

Friday 19 July to Thursday 1 August 2024

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

The HIP List



The Hastings Weather Service are looking for a volunteer. If you are interested in being part of a Hastings service stretching back nearly 150 years, then email info@hastingsweather.org with your contact details and you will be sent a copy of the job description.

FESTIVALS

Saturday 20 July
Hastings Pirate Day ‘24
70s Explosion Festival
10.00am - De La Warr
Pavilion, Marina, Bexhill
Free Event

Friday 26 July
Boogie by The Sea
4.00pm - The Oval,
Bohemia Rd
with Billy Ocean, Sister
Sledge, Boney M and Soul
II Soul.

Saturday 27 July
Hastings Reggae Festival
12.00pm - The Oval,
Bohemia Rd
with Taurus Riley, Aswad,
Mad Professor and more
**Burger Jam ft. HotWaX,
Snayx and more**
12.00pm - Half Man! Half
Burger, The Yard at
Waterworks Road
Free outdoor fest with
local bands
JackoFest
2.00pm - De La Warr
Pavilion, Marina, Bexhill
dlwp.com/event/jackofest/

Thursday 1 August
**Hastings Old
Town Carnival**
Thursday 1 August -
*oldtowncarnivalweek.
co.uk/events/*

MUSIC

Friday 19 July
Beatwave 2024: Day 1
5.00pm - The Pig’s Palace,
37 White Rock
Surf punk from DJs and
live bands.
**A Night of Jazz with
Adrien Brandeis**
7.30pm - Kino-Teatr,
43-49 Norman Rd
**Lost in Music: One Night
at the Disco**
7.30pm - White Rock
Theatre, White Rock
**Kid Kapichi (Semi
Acoustic)**
8.00pm - The Piper,
1 Norman Rd
Tickets on DICE
Word of Nod
8.00pm - The Carlisle,
24 Pelham St
Moody rock w/ Quantum
Mist + Joe Clements
Steve Fizz
8.15pm - Pissarro’s,
10 South Terrace

Saturday 20 July
Beatwave 2024 Day 2
1.00pm - The Pig’s Palace,
37 White Rock
Surf/Punk/Garage rock
all dayer
**Kid Kapichi (Semi
Acoustic)**
3.00pm - The Piper,
1 Norman Rd

The Informers
6.00pm - The Jenny Lind
Inn, 69 High St
Funk/Soul/Blues band
Michael Starring Ben
7.30pm - White Rock
Theatre, White Rock
Vexed
8.15pm - East Hastings Sea
Angling Association and
Social Club, The Stade
Rock/pop covers
Any Minute No
8.30pm - The Carlisle,
24 Pelham St
Anthemic punks - w/ From
a Twisted Mind and Punka
Buoy (band) + Ben Maier
8.30pm - Barnaby’s
Lounge, 46 Robertson St
2 accomplished local
songwriters
Dead Calm
9.00pm - Dolphin Inn
Pop/Rock/Soul covers

Sunday 21 July
**Beatwave 2024: Market
and DJs**
12.00pm - The Pig’s Palace,
37 White Rock
Vintage market + DJs
**Horizon - Wyndham Earl,
Easy Green, Man Ray**
1.00pm - Dark Circles
Coffee & Music Bar,
6 Marine Court
House/Soul/Funk on vinyl
Ritchie Lee
2.00pm - East Hastings Sea
Angling Association and
Social Club, The Stade
Twitten Revellers
3.00pm - Dolphin Inn
Folk 5 piece
Helen Sharpe
4.00pm - Porters,
56 High St
**Glamrox Glamtastic
Sunday**
4.00pm - Old King John,
39-41 Middle Rd
Pirate Day w. Caboose
4.00pm - The Jenny Lind
Inn, 69 High St
**Danny Horn and the
Shared Myths**
5.00pm - Stag Inn,
14 All Saints’ St
Contemporary folk group

Tuesday 23 July
Heathen Apostles
7.30pm - The Jenny Lind
Inn, 69 High St
Gothic Americana from
L.A

