



The HIP List

Your Pull Out Guide To What's Happening In Hastings

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MUSIC

Friday 1 December

McNiff's Folk Sundowner

The Jenny Lind, 69
High St, 5.00pm

Shore Beats Workin'

The Marina Fountain,
26 Caves Rd, 7.00pm

The Pig Presents: Poppy

Rockett - 5 Band Special

The Pig, 37 White Rock, 7.00pm

Friday Nights at The Good Place

The Good Place, 53-54,
Havelock Rd, Hastings TN34
1BE 7.00pm-11.00pm

23 Fields

The Dolphin Inn, 11-12
Rock-A-Nore Rd, 7.30pm

LIVE: Vichama, Confronted,

Braincake & Blind in one ear

The Brass, 18 Havelock
Rd, 7.30pm

Ruby Colley in Concert at

The Regency Rooms

£18 Crown House, Regency
Rooms, Marina, St Leonards
7.30pm-10.30pm

Richard Moore & Danny Horn

Tin Tins, 21 Robertson St, 8.00pm

Dead Rabbits

Pisarro's, 9-10 South
Terrace, 8.30pm

Saturday 2 December

Pett Church Christmas Concert

Pett Village Hall, Pett
Road Hastings, TN35 4HD
09.00am-3.00pm

Saturday Seafront Session

- The Irish Passports

The Albion, George St, 4.00pm

The Fracave: The Embrooks,

Sir Bald Diddley & His

Ripcurls, The Charles Napiers
+ Thee Shuns + DJs

The Pig, White Rock, 6.00pm

Blue Orchids

The Piper, 1 Norman Rd, 8.00pm

Jason McNiff

Tin Tins, 21 Robertson St, 8.00pm

The Joel White Band

The Dolphin Inn, 11-12
Rock-a-Nore Rd, 9.00pm

Silent Disco

The Brass, 18 Havelock
Rd, 10.00pm

Sunday 3 December

Coffee Concert: The

Acappella Bellas

Kino-Teatr, 43-49

Norman Rd, 11.00am

Rob Corcoran & the

Necessary Evils

The Stag Inn, 14 All
Saints St, 5.00pm

Hastings Sinfonia Presents: A

Family Christmas Spectacular

De La Warr Pavilion,
Marina, 7.00pm

Vinyl Night

The Jenny Lind, 69
High St, 7.00pm

Gina Cassisa

Tin Tins, 21 Robertson St, 8.00pm

Monday 4 December

Just Landed

The Jenny Lind, 69
High St, 7.00pm

Tuesday 5 December

Traditional Irish Music Session

The Albion, George St, 8.30pm

Tuesday Night Open

Folk Session

The Stag Inn, 14 All
Saints St, 8.30pm

Wednesday 6 December

Bexhill Primary Schools'

Christmas Concert

De La Warr Pavilion,
Marina, 7.00pm

Gig for Gaza

Raising funds for medical aid
for Palestinians & Al-Mawasi

Frank Moon, Bellza,
Woodland Folk, Afrit Nebula,

Tim Hoyte, Mike Willis

£20/£10 on eventbrite, East
Hastings Angling Club,

hastingspalestinecampaign.org

A Cosy Winter's Night - guitar

recital by Xuefei Yang

Kino-Teatr, 43-49

Norman Rd, 7.30pm

Longbridge Junction

The Dolphin Inn, 11-12
Rock-a-Nore Rd, 8.00pm

Americana & Bluegrass session

The Stag Inn, 14 All
Saints St, 9.00pm

Thursday 7 December

Subhumans at The Pig

The Pig, 37 White Rock, 7.00pm

Songs for Christmas

Crescendo choir from Bexhill
Admission free – Donations
(suggested minimum £5) Equally
divided between Warming up
the Homeless (Bexhill) and St

John's Church Building Fund
St John's Church, Upper Church
Rd, Hollington TN37 7AT 7.30pm

Jazz Special

Dan McConkey (sax) Stuart
Jackaman (gtr) James Sunny (

bass) and The Jazz Organisation
The NUR , Robertson St, 8.00pm

Shanty Night with

Completely Scuppered!!!

The Jenny Lind, 69
High St, 8.30pm

Friday 8 December

McNiff's Folk Sundowner

The Jenny Lind, 69
High St, 5.00pm

From The Jam: All Mod Cons

45th Anniversary Tour

White Rock Theatre,
White Rock, 7.30pm

Megan Leigh Mason

The Dolphin Inn, 11-12
Rock-a-Nore Rd, 7.30pm

Sam Solace

The Forbidden Fruit, 22
Grand Parade, 8.00pm

Tin Tins Live Music Showcase

Tin Tins, 21 Robertson St, 8.00pm

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LISTINGS

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Elvis - The early years

The Bull, 530 Bexhill Rd, 8.30pm
Sound Syndicate
 Pissarro's, 9-10 South Terrace, 8.30pm

Saturday 9 December

Bullet Christmas Drinks with DJs Mr Thing, Jordan Behnan, Clive Vale Underground Duo, DJ Oneofakind, Reuben Ramsay
 Bullet Coffee House, 38 Robertson St, 3pm-8pm Saturday
Seafront Session - The Complete Unknowns
 The Albion, George St, 4.00pm
Thee Headshrinkers & Column 258
 The Jenny Lind, 69 High St, 6.00pm
Just Landed Blues Duo
 Tin Tins, 21 Robertson St, 8.00pm
Laundry Day: Queermas Special
 The Piper, 1 Norman Rd, 9.00pm
Urgent Orange
 The Dolphin Inn, 11-12 Rock-a-Nore Rd, 9.00pm

Sunday 10 December

Coffee Concert: Christmas Special - Alexander Metcalfe (piano) - Chopin
 Kino-Teatr, 43-49 Norman Rd, 11.00am
Jazzy Songs Old and New with Jude Montague
 Twelve Hundred Postcards, 80 Queens Rd, 4.00pm
The Seagrass Band
 The Stag Inn, 14 All Saints' St, Hastings TN34 3BJ, 5.00pm
Helen Sharpe & The Soul-shine Band
 The Albion, George St, 7.00pm
Paul Simon's Graceland: Reimagined by the London African Gospel Choir Lifted Up Community Choir Live In Concert with the Igospel Band at DLWP
 De La Warr Pavilion, Marina, 7.00pm
Poppy Rockett
 Tin Tins, 21 Robertson St, 8.00pm
Vinyl Night - Halloween Special
 The Jenny Lind, 69 High St, 8.00pm

Monday 11 December

One Voice Festival of Singing
 De La Warr Pavilion, Marina, 7.00pm

Tuesday 12 December

Darius Brubeck Quartet
 East Hastings Sea Angling Association, The Stade, 7.45pm
Albion Skiffle Company
 The Albion, George St, 8.30pm
Tuesday Night Open Folk Session

