Friday 7 June to Thursday 20 June 2024

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

The HIP List

The HIP List

MUSIC

Friday 7 June
Hastings Piano Concerto: Prizewinner's Picnic Concert
2.30pm - Fairlight Hall, Martineau Ln
Taylormania
6.30pm - Hastings Pier
Tom Reman & Alex Ho
7.30pm - Barnaby's Lounge, 46 Robertson St
Groove UK
7.45pm - Anchor Inn, 13 George St
Cut the Mustard
8.00pm - Tin Tins, 21 Robertson St
Tin Tins presents: Cut the Mustard
8.00pm - Tin Tins, 21 Robertson St
Furnace Lane Band
8.30pm - The Jenny Lind Inn, 69 High St

Saturday 8 June
Create Music Takeover
1.00pm - De La Warr Pavilion, Marina, Bexhill
Garage Nation on the Pier
2.00pm - Hastings Pier,
Rockstars Family Rave
2.30pm - Stade Hall, The Stade
Alexander Wolfe in-store show
2.30pm - Tough Love, St Leonards, Bohemia Rd,
Savage Pony instore show
3.00pm - 20 Silchester Rd,
Trippy Wicked
7.00pm - The Pig's Palace, White Rock
4 Teas and a Sugar
8.00pm - The Nags Head, Gensing Rd
Tin Tins Presents: Just Landed Duo
8.00pm - Tin Tins, Robertson St
The Ultimate Ozzy
8.45pm - The Carlisle, Pelham St
Tin Whisky Band
8.45pm - The Clarence, 391 London Rd
Dead Calm Live
9.00pm - East Hastings Sea Angling Association and Social Club, The Stade
The Kavemen Live
9.00pm - The Dolphin Inn, Rock-a-Nore Rd

Sunday 9 June
The Alewife's Birthday Bash - a day of music! - MG Boulter & Guests Play the Stag
3.00pm - Stag Inn, All Saints' St
Ragati String Band
4.00pm - The Jenny Lind Inn, 69 High St
Blue Cats
4.00pm - The Royal Oak Pett, Pett Rd, Pett
Groove UK
4.00pm - The Queens Head, Parsonage Ln, Icklesham
The Alewife's Birthday Bash - a day of music! - Rob Corcoran & the Necessary Evils
4.45pm - Stag Inn, 14 All Saints' St
Glen Dean and the Allstars
5.00pm - The Lord Nelson, Bourne St
Diamond Project 1066
5.15pm - Royal Standard, E Beach St
Logan Wilson
6.00pm - Calver Neighbourhood Bar, Marina, Albert Rd, Bexhill
The Alewife's Birthday Bash - a day of music! - Danny George Wilson Live
6.30pm - Stag Inn, All Saints' St
Voices From the East
6.30pm - Henry Ward Hall, Robertson St
Los Twangueros
7.00pm - The Jenny Lind Inn, High St
Marco Mendoza Trio
7.00pm - The Carlisle, Pelham St
Mick Wigfall Band
7.00pm - Albion Hastings, 33 George St

Monday 10 June
Bones Ate Arfa in-store
2.30pm - Tough Love, St Leonards, Bohemia Rd

Thursday 13 June
Geoff Mason with the Jazz Organisation
8.00pm - NUR Restaurant & Lounge, Robertson St

Friday 14 June
King Size Slim from the M/V Seawitch
6.30pm - Henry Ward Hall, Robertson St
The Kytes Play Bonfire Fundraiser
7.30pm - East Hastings Sea Angling Association and Social Club, The Stade

Saturday 15 June
Upbeat Summer All-dayer
1.00pm - The Pig's Palace, White Rock
Dub Generals
2.00pm - The Courtyard
Roots Reggae Pier Session
3.00pm - Hastings Pier, White Rock
Mighty Sounds
7.00pm - The Courtyard
Jools Holland and His Rhythm and Blues Orchestra
7.30pm - White Rock Theatre, White Rock
Tin Tins presents: Andy Twyman One Man Band
8.00pm - Tin Tins, Robertson St
Urgent Orange Live
9.00pm - The Dolphin Inn, Rock-a-Nore Rd
Sam Solace
9.30pm - The Forbidden Fruit, 22 Grand Parade,

Sunday 16 June
Stevie Bart
2.00pm - East Hastings Sea Angling Association and Social Club, The Stade
There will be music!
5.00pm - Stag Inn, All Saints' St

Tuesday 18 June
Irish Music Session
8.30pm - Albion Hastings, George St

Wednesday 19 June
Simon&ThePope - Avant Bavard
6.30pm - Kino-Teatr, Norman Rd

Thursday 20 June
Simon and Garfunkel: Through the Years
7.30pm - The White Rock Hotel, White Rock
The Jazz Organisation
8.00pm - NUR Restaurant & Lounge, Robertson St
Rattlebag Monthly Sing-a-round
8.30pm - Stag Inn, All Saints' St

WEEKLY MUSIC

Sundays
BYO Vinyl Night
7.00pm - The Jenny Lind Inn, 69 High St
Tin Tins Open Mic Night
6.00pm - Tin Tins, Robertson St

Mondays
Acoustic Revels at the Albert
8.00pm - Prince Albert, Cornwallis St
Acoustic Blues Club
8.00pm - The Jenny Lind Inn, High St

Tuesdays
Traditional Folk Open Sessions
8.30pm - Stag Inn
Albion Skiffle Company
8.30pm - Albion Hastings, George St
Sounds at the Hound Open Mic
7.00pm - Cactus Hound Bar, Western Rd

Wednesdays
The Kukes
8.00pm - The Dolphin Inn, Rock-a-Nore Rd
Folk Session at the Dolphin
8.00pm - The Dolphin Inn, Rock-a-Nore Rd
Every third Wednesday of the month.

Thursdays
Shanty Night
8.30pm - The Jenny Lind Inn, High St
Open Mic at the Pig
8.30pm - The Pig Hastings, White Rock

Fridays
Dine with Music
6.00pm - The Dolphin Inn, Rock-a-Nore Rd
The Get Down
7.00pm - The White Rock Hotel, White Rock
Tony the Pencil, The Wax Buzzard, One of a Kind
8.00pm - The Pig Hastings, White Rock
McNiff's Folk Sundowner
5.00pm - The Jenny Lind Inn, High St

PERFORMANCE

Friday 7 June
NT Live: The Motive and the Cue
7.00pm - Kino-Teatr, 43-49 Norman Rd
Out
7.30pm - The Stables Theatre, The Bourne
Lovinia Belle
9.30pm - The Forbidden Fruit, 22 Grand Parade

Saturday 8 June
Sweet
11.00am - Mini Playhouse, 26 White Rock
Magic Lantern Curios
2.00pm - White Rock Theatre, White Rock
HPO - Ensemble Orquesta Baroque
7.00pm - Rye Creative Centre, New Rd
The Silence of Snow - The Life of Patrick Hamilton
7.30pm - The Stables Theatre, The Bourne
Cassidy Connors
9.30pm - The Forbidden Fruit, 22 Grand Parade

Sunday 9 June
HPO - Ensemble Orquesta Baroque
7.00pm - Rye Creative Centre, New Rd

Monday 10 June
Comedy: Kirsten Brown, Chris Sav and Isabelle Farah
7.30pm - Heist Market, Norman Rd
hastingscomedyfestival.com.
Comedy: Colin Hoult and Angela Barnes
7.30pm - The Printworks, Claremont
hastingscomedyfestival.com.

The HIP List

Tuesday 11 June
The Royal Opera: Andrea Chenier
7.15pm - Kino-Teatr, Norman Rd
Comedy: "Brits Abroad: BANNED"
7.30pm - The Piper, Norman Rd
hastingscomedyfestival.com
Comedy: Mark Thomas
7.30pm - Observer Building, Cambridge Rd
hastingscomedyfestival.com
Comedy: Eddy Hare and Tim Reeves
7.30pm - Heist Market, Norman Rd
hastingscomedyfestival.com

Wednesday 12 June
Comedy: Martin Angolo and Ger Staunton
7.30pm - Brewing Brothers Courtyard, Source Park
hastingscomedyfestival.com
Comedy: Micky Overman and Michael Akadiri
7.30pm - Oscar's on the Square, Lower Promenade
hastingscomedyfestival.com
Comedy: Abi Clarke and Paul McCaffrey
7.30pm - The Piper, Norman Rd
hastingscomedyfestival.com
Comedy: Sue Hicks and Ian Lane
7.30pm - Ye Olde Pumphouse, George St
hastingscomedyfestival.com
Comedy: Taz Long and Richard Stott
7.30pm - The Jenny Lind Inn, High St
hastingscomedyfestival.com
Comedy: Adam Flood, Lucy Porter and Sam Willet
7.30pm - Albion Hastings, George St
hastingscomedyfestival.com

