



Your Pull-Out Guide
to What's Happening
in Hastings

Friday 2 February to Thursday 15 February 2024

The Hip List

MARK RICHARDS



HASTINGS
FAT TUESDAY
MUSIC FESTIVAL
5 DAYS OF MARDI GRAS ON THE SOUTH COAST
PARTNER

The HIP List

MUSIC

Friday 2 February
Saturday Seafront Session – Earl Grey
The Albion, George St, 4.00pm
Stormy-T and Bluesman’s Lane
Tin Tins, 21 Robertson St, 8.00pm
Martin Blackman Band
The Jenny Lind, 69 High St, 8.30pm

Saturday 3 February
Saturday Seafront Session – Fox in the Woods
The Albion, George St, 4.00pm
Los Twangueros
The Jenny Lind, 69 High St, 6.00pm
Love and Mania
St Leonard’s Concerts
Christchurch, Silchester Road St Leonards, 7.30pm
Music for voice and string quartet by Caetano Veloso, Janacek, de Falla, Schubert and more...
Alice Zawadzki: voice, Dmitry Smirnov: violin, Bridget O’Donnell: violin, Max Baillie: viola, Kristen Jensen: cello
stlconcerts.co.uk
Caboose
Tin Tins, 21 Robertson St, 8.00pm
Never Under | The Bitter Pills | This Living Wreck
The Pig, 37 White Rock, 8.00pm
Llama Legs
The Dolphin Inn, 11-12 Rock-A-Nore Rd, 9.00pm

Sunday 4 February
O’Connell & Co
The Jenny Lind, 69 High St, 4.00pm
The Alan Tyler Show
The Stag Inn, 14 All Saints St, 5.00pm
Transfigured Night
St Leonard’s Concerts
Christchurch, Silchester Road St Leonards, 5.00pm
String sextet including Tchaikovsky’s Souvenir de Florence, Schoenberg’s Verklarte Nacht, Widmann (180bpm), & more!
Dmitry Smirnov: violin, Bridget O’Donnell: violin, Max Baillie: viola, Anne Beilby: viola, Kristen Jensen: cello, Hannah Roberts: cello
stlconcerts.co.uk

Tuesday 6 February
Robert Mitchell ‘True Think’
East Hastings Sea Angling Association, The Stade, 8.30pm

Friday 9 February
Garry & Bear
The Dolphin Inn, 11-12 Rock-A-Nore Rd, 7.30pm
Doctor Savage & The Hot Sauce: The start of Fat Tuesday weekend of events
The Albion, George St, 8.00pm
Italo disco, acid house, Balearic techno party
Crown House, 57 Marina, 8.00pm
Stuart Bligh
Tin Tins, 21 Robertson St, 8.00pm

Natives Fat Friday
The Jenny Lind, 69 High St, 8.30pm
Doghhouse
Anchor Inn, 13 George St, 9.00pm
Unplugged Saturday
The Stag Inn, 14 All Saints St, 12.30pm
The Jenny Lind, 69 High St, 1.00pm
Hastings Fat Tuesday – Unplugged Saturday Tour
The Albion, George St, 4.00pm
Johnny Deptford
The Jenny Lind, 69 High St, 7.30pm
Cover Ups
The Dolphin Inn, 11-12 Rock-A-Nore Rd, 9.00pm



Sunday 11 February
Hot Club of Jevington
Barnaby’s Lounge, 46 Robertson St, 1.00pm
Sistie Sunday
The Jenny Lind, 69 High St, 4.00pm
Roger Hubbard
The Stag Inn, 14 All Saints St, 5.00pm
Hastings Fat Tuesday - Second Line Band
The Albion, George St, 8.00pm
The Fabulous Red Diesel
Upstairs at Ronnie Scotts
The Jenny Lind, 69 High St, 8.00pm

Monday 12 February
Slim Monday
Lord Nelson, 1 East Bourne St, 8.00pm

Tuesday 13 February
Fat Tuesday Events
See other section
Example + Support
De La Warr Pavilion, Marina, 7.30pm

Wednesday 14 February
Aircooled
De La Warr Pavilion, Marina, 7.00pm
Heartbreak karaoke! (Bring your songs of heartbreak,

anger & loss!)
The Albion, George St, 8.00pm
The Kukes
The Dolphin Inn, 11-12 Rock-A-Nore Rd, 8.00pm

CINEMA

Friday 2 February
The Old Oak
12.30pm
Toy Story
4.00pm
Stop Making Sense
(with Post Punk Disco), 7.30pm
Electric Palace, High St, **Ferrari**
Kino-Teatr, Norman Rd, 7.30pm

Saturday 3 February
Scala!!!
7.30pm
Electric Palace, High St, **Ferrari**
3.00pm, 7.30pm
Kino-Teatr, Norman Rd, **Sunday 4 February**
Singin’ in the Rain
11.00am
Stop Making Sense
7.30pm
Electric Palace, High St, **Monday 5 February**
Movie Night
(free film screenings)
Forbidden Fruit, Grand Parade, 7.00pm

