

Friday 1 March to Thursday 14 March 2024

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

The Hip List



CORRECTION AND APOLOGY

Last issue we published a number of photographs of Unplugged sessions from events.

Unfortunately, we misattributed pictures taken by Sarah Marland to Petra Gent, and failed to include any of the ones Petra had sent in.

We sincerely apologise to both photographers for this serious mistake and thank them for offering their work to the Hastings Independent.

The HIP List

MUSIC

Friday 1 March
Sue Harding
5.00pm-9.00pm
The Jenny Lind Inn,
69 High St
Hastings International Piano Concerto Finals Night 1
7.00pm-8.00pm
White Rock Theatre,
White Rock
One of the finalists of HIPCC 2024 plays. Tickets £17.50-£29.50 (and half price for students) at whiterocktheatre.org.uk
Office For Personal Development - Live Instore
7.00pm-10.00pm
De La Warr Pavilion,
Marina, Bexhill
Music's Not Dead present a live instore with The Office for Personal Development, launching their debut album 'Doing. Is. Think-ing' on 1 March
Tony the Pencil, The Wax Buzzard, One of a Kind
8.00pm-12.00am
The Pig Hastings,
37 White Rock
The Get Down All vinyl excursion into Vintage Sounds £5
Silver Hill (band)
8.30pm-10.00pm
The Jenny Lind Inn,
69 High St
Acoustic group
Jack (of Kid Kapichi) & Friends
9.00pm-1.00am
The Piper, 1 Norman Rd,
St Leonards
DJ set with Ben Beetham (Kid Kapichi) & Russell Small (Machaon)
Saturday, 2 March
Encapsulated Energy presents. Doc Scott and MC Moose
3.00pm-12.30am
The Pig Hastings,
37 White Rock
Hot Shot Sounds - Ska and Reggae Mash Up
5.00pm-6.00pm
The Royal Albert,
293 Battle Rd, Hastings
The HippySoulSound
6.00pm-8.00pm
The Jenny Lind Inn,
69 High St
Original soul funk blues band based in East Sussex.
Iron Men of The Sea
6.00pm-8.00pm
Whistle Trago,
26 George St
Band featuring people who have played with Bert Jansch, Pentangle, Alan Hull, Lindisfarne, Ginger Baker's Airforce (Cream), Alan White (Yes), Hasting's own Buick 6 and the Alabama 3.
90% Proof, Motorpace and

Still Remains
7.00pm-8.00pm
The Carlisle, 24 Pelham St
23 Fields
8.00pm-10.00pm
Tin Tins, 21 Robertson St
Groove UK
8.00pm-10.00pm
Anchor Inn, 13 George St
Sarah G and the Other 3
8.30pm-9.30pm
East Hastings Sea Angling Association and Social Club, The Stade
Ego Sum DJ Set
9.00pm-11.00pm
The Seadog, 32 Station Rd
The Dead Rabbits – Indie rock covers band
9.00pm-10.00pm
The Dolphin Inn,
11-12 Rock-a-Nore Rd

Sunday, 3 March
Coffee Concert. Ida Pelliccioli
11.00am-12.00pm
Kino-Teatr, 43-49 Norman Rd, Hastings, St Leonards
Wendy May's Locomotion Presents A Sunday Shakedown
2.30pm-9.30pm
Crown House, Marina,
Hastings, St Leonards
DJ Wendy May is joined by an all-female DJ line-up for the 1st Sunday Shakedown. All proceeds are going-support Hastings Women's Charities. Tickets available from. wegottickets.com/event537148
The Haystingers
4.00pm-6.00pm
The Royal Oak Pett, Pett Rd, Pett
Tom Cole and Henry Bristow
5.00pm-6.00pm
Stag Inn, 14 All Saints' St
Open Mic Night
6.00pm-9.00pm
Tin Tins, 21 Robertson St
Hosted by James Friis-Lawrence and Dr Jules
Feeder
6.30pm-12.30am
De La Warr Pavilion,
Marina, Bexhill
So Far, So Good
8.00pm-10.00pm
Tin Tins, 21 Robertson St

Monday, 4 March
Just Landed
7.30pm-9.30pm
The Jenny Lind Inn,
69 High St
Alien blues group Just Landed return for their monthly gig, now with a full band!

Tuesday, 5 March
Sounds at the Hound Open Mic
7.00pm-10.00pm
Cactus Hound Bar,
33 - 35 Western Rd,
St Leonards
Weekly Open Mic Night, hosted by Steve Didge

With in-house PA, Amps, Piano, Cajon and Guitar available.
Traditional Folk Open Sessions
8.30pm-9.30pm
Stag Inn, 14 All Saints' St

Wednesday, 6 March
Folk Night
8.00pm-9.00pm
Albatross Club, 15 Marina, Bexhill
Folk musicians and non-members welcome
Lewis Floyd Henry
8.00pm-11.00pm
The Piper, 1 Norman Rd, St Leonards
Monthly residency at the Piper - free event
Jerry Bergonzi Quartet
8.30pm-10.00pm
East Hastings Sea Angling Association and Social Club, The Stade
Americana and Bluegrass Session
9.00pm-10.00pm
Stag Inn, 14 All Saints' St

Thursday, 7 March
Open Mic Night at the Nag's Head
7.00pm-8.00pm
The Nags Head, 8-9 Gensing Rd, St Leonards
First Thursday of every month
Sons Of Liberty
7.00pm-11.30pm
The Carlisle, 24 Pelham St
The Jazz Organisation with guests
8.00pm-10.00pm
NUR, 13 Robertson St
Guests. Paul Eshelby (tpt) and James Davidson (guest bass)
Loud Women presents. Comeback Clit, Cowz and Florescent
8.00pm-12.00am
The Piper, 1 Norman Rd, St Leonards
Book on DICE £6.50 or £8 otd
Open Mic at the Pig
8.30pm-12.00am
The Pig Hastings,
37 White Rock

Friday, 8 March
McNiff's Folk Sundowner
5.00pm-7.00pm
Weekly acoustic strand with a different featured guest every Friday
Out Of The Shadows. Original material Open Mic
7.00pm-9.00pm
The Nest,
The Old Town Hall
An open mic for poetry, music and storytelling. Hosted by Ed Boxall and Jemia De Bondeville
Friday Night at the Good Place
7.00pm-11.00pm
The Good Place,
53 Havelock Rd

Cheese, charcuterie, wine and house music!
80's Hifi - Best of The 80s Live
7.00pm-10.00pm
Cushty Duo
7.30pm-8.30pm
The Dolphin Inn,
11-12 Rock-a-Nore Rd
Dynamic two piece band, covering hits from 80s-present
Brendan O'Connell and Co
7.30pm-11.00pm
The Pig Hastings,
37 White Rock
Ghostriders - reborn!
8.30pm-11.00pm
Pissarro's,
10 South Terrace

Saturday, 9 March
The Haystingers
6.00pm-9.00pm
The Jenny Lind Inn,
69 High St
Hillbilly-boogie, Swing band
Phil Tomsett. A musical performance for 'An Imperfect Account of a Comet'
8.00pm-9.00pm
Solaris Print Ltd,
76 Norman Rd, St Leonards
CATCHMYDRIFT? Techno Sessions
9.00pm-2.00am
The Pig Hastings,
37 White Rock
with Hastings Techno Militia. Free event
Waifs and Strays
9.00pm-10.00pm
The Dolphin Inn,
11-12 Rock-a-Nore Rd
Party band from Hastings, Bexhill with a mix of 90's-present day covers.

Sunday, 10 March
Fox In The Reeds
5.00pm-6.00pm
Stag Inn, 14 All Saints' St
Open Mic Night
6.00pm-9.00pm
Tin Tins, 21 Robertson St
Hosted by James Friis-Lawrence and Dr Jules
Wrong Life
6.00pm-10.00pm
The Pig Hastings,
37 White Rock
Supports: Tape It Shut and Well'Ard!

Monday, 11 March
Acoustic Revels with the Twitten Revellers
8.00pm-10.30pm
The Prince Albert,
28 Cornwallis St

Tuesday, 12 March
Sounds at the Hound Open Mic
7.00pm-10.00pm
Cactus Hound Bar, 33 - 35 Western Rd, St Leonards
Weekly Open Mic Night, hosted by Steve Didge With in-house PA, Amps, Piano,

Cajon and Guitar available.
The Kukes
8.00pm-10.00pm
The Dolphin Inn,
11-12 Rock-a-Nore Rd
Traditional Folk Open Sessions
8.30pm-9.30pm
Stag Inn, 14 All Saints' St
Tuesday Skiffle Sessions
8.30pm-11.00pm
Albion Hastings,
33 George St
The Albion Skiffle Company in residence.