Thursday 13 June
Let's Sing Junior Choir Competition Final
6.30pm - White Rock Theatre,
Comedy: Andrew White, Susie McCabe and Dan Harding
7.30pm - Albion Hastings, George St
hastingscomedyfestival.com
Comedy: Shenoah Allen and Sam Savage
7.30pm - Cumbia Kitchen, Marina
hastingscomedyfestival.com
Comedy: Carl Carzana & Kieran Flynn, Stella Graham
7.30pm - Brewing Brothers Courtyard, Source Park,
hastingscomedyfestival.com
Comedy: Adele Cliff and Jake Baker
7.30pm - Ye Olde Pumphouse, George St
hastingscomedyfestival.com
Comedy: Richard Todd, Abi Cole & Ancika Mester
7.30pm - The Good Place, Havelock Rd
hastingscomedyfestival.com
Comedy: George Lewis and Alex Kitson
7.30pm - The Jenny Lind Inn, High St
hastingscomedyfestival.com
Comedy: Erika Ehler, Joe Sutherland and Nathan Cassidy
7.30pm - Oscar's on the Square, Lower Promenade
hastingscomedyfestival.com
Comedy: Desiree Burch and Robin Boot
8.00pm - The Piper, Norman Rd
hastingscomedyfestival.com

Friday 14 June
Gangster #1
7.30pm - Kino-Teatr, Norman Rd, St Leonards
Comedy: Dane Buckley and Dom McGovern, Peter Rethinasamy
7.30pm - Cumbia Kitchen, Marina
hastingscomedyfestival.com
Comedy: Kate Cheka and Benjamin Bankole Bello
7.30pm - Sugarpie Honeybuns, London Rd
hastingscomedyfestival.com
Comedy: Alexandra Haddow and Kizza
7.30pm - Brewing Brothers Courtyard, Source Park
hastingscomedyfestival.com
Comedy: Ali Woods and Katie Green
7.30pm - Albion Hastings, George St
hastingscomedyfestival.com
Comedy: Fathia El-Ghorri, Harriet Kemsley and Jaz Mattu
7.30pm - Electric Palace, High St
hastingscomedyfestival.com
Comedy: Plastic Jeezus and Elliot Steele
7.30pm - The Printworks, Claremont
hastingscomedyfestival.com
Comedy: Martin J Dixon, Will Robins and Phil Green
7.30pm - The Good Place, Havelock Rd
hastingscomedyfestival.com
Comedy: Josh Baulf
8.00pm - The Crypt, Robertson St
hastingscomedyfestival.com
Comedy: Tony Law and Russell Hicks
8.00pm - Oscar's on the Square, Lower Promenade
hastingscomedyfestival.com
Afri-Co-lab presents The Hero's Journey
9.00pm - Hastings Museum & Art Gallery, John's Place, Bohemia Rd

Saturday 15 June
Afri-Co-lab presents The Hero's Journey
5.30pm - Hastings Museum & Art Gallery, John's Place, Bohemia Rd
Kids Comedy at the Observer Building
11.00am - Observer Building, Cambridge Rd
hastingscomedyfestival.com
El Baldiniho's Magic Show and Workshop for Kids
1.00pm - Observer Building, Cambridge Rd
Comedy Newcomer of the Year Award
2.00pm - The Crypt, Robertson St
hastingscomedyfestival.com
Comedy Open Mic
2.00pm - Ye Olde Pumphouse, George St
hastingscomedyfestival.com
A Whole Day of Comedy at the Jenny Lind
2.30pm - The Jenny Lind Inn, High St
hastingscomedyfestival.com
Comedy: Aiden Goatley and Louise Atkinson
5.00pm - Ye Olde Pumphouse, George St
hastingscomedyfestival.com
Sitting Pretty With Kitty
5.00pm - The Jenny Lind Inn, High St
hiyaitsmekitty.com
Comedy: Jeff Innocent and Jack Hester
7.30pm - East Hastings Sea Angling Association and Social Club, The Stade
hastingscomedyfestival.com
Comedy: Kyrah Gray, Jordan Brookes and Frankie Monroe
7.30pm - Electric Palace, High St
hastingscomedyfestival.com
Comedy: Rebekka Turner, Will Rowland, James Tricky
7.30pm - The Good Place, Havelock Rd
hastingscomedyfestival.com
Comedy: the RH Experience
8.00pm - The Crypt, Robertson St
hastingscomedyfestival.com
Afri-Co-lab presents The Hero's Journey
9.00pm - Hastings Museum & Art Gallery, John's Place, Bohemia Rd
Comedy: the Late Show
10.00pm - East Hastings Sea Angling Association and Social Club, The Stade
hastingscomedyfestival.com

Sunday 16 June
Comedy: Sasha Ellen, Olga Koch
1.30pm - Sugarpie Honeybuns, London Rd
hastingscomedyfestival.com
Comedy: Madame Chandelier, Ali Brice
1.30pm - The Jenny Lind Inn, High St
hastingscomedyfestival.com
Comedy: Sooz Kempner, Juliette Burton, Sally Ann Fellowes
1.30pm - Electric Palace, High St
hastingscomedyfestival.com
Celebrating Bloomsday - The Ulysses in Art and Music - a talk and live jazz
3.00pm - Kino-Teatr, 43-49 Norman Rd, St Leonards
Comedy: The Secret Show
4.00pm - Sugarpie Honeybuns, London Rd
hastingscomedyfestival.com
Afri-Co-lab presents The Hero's Journey
9.00pm - Hastings Museum & Art Gallery, John's Place, Bohemia Rd

Wednesday 19 June
Big Summer Sing
5.00pm & 7.00pm - De La Warr Pavilion, Marina, Bexhill
The Bavard Bar
7.30pm - Kino-Teatr, Norman Rd, St Leonards
The Bavard Bar...is a night where three fabulous bavarders share three distinct passions.
kino-teatr.co.uk

WEEKLY PERFORMANCE

Tuesdays
Wild Poets
6.00pm - Art in the Park, Arts on Prescription
wildpoetswriting.eventbrite.co.uk

Fridays
Out of the Shadows Poetry Night
7.00pm - Eat @ The Stade, 30A Rock-a-Nore Rd
Book edboxall.co.uk/contact

ART

Art by Trisha Napier
Until 31 July
St. Leonard Pub, London Rd
Black Joy! Up Close and Personal
Until 25 August
Hastings Museum and Art Gallery, Bohemia Rd
Blooming Lovely
Until 1 June
Stables Theatre Art Gallery, The Bourne
Bruce Rae - Still Point of a Turning World
15 June until 28 July
Lucy Bell Gallery, Norman Rd
Elias Sime- Eregata
Until 8 September
Hastings Contemporary, The Stade
Further Reflections by Kevin Atherton
Until 16 June
Rogue Gallery, Norman Rd
It Matters to Me
Until 14 July
Hastings Museum and Art Gallery, Bohemia Rd
Lucy Evetts: The Voice Inside my Head
Until 14 July
Flatland Projects, Beeching Rd Studios, Bexhill
Mark Daniels
From 7 June
1200 Postcards, Queens Rd
New Ancient Tales - Mark Shepherd, Wendy Newell & Dan Dunton
11 June until 23 June
Hastings Arts Forum, Marine Court
Perfect is the Enemy of Good - Nathalie Frost & Richard Reinhardt
Until 9 June
Hastings Arts Forum, Marine Court
Quentin Blake – 100 Portraits
Until 8 September
Hastings Contemporary, The Stade
Quentin Carpenter
Until 30 June
The Crown, All Saints St
The Horror! Daniel H Bell, Tom Banks, Daisy Clarke, Zack Thorne
8 June until 6 July
Project 78 Gallery, Norman Rd
Tschabalalal Self: Seated
Until 29 September
De La Warr Pavilion (Lawn), Bexhill

CINEMA

Friday 7 June
Parent & Baby Screening: The Trouble with Jessica
12.00pm - Electric Palace, High St
electricpalacecinema.com
Family Fridays: The Iron Giant + Robot Making Workshop
3.30pm - Electric Palace, High St
electricpalacecinema.com
The Holdovers
7.30pm - Electric Palace, High St
electricpalacecinema.com.

