

Friday 16 February to Thursday 29 February 2024

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

The HIP List



SPONSORED BY



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



WHEN? 3rd Wednesday, every month
Doors open 7pm

TICKETS £12

WHERE?



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



The HIP List

MUSIC

Friday 16 February
Two Ship: improvised music in Hastings
The Nest, Old Town Hall, Hastings, 7.00pm-9.30pm
Jazz Rooms meets Soulful Strut Hastings
The White Rock Hotel, 1-10 White Rock, Hastings, 7.00pm

Saturday 17 February
Saturday Seafront Session - Just Landed
The Albion, George Street, 4.00pm
Dead Man’s Corner
The Jenny Lind, 69 High Street, 6.00pm
Punk Night
The Carlisle, 29 Pelham Street, 8.00pm
Upbeat Sound - Jamaica Underground and Mighty Tip-A-Tone
The Pig, 37 White Rock, Hastings, 8.00-2.00am
Laundry Day. The Big Queer Love-in!
The Piper, 1 Norman Road, 9.00pm
Ragz
Royal Standard, East Street, 9.00pm
Smoking Jacket
The Dolphin Inn, 11-12 Rock-A-Nore Road, 9.00pm

Sunday 18 February
The Barbarian Horde
The Jenny Lind, 69 High Street, 4.00pm
Stings
The Stag Inn, 14 All Saints Street, 5.00pm
Haystingers
Royal Standard, East Street, 5.30pm
Rufus Wainwright
De La Warr Pavilion, Marina, 7.00pm
Another Day / Gripper Lee
The Carlisle, 29 Pelham Street, 8.00pm
Peter Knight and John Spiers
Stables Theatre 7.30pm

Tuesday 20 February
Irish Folk Session
The Albion, George Street, 8.30pm
Traditional Open Folk Session
The Stag Inn, 14 All Saints Street, 8.30pm

Wednesday 21 February
Folk Session
The Dolphin Inn, 11-12 Rock-A-Nore Road, 8.00pm
John Otway - Montague Armstrong support
The Pig, 37 White Rock, 8.00pm
Simon & the Pope and ‘Avant Bavard’
Free Live Music Event, Kino-Teatr, 6.30pm

Thursday 22 February
Rattlebag sing-a-round
The Stag Inn, 14 All Saints Street, 8.30pm

Friday 23 February
Custard Caravan presents Poco Mondo
Barnaby’s Lounge, 46 Robertson Street, 4.00pm
Murder Mystery Dinner
The Stag Inn, 14 All Saints Street, 7.00pm
Danny Horn
The Dolphin Inn, 11-12 Rock-A-Nore Road, 7.30pm
Carlyoke
The Carlisle, 29 Pelham Street, 8.00pm
Dave Valentine
Royal Standard, East Street, 8.00pm

Saturday 24 February
Saturday Seafront Session - Paul Hugget & Friends
The Albion, George Street, 4.00pm
Mister Super Juice
The Jenny Lind, 69 High Street, 6.00pm
Al Mitchell and the New Born Sinners
The Nest, High Street, 7.00pm
Music Festival
The Carlisle, 29 Pelham Street, 8.00pm
Go Commandos
The Dolphin Inn, 11-12 Rock-A-Nore Road, 9.00pm
Threads of Time – Saint Leonards Concerts
Christ Church St Leonards Concerts
Max Baillie, Eloisa-Fleur, Thom and Max Ruisi and Ann Beilby perform John Dowland, Haydn, Philip Glass, Thom Ades, Beetho-ven, and much more. To book: stlconcerts.co.uk 7.30pm

Sunday 25 February
Jazz Breakfast at Kino. Mike Hatchard After-noon in Paris
Kino-Teatr, Norman Road, 11.00am
The Velvetene Orkestra
The Jenny Lind, 69 High Street, 4.00pm
Laura Fell
The Stag Inn, 14 All Saints Street, 5.00pm
Tom Cole’s Sunday Sounds with guest Charlie Austen
The Brickmaker’s Ale-house, 27 Sea Road, 5.00pm
Mighty Sounds
Royal Standard, East Street, 5.30pm

Monday 26 February
Joanne Shaw Taylor + Very Special Guest Connor Selby
De La Warr Pavilion, Marina, 7.00pm

Tuesday 27 February
Lost Tuesdays with Lost Revellers
The Jenny Lind, 69 High Street, 7.30pm
The Albion Skiffle Company
The Albion, George Street, 8.30pm
Traditional Open Folk Session
The Stag Inn, 14 All Saints Street, 8.30pm

Wednesday 28 February
BASH Networking Event
Barnaby’s Lounge, 46 Robertson Street, 6.00pm
The Other Band
The Dolphin Inn, 11-12 Rock-A-Nore Road, 8.00pm

Thursday 29 February
Nina Harries
Crown House, Marina, St Leonards 7.00pm-10.00pm
Rob & Liz Folk and Blues Club
The Stag Inn, 14 All Saints Street, 8.00pm

CINEMA

Friday 16 February
ET – The Extra Terrestrial
Electric Palace, High St, 7.30pm
Poor Things
Kino-Teatr, Norman Rd, 3.00pm, 7.30pm

Saturday 17 February
ET – The Extra Terrestrial
Electric Palace, High St, 11.00am
Scala!!!
Kino-Teatr, Norman Rd, 3.00pm

Sunday 18 February
Caravaggio, 11.00am
Casablanca, 2.30pm
The Garden, 7.30pm
Electric Palace, High St
Poor Things
Kino-Teatr, Norman Rd, 2.00pm

Monday 19 February
Movie Night (free film screenings – contact venue for film info)
Forbidden Fruit, Grand Parade, 7.00pm

Wednesday 21 February
Let’s Talk Film – Derek Jarman
Electric Palace, High St, 7.30pm

Thursday 22 February
Smoke Sauna Sisterhood, 11.00am
How to Have Sex, 7.30pm
Electric Palace, High St

Friday 23 February
Give Me Pity (+80s Disco)
Electric Palace, High St,

7.30pm
Scala!!!, 3.00pm
The Boy and the Heron, 7.30pm
Kino-Teatr, Norman Rd
Monster Movie Club. The Crow
The Pig, White Rock, 7.00pm

Saturday 24 February
How to Have Sex
Electric Palace, High St, 7.30pm
The Boy and the Heron
Kino-Teatr, Norman Rd, 12.00pm, 3.00pm, 6.00pm

