

Your Pull-Out Guide To What's Happening In Hastings

*Friday 5 January 2024 to
Thursday 18 January 2024*

The HIP List

Jason Ellis

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**THE
BAVARD
BAR**



**A delightful blend of TED,
comedy & Radio 4. Sort of.**

WHEN? 3rd Wednesday, every month
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TICKETS £12

WHERE?

KINO-TEATR
CINEMA THEATRE

www.kino-teatr.co.uk
www.bavardbar.co.uk

43-49 Norman Rd, St Leonards TN38 0EG



LISTINGS

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MUSIC

Friday 5 January

The Get Down

8.00pm
White Rock Theatre,
White Rock, Hastings
McNiff's Folk Sundowner
5.00pm
Jenny Lind, Hastings
Free entry
Country Superstars
7.30pm
White Rock Theatre,
White Rock, Hastings
DJ and Karaoke
8.00pm
The Town House, 1
London Road, Bexhill

Saturday 6 January
Queen By Candlelight

7.30pm
Incredible night of
Queen anthems
White Rock Theatre,
White Rock, Hastings
Annual Wassail
7.30pm
Music from Rattlebag
The Stag Inn, All Saints
Street, Hastings
New Shoes Blues
8.45pm
East Hastings Sea
Angling Association

Sunday 7 January
Keith Goodall

2.00pm
East Hastings Sea
Angling Association
**Second Sundays
at The Hoxley**
3.00pm-7.00pm
Quality folky song writers
The Hoxley, St Leonards
The Bull Sessions
5.30pm-8.30pm
Relaxed monthly world folk
session, join in or just listen
The Bull, 530 Bexhill Road
Read more at tourist.org.uk
Open Mic Night
6.30pm-11.00pm
The Town House, 1
London Road, Bexhill
The Curst Sons
9.00pm
The Lord Nelson
1E Bourne Street, Hastings

Tuesday 9 January
The Albion

Skiffle Company
8.30pm
The Albion, Hastings
Weekly shindig with
the house band
**Traditional Open
Folk Session**
8.00pm-10.00pm
The Stag, All Saints
Street, Hastings

Wednesday 10 January
Acoustic Jam Session

7.30pm
The Bull Inn, St Leonards
The Kukes
8.00pm-10.00pm
Alternative folk/
country/pop bank
The Dolphin Inn, Hastings
Americana Session
9.00pm monthly
The Stag, All Saints
Street, Hastings

Friday 12 January
Mike Willis Live

7.00pm
Songs, Stories and more
BYOB ticket required
Mike's Place, Norman
Road, St Leonards
*Message Mike for tickets 07908
370844*
Out of the Shadows
7.00pm-9.00pm
The Old Town Hall, Hastings
Iago Banet
7.30pm
Kino-Teatr, 43-49 Norman
Road, St Leonards
Read more on Ticketsource

Saturday 13 January
Tommy Emmanuel with
special guest Mully Tuttle

7.00pm
De La Warr Pavilion, Bexhill
Tickets on Seetickets
Mike Willis Live
7.00pm
Songs, Stories and more
BYOB ticket required
Mike's Place, Norman
Road, St Leonards
*Message Mike for tickets 07908
370844*
999 at Blackbox
7.30pm-11.00pm
Explosive punk rock
Blackbox, 10 George
Street, Hastings
Read more at Skiddle
Hastings Northern Soul Club
7.30pm-11.00pm
The Pig, 37 White Rock, Hastings
Free event
Aquarius International Club
8.00pm-12.00am
Monthly, 60s psych to heavy 70s
White Rock Hotel, 1-10
White Rock, Hastings
Our Royal Displeasure
8.00pm-10.00pm
Electro Studios, 5 Seaside
Road, St Leonards
Filmed intimate live
performance of album
Tickets £10 Eventbrite
The Longshore Drifters
8.00pm
Honky Tonk and Cosmic Country
Tin Tins, 21 Robertson
Street, Hastings
2B40

8.45pm
UB40 tribute band
East Hastings Sea
Angling Association

Sunday 14 January
Acoustic Blues Brunch

11.00am
Custom Café, Barnhorn
Road, Bexhill
Suedehead Sunday
3.30pm-8.00pm
Mix of Reggae and Soul
Twelve Hundred Postcards,
80 Queens Road, Hastings
Charlie Austen
5.00pm
The Stag, All Saints
Street, Hastings

Tuesday 16 January
Traditional Open Folk Session

8.00pm-10.00pm
The Stag, All Saints
Street, Hastings

CINEMA

Friday 5 January
Saltburn

Kino-Teatr, Norman Rd,
3.00pm, 7.30pm

Sunday 7 January
Seaside Special

Kino-Teatr, Norman Rd, 2.00pm

Wednesday 10 January
Saltburn

Kino-Teatr, Norman Rd,
3.00pm, 7.30pm

Saturday 13 January
Anselm

Kino-Teatr, Norman Rd,
3.00pm, 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 5 January
Stephen Smith's One-