The Stag Inn, 14 All Saints St, 8.30pm

Wednesday 13 December

Dave Valentine's Xmas Music Quiz
 Twelve Hundred Postcards, 80 Queens Rd, 7.30pm
Hackedepicciotto/ Kleistwahr /Effective Word Order + DJs
 The Pig, 37 White Rock, 7.30pm
The Kukes
 The Dolphin Inn, 11-12 Rock-a-Nore Rd, 8.00pm

Thursday 14 December

A Load of Poets Xmas Party
 Twelve Hundred Postcards, 80 Queens Rd, 7.00pm
London Mozart Players
Present: Christmas Crackers with London Mozart Players
 De La Warr Pavilion, Marina, 7.00pm
Berth of the Cool - Jazz DJs: Ben Thompson, Herbie Greensmith, The Disc Slinger + Debbie Golt
 White Rock Hotel, White Rock, 7.00pm
A Call for Peace (fundraising concert)
 Printworks, 14 Claremont, 8.00pm
Jazz Special
 Rob Leake (sax) Dan Dotor (bass) and The Jazz Organisation
 The NUR, Robertson Street 8.00pm
A Capella sing-a-round hosted by Rattlebag
 The Stag Inn, 14 All Saints St, 8.30pm
Shanty Night with Completely Scuppered!!!
 The Jenny Lind, 69 High St, 8.30pm

CINEMA

Friday 1 December

A Magical Musical Christmas Outdoor Screening - Elf: Buddy's Musical Christmas
 West Lawn, De La Warr Pavilion, 6.00pm (FREE EVENT, family activities start at 4.00pm)
Oppenheimer
 Electric Palace, High St, 7.30pm
Killers of the Flower Moon
 Kino-Teatr, Norman Rd, 2.00pm, 7.00pm

Saturday 2 December

Queer Gaze Film Night: But I'm a Cheerleader
 Electric Palace, High St, 7.30pm
Killers of the Flower Moon
 Kino-Teatr, Norman Rd, 2.00pm, 7.00pm

Sunday 3 December

Black Narcissus, 11.00am
 Electric Palace, High St
B Movie Fan Club: The

Brain Eaters, 7.30pm
 Electric Palace, High St

Wednesday 6 December

Event: Let's Talk Film - Everything You Wanted to Know About...Stanley Kubrick
 Electric Palace, High St, 7.00pm

Thursday 7 December

Past Lives
 Electric Palace, High St, 11.00am, 7.30pm
The Shop Around the Corner
 Kino-Teatr, Norman Rd, 12.00pm, 3.00pm, 7.30pm

Friday 8 December

Festive Film Quiz
 Electric Palace, High St, 7.30pm
Thoroughly Modern Millie
 Kino-Teatr, Norman Rd, 3.00pm, 7.30pm

Saturday 9 December

Nuclear Season: Threads (+ Intro from Dave Valentine)
 Electric Palace, High St, 7.30pm
The Great Escaper
 Kino-Teatr, Norman Rd, 12.00pm, 7.00pm
A Christmas Gift from Bob,
 Kino-Teatr, Norman Rd, 3.00pm

Sunday 10 December

The Mountain Path (+ Q&A)
 Electric Palace, High St, 11.00am

Tuesday 12 December

Out on Tuesday: Eismeyer (+Short Film and Cast Q&A)
 Electric Palace, High St. 7.30pm

Thursday 14 December

Seaside Special, 11.00am
 Electric Palace, High St, 11.00am, 7.30pm
Abigail's Party (+Gourmet Cinema Club with Cheese on Sea), 7.30pm
 Electric Palace, High St, 11.00am, 7.30pm
Sussex Exchange
 Queensway – for film listings go to: cinema.thesussexexchange.co.uk/
Odeon Hastings
 Queens Road - for film listings go to: odeon.co.uk/cinemas/hastings/

PERFORMANCE

Friday 1 December

The Mousetrap
 White Rock Theatre, 7.30pm

Saturday 2 December

The Mousetrap
 White Rock Theatre, 2.30pm, 7.30pm
Dave Gorman – Powerpoint to the People
 De la Warr Pavilion, Bexhill, 6.45pm
Tanya Hyde

Forbidden Fruit, Grand Parade, 9.30pm

She's Celebrating! (Drag Show)

The Nest, High St, 7.30pm
Art Gallery Recital: Richart van Zyl (Violin)
 Stables Theatre, The Bourne, 6.00pm

Sunday 3 December

Hastings Sinfonia – A Family Christmas Spectacular Concert
 De la Warr Pavilion, Bexhill, 3.00pm
Coffee Concert: The Acapella Bellas
 Kino-Teatr, Norman Rd, 11.00am

Wednesday 6 December

Bexhill Primary Schools' Christmas Concert
 De la Warr Pavilion, Bexhill, 5.30pm
A Cosy Winter's Night: Guitar Recital by Xuefei Yang
 Kino-Teatr, Norman Rd, 7.30pm

Thursday 7 December

Songs for Christmas (Crescendo Choir of Bexhill)
 St John the Evangelist Church, Upper Church Rd, 7.30pm

Saturday 9 December

Vicki Vivacious
 Forbidden Fruit, Grand Parade, 9.30pm
Snapdragon (Rehearsed Play Reading)
 Stables Theatre, The Bourne, 7.30pm

Sunday 10 December

Lifted Up Community Choir
 De la Warr Pavilion, Bexhill, 6.30pm
Coffee Concert: Alexander Metcalfe
 Kino-Teatr, Norman Rd, 11.00am
 Tuesday 12 December
Royal Opera House Live: The Nutcracker
 Kino-Teatr, Norman Rd, 7.15pm
 Christmas Carol (musical play)
 Stables Theatre, The Bourne, 7.30pm

Wednesday 13 December

Christmas Spirits (by Spunglass Theatre, family show)
 Stade Hall, The Stade, 11.00am, 7.00pm
Christmas Carol (musical play)
 Stables Theatre, The Bourne, 7.30pm

Thursday 14 December

Hastings Philharmonic Orchestra Songbirds Informal Showcase
 Christ Church, London Rd, 4.15pm
London Mozart Players

Christmas Crackers

De la Warr Pavilion, Bexhill, 7.00pm
Christmas Carol (musical play)
 Stables Theatre, The Bourne, 3.00pm