Saturday 8 June
The Fall Guy
3.00pm & 7.30pm - Kino-Teatr, Norman Rd

Sunday 9 June
John Singer Sargent: Fashion and Swagger
11.00am - Electric Palace, High St
electricpalacecinema.com
The Fall Guy
3.00pm - Kino-Teatr, Norman Rd

Thursday 13 June
The Taste of Things
11.00am & 7.30pm - Electric Palace, High St

Sunday 16 June
American Movie
7.30pm - Electric Palace, High St

Wednesday 19 June
The Old Oak & Q&A
7.00pm - Electric Palace, High St

Thursday 20 June
Poor Things
2.00pm - Isabel Blackman Centre, Winding St
The Holdovers
7.30pm - Electric Palace, High St

WEEKLY CINEMA

Mondays
Movie Mondays
7.30pm - The Forbidden Fruit, Grand Parade
Contact venue for film info.
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

SPORTS FIXTURES

Saturday 8 June
Tennis: The Green Ladies v Chichester Racquets & Fitness - Sussex Summer Doubles Div 4
Saturday 8 June - The Green, St Leonards
Time TBC
Tennis: The Green Men v Maresfield II - Sussex Summer Doubles Div 8
Saturday 8 June - The Green, St Leonards
Time TBC
Cricket: Rye v Seaford - Sussex League Div 3
12.30pm - The Salts, Rye
Cricket: Crowhurst Park v Bolney - Sussex League Div 3
12.30pm - Crowhurst Park Cricket Club

Friday 14 June
Hastings Pier Euros 2024 Fanpark
8.00pm - Hastings Pier, 1-10 White Rock
Ticketed. Pre-register: 4thefans.tv

Saturday 15 June
Tennis: Amherst club tournament finals
Saturday 15 June - Amherst Gardens
Cricket: Hastings & St Leonards Priory v Worthing - Sussex Premier League
11.30am - Horntye Park

ACTIVE SPORT

Sundays
Table Tennis
10.00am - Isabel Blackman Centre, Winding St

The HIP List

isabelblackmancentre.co.uk
Indoor Bowls
10.00am - Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk

Mondays
Badminton
9.30am - Summerfields Leisure Centre, Bohemia Rd
freedom-leisure.co.uk
Active Hastings Street Sports
5.45pm - TN38 9TE, Whatlington Way,
Term time only. Register via Active Hastings.
Active Hastings Street Sports
6.30pm - Whatlington Way, Robsack Cage - Register via Active Hastings.
Hastings YMCA Badminton Club
8.30pm - The Y Centre, 26 St Paul's Rd,
hastingsymcabadminton-club.co.uk
Disability Cricket with Sussex Cricket
5.00pm - Horntye Park Sports Complex, Bohemia Rd,
sussexcricket.co.uk/super-1s-hub
Active Hastings Walking Football
6.00pm - TN34 2LD, Lower Park Rd
At Alexandra Park Multi-Use Games Area. £2. Adults 50+.
Booking essential eequ.org/experience/6144.
Badminton
8.00pm - Summerfields Leisure Centre, Bohemia Rd
freedom-leisure.co.uk

Tuesdays
Badminton
6.00pm - Summerfields Leisure Centre, Bohemia Rd
Booking: 01424 457691
Judo with Hollington Judo Club
Hollington Community Centre, 1 Wishing Tree Rd North,
6.15pm - £3.50 Reception to year 6
7.00pm - Years 7-11
8.00pm - Adults. Contact Neil Chalcraft
Hastings YMCA Badminton Club
8.30pm - The Y Centre, 26 St Paul's Rd,
hastingsymcabadminton-club.co.uk
Active Hastings Street Sports
4.45pm - TN34 3QB, Quantock Gardens
8 to 16 year olds. Register with Active Hastings
Active Hastings Street Sports
6.00pm - TN35 5QA, Farley Bank
Term time only 8 to 16 year olds Register on Active Hastings
Hastings Women's Park Rounders
6.30pm - Alexandra Park, St Helen's Rd
Between Dordrecht Way and Eat Cafe:
hastingsrounders@gmail.com
Open Training Session - Hastings United Women
6.30pm - Buckswood School, Rye Road
Register interest to 07857243502

Wednesdays
LTA Walking Tennis
11.00am - Alexandra Park Tennis Courts
Book: clubspark.lta.org.uk
Active Hastings Street Sports
4.45pm - TN35 5DB, Rye Rd
Term time only 8 to 16 year olds. Register with Active Hastings.
Badminton
7.00pm - Summerfields Leisure Centre, Bohemia Rd
Booking: freedom-leisure.co.uk
Hastings YMCA Badminton Club
8.30pm - The Y Centre, 26 St Paul's Rd, St Leonards, Hastings
Register: hastingsymcabad-mintonclub.co.uk
Badminton
9.30am - Summerfields Leisure Centre, Bohemia Rd
Booking: freedom-leisure.co.uk
Pickleball
3.00pm - Summerfields Leisure Centre, Bohemia Rd
Booking: freedom-leisure.co.uk
Open Training Session - Hastings United Women
6.30pm - Buckswood School, Rye Road
Register interest to 07857243502
Bexhill Mixed Outdoor Rounders
7.00pm - Down Road, Bexhill
fees/free games and *bookings: hastingsround-ers@gmail.com*
Hastings Pirates Baseball Club
7.00pm - Claremont Preparatory School, Ebden's Hill, Westfield
hastingsbaseball.co.uk

Thursdays
Active Hastings Street Sports
4.00pm - TN38 9DD, Sydney Cl
Term time. 8 to 16 year olds. Multi-sport. Register with Active Hastings.
Heart and Sole Runners
7.00pm - Grosvenor Gardens
Fun Easy Boxing
11.45am - Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk
Hastings Women's Park Rounders
6.30pm - Alexandra Park, St Helen's Rd
Booking and more info: hastingsrounders@gmail.com
Badminton
8.00pm - Summerfields Leisure Centre, Bohemia Rd
Booking: freedom-leisure.co.uk

Fridays
Table Tennis
2.30pm - Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk
Adults Badminton
9.30am - Summerfields Leisure Centre, Bohemia Rd
freedom-leisure.co.uk
Hastings YMCA Badminton Club
7.45pm - The Y Centre, 26 St Paul's Rd
hastingsymcabadminton-club.co.uk

EVENTS & ACTIVITIES

Friday 7 June
Free Portraits in 19th century Chinese Studio
1.00pm - Solaris Print Ltd, Norman Rd, St Leonards
Grace Lau's free portrait studio, a free digital copy. book a slot on Eventbrite
Others' Stories
6.00pm - The Beacon, St Mary's Terrace
Storytelling night
eventbrite.co.uk/e/909725000967

Saturday 8 June
Pop-up Clothes and Fabric Mini-market
10.00am - Bus Stop Studios, London Rd, St Leonards
Vintage and second hand, accessories and fabric.
Public Meeting on Academy Corruption
12.00pm - Henry Ward Hall, Robertson St
National Education Union tells parents, staff and the public why its members will strike.
Death Cafe
2.30pm - 25 Upper Maze Hill, St Leonards
St Michael's Hospice hosts a comfortable and casual forum on issues around death, dying and loss.

Sunday 9 June
Bring and Brag with Harold Offeh
12.00pm - Hastings Museum & Art Gallery, John's Place, Bohemia Rd
Presentation of objects that embody Black joy.
homeliveart.com
Auditions - Meet me at Dawn
2.00pm - The Stables Theatre, The Bourne
stablestheatre.co.uk.
Hastings Fishing Community - Memories Lost and Forgotten
3.00pm - Hastings Fishermen's Museum, Rock-a-Nore Rd
Tush and Pat return for another colourful talk. Tickets from the Fishermen's Museum or eventbrite.

Friday 14 June
Sewing Machine Awareness Day
12.00pm - Hastings Town Hall, Station Rd
Sewing machine learning session, free
umbrellasussex.org.uk/news/

Sunday 16 June
Sussex Day Celebration
11.00am - Ore Community Centre, Old London Rd
Hosted by Screaming Lord Brett and Aoi Bara Meditation.

Wednesday 19 June
Art in the Park Picnic
10.00am - Alexandra Park, St Helen's Rd
Funday with interactive creative workshops
info@arrsonprescription.org
Dave Valentine's Music Quiz
7.30pm - Twelve Hundred Postcards, 80 Queens Rd
Popular night - to guarantee a table email thebeerporter@gmx.com

WEEKLY EVENTS

Sundays
Hastings Beach Meditation
9.00am - Hastings Motor Boat & Yacht Club, Rock-A-Nore Parade
40mins quiet meditation on beach opposite. Check Hastings Beach Meditation on Facebook.

Mondays
Overeaters Anonymous
7.30pm - Clifton Centre, Stainsby St
Dementia Carer Support Group (carers only)
10.00am - Robsack Centre, Bodiam Dr,
Come for a chat and support, refreshments incl. Every 3rd Monday
discdementiasupport.org
Volunteering: Hidden Eden Wellbeing Garden
10.15am - 27 Parsons Cl, Hastings
Craig's Cabin asks for volunteers to turn this green community space into a sensory garden
craigscabin87@hotmail.com
Monday Night Quiz
8.00pm - Stag Inn, All Saints' St
Prizes for winning and losing teams.
For a table 01424 438791.