Man Poe Show
Tadhg Mae Projects, 51a George
St, Hastings Old Town, 6.30pm

Saturday 6 January
Stephen Smith's One-

Man Poe Show
Tadhg Mae Projects, 51a George
St, Hastings Old Town, 6.30pm
**A Night of Flamenco –
Noche de Reyes Special**
Kino-Teatr, Norman Rd, 7.30pm

Sunday 7 January
The Nutcracker

White Rock Theatre,
3.00pm, 8.00pm

Wednesday 17 January
The Bavard Bar

Kino-Teatr, Norman Rd, 7.00pm

ART

David Tindel RA – A
Retrospective

Until 28 January 2024
Kino-Teatr, Norman Rd
**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,
Rock-a-Nore Road
**I-Found – Emma Harding,
Ian Shillito and Ian Skelton**
12 to 21 January 2024
Upstairs Gallery, St. Andrews
Mews, Waldegrave St
Nengi Omuku
Until 7 March 2024
Hastings Contemporary,
Rock-a-Nore Road
Rock and Roll Christmas
Until 21 January 2024
Lucy Bell Gallery, Norman Rd
Roland Hicks – The Fourth Wall
Until 3 March 2024
Hastings Contemporary,
Rock-a-Nore Road

**Tarek Lakhri:si:
Unfinished Sentence II**
Until 21 January 2024
Flatland Projects, Beeching
Rd Studios, Bexhill and De La
Warr Pavilion North Staircase
Tschabalala Self: Seated
Until 31 March 2024
De La Warr Pavilion
(Lawn), Bexhill

SPORTS

Saturday 6 January
Athletics: Sussex Cross-
Country Championships

Little Common, Bexhill –
junior races from 11.10am;
seniors from 1.30pm

Sunday 7 January
Football: Bexhill Utd Women
v Steyning Town Community
– London & South East
Regional League Cup

Polegrove, Bexhill, 1.30pm

Saturday 13 January
Football: Hastings Utd v
Dulwich Hamlet – Isthmian
Premier League

Pilot Field, 3pm
Mid-table opponents. The 'U's
won the reverse fixture at
Dulwich 2-1 back in August
**Rugby: Hastings & Bexhill
v Tonbridge Juddians
– Kent 3 League**
Ark Alexandra, 2pm

Hockey: South Saxons Ladies
v Canterbury 2 - South
East League Div 1 East

Horntye, time tbc

Sunday 14 January
Football: Hastings Utd Women
v Welling Utd – London &
South East Div 1 South

Pilot Field, 2pm
**Tennis: Amherst Ladies
v Saltdean – Winter
Doubles League L3**
Amherst courts, 10.30am

Tuesdays
Hastings Women's Rounders

7.30pm-9.00pm with Hastings
Rounders · Enquire for fees
or free games and bookings
St Leonards Academy Sports Hall,
hastingsrounders@gmail.com

Wednesdays
Bexhill Mixed
Indoor Rounders

7.00pm-8.00pm with
Hastings Rounders ·
*Enquire for fees/free games and
bookings Bexhill College Sports
Centre, hastingsrounders@gmail.com*

Thursdays
Hastings Mixed
Indoors Rounders

7.00pm-8.00pm with Hastings
Rounders · Enquire for fees/
free games and bookings
Horntye Park Sports Complex,
hastingsrounders@gmail.com

EVENTS & WORKSHOPS

Friday 5 January
Hastings Job Fair

11.00am-2.00pm
Virtual event
Free tickets on Eventbrite

Carers Information
and Advice Group

10.00am-12.00pm
The Pelham, Holliers Hill, Bexhill
Martial Arts Free Trial Lesson
5.45pm-6.45pm
Families welcome
ARK, 41 Park Avenue, Hastings
*Find out more at
martialarthastings.com*

Solo/Single Gamer Evening

6.00pm-10.00pm
No need to book, just turn up. £2
Board Game Museum and Café
25 Courthouse Street, Hastings
Read more at Boardgamemuseum.co.uk

Saturday 6 January
Antenatal and
Hypnobirthing Class

10.00am-11.00am
Free Class
The Crown, 64-66 All
Saints, Hastings
Tickets from Eventbrite

Crossword Solution No 242:

Across: 1. Garret (anagram – without O and an R) 3. Reason 4. (B)Endear(worms) Down: 1. G(e)orge 2. Tanner

LISTINGS



Hastings and St Leonards
Community Singing and
Drumming Circle

6.00pm-9.00pm
All welcome. Food sharing,
meditation, drumming, singing
and sometimes dancing!
Clifton Centre, 1 & 2 Stainsby
Street, St Leonards
Read more at MeetUp.com

12th Night at The Albion

7.00pm-11.00pm
Free event, meet at
the pub at 7pm
33 George Street, Hastings
Read more at MeetUp.com

Manifestations and
Intentions Workshop

10.00am-1.00pm
161 Bexhill Road, Hastings
Read more at Eventbrite

New Year Cacao Ceremony

2.00pm-5.00pm
44 Wellington Square, Hastings
Read more at thewellingtoncentre.com

Heritage Explorers

10.00am-2.00pm
Free family art and
heritage activities
Christ Church, Silchester
Road, St Leonards