Thursday 25 July
Hillbilly Vegas
7.30pm - The Carlisle,
24 Pelham St

Friday 26 July
Millie’s Nightclub
7.00pm - White Rock
Theatre, White Rock
Kitten Kaboodle
7.30pm - Dolphin Inn
**Montague Armstrong
Presents Backroom
Sessions**
7.30pm - The Pig’s Palace,

37 White Rock
**BEAU + Josephine Davies
Trio + Jury Service**
7.30pm - Kino-Teatr,
43-49 Norman Rd
U turn band
8.15pm - Pissarro’s,
10 South Terrace
Diamond Projects
8.45pm - Conquerors
March, Stonestile Ln

Saturday 27 July
Amber Shift
4.00pm - Barnaby’s
Lounge, 46 Robertson St
**The Twitten Revellers +
Tom Kelly**
5.00pm - The Jenny Lind
Inn, 69 High St
Fundraiser for Conquest
Hospital Radio
Longshore Drifters
7.00pm - The Courtyard
Cosmic country
Dead Rabbits
7.30pm - Dolphin Inn
indie/rock covers
New Shoes Blues
8.00pm - Anchor Inn,
13 George St
4 piece blues
**On Thin Ice: Pink Floyd
Tribute**
8.30pm - The Carlisle,
24 Pelham St
**Queer on the Pier’s Beach
Ball After Party**
9.00pm - White Rock
Theatre, White Rock

Sunday 28 July
Sussex Brass Concert
2.00pm - Alexandra Park
Bandstand,
75 Lower Park Rd
Free - donations towards
Hastings Sierra Leone Link
Keith Goodall
2.00pm - East Hastings Sea
Angling Association and
Social Club, The Stade
Suedehead Sunday
4.00pm - Twelve Hundred
Postcards, 80 Queens Rd
60s/70s reggae+soul on
vinyl
Blues Against Youth
4.00pm - The Jenny Lind
Inn, 69 High St
Roots/blues/country
GhostRiders - reborn
4.15pm - The Bull Inn,
530 Bexhill Rd
Blues/Rock/Soul covers
Ben Maier at the Stag
5.00pm - Stag Inn,
14 All Saints’ St
Heartland rocker
**Waiting for the Miracle -
Jason McNiff and
Gabriel Moreno**
7.30pm - Henry Ward Hall,
45 Robertson St
Celebration of Leonard
Cohen

Thursday 1 August
**The BIG Hastings
Lifeboat Concert**
3.00pm - The Stade,
Rock-a-Nore Rd
Free concert to celebrate

CHECK THE 411 WITH MIKE WILLIS

July 28
**Waiting for the Miracle a
tribute to the poetic
genius of Leonard Cohen
from Jason McNiff,
Gabriel Moreno and
company.**

London and Hastings-linked
leading singer-songwriters,
Jason McNiff and Gabriel
Moreno celebrate poetry in
songwriting with a focus on
Leonard Cohen. The two
make it personal, weaving
in their own captivating
songs alongside Cohen’s clas-
sics - showcasing the power
of Cohen’s inspiration on
their own work.

Though Gibraltar-born
Moreno and Yorkshire-
raised McNiff are polished
musicians in their own
right, the ‘Miracle’ is elevat-
ed by the virtuous violin of
Richard Moore and, local
artist, musician, idea ma-
chine, business owner and
all round dude, Matt Arm-
strong on double bass.

This show, having al-
ready seen some success
with a popular run at The
Stables, returns to Hastings

at Henry Ward Hall on Sun-
day, July 28th.

*Details and Booking at
mikeslist.uk*



July 18
**The Power of Love: Chris
New’s “searingly funny”
tailor-made tale of
familial drama**

Playwright, Actor and Green
Curry Wizard, Chris New
doesn’t just teach his stu-
dents the fundamentals of
acting, he drops them into
the fire and gives us a show.
It’s always a fresh work, and
puts on display brilliant pro-
fessional actors alongside
new talent.