Tuesdays
Original OHPS Old Town Walks 2024
2.30pm - The West Hill Cafe, Castle Hill Rd
Walking tour of the Old Town. £6.
ohps.org.uk/walks
Bingo Night
7.30pm - The Dolphin Inn, Rock-a-Nore Rd
Booking advised: 01424 434326
Ruxley's Crew Morris
8.15pm - West Hill Community Centre, Croft Rd
Morris dancing - with a Hastings pirate twist!
crewruxleys@gmail.com
Sew It's Tuesday
7.00pm - 161 Bexhill Rd, Hastings
Share your crafting sewing, crochet, knitting or anything in-between
sewitstuesday@outlook.com
Sound Waves Community Choir
7.30pm - Salvation Army, St Andrew's Square
Free taster session.
No auditions.
admin@soundwaveschoir.org.uk

Wednesdays
Community Open House
11.00am - Afri-Co-Lab, Marine Court
Make Afri-Co-Lab your home, work space, chill-out lounge and studio for the day!
afri-co-lab.org
Tech Help
2.30pm - Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk
Bexhill Mixed Indoor Rounders
7.00pm - Bexhill College Sports Centre, Penland Rd, Bexhill
For fees/free games and bookings: hastingsround-ers@gmail.com
Busy Bees Singalong
10.30am - Hollington Youth Hub, Wishing Tree Rd N,
Free parent/carer toddler sing-a-long group. Term time only.
EHHastingsStLeonards@eastussex.gov.uk
Tech Help
2.30pm - Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk
Men's Walk and Talk
7.00pm - Azur, Marina Pavilion
Meet at Azur for a leisurely walk along the seafront with time to chat.
hannah.richards@mindcharity.co.uk or 07510927978.
Bexhill Mixed Indoor Rounders
7.00pm - Bexhill College Sports Centre, Penland Rd, Bexhill
For fees/free games and bookings: hastingsround-ers@gmail.com
The Stag Book Club
7.00pm - Stag Inn, All Saints' St
Toddle along at 7pm
The Class Choir
7.00pm - The Unitarian Church
Friendly, fun, Women's choir. Free taster sessions, no music reading or auditions.
theclasschoir@gmail.com

Thursdays
Hastings Mixed Indoors Rounders
7.00pm - Horntye Park Sports Complex, Bohemia Rd,
Fees/free games and bookings: hastingsrounders@gmail.com
A Load of Poets
7.30pm - Twelve Hundred Postcards, Queens Rd
Poetry open mic night.
Contact @loadofpoets
Sheer Poetry
6.00pm - Twelve Hundred Postcards, Queens Rd
Open mic, no entry fee, no pressure. Contact Book-Buster on Facebook.
Hastings Town Singers
7.00pm - Ark Castledown Primary Academy, Priory Rd
A friendly non-auditioning community choir. Free taster sessions.
hastingstownsingers.co.uk
Pub Quiz
7.30pm - The Dolphin Inn, Rock-a-Nore Rd
Free entry plus prize money to be won!! Booking recommended

Fridays
Singing Down Memory Lane
10.30am - St.Augustine's Church Hall, Bexhill-on-Sea
Free singing group for people with Dementia and their carers in Bexhill. Every 1st and 3rd Friday.
discdementiasupport.org
Dementia Carer Support Group (carers only)
11.00am - Robsack Centre, Bodiam Dr
Come for a chat and support, refreshments incl. Every 2nd Friday
discdementiasupport.org
Broomgrove Youth Club Sessions
4.30pm - Broomgrove Community Centre, Chiltern Dr
sarah.adams@freshvisions.org.uk

Saturdays
Indoor Market
10.00am - Saint Leonards Church Market, London Rd
Weekly market: clothes,

Crossword Solution No 253 :
Across: 1. Drag-on 3. Taping 4. Little (anagram) **Down**: 1. (lea)Den tal(l) 2. Niggle (anagram)

The HIP List

bits, food, tarot. Stalls still available.
stleoschurch.co.uk
Thai food at the Albert
2.00pm - The Royal Albert, Battle Rd
Hastings Library of Things
10.00am - Hastings Town Hall, Station Rd
Borrow tools and useful items, from bolt cutters to sewing machines, from tents to trombones.
umbrellasussex.org.uk.
Hastings and St Leonards Community Singing and Drumming Circle
6.00pm - Clifton Centre, Stainsby St,
All welcome. Food sharing, meditation, drumming, singing and sometimes dancing!
Read more at MeetUp.com.

WORKSHOPS

Saturday 8 June
Vision Board Workshop
10.00am - The Crown, All Saints' St
Create a vision board collage with Holly to align your thoughts with your hopes and dreams £25pp
Book: nourishmewellness-box@gmail.com
Sound immersion for the New Moon
4.00pm - 4-5 Shepherd St, St Leonards
The Humble Hub £20
Tamara Klein, the-humble-warrior.co.uk

Wednesday 12 June
Tapping Circle
10.30am - 4-5 Shepherd St
The Humble Hub £10
Sandesh Brown,
the-humblewarrior.co.uk
Sound Bath with Julie Scott-Russell
4.30pm - Kino-Teatr, 43-49 Norman Rd

Thursday 13 June
Writing Memoir with Jeremy Atherton Lin (a National Book Critics Circle Award winner for his book Gay Bar)
6.30pm - Trinity Street, Trinity St
Hastings Writers Workshop, final session of this course.

Friday 14 June
Letting Go Workshop
6.00pm - 161 Bexhill Rd,
Find out more via W.AVE Arts. Ticketed.

Saturday 15 June
Breathwork for emotional release
6.00pm - 4-5 Shepherd St, The Humble Hub £20
Heidi, Head body & mind,
the-humblewarrior.co.uk

Sunday 16 June
Women's Shakti Kirtan
7.00pm - 4-5 Shepherd St
The Humble Hub £15
the-humblewarrior.co.uk

Seasonal Flowers: Make & Glaze a Porcelain Piece
Saturday 15 June 2024
11am & 2pm
Have fun making your own porcelain piece inspired by the Spring at Liz Emtage Ceramic Studio, 22 Kings Road
Saturday 8 June: make your porcelain piece learning Liz's techniques.
Saturday 15 June: glaze your creation using a wide selection of glaze colours and learning Liz's glazing techniques.
The cost starts at £95 All materials & kiln firings included.
Each class on each day will be around two hours long.
To Book: Email Liz; liz@lizemtageceramics.com / Call 07941416251 / lizemtageceramics.com/pages/events

WEEKLY CLASSES

Sundays
Sunday Brunch-time Kid's Art Club
10.00am - Outside the Smokeshack, St Andrews Mews
Join Artist and Arts Educator Charlotte CHW for different creative projects every week
5-10yrs. £5, drop-in or stay full 2 hours.
c.hwatts.art@gmail.com
Yin Yoga
3.00pm - Hot Yoga Hastings, 21 St Peter's Rd
Mindful yoga with mat-based pilates.
hotyogahastings.co.uk
Big Yin Energy Yoga
3.00pm - The Wellington Health & Wellbeing Centre, Wellington Square
A session designed to restore the nervous system. £15
madre-sl.com
Moon Meditation & Sound Bath
7.30pm - 4-5 Shepherd St
The Humble Hub £15
Jo Allen, The Humble Warrior
the-humblewarrior.co.uk
Yoga Flow
9.15am - Isabel Blackman Centre, Winding St
Relaxing sensory class
isabelblackmancentre.co.uk.
Regency Dance Workshop
2.00pm - St Peter & St Paul Church in the Parish of St. John the Evangelist, Parkstone Rd
Monthly.
dianadancer@btinternet.com
Relax & Renew, Restorative Yoga
3.00pm - St Leonards Studio, Royal Victoria
Monthly only
karen@yoga-by-the-sea.co.uk

