paffard

St Leonards, 9.30am
lucypaffard@gmail.com
Painting Workshop
1.00pm-3.00pm

Art in the Park, Alexandra Park
£12 (concessions available)
Materials provided.
Info@artsonprescription.org

Photography Workshop

6.00pm-8.00pm
Art in the Park, Alexandra Park
£12 (concessions available)
Own camera required.

Info@artsonprescription.org

Country Dancing

7.45pm-9.45pm
St Matthew's Church,
London Rd, St Leonards
hastingscountrydanceclub.org.uk

Vinyasa Flow (Levels 1-2)

6.00pm-7.00pm
Horntye Sports Centre,
Hastings
karen@yoga-by-the-sea.co.uk

Knitting Yarns:

5.00pm-6.30pm
Sugar Pie Honey Buns
235 London Rd, St Leonards
Rachel: 07397794879

Yin Yoga & Relaxation

7.30pm-8.30pm, £7
Azur Marina
karen@yoga-by-the-sea.co.uk

Daoist Qi Gong

9.00am-10.00am
The Azur Pavilion, St Leonards
andreacorsoQG@yahoo.com

**Pilates: with a roller
with Sally Paffard**

9.00am-9.30am, Zoom
sallypaffard@gmail.com
Pilates with Sally Paffard
5.30pm-6.30pm

Small class
Westhill Community Centre
Sally: 07973 530911

Hot Yoga Hastings

21 St Peter's Rd, Hastings
hotyogahastings.co.uk
11.00am-12.00pm

Yoga at the White Rock

White Rock Hotel, Hastings
Healing Breath, Yoga Nidra
& Tibetan Bowls, £10.
myranicol@gmail.com

Silver Swans Ballet Class

6.30pm-8.00pm
Ore Community Centre,
Studio 2
Annie 07704 711772

**Gary Marriott's Tune
up Tuesdays**

5.15pm-6.30pm
Fun Acapella Choir
Hastings Town Centre, £3
Text 07986911083 for more info

Ashtanga Yoga - Assisted

Self Practice
07.30am-09.30am, £15
Wellington Health &
Wellbeing Centre
ashtangayogahastings@gmail.com

**Salsa Tuesdays with
Phyre Dance**

The Piper, Norman
Rd, St Leonards
Times vary see Facebook page.
From beginners to social
dancing and practice.
[@facebook.com/
events/576448847887517](https://www.facebook.com/events/576448847887517)

Wednesdays**Hatha Yoga for You**

2.00pm-3.00pm
Sunroom, Azur, Marina Pavilion,
44-37 Marina, St Leonards
Louise@stleonards.studio

**Mystical Yoga at The
Bale House**

5.45-7.00pm, £10
Hastings Country Park, Lower
Coastguard Lane, Fairlight,
Hastings, TN35 4AD
enchantedmalas@gmail.com

Elemental Yoga with Catherine

10.30am. Class Cost: £7
The Azur Pavilion
catherineburnett12@gmail.com

Laughter Yoga with Bev

6.30pm-7.30pm
Upstairs, Jenny Lind
bevjones@laughyourselftohealth.com

Wellbeing Wednesday

11.00am-2.00pm
Art in the Park, Alexandra Park
info@artsonprescription.org

**Buddhist Meditation and
Dharma Teaching**

7.00pm-9.00pm
In person and via Zoom.
hastingsbuddhistgroup.co.uk

Yoga on the Harbour Arm

(outdoors) 5.30pm-6.30pm
oldtownyoga.co.uk

**Kundalini Yoga and
Meditation Class**

7.30pm-8.45pm
The Ballroom, Bank Hotel &
Bistro, St Leonards, £10.
soulpowerkundaliniyoga.co.uk

**Relaxation: Zoom class with
Pilates teacher Sally Paffard**

8.00pm-9.00pm, £4
sallypaffard@gmail.com

Spanish – Adult Beginners

10.00am-12.00pm
First Floor, 7 Cambridge
Rd, Hastings
£15 – lots more classes
available for all levels

[Espanoles en Hastings FB page
spanishonseaschool@gmail.com](https://www.facebook.com/spanishonseaschool/)

Argentine Tango Social Dance

8.00pm-11.00pm
White Rock Hotel,
Downstairs Bar
A friendly social tango for those
already dancing tango with
music from tango's golden age.

£5 dancers, £2 non-dancers
pennythepoetess@yahoo.co.uk

Qigong with Sigrid

5.30-6.30pm
Community Hall of Greek
Orthodox Church,
St Leonards
Suitable for all ages.