Thursday, 14 March
Berth of the Cool. Jazz DJs Ben Thompson plus Special Guests Mr Thing and Jordan Behnan
7.00pm-10.00pm
The White Rock Hotel,
1-10 White Rock
Downstairs at the White Rock Hotel
Benoit Viellefon
7.30pm-9.00pm
Crown House, Marina,
Hastings, St Leonards
The Kukes
8.00pm-9.00pm
The Dolphin Inn,
11-12 Rock-a-Nore Rd
The Kukes are a ukulele band based in Bexhill on Sea playing an eclectic mix of songs.
The Jazz Organisation with guests
8.00pm-10.00pm
NUR, 3 Robertson St
Guests. Rob Leake (sax) and Terry Pack (guest bass)
Open Mic at the Pig
8.30pm-12.00am
The Pig Hastings,
37 White Rock

CINEMA

Friday 1 March
Tish
Electric Palace, High St,
7.30pm
All of Us Strangers
Kino-Teatr, Norman Rd,
3.00pm, 7.30pm

Saturday 2 March
Club Camp Presents: Sunset Boulevard
(+ interactive activities with Pupin de Vert)
Electric Palace, High St,
11.00am
The Colour Purple
Kino-Teatr, Norman Rd,
3.00pm, 7.30pm

Sunday 3 March
Beau Travail, 11.00am
Tish 7.30pm
Electric Palace, High St
The Colour Purple
Kino-Teatr, Norman Rd,
2.00pm

Monday 4 March
Movie Night
(free film screenings – contact venue for film info)

Forbidden Fruit,
Grand Parade, 7.00pm

Wednesday 6 March
The Zone of Interest
Kino-Teatr, Norman Rd,
7.30pm

Thursday 7 March
The Eternal Daughter
Electric Palace, High St,
11.00am, 7.30pm
The Zone of Interest
Kino-Teatr, Norman Rd,
3.00pm, 7.30pm

Friday 8 March
The Oscars Film Quiz
Electric Palace, High St,
7.30pm

Saturday 9 March
Barbie
Electric Palace, High St,
7.30pm

Sunday 10 March
Hidden Figures
Electric Palace, High St,
11.00am
Exhibition on Screen: Painting the Modern Garden – Monet to Matisse
Kino-Teatr, Norman Rd,
2.00pm

Monday 11 March
Movie Night
(free film screenings – contact venue for film info)
Forbidden Fruit,
Grand Parade, 7.00pm

Wednesday 13 March
Irish Film Week: All of Us Strangers
Kino-Teatr, Norman Rd,
3.00pm, 7.30pm

Thursday 14 March
One Life
Electric Palace, High St,
11.00am, 7.30pm
Sussex Exchange
Queensway - for film listings go to: thesussexexchange.co.uk
Odeon Hastings
Queens Road - for film listings go to: odeon.co.uk/cinemas/hastings

PERFORMANCE

Friday 1 March
Hastings International Piano Concerto Competition Finals
White Rock Theatre,
7.00pm

Saturday 2 March
Poetry Brothel Hastings: Imaginal
Hair & Hound, Queens Rd,
7.30pm
Hastings International Piano Concerto Competition Finals
White Rock Theatre,
6.00pm

The HIP List

Sunday 3 March Coffee Concert: Ida Pelliccioli (piano) Kino-Teatr, Norman Rd, 11.00am Hastings Musical Festival Sussex Studio, White Rock Theatre, 9.00am, 2.00pm, 6.00pm Monday 4 March Hastings Musical Festival Sussex Studio, White Rock Theatre, 9.00am, 2.00pm, 6.00pm Tuesday 5 March Hastings Musical Festival Sussex Studio, White Rock Theatre, 9.00am, 2.00pm, 6.00pm Wednesday 6 March One Night in the Many Deaths of Sonny Liston/ Elegy for a Lady Stables Theatre, The Bourne, 7.30pm Hastings Musical Festival Sussex Studio, White Rock Theatre, 9.00am, 2.00pm, 6.00pm Thursday 7 March One Night in the Many Deaths of Sonny Liston/ Elegy for a Lady Stables Theatre, The Bourne, 7.30pm Hastings Musical Festival Sussex Studio, White Rock Theatre, 9.00am, 2.00pm, 6.00pm Friday 8 March One Night in the Many Deaths of Sonny Liston/ Elegy for a Lady Stables Theatre, The Bourne, 7.30pm Hastings Musical Festival Sussex Studio, White Rock Theatre, 9.00am, 2.00pm, 6.00pm Saturday 9 March Dr John Cooper Clark (plus special Guest Luke Wright) De La Warr Pavilion, Bexhill, 7.00pm Sandra Forbidden Fruit, Grand Parade, 9.30pm One Night in the Many Deaths of Sonny Liston/ Elegy for a Lady Stables Theatre, The Bourne, 7.30pm Hastings Musical Festival Sussex Studio, White Rock Theatre, 9.00am, 2.00pm, 6.00pm Sunday 10 March I'm Sorry I Haven't a Clue De La Warr Pavilion, Bexhill, 7.30pm Lord Byron: Dangerous to Know (rehearsed play reading) Stables Theatre, The Bourne, 3.30pm	Hastings Musical Festival Sussex Studio, White Rock Theatre, 9.00am, 2.00pm, 6.00pm Monday 11 March Hastings Musical Festival Sussex Studio, White Rock Theatre, 9.00am, 2.00pm, 6.00pm Tuesday 12 March Hastings Musical Festival Sussex Studio, White Rock Theatre, 9.00am, 2.00pm, 6.00pm Wednesday 13 March Entertaining Mr Sloane Stables Theatre, The Bourne, 7.30pm Hastings Musical Festival Sussex Studio, White Rock Theatre, 9.00am, 2.00pm, 6.00pm Thursday 14 March Entertaining Mr Sloane Stables Theatre, The Bourne, 7.30pm Hastings Musical Festival Sussex Studio, White Rock Theatre, 9.00am, 2.00pm, 6.00pm	Solaris Gallery, Norman Rd Manuel Mathieu – The End of Figuration Until 27 May De La Warr Pavilion, Bexhill Mervyn Long – Merv's Eye View Until 1 April The Crown, All Saints St Nengi Omuku Until 7 March Hastings Contemporary, The Stade Remembering Ian Welsh – A Celebration of His Work 12 March until 30 March Hastings Arts Forum, Marine Court Rock n'Roll With Me Until 23 March Lucy Bell Gallery, Norman Rd Roland Hicks – The Fourth Wall Until 3 March Hastings Contemporary, The Stade Tschabalal Self: Seated Until 31 March De La Warr Pavilion (Lawn), Bexhill	4.30pm-5.30pm Broomgrove Community Centre, 85 Chiltern Dr <i>sarah.adams@freshvisions.org.uk</i> Bev 07732 823800 Saturday 2 March Heritage Explorers 10.00am-2.00pm Christ Church St Leonards, Silchester Rd, St Leonards Free drop-in family art & heritage activities. Every first Saturday of the month. <i>For more information contact Lucy Bailey, Heritage Manager lucybaileyheritage@outlook.com</i> Revolver Vinyl Market 11.00am-3.00pm The Piper, 1 Norman Rd, St Leonards Monthly vinyl market Chess Club 2.00pm-4.00pm The Common Room, Eagle House, 27-29 Cambridge Rd An amateur club for amateur players <i>umbrellasussex.org.uk/news</i> Hastings and St Leonards Community Singing and Drumming Circle 6.00pm-9.00pm Clifton Centre, 1 and 2 Stainsby St, St Leonards All welcome. Food sharing, meditation, drumming, singing and sometimes dancing! <i>Read more at MeetUp.com</i> Weekly event. Imaginal 7.30pm-11.00pm Hair And Hound, 196 Queens Rd The Poetry Brothel Hastings Sunday 3 March Worth the Weight Vintage Kilo Sale 10.00am-4.00pm East Sussex College Hastings, Station Approach £2.00 otd or £3.00 early Monday 4 March One Last Song. A conversation with Nathan Evans 7.00pm-8.00pm The Forbidden Fruit, 22 Grand Parade, St Leonards Pop Quiz 7.30pm-8.30pm The Piper, 1 Norman Rd, St Leonards Dave Valentine your Host Overeaters Anonymous 7.30pm-8.30pm Clifton Centre, 1 and 2 Stainsby St, St Leonards <i>oagb.org.uk</i> Monday Night Quiz 8.00pm-10.00pm Stag Inn, 14 All Saints St Teams of up-6, £2 pp entry fee and prizes for winning	and losing teams. <i>Message or call if you'd like a table 01424 438791</i> Tuesday 5 March Sew Social with Karen Arthur 7.00pm-9.00pm Afri-Co-Lab, 3, Marine Court, St Leonards £10, £5 concessions A monthly gathering on first Tuesday of the month for Global Majority crafters <i>afri-co-lab.org</i> Hastings Women's Rounders 7.30pm-9.00pm The St Leonards Academy, Edinburgh Rd, Hastings Hastings Rounders – Enquire for fees or free games and bookings <i>hastingsrounders@gmail.com</i> Sound Waves Community Choir 7.30pm-9.30pm Salvation Army, 26 St Andrew's Square Free taster session No auditions. <i>admin@soundwaveschoir.org.uk</i> Wednesday 6 March IBC Full House Bingo 2.30pm-3.30pm Isabel Blackman Centre, Winding St <i>isabelblackmancentre.co.uk</i> Men's Walk and Talk 7.00pm-8.00pm Azur, Marina Pavilion, 44-37 Marina, Hastings, St Leonards Meet at Azur for a leisurely walk along the seafront with time-chat. <i>For more information or-book contact Hannah Richards hannah.richards@mindcharity.co.uk or 07510927978</i> Bexhill Mixed Indoor Rounders 7.00pm-8.00pm Bexhill College Sports Centre, Penland Rd, Bexhill Hastings Rounders <i>Enquire for fees, free games and bookings hastings-rounders@gmail.com</i> The Class Choir 7.00pm-9.00pm The Unitarian Church Friendly, fun, uplifting Women's choir Free taster sessions, no music reading or auditions. <i>theclasschoir@gmail.com</i> Thursday 7 March Co-working social media sessions 10.00am-11.00am The Crown, 64-66 All Saints St Free group-working sessions for creative business owners and freelancers designed to	help you spend focused, productive time creating and sharing content. <i>Insta. @brassbeemarketing, catherine@brassbeemarketing.com</i> Hastings Mixed Indoors Rounders 7.00pm-8.00pm Horntyte Park Sports Complex, 1 Horntyte Park, Bohemia Rd, St Leonards Hastings Rounders <i>Enquire for fees, free games and bookings hastings-rounders@gmail.com</i> Hastings Town Singers 7.00pm-9.00pm Ark Castledown Primary Academy, Priory Rd A friendly non-auditioning community choir. Free taster sessions. <i>hastingstownsingers.co.uk</i> Friday 8 March Dementia Carer Support Group (carers only) 11.00am-12.00pm Robsack Centre, Bodiam Dr, Hastings Come for a chat and support, refreshments inc. donations welcome. Every second Friday <i>discdementiasupport.org</i> Table Tennis 2.30pm-4.00pm Isabel Blackman Centre, Winding St <i>isabelblackmancentre.co.uk</i> Broomgrove Youth Club Sessions 4.30pm-5.30pm Broomgrove Community Centre, 85 Chiltern Dr <i>sarah.adams@freshvisions.org.uk</i> Bev 07732 823800 Saturday 9 March Hastings is no place for hate 10.00am-4.00pm Hastings Town Hall, Station Rd LGBT+ Community & Service Support have organised this free event in conjunction with
	ART A Fuller Acquaintance with the Archipelago – Sinéid Codd Until 24 March The Walkway Gallery, Hastings Museum and Art Gallery, Bohemia Rd Bill Greenhead – My Year in Hastings Until 31 March Stables Theatre Art Gallery, The Bourne Celebrating Talent – 126 Years of Hastings Music Festival Until 16 March Lower Walkway, Hastings Museum and Art Gallery Changing Spaces 1 Until 10 March Hastings Arts Forum, Marine Court Clara Jo – Nests of Basalt, Nests of Wood Until 31 March De La Warr Pavilion, Bexhill Ellen Prebble Exhibition Until 14 April Hastings Museum and Art Gallery, Bohemia Rd Hurvin Anderson – Salon Paintings Until 3 March Hastings Contemporary, The Stade Kate Gritton Paintings Until 31 March (Open Evening 1 March) The Cake Room, Robertson St Lynda Laird – An Imperfect Account of a Comet Until 9 March	SPORT Saturday 2 March Hockey: South Saxons Ladies v Bexleyheath & Belvedere - South East Division 1 East Horntyte 12 noon South Saxons Men v Burnt Ash - South East Division 1 East Horntyte 1.30pm Sunday 3 March Football: Bexhill Utd Women v Montpelier Villa – Regional League Div 1 South Polegrove 2pm Saturday 9 March Football: Hastings Utd v Billericay Town – Isthmian Premier League Pilot Field 3pm Visitors are among the play-off places – tough game for the 'U's Sunday 10 March Football: Hastings Utd Women v Eastbourne Utd – Regional League Div 1 South Pilot Field 2pm	EVENTS/ACTIVITIES Friday 1 March Table Tennis 2.30pm-4.00pm Isabel Blackman Centre, Winding St <i>isabelblackmancentre.co.uk</i> Broomgrove Youth Club Sessions		

