

Friday 15 March to Thursday 29 March 2024

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

The HIP List



Happy Birthday HIP from



The HIP List

MUSIC

Friday 15 March
McNiff's Folk Sundowner
5.00pm - 7.00pm
Weekly acoustic strand with a different featured guest every Friday
Two Ships: Improvised music
7.00pm - 9.30pm
The Nest,
The Old Town Hall
Chilean Folk night and menu
7.00pm - 10.00pm
Cumbia Kitchen, 44 Marina, St Leonards with Maria Adriana Contreras, celebrating the anniversary of the fall of Pinochet. £35pp with 3 course menu, bookable online. cumbiakitchen.com

Saturday 16 March
We Are All Rockstars Family Fun Rave
2.00pm - 4.30pm
Stade Hall, The Stade
Monthly dance event aimed at families with 0-8 year olds. advance tickets on eventbrite: £7 Adults / £5 Children
Hutch + Safari Inn
7.00pm - 11.00pm
The Piper, 1 Norman Rd, St Leonards
Scott Chisolm & Reshad Rahman
8.00pm - 9.00pm
Tin Tins, 21 Robertson St
Hastings Northern Soul Club
8.00pm - 12.00am
The Printworks, 14 Claremont
Howlin' Ric and the Rocketeers
8.00pm - 10.00pm
The Jenny Lind Inn, 69 High St
Nice and Sleazy: DJs at the Piper
9.00pm - 2.00am
The Piper, 1 Norman Rd, St Leonards
Punk, ska and soul - all on vinyl with DJ Jody Lee Hooker

Sunday 17 March
Jazz Breakfast - Mike Hatchard St Patrick's Special
11.00am - 1.00pm
Kino-Teatr, 43-49 Norman Rd, Hastings, St Leonards
Helen Sharpe
4.00pm - 6.00pm
Porters, 56 High St
Gary Blakely
5.00pm - 6.00pm
Stag Inn, 14 All Saints St
Sunday Service: Soul'd Out (band)
5.00pm - 8.00pm
The Lord Nelson, 1 E Bourne St
Open Mic Night
6.00pm - 9.00pm
Tin Tins, 21 Robertson St

Hosted by James Friis-Lawrence and Dr Jules
BYO Vinyl Night
7.00pm - 9.00pm
The Jenny Lind Inn, 69 High St
Groove UK
8.00pm - 11.00pm
East Hastings Sea Angling Association and Social Club, The Stade
Live disco/funk band

Tuesday 19 March
Sounds at the Hound Open Mic
7.00pm - 10.00pm
Cactus Hound Bar, 33 - 35 Western Rd
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

Wednesday 20 March
Simon&ThePope - Avant bavard
6.30pm - 7.30pm
Kino-Teatr, 43-49 Norman Rd, Hastings, St Leonards
Folk Session at the Dolphin
8.00pm - 10.30pm
The Dolphin Inn, 11-12 Rock-a-Nore Rd
Every Third Wednesday of the month.

Thursday 21 March
Jazz Organisation
8.00pm - 10.00pm
NUR Restaurant & Lounge, 13 Robertson St
with Dan McConkey (sax) & guest James Davidson (bass)
Open Mic at the Pig
8.30pm - 12.00am
The Pig Hastings, 37 White Rock
Shanty Night
8.30pm - 10.30pm
The Jenny Lind Inn, 69 High St

Friday 22 March
McNiff's Folk Sundowner
5.00pm - 7.00pm
Weekly acoustic strand with a different featured guest every Friday
Suddenly Wow! with YOU&TH and Standing O
7.00pm - 10.00pm
The Pig Hastings, 37 White Rock
£8 eventbrite or £10 otd
London Mozart Players present: Marvellous Maestros
7.00pm - 10.00pm
De La Warr Pavilion, Marina, Bexhill
Playing Corelli, Bach and Mozart. Tickets from £6
Kid Kapichi Release Show
7.30pm - 10.30pm
White Rock Theatre,

White Rock
Supported by Bilk and Chimer
Blackheart Orchestra
7.30pm - 10.00pm
Kino-Teatr, 43-49 Norman Rd, Hastings, St Leonards
Tom Cole
8.30pm - 10.00pm
The Jenny Lind Inn, 69 High St
DeWolff
9.00pm - 11.00pm
Blackbox Hastings, 10 George St
The Orb at The Crypt, Hastings
10.00pm - 4.00am
The Crypt, 57 Robertson St

Saturday 23 March
Beatles Day Promo Gig
5.00pm - 6.00pm
The Jenny Lind Inn, 69 High St
Bands: Mackerel Sky, Now & Then and The Rockit-men.
Robert Plant presents Saving Grace
7.30pm - 10.30pm
White Rock Theatre, White Rock
with special guest Taylot McCall
Black Doldrums
8.00pm - 10.00pm
The Piper, 1 Norman Rd, St Leonards
Support from local bands Thee Headshrinkers, and Beau

Sunday 24 March
Coffee Concert: Özcan Ulucan & Birsen Ulucan
11.00am - 12.00pm
Kino-Teatr, 43-49 Norman Rd, Hastings, St Leonards
Victoria McDonnell
5.00pm - 8.00pm
The Lord Nelson, 1 E Bourne St
Part of the weekly Sunday Service gigs at the Lord Nelson
Open Mic Night
6.00pm - 9.00pm
Tin Tins, 21 Robertson St
Hosted by James Friis-Lawrence and Dr Jules
BYO Vinyl Night
7.00pm - 9.00pm
The Jenny Lind Inn, 69 High St