Sunday 25 February
Smoke Sauna Sisterhood, 11.00am
Creature with the Atom Brain, 7.30pm
Electric Palace, High St
The Holdovers
Kino-Teatr, Norman Rd, 2.00pm

Monday 26 February
Movie Night (free film screenings – contact venue for film info)
Forbidden Fruit, Grand Parade, 7.00pm

Wednesday 28 February
The Holdovers
Kino-Teatr, Norman Rd, 3.00pm, 7.30pm

Thursday 29 February
Scrapper
Electric Palace, High St, 11.00am, 7.30pm
The Holdovers
Kino-Teatr, Norman Rd, 12.00pm, 7.30pm
Sussex Exchange
Queensway - for film listings go to: cinema.thesussexexchange.co.uk/
Odeon Hastings
Queens Road - for film listings go to: odeon.co.uk/cinemas/hastings/

PERFORMANCE

Friday 16 February
Meet Hog the Hedgehog
The Barn Theatre, The Bright Foundation, Rodgers Farm Stonestile Lane Hastings TN35 4PH, 10.30am, 2.00pm
Brian Bilston and Henry Normal
De La Warr Pavilion, Bexhill, 6.45pm
Fruit and Fibre (cabaret/drag)
Forbidden Fruit, Grand Parade, 9.30pm
James Ross Does Guess Who (comedy fundraiser for Hastings Community of Sanctuary)
The Pig, White Rock,

8.00pm
Beyond Words
Stables Theatre, The Bourne, 7.30pm

Saturday 17 February
Hastings Philharmonic Orchestra Ensemble/ Ensemble Orquesta. Mozart – Le Nozze di Figaro
Christ Church, Silchester Rd, 7.00pm
The Gorgeous Show - Valentine’s Love-In
Electric Palace, High St, 7.30pm
Stephanie von Clitz (cabaret/drag)
Forbidden Fruit, Grand Parade, 9.30pm
Luke Wright’s Silver Jubilee
Kino-Teatr, Norman Rd, 7.30pm
Beyond Words
Stables Theatre, The Bourne, 7.30pm

Tuesday 20 February
Harvest
Stables Theatre, The Bourne, 7.30pm

Wednesday 21 February
Bavard Bar
Kino-Teatr, Norman Rd, 7.30pm
Harvest
Stables Theatre, The Bourne, 7.30pm

Thursday 22 February
NT Live. Vanya
Kino-Teatr, Norman Rd, 7.00pm
Hastings International Piano Concerto Competition Round 1
White Rock Theatre, 10.00am
Friday 23 February
Kamikaze Komedý (stand up)
Crown House, 57 Marina, 7.00pm
Kabarett
Stables Theatre, The Bourne, 7.30pm
Hastings International Piano Concerto Competition Round 1
White Rock Theatre, 10.00am

Saturday 24 February
The Cosmic Concert
Christ Church, Silchester Rd, 8.00pm
Vicki Vivacious (drag/cabaret)
Forbidden Fruit, Grand Parade, 9.30pm
Dividing Day – Rebecca Caine
Stables Theatre, The Bourne, 7.30pm
Hastings International Piano Concerto Competition Round 1
White Rock Theatre, 10.00am
Call of the Jaguar

The Durbar Hall, Hastings Museum, After Dark

Sunday 25 February
Keith Brymer Jones Live. Life, Clay & Everything
De La Warr Pavilion, Bexhill, 7.30pm
Second Hand Stories
Stables Theatre, The Bourne, 5.00pm
Hastings International Piano Concerto Competition Round 2, 10.30am
White Rock Theatre

Monday 26 February
Hastings Music Festival, 9.00am
Hastings International Piano Concerto Competition Round 2, 10.30am
White Rock Theatre

Wednesday 28 February
Hastings International Piano Concerto Competition Semi-Finals
White Rock Theatre, 2.00pm

Thursday 29 February
Hastings International Piano Concerto Competition Semi-Finals
White Rock Theatre, 5.00pm

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
27 February until 10 March
Hastings Arts Forum, Marine Court
Clara Jo – Nests of Basalt, Nests of Wood
17 February until 31 March
De La Warr Pavilion, Bexhill
Ellen Prebble Exhibition
Until 14 April
Hastings Museum and Art Gallery, Bohemia Rd
4Rooms Plus – Markus Thonett
Until end February every Weds, Sat, Sun 12.00 – 5.00pm
Upstairs Gallery, St Andrews Mews

The HIP List

Hastings Arts Forum New Members' Show
Until 25 February
Hastings Arts Forum,
Marine Court
Hurvin Anderson – Salon Paintings
Until 3 March
Hastings Contemporary,
The Stade
Lynda Laird – An Imperfect Account of a Comet
Until 9 March
Solaris Gallery, Norman Rd
Jon Lander – Sea/Humans
Until 24 February
The Crown, All Saints St
Manuel Mathieu – The End of Figuration
17 February until 27 May
De La Warr Pavilion,
Bexhill
Nengi Omuku
Until 7 March
Hastings Contemporary,
The Stade
Roland Hicks – The Fourth Wall
Until 3 March
Hastings Contemporary,
The Stade
Tschabalal Self. Seated
Until 31 March
De La Warr Pavilion
(Lawn), Bexhill
Upscale – Group Exhibition
Until 24 February
Project 78 Gallery, Norman Rd

SPORT

Saturday 17 February
Rugby. Hastings & Bexhill v Faversham
Ark Alexandra 2.30pm
Tennis. The Green Ladies v Horsham – Sussex Winter Doubles Div L3
The Green courts, time tbc.
Fight Night 13
White Rock Theatre
4.00pm

Sunday 18 February
Football. Bexhill Utd Women v Eastbourne Utd – Regional League Div 1 South
Polegrove 2.00pm

Saturday 24 February
Football. Hastings Utd v Hornchurch – Isthmian Premier League
Pilot Field 3.00pm
Hornchurch are runaway league leaders, bringing Femi Akinwande back to the ground where he started the season. Should attract a bumper crowd

Sunday 25 February
Football. Bexhill Utd Women v Newhaven – Regional League Div 1 South

Polegrove 2.00pm
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, hastings-rounders@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.
Hornty Park Sports Complex, hastingsrounders@gmail.com