Mondays
Kettlebells
9.15am - Isabel Blackman Centre, Winding St
Full body strength class
isabelblackmancentre.co.uk
Pilates
9.30am - 4-5 Shepherd St
The Humble Hub £9.50
Sarah T
the-humblewarrior.co.uk
Cygnet Swans
9.45am - Isabel Blackman Centre, Winding St
Ballet for beginners.
Register: isabelblackmancentre.co.uk
Art Classes for Adults
10.00am - St John's Church, Pevensey Rd
All levels. £23 per session or cheaper for block/term.
sjflack.art
Choir Practice!
11.00am - The Chapel of Christ's Stillness, Moon Cottage
New singers of all ages welcome.
thechapelofchristsstillness.co.uk
Yoga Flow
11.30am - 4-5 Shepherd St
The Humble Hub £10
Rachael, Elevate Yoga
the-humblewarrior.co.uk
Vinyasa Flow
1.00pm - 4-5 Shepherd St
The Humble Hub £10
Karen, Yoga by The Sea
the-humblewarrior.co.uk
Chair Yoga
3.00pm - Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk
Silver Swans Ballet Class
4.00pm - Ore Community Centre, Old London Rd
Studio 2.
Contact: Annie 07704 711772.
Beginners Pointe Class
5.30pm - Ore Community Centre, Old London Rd
Studio 2.
Contact: Annie 07704 711772.
Meridian Yoga and Self Shiatsu with Steph
6.00pm - St Leonards Studio, Royal Victoria
steph@stleonards.studio
Beginners Vinyasa Flow
6.30pm - Hot Yoga Hastings, 21 St Peter's Rd
hotyogahastings.co.uk
Diva Dolls - Doll Making Evening Course
6.30pm - Bus Stop Studios, London Rd
5-week evening course
busstopstudios.com/classes
Argentine Tango - Absolute Beginners
7.00pm - The Piper, Norman Rd
£8, upstairs.
pennythepoetess@yahoo.co.uk
Yoga for Men's Health
7.00pm - Play Sport Fitness Hub £3.
Book via: eequ.org/experience/3120
Hastings Punk Choir
7.00pm - Electric Palace, High St
(And generally a drink or two in the Jenny Lind afterwards)
Ballet Barre
7.15pm - Hastings Old Town
oldtownyoga.co.uk
Kundalini Yoga & Meditation with Yeli
7.30pm - The Wellington Health & Wellbeing Centre, Wellington Square
yeli@happinessholistichealth.uk
Nature Fit
7.30pm - 4-5 Shepherd St
The Humble Hub £10
Stacey Cohen,
the-humblewarrior.co.uk
Argentine Tango - Improvers & Intermediate
8.15pm - The Piper, Norman Rd
£8, upstairs.
pennythepoetess@yahoo.co.uk
Gentle Flow Yoga
7.45am - The Wellington Health & Wellbeing Centre, Wellington Square
Gentle and inclusive yoga class. £10. Info:
twigtea.com
Slow Flow Yoga (Open Level)
9.30am - St Leonards Studio, Royal Victoria
karen@yoga-by-the-sea.co.uk
Beginners Vinyasa Flow
9.30am - Hot Yoga Hastings, St Peter's Rd
hotyogahastings.co.uk.
Circuits
10.00am - Isabel Blackman Centre, Winding St
Cardio and weighted exercise.
isabelblackmancentre.co.uk
Yoga Over 60 – maintaining movement
11.00am - St Leonards Studio, Royal Victoria
zowie@stleonards.studio
Silver Swans Ballet
11.15am - Isabel Blackman Centre, Winding St
No experience required.
isabelblackmancentre.co.uk
Cancer Rehab
1.00pm - Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk
LGBTQ+ social meet
2.15pm - Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk
Origami
3.00pm - Isabel Blackman Centre, Winding St
Drum Club
4.15pm - West Hill Community Centre, Croft Rd
£6.50. Booking essential.
15–16-year-olds.
juliansambadrums@gmail.com
Darragh Dance
5.30pm - 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.
Candlelit Yoga
6.00pm - All Saints Hall, All Saints' St
oldtownyoga.co.uk
Writers Workshops - Developing Your Craft
6.30pm - Trinity Street, Trinity St
For new members £195 for ten sessions.
hastingswritersworkshop.com
Martial Arts Free Trial Lesson
7.00pm - Ark Alexandra Academy (Staff entrance), Park Ave
Families welcome.
Booking required. Find more at martialartshastings.com

Tuesdays
Ashtanga Yoga - Assisted Self Practice
7.30am - The Wellington Health & Wellbeing Centre, Wellington Square £15
ashtangayogahastings@gmail.com
Intermediate Pilates
9.00am - Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk
Daoist Qi Gong
9.00am - St Leonards Studio, Royal Victoria
andreacorsoQG@yahoo.com
Pilates: with a roller, with Sally Paffard
9.00am - Zoom
sallypaffard@gmail.com
Pilates with Lucy Paffard
9.30am -
lucypaffard@gmail.com
YOYO Arts Club
10.00am - Art in the Park, Alexandra Park
Beginners French
10.00am - Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk
5 Rhythms Dance
10.00am - 4-5 Shepherd St
The Humble Hub £15
Emma Dance,
the-humblewarrior.co.uk
5 Rhythms Movement Metaphor
10.00am - Crown House, Marina
£15 or £12 concession, £10 for beginners
info@artsonprescription.org
Writers Workshops - Developing Your Craft
10.00am - Trinity Street, Trinity St
£195 for ten sessions
hastingswritersworkshop.com
Creating a healthier you
10.00am - Broomgrove Community Centre, Chiltern Dr
Free. eequ.org/activehastings
The Crown Knitters
10.30am - The Crown, All Saints' St
Weekly group who knit for local charities
thecrownhastings.co.uk/events
Conversational French
11.00am - Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk
Needle Felt
11.00am - Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk
Hot Yoga Hastings
11.00am - Hot Yoga Hastings, 21 St Peter's Rd
hotyogahastings.co.uk
Chair Based Exercise
11.00am - Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk
Vinyasa Yoga for Wellbeing with Dr Palito
12.30pm - 4-5 Shepherd St
The Humble Hub £10
drop in.
the-humblewarrior.co.uk
Art Textile Workshop for Adults
1.00pm - 7-9 Langham Rd
£5 Booking required,
sensoftplay.co.uk
Needle Felt 2
1.00pm - Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk
Brain Function Fitness
1.00pm - Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk
Boxercise
1.45pm - Broomgrove Community Centre, Chiltern Dr
£3 or free for Broomgrove residents.
Book: eequ.org/activehastings
Online Chair Yoga
2.00pm - Zoom
sueyoga1066@gmail.com
Art & Social Club
2.00pm - Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk
Hand Embroidery with Lady B Embroidery
2.00pm - 53 London Rd
Also Wednesdays 6.30pm-7.30pm

The HIP List

Women's Community wellbeing Yoga
2.00pm - 4-5 Shepherd St The Humble Hub, donation based, Seraphina, *the-humblewarrior.co.uk*
Weight Training Beginners
3.00pm - Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk
Ore Youth Club Sessions
4.30pm - Ore Community Centre, Old London Rd
sarah.adams@freshvisions.org.uk
Knitting Yarns
5.00pm - Sugarpie Honeybuns, London Rd
Rachel: 07397 794879
Traditional Yoga
5.00pm - Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk
Gary Marriott's Tune up Tuesdays
5.15pm Town Centre
Text 07986 911083 for info
Pilates with Sally Paffard
5.30pm - West Hill Community Centre, Croft Rd
Small class,
07973 530911
Feel better with Therapeutic Movements
5.30pm - Salvation Army Hall, All ages.
qigongsigrid@gmail.com
Sunset Flow with Hannah
6.00pm - The Wellington Health & Wellbeing Centre, Wellington Square £9.00
hola@madre-sl.com
Hatha Vinyasa Yoga
6.00pm - 4-5 Shepherd St The Humble Hub £10 Veronica Hare, *the-humblewarrior.co.uk*
Silver Swans Ballet Class
6.30pm - Ore Community Centre, Old London Rd
Annie: 07704 711772
Vinyasa Flow
6.30pm - Bank House Studio -
karen@yoga-by-the-sea.co.uk
Lino Printing Evening Course
6.30pm - Bus Stop Studios, London Rd
busstopstudios.com/classes
Buddhist Meditation Class
7.30pm - St Nicholas Centre, London Rd
£9/£7 conc. Term time, Maitreya Buddhist Centre
meditateinsussex.org
Seen on Screen Dance with Rosie
7.45pm - The Y Centre, St Paul's Rd £10 on the door.
sos.dance
Country Dancing
7.45pm - St. Matthews Church Centre, London Rd
hastingscountrydanceclub.org.uk

Wednesdays

Yoga Flow
7.30am - 4-5 Shepherd St The Humble Hub £10 Rachael, Elevate Yoga, *the-humblewarrior.co.uk*
Pump & Tone
9.00am - Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk
Adventures Through Movement and Music (0-2 years)
9.00am - Mini Playhouse, 26 White Rock
£4 (after free trial)
pitterpatterarts@gmail.com
Imaginative Ballet (2-4 years)
10.00am - Mini Playhouse, 26 White Rock
£4 (after free trial)
pitterpatterarts@gmail.com
Dare Your Truth: Poetic Storytelling with Naomi Wood
10.00am - Trinity Street, Trinity St
£180 for 8 sessions
hastingswritersworkshop.com
Qigong
10.00am - Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk
Wellbeing Wednesdays
10.00am - Art in the Park, Alexandra Park
Light refreshments & creative activities, enhancing your wellbeing.
info@artsonprescription.org
Crowninos Kids Group
10.00am - The Crown, All Saints' St
Songs, stories and vibes. 0-4 year-olds and their carers.
Spanish – Adult Beginners
10.00am - First floor, 7 Cambridge Rd
£15 Classes available for all levels. spanishonse
school@gmail.com
Parent Toddler Singalong Session
10.30am & 11.30- Early Help Keywork Service, Ocean House, London Rd
Free for children under 5.
Elemental Yoga with Catherine
10.30am - St Leonards Studio, Royal Victoria £7
catherineburnett12@gmail.com
Musical Drama (2-4 years)
11.00am - Mini Playhouse, 26 White Rock
£4 (free trial)
pitterpatterarts@gmail.com
Therapeutic Yoga
12.30pm - The Hastings Centre the Ridge, The Ridge
£7 All abilities welcome.
ninayoga.co.uk
Let's Do Lunch
12.30pm - Isabel Blackman Centre, Winding St
Home-cooked two course menu for under £10
isabelblackmancentre.co.uk
Legs Bums & Tums
1.00pm - Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk
Hatha Yoga for You
2.00pm - St Leonards Studio, Royal Victoria
Louise@stleonards.studio
Line dancing with Pat
2.15pm - Four Courts Wellbeing Hub, Sydney Cl
linedancewithpat@gmail.com
HIIT cardio
3.00pm - Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk
Mystical Yoga at The Bale House
4.45pm - The Bale House Hastings Country Park Visitor Centre. £10.
enchantedmalas@gmail.com
Qigong with Sigrid
5.30pm - Greek Orthodox Church of Saint Mary Magdalene and Community Hall, St Margarets Rd
Suitable for all ages.
Contact: qigongsigrid@gmail.com or 07492 209190
Martial Arts Free Trial Lesson
5.45pm - Ark Alexandra Academy (Staff entrance), Park Ave
Families welcome.
Booking required: martialartshastings.com
Yoga with Marjolyn
6.00pm - St Leonards Studio, Royal Victoria
07929 577985
Adult Tap Class for Beginners
6.15pm - 7 Mercatoria, St Leonards
kimhaviland@gmail.com
Laughter Yoga with Bev
6.30pm - The Jenny Lind Inn, High St. Upstairs.
bevjones@laughyourselfto-health.com
Hand Embroidery with Lady B Embroidery
6.30pm - 53 London Rd
busstopstudios.com/classes
Buddhist Meditation and Dharma Teaching
7.00pm - In person and via Zoom.
tsebg.org/local-groups
Aoi Bara Meditation
7.30pm - Peachy Self Care Studio
Donation only community meditation class.
aoibarameditation.co.uk
Kundalini Yoga and Meditation Class
7.30pm - The Ballroom, Bank Hotel & Bistro, Grand Parade. £10.
soulpowerkundaliniyoga.co.uk
Argentine Tango Social Dance
8.00pm - The White Rock Hotel, White Rock
Downstairs bar. £8 for dancers, £3 non-dancers.
pennythepoetess@yahoo.co.uk
Relaxation: Zoom class with Pilates teacher Sally Paffard
8.00pm - £4.
sallypaffard@gmail.com