Tuesday 26 March
Sounds at the Hound Open Mic
7.00pm - 10.00pm
Cactus Hound Bar, 33 - 35 Western Rd
Weekly Open Mic Night, hosted by Steve Didge. With in-house PA, Amps, Piano, Cajon and Guitar available.
Pete Prescott Vinyl Night and Mini Quiz
7.00pm - 10.00pm
The Dolphin Inn, 11-12 Rock-a-Nore Rd
Suntuo Susso with guest

Max Bailie
7.30pm - 10.00pm
St John's Church -The Evangelist, Brittany Rd, St Leonards
Lost Tuesdays with Lost Revellers duo
7.30pm - 8.30pm
The Jenny Lind Inn, 69 High St
Traditional Folk Open Sessions
8.30pm - 9.30pm
Stag Inn, 14 All Saints St
Albion Skiffle Sessions
8.30pm - 11.00pm
Albion Hastings, 33 George St
Every 2nd and 4th Tuesday of the month

Wednesday 27 March
Los Twangueros
7.30pm - 8.30pm
The Jenny Lind Inn, 69 High St
The Other Band
8.00pm - 11.00pm
The Dolphin Inn, 11-12 Rock-a-Nore Rd
Blues, R&B, Americana

Thursday 28 March
Moya Brennan - The Voice of Clannad
7.00pm - 10.00pm
De La Warr Pavilion, Marina, Bexhill
Gin Annie, White Raven Down, Black Roze
7.30pm - 10.30pm
The Carlisle, 24 Pelham St
Jazz Organisation
8.00pm - 10.30pm
NUR Restaurant & Lounge, 13 Robertson St
with Geoff Mason on trombone
Open Mic at the Pig
8.30pm - 12.00am
The Pig Hastings, 37 White Rock
Shanty Night
8.30pm - 10.30pm
The Jenny Lind Inn, 69 High St

PERFORMANCE

Friday 15 March
Hastings Musical Festival - Choirs Day
Friday 15 March - Saturday 16 March
White Rock Theatre, White Rock
Ruffles
9.30pm - 11.00pm
The Forbidden Fruit, 22 Grand Parade, St Leonards

Saturday 16 March
Hastings Musical Festival - Pop Vocals
Saturday 16 March - Sunday 17 March
White Rock Theatre, White Rock
Cherry Liquor
9.30pm - 11.00pm
The Forbidden Fruit, 22 Grand Parade, St Leonards

Sunday 17 March
More Than a Muse: Maud Gonne & the Love Poetry of WB Yeats
2.00pm - 3.00pm
Kino-Teatr, 43-49 Norman Rd, Hastings, St Leonards
Hastings Philharmonic Orchestra: Berg, Schumann, Brahms
5.00pm - 6.45pm
Christ Church St Leonards on Sea, Silchester Rd, St Leonards
Hastings Musical Festival Finale Concert
5.00pm - 7.00pm
White Rock Theatre, White Rock

Wednesday 20 March
Bavard Bar
7.30pm - 10.00pm
Kino-Teatr, 43-49 Norman Rd, Hastings, St Leonards

Thursday 21 March
NT Live: The Motive and the Cue
7.00pm - 9.40pm
Kino-Teatr, 43-49 Norman Rd, Hastings, St Leonards
Ploughing the Salt Sea
7.30pm - 9.00pm
The Stables Theatre, The Bourne
Professor Brian Cox: Horizons - A 21st Century Space Odyssey
7.30pm - 9.40pm
De La Warr Pavilion, Marina, Bexhill
Using state of the art screen technology, venues across the world from New Zealand to the Arctic Circle have been filled with images of far-away galaxies, alien worlds, supermassive black holes and the latest theories of the origin of the Universe.
Polari on Sea LGBTQ+ Literary Salon
7.30pm - 9.15pm
The Printworks, 14 Claremont
Join us for an evening of LGBTQ comedy, poetry and storytelling with a futuristic bent! outsavvy.com/event/18346/polari-on-sea

Friday 22 March
London Mozart Players present Marvellous Maestros: Corelli, Back & Mozart
7.00pm - 8.10pm
De La Warr Pavilion, Marina, Bexhill
Ploughing the Salt Sea
7.30pm - 9.00pm
The Stables Theatre, The Bourne
Saturday 23 March
Flight Feathers Poetry Slam
7.00pm - 10.00pm
The Nest, The Old Town Hall
Ploughing the Salt Sea
7.30pm - 9.00pm
The Stables Theatre,

The Bourne
Sovereign Sky - A Psychedelic Dream
8.00pm - 10.00pm
Hastings Museum & Art Gallery, John's Place, Bohemia Rd
A night of Acid Folk Psychedelic Soundscapes with The Wynter Reign & The Sound Apothecary in the majestic Durbar Hall.