If their last effort, Har-
vest, is any indication, ‘Pow-
er’, will deliver some witty
banter, powerful storytell-
ing, and some well-coached

stagecraft.
If you think this is
bog-standard local theatre,
give it a go and you’ll see
why Chris’ immersive ap-
proach is worth the price of
admission.

*Details and Booking at
stlconcerts.co.uk*



What is the 411?
The 411 is a list of shows I
am excited about locally.
Some will be shows and
events I’m helping to bring
to Hastings, and others
will be pulled from the
many brilliant local
promoters and groups in
our Scene. If you have
heard about or are
involved in an exciting
event coming to Hastings,
please send details to
mike@mikeslist.uk.

RNLI 200th birthday
Weekly Music

Sundays
BYO Vinyl Night
7.00pm - The Jenny Lind
Inn, 69 High St

Tuesdays
**Sounds at the Hound
Open Mic**
7.00pm - Cactus Hound
Bar, 33 - 35 Western Rd
Weekly Open Mic Night,
hosted by Steve Didge
Albion Skiffle Sessions
8.30pm - Albion Hastings,
33 George St
Every 2nd and 4th Tuesday
of the month
**Traditional Folk Open
Sessions**
8.30pm - Stag Inn

Wednesdays
The Other Band
8.00pm - The Dolphin Inn,
11-12 Rock-a-Nore Rd
Classic Blues, R&B and
Americana.
Open Mic
7.00pm - The Piper,
1 Norman Rd
Weekly. Hosted by Steve
Didge

Thursdays
Shanty Night
8.30pm - The Jenny Lind
Inn, 69 High St
Grab a pint, grab a lyrics
sheet and join in.
Open Mic Night
7.00pm - The Pig’s Palace,

37 White Rock
Open Mic
7.45pm - The Nags Head,
8-9 Gensing Rd
Monthly first Thursday

Fridays
Dine with Music
6.00pm - The Dolphin Inn,
11-12 Rock-a-Nore Rd
Full menu plus specials.
Guest singers begin from
7.30pm.
Custard Caravan
4.00pm - Barnaby’s
Lounge, 46 Robertson St
Monthly variety show
McNiff’s Folk Sundowner
5.00pm - The Jenny Lind
Inn, 69 High St
Acoustic strand with a
different guest every week

PERFORMANCE

Friday 19 July
**Kamikaze Komey at
Crown House**
7.00pm - Crown House,
Marina
Betty Blue Eyes
7.30pm - The Stables
Theatre, The Bourne

Saturday 20 July
**HPO Wind Quintet Coffee
Concert**
11.00am - Battle Baptist
Church, Mount St
The Taming of the Shrew
2.00pm - Half House Farm,
Butcher’s Lane, Three Oaks
Betty Blue Eyes

2.30pm - The Stables
Theatre, The Bourne
The Taming of the Shrew
6.30pm - Half House Farm,
Butcher’s Lane,
Three Oaks
Betty Blue Eyes
7.30pm - The Stables
Theatre, The Bourne
**Vicki Vivacious (from Ru
Paul’s Drag Race)**
9.30pm - The Forbidden
Fruit, 22 Grand Parade

Sunday 21 July
Coffee Concert:
Dominika Fehér - Violin
11.00am - Kino-Teatr,
43-49 Norman Rd
The Taming of the Shrew
3.00pm - Half House Farm,
Butcher’s Lane, Three Oaks

Tuesday 23 July
Becoming Tosca
7.30pm - The Stables
Theatre, The Bourne

Wednesday 24 July
**The Extraordinary
Time-Travelling
Adventures of Baron
Munchausen**
2.00pm - White Rock
Theatre, White Rock
Becoming Tosca
7.30pm - The Stables
Theatre, The Bourne

Thursday 25 July
Benched
7.30pm - The Stables
Theatre, The Bourne
Hastings Philharmonic

