

Friday 19 January 2024 to Thursday 2 February 2024

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

The HIP List

Photo by Scott White
Taken at the Pilot Field
13 January 2023

Join in at:
Hastings Utd v Hashtag
Saturday 27 January
Pilot Field 3.00pm

Got an interesting or creative picture of an event in Hastings? Send it to design@hastingsindependentpress.co.uk for consideration



LISTINGS

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Music

19 January 2024

The Lost Boys

The Pig, 37 White Rock, 7:00pm

Kitten Kaboodle

The Dolphin Inn, 11-12

Rock A Nore Rd, 7:30pm

Nomad Shakes ep launch party

The Piper, 1 Norman Rd, 7:30pm

Pass The Cat (Duo)

The Jenny Lind, 69 High St, 8:30pm

20 January 2024

Saturday Seafront

Session – RAGZ

The Albion, George St, 4:00pm

Stone's Throw

Barnaby's Lounge,

46 Robertson St, 4:00pm

The Diablos

The Jenny Lind,

69 High St, 6:00pm

Ben Maier | Bad

Pedestrian | Florescent

The Pig, 37 White Rock, 8:00pm

Mark Griffiths

Tin Tins, 21 Robertson St, 8:00pm

The Idle Hands Duo

Tin Tins, 21 Robertson St, 8:00pm

Roger Carey & Friends

The Dolphin Inn,

11-12 Rock A Nore Rd, 9:00pm

21 January 2024

Gabriel Moreno

The Stag Inn,

14 All Saints St, 4:00pm

Sunday afternoon double

bill: The Rebel Gentlemen

followed by Gabriel Moreno

The Stag Inn,

14 All Saints St, 4:00pm

23 January 2024

Rick Margitza Quartet

East Hastings Sea Angling

Association, The Stade, 7:45pm

Albion Skiffle Company

The Albion, George St, 8:30pm

Traditional Folk Session

The Stag Inn,

14 All Saints St, 8:30pm

24 January 2024

The Other Band

The Dolphin Inn,

11-12 Rock A Nore Rd, 8:00pm

25 January 2024

Burns Night Supper and

Music from the Bold Reilly

The Stag Inn,

14 All Saints St, 7:30pm

Burns Night: The

Twitten Revellers

Crown House, 57 Marina, 9:00pm

26 January 2024

Trevor Watts, Veryan

Weston and Jamie Harris

Kino-Teatr, 43-49 Norman Road

Custard Caravan

presents Poco Mondo

Barnaby's Lounge, 46

Robertson St, 3:00pm

Roger Carey

The Dolphin Inn, 11-12

Rock A Nore Rd, 7:30pm

Large 90s at the Piper

The Piper, 1 Norman Rd, 8:00pm

Palmerama's Comedyrاما

Stand up Comedy Night!

Tin Tins, 21 Robertson St, 8:00pm

27 January 2024

Ummagumma

The Piper, 1 Norman Rd, 3:00pm

Saturday Seafront Session –

Hot Foot Specials, Traditional

Cajun & Zydecco

The Albion, George St, 4:00pm

Incredible

The Jenny Lind,

69 High St, 6:00pm

Haunted Hollywood: The

Hellfire Club Hastings Presents

The Pig, 37 White Rock, 8:00pm

Mike Fillery & The Other Two

Tin Tins, 21 Robertson St, 8:00pm

Silent Disco at The Printworks

The Brass, 18 Havelock

Rd, 8:00pm

Brendas Girl

The Dolphin Inn, 11-12

Rock A Nore Rd, 9:00pm

28 January 2024

Tom Kelly

The Jenny Lind,

69 High St, 4:00pm

T J Walker

The Stag Inn, 14 All

Saints St, 5:00pm

Tom Cole's Sunday Sounds

with guest Chloe Leigh

The Brickmaker's Alehouse,

27 Sea Rd, 5:00pm

Dr. Jules presents.....Elton Jules

Tin Tins, 21 Robertson St, 6:00pm

Victoria McDonnell

The Albion, George St, 7:00pm

30 January 2024

Lost Tuesdays with

Lost Revellers

The Jenny Lind,

69 High St, 7:30pm

31 January 2024

Hastings Fat Tuesday

Second Line Band

The Albion, George St, 8:30pm

CINEMA

Friday 19 January

The Monster Movie Club

presents The Lost Boys

(Immersive, interactive

cinema night) The Pig,

White Rock, 7:00pm

For details and tickets: skiddle.com +

Monster Movie Club Hastings

Saturday 20 January

Snow Cake

Special Charity Screening

in aid of Project Artworks.