Sunday 24 March
Coffee Concert: Özcan Ulucan & Birsen Ulucan
11.00am - 12.00pm
Kino-Teatr, 43-49 Norman Rd, Hastings, St Leonards
Simply Barbra
4.00pm - 5.30pm
The Stables Theatre, The Bourne

Tuesday 26 March
ROH: Madama Butterfly
7.15pm - 10.30pm
Kino-Teatr, 43-49 Norman Rd, Hastings, St Leonards
Suntou Susso - West African Bardic Tradition
7.30pm - 9.00pm
St John's Church -The Evangelist, Brittany Rd, St Leonards

Wednesday 27 March
Rebeca Ortega Flamenco Company
7.30pm - 9.30pm
Kino-Teatr, 43-49 Norman Rd, Hastings, St Leonards

ART



Art Show

Sat 30th March
10am - 5pm

Free entry

Stade Hall, Rock-a-Nore Rd

www.rollyphant.art

A Fuller Acquaintance with the Archipelago – Sinéid Codd
Until 24 March
The Walkway Gallery, Hastings Museum and Art Gallery, Bohemia Rd
Ben Browton – Half Light
9 March until 6 April
Project 78 Gallery, Norman Rd

Bill Greenhead – My Year in Hastings Until 31 March Stables Theatre Art Gallery, The Bourne Brian Aris – Rare Stones 23 March until 6 May Lucy Bell Gallery, Norman Rd Celebrating Talent – 126 Years of Hastings Music Festival Until 16 March Lower Walkway, Hastings Museum and Art Gallery, Bohemia Rd Clara Jo – Nests of Basalt, Nests of Wood Until 31 March De La Warr Pavilion, Bexhill Elias Sime- Eregata 16 March until 8 September Hastings Contemporary, The Stade, Old Town Ellen Prebble Exhibition Until 14 April Hastings Museum and Art Gallery, Bohemia Rd GEMMA at The Space – A Zone of Art & Nature Until 31 March The Space, St.Johns Rd Kate Gritton Paintings Until 31 March The Cake Room, Robertson St 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 Pearls of the Sea and Me 27 March until 2 June Hastings Contemporary, The Stade, Old Town Quentin Blake – 100 Portraits 16 March until 8 September Hastings Contemporary, The Stade, Old Town Remembering Ian Welsh – A Celebration of His Work Until 30 March Hastings Arts Forum, Marine Court Rock n’Roll With Me Until 23 March Lucy Bell Gallery, Norman Rd Tschabalalal Self: Seated Until 31 March De La Warr Pavilion (Lawn), Bexhill Victoria Kiff & Kevin Atherton 15 March until 21 April Rogue Gallery, Norman Rd	Rd, Hastings, St Leonards Irish Film Week: That They May Face the Rising Sun 7.30pm - 9.25pm Kino-Teatr, 43-49 Norman Rd, Hastings, St Leonards One Life 7.30pm - 9.20pm Electric Palace, 39A High St	Kino-Teatr, 43-49 Norman Rd, Hastings, St Leonards The Color Purple 7.30pm - 10.00pm Electric Palace, 39A High St Spielberg’s adaptation of Alice Walker’s Pulitzer Prize-winning novel received 25 Oscar nominations and received 14 statuettes in total. Come along to see why!	Visitors lie second in the league table and will be out to avenge 2-1 home defeat by the ‘U’s in December Hockey: South Saxons Ladies v Sevenoaks Acorns – South East Division 1 East Hornbye 12 noon South Saxons Men v Eastbourne - South East Division 1 East Hornbye 1.30pm Saturday 23 March Rugby: Hastings & Bexhill v Tunbridge Wells II Ark Alexandra, time tbc Sunday 24 March Football: Hastings Utd Women v Herne Bay – Regional League Div 1 South Pilot Field 2pm Athletics: Hastings Half Marathon Start and finish: St Leonards Seafront, 10.30am	ST PATRICK'S DAY BOTTOMLESS BRUNCH BRUNCH & BOTTOMLESS COCKTAILS £39PP 12-2 2:30-4:30 SUNDAY 17 MARCH CUMBIA KITCHEN 44 MARINA WWW.CUMBIAKITCHEN.COM  Bexhill Jobs and Apprenticeships Fair 10.30am - 3.30pm De La Warr Pavilion, Marina, Bexhill Table Tennis 2.30pm - 4.00pm Isabel Blackman Centre, Winding St isabelblackmancentre.co.uk Broomgrove Youth Club Sessions 4.30pm - 5.30pm Broomgrove Community Centre, 85 Chiltern Dr sarah.adams@freshvisions.org.uk Bev 07732 823800	Monday 18 March Dementia Carer Support Group (carers only) 10.00am - 11.00am Robsack Centre, Bodiam Dr, Hastings Come for a chat and support, refreshments inc. donations welcome. Every 3rd Monday discdementia-support.org 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 p/p entry fee and prizes for winning and losing teams. Message/call if you’d like a table - + 44 1424 438791