ART

Ade Peachment - Paintings

December 2023
 Seed, George St
Artist in Residence: The Two Ians
 Until 31 December 2023
 St Andrews Mews, Waldegrave St
David Tindel RA – A Retrospective
 Until 28 January 2024
 Kino-Teatr, Norman Rd
Double Trouble Art Show – Kathy Foley and Nicki Davidson
 December 2023
 St Leonards Pub, London Rd
Hastings Arts Forum Christmas Fair
 Until 17 December 2023
 Hastings Arts Forum, Marine Court
Hélio Oiticica – Waiting for the Internal Sun
 Until 14 January 2024
 De La Warr Pavilion, Bexhill
Hurvin Anderson – Salon Paintings
 Until 3 March 2024
 Hastings Contemporary, The Stade
Missing – Some Paintings by Jonathan Cole
 Until 2 December 2023
 Project 78 Gallery, Norman Rd
Nengi Omuku
 Until 7 March 2024
 Hastings Contemporary, The Stade
Oliver Salmon – Tremors (Collage Works)
 1 to 3 December 2023
 Kings Road Studios, Kings Rd
Project Art Works Christmas Market
 8 and 9 December 2023
 Trinity Hall, Braybrooke Terrace
Punks, Slags and Romantics – Susan Diamond
 Until 14 December 2023
 1200 Postcards, Queens Rd
Rock and Roll Christmas
 Until 21 January 2024
 Lucy Bell Gallery, Norman Rd
Rogue Gallery Affordable Winter Exhibition
 Until 23 December 2023
 Rogue Gallery, Norman Rd
Roland Hicks – The Fourth Wall
 Until 3 March 2024
 Hastings Contemporary, The Stade
Short Days, Short Weeks – An Exhibition by Vicki Painting
 Until 2 December 2023
 Solaris Gallery, Norman Rd
Stephen Coelho –

**Crossword Solution No 240:****Across:** 1. CarTon 3. Ghetto (anagram) 4. RePeat **Down:** 1. Cougar 2. NoT out

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LISTINGS

Painting the Town

Until 24 December 2023

St Andrews Mews, Waldegrave St

Stored Out of Sight

Until 16 December 2023

Hastings Museum and Art Gallery, Bohemia Rd

Tarek Lakhrissi:**Unfinished Sentence II**

Until 21 January 2024

Flatland Projects, Beeching Rd Studios, Bexhill and De La Warr Pavilion North Staircase

Tschabalal Self: Seated

Until 31 March 2024

De La Warr Pavilion (Lawn), Bexhill

SPORTS

Saturday 2 December**Rugby: Hastings & Bexhill v Sittingbourne – Kent 3 League**

Ark Alexandra time tbc

Hockey: South Saxons**Men v Ashford - South East****Men's League Div 1 East**

Horntye Park 12 noon

Hockey: South Saxons Ladies**v Holcombe 2 – South East****Ladies League Div 1 East**

Horntye Park time tbc

Tough fixture for SSL against current league leaders

Saturday 9 December**Tennis: The Green Ladies****v Seaford – Winter****Doubles League L3**

The Green courts tbc

Sunday 10 December**Tennis: Amherst Men v****Grasshoppers – Winter****Doubles League M5E**

Amherst courts 10.30am

Tuesdays

Hastings Women's Rounders

7.30-9.00pm with Hastings

Rounders · Enquire for fees

or free games and bookings

St Leonards Academy Sports Hall

hastingsrounders@gmail.com

Nadine 07976 600905

Wednesdays**Bexhill Mixed Indoor Rounders**

7.00-8.00pm with Hastings

Rounders · Eequ for fees/

free games and bookings

Bexhill College Sports Centre

hastingsrounders@gmail.com

Nadine 07976 600905

Thursdays**Hastings Mixed****Indoors Rounders**

7.00-8.00pm with Hastings

Rounders · Eequ for fees/

free games and bookings

Horntye Park Sports Complex

hastingsrounders@gmail.com

Nadine 07976 600905

EVENTS

Calm before Christmas – yoga workshop

I want to invite you to a two-hour workshop I will be running on Sunday 17th December from 1pm.

It will be held at The Burton Suite of The Royal Victoria Hotel, Marina, Saint Leonards.

We will do breathwork and visualisation, followed by physical poses to move your body and energy, then luxuriate in some nourishing restorative poses and end with a beautiful yoga nidra (also known as yogic sleep) where I guide you through a blissful meditation as you lie down cosied up! £12 (£8 conc)

Email me for a discount code

if you need to pay the lower

rate. This will enable you

to book and pay online.

healingyogawithkate@gmail.com

healingyogawithkate.org/schedule

Friday 1 December**Tiny Voices | Pheeb's Sing School (workshop)**

Mini Playhouse by Spun

Glass Theatre, 26 White

Rock, Hastings, TN34 1JY

9.30-10.15am

Saturday 2 December Christmas Fair

Fairlight Village Hall, Broadway, Fairlight, Hastings.

12.00pm-3.00pm

STITCH and STEAM

Free. Working model steam engines, CNC machine samples and tools, 3D live printing and a display of handmade quilts. All proceeds to cancer research.

Stables Theatre, The Bourne, Hastings TN34 3BD

Sunday 3 December**Bohemia Creative Quarter Special Festive Event**

On the first Sunday of every month the businesses operating from shops/premises, offer space to creative people who do not have premises to sell their products from. A choir, Santa Claus, pubs with live music and a renowned international sculptor exhibiting her work at the Bank House Studio.

The Bohemia area of St Leonards.

Spun Glass Stories - Christmas Programme (workshop)

Mini Playhouse by Spun

Glass Theatre, 26 White

Rock, Hastings, TN34 1JY

10.00-11.00am

Christmas Market

The Manor Barn, Bexhill-on-Sea 11.00am-3.00pm

Hastings Community Christmas Craft Fayre

Art in the Park, Alexandra Park, Saint Helen's Road Hastings TN34 2LQ, 12.00pm-5.00pm

STITCH and STEAM

Free. Working model steam engines, CNC machine samples and tools, 3D live printing and a display of handmade quilts. All proceeds to cancer research. Stables Theatre, The Bourne, Hastings TN34 3BD

Monday 4 December**Pop-up Curry Night**

Vegetarian curry with the Shared Table at Stooze Coffee, 4 Trinity St. Hastings TN34 1HG 6.00pm

Art, Craft and Play (workshop)

Mini Playhouse by Spun

Glass Theatre, 26 White

Rock, Hastings, TN34 1JY

10am-12pm

Hastings Hard of Hearing Support Group

10.30am-12.00pm is Place Café, Robertson St, Hastings TN34 1HL

An opportunity to meet other hard of hearing people and to make new friends in a relaxed and welcoming environment and to learn from their personal experience of living with hearing loss. It's also an ideal opportunity to learn some useful communication skills that will help to reduce the feeling of isolation.

Free refreshments and raffle. All welcome.

For more information, please contact East Sussex Hearing on 01323 722505.