Hosted by Henry Normal +Q&A

with writer and guests

The Hastings Centre,

The Ridge, 7:00pm

eventbrite.co.uk + Snowcake

Saturday 27 January

Wonka

Kino-Teatr, Norman Rd,

3:00pm, 7:30pm

Wednesday 31 January

One Life

Kino-Teatr, Norman Rd,

3:00pm, 7:30pm

Friday 19 until Thursday 25

January

Poor Things

12.30pm, 3.30pm,

6.30pm, 9.30pm

Sussex Exchange

Queensway

cinema.thesussexexchange.co.uk

Odeon Hastings

Queens Road – for film listings go to:

odeon.co.uk/cinemas/hastings

PERFORMANCE

Friday 19 January

Bavard Bar

Kino-Teatr, Norman Rd, 7.30pm

An Evening of Burlesque

White Rock Theatre, 7.30pm

Saturday 20 January

Cherry Liquor

Forbidden Fruit, Grand

Parade, 9.30pm

The Spirit in the Dust

Kino-Teatr, Norman Rd, 7.30pm

Monday 22 January

Circus of Horrors:

Cabinet of Curiosities

White Rock Theatre, 7.30pm

Wednesday 24 January

Royal Opera House

Live: Rusalka

Kino-Teatr, Norman Rd, 6.45pm

Adult Panto: Beauty

and the Big Beast

White Rock Theatre, 7.30pm

Thursday 25 January

National Theatre Live:

Dear England

Kino-Teatr, Norman Rd, 7.00pm

Friday 26 January

Palmerama's Comedyrاما

Stand Up Comedy Night

Tin Tin's Bar, Robertson

St, 8.00pm

Saturday 27 January

Hastings Philharmonic

Orchestra Ensemble –

Schubert and Beethoven

Christ Church, Silchester

Rd, 7.00pm

Tanya Hyde

Forbidden Fruit, Grand

Parade, 7.30pm

The Hellfire Club Presents

Haunted Hollywood

(Cabaret, Drag,

Burlesque, Magic –

facebook.com/

events/340267691713457)

The Pig, White Rock, 6.30pm

Sunday 28 January

Second Hand Stories

Stables Theatre, The

Bourne, 5.00pm

Wedsnesday 31 January

David Suchet Poirot and

More – A Retrospective

White Rock Theatre, 7.30pm

Sunday 1 February

Art

Stables Theatre, The

Bourne, 7.30pm

ART

Bexhill After Dark 2024

(Illuminated Arts Festival)

Saturday 27 January, 5.30pm

De La Warr Pavilion, Bexhill

Bill Greenhead – My

Year in Hastings

From 29 January until 31 March

Stables Theatre Art

Gallery, The Bourne

David Tindel RA – A

Retrospective

Until 28 January 2024

Kino-Teatr, Norman Rd

Ellen Prebble Exhibition

20 January until 14 April

Hastings Museum and Art

Gallery, Bohemia Rd

Hurvin Anderson –

Salon Paintings

Until 3 March 2024

Hastings Contemporary,

The Stade

I-Found – Emma Harding,

Ian Shillito and Ian Skelton

Until 21 January 2024

Upstairs Gallery, St. Andrews

Mews, Waldegrave St

Nengi Omuku

Until 7 March 2024

Hastings Contemporary,

The Stade

Rock and Roll Christmas

Until 21 January 2024

Lucy Bell Gallery, Norman Rd

Roland Hicks – The Fourth Wall

Until 3 March 2024

Hastings Contemporary,

The Stade

Tarek Lakhri:

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

Upscale – Group Exhibition

24 January until 24 February

Project 78 Gallery, Norman Rd

SPORT

Saturday 20 January

Hockey: South Saxons

Ladies v Ashford - South

East League Div 1 East

Horntyte, 12noon

South Saxons Men v Holcombe

III - South East League Div 1 East

Horntyte, 1.30pm

Sunday 21 January

Football: Hastings Utd Women

v Montpellier Villa – London

& South East Div 1 South

Pilot Field 2.00pm

Saturday 27 January

Football: Hastings Utd v

Hashtag Utd – Isthmian

Premier League

Pilot Field 3.00pm

**Crossword Solution No 243:****Across:** 1. Muesli (anagram) 3. C-heap-o 4. Turbot (anagram) **Down:** 1. Mascot (anagram) 2. (sl)Import(folio)

LISTINGS

Hornty Park Sports Complex,
hastingsrounders@gmail.com

EVENTS/WORKSHOPS

Friday 19 January**The Art of Storytelling**

(three-week course)

2.00pm-4.00pm

A three-week course, led by Anna Atkinson, a qualified art therapist and professionally trained storyteller. Exploring how viewing and making art can be a way to tell stories, drawing inspiration from our exhibitions, mythology and folklore.