	Saturday 16 March Family Saturday Film: Wonka 11.00am - 1.00pm Electric Palace, 39A High St Irish Film Week: LOLA 3.00pm - 4.30pm Kino-Teatr, 43-49 Norman Rd, Hastings, St Leonards Before Sunset 7.30pm - 8.50pm Electric Palace, 39A High St Irish Film Week: LOLA 7.30pm - 9.00pm Kino-Teatr, 43-49 Norman Rd, Hastings, St Leonards	Sunday 24 March Scala!! 11.00am - 12.36pm Electric Palace, 39A High St Or the Incredibly Strange Rise and Fall of the World’s Wildest Cinema and How It Influenced a Mixed-up Generation of Weirdos and Misfits. Back by popular demand, plus Q&A with director Ali Catterall! The Taste of Things 2.00pm - 4.15pm Kino-Teatr, 43-49 Norman Rd, Hastings, St Leonards Hit So Hard 7.30pm - 8.45pm Featuring live and recorded music from Hole, this is a revealing all-access backstage pass to the music that shaped a generation, with the openly gay drummer Patty Schemel at the heart of it.	Tuesdays Hastings Women’s Rounders 7.30pm - 9.00pm St Leonards Academy, Edinburgh Rd, Hastings Hastings Rounders –Enquire for fees or free games and bookings hastingsrounders@gmail.com		Tuesday 19 March Hastings Women’s Rounders 7.30pm - 9.00pm 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
	Sunday 17 March Anselm 11.00am - 12.33pm Electric Palace, 39A High St Stop Making Sense 7.30pm - 9.00pm Electric Palace, 39A High St	Monday 25 March Movie Mondays - Contact Venue for Film Info 7.30pm - 10.00pm The Forbidden Fruit, 22 Grand Parade, St Leonards	Wednesdays 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		Wednesday 20 March Busy Bees Singalong 10.30am - 11.00am Hollington Youth Hub, 1 Wishing Tree Rd N, Hastings Busy Bees is a free parent/carer toddler sing-a-long group. All families with under 5s are welcome. Please note the group runs term time only. For more information, please feel free to call the Family Hub on 01424 724004 or email EHHastingsStLeonards@eastussex.gov.uk Open House 11.00am - 5.00pm Afri-Co-Lab, 3, Marine Court, St Leonards Make Afri-Co-Lab your home, work space, chill-out lounge and studio for the day! Whether it’s jumping on our WIFI, looking for a different scene to complete a piece of work, maybe using our crafting tools for a project, or a cup of tea and a chit-chat, our doors are open. In true Afri-Co-Lab style light refreshments will be available. IBC Full House Bingo 2.30pm - 3.30pm Isabel Blackman Centre, Winding St
CINEMA	Friday 15 March Irish Film Week: That They May Face the Rising Sun 3.00pm - 4.55pm Kino-Teatr, 43-49 Norman	Sunday 24 March Scala!! 11.00am - 12.36pm Electric Palace, 39A High St Or the Incredibly Strange Rise and Fall of the World’s Wildest Cinema and How It Influenced a Mixed-up Generation of Weirdos and Misfits. Back by popular demand, plus Q&A with director Ali Catterall! The Taste of Things 2.00pm - 4.15pm Kino-Teatr, 43-49 Norman Rd, Hastings, St Leonards Hit So Hard 7.30pm - 8.45pm Featuring live and recorded music from Hole, this is a revealing all-access backstage pass to the music that shaped a generation, with the openly gay drummer Patty Schemel at the heart of it.	Thursdays Hastings Mixed Indoors Rounders 7.00pm - 8.00pm Hornbye Park Sports Complex, 1 Hornbye Park, Bohemia Rd, St Leonards Hastings Rounders · Enquirefor fees/free games and bookings hastings-rounders@gmail.com	EVENTS & ACTIVITIES	
	Friday 15 March Irish Film Week: That They May Face the Rising Sun 3.00pm - 4.55pm Kino-Teatr, 43-49 Norman	Saturday 16 March Football: Hastings Utd v Chatham Town – Isthmian Premier League Pilot Field 3pm	Friday 15 March Hastings Boycott Southern Water 10.00am - 4.00pm Hastings Town Hall, Station Rd Talks as well as advice on water bills. £6 entry Forest Fun 10.00am - 11.30am Education Futures Trust, The Firs, Elphinstone Rd Outdoor play and activities for families with under 5s		