EVENTS/WORKSHOPS

Friday 16 February Hastings and St Leonards RSPB
7.30pm. Doors open at 7.00. An illustrated talk on 'Countryside through a Camera' given by popular photographer and naturalist Colin Page. The venue is the Taplin Centre, 3, Upper Maze Hill.
We welcome visitors. Only £5.00 admission which includes a free hot drink and biscuit.
Go to our website for more information or phone 211140.
Martial Arts Free Trial Lesson
Monday, Wednesday, Friday, Saturday
Families welcome.
Booking required.
ARK, 41 Park Avenue, Hastings
Find out more at martialartshastings.com
West-End Dance Workshop for Children
10.00am–1.00pm Have you ever wondered what it takes to perform in an ensemble? Would you like to know how dancers make it to the West-end stage? If so, please come to our workshop! Booking required. £30.
Visit stablestheatre.co.uk. The Stables Theatre and Arts Centre, The Bourne, Hastings
Beyond Words
7.30pm
Get ready to be captivated by the world of dance at

the upcoming show, 'Beyond Words,' presented by the talented students of Hastings School of Contemporary Dance, ranging in age from 10 to 19.
Book at stablestheatre.co.uk. The Stables Theatre and Arts Centre, The Bourne, Hastings
James Ross Does Guess Who
20.00-21.45
The Pig, 37 White Rock, Hastings

Saturday 17 February Martial Arts Free Trial Lesson
Monday, Wednesday, Friday, Saturday
Families welcome.
Booking required.
ARK, 41 Park Avenue, Hastings
Find out more at martialartshastings.com

Conservation morning for The Friends of Summerfields Woods
10.00am-1.00pm
Please join us for our regular volunteer conservation morning. We do a range of tasks to help look after the woods, plus regular wildlife surveys. Keep fit and meet your friends and neighbours in the great outdoors! Learn to recognise species and get to know your local nature reserve. Meet at Summerfields Leisure Centre.

Relics Roadshow
10.00am-4.00pm free
The roadshow will provide a chance to find out about local history, fossil and archaeological discoveries and have finds and treasures identified by experts. Local organisations and museum staff will be on hand to chat about these discoveries.
Hastings Museum & Art Gallery

Life Drawing
11.30am-1.30pm
For artists of all levels, these relaxed and welcoming sessions will draw inspiration from our exhibitions.
Hastings Contemporary, The Stade
Hastings and St Leonards Community Singing and Drumming Circle
6.00pm-9.00pm All welcome. Food sharing, meditation, drumming, singing and sometimes dancing!
Clifton Centre, 1 & 2 Stainsby Street, St Leonards.
Read more at MeetUp.com.
Weekly event.
Beyond Words
7.30pm
Get ready to be captivated

by the world of dance at the upcoming show, 'Beyond Words,' presented by the talented students of Hastings School of Contemporary Dance, ranging in age from 10 to 19.
Book at stablestheatre.co.uk. The Stables Theatre and Arts Centre, The Bourne, Hastings
Galentine's Bracelet Workshop
10.00 - 11:45
The Crown, 64 All Saints St, Hastings

Sunday 18 February Peter Knight and John Spiers Folk Performance
7.30pm
"This is an adventure that takes in musical detours you'd be mad to ignore."
£19.

Book at stablestheatre.co.uk
The Stables Theatre and Arts Centre, The Bourne, Hastings
Galentine's Bracelet Workshop
10.00am-11.45am
The Crown, 64 All Saints St, Hastings

Monday 19 February Martial Arts Free Trial Lesson
Monday, Wednesday, Friday, Saturday
Families welcome.
Booking required.
ARK, 41 Park Avenue, Hastings

Find out more at martialartshastings.com
Carer Friendly Community Workshop
Learn about carers and their rights in a fun and interactive workshop
10.00am-1.00pm Hastings
Dementia Carer Support Group (carers only)
10.00am-11.00am Every 3rd Monday
Come for a chat and support, refreshments inc. donations welcome.
Robsack Centre, Bodiam Drive, Hastings, discdementiasupport.org

Wednesday 21 February Martial Arts Free Trial Lesson
Monday, Wednesday, Friday, Saturday
Families welcome.
Booking required.
ARK, 41 Park Avenue, Hastings
Find out more at martialartshastings.com
In conversation with Travis Elborough
1.30pm-3.30pm
Hastings Museum, John's Place, Bohemia Rd, Hastings
Affinity Business Masterminding for Women
4.00pm-6.00pm



Innovation Centre, Highfield Dr, St Leonards
A Walk in The Park
2.00pm
Join acclaimed Sussex born author Travis Elborough who will give a vibrant illustrated talk on the history of our fabulous Parks and why they are so vital today.
Please support Alexandra Park Greenhouse Hastings Museum and Art Gallery
Tickets £10 www.our-greenhouse.org

Thursday 22 February Hurvin Anderson Presents: Good Hair film screening
7-9pm (doors 6pm)
Good Hair is a provocative look at the complex relationship between African Americans and their hair.
Hastings Contemporary, The Stade

Friday 23 February Martial Arts Free Trial Lesson
Monday, Wednesday, Friday, Saturday
Families welcome.
Booking required.
ARK, 41 Park Avenue, Hastings
Find out more at martialartshastings.com
Slow and Steady
4.00pm-5.00pm, £10 drop-in.
St Leonards Studio, St Leonards
Building on the foundations of yoga asana and breathwork, accessible for all.
Book online healingyogawithkate.org.
Paste It, Don't Bin It
1.30pm-4.00pm
A creative workshop using discarded materials to create colourful new

compositions, led by the visual artist and educator, Ivilina Kouneva. Hastings Contemporary

Saturday 24 February Heritage Explorers
10.00am-2.00pm
Free family art and heritage activities
Christ Church, Silchester Road, St Leonards.
First Saturday of every month.
Martial Arts Free Trial Lesson
Monday, Wednesday, Friday, Saturday
Families welcome.
Booking required.
ARK, 41 Park Avenue, Hastings
Find out more at martialartshastings.com
Hastings and St Leonards Community Singing and Drumming Circle
All welcome. Food sharing, meditation, drumming, singing and sometimes dancing!
6.00pm-9.00pm
Clifton Centre, 1 & 2 Stainsby Street, St Leonards.
Read more at MeetUp.com.
Weekly event.
Intro to Lino Printing
10.00am-2.00pm £50
Learn to create your own lino print with Daisy Does Lino
Flower Arrangement Workshop
10 .00-12 .00
The Crown, 64 All Saints St, Hastings
ACORN Hastings Launch
10.00am-2.00pm
Union in the Community His Place Community Centre, Robertson St, Hastings
For more information contact Naomi.gann@acorntheunion.org.uk 07762 739077