Thursdays

Ashtanga Yoga – Assisted Self Practice
7.15am - The Wellington Health & Wellbeing Centre, Wellington Square
£15. ashtangayogahastings@gmail.com
Gentle Wake Up Yoga
8.00am - St Leonards Studio, Royal Victoria
karen@yoga-by-the-sea.co.uk
Relaxing Yoga
8.00am - Arthur Easton Centre, Upper Maze Hill
£10 per session
myranicol@gmail.com
Circuits
9.00am - Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk
Vinyasa Flow
9.30am - St Leonards Studio, Royal Victoria
karen@yoga-by-the-sea.co.uk
Qigong with Sigrid
9.30am-10.30am
West Hill Community Centre Croft Road, Hastings
Contact: 07492 209190 or qigongsigrid@gmail.com
Yoga at Hastings Contemporary
9.50am - Hastings Contemporary, Rock-a-Nore Rd
oldtownyoga.co.uk
Move It or Lose It!
10.00am - The Hastings Centre the Ridge
also 11.15am-12.15pm. £6 per class. First class free. Friendly, low impact exercise for older adults.
lucy.jenner@moveitorloseit.co.uk
Circle Dancing
10.30am - Hastings Unitarian Church, South Terrace
£3. Good for body, mind and spirit.
Healthy Joints
10.30am - Isabel Blackman Centre, Winding St
info@artsonprescription.org
Tai Chi for Health and Relaxation
10.30am - St John's Parish Hall, Brittany Rd. £5.
Stuart 07961 949715
Pilates
11.00am - 4-5 Shepherd St The Humble Hub
£9.50, Sarah T, *the-humblewarrior.co.uk*
Needle Felt (3)
11.00am - Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk
Chakra Yoga & Sound
12.30pm - 4-5 Shepherd St The Humble Hub £10
Jo Allen, The Humble Warrior,
the-humblewarrior.co.uk
Online Vinyasa Flow with Elena Voce
12.45pm - Classes for all levels. Pay-what-you-can.
yogawithelenavoce.co.uk
Iyengar Yoga Classes
1.00pm - The Wellington Health & Wellbeing Centre, Wellington Square
Beginners welcome. £10 (£5 conc)
howdowebeginagain@gmail.com
Needle Felt (4)
1.00pm - Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk
Tai Chi
1.00pm - Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk
Yoga with Marjolyn
3.00pm - St Leonards Studio, Royal Victoria
Contact: 07929 577985
Pilates (beginners)
3.00pm - Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk
Tilekiln Youth Club Sessions
5.30pm - Tilekin Commu-

follow us on St Leonards Studio
www.stleonards.studio
studio hire – info@stleonards.studio

ST. LEONARDS STUDIO CIC
HOLISTIC CLASSES & THERAPIES

Timetable for June 2024
@ royal victoria hotel

mon	tues	wed	thur	fri
9:15 – 10:30 slow flow yoga karen@stleonards.studio	8:00 – 9:00 qigong andrea@stleonards.studio	9:00 – 10:00 pilates garuda sally@stleonards.studio	7:30 – 8:30 wake up yoga karen@stleonards.studio	10:30 – 12:30 mindful yoga zowie@stleonards.studio
11:00 – 12:30 yoga over 60 zowie@stleonards.studio	9:00 – 10:00 qigong andrea@stleonards.studio	10:30 – 11:45 elemental yoga catherine@stleonards.studio	9:30 – 10:30 slow flow yoga paula@stleonards.studio	1:00 – 2:00 vinyasa & yoga nidra gina@stleonards.studio
1:00 – 2:00 yoga flow emily@stleonards.studio	10:30 – 11:30 qigong catherine@stleonards.studio	12:30 – 1:30 shamanic sounds gabrielle@stleonards.studio	3:00 – 4:00 exploring yoga marjolyn@stleonards.studio	2:30 – 3:30 chair yoga zowie@stleonards.studio
6:00 – 7:15 fundations of yoga zowie@stleonards.studio	5:30 – 7:00 scaravelli inspired yoga annie@stleonards.studio	2:00 – 3:00 hatha yoga louise@stleonards.studio	6:00 – 7:00 dynamic flow james@stleonards.studio	
		6:00 – 7:00 exploring yoga marjolyn@stleonards.studio	7:30 – 8:30 slow & steady yoga kate@stleonards.studio	

weekend workshops

yoga teacher training
teachyoganaturally.org
annie@stleonards.studio

shiatsu practitioner training
shiatsucollege.co.uk
annie@stleonards.studio

Classes can be subject to change. Please check website for available therapies and contact class teachers for more details.

A Love Letter to Hastings: The Hero's Journey

Afri-Co-Lab's The Hero's Journey is a feat of community passion and excellence. It is also a site-specific promenade show.

Set in 2124 at Hastings Museum and Art Gallery, we travel a hundred years into the future to find Hastings awash with love, joy, and equity. Somehow we made it through, and the show takes us on a tour back to 2024 to meet the Hero, who set the ball in motion to this fairer future world. But as we know, history is selective and time will always uncover the truth.

"To be involved in the creation of something that speaks so powerfully to the heart of humanity's struggles at this pivotal time of increasing awareness and revolutionary change happening in the world, has been an opportunity I'll always treasure."
Ade Thomas,
Community Participant

Afri-Co-Lab leads 37 community participants and 11 local and 3 local-ish arts professionals in creating this theatrical magic. The show is experienced on the move, around the grounds of the Hastings Museum and Art Gallery. The action unfolds through a company of actors, show guides, epic set and design with all the audio shared through silent disco headphones.

Community theatre often gets a bad rep as a lesser artistic endeavour. This group of theatre professionals, with experience in big-name productions across London and the country, are redefining the genre. They have created a piece of theatre about a town they now call home that stands up in its own right.

"This show is about all of us, where you may feel you are, where you may feel you aren't, and taking a chance on ourselves."
Kim Batty,
Community Performer

"We came to it knowing only the title of the show and co-created with the cast, directors and design team. I can't tell you how much fun it's been - experimenting,playing around with ideas and creating a truly collaborative event with the community in its very bones."
Laura Dunton Clarke,
Community Performer

The show lasts about an hour and is suitable for ages 12+. It's a fun and heartfelt love letter to Hastings and all who reside in her. Captions and a number of hearing loops are available at every performance. The show takes place mainly on level ground, with the use of a lift in the main building.