The HIP List

Orchestra Vivaldi 4 Seasons and Grieg Holberg Suite
8.00pm - De La Warr Pavilion, Marina

Friday 26 July Every Brilliant Thing
7.30pm - The Stables Theatre, The Bourne
Drag With No Name
9.30pm - The Forbidden Fruit, 22 Grand Parade
Palmerama’s Comedyrama Stand Up Comedy Night
8.00pm - Tin Tins, 21 Robertson St
Last Friday of every month

Saturday 27 July Will Tell and the Big Bad Baron
3.00pm - Stade Hall, The Stade
Every Brilliant Thing
7.30pm - The Stables Theatre, The Bourne

Sunday 28 July Fireman Sam
3.30pm - White Rock Theatre, White Rock

Monday 29 July The ParkinSongsters Summer Concert
3.00pm - St John the Evangelist Church, Hollington, Upper Church Rd

Tuesday 30 July The Power of Love
7.30pm - The Stables Theatre, The Bourne

Wednesday 31 July The Power of Love
7.30pm - The Stables Theatre, The Bourne

ART

Art by Trisha Napier
Until 31 July
st Leonard Pub, London Rd
Barbara Kasten - Site Lines
Until 1 September
De La Warr Pavilion
Black Joy! Up Close and Personal
Until 25 August
Hastings Museum and Art Gallery, Bohemia Rd
Bruce Rae - Still Point of a Turning World
Until 28 July
Lucy Bell Gallery, Norman Rd
Catherine O’Toole Scott - My Eclectic Mix
Until 27 July
Stables Theatre Art Gallery, The Bourne
Changing Spaces - Group Show
Until 21 July
Hastings Arts Forum, Marine Court
Derrick Haughton

Until 20 July
Solaris Gallery, Norman Rd
Elias Sime- Eregata
Until 8 September
Hastings Contemporary, The Stade
Gulls, Gulls, Gulls
Until 11 August
The Cake Rooms, Robertson St
Jo Israel - On the Edge of Nothingness
Until 6 October
Hastings Museum and Art Gallery, Bohemia Rd
Landscapes - Group Exhibition
Until 28 July
Rogue Gallery, Norman Rd
Lucy Evetts: The Voice Inside my Head
Until 14 July
Flatland Projects, Beeching Rd Studios
Near Portrait Experience
Until August 31
Baker Mamonova Gallery, Kino-Teatr, Norman Rd
Photopia - International Photographic Exhibition
23 July until 4 August
Hastings Arts Forum, Marine Court
Quentin Blake – 100 Portraits
Until 8 September
Hastings Contemporary, The Stade
Rebecca Bellantoni: Day & Heavy, Judah Leaves
Until 1 September
De La Warr Pavilion
Scenes and People
29 July until 28 September
Stables Theatre Art Gallery, The Bourne
Stitch for Change Exhibition
Until 21 July
North Staircase, De La Warr Pavilion
Tschabalalal Self: Seated
Until 29 September
De La Warr Pavilion (Lawn)
Welcome to Garretworld! - Scott Garrett
Until 31 July
The Crown, All Saints St

CINEMA

Friday 19 July Jubilee + Hastings Punk Choir
7.30pm - Electric Palace, 39A High St

Saturday 20 July The Bikeriders
3.00pm, 7.30pm - Kino-Teatr, 43-49 Norman Rd
Challengers
7.30pm - Electric Palace, 39A High St

Sunday 21 July Hook
11.00am - Electric Palace, 39A High St
The Pirate

2.30pm - Electric Palace, 39A High St

Wednesday 24 July Orlando. My Political Biography
3.00pm, 7.30pm - Kino-Teatr, 43-49 Norman Rd

Thursday 25 July Monster
11.00am, 7.30pm - Electric Palace, 39A High St
The Bikeriders
7.30pm - Kino-Teatr, 43-49 Norman Rd