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The HIP List

Monday 26 February Martial Arts Free Trial Lesson Monday, Wednesday, Friday, Saturday Families welcome. Booking required. ARK, 41 Park Avenue, Hastings <i>Find out more at martialartshastings.com</i> Wednesday 28 February Martial Arts Free Trial Lesson Monday, Wednesday, Friday, Saturday Families welcome. Booking required. ARK, 41 Park Avenue, Hastings <i>Find out more at martialartshastings.com</i> Healing souls presents: Inner Child Workshop 6.00pm-8.00pm The Lotus Flower, 29 White Rock, Hastings Dementia Carer Craft Club (carers only): 1.00pm-3.00pm every 4th Wednesday Bring something you're working on or use our materials, come for a chat and support, refreshments inc. donations welcome. Robsack Centre, Bodiam Drive, Hastings discedementiasupport.org Thursday 29 February How to build off-grid solar systems 7.00pm-9.00pm Free workshop teaching you how to make a 100% off-grid small solar system. Book at eventbrite.co.uk Clifton Centre, 1-2 Stainsby St, St Leonards	Mondays Ballet Barre 7.15pm-8.00pm Hastings Old Town oldtownyoga.co.uk Overeaters Anonymous 7.30pm-8.30pm Clifton Centre, 1-2 Stainsby St, St Leonards oagb.org.uk Quick Burn 9.00am-9.30am Isabel Blackman Centre (IBC), Winding Street, Hastings Old Town Beginners Vinyasa Flow 9.30am and 6.30pm Hot Yoga Hastings, 21 St Peter's Rd, Hastings hotyogahastings.co.uk Slow Flow Yoga (Open Level) 9.30am-10.30am St Leonards Studio, Royal Victoria, Marina, St Leonards karen@yoga-by-the-sea.co.uk Circuits 10.00am-11.00am Isabel Blackman Centre (IBC), Winding Street, Hastings Old Town Art Classes, including Life Drawing 10.00am-12.15pm and 12.45pm-3.00pm Ore Community Centre, 455 Old London Rd, Hastings £10.50 per session sjflack.art Art Class for Adults 10.00am-12.15pm and 12.45pm-3.00pm Ore Community Centre All levels, £10.50 per session 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, Royal Victoria, Marina, St Leonards zowie@stleonards.studio Silver Swans Ballet 11.15am-12.15pm Isabel Blackman Centre (IBC), Winding Street, Hastings Old Town Fit with Diabetes 1.00pm-1.45pm Isabel Blackman Centre (IBC), Winding Street, Hastings Old Town Alexander Technique Taster Sessions 1.30pm-5.00pm Braybrooke Rd livingtenderly@yahoo.co.uk Feel better with Therapeutic Movements 2.00pm-3.00pm	Salvation Army Hall, St Andrew's Square, Hastings Suitable for all ages. qigongsigrid@gmail.com 4 Friends of IBC LGBTQ+ 2.15pm-4.00pm Isabel Blackman Centre (IBC), Winding Street, Hastings Old Town Chair Yoga 3.00pm-4.00pm Isabel Blackman Centre (IBC), Winding Street, Hastings Old Town Origami 3.00pm-4.00pm Isabel Blackman Centre (IBC), Winding Street, Hastings Old Town Chair Yoga 3.00pm-4.00pm Isabel Blackman Centre, Winding Street, Hastings Old Town isabelblackmancentre.co.uk Silver Swans Ballet Class 4.00pm-5.30pm Ore Community Centre, Studio 2 Annie 07704 711772 Drum Club 4.15pm-5.15pm, £6.50 West Hill Community Centre For 15–16-year-olds, booking essential juliansambadrums@gmail.com Gentle Zumba 5.30pm-6.15pm Isabel Blackman Centre (IBC), Winding Street, Hastings Old Town Beginners Pointe Class 5.30pm-6.30pm Ore Community Centre, Studio 2 Annie 07704 711772 Darragh Dance 5.30pm-7.00pm, £10, £5 concessions Afri-Co-Lab, 3 Marine Court, St Leonards Get your joy on with movement director and choreographer Darragh O'Leary afri-co-lab.org Make Your Own 'Diva Doll' with Louisa Bryan 6.00pm-8.00pm, £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 St Leonards Studio, Royal Victoria, Marina, St Leonards 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 St Leonards Studio, Royal Victoria, Marina, 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 Street, 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 Street, Hastings Old Town Creating a healthier you 10.00am-11.00am, Free Broomgrove Community Centre <i>To book: eequ.org/activehastings</i> The Crown Knitters 10.30am The Crown, 64-66 All Saints St, Hastings A weekly knitting group who knit lovely things to sell to raise money for local charities thecrownhastings.co.uk/events Needle Felt 11.00am-12.00pm and 1.00pm-2.00pm Isabel Blackman Centre, Winding St, Hastings Old Town isabelblackmancentre.co.uk Chair Based Exercise 11.00am-11.45am Isabel Blackman Centre (IBC), Winding Street, Hastings Old Town Needle Felt 11.00am-12.00pm Isabel Blackman Centre (IBC), Winding Street, Hastings Old Town Chair Yoga 11.00am-12.00pm West St Leonards Community Centre <i>Contact Active Hastings 01424 451051 or email activehastings@hastings.gov.uk</i> 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. <i>Contact George 07835 808318</i> 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 Street, Old Town Boxercise 1.45pm-2.45pm Free for Broomgrove residents or £3 Broomgrove Community Centre <i>To book: eequ.org/activehastings</i> 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 Street, Hastings Old Town Weight Training Beginners 3.00pm-4.45pm Isabel Blackman Centre (IBC), Winding Street, Hastings Old Town Ore Youth Club Sessions 4.30pm-6.00pm Ore Community Centre sarah.adams@freshvisions.org.uk Bev 07732 823800 Traditional Yoga 5.00pm-6.00pm Isabel Blackman Centre (IBC), Winding Street, Hastings Old Town Knitting Yarns: 5.00pm-6.30pm Sugar Pie Honey Buns 235 London Rd, St Leonards Rachel: 07397 794879 Gary Marriott's Tune up Tuesdays 5.15pm-6.30pm Fun Acapella Choir Hastings Town Centre, £3 Text 07986 911083 <i>for more info</i> 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 concessions Afri-Co-Lab, 3 Marine Court, St Leonards A monthly gathering on first Tuesday of the month for Global Majority
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Crossword Solution No 245:

Across: 1. (Bac)H and El(gar) 3. Sprout 4. (cri)Sp raw l(eeks) Down: 1. Houses (anagram) 2. Lent-Il