Tuesday 5 December**First and Second Christmas Party - Hastings (workshop)**

Mini Playhouse by Spun

Glass Theatre, 26 White

Rock, Hastings, TN34 1JY

10.00am-12.00pm

Thursday 7 December

Sensory STEM Storytelling (walkers-3 years) (workshop)

Mini Playhouse by Spun

Glass Theatre, 26 White

Rock, Hastings, TN34 1JY

10.30-11.30am

Music Sensory Play (workshop)

Mini Playhouse by Spun

Glass Theatre, 26 White

Rock, Hastings, TN34 1JY

12.30-1.30pm

Little Warblers (workshop)

Mini Playhouse by Spun

Glass Theatre, 26 White

Rock, Hastings, TN34 1JY

3.45-4.30pm

INUA ELLAMS: SEARCH PARTY

7.00pm – 9.00pm

Join us for a unique night of art,

poetry and performance with the award-winning poet, Inua Ellams. Each performance is guided by audience suggestions. Hastings Contemporary Rock-a-Nore Road Hastings TN34 3DW. 01424 728377 info@hastingscontemporary.org

NIGHT OF THE LITTLE CANDLES**Friday 8 December****Tiny Voices | Pheeb's Sing School (workshop)**

Mini Playhouse by Spun

Glass Theatre, 26 White

Rock, Hastings, TN34 1JY

9.30-10.15am

Saturday 9 December**Observer Building Grand Christmas Weekend Market**

11.00am-4.00pm FREE ENTRY

Food, Crafts, Drink & More

53 Cambridge Rd, TN34 1DT

Streetwiseevents1@gmail.com

RAYS: Toddlers' Art Session

11.30am-12.30pm

An introduction to art for pre-school walkers and their carers, in collaboration with Spun Glass Theatre. An opportunity to explore the gallery and then get messy in our studio.

Hastings Contemporary Rock-a-Nore Road Hastings TN34 3DW.

01424 728377 info@

hastingscontemporary.org

Terrarium Workshop

2.00pm-4.00pm

Create a miniature garden in a jar - perfect as a gift or to keep for yourself. All materials provided.

Hastings Contemporary Rock-a-Nore Road Hastings TN34 3DW.

01424 728377

info@hastingscontemporary.org

Hastings Old Town**Christmas Fayre**

George St, Hastings

10.00am-5.00pm

Sunday 10 December**Observer Building Grand Christmas Weekend Market**

11.00am-4.00pm FREE ENTRY

Food, Crafts, Drink & More

53 Cambridge Rd, TN34 1DT

Streetwiseevents1@gmail.com

Hastings Old Town

Christmas Fayre

George St, Hastings

10.00am-5.00pm

Monday 11 December**Art, Craft and Play (workshop)**

Mini Playhouse by Spun

Glass Theatre, 26 White

Rock, Hastings, TN34 1JY

10am-12pm

Wednesday 13 December**My Story of the Year journaling workshop. Come journal out the year.**

9.30am-11.00am

Waterstones Hastings

Contact Nicky nicky@diamond-minds.co.uk 07938 734871

SPRATS: Baby Sensory Session

10.00am-10.45am

Our youngest visitors are given their own special time once a month when we open the gallery early for them. Reserved for pre-walkers to explore their senses and begin their life long creative journey.

Hastings Contemporary, Rock-a-Nore Road, Hastings TN34 3DW.

01424 728377 info@

hastingscontemporary.org

Thursday 14 December**Sensory STEM Storytelling (walkers-3 years) (workshop)**

Mini Playhouse by Spun

Glass Theatre, 26 White

Rock, Hastings, TN34 1JY

10.30-11.30am

Annual Makers**Christmas Market**

11.00am-7.00pm

Showcasing work from students across schools, colleges and our creative courses

4th Floor Art & Design, East

Sussex College Hastings,

Station Plaza, TN341BA

Music Sensory Play (workshop)

Mini Playhouse by Spun

Glass Theatre, 26 White

Rock, Hastings, TN34 1JY

12.30-1.30pm

Little Warblers (workshop)

Mini Playhouse by Spun

Glass Theatre, 26 White

Rock, Hastings, TN34 1JY

15.45-16.30pm

CLASSES

Mondays**Ballet Barre**

7.15pm-8.00pm.

Hastings Old Town

oldtownyoga.co.uk

Overeaters Anonymous

7.30-8.30pm

Clifton Centre, 1-2 Stainsby

St, St Leonards31

oagb.org.uk

Quick Burn

9.00am-9.30am Isabel

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SPOTLIGHT

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Naz Montag



White Rock Theatre Under New Management

The Guildhall Trust, a charitable foundation which has run the Portsmouth Guildhall since 2011, is set to take over management of the White Rock Theatre from the beginning of February as lessees of Hastings Borough Council (HBC).

Trafalgar Theatres, the operator of the flagship Hastings theatre for the past 15 years, is part of a national and international commercial entertainment empire with assets topping £100m. But its business model at the White Rock seems to have depended on receipt of substantial subsidies from HBC. Now that these have been withdrawn as part of general council cutbacks, Trafalgar is making for the exit, replaced by the Guildhall Trust.

This Trust, originally styled the Portsmouth Cultural Trust, was set up by Portsmouth City Council in 2010, for the specific task of running the Portsmouth Guildhall, which has a main auditorium with 2,000 seats - nearly double the capacity of the White Rock - and a new 170-seater studio. It is used for conferencing as well as concerts and theatre performances.

The Trust's website proclaims that its "Core Purpose" is "to deliver inspirational opportunities so that people want to engage with culture and the creative economy." Cllr Andy Batsford, HBC's lead councillor for culture, has spoken enthusiastically of the Trust's "exciting plans to take the [White Rock] theatre forward, and their

experience shows they can deliver the vision we have".

It seems that, at least in the short term, there's unlikely to be a radical shift in programming policy. Guildhall CEO Andy Grays has a CV in theatre management with Apollo Leisure Group and Stoll Moss (owner of several theatres in London's West End). The Portsmouth Guildhall's programme in the run-up to Christmas highlights, besides a panto of *Rapunzel*, comedy from Sarah Millican, Steve Hall and Steve Willis; a night of pro wrestling and another of darts; two classical music concerts featuring the Bournemouth Symphony Orchestra, tribute acts homaging Tina Turner, Duran Duran and Abba; and a series of party entertainments (all sold out) under the title *Cirque de Guildhall*.

By way of comparison Trafalgar will bow out from the White Rock in January with an "adult panto" entitled *Beauty and the Big Beast*; a tribute to Frankie Valli and the Four Seasons; and an evening with *Poirot* actor David Suchet.

A spokesperson for Guildhall said last week, however, that they aim to balance a "strong commercial programme" with support for community initiatives including the traditional Hastings music festival and the International Piano Concerto competition in spring 2024.