Friday 26 July Copa 71
7.30pm - Electric Palace, 39A High St

Saturday 27 July The Bikeriders
3.00pm - Kino-Teatr, 43-49 Norman Rd
Do the Right Thing + Pizza Pop Up!
7.30pm - Electric Palace, 39A High St

Sunday 28 July Review
11.00am - Electric Palace, 39A High St
B Movie Fan Club: The Hideous Sun Demon
7.30pm - Electric Palace, 39A High St

Thursday 1 August Back to Black
11.00am - Electric Palace, 39A High St
Take Action Man! Plus Q&A with Filmmakers & Project Rewild
7.30pm - Electric Palace, 39A High St

WEEKLY CINEMA

Mondays Movie Mondays
7.30pm - The Forbidden Fruit, 22 Grand Parade
Contact venue for film info.

SPORT

Saturday 27 July Tennis: The Green Men v Southdown II - Sussex Summer Doubles Div 8

Saturday 27 July The Green Lawn Tennis Club,
68-70 Tower Rd W
Cricket: Hastings & St Leonards Priory v Cuckfield - Sussex Premier League
11.30am - Horntye Park

ACTIVE SPORT

Sundays Table Tennis
10.00am - Isabel Blackman

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

Mondays Badminton
9.30am - Summerfields Leisure Centre, Bohemia Rd
Adult class £5.60, hosted by Cathy Bargh Booking *freedom-leisure.co.uk*
Active Hastings Street Sports
5.45pm - Whatlington Way
Term time only football drop in for 8 to 16 year olds. Register via Active Hastings
Active Hastings Street Sports
6.30pm - Robsack Cage, Whatlington Way
Multi-sports drop in sessions for 8 to 16 year olds. Register via Active Hastings.
Hastings YMCA Badminton Club
8.30pm - The Y Centre, 26 St Paul’s Rd
£5 Adults, young people, beginners welcome
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 - Lower Park Rd
Alexandra Park Multi-Use Games Area £2 Adults 50+ Booking *eequ.org/experience/6144*
Badminton
8.00pm - Summerfields Leisure Centre, Bohemia Rd
£5.60 Adults Booking *freedom-leisure.co.uk*

Tuesdays Active Hastings Street Sports
4.45pm - Quantock Gdns
Drop in sessions for 8 to 16 year olds. Register your child with Active Hastings
Active Hastings Street Sports
6.00pm - 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. Fun and friendly rounders for women of all ages. For booking and more info: *hastingsrounders@gmail.com*

Judo with Hollington Judo Club
8.00pm - Hollington Community Centre, 1 Wishing Tree Rd N
£5 Adults. Contact Neil Chalcraft
Badminton
6.00pm - Summerfields Leisure Centre, Bohemia Rd
£5.60 or £4.70 with a Leisure Pass. Booking: *01424 457691*
Hollington Judo Club
6.15pm - Hollington Community Centre
£3.50 from reception to year 6. Contact Neil Chalcraft *07858 412184*
Hollington Judo Club
7.00pm - Hollington Community Centre
For children in years 7-11 contact Neil Chalcraft
Hastings YMCA Badminton Club
8.30pm - The Y Centre, 26 St Paul’s Rd
£4 to members or £5 for more info visit *hastingsymcabadmintonclub.co.uk*

Wednesdays Badminton
9.30am - Summerfields Leisure Centre, Bohemia Rd
£5.60. Adults. 18 places available for 3 courts usage. Booking: *freedom-leisure.co.uk*
Pickleball
3.00pm - Summerfields Leisure Centre
£3 for all ages and abilities. Booking *freedom-leisure.co.uk*
Badminton
7.00pm - Summerfields Leisure Centre
Adults £5.60 Booking *freedom-leisure.co.uk*
Hastings YMCA Badminton Club
8.30pm - The Y Centre, 26 St Paul’s Rd
Welcomes players of all ages and abilities £5 Register
LTA Walking Tennis
11.00am - Alexandra Park Tennis Courts
£3 per session. Older people with long term health conditions. Tennis at your pace! Book: *clubspark.lta.org.uk*
Bexhill Mixed Outdoor Rounders
7.00pm - Down Road
Book: *eequ.org/experience/3462*. Enquiries *hastingsrounders@gmail.com*
Hastings Pirates Baseball Club
7.00pm - Claremont Preparatory School, Ebden’s Hill, Westfield
Free first session (£6 p/p after) *hastingsbaseball.co.uk*