The HIP List

crafters <i>afri-co-lab.org</i> Chakra Yoga & Breath-work 7.30pm-8.45pm Joanna Allen St Leonards Studio, Royal Victoria, Marina, St Leonards <i>the-humblewarrior.co.uk</i> Sound Waves Community Choir 7.30pm-9.30pm Salvation Army Hall, St Andrews Square, Hastings Free taster session No auditions <i>admin@soundwaveschoir.org.uk</i> Seen on Screen Dance 7.45pm-8.45pm The Y Centre, St Paul's Rd <i>www.sos.dance</i> Country Dancing 7.45pm-9.45pm St Matthew's Church, London Rd, St Leonards <i>hastingscountrydanceclub.org.uk</i> Classical Guitar Tuition Tuesdays, Wednesdays, Fridays Bexhill, from £15, free taster sessions <i>bexhillclassicalguitar.co.uk</i> Salsa Tuesdays with Phyre Dance The Piper, Norman Rd, St Leonards Times vary, see Facebook page From beginners to social dancing and practice <i>@facebook.com/events/576448847887517</i> Wednesdays Adventures Through Movement and Music (0-2 years) 9.00am £4 (free trial) Mini Playhouse 26 White Rock, Hastings <i>pitterpatterarts@gmail.com</i> 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 <i>meetup.com/south-coast-skyers</i> Pump & Tone 9.00am-9.45am Isabel Blackman Centre (IBC), Winding Street, Hastings Old Town Imaginative Ballet (2-4 years) 10am £4 (free trial) Mini Playhouse, 26 White Rock, Hastings <i>pitterpatterarts@gmail.com</i> Qigong 10.00am-11.00am Isabel Blackman Centre (IBC), Winding Street, Hastings Old Town Crowninos Kids Group	10.00am-11.00am, £6 per family unit. The Crown, 64-66 All Saints Street, 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. <i>info@artsonprescription.org</i> Spanish – Adult Beginners 10.00am-12.00pm First Floor, 7 Cambridge Rd, Hastings £15 – lots more classes available for all levels Españoles en Hastings FB page <i>spanishonseaschool@gmail.com</i> 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 St Leonards Studio, Royal Victoria, Marina, St Leonards <i>catherineburnett12@gmail.com</i> Musical Drama (2-4 years) 11.00am £4 (free trial) Mini Playhouse, 26 White Rock, Hastings <i>pitterpatterarts@gmail.com</i> 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 Street, Hastings Old Town Therapeutic Yoga 12.30pm-1.30pm, £7 Hastings Centre, The Ridge, Hastings TN34 2SA All abilities welcome <i>ninayoga.co.uk</i> Legs Bums & Tums 1.00pm-1.45pm Isabel Blackman Centre, Winding St, Hastings Old Town. <i>isabelblackmancentre.co.uk</i> Hatha Yoga for You 2.00pm-3.00pm St Leonards Studio, Royal Victoria, Marina, St Leonards <i>Louise@stleonards.studio</i> Line dancing with Pat 2.15pm-4.00pm Four Courts, Sydney Close, St Leonards.	<i>To book, email linedance-withpat@gmail.com or 07724 024227</i> IBC Full House Bingo 2.30pm-3.30pm Isabel Blackman Centre (IBC), Winding Street, Hastings Old Town Breathe Better 3.00pm-3.45pm Isabel Blackman Centre (IBC), Winding Street, Hastings Old Town St Leonards Junior Chess From 5.00pm St Nicholas Centre, London Rd A social club for children who play chess <i>andrewjmcgettigan@gmail.com 07910 245401</i> Qigong with Sigrid 5.30-6.30pm Community Hall of Greek Orthodox Church, St Leonards Suitable for all ages. <i>Sigrid: qigongsigrid@gmail.com</i> Yoga on the Harbour Arm (outdoors) 5.30pm-6.30pm <i>oldtownyoga.co.uk</i> Mystical Yoga at The Bale House 4.45pm-6.00pm, £10 Hastings Country Park, Lower Coastguard Lane, Fairlight, Hastings, TN35 4AD <i>enchantedmalas@gmail.com</i> Yoga with Marjolyn 6.00pm-7.00pm St Leonards Studio, Royal Victoria, Marina, St Leonards 07929 577985 Adult Tap Class for Beginners 6.15pm-7.00pm	7 Mercatoria, St Leonards <i>kimhaviland@gmail.com</i> 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. <i>busstopstudios.com/classes</i> Laughter Yoga with Bev 6.30pm-7.30pm Upstairs, Jenny Lind <i>bevjones@laughyourselftohealth.com</i> Buddhist Meditation and Dharma Teaching 7.00pm-9.00pm In person and via Zoom. <i>hastingsbuddhistgroup.co.uk</i> Bexhill Mixed Indoor Rounders 7.00pm-8.00pm with Hastings Rounders. Bexhill College Sports Centre Enquire for fees/free games and bookings <i>hastingsrounders@gmail.com</i> 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. <i>theclasschoir@gmail.com</i> Kundalini Yoga and Meditation Class 7.30pm-8.45pm The Ballroom, Bank Hotel & Bistro, St Leonards, £10	<i>soulpowerkundaliniyoga.co.uk</i> Relaxation: Zoom class with Pilates teacher Sally Paffard 8.00pm-9.00pm, £4 <i>sallypaffard@gmail.com</i> 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. <i>Contact Phoebe 07947 440502 pennythepoetess@yahoo.co.uk</i> Classical Guitar Tuition Tuesdays, Wednesdays, Fridays Bexhill, from £15, free taster sessions <i>bexhillclassicalguitar.co.uk</i> Thursdays Ashtanga Yoga – Assisted Self Practice 7.15am-9.15am, £15 Wellington Health & Wellbeing Centre <i>ashtangayogahastings@gmail.com</i> Gentle Wake Up Yoga 8.00am-9.00am, St Leonards Studio, Royal Victoria, Marina, St Leonards <i>karen@yoga-by-the-sea.co.uk</i> Circuits 9.00am-10.00am Isabel Blackman Centre (IBC), Winding Street, Hastings Old Town Beginners Spanish 9.30am-10.30am Isabel Blackman Centre (IBC), Winding Street, Hastings Old Town	Vinyasa Flow 9.30am-10.30am St Leonards Studio, Royal Victoria, Marina, St Leonards <i>karen@yoga-by-the-sea.co.uk</i> Yoga at Hastings Contemporary 9.50am-10.50am <i>oldtownyoga.co.uk</i> 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 <i>Enroll online wea.org.uk or phone 0300 303 3464</i> 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. <i>lucy.jenner@moveitorloseit.co.uk</i> 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,
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HASTINGS INTERNATIONAL PIANO