■ A full initial programme is expected to be released within the next month.



Photos: Ben Turner

Food for Sharing

HIP talks to Kate Harris of The Shared Table. Kate will be running a special pop-up night in Stooze Coffee from 6-9pm on Monday 4th December, serving a range of vegetarian curries.

You originally worked as a caterer at the Tate Galleries; what made you leave the glamour of London for a more intimate and communal type of catering in Hastings?

Working at an iconic London venue was a great experience, I met some amazing people and learnt a lot. However, I found myself gravitating away from the big corporate events to more personal ones – weddings, birthday celebrations, etc. I love working with a client to create their perfect event and seeing it through from start to finish. I moved to Hastings five years ago and was blown away by the vibrant food scene here. It felt like the town was a big supporter of small local businesses and the perfect place to try something different.

You describe yourself as an 'ethical event caterer' – what is the ethos of The Shared Table?

The Shared Table is a vegetarian event caterer; I don't use meat, I use fresh, local produce and limit my environmental impact as much as possible. I'm not anti-meat, however I feel strongly that if every-



body ate a little bit less, it would have a real positive impact on the environment. I love to showcase how amazing vegetarian and vegan food can be – I want to inspire people to eat less meat!

Can you describe some of the dishes that you offer?

I love to cook world food and in particular South Asian food. Some of the best vegetarian food I've ever eaten has been in India! My mum moved to the UK from India in the 60s and this is the food I've grown up with. I cooked for an event at The Beacon last night and served a selection of vegan curries including a cashew and coconut korma and spinach dahl with sweet potato and fresh coconut chutney, which went down well! I also love to cook what I think of as 'Ottolenghi style food'! Using lots of Middle Eastern spices and flavours, this type of food is so visual and great for sharing.

What other sorts of events do you cater for?

I've catered for private events in people's homes, and I've worked

with a local yoga teacher to provide a healthy lunch for a yoga retreat in Rye. I've provided lunches for companies and even a picnic lunch to take to Glyndebourne over the summer!

I've also had a lot of fun working with Stooze Coffee for Hastings bonfire night where we served a LOT of takeaway curries for people to take with them on the parade! The pop-up, dine-in evening with Stooze on 4 December will be a bit more relaxed!

Plans for the future?

A lot of my work has come through word of mouth and from guests at events approaching me for their own events, which is so encouraging. Even more encouraging is that not all my private clients have been vegetarian, they've been a mixture of people who are open to the ethos and concept of The Shared Table and happy to try something new.

I'm really keen to keep doing pop-up nights around town as well. It's great to be part of the Hastings food scene.

hip hootenanny



Festive Fundraising Special

Mike Hatchard, Sister Suzie,
Leo Wyndham, Danny Horn,
The Lost Revellers, DJ Kate Sure
+ Special Guest



Thursday 14th December
Crown House Marina, St Leonards
from 7.30pm (doors open 7.00pm) to 11.00pm.
Tickets in advance £10 (£20 with food) + cash bar.

Limited numbers so buy your ticket now!
All proceeds in support of your local community paper.
Tickets from Eventbrite - search for HIP Hootenanny
Use the QR code or follow the link below:
eventbrite.co.uk/e/hip-hootenanny-tickets-757725265667



LISTINGS

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

< Continued from page 15

Blackman Centre (IBC),
Winding St, Old Town
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
Circuits
10.00am-11.00am Isabel
Blackman Centre (IBC),
Winding St, Old Town
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
Art Class for Adults
10.00am-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.
thechapelofchriststillness.co.uk
Yoga Over 60 – maintaining
movement
11am-12.30pm
St Leonards Studio @
Azur Marina Pavilion
zowie@stleonards.studio
Silver Swans Ballet
11.15am-12.15pm Isabel
Blackman Centre (IBC),
Winding St, Old Town
Fit with Diabetes
1.00pm-1.45pm Isabel
Blackman Centre (IBC),
Winding St, Old Town
Alexander Technique
Taster Sessions
1.30pm-5.00pm
Braybrooke Rd
livingtenderly@yahoo.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
4 Friends of IBC LGBTQ+
2.15pm-4.00pm Isabel
Blackman Centre (IBC),
Winding St, Old Town
Chair Yoga
3.00pm-4.00pm Isabel
Blackman Centre (IBC),
Winding St, Old Town
Origami
3.00pm-4.00pm Isabel

Blackman Centre (IBC),
Winding St, Old Town
Swans Ballet Class
4.00pm-5.30pm
Ore Community Centre, Studio 2
Annie 07704 711772
Drum Club
4.15pm-5.15pm, £6.50
West Hill Community Centre
For 15-16 year olds,
booking essential.
juliansambadrum@gmail.com
Gentle Zumba
5.30pm-6.15pm Isabel
Blackman Centre (IBC),
Winding St, Old Town
Beginners Pointe Class
5.30pm-6.30pm
Ore Community Centre, Studio 2
Annie 07704 711772
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
Meridian Yoga and Self
Shiatsu with Steph
6.00pm-7.30pm at Azur
steph@stleonards.studio 07816486603
Candlelit Yoga
6.00pm-7.00pm
Hastings Old Town
oldtownyoga.co.uk
Absolute Beginners
Argentine Tango
7.00pm-8.15pm upstairs at The
Piper 1 Norman Rd TN37 6NH
email or phone now to find out
more about our next 6 week
course starting 15th Jan 2024.
Phoebe 07947 440502
pennythepoetess@yahoo.co.uk
Hastings Punk Choir
7.00pm-8.30pm
Electric Palace, 39A
High St, Hastings
(And generally a drink or two
in the Jenny Lind afterwards.)
Kundalini Yoga &
Meditation with Yeli
7.30pm-9.00pm
Wellington Centre, Hastings
yeli@happinessholistichealth.uk
Argentine Tango Improvers
Drop-In Class
8.15pm-9.30pm, £8
Upstairs at the Piper,
1 Norman Rd
pennythepoetess@yahoo.co.uk