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The HIP List

isabelblackmancentre.co.uk Heritage Celebration Event: Exhibitions, tours and showcases 3.00pm - 5.30pm Observer Building, 53 Cambridge Rd Heritage Celebration event 6.30pm - 9.00pm Observer Building, 53 Cambridge Rd Evening event with panel discussions about Trinity Triangle Action Zone project. Men's Walk and Talk 7.00pm - 8.00pm Azur, Marina Pavillion, 44-37 Marina, Hastings, St Leonards Meet at Azur for a leisurely walk along the seafront with time to chat For more information or to book contact Hannah Richards hannah.richards@mindcharity.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. theclass-choir@gmail.com Hastings Humanists monthly debate 7.30pm - 9.30pm The White Rock Hotel, 1-10 White Rock on the third Thursday each month. Debate topic: "What makes for constructive dialogue between those of different life-views?" Thursday 21 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 to help you spend focused, productive time creating and sharing content. Insta: @brassbee-marketing, catherine@brassbeemarketing.com Hastings Mixed Indors Rounders 7.00pm - 8.00pm Horntye Park Sports Complex, 1 Horntye Park, Bohemia Rd, St Leonards Hastings Rounders · Enquirefor fees/free games	and bookings hastings-rounders@gmail.com Hastings Town Singers 7.00pm - 9.00pm Ark Castledown Primary Academy, Priory Rd A friendly non-auditioning community choir Free taster sessions. hastings-townsiners.co.uk Friday 22 March Friends of Conquest Hospital Craft Fair 10.00am - 2.00pm Sedlescombe Village Hall, Church Hill, Sedlescombe Table Tennis 2.30pm - 4.00pm Isabel Blackman Centre, Winding St isabelblackmancentre.co.uk Broomgrove Youth Club Sessions 4.30pm - 5.30pm Broomgrove Community Centre, 85 Chiltern Dr sarah.adams@freshvisions.org.uk Bev 07732 823800 Saturday 23 March "Grey Owl and Attenborough's Dream" 10.30am - 12.30pm Chess Club 2.00pm - 4.00pm The Common Room, Eagle House, 27-29 Cambridge Rd An amateur club for amateur players umbrella-sussex.org.uk/news 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. Monday 25 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 p/p entry fee and prizes for winning and losing teams. Message/call if you'd like a table - + 44 1424 438791 Tuesday 26 March Spark Speed Dating 7.00pm - 9.30pm The Forbidden Fruit, 22 Grand Parade, St Leonards Hastings Women's Rounders 7.30pm - 9.00pm 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 27 March Dementia Carer Support Group (carers only) 10.00am - 11.00am Dennis Rankin Room, St Augustine's Church Come for a chat and support, refreshments inc. donations welcome. Every 4th Wednesday discdementiasupport.org Busy Bees Singalong 10.30am - 11.00am Hollington Youth Hub, 1 Wishing Tree Rd N, Hastings Busy Bees is a free parent/ carer toddler sing-a-long group. All families with under 5s are welcome. Please note the group runs term time only. For more information, please feel free to call the Family Hub on 01424 724004 or email EHHastingsStLeonards@eastussex.gov.uk Open House 11.00am - 5.00pm Afri-Co-Lab, 3, Marine Court, St Leonards Make Afri-Co-Lab your home, work space, chill-out lounge and studio for the day! Whether it's jumping on our WIFI, looking for a different scene to complete a piece of work, maybe using our crafting tools for a project, or a cup of tea and a chit-chat, our doors are open. In true Afri-Co-Lab style light refreshments will be available. Dementia Carer Craft Club (for Carers only) 1.00pm - 3.00pm Robsack Centre, Bodiam Dr, Hastings A monthly group for carers to practise their favourite hobby and socialise Bring something you're working on or use our materials, come for a chat and support, refreshments inc. donations welcome. Every 4th Wednesday discdementiasupport.org admin@discdementiasupport.org or call May 07874 864898 IBC Full House Bingo 2.30pm - 3.30pm Isabel Blackman Centre, Winding St isabelblackmancentre.co.uk BASH Networking Event 6.00pm - 8.00pm Barnaby's Lounge, 46 Robertson St	For local businesses. £7.50 ticket pp Men's Walk and Talk 7.00pm - 8.00pm Azur, Marina Pavillion, 44-37 Marina, Hastings, St Leonards Meet at Azur for a leisurely walk along the seafront with time to chat For more information or to book contact Hannah Richards hannah.richards@mindcharity.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. theclass-choir@gmail.com Thursday 28 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 to help you spend focused, productive time creating and sharing content. Insta: @brassbee-marketing, catherine@brassbeemarketing.com Hastings Mixed Indoors Rounders 7.00pm - 8.00pm Horntye Park Sports Complex, 1 Horntye Park, Bohemia Rd, St Leonards on Sea Hastings Rounders · Enquirefor fees/free games and bookings hastings-rounders@gmail.com Hastings Town Singers 7.00pm - 9.00pm Ark Castledown Primary Academy, Priory Rd A friendly non-auditioning community choir Free taster sessions. hastings-townsiners.co.uk CLASSES/WORKSHOPS Friday 15 March Breathe and Stretch with Karen Arthur 8.00am - 9.00am 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 - 10.00amZoom sallypaffard@gmail.com Yoga on the Harbour Arm 9.00am - 10.00am Hastings Old Town Outdoors oldtownyoga.co.uk Traditional Yoga 9.30am - 10.30am £10 For the yoga enthusiast 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 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 Watercolour Techniques for Beginners 2.00pm - 3.30pm Bus Stop Studios, 53 London Road, St Leonards-on-Sea, East Sussex 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, 2024 Location: UKCost: £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 Drawing for Fun 6.30pm - 8.30pm Bus Stop Studios, 53 London Rd, St Leonards Evening workshop with Nicola Jones £30 Saturday 16 March Zoom Hatha Yoga 9.00am - 10.00amonline 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 - 11.15amMorning Yoga via Zoom lamiles@hotmail.co.uk Morning Flow Yoga 10.00am - 11.00am Bank House, 144 London Rd, Hastings karen@yoga-by-the-sea.co.uk Pressed flower artwork workshop by Ukrainian florist Lida Floral 10.00am - 12.00pm The Crown, 64-66 All Saints St £35 per person to be paid in advance, includes all materials. Book by email: lidapopova@gmail.com 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 to run with with Hannah 10.15am - 11.15amMadre, 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 Sunday 17 March Sunrise Flow w/ Hannah 9.00am - 10.00amMadre, 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
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Crossword Solution No 247:
Across: 1. Rastas 3. E-Quit-Y 4. P-Robes Down: 1. Rise up (anagram) 2. (hear)Say yes(terday)

The HIP List

for different creative projects every week at the revamped St Andrews Mews. 5-10yrs. c.hwatts.art@gmail.com
Dance Movement Somatics
12.00pm - 2.00pm
All Saints Hall, 142 All Saints St
£15 every other Sunday, Led by Dance Movement Therapist Vix Thompson. movingandbeing.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-skylers