Adult Tap Class for Beginners

6.15pm-7.00pm
7 Mercatoria, St Leonards
kimhaviland@gmail.com

Continued on page 14>



LISTINGS

HASTINGS INDEPENDENT IS YOUR PAPER – USE YOUR VOICE... **HASTINGSINDEPENDENTPRESS**

< Continued from page 13

Therapeutic Yoga

12.30pm-1.30pm
Hastings Centre, The Ridge,
Hastings TN34 2SA
£7 – All abilities welcome
ninayoga.co.uk

Legs Bums & Tums

1.00pm-2.00pm
Isabel Blackman Centre,
Winding St.
One of several classes
covering all topics.
isabelblackmancentre.co.uk

The Class Choir

7.00pm-9.00pm
The Unitarian Church,
South Terrace, Hastings
Friendly, Fun Uplifting
Women's choir
Free taster sessions, no music
reading or auditions.
theclassechoir@gmail.com

Sketchers/plein air group

First Wednesday of each month
9.00am start: Outside Hastings
Contemporary Gallery
11.00am reconvene: Eat@
TheStade for refreshments
and discussion
meetup.com/south-coast-skyers

Thursdays**Tilekiln Youth Club Sessions**

5.30-7.00pm
Tilekiln Community Centre
sarah.adams@freshvisions.org.uk
Bev 07732823800

Co-working social media Sessions

10am The Crown, 64-66
All Saints St, Hastings
Free group working sessions for
creative business owners and
freelancers designed to help you
spend focused, productive time
creating and sharing content.
Insta: @brassbeemarketing,
catherine@brassbeemarketing.com

Tai Chi for Health and Relaxation

10.30am-11.30am, £5
St John's Parish Hall,
Brittany Rd
Stuart 07961 949715

Nature Walks with HESNHS

Times and venues vary.

hastingsnaturalhistory.org
Meditation and Breathwork with Jung-ui

7.30pm-8.30pm, £55
West Hill Community Centre
A four-week course.

jung-ui.co.uk

Teens Art Club

4.00pm-6.00pm
Art in the Park, Alexandra Park
info@artsonprescription.org

Hastings Town Singers

7.00pm-9.00pm
Castledown School, Priory Rd
A friendly non-auditioning
community choir.
Free taster sessions.
hastingstownsingers.co.uk

Adult Art Club

1.00pm-3.00pm
Art in the Park, Alexandra Park,
£12 (concessions available).
info@artsonprescription.org

Yoga at Hastings**Contemporary**

9.50am-10.50am
oldtownyoga.co.uk

Move It or Lose It!

10.00am-11.00am
The Hastings Centre
Friendly, low impact exercise for
older adults. Improves strength
and balance. Seated or standing.
£6 per class. First class free.
lucy.jenner@moveitorloseit.co.uk

Yoga on the Harbour Arm

5.15pm-6.15pm
(outdoors)

oldtownyoga.co.uk

Online Vinyasa Flow with Elena Voce

12.45pm-1.30pm
Classes for all levels.
Pay-what-you-can
yogawithelenavoce.co.uk

Vinyasa Flow

9.30am-10.30am
Azur Marina Pavilion
karen@yoga-by-the-sea.co.uk

Kundalini Yoga & Meditation with Yeli

6.00pm-7.30pm
Wellington Centre, Hastings
yeli@happinessholistichealth.uk

Mandala Vinyasa**Flow (Advanced)**

Hot Yoga Hastings,
21 St Peter's Rd, Hastings,
6.30pm
hotyogahastings.co.uk

Iyengar Yoga for Beginners

8.00pm-9.00pm
Arthur Easton Centre,
St Leonards
Mats, blocks, ropes and barre
work. Pay as you are able.
myranicol@gmail.com

Pilates (beginners)

3.00pm-4.00pm
Isabel Blackman Centre,
Winding St.
One of several classes
covering all topics.
isabelblackmancentre.co.uk

Ashtanga Yoga – Assisted Self Practice

07.15am-09.15am, £15
Wellington Health &
Wellbeing Centre
ashtangayogahastings@gmail.com
HESNHS Walking Group
Walk 4-6 miles with this friendly
natural history walking group.
Picnic or pub lunch options.
hastingsnaturalhistory.org
Andrew: ajw.hesnhs@btinternet.com,
07597 003407

Fridays**Broomgrove Youth Club Sessions**

5.30-7.00pm
Broomgrove Community Centre
sarah.adams@freshvisions.org.uk
Bev 07732823800