Thursday 8 February
The Great Escaper
11.00am
Marius
(+French language class), 7.00pm
Electric Palace, High St
Werner Herzog: Radical Dreamer
3.00pm, 7.30pm
Kino-Teatr, Norman Rd, **Friday 9 February**

Poly Styrene – I am a Cliché
7.30pm
Electric Palace, High St, **Priscilla**
3.00pm, 7.30pm
Kino-Teatr, Norman Rd, **Saturday 10 February**
Shiva Baby
7.30pm
Electric Palace, High St, **Priscilla**
3.00pm, 7.30pm
Kino-Teatr, Norman Rd, **Sunday 11 February**
The Great Escaper
11.00am
Electric Palace, High St, **Fitzcaraldo**
2.00pm
Kino-Teatr, Norman Rd, **Monday 12 February**
Movie Night
(free film screenings)
7.00pm
Forbidden Fruit, Grand Parade,

Wednesday 14 February
Casablanca
7.00pm
Electric palace, High St, **Thursday 15 February**
Before Sunrise
7.30pm
Electric Palace, High St,

Barbie
2.00pm
Isabel Blackman Centre,
Anselm
3.00pm, 7.30pm
Kino-Teatr, Norman Rd,
Sussex Exchange
Queensway – film listings go to: cinema.thesussexexchange.co.uk
Odeon Hastings
Queens Road – film listings go to: odeon.co.uk/cinemas/hastings

PERFORMANCE

Friday 2 February
Martha d’Arthur
(cabaret/drag)
Forbidden Fruit,
Grand Parade, 9.30pm
Art
Stables Theatre,
The Bourne, 7.30pm

Saturday 3 February
Drag With No Name
(cabaret/drag) Forbidden Fruit,
Grand Parade, 9.30pm
Art
Stables Theatre,
The Bourne, 7.30pm

Sunday 4 February
Coffee Concert: Hannah Shilvock (bass clarinet) & Viola Lenzi (piano)
Kino-Teatr, Norman Rd, 11.00am

Monday 5 February
Time to Dance
White Rock Theatre, 6.30pm

Tuesday 6 February
Time to Dance
White Rock Theatre, 2.00pm, 6.30pm

Wednesday 7 February
Royal Ballet Live: Manon
Kino-Teatr, Norman Rd, 7.15pm
Time to Dance
White Rock Theatre, 6.30pm

Thursday 8 February
Art
Stables Theatre, The Bourne, 7.30pm

Friday 9 February
Out of the Shadows
(poetry/art form open mic)
The Nest, High St, 6.30pm
Art
Stables Theatre, The Bourne, 7.30pm

Saturday 10 February
Al Murray Pub Landlord
De La Warr Pavilion,
Bexhill, 7.00pm
Lovinia Belle
(drag/cabaret)
Forbidden Fruit,
Grand Parade, 9.30pm
She’s Flirting
(Cabaret/burlesque)
The Nest, High St, 7.30pm
Art
Stables Theatre, The Bourne, 7.30pm

Monday 12 February
East Sussex School of Performing Arts – Decades
De La Warr Pavilion, Bexhill, 1.00pm, 6.00pm

ART

Bill Greenhead – My Year in Hastings
Until 31 March
Stables Theatre Art Gallery, The Bourne
Ellen Prebble Exhibition
Until 14 April
Hastings Museum and Art Gallery, Bohemia Rd
The Grand Art Sale
Until 11 February
Hastings Arts Forum, Marine Court
Hastings Arts Forum New Members’ Show
13 until 25 February
Hastings Arts Forum, Marine Court
Hurvin Anderson – Salon Paintings
Until 3 March
Hastings Contemporary **Jon Lander – Sea/Humans**
Until 24 February
The Crown, All Saints St
Manuel Mathieu – The End of Figuration & Clara Jo – Nests of Basalt, Nests of Wood
Opening Party (free)
15 February, 6.00pm,
De La Warr Pavilion
Nengi Omuku
Until 7 March
Hastings Contemporary, The Stade
Roland Hicks – The Fourth Wall
Until 3 March
Hastings Contemporary, The Stade
Roland Hicks in Conversation
Friday 2 February 6.00pm
Hastings Contemporary, The Stade
Tschabalalal Self: Seated
Until 31 March
De La Warr Pavilion (Lawn), Bexhill
Upscale – Group Exhibition
Until 24 February
Project 78 Gallery,
Norman Rd

SPORT

Saturday 3 February
Tennis: The Green Men v West Worthing – Sussex Winter Doubles Div L3
The Green courts, time tbc.
Hockey: South Saxons Men v Canterbury Pilgrims – South East League Div 1 East
Horntye time tbc

Sunday 4 February
Tennis: Amherst Ladies v The Green – Sussex Winter Doubles

The HIP List

Div L3
Amherst courts 10.30am.
Hastings v St Leonards – local
rivals who know each other well.