The HIP List

Hastings Heart & Sussex Police-inform people and raise awareness about local services, community and support organisations and how they are supporting the LGBT+ community against hate crime. Find out how your local services and other organisations are supporting the LGBT+ community against hate crime. Working in partnership with Hastings Heart the following community & support services are taking place. LGBT+ Switchboard, Eggtooth, Allsorts, Mindout, Victim Support, Hastings Rother Rainbow Alliance, Hastings Trans Pride, Hastings Pride, Hastings Therapy Centre, St Michaels Hospice, Queer Bereavement, Warming up the Homeless, Hastings Book Festival, Hastings Book Shop, Hastings Voluntary Action, i Rock, and many more. Free entry

Charity Indoor Boot Fair
10.00am-12.00pm
Hastings Centre, The Hastings Centre the Ridge Raising money for Snowflake Trust. Buyers entrance adult 50p and children free, also car park charge.

Women’s Voice Presents. Hear me Roar... More!
11.00am-7.00pm
Observer Building, 53 Cambridge Rd
Free - all welcome. A festival for International Women’s Day womens-voice.org.uk

Hastings Crafts & More Market
11.00am-4.00pm
Blackbox Hastings, 10 George St

Chess Club
2.00pm-4.00pm
The Common Room, Eagle House, 27-29 Cambridge Rd
An amateur club for amateur players umbrellasussex.org.uk/news

Lost local heritage. St Leonards Pier. talk, walk and augmented reality
3.00pm-4.30pm
The Bank Hotel & Bistro, 28-29 Grand Parade, St Leonards
A historical presentation by artist Luciana Haill, followed by a guided augmented reality walk across the road opposite The Royal Victoria Hotel for the AR group demonstration with Luciana’s free AR app, Apparitions. Tickets available on Eventbrite at £3, all ages welcome.

Hastings and St Leonards Community

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

Weekly event.

75 Years Of Dr John Cooper Clarke
7.00pm-10.00pm
De La Warr Pavilion, Marina, Bexhill

Sunday 10 March Writing With Humour. turning over the funny bone
10.00am-4.00pm
A workshop with Special Guest, author VG Lee, who will co-facilitate with Glenys Jacques (artist & psychotherapist.) How to find voice, timing and twists-deliver comical moments from everyday life. 3 free places are available - please speak-us when you call-book. For writers, scribblers, poets and doodlers. £55 for the day, bring lunch.
Call 07766 082272-book

I’M SORRY I HAVEN’T A CLUE
7.30pm-10.30pm
De La Warr Pavilion, Marina, Bexhill
Touring BBC comedy radio show with Jack Dee
Monday, 11 March

Overeaters Anonymous
7.30pm-8.30pm
Clifton Centre, 1 and 2 Stainsby St, St Leonards
oagb.org.uk

Monday Night Quiz
8.00pm-10.00pm
Stag Inn, 14 All Saints’ St
Teams of up to 6, £2 pp entry fee and prizes for winning and losing teams.
Message or call if you’d like a table 01424 438791

Tuesday, 12 March Hastings Women’s Rounders
7.30pm-9.00pm
The St Leonards Academy, Edinburgh Rd, Hastings
Hastings Rounders – Enquire for fees or free games and bookings hastingsrounders@gmail.com

Sound Waves Community Choir
7.30pm-9.30pm
Salvation Army, 26 St Andrew’s Square
Free taster session
No auditions
admin@soundwaveschoir.org.uk

Wednesday, 13 March IBC Full House Bingo

2.30pm-3.30pm
Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk

Men’s Walk and Talk
7.00pm-8.00pm
Azur, Marina Pavilion, 44-37 Marina, Hastings, St Leonards
Meet at Azur for a leisurely walk along the seafront with time to chat. For more information or-book contact Hannah Richards hannah.richards@mind-charity.co.uk or 07510927978

Bexhill Mixed Indoor Rounders
7.00pm-8.00pm
Bexhill College Sports Centre, Penland Rd, Bexhill
Hastings Rounders
Enquire for fees, free games and bookings hastingsrounders@gmail.com

The Class Choir
7.00pm-9.00pm
The Unitarian Church
Friendly, fun, uplifting
Women’s choir Free taster sessions, no music reading or auditions.
theclasschoir@gmail.com

Thursday, 14 March Co-working social media sessions
10.00am-11.00am
The Crown, 64-66 All Saints St
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

Open Garden. Daffodil Delights
10.00am-4.00pm
Fairlight Hall, Martineau Ln, Fairlight
It’s not just about the daffodils. Early flowering dogwood, cherry blossom, hellebores and camellias can all be seen in their finest.
Tickets available at gate or on Eventbrite at £10, under 18s free.