STEINWAY & SONS



FREE TICKETS FOR EARLY ROUNDS

17TH HASTINGS INTERNATIONAL PIANO CONCERTO COMPETITION

22 FEBRUARY | 2 MARCH 2024

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ROYAL PHILHARMONIC ORCHESTRA



SOUTHBANK SINFONIA



ARTS COUNCIL ENGLAND

6

The HIP List

productive time creating and sharing content. <i>Insta: @brassbeemarketing, catherine@brassbeemarketing.com</i> Games Club 10.00am-12.00pm Isabel Blackman Centre (IBC), Winding Street, Hastings Old Town Tai Chi for Health and Relaxation 10.30am-11.30am, £5 St John's Parish Hall, Brittany Rd <i>Stuart 07961 949715</i> Healthy Joints 10.30am-11.15am Isabel Blackman Centre (IBC), Winding Street, Hastings Old Town <i>info@artsonprescription.org</i> Needle Felt (3) 11.00am-12.00pm Isabel Blackman Centre (IBC), Winding Street, Hastings Old Town Circle Dancing 10.30am-12.15pm, £3 Unitarian Church, South Terrace, Hastings Good for body, mind and spirit Online Vinyasa Flow with Elena Voce 12.45pm-1.30pm Classes for all levels. Pay-what-you-can <i>yogawithelenavoce.co.uk</i> Needle Felt (4) 1.00pm-2.00pm Isabel Blackman Centre (IBC), Winding Street, Hastings Old Town Iyengar Yoga Classes 1.00pm-2.00pm beginners welcome £10 (£5 for people struggling financially) The Wellington Health & Wellbeing Centre, Wellington Square <i>howdowebeginagain@gmail.com</i> Indoor Bowls 1.30pm-2.30pm Isabel Blackman Centre (IBC), Winding Street, Hastings Old Town Pilates (beginners) 3.00pm-4.00pm Isabel Blackman Centre (IBC), Winding Street, Hastings Old Town Yoga with Marjolyn 3.00pm-4.00pm St Leonards Studio, Royal Victoria, Marina, St Leonards <i>07929 577985</i> Pilates (beginners) 3.00pm-4.00pm Isabel Blackman Centre, Winding St, Hastings Old Town <i>isabelblackmancentre.co.uk</i> Yoga on the Harbour Arm 5.15pm-6.15pm (outdoors) <i>oldtownyoga.co.uk</i> Tilekiln Youth Club Sessions 5.30-7.00pm Tilekiln Community	Centre <i>sarah.adams@freshvisions.org.uk</i> <i>Bev 07732 823800</i> Kundalini Yoga & Meditation with Yeli 6.00pm-7.30pm Wellington Centre, Hastings <i>yeli@happinessholistichealth.uk</i> 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 <i>hotyogahastings.co.uk</i> Hastings Town Singers 7.00pm-9.00pm Castledown School, Priory Rd A friendly non-auditioning community choir Free taster sessions. <i>hastingstownsingers.co.uk</i> Hastings Mixed Indoors Rounders 7.00pm-8.00pm with Hastings Rounders. Horntye Park Sports Complex Enquire for fees/free games and bookings <i>hastingsrounders@gmail.com</i> Yoga for Men's Health 7.00pm-8.00pm, £3 Helenswood Sport Centre <i>To book: eequ.org/activehastings</i> Meditation and Breathwork with Jung-ui 7.30pm-8.30pm, £55 for a four-week course West Hill Community Centre <i>jung-ui.co.uk</i> Meditation Classes 7.30pm-8.30pm (during term times) £9 / £7 concession St Nicholas Centre, 66 London Road, St Leonards Maitreya Buddhist Centre <i>meditateinsussex.org</i> Yoga for Beginners 8.00pm-9.00pm, 4-week course starts 11 January, £48 Arthur Easton Centre, St Michaels Hospice, St Leonards Easy-to-learn postures for health and relaxation. Improve your posture, lose weight. <i>Book now myranicol@gmail.com</i>	Nature Walks with HESNHS Times and venues vary <i>hastingsnaturalhistory.org</i> HESNHS Walking Group Walk 4-6 miles with this friendly natural history walking group. Picnic or pub lunch options. <i>hastingsnaturalhistory.org</i> <i>Andrew: ajw.hesnhs@btinternet.com, 07597 003407</i> Fridays Funky Friday monthly 5 Rhythms dance meditation 7.00pm-9.00pm Concordia Hall, Church Rd, St Leonards Breathe + Stretch with Karen Arthur 7.30am-8.20am, £10, £5 concessions Afri-Co-Lab, 3 Marine Court, St Leonards Greet the day and start the weekend energised and refreshed. <i>afri-co-lab.org</i> Yoga on the Harbour Arm (outdoors), 9.00am-10.00am <i>oldtownyoga.co.uk</i> Pilates: mixed ability with Sally Paffard Zoom, 9.00am-10.00am <i>sallypaffard@gmail.com</i> Traditional Yoga Horntye Club Room, Horntye Sports Centre 9.30am-10.40am, £10 For the yoga enthusiast Feel better with Therapeutic Movements 9.30-10.30am Salvation Army Hall, St Andrew's Square, Hastings Suitable for all ages. <i>Sigrid: qigongsigrid@gmail.com</i> Traditional Yoga 9.30am-10.30am Isabel Blackman Centre (IBC), Winding Street, Old Town Mindful Yoga – An introspective practice 10.30am-12.30pm Gong Bath sessions 11am Unitarian Church, 7a South Terrace <i>Text Karen Hayler: 07986 911083</i> Weight loss Bootcamp Beginners 11.00am-11.45am Isabel Blackman Centre (IBC), Winding Street, Hastings Old Town Yin Yoga 11.30pm-12.30pm, £7 All abilities. <i>Ninayoga.co.uk</i> Dive into 2024 1.00pm-2.00pm, £28 for the course, £10 drop-in. St Leonards Studio, Royal Victoria, Marina, 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. <i>Book online healingyogawithkate.org,</i> Slow & Steady Mobility 1.00pm-1.45pm Isabel Blackman Centre (IBC), Winding Street, Hastings Old Town Chair Yoga – A supported approach 2.30pm-3.30pm St Leonards Studio, Royal Victoria, Marina, St Leonards <i>zowie@stleonards.studio</i> Table Tennis 2.30pm-4.00pm Isabel Blackman Centre (IBC), Winding Street, Hastings Old Town Senior Strength 3.00pm-4.00pm Isabel Blackman Centre, Winding St, Hastings Old Town <i>isabelblackmancentre.co.uk</i> Senior Strength 3.00pm-4.00pm Isabel Blackman Centre (IBC), Winding Street, Hastings Old Town Broomgrove Youth Club Sessions 4.30pm-5.30pm Broomgrove Community Centre <i>sarah.adams@freshvisions.org.uk</i> <i>Bev 07732 823800</i> Beginners Creative Writing Group 6.15pm-7.15pm The Clifton Centre (previously Southwater Community Centre) <i>sarah.adams@freshvisions.org.uk</i> Classical Guitar Tuition Tuesdays, Wednesdays, Fridays Bexhill, from £15, free taster sessions <i>Bexhillclassicalguitar.co.uk</i> Saturdays Pure stretch 9.00am-10.00am Isabel Blackman Centre (IBC), Winding Street, Hastings Old Town Zoom Hatha Yoga 9.00am-10.00am (online only) Pranayama, practice and relaxation, video available. <i>Louiselovesyoga@gmail.com</i> Yoga at Hastings Contemporary 9.50am-10.50am <i>oldtownyoga.co.uk</i> Heritage Explorers 10.00am-2.00pm First Saturday of the month. Christchurch, Silchester Road, St Leonards. <i>For more information contact Lucy Bailey, Heritage Manager: lucybaileyheritage@outlook.com</i> Strong Yoga with Lucy	Morning Yoga via Zoom 10.00am-11.15am <i>lamiles@hotmail.co.uk</i> Antenatal Class 10.00am First Saturday morning of every month, free! The Crown, 64-66 All Saints Street, 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. <i>themothershipantenatal.co.uk</i> Morning Flow Yoga 10.00am-11.00am Bank House Studio <i>karen@yoga-by-the-sea.co.uk</i> Yoga to run with w/ Hannah 10.15am-11.15am Madre, Peachy £9 <i>hola@madre-sl.com</i> 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 <i>jung-ui.co.uk</i> Chess Club 2.00pm-4.00pm The Common Room, Eagle House, 27-29 Cambridge Rd, Hastings An amateur club for amateur players <i>umbrellasussex.org.uk/news</i> Gong Bath sessions 2.00pm 4 Courts Wellbeing Centre, off Sydney Close <i>Text Karen Hayler: 07986 911083</i>	Hot Yoga Hastings, 21 St Peter's Rd, Hastings <i>Book: hotyogahastings.co.uk</i> Sundays Sunrise Flow w/ Hannah 9.00am-10.00am Madre, Peachy £9 <i>hola@madre-sl.com</i> 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. <i>c.hwatts.art@gmail.com</i> Historical Dance Group Regency Dance Workshop 2.00pm-4.45pm, monthly St Peter and St Paul's Church Hall <i>dianadancer@btinternet.com</i> Yin Yoga 3.00pm, 21 St Peter's Rd, Hastings. <i>hotyogahastings.co.uk</i> Relax & Renew, Restorative Yoga monthly only - contact for dates 3.00pm-5.00pm St Leonards Studio, Royal Victoria, Marina, St Leonards <i>karen@yoga-by-the-sea.co.uk</i> 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 <i>meetup.com/south-coast-skyers</i>
APPLICATION FOR VARIATION OF A PREMISES LICENCE Notice is hereby given that on 6 February 2024 an application was made to Hastings Borough Council by: Half Man Half Burger Three Limited to vary a premises licence for the premises known as: HALF MAN HALF BURGER - Units 9, 10, & 11 Britannia Enterprise Centre, Waterworks Road, Hastings TN34 1RT In the following respects: The variation sought would remove the below restrictions from the operating schedule, in line with our planning consent use class as sui generis (drinking establishment). (a) Alcohol will be served by waiter / waitress service to person seating at tables and ancillary to a main table mean only. (b) There will be no vertical drinking. Any person wishing to make representations about this application for variation should write to the Head of Environmental Services, Aquila House House, Breeds Place, Hastings, TN34 3UY; www.hastings.gov.uk within twenty eight consecutive days of the application date shown above. It is an offence knowingly or recklessly to make a false statement in connection with an application & a person is liable to a fine of up to a maximum of £5,000 on summary conviction for the offence. Dated this 6th day of February 2024					