Monday 18 March 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 thechapelof-christsstillness.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, julians-ambadrums@gmail.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 - 6.30pm
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 martialart-shastings.com
Absolute Beginners Argentine Tango
7.00pm - 8.15pm
The Piper, 1 Norman Rd, St Leonards
Upstairs. Phoebe 07947 440502 / pennythepoet-ess@yahoo.co.uk
Darragh Dance
7.00pm - 8.00pm
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
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 Sq yeli@happinessholistichealth.uk
8.15pm - 9.45pm
The Piper, 1 Norman Rd, St Leonards
Upstairs. £8 Phoebe 07947 440502 / pennythepoet-ess@yahoo.co.uk

Tuesday 19 March Ashtanga Yoga - Assisted Self Practice
7.30am - 9.30am
The Wellington Health & Wellbeing Centre, 44 Wellington Sq
£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 - 9.30amVia 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.org/activehastings
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
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 to meet. umbrella-sussex.org.uk/news
French for Beginners
12.00pm - 1.00pm
The Common Room, Eagle House, 27-29 Cambridge Rd
Free Contact George 07835 808318
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 To book: eequ.org/activehastings
Online Chair Yoga
2.00pm - 3.00pmVia 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
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 Sq
£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
Chakra Yoga & Breathwork
7.30pm - 8.45pm
St Leonards Studio, Royal Victoria Joanna Allen the-humble-warrior.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
Country Dancing
7.45pm - 9.45pm
Saint Matthews Church Centre, St Matthews Church Centre, London Rd, Hastings
hastingscountrydance-club.org.uk

Wednesday 20 March Pump & Tone
9.00am - 9.45am
Isabel Blackman Centre, Winding St isabelblackmancentre.co.uk
Adventures Through Movement and Music (0-2 years)
9.00am - 10.00am
Mini Playhouse, 26 White Rock
£4 (free trial) pitterpatter-arts@gmail.com
Imaginative Ballet (2-4 years)
10.00am - 11.00am
Mini Playhouse, 26 White Rock
£4 (free trial) pitterpatter-arts@gmail.com
Qigong
10.00am - 11.00am
Isabel Blackman Centre, Winding St isabelblackmancentre.co.uk
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. info@artsonprescription.org
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 – lots more classes available for all levels
Españoles en Hastings FB page spanishonseaschool@gmail.com
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 catherineburnett12@gmail.com
Musical Drama (2-4 years)