Thursdays Hastings Women’s Park Rounders
6.30pm - Alexandra Park, St Helen’s Rd
Between Dordrecht Way and Eat Cafe in Alexandra Park. For women of all ages booking and more info: *hastingsrounders@gmail.com*
Badminton
8.00pm - Summerfields Leisure Centre, Bohemia Rd
£5.60. Adults. 18 places, 3 courts usage. Booking: *freedom-leisure.co.uk*
Fun Easy Boxing
11.45am - Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk
Heart and Sole Runners
7.00pm - Grosvenor Gdns

Fridays Table Tennis
2.30pm - Isabel Blackman Centre, Winding St
Find out more:*isabelblackmancentre.co.uk* or visit the centre
Adults Badminton
9.30am - Summerfields Leisure Centre, Bohemia Rd
£5.60 Details and booking: *freedom-leisure.co.uk*
Hastings YMCA Badminton Club
7.45pm - The Y Centre, 26 St Paul’s Rd
Adults, young people, beginners. £5 for non-members. Must have attended Tuesday class. *hastingsymcabadminton-club.co.uk*

EVENTS & ACTIVITIES

Wednesday 17 July Emmanuel Church Flower Festival
11.00am - Emmanuel Church, Vicarage Rd
Friday 19 July
Exhibition and Art Raffle for Al Mawasi
10.00am - The White Rock Hotel, 1-10 White Rock
£5 raffle tickets. Winners select art by local artists. Hosted by Hastings Friends of Al Mawasi, a fishing village in Gaza.

Saturday 20 July 70s Explosion
10.00am - De La Warr Pavilion, Marina
The Others’ Market
12.00pm - The Beacon, 67-68 St Mary’s Terrace
Messy Church Does the Olympics
2.00pm - Halton Baptist Church, Old London Rd