Introduction To Art: Collage

11.30am-1.30pm
Get creative and
experimental with collage
and develop your own
projects, under the guidance
of artist Dagmara Rudkin
Hastings Contemporary,
The Stade

The Bale House Foundation

Dog Training Workshop

2.00pm-4.00pm
Lower Coastguard Lane, Fairlight
Tickets £5 on Eventbrite

Sacred Women's Waning

Moon in Libra, 1 Year
Anniversary Celebration

6.30pm-9.30pm
39 Pevensey Road, St Leonards
A Night of Flamenco:
Noche de Reyes
7.30pm-9.00pm
Kino-Teatr, 43-49 Norman
Road, St Leonards
Tickets £22-£24 on Ticketsource

Sunday 7 January

**Sunday roasts at
Cumbia Kitchen**
9.00am-5.00pm
South American Food and
Cocktail Experience
Cumbia Kitchen, 44
Marina, St Leonards
**Chakra Balance and Intention
Setting Workshop**
5.30pm-7.00pm
St Leonards Studio, Azur
Marina Pavilion, St Leonards
Read more at the-humblewarrior.co.uk

Monday 8 January

Hastings Job Fair
11.00am-2.00pm
Virtual event
Tickets free on Eventbrite
**Sidley Family Hub
Sensory Room**
10.00am-11.00am
Sidley Community Centre,
121 Ninfield Road, Bexhill

Book an hour for free on Eventbrite

Tots Play Baby Tranquil

12.15pm-1.15pm
Victoria Road, Bexhill
**Hastings and St Leonards
Board Games Night**
6.30pm-11.00pm
Board Games Café
25 Courthouse Street, Hastings
Read more at boardgamemuseum.co.uk

**Kundalini Breathwork
and Meditation Evening**

6.00pm-7.30pm
Rock Body & Soul, 70 Norman
Road, St Leonards

Wednesday 10 January

SPRATS Baby Sensory Session

10.00am-10.45am
Reserved for pre walkers
to explore their senses and
begin their creative journey
Hastings Contemporary,
Rock-a-Nore Road, Hastings
BRILL: After School Art Club
6.00pm-7.45pm
11-16 year-olds, monthly
Hastings Contemporary,
Rock-a-Nore Road, Hastings
Sip and Draw
7.00pm-9.00pm
Life drawing for over 18s only
Hastings Contemporary,
Rock-a-Nore Road, Hastings

Thursday 11 January

**Alexandra Park Cuppa
and a Walk**
10.30am-12.45pm
Fortnightly
Eat @ the park café, 75 Lower
Park Road, Hastings
The Art Club
2.00pm
Fairlight Village Hall,
Broadway, Fairlight
All abilities welcome
Read more on Timely

Friday 12 January

Hastings Fat Tuesday
7.00pm-9.00pm
Hastings Museum and Art Gallery
John's Place, Bohemia
Road, Hastings
Founder of Hastings Fat
Tuesday talks about the
origins of the festival
Tickets free on Eventbrite
Solo/Single Gamer Night
7.00pm-11.00pm
Board Game Café, 25
Courthouse Street Hastings
No need to book, just turn up. £2
Boardgamemuseum.co.uk
The New Moon Sound Bath
7.00pm-8.00pm
Rock, Body & Soul, 70
Norman Road, St Leonards

Saturday 13 January

Saturday morning Catch Up
10.00am-12.00pm

De La Warr Pavilion, Bexhill
Social catch-up with a cuppa, free
RAYs: Toddlers Art Session
11.30am-12.30pm
Introduction to art for pre-
school walkers and their carers
Hastings Contemporary,
Rock-a-Nore Road, Hastings
**Hastings and St Leonards
Community Singing and
Drumming Circle**
6.00pm-9.00pm
All welcome. Food sharing,
meditation, drumming, singing
and sometimes dancing!
Clifton Centre
1 & 2 Stainsby Street, St Leonards
Read more at MeetUp.com

Sunday 14 January

Introduction to Quilt Making

10.00am-1.00pm
Bus Stop Studios, 53 London
Road, St Leonards
**South American Food and
Cocktail Experience**
9.00am-5.00pm
Sunday roast
Cumbia Kitchen, 44
Marina, St Leonards
Move With the Moon
5.30pm-7.00pm
St Leonards Studio, Azur,
Marina Pavillion. St Leonards
Tickets £90 on Eventbrite

Monday 15 January

**The Creation and Early
Years of the Newlyn School**
2.00pm-3.15pm
The Hastings Centre,
The Ridge, Hastings
Tickets £10
theartsocietyrothervalley.org.uk
**Hastings and St Leonards
Board Games Night**
6.00pm-11.00pm, free
White Rock Hotel, White
Rock, Hastings
Read more at boardgamemuseum.co.uk
PM Radical Book Club
6.00pm-7.00pm
Printed Matter Book and Record
Shop, 185 Queens Road, Hastings