Hastings Mixed Indoors Rounders
7.00pm-8.00pm
Horntye Park Sports Complex, 1 Horntye Park, Bohemia Rd, St Leonards
Hastings Rounders
Enquire for fees, free games and bookings hastingsrounders@gmail.com

Hastings Town Singers
7.00pm-9.00pm
Ark Castledown Primary Academy, Priory Rd
A friendly non-auditioning community choir. Free taster sessions.
hastingstownsingers.co.uk

CLASSES/WORKSHOPS

Watercolour for Beginners £25
A fun and interactive short course designed specifically for beginners, starting March
Dates: Friday 1, 8 & 15 March
2pm to 3.30pm
Bus Stop Studios St Leonards-on-Sea
This event is a fantastic opportunity to meet fellow art enthusiasts, share ideas, and have fun. Reserve your spot today and embark on a colourful journey into the world of watercolour painting!
Tickets from eventbrite.co.uk/e/watercolour-techniques-for-beginners-course-tickets-787550844777
Call or text Louise Whitham 07950900089
Or E mail louisewhitham@mac.com
Participants are invited to progress to a day session at the Titanic Art Club studios 1.00pm-4.00pm on 29 March. This day watercolour painting class is £75.

Friday, 1 March Breathe + Stretch with Karen Arthur
7.30am-8.20am
Afri-Co-Lab, 3 Marine Court, St Leonards
£5 concessions Greet the day and start the weekend energised and refreshed.
afri-co-lab.org

Pilates. mixed ability with Sally Paffard
9.00am-10.00am
Zoomsallypaffard@gmail.com

Yoga on the Harbour Arm
9.00am-10.00am
Hastings Old Town Outdoors
oldtownyoga.co.uk

Traditional Yoga
9.30am-10.40am
£10 For the yoga enthusiast
Traditional Yoga 9.30am-10.30am
Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk

Feel better with Therapeutic Movements
9.30am-10.30am
Salvation Army Hall
Suitable for all ages.
Sigrid. qigongsigrid@gmail.com

Gong Bath sessions
11.00am-12.00pm
Hastings Unitarian Church, 7A South Terrace
Text Karen Hayler. 07986 911083

Weight loss Bootcamp Beginners
11.00am-11.45am

Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk

Yin Yoga
11.30am-12.30pm
£7 All abilities.
Ninayoga.co.uk

Slow & Steady Mobility
1.00pm-1.45pm
Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk

Water Colour Techniques for Beginners
2.00pm-3.30pm
Bus Stop Studios, 53 London Road, St Leonards
Join Louise Whitham for an exciting and interactive workshop on watercolour techniques for beginners! Whether you’re a complete novice or have dabbled in water colours before, this event is perfect for you. Bus Stop Studios is a creative and welcoming space, you’ll have access to all the necessary materials. Just bring your enthusiasm and a willingness to explore the world of water colours! Dates. Fri Mar 01, Fri Mar 8, Fri 15, £20 per class or all 3 classes as a course (£60)

Chair Yoga – A supported approach
2.30pm-3.30pm
St Leonards Studio, Royal Victoria
zowie@stleonards.studio

Senior Strength
3.00pm-4.00pm
Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk

Martial Arts Free Trial Lesson
5.45pm-6.45pm
Ark Alexandra Academy (Staff entrance), Park Ave
Families welcome. Booking required.
Find out more at martialartshastings.com

Beginners Creative Writing Group
6.15pm-7.15pm
Clifton Centre, 1 and 2 Stainsby St, St Leonards

Saturday, 2 March Gentle Zoom Yoga
9.00am-10.00am
Mixed ability Hatha class.
healingyogawithkate.org

Zoom Hatha Yoga
9.00am-10.00am
online only Pranayama, practice and relaxation, video available.
Louiselovesyoga@gmail.com

Pure stretch
9.00am-10.00am
Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk

Yoga at Hastings Contemporary
9.50am-10.50am
Hastings Contemporary,

Rock-a-Nore Rd
oldtownyoga.co.uk

Strong Yoga with Lucy
10.00am-11.15am
Morning Yoga via
Zoomlamiles@hotmail.co.uk

Morning Flow Yoga
10.00am-11.00am
Bank House, 144 London Rd, Hastings
karen@yoga-by-the-sea.co.uk

Antenatal Class
10.00am-11.00am
The Crown, 64-66 All Saints St
First Saturday morning of every month, free!
Antenatal classes, hypno-birthing 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

Martial Arts Free Trial Lesson
10.00am-11.00am
Ark Alexandra Academy (Staff entrance), Park Ave
Families welcome. Booking required.
Find out more at martialartshastings.com

Yoga-run with 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, The Bourne

Gong Bath sessions
2.00pm-3.00pm
Text Karen Hayler 07986 911083

Styling Gender Euphoria
3.00pm-5.00pm
Find tickets on Eventbrite. An interactive workshop that teaches attendees how to assemble a (gender) affirming style from a sustainable and creative DIY lens. it is discussion-activity led. The session ends with take home resources and a free clothes grab.

Sunday, 3 March Sunrise Flow w Hannah
9.00am-10.00am
Madre, Peachy £9
hola@madre-sl.com

Sunday Brunch-time Kids’ Art Club
10.00am-12.00pm
Outside the Smokeshack, St Andrews Mews
£5, drop-in or stay full 2 hours 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

Crossword Solution No 246:

Across: 1. Ex-ceed 3. Abduce (anagram) 4. Z-E-bras Down: 1. Ersat-Z (anagram) 2. Divers(e)