Sunday 21 July Reading Group: Exploring the Work of

The HIP List

Katherine McKittrick 11.00am - De La Warr Pavilion, Marina Mountside Care Home Summer Fair 2.00pm - 9 Laton Rd Beatwave Gameshow 2.00pm - The Pig's Palace, 37 White Rock With prizes to be won! Saturday 27 July Brazilian Togetherness 12.00pm - Hatton Yard, Hatherly Road Music, singing, workshops, food arts and crafts. Queer on the Pier 2.00pm - Hastings Pier, 1-10 White Rock The Big Queer Party 7.00pm - Observer Building, 53 Cambridge Rd Sunday 28 July BSL Exhibitions Tour 12.00pm - De La Warr Pavilion, Marina	Thursday 1 August Tap on Tap Great Big Shim Sham at the RNLI 200 4.30pm - The Stade, Rock-a-Nore Rd WEEKLY EVENTS Sundays Hastings Beach Meditation 9.00am - Hastings Motor Boat & Yacht Club, Rock-A-Nore Parade 40mins quiet meditation on beach opposite. Contact via Facebook Pokemon League 1.00pm - Table Flip, 201 Queens Rd Play packs for entry and prizes to be given. Mondays Volunteering: Hidden Eden Wellbeing Garden	10.15am - 27 Parsons Cl Craig's Cabin asks for volunteers to turn this green community space into a sensory garden. <i>craigscabin87@hotmail.com</i> Monday Night Quiz 8.00pm - Stag Inn, 14 All Saints' St Teams of up to 6, £2 p/p entry fee and prizes for winning - and losing! Book table: <i>01424 438791</i>. Holiday Food and Fun 9.30am - De La Warr Pavilion, Marina Overeaters Anonymous 7.30pm - Clifton Centre, 1 and 2 Stainsby St Tuesdays Sew It's Tuesday 7.00pm - 161 Bexhill Rd Share your crafting sewing, crochet, knitting <i>sewitstuesday@outlook.com</i>	Sound Waves Community Choir 7.30pm - Salvation Army, 26 St Andrew's Square Free taster session. No auditions. <i>admin@soundwaveschoir.org.uk</i> Holiday Food and Fun 9.30am - De La Warr Pavilion, Marina Original OHPS Old Town Walks 2024 2.30pm - The West Hill Cafe, Castle Hill Rd Walking tour of the Old Town. £6. <i>ohps.org.uk/walks</i> Bingo Night 7.30pm - The Dolphin Inn, 11-12 Rock-a-Nore Rd Booking advised: <i>01424 434326</i>. Ruxley's Crew Morris 8.15pm - West Hill Community Centre, Croft Rd Morris dancing - with a Hastings pirate twist! Contact: <i>crewruxleys@gmail.com</i>	Centre, Winding St Check: <i>isabelblackmancentre.co.uk</i> BASH Networking Event 6.00pm - Barnaby's Lounge, 46 Robertson St For local businesses. £7.50 ticket pp Bexhill Mixed Indoor Rounders 7.00pm - Bexhill College Sports Centre, Penland Rd Enquire for fees/free games and bookings: <i>hastingsrounders@gmail.com</i> Thursdays Hastings Town Singers 7.00pm - Ark Castledown Primary Academy, Priory Rd A friendly non-auditioning community choir. Free taster. <i>hastingstownsingers.co.uk</i> Holiday Food and Fun 9.30am - De La Warr Pavilion, Marina Hastings Mixed Indoors Rounders 7.00pm - Horntye Park Sports Complex, 1 Horntye Park, Bohemia Rd Fees/free games and bookings at <i>hastingsrounders@gmail.com</i> Pub Quiz 7.30pm - The Dolphin Inn, 11-12 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, Cooden Dr Free singing group every 1st and 3rd Friday. <i>discdementiasupport.org</i> Broomgrove Youth Club Sessions 4.30pm - Broomgrove Community Centre, 85 Chiltern Dr <i>sarah.adams@freshvisions.org.uk</i> Bev 07732 823800 Saturdays Indoor Market 10.00am - Saint Leonards Church Market, London Rd Weekly market: clothes, food, tarot. Stalls available. <i>stleoschurch.co.uk</i> Monthly Fayre 10.00am - Isabel Blackman Centre, Winding St Thai food at the Albert 2.00pm - The Royal Albert, 293 Battle Rd Hastings Library of Things 10.00am - Hastings Town Hall, Station Rd Borrow tools and useful items, from tents to trombones. <i>umbrellasussex.org.uk</i> Gravity & Grace	2.30pm - Clifton Centre, 1 and 2 Stainsby St Taking care of mind, body & soul with the Alexander Technique. Contact Chris <i>livingtenderly@yahoo.co.uk</i> Hastings and St Leonards Community Singing and Drumming Circle 6.00pm - Clifton Centre, 1 and 2 Stainsby St Food sharing, meditation, drumming, dancing! Read more at <i>MeetUp.com</i>.
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CLASSES & WORKSHOPS

Friday 19 July
Hazeology Sound Healing
7.00pm - 4-5 Shepherd St
The Humble Hub £20, *the-humblewarrior.co.uk*

Saturday 20 July
Wild Clay Course
10.30am - The Wonki Pot, Unit 66, The Yard, Waterworks Rd
£220 Can be booked through *hollydawes.com*

Sunday 21 July
Women's Shakti Kirtan
5.30pm - 4-5 Shepherd St
£15

Saturday 27 July
Yoga Brunch with Jo Allen
10.00am - Shepherd Street, The Humble Hub *hubbookings.the-humblewarrior.co.uk*

Sunday 28 July
Deep Time, Ambient gig
7.00pm - 4-5 Shepherd St
£15 Stacey Cohen, The Humble Hub *the-humble-warrior.co.uk*