Funky Friday 5 Rhythms

7.30pm Christ Church, St Leonards

Feel better with**Therapeutic Movements**

9.30-10.30am
Salvation Army Hall, St
Andrew's Square, Hastings
Suitable for all ages.
Sigrid.qigongsigrid@gmail.com

Elements Yoga, Wash

Away The Week
5.30-6.30pm, £6.50
Arthur Easton Centre at
St Michael's Hospice
hello.elementsyoga@gmail.com

Breathe + Stretch with**Karen Arthur**

7.30am-8.20am, £10,
£5 concessions
Afri-Co-Lab, 3 Marine
Court, St Leonards
Greet the day and start
the weekend energised
and refreshed.
afri-co-lab.org

Traditional Yoga

Horntye Club Room,
Horntye Sports Centre
9.30am-10.40am, £10
For the yoga enthusiast

Yin Yoga

11.30pm-12.30pm, £7
All abilities.
ninayoga.co.uk

Yoga on the Harbour Arm

(outdoors), 9.00am-10.00am
oldtownyoga.co.uk

Pilates: mixed ability with Sally Paffard

Zoom, 9.00am-10.00am
sallypaffard@gmail.com

Beginners Creative**Writing Group**

6.15pm-7.15pm
The Clifton Centre (previously
Southwater Community Centre)

Mindful Yoga – An
introspective practice

10.30am-12.30pm

Chair Yoga – A**supported approach**

2.30pm-3.30pm
St Leonards Studio @
Azur Marina Pavilion
zowie@stleonards.studio

Gong Bath sessions

11am

Unitarian Church, 7a
South Terrace

Text Karen Hayler:

07986 911083

Senior Strength

3.00pm-4.00pm
Isabel Blackman Centre,
Winding St.

One of several classes
covering all topics.

isabelblackmancentre.co.uk

Saturdays**Chess Club**

2.00pm-4.00pm
The Common Room, Eagle House,
27-29 Cambridge Rd, Hastings

An amateur club for
amateur players

umbrellasussex.org.uk/news

Zoom Hatha Yoga

9.00am-10.00am (online only)
Pranayama, practice and
relaxation, video available.

Louiselovesyoga@gmail.com

Meditation and Breathwork**with Jung-ui**

10.45am-11.45am

The Stables Theatre, Hastings
jung-ui.co.uk

Yoga at Hastings Contemporary

9.50am-10.50am

oldtownyoga.co.uk

Strong Yoga with Lucy Morning Yoga via Zoom

10.00am-11.15am
lamiles@hotmail.co.uk

Hot Yoga Hastings,

21 St Peter's Rd, Hastings
Book: hotyogahastings.co.uk

Gong Bath sessions

Weekly starting 1 April, 2pm
4 Courts Wellbeing Centre
off Sydney Close

Text Karen Hayler: 07986 911083

Antenatal Taster Class

10.00am
64-66 All Saints St, Hastings
First Saturday every month.
Free taster sessions to
learn about antenatal and
hypnobirthing with Siobhan
from The Mothership Antenatal.
themothershipantenatal.co.uk

Sundays**Yin Yoga**

21 St Peter's Rd, Hastings.
3.00pm

hotyogahastings.co.uk

Historical Dance Group**Regency Dance Workshop**

2pm-4.45pm, monthly
St Peter and St Paul's Church Hall
dianadancer@btinternet.com

Sketchers / plein air group

First Wednesday of each month
4.00pm start: South side,
The Stade open space
6.00pm reconvene:

East Hastings Angling Club,
The Stade for refreshments
and discussion
meetup.com/south-coast-skyers

Sunday Brunch-time

Kid's Art Club

10.00am-12.00pm, £5, Drop-
in or stay full 2 hours

Outside the Smokeshack,

St Andrew's Mews,

Waldegrave Rd, Hastings

Join Artist and Arts Educator

Charlotte CHW for different

creative projects every

week at the revamped St

Andrew's Mews. 5-10 yrs.

c.hwatts.art@gmail.com



HASTINGS BOOK FESTIVAL

NIGEL PLANER • SARA PASCOE • WES STREETING • HENRY NORMAL • SALENA GODDEN
TOM CREWE • PATRICE LAWRENCE • V.G. LEE • TRIX WORRELL • RICHARD MAKIN
HASTINGS YOUNG WRITERS • LOCAL AUTHOR SHOWCASE • WORKSHOPS • & MORE

Tickets from £5 at hastingsbookfest.org



15th–24th
Sept.
2023