The HIP List

St Peter & St Paul Church in the Parish of St John the Evangelist, Parkstone Rd monthly <i>dianadancer@btinternet.com</i> Yin Yoga 3.00pm-4.00pm Hot Yoga Hastings, 21 St Peter's Rd, St Leonards <i>hotyogahastings.co.uk</i> Relax & Renew, Restorative Yoga monthly only - contact for dates 3.00pm-5.00pm St Leonards Studio, Royal Victoria <i>karen@yoga-by-the-sea.co.uk</i> Streetsketchers “plein air” group 4.00pm-7.00pm 6.00pm reconvene. East Hastings Sea Angling Association, The Stade for refreshments and discussion <i>meetup.com/south-coast-sky-ers</i> Monday 4 March Meditations with Megan 8.00am-9.00am St Leonards Studio <i>silentpclub@gmail.com-book</i> Quick Burn 9.00am-9.30am Isabel Blackman Centre, Winding St <i>isabelblackmancentre.co.uk</i> Slow Flow Yoga (Open Level) 9.30am-10.30am St Leonards Studio, Royal Victoria <i>karen@yoga-by-the-sea.co.uk</i> Circuits 10.00am-11.00am Isabel Blackman Centre, Winding St <i>isabelblackmancentre.co.uk</i> Art Classes for Adults, including Life Drawing 10.00am-12.15pm Ore Community Centre, 455 Old London Rd All levels £10.50 per session <i>sjflack.art</i> Yoga Over 60 – maintaining movement 11.00am-12.30pm St Leonards Studio, Royal Victoria <i>zowie@stleonards.studio</i> Choir Practice! 11.00am-12.00pm The Chapel of Christ's Stillness, Moon Cottage New singers of all ages welcome <i>thechapelofchristsstillness.co.uk</i> Silver Swans Ballet 11.15am-12.15pm Isabel Blackman Centre, Winding St Art Classes for Adults, including Life Drawing 12.45pm-3.00pm Ore Community Centre, 455 Old London Rd	All levels £10.50 per session <i>sjflack.art</i> Fit with Diabetes 1.00pm-1.45pm Isabel Blackman Centre, Winding St <i>isabelblackmancentre.co.uk</i> Feel better with Therapeutic Movements 2.00pm-3.00pm Salvation Army Hall Suitable for all ages. <i>qigongsgrid@gmail.com</i> 4 Friends of IBC LGBTQ+ 2.15pm-4.00pm Isabel Blackman Centre, Winding St <i>isabelblackmancentre.co.uk</i> Origami 3.00pm-4.00pm Isabel Blackman Centre, Winding St <i>isabelblackmancentre.co.uk</i> Chair Yoga 3.00pm-4.00pm Isabel Blackman Centre, Winding St <i>isabelblackmancentre.co.uk</i> Silver Swans Ballet Class 4.00pm-5.30pm Ore Community Centre, 455 Old London Rd Studio 2 <i>Annie 07704 711772</i> Drum Club 4.15pm-5.15pm West Hill Community Centre, Croft Rd £6.50 booking essential. For 15–16-year-olds, <i>juliansambadrums@gmail.com</i> Beginners Pointe Class 5.30pm-6.30pm Ore Community Centre, 455 Old London Rd Studio 2 <i>Annie 07704 711772</i> Gentle Zumba 5.30pm-6.15pm Isabel Blackman Centre, Winding St Darragh Dance 5.30pm-7.00pm Afri-Co-Lab, 3, Marine Court, St Leonards £10, £5 concessions Get your joy on with movement director and choreographer Darragh O'Leary <i>Afri-co-lab.org</i> Meridian Yoga and Self Shiatsu with Steph 6.00pm-7.30pm St Leonards Studio, Royal Victoria <i>steph@stleonards.studio</i> <i>07816 486603</i> Candlelit Yoga 6.00pm-7.00pm All Saints Hall, 142 All Saints' St <i>oldtownyoga.co.uk</i> Martial Arts Free Trial Lesson 7.00pm-8.00pm Ark Alexandra Academy (Staff entrance), Park Ave Families welcome. Booking required. Find out more at <i>martialartshastings.com</i>	Absolute Beginners Argentine Tango 7.00pm-8.15pm The Piper, 1 Norman Rd, St Leonards Upstairs. <i>Phoebe 07947 440502</i> <i>pennythepoetess@yahoo.co.uk</i> Hastings Punk Choir 7.00pm-8.30pm Electric Palace, 39A High St (And generally a drink or two in the Jenny Lind afterwards) Ballet Barre 7.15pm-8.00pm Hastings Old Town <i>oldtownyoga.co.uk</i> Kundalini Yoga & Meditation with Yeli 7.30pm-9.00pm The Wellington Health & Wellbeing Centre, 44 Wellington Square <i>yeli@happinessholistichealth.uk</i> Meditations with Megan 8.00pm-9.00pm St Leonards Studio, Royal Victoria <i>silentpclub@gmail.com-book</i> <i>8.15pm-9.45pm</i> The Piper, 1 Norman Rd, St Leonards Upstairs. £8 <i>Phoebe 07947 440502</i> <i>pennythepoetess@yahoo.co.uk</i> Tuesday, 5 March Ashtanga Yoga - Assisted Self Practice 7.30am-9.30am The Wellington Health & Wellbeing Centre, 44 Wellington Square £15, <i>ashtangayogahastings@gmail.com</i> Pilates 9.00am-10.00am Isabel Blackman Centre, Winding St Daoist Qi Gong 9.00am-10.00am St Leonards Studio, Royal Victoria <i>andreacorsoQG@yahoo.com</i> Pilates with a roller, with Sally Paffard 9.00am-9.30am Via Zoom <i>sallypaffard@gmail.com</i> Pilates with Lucy Paffard 9.30am-10.30am <i>lucypaffard@gmail.com</i> YOYO Arts Club 10.00am-12.00pm Art in the Park, Alexandra Park Pay What You Can Suggested donation of £4 Art & Wellbeing for all the family. Donate for your space via Eventbrite or drop-in. Beginners French 10.00am-11.00am Isabel Blackman Centre, Winding St 5 Rhythms Movement Metaphor	10.00am-11.30am Crown House, Marina, Hastings, St Leonards £15 or £12 concession, £10 for beginners <i>emmadance.co 07984 593276</i> <i>info@artsonprescription.org</i> Creating a healthier you 10.00am-11.00am Broomgrove Community Centre, 85 Chiltern Dr <i>Free-book. eequ.orgactive/hastings</i> The Crown Knitters 10.30am-11.30am The Crown, 64-66 All Saints St A weekly knitting group who knit lovely things-sell-raise money for local charities <i>thecrownhastings.co.uk/events</i> Needle Felt 11.00am-12.00pm Isabel Blackman Centre, Winding St <i>isabelblackmancentre.co.uk</i> Hot Yoga Hastings 11.00am-12.00pm Hot Yoga Hastings, 21 St Peter's Rd, St Leonards <i>hotyogahastings.co.uk</i> Chair Based Exercise 11.00am-11.45am Isabel Blackman Centre, Winding St <i>isabelblackmancentre.co.uk</i> Baby & Toddler Social Meet Up 12.00pm-3.00pm The Common Room, Eagle House, 27-29 Cambridge Rd A welcome space for people-meet. <i>umbrellasussex.org.uk/news</i> French for Beginners 12.00pm-1.00pm The Common Room, Eagle House, 27-29 Cambridge Rd Free <i>Contact George 07835 808318</i> Needle Felt 1.00pm-2.00pm Isabel Blackman Centre, Winding St <i>isabelblackmancentre.co.uk</i> Movement for the mind 1.00pm-1.45pm Isabel Blackman Centre, Winding St Boxercise 1.45pm-2.45pm Broomgrove Community Centre, 85 Chiltern Dr Free for Broomgrove residents or £3-book. <i>eequ.orgactive/hastings</i> Online Chair Yoga 2.00pm-3.00pm Via Zoom <i>sueyoga1066@gmail.com</i> Art & Social Club 2.00pm-3.00pm Isabel Blackman Centre, Winding St <i>isabelblackmancentre.co.uk</i> Hand Embroidery with Lady B Embroidery 2.00pm-4.00pm 53 London Rd, St Leonards	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. <i>busstopstudios.comclasses</i> Weight Training Beginners 3.00pm-4.00pm Isabel Blackman Centre, Winding St <i>isabelblackmancentre.co.uk</i> Ore Youth Club Sessions 4.30pm-6.00pm Ore Community Centre, 455 Old London Rd <i>sarah.adams@freshvisions.org.uk</i> Bev 07732 823800 Knitting Yarns 5.00pm-6.30pm Sugarpie Honeybuns, 235 London Rd, St Leonards <i>Rachel. 07397 794879</i> Traditional Yoga 5.00pm-6.00pm Isabel Blackman Centre, Winding St <i>isabelblackmancentre.co.uk</i> Gary Marriott's Tune up Tuesdays 5.15pm-6.30pm <i>Text 07986 911083</i> for more info Pilates with Sally Paffard 5.30pm-6.30pm West Hill Community Centre, Croft Rd Small class <i>Sally. 07973 530911</i> Smut & Scissors 6.00pm-9.00pm Bus Stop Studios, 53 London Rd, St Leonards Collage fanzine workshop with CUT.STICK.CREATE Sunset Flow with Hannah 6.00pm-7.00pm The Wellington Health & Wellbeing Centre, 44 Wellington Square £9.00 <i>hola@madre-sl.com</i> Silver Swans Ballet Class 6.30pm-8.00pm Ore Community Centre, 455 Old London Rd <i>Annie 07704 711772</i> Vinaya Flow 6.30pm-7.30pm <i>karen@yoga-by-the-sea.co.uk</i> Chakra Yoga & Breathwork 7.30pm-8.45pm St Leonards Studio, Royal Victoria <i>Joanna Allen the-humblewarrior.co.uk</i> Seen on Screen Dance with Rosie 7.45pm-8.45pm The Y Centre, 26 St Paul's Rd, St Leonards, Hastings £10 on the door 'The world's most empowering dance classes' <i>sos.dance</i> Country Dancing 7.45pm-9.45pm Saint Matthews Church Centre, St Matthews Church Centre, London Rd,	Hastings <i>hastingscountrydanceclub.org.uk</i> Wednesday, 6 March Pump & Tone 9.00am-9.45am Isabel Blackman Centre, Winding St <i>isabelblackmancentre.co.uk</i> Adventures Through Movement and Music (0-2 years) 9.00am-10.00am Mini Playhouse, 26 White Rock £4 (free trial) <i>pitterpatterarts@gmail.com</i> Streetsketchers “plein air” group 9.00am-12.00pm Hastings Contemporary, Rock-a-Nore Rd 11.00am reconvene. Eat@TheStade for refreshments and discussion <i>meetup.com/south-coast-sky-ers</i> Imaginative Ballet (2-4 years) 10.00am-11.00am Mini Playhouse, 26 White Rock £4 (free trial) <i>pitterpatterarts@gmail.com</i> Qigong 10.00am-11.00am Isabel Blackman Centre, Winding St <i>isabelblackmancentre.co.uk</i> Wellbeing Wednesdays 10.00am-1.00pm Art in the Park, Alexandra Park, Lower Park Rd, St Helen's Park Rd Pay as you can, suggested donation £4 Light refreshments & creative activities with a focus on enhancing your wellbeing. donate for your space via Eventbrite or drop-in. <i>info@artsonprescription.org</i> Crowninos Kids Group 10.00am-11.00am The Crown, 64-66 All Saints St £6 per family unit Run by Ellie. Songs, stories and vibes. For 0-4 year olds and their carers. Spanish – Adult Beginners 10.00am-12.00pm First floor, 7 Cambridge Rd £15 – <i>lots more classes available for all levels</i> <i>Espanoles en Hastings FB</i> <i>page spanishonseaschool@gmail.com</i> Parent Toddler Singalong Session 10.30am-11.00am Early Help Keywork Service, Ocean House, 87-89 London Rd, St Leonards Free for children under 5 Elemental Yoga with Catherine 10.30am-11.30am St Leonards Studio, Royal Victoria £7
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The HIP List