Tuesday 6 February
Football: Hastings Utd v Horsham – Isthmian Premier League
Pilot Field 7.45pm
Saturday 10 February
Football: Hastings Utd v Lewes – Isthmian Premier League
Pilot Field 3pm
Traditional derby game against
near neighbours – should attract
good crowd numbers.
Hockey: South Saxons Ladies v
Marden Russets - South East
League Div 1 East
Horntye time tbc

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 2 February
Roland Hicks in Conversation
7.00pm-8.00pm (doors 6pm)
Hastings Contemporary Rock-A-
Nore Rd, Hastings TN34 3DW
Artist Roland Hicks discusses his
unique practice and his exhibi-
tion here at Hastings Contempo-
rary. Ticket includes entry to all
exhibitions.
Martial Arts Free Trial Lesson
Monday, Wednesday, Friday,
Saturday
Families welcome. Booking
required.
ARK, 41 Park Avenue, Hastings
Martialartshastings.com

Saturday 3 February
Heritage Explorers
Free family art and heritage
activities
10.00am-2.00pm
Christ Church, Silchester Rd, St
Leonards.
First Saturday of every month.
Beginner’s Watercolour Class
11.00am-1.00pm
The Stables Theatre and Arts
Centre, The Bourne, Hastings
TN34 3BD One-off session in

watercolour, designed for
complete beginners. Understand
how paints work in an informal
atmosphere. Bring your own art
equipment, or learn what to buy.
No experience of drawing
needed.
Booking required
stablestheatre.co.uk
Introduction to Art:
Printmaking
11.30am-1.00pm
Hastings Contemporary, Rock-A-
Nore Road
First Saturday of month over six
months. Each practical introduc-
tory session will focus on a
different artistic practice.
Remaining practices: printmak-
ing, 3D and mixed media.
£25 per session, booking re-
quired.
Hastings and St Leonards
Community Singing and
Drumming Circle
Every week, 6.00pm-9.00pm
Clifton Centre, 1 & 2 Stainsby St,
St Leonards.
All welcome. Food sharing,
meditation, drumming, singing
and sometimes dancing!
Read more at MeetUp.com.
Martial Arts Free Trial Lesson
Monday, Wednesday, Friday,
Saturday
ARK, 41 Park Avenue, Hastings
Families welcome. Booking
required.
Martialartshastings.com
The Mothership: Antenatal and
Hypnobirthing Class
Monthly event, 10.00am-
11.00am, free class
The Crown, 64-66 All Saints,
Hastings
Tickets from Eventbrite. Check
future dates.

Sunday 4 February
Bohemia Creative Quarter
Space for creative people without
premises to sell their products
from on the first Sunday of every
month from small independent
local businesses and creative
people, living and working in the
Bohemia area of St Leonards.
Purpose: to promote community
awareness of independent
businesses in Bohemia area and
encourage people to shop locally.
Dog First Aid Training Course
1.00pm-2.00pm £59.50
Pett Village Hall, Pett Rd, Pett
CPD accredited first aid certifi-
cate valid for 3 years.

Monday 5 February
Hastings Diversity
Virtual Job Fair
Virtual event, 11.00am-2.00pm
Free tickets on Eventbrite
Martial Arts Free Trial Lesson
Monday, Wednesday, Friday,
Saturday
ARK, 41 Park Avenue, Hastings
Families welcome. Booking
required.
martialartshastings.com
Board Games Night
6.30pm-11.00pm
Board Game Museum, 25

Courthouse St, Hastings

Tuesday 6 February
Welcome to a Sewing Machine
10.00am-1.00pm
Bus Stop Studios 53 London Road
St Leonards on Sea TN37 6AY
Beginners class with Ness The
Cycling Seamstress. Learn to
make your own tote bag! £50.
Book at: busstopstudios.com
Cyberpunk RPG – Beginner &
Learn to Play Campaign Event
6.30pm-9.30pm
Board Game Museum, 25
Courthouse St, Hastings
Hastings Local History Group
Meetings first Tuesday of each
month, 7.30pm-9.30pm
Hastings History House, 21
Courthouse Street in the Old
Town.

Wednesday 7 February
Playtest Boardgame Event
12.00 pm-10.00 pm
Board Game Museum, 25
Courthouse St, Hastings
Social Deduction and Murder
Mystery, Beginner & Learn to
Play Event
7.00am-10.00am
Board Game Museum, 25
Courthouse St, Hastings
Wonky WI, St.Leonards
7.30pm-9.30pm
Arthur Easton Centre, St.
Michaels Hospice, Upper Maze
Hill, St.Leonards
This month’s presentation about
the Menopause, including
Neuroscience and Mindfulness:
guest speaker, Graham Beadle
Martial Arts Free Trial Lesson
Monday, Wednesday, Friday,
Saturday
ARK, 41 Park Avenue, Hastings
Families welcome. Booking
required.
Martialartshastings.com
Crowninos Kids Group
Weekly, 10.00am-11.00am, £6 per
family unit.
The Crown, 64-66 All Saints,
Hastings
Run by Ellie. Songs, stories and
vibes. For 0-4 year-olds and their
carers.