Tuesday 16 January

Start Up Workshop
10.00am-3.00pm
Freedom Works, 1-3
Robertson Street, Hastings
Free two-day workshop
letsdobusinessgroup.co.uk
Happiness Hour
10.30am-11.30am
Maitreya Kadampa Buddhist
Centre, 13 Sea Road, Bexhill
Inspiring teaching and
uplifting meditations
Tickets £8/£6 on Ticket Tailor

Wednesday 17 January

Nicole's Monthly Book Club
2.00pm

The Stag Inn, All Saints
Street, Hastings
Bring Your Baby Pub Quiz
12.00pm-2.30pm Marina
Fountain, St Leonards
Book at bringyourbaby.org
Start Up Workshop
10.00am-3.00pm
Freedom Works, 1-3
Robertson Street, Hastings
Free two-day workshop
Read more on letsdobusinessgroup.co.uk
Lego League
6.00pm-8.00pm
The Compound, 161
Bexhill Road, Hastings
Tickets £5 on Eventbrite

Thursday 18 January

Hypno-magick Nights
7.45pm-9.30pm
White Rock Hotel, White
Rock, Hastings
Curry Club
6.00pm-9.30pm
Shiplu Tandoori Restaurant,
109 London Road, Bexhill
Networking for professionals
over curry and a beer
Tickets £26 on Eventbrite

REGULAR CLASSES

Mondays

Ballet Barre
7.15pm-8.00pm
Hastings Old Town
oldtownyoga.co.uk
Overeaters Anonymous
7.30pm-8.30pm
Clifton Centre, 1-2 Stainsby
St, St Leonards
oagb.org.uk
Quick Burn
9.00am-9.30am Isabel Blackman
Centre (IBC), Winding
Street, Hastings 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
Street, Hastings 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 and
12.45pm-3.00pm
Ore Community Centre
All levels, £10.50 per session



SPOTLIGHT

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It's About That Time...

VICTORIA KINGHAM on Darius Brubeck at Jazz Hastings

Another packed night at the best jazz club this side of London. Chairs are brought in from everywhere, jazz club organisers meet and greet, friends and neighbours sit down, everyone anticipates a good time. I love this audience. I love this club too. It's decorated with silver and gold garlands, a Christmas tree with lights – very traditional, unlike the jazz which follows.

Ethnomusicologist and ex-professor Darius Brubeck always pays tribute to his father's compositions, but is a musician of a different order. Since settling in Rye, he has toured regularly with the same band – Matt Ridley on bass, Wesley Gibbens on drums, and the elegant, extraordinary Dave O'Higgins on tenor saxophone. This highly accomplished yet relaxed quartet presented a well-designed set, particularly notable for its less standard time signatures – 7/4, 6/4, 5/4, 9/8. This careful rhythmic variety made for appealing listening: in a groove, but neither stilted nor pretentious. The band have recorded many of the numbers, mostly on *Live in Poland*

(2019) or *Years Ago* (2016).

Brubeck spent years teaching and playing jazz in South Africa, a fact acknowledged by a version of the Masekela number *Nomali*. Their version was edgier – O'Higgins' and Brubeck's inventions are more modern jazz and less African modal than the original. The simple beauty of the tune evoked a small tear, as did the memories of Masekela, Pukwana, Feza, McGregor, Makeba – the whole South African sound transported to England away from prohibitive apartheid.

Another favourite was the evocative ballad *Sea of Troubles* (cf. *Hamlet*, everyone's favourite bipolar antihero) presented in the second, highly integrated, set. It's a two-chord alternator in a gentle 7/4, leaving plenty of space for O'Higgins' exploratory improvisation after Ridley's drum intro and Brubeck's tumbling waves of notes. The sound is lovely – O'Higgins plays a mellow, breath-coated, Conn 10M saxophone (favoured by luminaries like Benny Carter, Coleman Hawkins and Lester Young), incorporating a vintage echo into his post-Coltrane phrases. But the surprise of the evening was a version of *Blowin' In the Wind* – an extraordinary choice, but in fact



Rob Blackham

recorded by this quartet in 2008, with the change of time signature to 5/4 bringing it an eerie ambience and swing. One more tribute was a medley of the music of Dollar Brand (Abdullah Ibrahim), incorporating some of Ibrahim's characteristic, open South African piano sounds, and dedicated to St

Leonards' own ex-South African jazz promoter, Reg Hendrickse.

Numbers by Brubeck père included *Pick Up Sticks*, the legendary *Blue Rondo a la Turk* (definitely a blues!) and inevitably *Take Five*, one of the few jazz tunes to top the popular charts. Way back, I almost wore out the single that

featured both these. Faster, more upbeat, less Desmond obviously, but there it was in its augmented glory. The encore was *Winter Wonderland*, oh-so-muzak nowadays, but this 5/4 version was upbeat and interesting, and made an impressive end to an evening of rhythmic variety and invention.

Ukrainian Opera & Ballet Theatre Kyiv

Bizet: Carmen

Wednesday 3 April 2024

Puccini: Madama Butterfly

Thursday 4 April 2024

Since 2002, Ellen Kent Productions has been committed to touring with Ukrainian opera companies and giving them the highest profile throughout the UK.