Tuesdays
Ashtanga Yoga - Assisted
Self Practice
07.30am-09.30am, £15
Wellington Health &
Wellbeing Centre
ashtangayogahastings@gmail.com
Daoist Qi Gong
9.00am-10.00am
The Azur Pavilion, St Leonards

andreaorsoQG@yahoo.com
Pilates: with a roller
with Sally Paffard
9.00am-9.30am, Zoom
sallypaffard@gmail.com
Pilates
9.00am-10.00am Isabel
Blackman Centre (IBC),
Winding St, Old Town
Pilates with Lucy Paffard
9.30am St Leonards,
lucypaffard@gmail.com
5 Rhythms dance meditation
Movement as Metaphor
10.00am-11.30 am
Crown House
57 Marina
£15 or £12 £10 for beginners
Mini-Da Vinci Art School
10.00am-12.00pm
Art in the Park Community
Hub, Alexandra Park
Pre-school/ home-
schoolers art activities
£6.50 (adults free)
info@artsonprescription.org
Beginners French
10.00am-11.00am Isabel
Blackman Centre (IBC),
Winding St, Old Town
The Crown Knitters
10.30am
The Crown, 64-66 All
Saints St, Hastings
A weekly knitting group who
knit lovely things to sell to raise
money for local charities.
thecrownhastings.co.uk/events
Needle Felt
11.00am-12.00pm and
1.00pm-2.00pm
Isabel Blackman Centre,
Winding St.
One of several classes
covering all topics.
isabelblackmancentre.co.uk
French for beginners
11.00am-12.00noon
Rose Cottage, 7 The
Alley, TN34 1HB
+ Conversations at the Common
Room, Eagle House, Robertson St
George: 07835808318
Chair based Exercise
11.00am-11.45am Isabel
Blackman Centre (IBC),
Winding St, Old Town
Needle Felt
11.00am-12.00pm Isabel
Blackman Centre (IBC),
Winding St, Old Town
Chair Yoga
11.00am-12.00pm, West St
Leonards Community Centre.
Contact Active Hastings 01424 451051
activehastings@hastings.gov.uk
Hot Yoga Hastings
11.00am-12.00pm
21 St Peter's Rd, Hastings
hotyogahastings.co.uk
French for Beginners
12.00pm-1.00pm FREE
Common Room Eagle House
Cambridge Rd. TN34 1DJ

Contact George 07835808318
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
Movement for the mind
1.00pm-1.45pm Isabel
Blackman Centre (IBC),
Winding St, Old Town
Painting Workshop
1.00pm-3.00pm
Art in the Park, Alexandra Park
£12 (concessions available)
Materials provided.
Info@artsonprescription.org
Online Chair Yoga
2.00pm-3.00pm Zoom
sueyoga1066@gmail.com
Art & Social Club
2.00pm-3.00pm Isabel
Blackman Centre (IBC),
Winding St, Old Town
Weight Training Beginners
3.00pm-4.45pm Isabel
Blackman Centre (IBC),
Winding St, Old Town
Ore Youth Club Sessions
4.30pm-6.00pm
Ore Community Centre
sarah.adams@freshvisions.org.uk
Bev 07732823800
Traditional Yoga
5.00pm-6.00pm Isabel
Blackman Centre (IBC),
Winding St, Old Town
Knitting Yarns:
5.00pm-6.30pm
Sugar Pie Honey Buns
235 London Rd, St Leonards
Rachel: 07397794879
Gary Marriott's Tune
up Tuesdays
5.15pm-6.30pm
Fun Acapella Choir
Hastings Town Centre, £3
Text 07986911083 for more info
Pilates with Sally Paffard
5.30pm-6.30pm
Small class
Westhill Community Centre
Sally: 07973 530911
Sunset Flow w/ Hannah
6.00pm-7.00pm Madre,
Wellington Centre,
Wellington Sq £9.00
hola@madre-sl.com
Photography Workshop
6.00pm-8.00pm
Art in the Park, Alexandra Park
£12 (concessions available)
Own camera required.
Info@artsonprescription.org
Vinyasa Flow
6.30pm-7.30pm Bank
House Studio,
karen@yoga-by-the-sea.co.uk
Chair Yoga
3.00pm-4.00pm
Isabel Blackman Centre,
Winding St.
One of several classes

covering all topics.
isabelblackmancentre.co.uk
Silver Swans Ballet Class
6.30pm-8.00pm
Ore Community Centre, Studio 2
Annie 07704 711772
Hastings Women's Rounders
7.30-9.00pm with Hastings
Rounders · Eequ for fees or
free games and bookings
St Leonards Academy Sports Hall
hastingsrounders@gmail.com
Nadine 07976 600905
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
Sound Waves Community Choir
7.30pm - 9.30pm
Salvation Army Hall
St Andrews Square
Hastings TN34 1SP
Free taster session
No auditions
admin@soundwaveschoir.org.uk
Seen on Screen Dance
7.45-8.45pm The Y Centre,
St Paul's Rd, for more
information and to book visit
sos.dance
Country Dancing
7.45pm-9.45pm
St Matthew's Church,
London Rd, St Leonards
hastingscountrydanceclub.org.uk
Classical Guitar Tuition
Tuesdays, Wednesdays, Fridays
Bexhill, from £15, free
taster sessions
bexhillclassicalguitar.co.uk
Yoga at the White Rock
White Rock Hotel, Hastings
Healing Breath, Yoga Nidra
& Tibetan Bowls, £10.
myranicol@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

Wednesdays

Introduction to saggar firing
3 session-course starting 29th
Nov 6pm £90 At The Wonki Pot
at The Yard, Waterworks Rd,
Hastings. Hollydawes.com or
Holly.s.dawes@gmail.com to book,
Insta @the.wonki.pot
Streetsketchers
"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](https://www.meetup.com/south-coast-skyers)

Pump & Tone

9.00am-9.45am Isabel Blackman Centre (IBC), Winding St, Old Town

Qigong

10.00am-11.00am Isabel Blackman Centre (IBC), Winding St, Old Town

Crowninos Kids Group

10.00am-11.00am run by Ellie. Songs, stories and vibes. For 0-4 year olds and their carers.

£6 per family unit. The Crown Hastings 64-66 All Saints Street

Wellbeing Wednesdays

10.00am-3.00pm, (pay as you can)

Art in the Park Community Hub, Alexandra Park

info@artsonprescription.org

Roots of Return

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

Elemental Yoga with Catherine

10.30am. Class Cost: £7

The Azur Pavilion

catherineburnett12@gmail.com

Let's Do Lunch

12.30pm-2.00pm Isabel Blackman Centre (IBC), Winding St, Old Town

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-1.45pm

Isabel Blackman Centre, Winding St.

One of several classes covering all topics.

isabelblackmancentre.co.uk

Hatha Yoga for You

2.00pm-3.00pm

Sunroom, Azur, Marina Pavilion, 44-37 Marina

Louise@stleonards.studio

Line dancing with Pat

2.15pm-4.00pm Four Courts, Sydney Close, St Leonards on Sea.

To Book email linedancewithpat@gmail.com or 07724024227.

IBC Full House Bingo

2.30pm-3.30pm Isabel Blackman Centre (IBC), Winding St, Old Town

Breathe Better

3.00pm-3.45pm Isabel Blackman Centre (IBC), Winding St, Old Town

St Leonards Junior Chess

From 5.00pm

St Nicholas Centre, London Rd

A social club for children who play chess.

andrewjmcgettigan@gmail.com / 07910 245 401

Qigong with Sigrid

5.30-6.30pm

Community Hall of Greek Orthodox Church, St Leonards Suitable for all ages.