Thursday 8 February
Dungeons and Dragons,
Beginner & Learn to Play
Campaign Event
18.30 – 21.30
Board Game Museum, 25
Courthouse St, Hastings
Co-Working Social Media
Sessions
10.00 Every Thursday
The Crown, 64-66 All Saints,
Hastings
Co-Working Social Media
Sessions – fun and friendly group
working sessions for creative
business owners and freelanc-
ers. Free.

Friday 9 February
Martial Arts Free Trial Lesson
Monday, Wednesday, Friday,
Saturday
ARK, 41 Park Avenue, Hastings
Families welcome. Booking

required.
Martialartshastings.com

Saturday 10 February
Toddlers’ Art Session
Hastings Contemporary, Rock-a-
Nore Road
11.30am-12.30pm



£7 standard/£5 unemployed per
session for one adult & one
toddler
An introduction to art for
pre-school walkers (18 months-4
years) and their carers, in
collaboration with Spun Glass
Theatre!
Hastings and St Leonards
Community Singing and
Drumming Circle
Weekly event. 6.00pm-9.00pm
Clifton Centre, 1 & 2 Stainsby St,
St Leonards
All welcome. Food sharing,
meditation, drumming, singing
and sometimes dancing!
Read more at MeetUp.com.
Martial Arts Free Trial Lesson
Monday, Wednesday, Friday,
Saturday
ARK, 41 Park Avenue, Hastings
Families welcome. Booking
required.
Martialartshastings.com
Rays: Toddlers’ Art Session
11.30am-12.30pm
Hastings Contemporary Rock-A-
Nore Rd, Hastings
An introduction to art for
pre-school walkers and their
carers, in collaboration with
Spun Glass Theatre.

Sunday 11 February
Intro to Paper Floristry
10.00am-1.00pm
Bus Stop Studios 53 London Road
St Leonards
Learn to make a paper version of
a favourite flower with Laura
Reed. £40,
book at: busstopstudios.com
Valentine’s Day Pop-Up Heart
Card Class
2.00pm-4.00pm, £20
Bus Stop Studios 53 London Road
St Leonards

A fun class for all ages with
Paper Engineer Lee!
Book at: busstopstudios.com

Monday 12 February
Hastings and
St Leonards Board
Games Night
6.30pm-11.00pm
White Rock Hotel, Hastings,
TN34 1JU (Conference room)
Goodness Collective
Fortnightly, 10.30am-12.00pm
The Crown, 64-66 All Saints,
Hastings
If you’re interested in wellbeing
and living better, you’ll enjoy the
fortnightly Goodness Collective
sessions.
Martial Arts Free Trial Lesson
Monday, Wednesday, Friday,
Saturday
ARK, 41 Park Avenue, Hastings
Families welcome. Booking
required.
Martialartshastings.com
Tuesday 13 February
Planetarium
10.00am-4.15pm
Hastings Museum and Art
Gallery, Hastings
Mini celestial theatre with
Immersive Experiences, bring-
ing the wonders of the universe
to the Durbar Hall
hmag.org.uk
Cyberpunk RPG – Beginner &
Learn to Play Campaign Event
6.30pm-11.30pm
Board Game Museum, 25
Courthouse St, Hastings

Wednesday 14 February
Sprats: Baby Sensory Session
(0-18 months)
10.00pm-10.45am
Hastings Contemporary, Rock-a-
Nore Road
£6 standard/£4 (unemployed) per
session for one adult & one baby
Reserved for pre-walkers to
explore their senses and begin
their life long creative journey. It
could get messy, so bring a
change of clothing.
Martial Arts Free Trial Lesson
Monday, Wednesday, Friday,
Saturday
ARK, 41 Park Avenue, Hastings
Families welcome. Booking
required.
Martialartshastings.com
Valentine’s Dinner & Verbal
Titillation
7.00pm-10.00pm
Cumbia Kitchen, 44 Marina, St
Leonards, Saint Leonards
An evening of erotic poetry,
verbal seduction & luscious
stories hosted by the glamorous
masked enchanter Penny La
Pousse who will entice us with
her titillating delights. Argen-
tine-Italian menu. £35 per
person. £5 will be donated to
women’s refugee services.
Hastings Area Archaeological
Research Group (HAARG)
7.00pm-9.00pm
Ore Community Centre.
General meeting. Group con-
ducts work within the Hastings

The HIP List

and surrounding area and would welcome new members.
Crowninos Kids Group
10.00 – 11.00, £6 per family unit.
The Crown, 64-66 All Saints, Hastings
Run by Ellie. Weekly on Wednesdays. Songs, stories and vibes. For 0-4 year olds and their carers.
Sip + Draw
7pm-9pm
Hastings Contemporary Rock-A-Nore Rd, Hastings
A relaxing evening of life drawing in the Hastings Contemporary café.