The HIP List

11.00am - 12.00pm Mini Playhouse, 26 White Rock £4 (free trial) pitterpatter- arts@gmail.com Parent Toddler Singalong Session 11.30am - 12.00pm Early Help Keywork Service, Ocean House, 87-89 London Rd, St Leon- ards Free for children under 5 Therapeutic Yoga 12.30pm - 1.30pm The Hastings Centre the Ridge, The Ridge £7 All abilities welcome ninayoga.co.uk Let's Do Lunch 12.30pm - 2.00pm Isabel Blackman Centre, Winding St isabelblackmancentre.co.uk Legs Bums & Tums 1.00pm - 1.45pm Isabel Blackman Centre, Winding St isabelblackmancentre.co.uk Hatha Yoga for You 2.00pm - 3.00pm St Leonards Studio, Royal Victoria Louise@stleonards.studio Line dancing with Pat 2.15pm - 4.00pm Four Courts Wellbeing Hub, Sydney Cl, Hastings To book, email linedance- withpat@gmail.com or 07724 024227 Breathe Better 3.00pm - 3.45pm Isabel Blackman Centre, Winding St isabelblackmancentre.co.uk Mystical Yoga at The Bale House 4.45pm - 6.00pm The Bale House Hastings Country Park Visitor Centre, Lower Coastguard Ln, Fairlight £10 enchantedmalas@ gmail.com Yoga on the Harbour Arm 5.30pm - 6.30pm Hastings Old Town Outdoors oldtownyoga. co.uk Qigong with Sigrid 5.30pm - 6.30pm Suitable for all ages. Sigrid: qigongsigrid@gmail.com Martial Arts Free Trial Lesson 5.45pm - 6.45pm Ark Alexandra Academy (Staff entrance), Park Ave Families welcome. Booking required. Find out more at martialartshast- ings.com 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 kimhaviland@gmail.com	Laughter Yoga with Bev 6.30pm - 7.30pm The Jenny Lind Inn, 69 High St Upstairs bevjones@ laughyourselftohealth.com Hand Embroidery with Lady B Embroidery 6.30pm - 7.30pm Bus Stop Studios, 53 London Rd, St Leonards £18 drop ins Come and learn a set course or bring a project of your own. busstopstudios.com/ classes 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. busstopstu- dios.com/classes Buddhist Meditation and Dharma Teaching 7.00pm - 9.00pmIn person and via Zoom. hastings- buddhistgroup.co.uk Kundalini Yoga and Meditation Class 7.30pm - 8.45pm The Ballroom, Bank Hotel & Bistro, 28-29 Grand Parade, St Leonards £10 soulpowerkundaliniy- oga.co.uk Argentine Tango Social Dance 8.00pm - 11.00pm The White Rock Hotel, 1-10 White Rock Downstairs bar £8 for dancers, £3 non-dancers Contact Phoebe 07947 440502 pennythepoetess@ yahoo.co.uk Relaxation: Zoom class with Pilates teacher Sally Paffard 8.00pm - 9.00pm£4 sallypaffard@gmail.com Thursday 21 March Ashtanga Yoga – Assisted Self Practice 7.15am - 9.15am The Wellington Health & Wellbeing Centre, 44 Wel- lington Sq £15 ashtangayogahast- ings@gmail.com Gentle Wake Up Yoga 8.00am - 9.00am St Leonards Studio, Royal Victoria karen@yoga-by-the-sea. co.uk Circuits 9.00am - 10.00am Isabel Blackman Centre, Winding St isabelblackmancentre. co.uk Vinyasa Flow 9.30am - 10.30am St Leonards Studio, Royal Victoria karen@yoga-by-the-sea. co.uk	Beginners Spanish 9.30am - 10.30am 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 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 bal- ance. Seated or standing. lucy.jenner@moveitor- loseit.co.uk Games Club 10.00am - 12.00pm Isabel Blackman Centre, Winding St	you-can yogawithelenav- oce.co.uk Iyengar Yoga Classes 1.00pm - 2.00pm The Wellington Health & Wellbeing Centre, 44 Wel- lington Sq beginners welcome £10 (£5 for people struggling financially) howdowebe- nagain@gmail.com Needle Felt (4) 1.00pm - 2.00pm Isabel Blackman Centre, Winding St isabelblackmancentre. co.uk Indoor Bowls 1.30pm - 2.30pm Isabel Blackman Centre, Winding St isabelblackmancentre. co.uk Yoga with Marjolyn 3.00pm - 4.00pm St Leonards Studio, Royal Victoria	6.30pm - 7.30pm Hot Yoga Hastings, 21 St Peter's Rd, St Leonards hotyogahastings.co.uk Yoga for Men's Health 7.00pm - 8.00pm Helenswood Sports Centre, The Ridge £3 To book: eequ.org/ activehastings Meditation and Breathwork with Jung-ui 7.30pm - 8.30pm West Hill Community Centre, Croft Rd £55 for a four-week course jung-ui.co.uk Slow and Steady 7.30pm - 8.30pm St Leonards Studio Gentle yoga class with some breathwork and meditation. healingyogaw- ithkate.org Buddhist Meditation Group 7.30pm - 8.30pm Saint Nicholas Centre, St Nicholas Centre, London Rd, St Leonards £9/ £7 concession term time only Maitreya Buddhist Centre meditate- insussex.org Friday 22 March Breathe and Stretch with Karen Arthur 8.00am - 9.00am 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 - 10.00amZoom sallypaffard@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 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	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 martialartshast- ings.com Beginners Creative Writing Group 6.15pm - 7.15pm Clifton Centre, 1 and 2 Stainsby St, St Leonards Saturday 23 March Zoom Hatha Yoga 9.00am - 10.00amonline only Pranayama, practice and relaxation, video available. Louiselovesyo- ga@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 Zoom lamiles@hotmail.co.uk Morning Flow Yoga 10.00am - 11.00am Bank House, 144 London Rd, Hastings karen@yoga-by-the-sea. 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 martialartshast- ings.com Yoga to run with with Hannah 10.15am - 11.15amMadre, Peachy £9 hola@madre-sl. com Meditation and Breathwork with Jung-ui 10.45am - 11.45am The Stables Theatre, The Bourne Life drawing 11.30am - 1.30pm Hastings Contemporary, Rock-a-Nore Rd Start your weekend drawing at these friendly and sociable life drawing sessions at Hastings Contemporary. Ticket includes entry to all
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The HIP List

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

Sunday 24 March
Sunrise Flow w/ Hannah
9.00am - 10.00amMadre, 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
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-skyers

Monday 25 March
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 thechapelof-christsstillness.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, julians-ambadrums@gmail.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 - 6.30pm
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 are 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 / pennythepoet-ess@yahoo.co.uk
Darragh Dance
7.00pm - 8.00pm
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
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 Sq yeli@happinessholistichealth.uk 8.15pm - 9.45pm
The Piper, 1 Norman Rd, St Leonards Upstairs. £8 Phoebe 07947 440502 / pennythepoet-ess@yahoo.co.uk

Tuesday 26 March
Ashtanga Yoga - Assisted Self Practice
7.30am - 9.30am
The Wellington Health & Wellbeing Centre, 44 Wellington Sq £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 - 9.30amVia 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.org/activehastings
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 to meet. umbrella-sussex.org.uk/news
French for Beginners
12.00pm - 1.00pm
The Common Room, Eagle House, 27-29 Cambridge Rd Free Contact George 07835 808318
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 To book: eequ.org/activehastings
Online Chair Yoga
2.00pm - 3.00pmVia 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
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 Sq £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
Chakra Yoga & Breathwork
7.30pm - 8.45pm
St Leonards Studio, Royal Victoria Joanna Allen the-humble-warrior.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
Country Dancing
7.45pm - 9.45pm
Saint Matthews Church Centre, St Matthews Church Centre, London Rd, Hastings hastingscountrydance-club.org.uk

Wednesday 27 March
Pump & Tone
9.00am - 9.45am
Isabel Blackman Centre, Winding St isabelblackmancentre.co.uk
Adventures Through Movement and Music (0-2 years)
9.00am - 10.00am
Mini Playhouse, 26 White Rock £4 (free trial) pitterpatter-arts@gmail.com
Imaginative Ballet (2-4 years)
10.00am - 11.00am
Mini Playhouse, 26 White Rock £4 (free trial) pitterpatter-arts@gmail.com
Qigong
10.00am - 11.00am
Isabel Blackman Centre, Winding St isabelblackmancentre.co.uk
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. info@artsonprescription.org
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 – lots more classes available for all levels Españoles en Hastings FB page spanishonseaschool@gmail.com



Trinity Triangle Heritage Showcase a celebration event

Celebrate the rich heritage of the America Ground in Hastings.