They have taken the Ukrainian National Operas of Odesa and Kharkiv to the Royal Albert Hall and to other important UK venues such as the Manchester Opera House. The spring 2022 UK tour by the Ukrainian National Opera and Ballet Theatre Kyiv was a huge success.

Award-winning producer Ellen Kent has been the biggest importer of opera and ballet to the UK and Ireland for the last thirty

years. Since 1992, she has brought the best of Eastern European ballet and opera to the UK ballet circuit. To celebrate her long love affair with the many operas which she now personally directs, this spring, Ellen brings her audiences three brand new productions: *Madama Butterfly*, *Carmen* and *La Traviata*. Her patrons are Dame Judi Dench and the acclaimed artist Ralph Steadman.

Since 1983, Ellen Kent has achieved huge success with her theatre, ballet and opera productions, raising hundreds of thousands of pounds in sponsorship. She has been awarded numerous British Government Business Sponsorship Incentive Scheme awards, UK National Lottery grants and opera awards. Her Manchester productions were noted for breaking all opera box office records in the history of the Opera House. She has staged productions at the Albert

Hall and the London Apollo, and in a huge swathe of prestigious international venues in the UK, Europe, and the Middle East. She has won acclaim and medals from both the Ukrainian and the UK governments, and twice been nominated as European Woman of the Year.

Since 2019 her company have toured under the huge SENBLA banner, SENBLA being a contraction of the name of Ollie RoSENBLAtt, the founder. Based in London, SENBLA works across multiple forms of live entertainment including artist touring, specially produced one-off shows, performing arts, outdoor concerts, family entertainment, sport, theatre and experiential events. SENBLA has promoted an extraordinary variety of work in all the major UK venues, and are now majority owned by Sony Music Entertainment.

Carmen and *Madama Butterfly* will be performed at the De La Warr Pavilion, Bexhill on 3 and 4 April 2024 respectively.

■ **Further information:**
dlwp.com/event/bizet-carmen
and dlwp.com/event/madama-butterfly



Ellen Kent Opera & Ballet International

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SPOTLIGHT

17th Hastings International Piano Concerto Competition

The 17th Hastings International Piano Concerto Competition will take place from 22 February to 2 March 2024. Forty extraordinary young concert pianists from 18 countries will compete for the Sophia Guo First Prize, an award that includes the Hastings Fellowship (an invaluable artist development package provided by one of the UK's leading artist's agents), professional engagements and a substantial cash prize, as well as the Molly Townson cup. There are also cash prizes for the other finalists.

Almost 250 young concert pianists from 37 countries from as far afield as China and Tajikistan submitted video auditions, and the 40 finalists have been chosen by the pre-selection jury, chaired by Artistic Director Professor Vanessa Latache, to travel to East Sussex next month. Competitors must be aged between 16 and 30 at the time of the competition.

The Hastings International Pi-

ano Concerto Competition has become one of the world's pre-eminent international piano competitions and is unusual in that it offers competitors the opportunity to play concerto movements (accompanied by another pianist) from the very first rounds rather than only at a later stage in the competition. Competitors must be prepared to play two contrasting concertos and a solo recital programme. Recital programmes will all include a new piece by the Austrian-American composer Lera Auerbach, specially commissioned for the competition.

For the first time, the Southbank Sinfonia – a chamber orchestra that is formed anew each year by the recruitment of 33 promising music graduates – will accompany the 10 semi-finalists in the classical concertos they choose, and the full forces of the Royal Philharmonic Orchestra will play once again for the five final-



Hastings International Piano Competition

ists. Both rounds will be conducted by Rory Macdonald. Japanese pianist Shunta Morimoto, who won first prize in 2022, will return to give a short performance as part of the second final on 2 March 2024, while the jury are reaching their final decisions. All rounds

are open to the public. The event will be streamed online, allowing a worldwide audience to experience the event even if they cannot travel to Hastings. The competition is generously supported by Steinway & Sons and numerous sponsors and benefactors, includ-

ing Arts Council England, through its Lottery programme.

■ Details of ticket sales for the concerts can be found at: hastingsinternationalpiano.org/whats-on. All concerts will be held at the White Rock Theatre.

Project Art Works

Project Art Works collaborates with people with complex support needs, families and circles of support. Our practice intersects art and care, responding to neurodivergence, its gifts and impacts. Challenging paradigms of inclusion, it spans direct practical and holistic support, film, events, projects and exhibitions.

Their studios provide the conditions for a broad range of autonomous and collaborative practices with neurodivergent artists, who take part on their own terms. Alongside the studios, the Support Collective brings together people who care for people with complex support needs where the project shares experience and rights protection through training, resources and advocacy.

Human connection and what it reveals about identity and how we view each other are explored within the project's work. Their practice continues to respond to the functional and ethical structures of diligence and care, respecting self-determination and privacy whilst working towards a greater

visibility and understanding of neurodiversity in culture.

"This year our community of artists, families, caregivers and organisations have contributed to exhibitions and the forming of new collaborations and friendships, all of which will shape and determine much of what happens next for Project Art Works.

It is with huge gratitude that we thank them and our funders for their friendship and generosity in all ways. We are privileged to have such an incredible Project Art Works team – the ones up front and those behind the scenes who hold things steady and are the touchstone of the work. Thank you.