Thursday 15 February
February Family Day
11.00am-4.00pm
See gallery admission prices / members and children go free.
Hastings Contemporary, Rock-a-Nore Road
Family Days take place on Thursdays during the school holidays. Spend the day taking part in activities designed to help you explore our exhibitions.
Co-Working Social Media Sessions
10.00am Free.
The Crown, 64-66 All Saints, Hastings
Co-Working Social Media Sessions – fun and friendly group working sessions for creative business owners and freelancers.
Hastings Humanists
7.30pm-9.30pm
White Rock Hotel, Hastings

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
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 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 conc
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, £80
Bus Stop Studios, 53 London Rd, St Leonards
Design and make your own doll, including body, clothes, hair and make-up. 5 lessons starting 15 January,
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
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
YOYO Arts Club
10.00am-12.00pm Pay What You Can Suggested donation of £4
Art & Wellbeing for all the family.
Art in the Park Community Hub, Alexandra Park
Donate for your space via Eventbrite or drop-in.
5 Rhythms dance meditation
10.00am-11.30am,
£15 or £12 concession, £10 for beginners

Movement as Metaphor
Crown House, 57 Marina, St Leonards
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
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)
53 London Rd, St Leonards
Come and learn a set course or bring a project of your own.
£18 drop ins, full term (10 classes) £160.
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 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
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.
St Leonards Academy Sports Hall
Enquire for fees or free games and bookings
hastingsrounders@gmail.com
Sew Social with Karen Arthur
7.00pm-9.00pm, £10, £5 conc
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
www.sos.dance
Country Dancing
7.45pm-9.45pm
St Matthew's Church, London Rd, St Leonards
hastingscountrydanceclub.org.uk
Classical Guitar Tuition

The HIP List

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
Adventures Through Movement and Music (0-2 years)
9.00am £4 (free trial)
Mini Playhouse 26 White Rock, Hastings
pitterpatterarts@gmail.com
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
Imaginative Ballet (2-4 years)
10am £4 (free trial)
Mini Playhouse, 26 White Rock, Hastings
pitterpatterarts@gmail.com
Qigong
10.00am-11.00am
Isabel Blackman Centre (IBC), Winding St, Hastings Old Town
Crowninos Kids Group
10.00am-11.00am, £6 per family unit.
The Crown, 64-66 All Saints St, Hastings
Run by Ellie. Songs, stories and vibes. For 0-4 year olds and their carers.
Wellbeing Wednesdays
10.00am-1.00pm pay as you can, suggested donation £4
Art in the Park Community Hub, Alexandra Park
Light refreshments & creative activities with a focus on enhancing your wellbeing. donate for your space via Eventbrite or drop-in.
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](https://www.facebook.com/Espanoles-en-Hastings)
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

Musical Drama (2-4 years)
11.00am £4 (free trial)
Mini Playhouse, 26 White Rock, Hastings
pitterpatterarts@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, £7
Hastings Centre, The Ridge, Hastings TN34 2SA
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 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](mailto: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 Marjolyne
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).
£18 drop ins, full term (10

classes) £160.
53 London Rd, St Leonards.
Come and learn a set course or bring a project of your own.
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.
Bexhill College Sports Centre
Enquire for fees/free games and bookings
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
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, £8 for dancers, £3 non-dancers.
Downstairs bar at The White Rock Hotel, 1-10 White Rock, Hastings.
Contact [Phoebe 07947 440502](tel:07947440502) pennythepoetess@yahoo.co.uk
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 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
Art for All: Practical Art in a Relaxed Environment.
10.00am-12.30pm
Four Courts Community Centre, Sydney Close, TN38 9DD
8 sessions; £84 or free if in receipt of certain benefits.
You will learn how to create personal drawings and paintings with an experimental theme.
Thursday 18th January-14th March enroll
[online wea.org.uk](http://online.wea.org.uk) or phone 0300 303 3464
Course code: Q00009455
Move It or Lose It!
10.00am-11.00am, £6 per class, first class free.
The Hastings Centre
Friendly, low-impact exercise for older adults. Improves strength and balance. Seated or standing.
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
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
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, 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 Marjolyne
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
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
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
Hastings Contemporary, Rock-a-Nore Rd, Hastings
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.
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 community choir
Free taster sessions.
hastingstownsingers.co.uk
Hastings Mixed Indoors Rounders
7.00pm-8.00pm with Hastings Rounders.
Horntye Park Sports Complex
Enquire for fees/free games and bookings
hastingsrounders@gmail.com
Yoga for Men’s Health
7.00pm-8.00pm, £3
Helenswood Sport Centre
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 Rd, St Leonards
meditateinsussex.org
Yoga for Beginners
8.00pm-9.00pm, 4-week course starts 11 January, £48
Arthur Easton Centre, St Mi-