Sigrid.qigongsigrid@gmail.com

Yoga on the Harbour Arm

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

Mystical Yoga at The

Bale House

5.45-7.00pm, £10

Hastings Country Park, Lower Coastguard Ln, Fairlight, Hastings, TN354AD

enchantedmalas@gmail.com

Yoga with Marjolyn

6.00pm-7.00pm

Azur, Marina Pavilion, 44-37 Marina

07929577985

Adult Tap Class for Beginners

6.15pm-7.00pm

7 Mercatoria, St Leonards

kimhaviand@gmail.com

Laughter Yoga with Bev

6.30pm-7.30pm

Upstairs, Jenny Lind

bevjoness@laughyourselftohealth.com

Buddhist Meditation and

Dharma Teaching

7.00pm-9.00pm

In person and via Zoom.

hastingsbuddhistgroup.co.uk

Bexhill Mixed Indoor Rounders

7.00-8.00pm with Hastings Rounders · Eequ for fees/

free games and bookings

Bexhill College Sports Centre

hastingsrounders@gmail.com

Nadine 07976 600905

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.

theclasschoir@gmail.com

Women's Wellbeing Circle

7.30pm-9.00pm (pay as you can)

Art in the Park Community Hub, Alexandra Park

info@artsonprescription.org

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

Argentine Tango Social Dance

8-11pm in the downstairs bar at The White Rock Hotel, 1-10

White Rock, Hastings, TN34 1JU.

£8 for dancers, £3 non-dancers.

Contact Phoebe 07947 440502

pennythepoetess@yahoo.co.uk for more info.

Classical Guitar Tuition

Tuesdays, Wednesdays, Fridays

Bexhill, from £15, free

taster sessions

bexhillclassicalguitar.co.uk

Thursdays

Ashtanga Yoga – Assisted

Self Practice

07.15am-09.15am, £15

Wellington Health &

Wellbeing Centre

ashtangayogahastings@gmail.com

Gentle Wake Up Yoga

8.00am-9.00am, St Leonards

Studio, Azur Marina,

karen@yoga-by-the-sea.co.uk

Circuits

9.00am-10.00am Isabel

Blackman Centre (IBC),

Winding St, Old Town

Beginners Spanish

9.30am-10.30am Isabel

Blackman Centre (IBC),

Winding St, Old Town

Vinyasa Flow

9.30am-10.30am

Azur Marina Pavilion

karen@yoga-by-the-sea.co.uk

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

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

Games Club

10.00am-12.00pm Isabel

Blackman Centre (IBC),

Winding St, Old Town

Tai Chi for Health

and Relaxation

10.30am-11.30am, £5

St John's Parish Hall, Brittany Rd

Stuart 07961 949715

Healthy Joints

10.30am-11.15am Isabel

Blackman Centre (IBC),

Winding St, Old Town

Life drawing (Adults only)

10.30am-12.30pm, £10

Art in the Park Community

Hub, Alexandra Park

info@artsonprescription.org

Needle Felt (3)

11.00am-12.00pm Isabel Blackman Centre (IBC),

Winding St, Old Town

Circle Dancing

10.30am-12.15pm £3

Unitarian Church, South

Terrace, Hastings

Good for body, mind and spirit

Online Vinyasa Flow

with Elena Voce

12.45pm-1.30pm

Classes for all levels.

Pay-what-you-can

yogawithelenavoce.co.uk

Needle Felt (4)

1.00pm-2.00pm Isabel

Blackman Centre (IBC),

Winding St, Old Town

Indoor Bowls

1.30pm-2.30pm Isabel

Blackman Centre (IBC),

Winding St, Old Town

Pilates (beginners)

3.00pm-4.00pm Isabel

Blackman Centre (IBC),

Winding St, Old Town

Yoga with Marjolyn

3.00pm-4.00pm

Azur, Marina Pavilion,

44-37 Marina

07929577985

Pilates (beginners)

3.00pm-4.00pm

Isabel Blackman Centre,

Winding St.

One of several classes

covering all topics.

isabelblackmancentre.co.uk

Teens Art Club

4.00pm-6.00pm

Art in the Park, Alexandra Park

info@artsonprescription.org

Yoga on the Harbour Arm

5.15pm-6.15pm

(outdoors)

oldtownyoga.co.uk

Tilekiln Youth Club Sessions

5.30-7.00pm

Tilekiln Community Centre

sarah.adams@freshvisions.org.uk

Bev 07732823800

Earth:Art Workshop

6.00pm-8.00pm, £10

Art in the Park Community

Hub, Alexandra Park

Explore a wide range of earth-

friendly creative processes and

techniques with Georgina Fox.

info@artsonprescription.org

Kundalini Yoga &

Meditation with Yeli

6.00pm-7.30pm

Wellington Centre, Hastings

yeli@happinessholistichealth.uk

Mandala Vinyasa

Flow (Advanced)

6.30pm

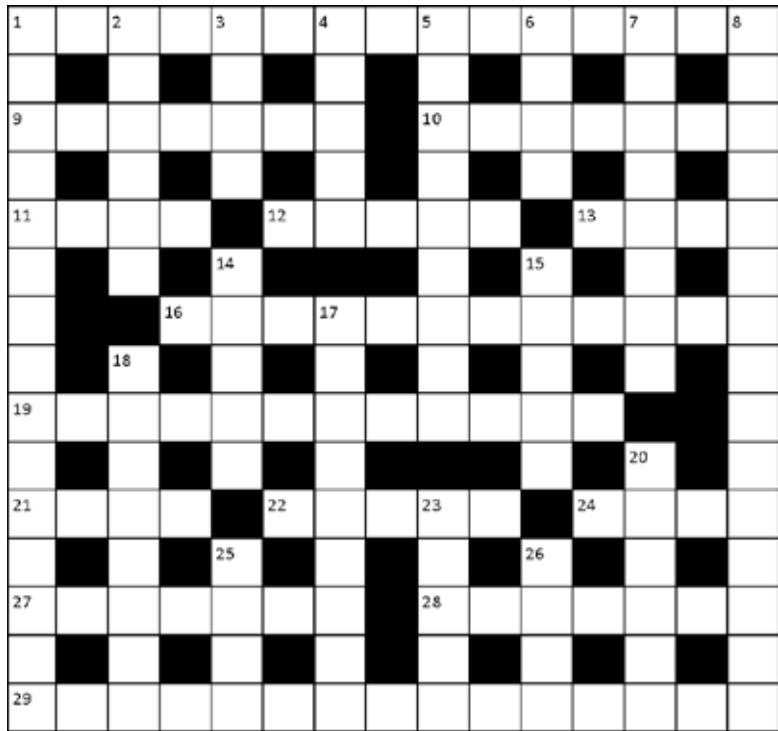
Hot Yoga Hastings,

LISTINGS

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

Hanushka's Non-Cryptic Crossword No. 5

MARKSMAN



- ACROSS
- DOWN
1. Monopoly board station (9,6)