Hastings Contemporary,
Rock-a-Nore Road

Veganuary Peruvian Feast

7.00pm-10.00pm

£35pp 4-course vegan Peruvian

feast includes cocktail on

arrival £5 donated to the

Retreat Animal Sanctuary

Cumbia Kitchen, 44 Marina.

*Tickets: cumbiakitchen.com***Martial Arts Free Trial Lesson**

Monday, Wednesday,

Friday, Saturday

Families welcome.

Booking required.

ARK, 41 Park Avenue, Hastings

*Find out more at**martialartshastings.com***Saturday 20 January****Life Drawing**

11.30am – 1.30pm

A relaxed and welcoming session

in our studio, for over-18s only.

Hastings Contemporary,

Rock-a-Nore Road

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 St, St Leonards.

*Read more at MeetUp.com. Weekly**event.***Martial Arts Free Trial Lesson**

Monday, Wednesday,

Friday, Saturday

Families welcome.

Booking required.

ARK, 41 Park Avenue, Hastings

*Find out more at**martialartshastings.com***Monday 22 January****Hastings Diversity****Virtual Job Fair**

11.00am-2.00pm

Virtual event

Free tickets on Eventbrite

Martial Arts Free Trial Lesson

Monday, Wednesday,

Friday, Saturday

Families welcome.

Booking required.

ARK, 41 Park Avenue, Hastings

*Find out more at**martialartshastings.com***Board Games Night**

6:30pm-11:00pm

Board Game Museum, 25

Courthouse St, Hastings

Tuesday 23 January**Cyberpunk RPG – Beginner &****Learn to Play Campaign Event**

6:30pm-9:30pm

Board Game Museum, 25

Courthouse St, Hastings

Wednesday 24 January**Playtest Boardgame Event**

12:00pm-10:00pm

Board Game Museum, 25

Courthouse St, Hastings

Social Deduction and**Murder Mystery, Beginner****& Learn to Play Event**

7:00pm-10:00pm

Board Game Museum, 25

Courthouse St, Hastings

Martial Arts Free Trial Lesson

Monday, Wednesday,

Friday, Saturday

Families welcome.

Booking required.

ARK, 41 Park Avenue, Hastings

*Find out more at**martialartshastings.com***Thursday 25 January****Dungeons and Dragons,****Beginner & Learn to****Play Campaign Event**

6:30pm-9:30pm

Board Game Museum, 25

Courthouse St, Hastings

Friday 26 January**A Year at Cumbia Kitchen****through the lens of @jonnyfuzz****photography exhibition**

7.00pm-9.00pm FREE entry

Cumbia Kitchen, 44

Marina, St Leonards

Hastings Virtual Job Fair

11.00am-2.00pm

Virtual event

*Free tickets on Eventbrite***Martial Arts Free Trial Lesson**

Monday, Wednesday,

Friday, Saturday

Families welcome.

Booking required.

ARK, 41 Park Avenue, Hastings

*Find out more at**martialartshastings.com***Saturday 27 January****Hastings Town Deal Open Day**

10.00am-4.00pm

Come along and find out about

the exciting projects across

the town with updates on the

£24.3m Town Deal regeneration

programme currently

taking place in Hastings.

Priory Meadow Shopping Centre

*Hastingstowndeal.co.uk + Latest***BSL Tour with Martin Glover**

12pm-2pm

A free tour of our exhibitions

in British Sign Language

by architect and art

facilitator, Martin Glover.

Hastings Contemporary,

Rock-a-Nore Road

The Poetry Mixtape

2.00pm-4.00pm £30

Writing workshop and

scratch performance with

Poet Emma Joliffe

Bus Stop Studios, London

Rd, St Leonards

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 St, St Leonards.