<i>catherineburnett12@gmail.com</i> Musical Drama (2-4 years) 11.00am-12.00pm Mini Playhouse, 26 White Rock £4 (free trial) <i>pitterpatterarts@gmail.com</i> Parent Toddler Singalong Session 11.30am-12.00pm Early Help Keywork Service, Ocean House, 87-89 London Rd, St Leonards Free for children under 5 Therapeutic Yoga 12.30pm-1.30pm The Hastings Centre the Ridge, The Ridge £7 All abilities welcome <i>ninayoga.co.uk</i> Let's Do Lunch 12.30pm-2.00pm Isabel Blackman Centre, Winding St <i>isabelblackmancentre.co.uk</i> Legs Bums & Tums 1.00pm-1.45pm Isabel Blackman Centre, Winding St <i>isabelblackmancentre.co.uk</i> Hatha Yoga for You 2.00pm-3.00pm St Leonards Studio, Royal Victoria <i>Louise@stleonards.studio</i> Line dancing with Pat 2.15pm-4.00pm Four Courts Wellbeing Hub, Sydney Cl, Hastings <i>To book, email linedance-withpat@gmail.com or 07724 024227</i> Breathe Better 3.00pm-3.45pm Isabel Blackman Centre, Winding St <i>isabelblackmancentre.co.uk</i> Mystical Yoga at The Bale House 4.45pm-6.00pm The Bale House Hastings Country Park Visitor Centre, Lower Coastguard Ln, Fairlight £10 <i>enchantedmalas@gmail.com</i> Yoga on the Harbour Arm 5.30pm-6.30pm Hastings Old Town Outdoors <i>oldtownyoga.co.uk</i> Qigong with Sigrid 5.30pm-6.30pm Suitable for all ages. <i>Sigrid. qigongsigrid@gmail.com</i> Martial Arts Free Trial Lesson 5.45pm-6.45pm Ark Alexandra Academy (Staff entrance), Park Ave Families welcome. Booking required. <i>Find out more at martialart-shastings.com</i> Yoga with Marjolyn 6.00pm-7.00pm St Leonards Studio, Royal Victoria 07929 577985	Adult Tap Class for Beginners 6.15pm-7.00pm 7 Mercatoria, St Leonards <i>kimhaviland@gmail.com</i> Laughter Yoga with Bev 6.30pm-7.30pm The Jenny Lind Inn, 69 High St Upstairs <i>bevjones@laughyourselfto-health.com</i> Hand Embroidery with Lady B Embroidery 6.30pm-7.30pm 53 London Rd, St Leonards 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. <i>busstopstudios.com/classes</i> Buddhist Meditation and Dharma Teaching 7.00pm-9.00pm In person and via Zoom. <i>hastingsbuddhistgroup.co.uk</i> Kundalini Yoga and Meditation Class 7.30pm-8.45pm The Ballroom, Bank Hotel & Bistro, 28-29 Grand Parade, St Leonards £10 <i>soulpowerkundaliniyoga.co.uk</i> Argentine Tango Social Dance 8.00pm-11.00pm The White Rock Hotel, 1-10 White Rock Downstairs bar £8 for dancers, £3 non-dancers <i>Contact Phoebe 07947 440502 pennythepoetess@yahoo.co.uk</i> Relaxation. Zoom class with Pilates teacher Sally Paffard 8.00pm-9.00pm £4 <i>sallypaffard@gmail.com</i> Thursday 7 March Ashtanga Yoga – Assisted Self Practice 7.15am-9.15am The Wellington Health & Wellbeing Centre, 44 Wellington Square £15 <i>ashtangayogahastings@gmail.com</i> Gentle Wake Up Yoga 8.00am-9.00am St Leonards Studio, Royal Victoria <i>karen@yoga-by-the-sea.co.uk</i> Circuits 9.00am-10.00am Isabel Blackman Centre, Winding St <i>isabelblackmancentre.co.uk</i> Vinyasa Flow 9.30am-10.30am St Leonards Studio, Royal Victoria <i>karen@yoga-by-the-sea.co.uk</i> Beginners Spanish	9.30am-10.30am Isabel Blackman Centre, Winding St <i>isabelblackmancentre.co.uk</i> Yoga at Hastings Contemporary 9.50am-10.50am Hastings Contemporary, Rock-a-Nore Rd <i>oldtownyoga.co.uk</i> Move It or Lose It! 10.00am-11.00am The Hastings Centre the Ridge £6 per class, first class free Friendly, low-impact exercise for older adults. Improves strength and balance. Seated or standing. <i>lucy.jenner@moveitorloseit.co.uk</i> Games Club 10.00am-12.00pm Isabel Blackman Centre, Winding St <i>isabelblackmancentre.co.uk</i> Art for All. Practical Art in a Relaxed Environment 10.00am-12.30pm Four Courts Wellbeing Hub, Sydney Cl, Hastings 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 18 January - 14 March enroll online wea.org.uk or phone 0300 3033464 Course code. Q00009455 Circle Dancing 10.30am-12.15pm Hastings Unitarian Church, 7A South Terrace £3 Good for body, mind and spirit Healthy Joints 10.30am-11.15am Isabel Blackman Centre, Winding St <i>info@artsonprescription.org</i> Tai Chi for Health and Relaxation 10.30am-11.30am £5 Stuart 07961 949715 Needle Felt (3) 11.00am-12.00pm Isabel Blackman Centre, Winding St <i>isabelblackmancentre.co.uk</i> Online Vinyasa Flow with Elena Voce 12.45pm-1.30pm Classes for all levels. Pay-what-you-can <i>yogawithelenavoce.co.uk</i> Iyengar Yoga Classes 1.00pm-2.00pm The Wellington Health & Wellbeing Centre, 44 Wellington Square beginners welcome £10 (£5 for people struggling financially) <i>howdowebeginagain@gmail.com</i> Needle Felt (4) 1.00pm-2.00pm Isabel Blackman Centre, Winding St <i>isabelblackmancentre.co.uk</i>	Indoor Bowls 1.30pm-2.30pm Isabel Blackman Centre, Winding St <i>isabelblackmancentre.co.uk</i> Yoga with Marjolyn 3.00pm-4.00pm St Leonards Studio, Royal Victoria 07929 577985 Pilates (beginners) 3.00pm-4.00pm Isabel Blackman Centre, Winding St <i>isabelblackmancentre.co.uk</i> Yoga on the Harbour Arm 5.15pm-6.15pm Hastings Old Town Outdoors <i>oldtownyoga.co.uk</i> Traditional Yoga 9.30am-10.40am £10 For the yoga enthusiast Isabel Blackman Centre, Winding St <i>isabelblackmancentre.co.uk</i> Feel better with Therapeutic Movements 9.30am-10.30am Salvation Army Hall Suitable for all ages. <i>Sigrid qigongsigrid@gmail.com</i> Gong Bath sessions 11.00am-12.00pm Hastings Unitarian Church, 7A South Terrace <i>Text Karen Hayler. 07986 911083</i> Weight loss Bootcamp Beginners 11.00am-11.45am Isabel Blackman Centre, Winding St <i>isabelblackmancentre.co.uk</i> Yin Yoga 11.30am-12.30pm £7 All abilities. <i>Ninayoga.co.uk</i> Slow & Steady Mobility 1.00pm-1.45pm Isabel Blackman Centre, Winding St <i>isabelblackmancentre.co.uk</i> Water Colour Techniques for Beginners 2.00pm-3.30pm Bus Stop Studios, 53 London Road, St Leonards Join Louise Whitham for an exciting and interactive workshop on watercolour techniques for beginners! Whether you're a complete novice or have dabbled in water colours before, this event is perfect for you. Bus Stop Studios is a creative and welcoming space, you'll have access to all the necessary materials. Just bring your enthusiasm and a willingness to explore the world of water colours! Dates. Fri Mar 01, Fri Mar 8, Fri 15, Cost. £20 per class or all 3 classes as a course (£60) Chair Yoga – A supported approach 2.30pm-3.30pm St Leonards Studio, Royal Victoria <i>zowie@stleonards.studio</i> Senior Strength 3.00pm-4.00pm Isabel Blackman Centre, Winding St <i>isabelblackmancentre.co.uk</i> Martial Arts Free Trial Lesson	5.45pm-6.45pm Ark Alexandra Academy (Staff entrance), Park Ave Families welcome. Booking required. <i>Find out more at martialart-shastings.com</i> Beginners Creative Writing Group 6.15pm-7.15pm Clifton Centre, 1 and 2 Stainsby St, St Leonards Funky Friday 5 Rhythms 7.00pm-9.00pm Concordia Hall, Church Rd, St Leonards <i>Emmadance.co</i> Saturday 9 March Gentle Zoom Yoga 9.00am-10.00am Mixed ability Hatha class. <i>healingyogawithkate.org</i> Zoom Hatha Yoga 9.00am-10.00am online only Pranayama, practice and relaxation, video available. <i>Louiselovesyoga@gmail.com</i> Pure stretch 9.00am-10.00am Isabel Blackman Centre, Winding St <i>isabelblackmancentre.co.uk</i> Yoga at Hastings Contemporary 9.50am-10.50am Hastings Contemporary, Rock-a-Nore Rd <i>oldtownyoga.co.uk</i> Strong Yoga with Lucy 10.00am-11.15am Morning Yoga via Zoom <i>lamiles@hotmail.co.uk</i> Morning Flow Yoga 10.00am-11.00am Bank House, 144 London Rd, Hastings <i>karen@yoga-by-the-sea.co.uk</i> Drawing for Complete Beginners 10.00am-1.00pm Bus Stop Studios, 53 London Rd, St Leonards Sarah Flack £45 Martial Arts Free Trial Lesson 10.00am-11.00am Ark Alexandra Academy (Staff entrance), Park Ave Families welcome. Booking required. <i>Find out more at martialart-shastings.com</i> Yoga-run with with Hannah 10.15am-11.15am Madre, Peachy £9 <i>hola@madre-sl.com</i> Meditation and Breath-work with Jung-ui 10.45am-11.45am The Stables Theatre, The Bourne Gong Bath sessions 2.00pm-3.00pm <i>Text Karen Hayler 07986 911083</i> Sunday 10 March Sunrise Flow w Hannah 9.00am-10.00am Madre, Peachy £9
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None of the Above