On 20 March, from 3pm onwards, Hastings Commons are staging an afternoon and evening of celebration to commemorate the highlights of the four-year Trinity Triangle Heritage Action Zone (TTHAZ) project which ends in March 2024.

The TTHSHAZ project was a four-year regeneration programme, supported by Historic England, to breathe new life into a historic part of Hastings town centre: the Trinity Triangle and America Ground. The HAZ scheme has seen a drive to bring empty and run-down historic buildings back to life, alongside sharing stories of this neighbourhood.

From the beginning, the programme sought to tackle the twin issues of dereliction and gentrification in the America Ground area through key capital building restorations such as the Observer Building and 12 Claremont, while encouraging diverse and idiosyncratic expressions of local pride through cultural projects. The event on 20 March is an opportunity to learn more about the varied community activities that have taken place over the last four years and contribute to thinking about the next steps to continue heritage-focused community-led regeneration in Hastings & St Leonards.

PROGRAMME OF EVENTS

If you drop in to the Observer Building (3.00-5.30pm), you'll be able to see showcases of previous projects and take a tour of the whole building. You can try your hand at the Trinity Triangle VR game, enjoy Emma Har-

ding's Living Memories artwork, and check out the new Observer Building history room which tracks the history of this fascinating building in its centenary year.

In the evening, you can join Hastings Commons from 6pm (for a 6.30pm start) in the Observer Building event space for the launch of the new book *Back from the Brink* – The Observer Building: its rise, fall and rescue with a panel discussion featuring the editorial and writing team. Emma Harding will talk about her recent mixed media Living Memories project followed by a series of snappy presentations of projects supported by the Heritage Action Zone. The evening will finish with excerpts from the forthcoming *America Ground* – The Legend musical play (Fetch Theatre), with its startling resonance in the current local housing crisis.

The event is free for all to attend but does require a ticket for entry for both the drop-in afternoon sessions and the evening showcase. Tickets should be booked in advance via Eventbrite (eventbrite.co.uk/e/trinity-triangle-heritage-showcase-tickets -848267560107) or by telephone on 01424 230222.

The Observer Building is fully wheelchair accessible, but please note tours are only recommended for those with good mobility as lift access currently only reaches the 1st floor. Refreshments will be available to purchase from the café on the day.



Kirsten Callaghan as Mercedes Gleitze

A South Coast Splash!

SUSAN DESROSIERS speaks to an exciting new Sussex film director

At your next quiz night, if you were asked who was the first woman to swim the English Channel, you might suggest it was the American, Gertrude Ederle in 1926. And you'd be right. But who was the first English woman to swim the English Channel? The answer is Mercedes Gleitze, from Brighton. She swam the channel in 15 hours and 15 minutes on 7 October, 1927. So why has virtually no-one today heard of her?

When ambitious young director, Elliott Hasler, also from Brighton, heard about Mercedes' achievements, he decided to bring her inspiring story to life on the big screen. *Vindication Swim*, on general release from 8 March, and showing at the Electric Palace on 29 March, is the story of how this young woman, daughter of economic migrants, found a passion and talent for endurance swimming and became an international celebrity.

THE ROLEX GIRL

In the 1920s, when women were expected to marry and stay at home with the children, Mercedes not only successfully swam the channel (wearing a waterproof watch which made her a poster girl for Rolex), but later became the first ever person to swim the Straits of Gibraltar.

But controversy arose involving a competitor and Mercedes' swimming times, and this is a large feature of Hasler's film. Filmed entirely on the coast between Brighton and Dover and in the cinque port of Rye,

it stars Kirsten Callaghan as Mercedes and John Locke as her coach, with a score by Emmy winner Daniel Clive McCallum. When I spoke to Hasler, I asked how such a challenging production came about.

"It's been a long time coming. We started filming in August 2019. Covid pushed it back about a year, bang in the middle of the production. Because it's filmed in the channel, everything is real. There's no tanks, no body doubles, no green screens. Everything is genuine and authentic, so that posed a lot of challenges in terms of logistics."

I asked how Kirsten coped with the cold water of the channel. "She did all the swimming, so we could only put her in the water during the

months it was safe. It gave us a window of about four months in the summer when we could shoot. It was three consecutive summers out on the water shooting."

A TEENAGE SPIELBERG?

Hasler has been making films since the age of ten with friends and family (he tells me of childhood premieres complete with red carpet), and when he was 14 he made a feature film about his great-grandfather's experience in the Second World War. It took three years to make and was picked up, to his surprise, for a US and UK release. The success of *WWII: The Long Road Home* drove him to continue his film-making and partially funded the making of *Vindication Swim*.

One can't help making comparisons to the director Steven Spielberg when talking to Hasler, and he admits that the movie *Jaws* has been a terrific influence. Thankfully though, sharks were not one of the challenges in the making of this film.

Vindication Swim shows at the Electric Palace Cinema, High Street, Hastings on Friday 29 March at 7.30pm.



Director Elliott Hasler in the English Channel