*MeetUp.com. Weekly event.***Martial Arts Free Trial Lesson**

Monday, Wednesday,

Friday, Saturday

Families welcome.

Booking required.

ARK, 41 Park Avenue, Hastings

*Find out more at**martialartshastings.com***Monday 29 January****Hastings Diversity****Virtual Job Fair**

11.00am-2.00pm

Virtual event

*Free tickets on Eventbrite***Hastings and St Leonards****Board Games Night**

6:30pm-11:00pm

White Rock Hotel, Hastings,

TN34 1JU (Conference room)

Martial Arts Free Trial Lesson

Monday, Wednesday,

Friday, Saturday

Families welcome.

Booking required.

ARK, 41 Park Avenue, Hastings

*Find out more at**martialartshastings.com***Tuesday 30 January****Cyberpunk RPG – Beginner &****Learn to Play Campaign Event**

6:30pm-9:30pm

Board Game Museum, 25

Courthouse St, Hastings

Wednesday 31 January**Martial Arts Free Trial Lesson**

Monday, Wednesday,

Friday, Saturday

Families welcome.

Booking required.

ARK, 41 Park Avenue, Hastings

*Find out more at**martialartshastings.com***Thursday 1 February****Mike Hatchard's Facing Up**

A new monthly event featuring

music, chat, comedy and more

The Crown House,

Marina St Leonards

Tickets from Ticketmaster

and on the door

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 St,

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

St, 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

*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

St, Hastings Old Town

Fit with Diabetes

1.00pm-1.45pm Isabel Blackman

Centre (IBC), Winding St,

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 Sq, Hastings

Suitable for all ages.

*qigongsigrid@gmail.com***4 Friends of IBC LGBTQ+**

2.15pm-4.00pm Isabel

Blackman Centre (IBC), Winding

St, Hastings Old Town

Chair Yoga

3.00pm-4.00pm Isabel

Blackman Centre (IBC), Winding

St, Hastings Old Town

Origami

3.00pm-4.00pm Isabel

Blackman Centre (IBC), Winding

St, Hastings Old Town

Chair Yoga

3.00pm-4.00pm

Isabel Blackman Centre,

Winding St, 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

St, Hastings



SPOTLIGHT

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Photos courtesy of Fat Tuesday

Fat Tuesday Festival Returns with Anniversary Disc

Despite the rejection of Arts Council England support, Hastings Fat Tuesday CIC (HFT) have announced that next month's festival can and will proceed, albeit on a reduced budget.

A successful crowdfunding campaign, which raised nearly £16,000, together with generous support from local businesses and the Community Wellbeing Fund of East Sussex County Council, has enabled HFT to promote the traditional Unplugged Saturday on 10 February and Tuesday Tour on the 13th. Thirty venues, 84 live acts and hundreds of musicians, engineers and local freelancers are scheduled to take part.

The full festival programme and line-up will be announced in the coming weeks. But along with the Unplugged Saturday and Tuesday Tour it is expected to include an opening party at the Albion, an 'Under the Radar' gig at the Piper, Sonics line-ups at the Pig, Slim Monday, the Reggae Room and an After Party. The restricted funds have meant that the UnConvention music conference, the Mardi Gras Ball and the annual Parade and Preservation Sunday will not be held this year.

New for 2024, the festival will also be hosting an official Hastings Fat Tuesday Fringe, with venues and organisers invited to list ad-

ditional Mardi Gras activity on the main HFT website.

In the meantime, HFT director Sally Lampitt has also announced that, thanks to the support of Curve Pusher and Curve Pressings, a 15 Year Anniversary album has been released on vinyl with songs donated by 10 festival favourites, including Hot Wax, Kid Kapichi, Skinny Lister, King Size Slim, Matilda's Scoundrels, Cajun Dawgs and Crunchy Bat, plus previously unreleased tracks by Buddha Triangle, Jamie Smart and Liane Carroll. The album is available to buy from the HFT website with proceeds channelled to direct support of this year's festival.

Curve Pusher's founder, Lawrie Dunster, says: 'When I moved to Hastings I felt an instant connection that I can't explain. We moved our entire business and our families here, and Hastings Fat Tuesday Music Festival was a big part of that.'

"We make records. We recognise that Hastings Fat Tuesday has always supported the development of local artists, and I wanted to find a way to support the continuation of the festival and support the local scene. My idea was to give the local artists a platform on vinyl and donate all the records to funding for the festival – which, by coincidence, is needed more this year than ever."