The HIP List

chaeels Hospice, St Leonards
Easy-to-learn postures for health and relaxation. Improve your posture, lose weight.
Book now 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 conc
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
Horntyte Club Room, Horntyte 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, £28 for the course, £10 drop-in.
St Leonards Studio, Azur, St Leonards
Start the year right with this back-to-basics course with Kate at. Building on the foundations of yoga asana and breathwork, this course is perfect to kick start your new year.
healingyogawithkate.org,

HASTINGS FAT TUESDAY FRINGE

Friday 9 February
Custard Caravan Presents Poco Mondo
4.00pm - 6.30pm
An afternoon of Latin lunacy and skilfully crafted Sambas and Rhumbas with a Rock and Roll twist. Gloriously MC’d with wit and melody by the surreal and welcoming Custard Caravan. An extra dollop of Custard especially for Fat Tuesday!
Barnaby’s Lounge
Natives Fat Friday
8.30pm-10.30pm
Phatt, funky, New Orleans brass, courtesy of The Native Oysters Band! The full 7 piece brings high energy full-on funk and second line shenanigans, featuring award winning vocalist David Migden, saxophonists Ivan Thompson & Katy Windsor, drummer Al King, guitarist Steve “wah-wah” Higgs, Tom Pascoe on trombone and Russ Kennedy on mighty helicon.
The Jenny Lind
Garry Blakeley & Bear Lucas
7.30pm
Experience an enchanting musical evening with Hastings’ finest musicians, Garry Blakeley and Bear Lucas. Enjoy a dynamic blend of traditional and modern songs as part of the Mardi Gras weekend festival. Indulge in our full food menu served from 6pm

to 9pm, Secure your spot for an evening of musical sophistication.
The Dolphin Inn
Brazilian Carnival
Cumbia Kitchen
7.00pm-10.00pm
In collaboration with Hastings-Brazilian cultural organisation Ocabrazoka Brazilian Menu. On arrival: Caipirinha or Batida cocktail (can be alcohol free); Amuse Bouche: pão de queijo, cheesy tapioca bread (V+ option available); Appetiser: bolinhos de bacalhau; salt cod potato balls (GF/V+ option available); Main: feijoada; black bean, chorizo & pork shoulder served w/ farofa, toasted manioc flour, greens & orange slices (GF/ V+ option available); Dessert: passion fruit pudim, creme caramel (GF/V+); After: coffee & brigadeiro (V+ option available); Entertainment: Samba performances by Gladys Cavalcante (London School of Samba, Brazilian Ballroom Performer, Choreographer & Teacher) Finale Fireworks display £45pp
Cumbia Kitchen
Fun Fun
8.00pm-1.00am
Italo, acid house, synth pop, techno rave party on the seafront!
Regency Rooms - Crown House, 57 Marina, St Leonards

Saturday 10 February
The Cover Ups
9.00pm
End your Unplugged Saturday on a high note with Cover Ups! The ultimate party pop sensation from Hastings!
The Dolphin Inn
Johnny Deptford
7.30pm-8.30pm
Following hot on the heels of this year’s Unplugged Tour, these chaps will definitely be plugged in ... Expect the amps to be cranked and distortion pedals stomped flat to the floor! Formed in the backstreets of Deptford circa 2003 and a regular on the London live music circuit for many a year ... Johnny Deptford are back with a vengeance!
The Jenny Lind

Sunday 11 February
Sistie Sunday
4.00pm-6.00pm
Sistie Moose will be fresh from their Unplugged Saturday tour as part of the Hastings Fat Tuesday Festival 2024 and ready to get your feet moving and your heart pumping with some foot tappin’ folk tunes! Joined by the devastatingly handsome Sammy Harrison on mandolin It’s a Sunday in Hastings, it’s Fat Tuesday week, it’s the Jenny Lind... it’s Sistie Sunday!
The Jenny Lind

Hot Club of Jevington
1.00pm-3.00pm
Hot jazz quartet celebrating the music of Django Reinhardt. Toe-tapping sets, hosted by the inimitable jazz guitarist and raconteur Adrian Underhill. Tapas, cocktails and dancing!
Barnaby’s Lounge
The Clark Collective
3.00pm
Making their debut at The Dolphin, The Clark Collective is set to elevate your Mardi Gras weekend with a sensational live performance! From Kent, this dynamic covers band brings a fresh and energetic vibe, special-izing in a variety of indie and rock hits that will have you on your feet and moving to the beat!
The Dolphin Inn

Tuesday 13 February
Fat Tuesday Jazz Jam Razz-Up!
8.00pm-11.00pm
Attention all budding Jazz musicians and Jazz fans! Barnaby’s lounge is delighted to provide a nurturing space for the Jazz Jam. House Band: Chris Taylor (Drums), Andy Beresford (Bass).
Barnaby’s Lounge
Soul Town Band
7.30pm
Authentic Soul, Motown and Blues! Free Entry
The Anchor Inn