New Group Show at Electro Studios

Six contemporary artists. Six contrasting styles. Commitment to challenging work, from deeply personal to fiercely political. There is no overarching narrative. These artworks transgress boundaries, continuously surprise.

Judy Hirshorn is an artist and writer with an MA in Fine Art from the University of Brighton. Her strongly gestural, semi-abstract paintings and graphic works reflect layers of landscape, memory and cultural history.

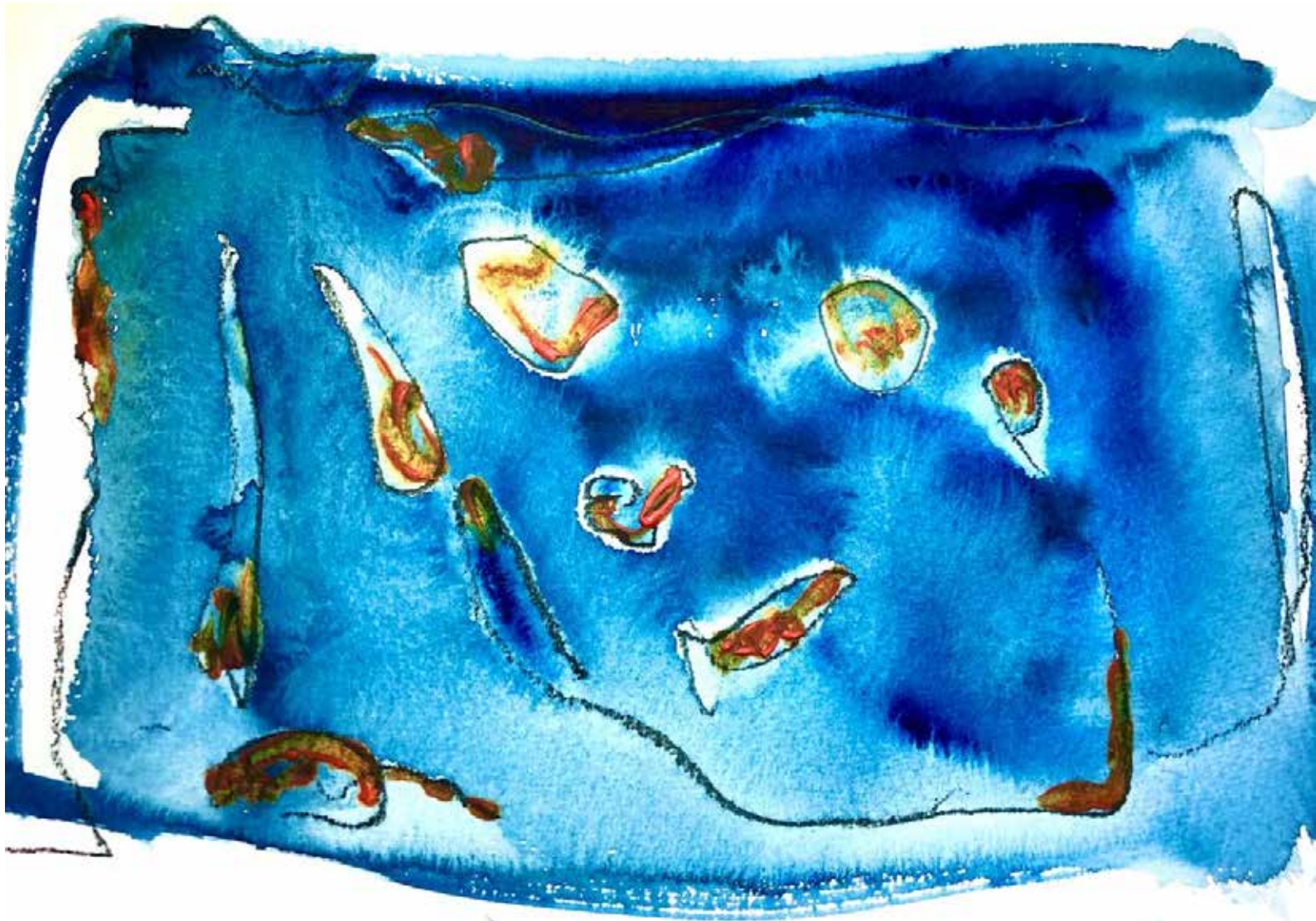
Jane Andrews completed a BA Fine Art at West Surrey College, and an MA in Fine Art at the University of Brighton. Andrews' paintings and mixed media sculptures create allegories, using tragicomic mottos to explore, interpret, and laugh at



Defiant by Jane Andrews



We Belong Among Flowers by Mark Walter



Underwater by Josie Taylor

life's complexities. Andrews lives and works in Sussex, exhibits UK and Europe.

Seiko Harima was born in South Korea. She is working towards a Master of Research (MRes) at the Royal College of Art. Her work is visually compelling; it unstintingly communicates the threats posed by climate change. Seiko exhibited by invitation at the last Florence Biennale.

Lee Rousell defines himself as an artist and writer living with Bipolar and Borderline Personality Disorders. His work is inspired by Carl Jung and emanates spontaneously, as much as is possible, from the unconscious. Lee is on a mission, through his art, to find ways of living with his conditions.

Mark Walter is a local abstract painter and sculptor. His life in Surrey, London, and now Sussex provides a varied backdrop to his artistic practice, via his observation of landscape, texture, and human diversity. He works by the application and removal of layers of paint, working towards closure with successive surfaces.

Josie Taylor, originally from Yorkshire, now lives and works in Brighton. She has exhibited in the UK and Italy. Her work often uses found photographs, with lightbox images and montages. Her sometimes humorous work connects with the environment, cinema, flora, fauna, and mothering.