Tickets are available online & at Hastings Museum and Art Gallery, with a sliding scale of £15/£10/£5.
Some free tickets are available for those who find the cost a barrier (email afri.co.lab.uk@gmail.com).
We hope you join us!
Friday 14 June 9pm
Saturday 15 June 5:30pm & 9pm
Sunday 16 June 9pm
At Hastings Museum & Art Gallery

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nity Centre
sarah.adams@freshvisions.org.uk
Kundalini Yoga & Meditation with Yeli
6.00pm - The Wellington Health & Wellbeing Centre, Wellington Square
yeli@happinessholisticchealth.uk
Tantra Yoga
6.30pm - 4-5 Shepherd St The Humble Hub £10 Lisa Powell,
the-humblewarrior.co.uk
Mandala Vinyasa Flow (Advanced)
6.30pm - Hot Yoga Hastings, 21 St Peter's Rd
hotyogahastings.co.uk
Bus Stop Knit Club - weekly knitting group
6.30pm - Bus Stop Studios, 53 London Rd
busstopstudios.com/classes
Meditation and Breathwork with Jung-ui
7.30pm - West Hill Community Centre, Croft Rd
£55 for a four-week course.
jung-ui.co.uk
Slow and Steady
7.30pm - St Leonards Studio, Royal Victoria
Gentle yoga class with some breathwork and meditation.
healingyogawithkate.org

Fridays

Pilates - Intermediate
9.00am - 4-5 Shepherd St The Humble Hub £9.50, Sarah T,
the-humblewarrior.co.uk
Traditional Yoga
9.00am - Horntye Park Sports Complex, Bohemia Rd
Intermediate class £12
ninayoga.co.uk
Qigong: Feel better with Therapeutic Movements
9.30am - Salvation Army Hall
Suitable for all ages.
qigongclass.co.uk
Seated Exercise Class
10.15am - Play Sport Fitness Hub, Elphinstone Road
For those who struggle to exercise while standing. £3.30.
Booking essential eequ.org/experience/7024

Classical Yoga
10.30am - 4-5 Shepherd St The Humble Hub £10 Kate Shaw,
the-humblewarrior.co.uk

Breathe Better
11.00am - Isabel Blackman Centre, Winding St
Fitness class for those with mild COPD and asthma.
isabelblackmancentre.co.uk
Slow & Steady Mobility
1.00pm - Isabel Blackman Centre, Winding St
Easy and accessible standing workout.
isabelblackmancentre.co.uk
Chair Yoga – A supported approach
2.30pm - St Leonards Studio, Royal Victoria
Supported yoga for those with reduced mobility. £6.
zowie@stleonards.studio
Womb Yoga
5.30pm - 4-5 Shepherd St The Humble Hub £15 Seraphina,
the-humblewarrior.co.uk
Chi Kung/QiGong
6.00pm - Ore Community Centre, Old London Rd
Gentle movements for wellbeing. Donation only.
aoibarameditation.co.uk
Aoi Bara Meditation
7.00pm - Ore Community Centre, Old London Rd
An hour of guided meditations. Donation only.
aoibarameditation.co.uk
Breathe and Stretch with Karen Arthur
8.00am - Afri-Co-Lab, Marine Court
Start the weekend energised and refreshed. £5 concessions
afri-co-lab.org
Pilates: mixed ability with Sally Paffard
9.00am - Zoom class
sallypaffard@gmail.com
IBC Traditional Yoga
9.30am - Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk
Beginners Spanish
10.00am - Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk
Mindful Yoga
10.30am - St Leonards Studio, Royal Victoria
A slow meditative practice. £12, concessions available.
stleonards.studio/classes/mindful-yoga/
Conversational Spanish
11.00am - Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk
Yin Yoga
11.30am - Horntye Park Sports Complex, Bohemia Rd
Floor-based yoga for all. £7
Ninayoga.co.uk
Mini retreats
2.00pm - 4-5 Shepherd St The Humble Hub £15 - alternate weeks, Jo Allen,
the-humblewarrior.co.uk
Senior Strength
3.00pm - Isabel Blackman Centre, Winding St
Introduction to the gym facilities.
isabelblackmancentre.co.uk
Martial Arts Free Trial Lesson
5.45pm - Ark Alexandra Academy (Staff entrance), Park Ave
Families welcome.
Booking required:
martialartshastings.com
Beginners Creative Writing Group
6.15pm - Clifton Centre, Stainsby St
info@thecliftoncentre.com
Chanting Choir
8.00pm - Ore Community Centre, Old London Rd
Deepening our wellbeing through chants of the world, no singing ability required. Donation only.
aoibarameditation.co.uk

Saturdays

Aerobics class
8.00am - 4-5 Shepherd St The Humble Hub £8 Jensy Azucena,
the-humblewarrior.co.uk
Power Sunrise Flow
9.00am - With Hannah £9
madre-sl.com
Strong Yoga with Lucy
10.00am - Morning Yoga via Zoom
lamiles@hotmail.co.uk.
Martial Arts Free Trial Lesson
10.00am - Ark Alexandra Academy (Staff entrance), Park Ave
Families welcome.
Booking: martialartshastings.com
Meditation and Breathwork with Jung-ui
10.45am - The Stables Theatre, The Bourne
Instagram: @meditate.with.jungui
Yoga Flow
11.30am - Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk
Flow & Restore Yoga
2.00pm - 4-5 Shepherd St The Humble Hub £16 Karen, Yoga by the Sea,
the-humblewarrior.co.uk
Zoom Hatha Yoga
9.00am - Online only. Pranayama, practice and relaxation
Louiselovesyoga@gmail.com
Pure stretch
9.15am - Isabel Blackman Centre, Winding St
All abilities stretching class.
isabelblackmancentre.co.uk
Morning Flow Yoga
10.00am - Bank House, London Rd
Ease into your weekend with some mindful movement and breathwork.
yoga-by-the-sea.co.uk
Beginners Weight Training
10.30am - Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk
Intermediate French
11.00am - Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk
Gong Bath Sessions
2.00pm - 4 Courts Wellbeing Centre, off Sydney Close
Find out more via GongVibrations1066 on Facebook

THE REFUGEE BUDDY PROJECT

June 15 – 23 | Events listings

What's on	When	
East Sussex College Hastings, School of Art & Design *Featuring works exploring the theme of Our Home in relation to displacement and safety, explored in the Annual Student Shows.* @escghastings_art | @hastingsartfoundation	*Diploma Show: Open Eve* **Fri 14th** *Leisure Summer Show:* *Open Eve* **Fri 21st 5pm-8pm** *See website for opening hours*	1
Samar Abu Elouf at Electro Studios Exhibition: The Light from Hell *Samar is a Palestinian Photographer documenting life in Gaza. 'The Light From Hell', completed before Oct 2023, focuses on the electric power cuts in Gaza where people had been living under siege for decades before the current catastrophe. More than two million Palestinians are suffering the consequences of a continuous blockade on all aspects of daily life and living with the absence of power, in every sense.* @samarabuelouf | @electro_studios_project_space	*Running:* **15th –16th** *and* **20th-23rd** *Gallery hours:* **11am-5pm** *Open Eve:* **Fri 21st 6-9pm**	
Jamie Sinclair at Electro Studios Exhibition: Hjem *Hjem (Northumberland dialect for 'home') is a short film about hospitality and kindness in Ashington, the filmmaker's hometown. Ex-mining community welcoming refugees and people seeking asylum.* @_jamie.sinclair_ | @electro_studios_project_space	*Running:* **15th –16th** *and* **20th-23rd** *Gallery hours:* **11am-5pm** *Open Eve:* **Fri 21st 6-9pm**	2
Electro Studios Growing Home *Come be a part of planning Electro's modular roof garden overlooking The Dove Cafe's Great Dixter planted containers. Participate in the growing exhibition upstairs at Electro Studios.* @the.dove.cafe | @electro_studios_project_space	*Running:* **15th –16th** *and* **20th-23rd** *Gallery hours:* **11am-5pm** *Open Eve:* **Fri 21st 6-9pm**	
Hastings Young Writers Workshop: Letters Home *Young people can drop-in into the White Rock Hotel to write letters about or to 'Our Home' for Refugee Week, with Hastings Young Writers Workshop. Featuring poems from Ukraine.* FREE for 10-17 year olds. @Hastings-Young-Writers | @hastingsiseverybody	**Mon 17th** **4.30-6.30pm.**	3
Abraham Osorio 'Our Home' mural at Bullet Coffee House *Abraham Osorio is a street artist/muralist from El Salvador. Come and watch his new mural take shape. Abraham is supported by TRBP and Stella Dore Gallery.* @abraham.o1 | @bulletcoffeehouse | @stelladore_gallery	*Painting start:* **Mon 17th** *Completed:* **Wed 19th**	4
The Dove Café at The Crown: Home Cooking *A special Palestinian dish from The Dove guest chef Roa Al Madi, offered exclusively at The Crown for Refugee Week.* Booking advisable. @the.dove.cafe | @thecrownhastings	**Mon 17th – Sun 23rd** *Open everyday for lunch and dinner*	5
The Refugee Buddy Project with Hastings Museum and Art Gallery: Flavours Without Borders – Film and Exhibition *A series of meals and conversations around culinary heritage created a space to share treasured tastes, memories and objects. The resulting film Flavours Without Borders captures the untold stories of Hastings' intergenerational, multinational community and their diverse experiences of migration to Hastings.* | @therefugeebuddyproject @thedovecafe | @hastings_museum	*Open to the public from:* **June 18th – July 7th** **Sat 10am-5pm** **Sun 19th 10am-4:30pm**	6
Arts on Prescription Picnic in the Park *Free family picnic celebration with food, creative workshops and outdoor activities around the theme of 'Our Home'.* | @artintheparkaop	**Wed 19th** **10am-3pm**	7
East Sussex College Hastings, School of Art & Design **Textile Banner Making Workshop** *A workshop making banners on the theme of Our Home, open to the public.* Maximum 16 people. Free, booking essential at melodie.bright@escg.ac.uk @escghastings_art | @hastingsartfoundation	**Wed 19th** **10am–1pm** *Show Open:* **21-25th**	8
Electric Palace Cinema Screening of Ken Loach's 'The Old Oak' *Screening and Q&A with Producer Rebecca O'Brien. Tickets £10 (proceeds go to The Refugee Buddy Project).* Booking essential. @electricpalacehastings	**Wed 19th –** **7pm**	8
The St Leonard Pub Pub Quiz 'Keep Calm and Carry On' *Test your knowledge of all things Brit...ish.* *£1 entry on the night. All profits to The Refugee Buddy Project.* Book a table with the pub via instagram. | @thestleonard	**Wed 19th** **8pm**	9
Hastings Art School Hastings Art School Workshops and Exhibition *A pop-up exhibition and free artist-led workshops exploring the theme of our home, at the HAS unit in Priory Meadow.* Free, drop-in. @hastingsartschool	**Thurs 20th** **10-11.45am** *and* **2.15-4.30pm**	10
WORLD REFUGEE DAY – celebrating a collaboration between the Refugee Buddy Project & DLWP – 20th June 5.30- 8.30pm		
Stitch for Change, De La Warr Pavilion, Storytime: Your Banner, Your Story *Your Banner Your Story' created through the Stitch for Change Project, led by artists Janey Moffat and Erin Lewis, will be performed at the De La Warr Pavilion on World Refugee Day.* | @delawarr | @storytime.site @stitch_for_change | @therefugeebuddyproject To register email: Sarah@therefugeebuddyproject.org	**Thurs 20th June – 21 July** **6:45-8pm**	11
Young Creatives Collective: Exhibition – Our Home *Young Creatives Collective Exhibition celebrating "Our Home". YCC is a mentoring project for young people from asylum seeker, refugee and migrant backgrounds to explore their creativity, education and career opportunities. This is a partnership between The Refugee Buddy Project, The De La Warr Pavilion, The Magnum Photos Foundation and The Peter Marlow Foundation, supported by University of the Creative Arts.* @delawarr | @shannonghannam | @therefugeebuddyproject	*Open evening:* **Thur 20th 5.30-6.30pm** *Open:* **Fri 21st – Sun 23rd June,** **10am-5pm**	11
St Leonards Ceramics Studio: *CLCS students will create and sell a ceramics piece inspired by the RW theme of home, alongside a free, drop-in ceramics taster workshop.* | @stleonardsceramics	*Open Eve:* **Fri 21st 6pm-9pm** *Sale & taster session:* **Sat 22nd 10am-5pm**	12