Have a wonderful mid-winter festival. We hope for peace in 2024."

Kate Adams
CEO, Project Art Works

"It's incredibly important to show this work, particularly in helping to understand other people's lives. Rather than trying to be distant from one another, let's have con-

Ellen Prebble



Ellen Prebble, Albatross, 2021

versations. Inclusion is about having conversations with people. Sometimes they can be challenging and it can be things you don't want to hear. But actually, being inclusive is about embracing lots

of ideologies and maybe meeting together somewhere new and different."

Comment from an audience member, Lucy, Jack, Gabby
Phoenix Art Space, 2023



HOLOCAUST MEMORIAL DAY

Hastings will host its annual Holocaust Memorial Day service at 11am on Saturday 27 January 2024.

The one-hour event will be held at the White Rock Theatre, Hastings, on Hastings seafront opposite the Pier. The service is organised by David Tasker, a local resident, with the support of Hastings Borough Council.

The theme for 2024's service will be *Fragility of Freedom*. It will include contributions from pupils of Hastings Academy and feature the story of a living 90-year-old Holocaust survivor. Emma was born in the Netherlands in 1933 and miraculously both her parents and all three siblings survived.

■ The service is open to everyone, and admission is free.



LISTINGS

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sjflack.art
Choir Practice!
11.00am
The Chapel of Christ's
Stillness, Moon Cottage,
Guestling, TN35 4HJ
New singers of all ages welcome
thechapelofchristsstillness.co.uk
Yoga Over 60 – maintaining movement
11.00am-12.30pm
St Leonards Studio @
Azur Marina Pavilion
zowie@stleonards.studio
Silver Swans Ballet
11.15am-12.15pm Isabel
Blackman Centre (IBC), Winding
Street, Hastings Old Town
Fit with Diabetes
1.00pm-1.45pm Isabel Blackman
Centre (IBC), Winding
Street, Hastings 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
Street, Hastings Old Town
Chair Yoga
3.00pm-4.00pm Isabel
Blackman Centre (IBC), Winding
Street, Hastings Old Town
Origami
3.00pm-4.00pm Isabel
Blackman Centre (IBC), Winding
Street, Hastings Old Town
Chair Yoga
3.00pm-4.00pm
Isabel Blackman Centre, Winding
Street, Hastings Old Town
isabelblackmancentre.co.uk
Silver 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
juliansambadrums@gmail.com
Gentle Zumba
5.30pm-6.15pm Isabel
Blackman Centre (IBC), Winding
Street, Hastings 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
**Make Your Own 'Diva
Doll' with Louisa Bryan**
6.00pm-8.00pm
Design and make your
own doll, including body,
clothes, hair and make-up
5 lessons starting 15 January, £80
Bus Stop Studios, 53
London Rd, St Leonards
busstopstudios.com/classes
**Meridian Yoga and Self
Shiatsu with Steph**
6.00pm-7.30pm at Azur
*steph@stleonards.studio / 07816
486603*
Candlelit Yoga
6.00pm-7.00pm
All Saints Hall, 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 15 January
*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**
7.30am-9.30am, £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
Street, Hastings Old Town
Pilates with Lucy Paffard
9.30am
The Bank House Studio,
St Leonards
lucypaffard@gmail.com
5 Rhythms dance meditation
10.00am-11.30am Movement
as Metaphor, Crown House,
57 Marina, St Leonards
£15 or £12 concession,
£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

Street, Hastings 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, Hastings Old Town
isabelblackmancentre.co.uk
Chair based Exercise
11.00am-11.45am Isabel
Blackman Centre (IBC), Winding
Street, Hastings Old Town
Needle Felt
11.00am-12.00pm Isabel
Blackman Centre (IBC), Winding
Street, Hastings Old Town
Chair Yoga
11.00am-12.00pm, West St
Leonards Community Centre
*Contact Active Hastings 01424
451051 or email activehastings@
hastings.gov.uk*
Hot Yoga Hastings
11.00am-12.00pm
21 St Peter's Rd, Hastings
hotyogahastings.co.uk
French for Beginners
11.00am-12.00pm, Free
Common Room, Eagle House,
27-29 Cambridge Rd, Hastings.
Contact George 07835 808318
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 Street, Old Town
Painting Workshop
1.00pm-3.00pm
Art in the Park, Alexandra Park
£12 (concessions available)
Materials provided.
info@artsonprescription.org
**Hand Embroidery with
Lady B Embroidery**
2.00pm-4.00pm (also
Wednesdays 6.30pm-7.30pm)
Come and learn a set course or
bring a project of your own
£18 drop ins, full term
(10 classes) £160. 53
London Rd, St Leonards
busstopstudios.com/classes
Online Chair Yoga
2.00pm-3.00pm Zoom
sueyoga1066@gmail.com
Art & Social Club
2.00pm-3.00pm Isabel
Blackman Centre (IBC), Winding
Street, Hastings Old Town
Weight Training Beginners
3.00pm-4.45pm Isabel