Plugging Away

HARRY HAWKINS

The sky's grey pallor and shallow pockets don't do anything to deter me or the many others descending on Hastings Fat Tuesday's 'Saturday Unplugged'. Walking down High Street there are flecks of song from all sides. Touring some streets, the first sign that today is a bit different, are troupes of masked dancers, characters determined to reoccur if you choose to stay about. There are nomadic musicians determined to make their way to each 'next' set - a whole band can be carried in a suitcase, or slung over shoulders. Some players have come from far and wide, for others the next venue is a stone's throw from home, but there's a constant motion.

Inside, you might be at the front, drawing nearer, to catch every word. Or you're just outside leaning from the pavement to see the band play because it's packed already.

Everyone has their highlights, and no one will see the exact same sets. The dedicated can choose to follow their favourite singers or wander and happen upon a new sound.

The whole Saturday seemed like a chance for things to happen. The first time in a while that new parents get to see live music. The first gigs for a new group, or a return long promised.

Thank you to the first man to dance in the pub at 2pm. And all of the weird and wonderful hats that wouldn't be worn otherwise. And for the rhythms - samba, polka, skiffle, shuffle.

Thanks for Fat Tuesday



SARAH MARLAND



NAZ MONTAG



NAZ MONTAG



SARAH MARLAND



SARAH MARLAND



SARAH MARLAND



SARAH MARLAND

David Rovics: New Songs for Palestine

LEAH LEVANE of Hastings and Rye Palestine Solidarity Campaign writes about the David Rovics current world tour which lands in Hastings on 22 February.