COMMUNITY PICNIC		
The Refugee Buddy Project & guest Chef Roa A Community Picnic open to all – Solstice & Solidarity *A community picnic with music, dancing and food provided by our community and Chef Roa al Madi.* ***The Community Picnic is supported by The Chalk Cliff Trust and Legacy of War.*** | @the.dove.cafe	**Fri 21st** **6-8pm**	13
Hastings Bike Project Bike Ride *A bike ride from Hastings Bike Project (Warrior Square seafront) to the Old Bathing Ground picnic, via Galley Hill, playing our collaborative 'Home' playlist.* | @hastingsbikeproject	**Fri 21st** **5-6pm**	14
West Marina Beach Clean – Clean Water Action Group Beach Clean *Community beach clean for all ages - collective care for our seaside home* | @cleanwateractgp	**Fri 21st** **5-6pm**	
Migrants in Culture Visual Scribing at The Community Picnic *Artist Javie Huxley will capture the people and conversations at the picnic, in her vibrant graphic style, and create a unique visual memory of the event.* This will become available as a poster to buy in aid of TRBP. | @javhux @migrantsinculture	**Fri 21st** **6-8pm**	
Lucia Scazzocchio – Social Broadcasts Sonic Storytelling project *Sonic Stories will be capturing audio tales of home, from people at the picnic, for their Sonic Storytelling project.* | @socialbrdcsts	**Fri 21st** **6-8pm**	13
Marlyn Lopez Cumbia Performance *Dance Cumbia! Marlyn Lopez will be performing Colombian Cumbia, a traditional Latin dance form.* | @msrl_art	**Fri 21st** **8.30-9pm**	
Flatland Projects, Bexhill: Make Yourself at Home *Come and celebrate the artist buddying between Young Creatives Collective and artists at Beeching Rd Studios, plus a new public artwork on display.* Refreshments from Three Legs Brewery. @flatland_projects | @thethreelegs	**Sat 22nd** **12-4pm**	15
Common Clay, Bexhill *Drop-in workshop, making with locally found clay, creating a display, exploring 'Home and Belonging'. Accompanying exhibition documenting 'Wild Clay' workshop from RW 23.* FREE. Food to share. | @common.clay	**Sat 22nd** **12-4pm**	16
The Old Ambulance Station Bexhill: The Big Cardboard Co-Lab *Come and co-create a collective cardboard creative action in sustainability, solidarity and resilience.* FREE. | @the_oldambulancestation	**Sat 22** **11am-** **3pm**	17
Legacy of War: Story Trail *Collect three zines sharing the stories of refugees supported by Legacy of War foundation.* Free to pick up at the following locations: *Hastings Museum & Art Gallery, Hastings Contemporary, De La Warr Pavilion and Hastings Library.* | @legacyofwarfoundation	**Sat 15th –** **Sun 23rd**	
Hastings Contemporary: Drawing Hub *Our Home at Hastings Contemporary. For Refugee Week, explore your idea of 'Our Home', with a range of drawing materials in a free, dedicated drawing space at the gallery.* @_art_on_sea | *Closed Monday + Tuesday*	**Sat 15th –** **Sun 23rd** **11am-** **5pm**	18
Towner Eastbourne & Devonshire Collective Riviera Lunch Club *Devonshire Collective & Towner Eastbourne host a special lunch featuring Navine G. Dossos' new artwork, Riviera and recipes cooked from The Enthum House Cookbook.* **Invitation only** for people supported by Sanctuary Cafe & Enthum Foundation. | @townergallery @devonshirecollective | @enthumhouse	**Thurs** **20th** **12.30-** **3pm**	19
Hastings Community of Sanctuary Sanctuary Festival *Annual festival of community solidarity celebrates 'Our Home' with music, food, panel talks and exhibitions: Black Joy and Flavours without Borders.* | @hsrefugees | @hastings_museum @the.dove.cafe | @playingtheracecarduk	**Sun 23rd** **12–6pm**	6

WINDOW DISPLAYS		
The Dove Cafe *Window display of limited edition prints for sale by local artists: Georgie Wheeler, Mark Daniels, Peter Quinell, Alex Milway and Quentin Blake curated by Paul Coomey.* @hastingsiseverybody	**Monday** **17th –** **Sunday** **23rd**	20
Hastings Borough Council *Three works by Art Students from East Sussex College at Muriel Matters House.* | @escghastings_art		21
Afri-Co-Lab *New work by artist Kim Sheung,originally from Hong Kong and now resident in Hastings.* @Afri.co.lab		22

VENUES

1. East Sussex College Station Approach, Hastings TN34 1BA
2. Electro Studios Gallery 5 Seaside Rd, Saint Leonards-on-sea TN38 0AL
3. White Rock Hotel, 1-10 White Rock, Hastings TN34 1JU
4. Bullet Coffee House, 38 Robertson St, Hastings TN34 1HT
5. The Crown, 64-66 All Saints' St, Hastings TN34 3BN
6. Hastings Museum & Art Gallery John's Place, Bohemia Rd, Hastings TN34 1ET
7. Art in the Park, Alexandra Park, The Old Bowling Green, St Helens Rd, Hastings TN34 2EL
8. Electric Palace Cinema, 39A High St, Hastings TN34 3ER
9. The St Leonard Pub, 16-18 London Rd, Saint Leonards-on-sea TN37 6AN
10. Priory Meadow Shopping Centre, Queens Road, Hastings, TN34 1PH
11. The De La Warr Pavilion, Studio Space, Marina, Bexhill-on-Sea TN40 1DP
12. St Leonards Ceramics Studio, 36 Marina, Saint Leonards-on-sea TN38 0BU
13. Old Bathing Pool, Cinque Ports Way, Saint Leonards-on-sea TN38 0FD
14. Hastings Bike Project, Lower Promenade, Warrior Square, St Leonards on Sea, TN37 6BA
15. Flatland Projects, Beeching Rd, Bexhill-on-Sea TN39 3LJ
16. Common Clay Beeching Road Studios, Beeching Rd, Bexhill-on-Sea TN39 3LJ
17. The Old Ambulance Station, 10 Beeching Rd, Bexhill-on-Sea TN39 3LJ
18. Hastings Contemporary, Rock-a-Nore Road, Hastings TN34 3DW
19. Devonshire Collective, DC Learn, 1–5 Seaside, BN22 7NA
20. The Dove Cafe, 19 Bexhill Rd, Saint Leonards-on-sea TN38 0AH
21. Muriel Matters House, Breeds Pl, Hastings TN34 3UY
22. Afri-Co-Lab, 3 Marine Court, TN38 0DX

www.therefugebuddyproject.com

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Refugee Week
COMMUNITY FUND
East Sussex County Council