Private View: 1 March 2024, 6-9 pm
Exhibition: 2-3 March 2024, 12-5 pm
Electro Studios, Seaside Road, St Leonards-On-Sea TN38 0AL

8

The HIP List

hola@madre-sl.com
Sunday Brunch-time Kid's Art Club
10.00am-12.00pm
Outside the Smokeshack, St Andrews Mews
£5, drop-in or stay full 2 hours 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
St Peter & St Paul Church in the Parish of St John the Evangelist, Parkstone Rd monthly
dianadancer@btinternet.com
Yin Yoga
3.00pm-4.00pm
Hot Yoga Hastings, 21 St Peter's Rd, St Leonards
hotyogahastings.co.uk
Relax & Renew, Restorative Yoga monthly only - contact for dates
3.00pm-5.00pm
St Leonards Studio, Royal Victoria
karen@yoga-by-the-sea.co.uk
Streetsketchers "plein air" group
4.00pm-7.00pm
6.00pm reconvene. East Hastings Sea Angling Association, The Stade for refreshments and discussion
meetup.com/south-coast-sky-ers

Monday 11 March
Meditations with Megan
8.00am-9.00am
St Leonards Studio
silentpclub@gmail.com-book
Quick Burn
9.00am-9.30am
Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk
Slow Flow Yoga
(Open Level)
9.30am-10.30am
St Leonards Studio, Royal Victoria
karen@yoga-by-the-sea.co.uk
Beginners Vinyasa Flow
9.30am-10.30am
Hot Yoga Hastings, 21 St Peter's Rd, St Leonards
hotyogahastings.co.uk
Circuits
10.00am-11.00am
Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk
Art Classes for Adults, including Life Drawing
10.00am-12.15pm
Ore Community Centre, 455 Old London Rd
All levels £10.50 per session
sjflack.art
Yoga Over 60 – maintaining movement
11.00am-12.30pm

St Leonards Studio, Royal Victoria
zowie@stleonards.studio
Choir Practice!
11.00am-12.00pm
The Chapel of Christ's Stillness, Moon Cottage
New singers of all ages welcome
thechapelofchristsstillness.co.uk
Silver Swans Ballet
11.15am-12.15pm
Isabel Blackman Centre, Winding St
Art Classes for Adults, including Life Drawing
12.45pm-3.00pm
Ore Community Centre, 455 Old London Rd
All levels £10.50 per session
sjflack.art
Fit with Diabetes
1.00pm-1.45pm
Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk
Feel better with Therapeutic Movements
2.00pm-3.00pm
Salvation Army Hall
Suitable for all ages.
qigongsigrid@gmail.com
4 Friends of IBC LGBTQ+
2.15pm-4.00pm
Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk
Chair Yoga
3.00pm-4.00pm
Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk
Silver Swans Ballet Class
4.00pm-5.30pm
Ore Community Centre, 455 Old London Rd
Studio 2
Annie 07704 711772
Drum Club
4.15pm-5.15pm
West Hill Community Centre, Croft Rd
£6.50 booking essential. For 15-16-year-olds,
juliansambadrumsgmail.com
Beginners Pointe Class
5.30pm-6.30pm
Ore Community Centre, 455 Old London Rd
Studio 2
Annie 07704 711772
Gentle Zumba
5.30pm-6.15pm
Isabel Blackman Centre, Winding St
Darragh Dance
5.30pm-7.00pm
Afri-Co-Lab, 3, Marine Court, St Leonards
£10, £5 concessions Get your joy on with movement director and choreographer Darragh O'Leary
Afri-co-lab.org
Meridian Yoga and Self Shiatsu with Steph
6.00pm-7.30pm
St Leonards Studio, Royal Victoria
steph@stleonards.studio
07816 486603

Candlelit Yoga
6.00pm-7.00pm
All Saints Hall, 142 All Saints St
oldtownyoga.co.uk
Beginners Vinyasa Flow
6.30pm-7.30pm
Hot Yoga Hastings, 21 St Peter's Rd, St Leonards
hotyogahastings.co.uk
Martial Arts Free Trial Lesson
7.00pm-8.00pm
Ark Alexandra Academy (Staff entrance), Park Ave
Families welcome. Booking required.
Find out more at martialartshastings.com
Absolute Beginners Argentine Tango
7.00pm-8.15pm
The Piper, 1 Norman Rd, St Leonards
Upstairs.
Phoebe 07947 440502
pennythepoetess@yahoo.co.uk
Hastings Punk Choir
7.00pm-8.30pm
Electric Palace, 39A High St
(And generally a drink or two in the Jenny Lind afterwards)
Ballet Barre
7.15pm-8.00pm
Hastings Old Town
oldtownyoga.co.uk
Kundalini Yoga & Meditation with Yeli
7.30pm-9.00pm
The Wellington Health & Wellbeing Centre, 44 Wellington Square
yeli@happinessholistichealth.uk
Meditations with Megan
8.00pm-9.00pm
St Leonards Studio, Royal Victoria
silentpclub@gmail.com
book
Argentine Tango Improvers Drop-in Class
8.15pm-9.45pm
The Piper, 1 Norman Rd, St Leonards
Upstairs. £8
Phoebe 07947 440502
pennythepoetess@yahoo.co.uk

Tuesday 12 March
Ashtanga Yoga - Assisted Self Practice
7.30am-9.30am
The Wellington Health & Wellbeing Centre, 44 Wellington Square
£15,
ashtangayogahastings@gmail.com
Pilates
9.00am-10.00am
Isabel Blackman Centre, Winding St
Daoist Qi Gong
9.00am-10.00am
St Leonards Studio, Royal Victoria
andreacorsoQG@yahoo.com
Pilates with a roller, with Sally Paffard

9.00am-9.30am
Via Zoom
sallypaffard@gmail.com
Pilates with Lucy Paffard
9.30am-10.30am
lucypaffard@gmail.com
YOYO Arts Club
10.00am-12.00pm
Art in the Park, Alexandra Park
Pay What You Can Suggested donation of £4 Art & Wellbeing for all the family. Donate for your space via Eventbrite or drop-in.
Beginners French
10.00am-11.00am
Isabel Blackman Centre, Winding St
5 Rhythms Movement Metaphor
10.00am-11.30am
Crown House, Marina, Hastings, St Leonards
£15 or £12 concession, £10 for beginners
emmadance.co 07984593276
info@artsonprescription.org
Creating a healthier you
10.00am-11.00am
Broomgrove Community Centre, 85 Chiltern Dr
Free to book.
eequ.orgactive/hastings
The Crown Knitters
10.30am-11.30am
The Crown, 64-66 All Saints St
A weekly knitting group who knit lovely things to sell to raise money for local charities
thecrownhastings.co.uk/events
Make Do & Mend
10.30am-12.30pm
Bus Stop Studios, 53 London Rd, St Leonards
Fortnightly sewing club with The Cycling Seamstress £25
Needle Felt
11.00am-12.00pm
Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk
Hot Yoga Hastings
11.00am-12.00pm
Hot Yoga Hastings, 21 St Peter's Rd, St Leonards
hotyogahastings.co.uk
Chair Based Exercise
11.00am-11.45am
Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk
Baby & Toddler Social Meet Up
12.00pm-3.00pm
The Common Room, Eagle House, 27-29 Cambridge Rd
A welcome space for people-meet.
umbrellasussex.org.uk/news
French for Beginners
12.00pm-1.00pm
The Common Room, Eagle House, 27-29 Cambridge Rd
Free
Contact George 07835 808318

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sarahmarland@gmail.com | www.sarahmarland.co.uk

Needle Felt
1.00pm-2.00pm
Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk
Movement for the mind
1.00pm-1.45pm
Isabel Blackman Centre, Winding St
Boxercise
1.45pm-2.45pm
Broomgrove Community Centre, 85 Chiltern Dr
Free for Broomgrove residents or £3-book.
eequ.org/activehastings
Online Chair Yoga
2.00pm-3.00pm
Via Zoom
sueyoga1066@gmail.com
Art & Social Club
2.00pm-3.00pm
Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk
Hand Embroidery with Lady B Embroidery
2.00pm-4.00pm
53 London Rd, St Leonards
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. busstopstudios.com/classes
Weight Training Beginners
3.00pm-4.00pm
Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk
Ore Youth Club Sessions
4.30pm-6.00pm
Ore Community Centre, 455 Old London Rd
sarah.adams@freshvisions.org.uk Bev 07732 823800
Knitting Yarns
5.00pm-6.30pm
Sugarpie Honeybuns, 235 London Rd, St Leonards
Rachel. 07397 794879
Traditional Yoga
5.00pm-6.00pm
Isabel Blackman Centre,

Winding St
isabelblackmancentre.co.uk
Gary Marriott's Tune up Tuesdays
5.15pm-6.30pm
Text 07986 911083
for more info
Pilates with Sally Paffard
5.30pm-6.30pm
West Hill Community Centre, Croft Rd
Small class
Sally. 07973 530911
Smut & Scissors
6.00pm-9.00pm
Bus Stop Studios, 53 London Rd, St Leonards
Collage fanzine workshop with CUT.STICK.CREATE
Sunset Flow with Hannah
6.00pm-7.00pm
The Wellington Health & Wellbeing Centre, 44 Wellington Square
£9.00
hola@madre-sl.com
Silver Swans Ballet Class
6.30pm-8.00pm
Ore Community Centre, 455 Old London Rd
Annie 07704 711772
Vinyasa Flow
6.30pm-7.30pm
karen@yoga-by-the-sea.co.uk
Slow and Steady
7.30pm-8.30pm
St Leonards Studio
Gentle yoga class with some breathwork and meditation.
healingyogawithkate.org
Chakra Yoga & Breathwork
7.30pm-8.45pm
St Leonards Studio, Royal Victoria
Joanna Allen
the-humblewarrior.co.uk
Seen on Screen Dance with Rosie
7.45pm-8.45pm
The Y Centre, 26 St Paul's Rd, St Leonards, Hastings
£10 on the door 'The world's most empowering dance classes' sos.dance