David Rovics is an American musician and activist who has been writing and performing songs to accompany campaigns for justice for many years on many issues. Known as ‘the Woody Guthrie of our times’, he also unearths little recognised aspects of working-class history. He has written about the Irish soldiers who

deserted the US Army to form the St Patrick’s Battalion and fight with the Mexicans on the side of justice; about the Lincoln Brigade, made up of the US volunteers who fought on the Republican side in the Spanish Civil War; and much more, ranging from climate justice to freedom for Julian Assange, to the power of the



oil companies. A particular personal favourite is condemning Coca Cola for destroying lives and the environment with his song *The Drink of the Death Squads*. He has also written, tongue in cheek, about what life would be like for activists when we have won our battles for freedom and justice. Rovics makes most of his (modest) living through his performances, and while some of his work is not self-published and much of it is commercially distributed, he has made all of his recorded music available as free downloads, to promote his work and spread his political message. He encourages free distri-

bution by all non-profit means and speaks out against websites or programs that charge money for downloading his songs. Rovics has also advocated the performing of his songs at protests and demonstrations and has made his sheet music and lyrics available for download. Perhaps we should do that in Hastings, for there is a plethora of topics to choose songs from. A recurring theme has been the ongoing oppression of the Palestinian people. Now, as millions of people around the world are taking to the streets calling for a ceasefire on Gaza, as the International Court of Justice at the Hague has decided that there is plausibly a case of genocide for Israel to answer, Rovics has written enough songs for a new album and a new world tour. We are very fortunate to have this opportunity to hear his newest songs (and hopefully a few old favourites). In 2002, Andy Kershaw, then a BBC DJ and journalist, played Rovics’s song *Jenin* for the first time, a song Rovics wrote during the second Palestinian Intifada: it is a moving and powerful song about what may have led to someone deciding to become a suicide bomber.

As Rovics said: “This song was played many times on BBC Radio 3 by Andy Kershaw in the years after I recorded it. Playing this song, and some things Andy said in an interview with me on his popular weekly World Music show, resulted in Andy getting called to talk to the BBC Board of Governors for the first time in his 30-year career at BBC. Andy playing this and other songs of mine represents the vast majority of airplay I’ve ever gotten on a popular national radio broadcast in my entire career.” So come along and hear David Rovics for yourself. Make up your own mind about his music and his songs and support the causes for which we are raising funds: Medical Aid for Palestine (MAP), and the community of Al Mawasi, with whom the local Palestine Solidarity Branch is closely linked. Thursday February 22nd, 7.00 pm, East Hastings Sea Angling Association, The Stade, Hastings, East Sussex. TN34 3FJ. Tickets: £12.00 through Eventbrite: eventbrite.com/e/new-songs-for-palestine-a-gig-for-gaza-tickets-823579587717?aff=oddtcreator (or pay at door)

Eat Write Love

A vegetable this colourful, hearty and earthy has got to be good for you, right? Yes, the humble beetroot is an all-round winner: versatile, packed with nutrients and deep purples so intense it can take a while to wash from your fingertips! Before you get messy, grab your journal and your favourite pen!

JOURNALING #1:
Beetroot Mandala! [3 mins]

1. Draw a big circle on your page.
2. Divide it into quadrants like a hot cross bun.
3. Label each quadrant: Ground, Light, Nourish, Flourish
5. Write one thing in each quadrant:
6. **Ground:** What is grounding you now?
7. **Light:** What feels light or lighter right now?
8. **Nourish:** What nourishes you, or could do?
9. **Flourish:** What feels in flourish, or could do?

- FUN FACTS
- The largest beetroot was grown by a Dutchman in 2005 and weighed 156lbs!
 - Beetroots were used as an ancient remedy for digestive issues and for getting rid of garlic breath! (They were considered an aphrodisiac by the Romans – who ate a lot of garlic, so maybe the two facts are related?)
 - The first known cultivation of beetroots was in the Hanging

- Gardens of Babylon in 800 BC.
- In 1975, Soviet cosmonauts gave their American astronaut colleagues borscht as a symbol of camaraderie – apparently, they served it in little bottles with vodka labels as a joke.
- NUTRITION INFO
- Beetroots are known for their heart health benefits, so are particularly suitable for this month with its links to love!
 - Beetroots contain natural nitrates that the body converts into nitric oxide, which helps to relax blood vessels and lower blood pressure.
 - These properties also support lowering cholesterol and are antioxidant and anti-inflammatory – this can not only support against the risk of cancers, but can support our brain health and help treat anaemia.

BEETROOT SOUP (Serves 8)
This is really simple, has multiple other health benefits with the addition of horseradish and dill and can easily be made in bulk and frozen.

- INGREDIENTS
- 800g Fresh beetroots
 - Olive oil
 - Dried thyme
 - 1 large onion
 - 1 stick celery
 - 1 garlic clove
 - Juice & zest of 1 lemon
 - 2 litre vegetable stock
 - 3 tablespoon horseradish sauce
 - Large handful fresh dill (or you can use about 1-2 tsp dried dill)



- Sea salt
 - Sour cream to serve
- NB. It is useful to have some disposable gloves for peeling the beetroots to avoid staining your hands.
- METHOD
10. Pre-heat oven to 190o C
 11. Peel beetroots and dice into bite-sized chunks. Put in a roasting tray with olive oil, seasoning and a little dried thyme. Roast for around 30 minutes, until the beetroot is softened enough to easily put a knife in. Sometimes this can take a little longer.
 12. Chop the onion and celery, and crush the garlic. Heat a little olive oil in a large saucepan and gently sauté the onion, garlic and celery with half of the lemon zest and juice, for around 8 minutes until soft.
 13. When the beetroot is ready, remove from oven and add into the pan with the onion. Stir in for a couple of minutes and then add the vegetable stock.
 14. Simmer for around 15-20 minutes before taking off the heat and using a hand blender, blitz.
 15. Add the remaining lemon juice and zest, the horseradish and the dill.
 16. Mix in for one minute on a gentle heat.
 17. Serve with sour cream or yoghurt and some more fresh dill.
- SERVING SUGGESTIONS
- As a side dish or great on its own.
 - Serve with potatoes and vegetables of your choice for a main meal, or just on its own for a lighter supper.

STORAGE
This recipe makes quite a few portions which will happily keep in the fridge for around 5 days in a sealed container, but it also freezes well – portion up and put into soup bags. You can just take out the amount you need.

- JOURNALING #2**
Letter from the heart [5 mins]
- Holding onto those enlivening words and practices from your beetroot mandala, write a short letter to yourself from the heart.
 - Imagine you’re eating this steamy, comforting, creamy beetroot soup – the dill tickling your nostrils, breath in and out, deep and free.
 - What words of self-love do you want to give yourself for the few months ahead?
 - Acknowledge what’s behind you, take heart in something warm now.

Reflect [1 min]
What one word from your letter is important to hold onto?

- JOURNALING #3**
Action!
- What new beetroot-inspired dish do you want to experiment with? Always savoury? Go sweet! Always cold? Go hot! Declare it! My beetroot experiment is...

NICKY AND SONJA of Creative Concoctions - a local social enterprise, boosting creative health.