Blackman Centre (IBC), Winding
Street, Hastings Old Town
Ore Youth Club Sessions
4.30pm-6.00pm
Ore Community Centre
sarah.adams@freshvisions.org.uk
Bev 07732 823800
Traditional Yoga
5.00pm-6.00pm Isabel
Blackman Centre (IBC), Winding
Street, Hastings Old Town
Knitting Yarns:
5.00pm-6.30pm
Sugar Pie Honey Buns
235 London Rd, St Leonards
Rachel: 07397 794879
**Gary Marriott's Tune
up Tuesdays**
5.15pm-6.30pm
Fun Acapella Choir
Hastings Town Centre, £3
Text 07986 911083 for more info
Pilates with Sally Paffard
5.30pm-6.30pm
Small class
West Hill Community Centre
Sally: 07973 530911
Sunset Flow with 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
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. Enquire for fees or
free games and bookings
St Leonards Academy Sports Hall,
hastingsrounders@gmail.com
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
Chakra Yoga & Breathwork
7.30pm-8.45pm Joanna Allen,
the-humblewarrior.co.uk
St Leonards Studio, Azur,
Marina Pavilion, St Leonards
Sound Waves Community Choir
7.30pm-9.30pm
Salvation Army Hall, St
Andrews Square, Hastings
Free taster session
No auditions
admin@soundwaveschoir.org.uk
Seen on Screen Dance
7.45pm-8.45pm The Y

CROSSWORD CORNER

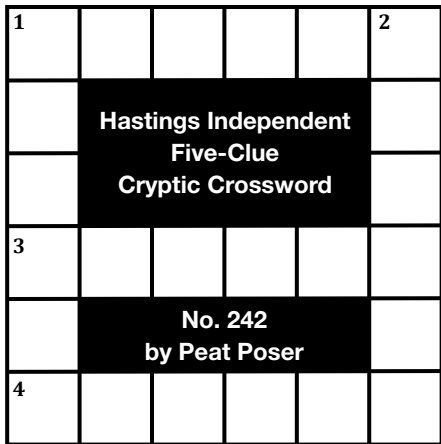
Across

- 1. Retro rag or lost around the attic (6)
- 3. Explanation to form a judgement? (6)
- 4. Bend earworms somewhat showing cause to be loved (6)

Down

- 1. Narrow valley around the east by this exclamation! (6)
- 2. Leather worker finds an old coin (6)

Crossword Solution: Answers on page 3





Centre, St Paul's Rd

For more information and to book visit www.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

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

Streetsketchers

"plein air" group

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

Pump & Tone

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

Qigong

10.00am-11.00am Isabel
Blackman Centre (IBC), Winding
Street, Hastings 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, 64-66 All
Saints Street, Hastings

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, £7
Azur Marina Pavilion,
Marina, St Leonards
catherineburnett12@gmail.com

Let's Do Lunch

12.30pm-2.00pm Isabel
Blackman Centre (IBC), Winding
Street, Hastings 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, Hastings Old Town.
isabelblackmancentre.co.uk

Hatha Yoga for You

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

Line dancing with Pat

2.15pm-4.00pm Four Courts,
Sydney Close, St Leonards.
To book, email [linedancewithpat@
gmail.com](mailto:linedancewithpat@gmail.com) or 07724 024227

IBC Full House Bingo

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

Breathe Better

3.00pm-3.45pm Isabel
Blackman Centre (IBC), Winding
Street, Hastings 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 245401

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
4.45pm-6.00pm, £10
Hastings Country Park, Lower
Coastguard Lane, Fairlight,
Hastings, TN35 4AD
enchantedmalas@gmail.com

Yoga with Marjolyn

6.00pm-7.00pm
Azur Marina Pavilion,
St Leonards
07929 577985

Adult Tap Class for Beginners

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

Hand Embroidery with

Lady B Embroidery
6.30pm-7.30pm (also Tuesdays
2.00pm-4.00pm) Come and
learn a set course or bring
a project of your own
£18 drop ins, full term (10
classes) £160. 53 London
Rd, St Leonards.
busstopstudios.com/classes

Laughter Yoga with Bev

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

Buddhist Meditation and

Dharma Teaching

7.00pm-9.00pm

In person and via Zoom.

hastingsbuddhistgroup.co.uk

Bexhill Mixed Indoor Rounders

7.00pm-8.00pm with Hastings
Rounders. Enquire for fees/
free games and bookings
Bexhill College Sports Centre,
hastingsrounders@gmail.com

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

7.00pm-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
8.00-11.00pm in the downstairs
bar at The White Rock Hotel,
1-10 White Rock, Hastings.
£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

7.15am-9.15am, £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
Street, Hastings Old Town

Beginners Spanish

9.30am-10.30am Isabel
Blackman Centre (IBC), Winding
Street, Hastings Old Town

Vinyasa Flow

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

Yoga at Hastings Contemporary

9.50am-10.50am
oldtownyoga.co.uk

Art for All: Practical Art in

a Relaxed Environment.