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
isabelblackmancentre.co.uk
Senior Strength
3.00pm-4.00pm
Isabel Blackman Centre, Wind-ing 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!
The Crown, 64-66 All Saints St, Hastings.
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
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
Meditation and Breathwork with Jung-ui
10.45am-11.45am
The Stables Theatre, Hastings
Dance Movement Somatics
12.00-2.00pm every two weeks (4 February)
Led by Dance Movement Therapist Vix Thompson
All Saints Hall, 142 All Saints St, 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
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

Crossword Solution No 244:
Across: 1. Ass-ist 3. (f)Oracle(ear) 4. Nation (anagram)
Down: 1. Adjoin (anagram) 2. (Na)Tureen(closed)



Fat Tuesday 2024

HARRY HAWKINS speaks to some of the organisers, venues and musicians that are involved in the event.

BOB TIPLER FROM ALBION FORMER ORGANISER OF HFT AND AT ALBION

For Bob, the seed of Fat Tuesday was sown in 2006 as a one-off event to tie in with his band The Cajun Dawgs, who were inspired by the culture of the American South. He saw the idea as stemming from New Orleans Mardi Gras celebrations as well as the pagan celebration of Saturnalia. Once Bob started working with Adam Daly, a current Hastings Fat Tuesday Co-Director, they were able to gather musical talent from around town and presented the idea to many local venues. This led to the nights expanding year on year, with Fat Tuesday reaching all the way to St Leonards from its Hastings origins in the last few years.

However, Bob remarks that last year was likely the festival's peak, with a lack of funding "clipping the wings" of HFT 24, with the umbrella parade and grand ball of previous years having been left out this year.

SALLY LAMPITT CO DIRECTOR OF HFT

With around 80 bands and 300 or more performers, Fat Tuesday is a big opportunity for musicians, she says. This year is more local than previous years, but the draw of the

festival has attracted bands from as far as Edinburgh and South West England. Sally mentioned that the festival's growth over the years has been steady, maintaining a close connection to local music.

Sally also explained how the festival contributes to a recognised growth in the musical industry in Hastings, with sound engineers and even mastering companies beginning to set up. And local artists such as Kid Kapichi and Greentea Peng, who have opened for national headliners, have often made appearances.

SIMON KENNEDY FROM THE JENNY LIND

Simon described Hastings Fat Tuesday 2024 as "in jeopardy" this year due to the funding cuts and how this led to crowdfunding which was able to cover the main events of the weekend and Fat Tuesday itself. Simon describes the event as "an established cultural event on the Hastings calendar, during a period where there isn't much going on". As HFT gained popularity, The Jenny Lind has had to think more about carefully about the capacity of the venue, bearing in mind how busy the festival can get. When Skinny Lister played the high main room of the Jenny, their singer and a double bass player

were walking over the top of a packed crowd, which Simon admits was as amazing as it was scary.

DRAGON BAR PADDY PIGGOTT

Fat Tuesday is a switch up for the Dragon bar, which usually hosts DJ events, but the bar takes on live acts on Saturday 10th and Tuesday 13th. Paddy described HFT as "a real opportunity for new music acts around Hastings", and an event that has remained when others have fallen to the side. Despite funding cuts having meant that the parade and fringe parts of Fat Tuesday are not as present this year, he

thinks there is still a real excitement for the event – Fat Tuesday being perceived as more of a local event than Jack in the Green. From years past, Paddy particularly remembers the incredible crowd drawn in by Skunk Anansie, where there were as many people outside the Dragon Bar as there were in.

TOBY BARELLI AKA KING SIZE SLIM

A local musician who has been able to perform at every HFT, Toby has seen new musicians cut their teeth at local events and go on to play around the country: bands such as Hot Wax and Chimer.

Toby emphasised how unique Fat Tuesday is for performers, as it gives budding bands lots of practice in playing a series of quickfire sets to big, excited crowds, and even transport becomes crucial in moving from place to place around town.

As someone who is familiar with the event, Toby says it's a great way to try new songs and play as loud as possible – a necessity on the unplugged shows. But the popularity of Fat Tuesday weekend can itself prove a problem as he recalled a bar where he was heading to play being so packed that he couldn't get in!

ISABEL
BLACKMAN
CENTRE

The IBC Monthly Fayre
Saturday 17th February 2024
10am - 2pm

Due to popular demand we will now be holding our Fayres on the third Saturday of each month. There is always something for everyone at our Fayres, so come along and join us in celebrating the best of local craft, products and much more.

Buy Local. Support Local.

We have space on some dates throughout the year, so if you would like to book a table, please get in touch.