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
andreacorsoQG@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, 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
St, Hastings Old Town

Creating a healthier you

10.00am-11.00am, Free
Broomgrove Community Centre
To book: eequ.org/activehastings

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
St, Hastings Old Town

Needle Felt

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

12.00pm-1.00pm, 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 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

Boxercise

1.45pm-2.45pm
Free for Broomgrove
residents or £3
Broomgrove Community Centre
To book: eequ.org/activehastings

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
St, Hastings Old Town

Weight Training Beginners

3.00pm-4.45pm Isabel
Blackman Centre (IBC), Winding
St, 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
St, Hastings Old Town

Knitting Yarns:

5.00pm-6.30pm
Sugar Pie Honey Buns
235 London Rd, St Leonards
Rachel: 07397 794879

Gary Marriotti'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

Vinaya 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
St Leonards Studio, Azur,
Marina Pavilion, St Leonards

the-humblewarrior.co.uk

Sound Waves

Community Choir
7.30pm-9.30pm
Salvation Army Hall, St
Andrews Sq, Hastings
Free taster session
No auditions
admin@soundwaveschoir.org.uk

Seen on Screen Dance

7.45pm-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
hastingscountrypdanceclub.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



SPOTLIGHT

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Mike Hatchard's Facing Up

A new concept for a regularly monthly event on the first Thursday of every month at CROWN HOUSE, St Leonards – music, chat, comedy and more.

Some years ago local musician Mike Hatchard made a six-part series for CTV in which he caricatured his guests as he interviewed them. The show was nearly taken up by Channel 4 but in the end they declined and Mike shelved the idea – until now.

At Crown House on 1 February Mike's guests will include Black Crows producer and guitarist Paul Stacey (who toured the world with Oasis as well as appearing in Four Weddings and a Funeral), local film-maker and celebrity bricklayer Glen Veness (how many celebrity bricklayers are there?), local poet/singer Emma Silvester, an award-winning cartoonist/jazz singer (Sally Jane Hurst) and,

perhaps most remarkably of all...

...a violinist who plays upside down. Mike recently appeared on national BBC Children in Need doing just that and, after much searching discovered that there IS somebody who plays violin inverted. And what are the odds that such a person ALSO lives in St Leonards? Daria Fisher started playing on the streets of Russia at the age of six, became a well-known child prodigy and...well, come and hear her story on 1 February when her fellow practitioner of inverted violinistics interviews her. (For those who want to whet their appetite, you can read about her in the Winter edition of Get Hastings.)

■ Tickets are £15 (£10 with concessions) available from Ticketmaster or on the door.

ADVERTORIAL

New Year, New Life

We are all aware how easy it is to break New Year's resolutions, but some of them are easier to stick to than others, like having someone else take care of your health and beauty regime.

Beauté Définie recently moved to Kings Road and offers not just beauty treatments but also body care. Owner Sophie Tester has been in the business since she was 17, living with her mother in Hastings. Eighteen years later, via work on cruise ships, two years in South Africa – where she obtained a level 4 postgraduate qualification in beauty – and various locations in East Sussex, she has taken root in Kings Road.

The new premises is "where I finally found my business home," she says. It's taken a lot of hard

work to get where she is, but she loves the profession because it "makes people feel good about themselves". She even referred to research suggesting that beauty therapists and hairdressers are among the most contented workers! But she also acknowledged the huge support of her family in helping her through some difficult times. Whatever the ingredients, Sophie is certainly happy in her work and comes over as caring, friendly and dedicated; as a result she has many loyal customers who have followed her since she started her own business nine years ago.

And she's not put off by the competition in town, explaining: "There's enough room for everyone". Beauty salons offer different things, and Sophie considers Beauté Définie as being at the higher end of the business. She points out that the industry has a very scientific approach these days and salons are able to deal with quite serious conditions in the right hands; she has recently acquired industry standard light therapy equipment which can treat acne and psoriasis, reduce



Lee London

Sophie outside the salon

inflammation and promote anti-ageing effects.

With an eye to the future, Sophie points out that the salon has an existing basement, saying: "This place has growth potential!" So it's just the start of the journey for Beauté Définie and not too late for your New Year's resolutions.