10.00am-12.30pm
Four Courts Community Centre,
Sydney Close, TN38 9DD
In this Art course you will
learn how to create personal
drawings and paintings with
an experimental theme. 8
sessions; £84 or free if in
receipt of certain benefits
Thursday 18th January-
14th March.

Enrol online at wea.org.uk or phone
0300 303 3464

Course code: Q00009455

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](mailto:lucy.jenner@moveitorloseit.co.uk)

Co-working social

media sessions

10.00am
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](https://www.instagram.com/brassbeemarketing),
catherine@brassbeemarketing.com

Games Club

10.00am-12.00pm Isabel
Blackman Centre (IBC), Winding
Street, Hastings 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
Street, Hastings 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
Street, Hastings 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
yogawithelenaVOICE.co.uk

Needle Felt (4)

1.00pm-2.00pm Isabel
Blackman Centre (IBC), Winding
Street, Hastings Old Town

Iyengar Yoga Classes

1.00pm-2.00pm beginners
welcome £10 (£5 for people
struggling financially)

The Wellington Health
& Wellbeing Centre,
Wellington Square
howdowebeginagain@gmail.com

Indoor Bowls

1.30pm-2.30pm Isabel
Blackman Centre (IBC), Winding
Street, Hastings Old Town

Pilates (beginners)

3.00pm-4.00pm Isabel
Blackman Centre (IBC), Winding
Street, Hastings Old Town

Yoga with Marjolyn

3.00pm-4.00pm
Azur Marina Pavilion,
St Leonards
07929 577985

Pilates (beginners)

3.00pm-4.00pm
Isabel Blackman Centre,
Winding St, Hastings Old Town
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 07732 823800

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

Art History on The

Beach (six-week course

starting 4 January)
6.00pm-8.00pm
A new six-week course examining
the beach in British art, looking
at drawings, paintings, prints
and sculptural objects. Develop
an understanding of modern
and contemporary art, inspired
by the gallery's unique setting.

Hastings Contemporary,
Rock-a-Nore Rd, Hastings

Mandala Vinyasa

Flow (Advanced)

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

Hastings Town Singers

7.00pm-9.00pm
Castledown School, Priory Rd
A friendly non-auditioning



LISTINGS

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

community choir

Free taster sessions.

hastingsownsingers.co.uk**Hastings Mixed Indoors Rounders**

7.00pm-8.00pm with Hastings Rounders. Enquire for fees/free games and bookings
hastingsrounders@gmail.com

Meditation and Breathwork with Jung-ui

7.30pm-8.30pm, £55 for a four-week course
 West Hill Community Centre
jung-ui.co.uk

Yoga for Beginners

8.00pm-9.00pm,
 4-week course starts
 11 January, £48
 Arthur Easton Centre, St Michaels Hospice, St Leonards
 Easy-to-learn postures for health and relaxation. Improve your posture, lose weight.
Book now. For details contact
myranicol@gmail.com

Nature Walks with HESNHS

Times and venues vary
hastingsnaturalhistory.org
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**Funky Friday monthly**

5 Rhythms dance meditation
 7.00pm-9.00pm Concordia Hall, Church Rd, St Leonards

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

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

Traditional Yoga

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

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***Traditional Yoga**

9.30am-10.30am Isabel Blackman Centre (IBC), Winding Street, 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 Street, Hastings Old Town

Yin Yoga

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



Yoga classes in person, on Zoom and 1-2-1

Beginners and returners at Azur

First class is free

www.stleonards.studio
www.healingyogawithkate.org

Dive into 2024

1.00pm-2.00pm Start the year right with this back-to-basics course with Kate at St Leonards Studio. Building on the foundations of yoga asana and breathwork, this course is perfect to kick start your new year. £28 for the course, £10 drop-in.
Book online healingyogawithkate.org, Fridays at Azur

Slow & Steady Mobility

1.00pm-1.45pm Isabel Blackman Centre (IBC), Winding Street, Hastings 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 Street, Hastings Old Town

Senior Strength

3.00pm-4.00pm
 Isabel Blackman Centre, Winding St, Hastings Old Town
isabelblackmancentre.co.uk

Senior Strength

3.00pm-4.00pm Isabel Blackman Centre (IBC), Winding Street, Hastings Old Town

Broomgrove Youth Club Sessions

4.30pm-5.30pm
 Broomgrove Community Centre
sarah.adams@freshvisions.org.uk
 Bev 07732 823800

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

Street, Hastings 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 Road, 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, free!
 Antenatal classes, hypnobirthing and post-natal support in one.

Relaxed, sociable and non-committal way to learn a little bit more with Siobhan from

The Mothership Antenatal.
themothershipantenatal.co.uk

The Crown, 64-66 All Saints Street, Hastings.

*themothershipantenatal.co.uk***Morning Flow Yoga**

10.00am-11.00am Bank House Studio,
karen@yoga-by-the-sea.co.uk

Yoga to run with w/ Hannah

10.15am-11.15am
 Madre, Peachy £9

*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***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

*hola@madre-sl.com***Sunday Brunch-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@](mailto:karen@yoga-by-the-sea.co.uk)

*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 Sea Angling

Association, The Stade for

refreshments and discussion

meetup.com/south-coast-skyers

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