01424 235 535
ibc@ageukeastsussex.org.uk
www.isabelblackmancentre.co.uk
3 Winding St, Hastings TN34 3AT

  #isabelblackmancentre





HASTINGS
FAT TUESDAY
MUSIC FESTIVAL
5 DAYS OF MARDI GRAS ON THE SOUTH COAST

FEB
9-13
2024

ACROSS HASTINGS AND ST LEONARDS

FRIDAY 9 FEBRUARY

FAT FRIDAY
THE ALBION
8PM-12AM. FREE

JOIN US TO KICK OFF THE
FESTIVAL WITH LOCAL
FAVOURITE DR SAVAGE

SATURDAY 10 FEBRUARY

UNPLUGGED
SATURDAY
1PM-6PM. FREE

A PACKED AFTERNOON OF ACOUSTIC
MUSIC SESSIONS, AS 60 EMERGING
AND ESTABLISHED ARTISTS AND BANDS
ACROSS ALL GENRES PLAY 15-MINUTE
SETS AT PARTICIPATING VENUES.

SATURDAY 10 FEBRUARY

SONICS
THE PIG
8PM-2AM. FREE

AFTER LAST YEAR'S RAMMED PARTY,
SONICS RETURNS TO THE PIG FOR A
FREE ENTRY DOSE OF RAVE BANGERS,
JUNGLE, BASS MUSIC, TECHNO AND
ECLECTIC DANCE FLOOR MADNESS.
SEE YOU DOWN THE FRONT.

SATURDAY 10 FEBRUARY

UNDER THE
RADAR
THE PIPER
8PM-11PM. FREE

FEATURING
CALZY
TRIN THE BEATMAKER
MISS MELODY

SUNDAY 11 FEBRUARY

SUNDAY
SONICS
THE PIG
1PM-7PM. FREE

IT'S THE SUNDAY SONICS FREE
AFTERNOON SESSION OF LIVE MUSIC,
DJS, RECORD STALLS AND MORE.
WITH A LOCALLY SOURCED LINEUP
OF MUSICIANS EXPLORING SOUND;
RANGING FROM IMPROVISED
EXPERIMENTS, ELECTRONICS,
SPOKEN WORD, MINIMAL REPETITION,
RIOT-GRRRL, PUNK AND NOISE.

MONDAY 12 FEBRUARY

SLIM
MONDAY
THE LORD NELSON
8PM. FREE

THE ANNUAL PRE-FAT TUESDAY PARTY
HOSTED BY AWARD WINNING ARTIST
TOBY BARELLI AT OLD TOWN FAVOURITE
THE LORD NELSON. EXPECT THE FULL
KING SIZE SLIM HEAVYWEIGHT
ACOUSTICS BAND DIRECT FROM
ABOARD THE M/V SEA WITCH AND VERY
SPECIAL GUESTS FROM ACROSS THE
AMAZING HASTINGS MUSIC SCENE.

TUESDAY 13 FEBRUARY

FAT TUESDAY
TOUR
8PM-11PM. FREE

A RAUCOUS CELEBRATION OF ALL
THINGS MARDI GRAS, THE FAT TUESDAY
TOUR IS THE MAIN EVENT - A WHIRLWIND
OF MUSIC, MERRY-MAKING AND MORE
MUSIC. TWELVE VENUES HOST THE FAT
TUESDAY TOUR, WHERE 24 ESTABLISHED
ACTS PLAY 20-MINUTE SETS IN 3
VENUES EACH. BRACE YOURSELVES!

TUESDAY 13 FEBRUARY

REGGAE
ROOM
THE EAST HASTINGS SEA
ANGLING ASSOCIATION
8PM-1AM. FREE

HASTINGS FAT TUESDAY'S VERY OWN
DEDICATED REGGAE ROOM AT THE EAST
HASTINGS SEA ANGLING ASSOCIATION
HOSTED BY MIGHTY SOUNDS AND
MUSICAL SPARRING PARTNERS &
HASTINGS VETERAN REGGAE SOUND
SYSTEM THE DUB GENERALS THIS
YEAR'S SHOW IS SET TO BE AN
EXTRAVAGANZA OF ORIGINAL ROOTS
AND DANCEHALL RIDDIMS FEATURING
MIGHTY SOUNDS LIVE BAND & DUB
GENERALS SOUND SYSTEM!

TUESDAY 13 FEBRUARY

AFTER
PARTY
THE PIG
10PM-3AM
£10 18+
DJS KING SUNNY ADE P
& THE VIBES CONTROLLER
BALEARIC ASSASSINS OF LOVE
SEE FAT TUESDAY OUT
IN STYLE WITH DJ'S
'TILL THE EARLY HOURS!
GET YOUR TICKETS
FROM THE WEBSITE!

hastingsfattuesday.co.uk

#HastingsFatTuesday2024

 **CURVE PUSHER**



WHITE
ROCK
HASTINGS



Lakedown
BREWING CO.



Hastings
Independent



Love
Hastings
.com