■ For more information go to beautedefinie.co.uk



Voice & string quartet:
Caetano Veloso
Schubert
De Falla
Janacek

SAT 03.02. 7.30 PM

St Leonards Concerts

Love & Mania

Alice Zawadzki

Max Baillie

Bridget O'Donnell

Kirsten Jenson

Dmitry Smirnov

Ann Beilby

Hannah Roberts

Transfigured Night

Tchaikovsky, Schoenberg, Widmann & more!

SUN 04.02. 5 PM

CHRIST CHURCH, SILCHESTER RD

WWW.STLCONCERTS.CO.UK

WEEKENDER!

**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](https://www.meetup.com/south-coast-skyers)

Pump & Tone

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

Qigong

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

Wellbeing Wednesdays

10.00am-3.00pm (pay as you can)
Art in the Park Community
Hub, Alexandra Park
info@artsonprescription.org

Spanish – Adult Beginners

10.00am-12.00pm
First Floor, 7 Cambridge
Rd, Hastings

£15 – lots more classes
available for all levels
Españoles en Hastings FB page
spanishonseaschool@gmail.com

Parent Toddler**Singalong Session**

10.30am-11.00am Free
for children under 5
Early Help Service,
Hollington Youth Hub
Elemental Yoga with Catherine
10.30am, £7

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

Parent Toddler**Singalong Session**

11.30am-12.00pm Free
for children under 5
Early Help Service,
Hollington Youth Hub

Let's Do Lunch

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

Therapeutic Yoga

12.30pm-1.30pm
Hastings Centre, The Ridge,
Hastings TN34 2SA
£7 – All abilities welcome
[ninayoga.co.uk](https://www.ninayoga.co.uk)

Legs Bums & Tums

1.00pm-1.45pm
Isabel Blackman Centre, Winding
St, Hastings Old Town.
[isabelblackmancentre.co.uk](https://www.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 or 07724 024227

IBC Full House Bingo

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

Breathe Better

3.00pm-3.45pm Isabel
Blackman Centre (IBC), Winding
St, 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](https://www.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](https://www.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](https://www.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](https://www.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](https://www.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
St, Hastings Old Town

Beginners Spanish

9.30am-10.30am Isabel
Blackman Centre (IBC), Winding
St, 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](https://www.oldtownyoga.co.uk)

**Art for All: Practical Art in
a Relaxed Environment.**

10.00am-12.30pm
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
enroll online at [wea.org.uk](https://www.wea.org.uk) or
phone 0300 303 3464, Four Courts

Community Centre, Sydney Close,
TN38 9DD

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

**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,
catherine@brassbeemarketing.com

Games Club

10.00am-12.00pm Isabel
Blackman Centre (IBC), Winding
St, 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
St, 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
St, Hastings Old Town

Circle Dancing

10.30am-12.15pm, £3
Unitarian Church, South
Terrace, Hastings

Online Vinyasa Flow

with Elena Voce
12.45pm-1.30pm
Classes for all levels.
Pay-what-you-can
[yogawithelenavoce.co.uk](https://www.yogawithelenavoce.co.uk)

Needle Felt (4)

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

Pilates (beginners)

3.00pm-4.00pm Isabel

Blackman Centre (IBC), Winding
St, 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](https://www.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](https://www.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
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](https://www.hotyogahastings.co.uk)

Hastings Town Singers

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

[hastingstownsingers.co.uk](https://www.hastingstownsingers.co.uk)

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

Yoga for Men's Health

7.00pm-8.00pm, £3
Helenswood Sport Centre



LISTINGS

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

To book: eequ.org/activehastings
Meditation and Breathwork with Jung-ui
7.30pm-8.30pm, £55 for a four-week course
West Hill Community Centre
jung-ui.co.uk
Meditation Group
7.30pm-8.30pm (during term times)
£9 / £7 concession
FSN, St Nicholas Centre, 66 London Road. St Leonards
more information at meditateinsussex.org
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 Sq, Hastings
Suitable for all ages.
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, Hastings Old Town
Yin Yoga
11.30pm-12.30pm, £7
All abilities.
Ninayoga.co.uk
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 St, 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 St, 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 St, 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 St, 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 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, 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. The Crown, 64-66 All Saints St, 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@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

ADVERTISE HERE

Add your listing to the HIP List for FREE!

advertising@hastingsindependentpress.co.uk

Just email with the name, day, time and contact information you'd like listed and use the category (music, classes, events etc) as the subject line.

If you'd like a little extra boost for a modest price, why not upgrade to a highlighted or expanded listing? Or perhaps a column ad.