9. Ash cloud country (7)

10. Redgrave or Feltz – or butterfly (7)

11. Everage sort of dame (4)

12. Scandinavian mythological creature (5)

13. Irish singer – once Eurovision winner (4)

16. Turning into a sweet, chewy substance (12)

19. Pragmatic policies for running a country, especially foreign affairs (12)

21. A pimple or styne (uncommon word) (4)

22. Open-mouthed (5)

24. Middle Eastern country (4)

27. A precious stone – completely sure (7)

28. Blood condition causing weakness and paleness (7)

29. Scottish landmark (9,6)
1. Yellow Monopoly board site (9,6)

2. European capital – Rigsby's cat (6)

3. Genuine – Madrid (4)

4. Classification of organism between class and family (5)

5. Most beautiful (9)

6. Prong of a fork (4)

7. Extremely happy (8)

8. Red Monopoly board site (9,6)

14. A Marx brother (5)

15. Species of whale (5)

17. Large reptile (9)

18. Southern African desert (8)

20. Partner of Wallace (6)

23. Velvety fruit (5)

25. Larry – Eastenders actor or former Sun editor (4)

26. Pacific island – programming language (4)



HANUSHKA COFFEE HOUSE are proud to present a £10 voucher to the first correct solution (selected at random). Solutions by email please to verambell@yahoo.com, not later than 10 December. Alternatively you may send to Hanushka Crossword, 39 Quarry Road Hastings TN34 3SA.

Sigrid: qigongsigrid@gmail.com
Traditional Yoga
9.30am-10.30am Isabel Blackman Centre (IBC), Winding St, Old Town
Mindful Yoga – An introspective practice
10.30am-12.30pm
Gong Bath sessions
11am
Unitarian Church, 7a South Terrace
Text Karen Hayler: 07986 911083
Weight loss Bootcamp Beginners
11.00am-11.45am Isabel Blackman Centre (IBC), Winding St, Old Town
Yin Yoga
11.30pm-12.30pm, £7 All abilities.
ninayoga.co.uk
Slow & Steady Mobility
1.00pm-1.45pm Isabel Blackman Centre (IBC), Winding St, Old Town
Chair Yoga – A supported approach
2.30pm-3.30pm
St Leonards Studio @ Azur Marina Pavilion
zowie@stleonards.studio
Table Tennis
2.30pm-4.00pm Isabel Blackman Centre (IBC), Winding St, Old Town
Senior Strength
3.00pm-4.00pm Isabel Blackman Centre, Winding St.

One of several classes covering all topics.
isabelblackmancentre.co.uk
Senior Strength
3.00pm-4.00pm Isabel Blackman Centre (IBC), Winding St, Old Town
Broomgrove Youth Club Sessions
4.30-5.30
Broomgrove Community Centre
sarah.adams@freshvisions.org.uk
Bev 07732823800
Beginners Creative Writing Group
6.15pm-7.15pm
The Clifton Centre (previously Southwater Community Centre)
Classical Guitar Tuition
Tuesdays, Wednesdays, Fridays
Bexhill, from £15, free taster sessions
bexhillclassicalguitar.co.uk

Saturdays
Pure stretch
9.00am-10.00am Isabel Blackman Centre (IBC), Winding St, Old Town
Zoom Hatha Yoga
9.00am-10.00am (online only)
Pranayama, practice and relaxation, video available.
Louiselovesyoga@gmail.com
Yoga at Hastings Contemporary
9.50am-10.50am
oldtownyoga.co.uk
Heritage Explorers
10.00am-2.00pm First Saturday of the month. Christchurch,

Silchester Rd, St Leonards. For more information contact Lucy Bailey, Heritage Manager:
lucybaileyheritage@outlook.com
Strong Yoga with Lucy
Morning Yoga via Zoom
10.00am-11.15am
lamiles@hotmail.co.uk
Antenatal Class
10.00am First Saturday morning of every month. 10am. Antenatal classes, hypnobirthing and postnatal support in one. Relaxed, sociable and non-committal way to learn a little bit more. Free! The Crown Hastings
64-66 All Saints Street
themothershipantenatal.co.uk
Morning Flow Yoga
10.00am-11.00am Bank House Studio
karen@yoga-by-the-sea.co.uk
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
Yoga to run with w/ Hannah
10.15am-11.15am
Madre, Peachy £9.00
hola@madre-sl.com
Saturday Recess Art Club
10.30am-12.30pm, £6.50 (adults free)
Art in the Park Community Hub, Alexandra Park

creative activities for all budding artists! Ages 10+
info@artsonprescription.org
Meditation and Breathwork with Jung-ui
10.45am-11.45am
The Stables Theatre, Hastings
jung-ui.co.uk
Introduction To Art: Painting
Saturday 2 December
11.30am – 1.30pm
Get creative and experimental with paint and develop your observation skills, under the guidance of artist Dagmara Rudkin. Hastings Contemporary, Rock-a-Nore Road Hastings TN34 3DW.
01424 728377 info@hastingscontemporary.org
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
Gong Bath sessions
2.00pm
4 Courts Wellbeing Centre off Sydney Close
Text Karen Hayler: 07986 911083
Hot Yoga Hastings,
21 St Peter's Rd, Hastings
Book:hotyogahastings.co.uk

Sundays
Sunrise Flow w/ Hannah
9.00am-10.00am Madre, Peachy £9.00

hola@madre-sl.com
Sunday Birth-time Kid's Art Club
10.00am-12.00pm, £5, Drop-in or stay full 2 hours
Outside the Smokeshack, St Andrews Mews, Waldegrave Rd, Hastings
Join Artist and Arts Educator Charlotte CHW for different creative projects every week at the revamped St Andrews Mews. 5-10yrs.
c.hwatts.art@gmail.com
Historical Dance Group
Regency Dance Workshop
2.00pm-4.45pm, monthly
St Peter and St Paul's Church Hall
dianadancer@btinternet.com
Yin Yoga
3.00pm 21 St Peter's Rd, Hastings.
hotyogahastings.co.uk
Relax & Renew, Restorative Yoga monthly only - contact for dates
3.00pm-5.00pm, St Leonards Studio, Azur Marina
karen@yoga-by-the-sea.co.uk
Streetsketchers "plein air" group
First Sunday 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