WEEKLY CLASSES

Sundays
Yoga Flow
9.15am - Isabel Blackman Centre, Winding St
Relaxing sensory class. Register at: *isabelblackmancentre.co.uk*.
Regency Dance Workshop
2.00pm - St Peter & St Paul Church, Parkstone Rd
Monthly. Visit Hastings Historical Dance Group on Facebook or *dianadancer@btinternet.com*
Relax & Renew, Restorative Yoga
3.00pm - St Leonards Studio, Royal Victoria
Monthly only - contact: *karen@yoga-by-the-sea.co.uk*
Dynamic Anatomy Yoga
7.00pm - West Hill Community Centre, Croft Rd
£8 drop in, £36 for six



Burgers
Two for £17.50
Every Tuesday
all day

26 CAVES ROAD, ST. LEONARDS-ON-SEA TN38 OBY
MARINAFOUNTAIN.COM • HELLO@MARINAFOUNTAIN.COM
01424-236383

Wednesdays
Dementia Carer Support Group (carers only)
10.00am - Dennis Rankin Room, St Augustine's Church
Come for a chat and support, refreshments inc. donations welcome.
Community Open House
11.00am - Afri-Co-Lab, 3 Marine Court
Work space, chill-out lounge and studio *afri-co-lab.org*
Dementia Carer Craft Club (Carers only)
1.00pm - Robsack Centre, Bodiam Dr
A monthly group for carers to practice their favorite hobby and socialise
Men's Walk and Talk
7.00pm - Azur, Marina Pavilion, 44-37 Marina
Meet at Azur for a leisurely walk along the seafront with time to chat. For info/ book: *hannah.richards@mindcharity.co.uk* or *07510927978*.
The Class Choir
7.00pm - The Unitarian Church
Friendly, fun, uplifting Women's choir. Free taster, no music reading or auditions. *theclasschoir@gmail.com*
Holiday Food and Fun
9.30am - De La Warr Pavilion, Marina
Busy Bees Singalong
10.30am - Hollington Youth Hub, 1 Wishing Tree Rd N
Free parent/carers toddler group, families with under 5s. Term time only. *EHHastingsStLeonards@eastussex.gov.uk*
Tech Help
2.30pm - Isabel Blackman

Crossword Solution No 256 :
Across: 1. Stream 3. (b)Old tat(too 4. Listed Down: 1. School (anagram) 2. Melted (anagram)

week course, BYOM, book online *dynamicanatomy.co.uk/yoga*
Moon meditation & Soundbath
8.00pm - 4-5 Shepherd St £15 Jo Allen The Humble Hub *the-humblewarrior.co.uk*
Sunday Brunch-time Kid's Art Club
10.00am - Outside the Smokeshack, St Andrews Mews with artist/ educator Charlotte CHW.5-10yrs. £5, drop-in or stay full 2 hours. Contact: *c.hwatts.art@gmail.com*
Gardening Workshop
12.00pm - 161 Bexhill Rd Monthly workshop, pay what you can afford at the Compound Community Garden.
Yin Yogapil
3.00pm - Hot Yoga Hastings, 21 St Peter's Rd Mindful yoga with mat-based pilates. Find out more: *hotyogahastings.co.uk*
Big Yin Energy Yoga
3.00pm - The Wellington Health & Wellbeing Centre, 44 Wellington Square A session designed to restore the nervous system. £15. Find out more: *madre-sl.com*

Mondays
Kettlebells
9.15am - Isabel Blackman Centre, Winding St Full body strength class. Register: *isabelblackman-centre.co.uk*
Beginners Vinyasa Flow
9.30am - Hot Yoga Hastings, 21 St Peter's Rd *hotyogahastings.co.uk*
Pilates
9.30am - 4-5 Shepherd St The Humble Hub £9.50 Sarah T, *the-humblewarrior.co.uk*
Cygnets Swans
9.45am - Isabel Blackman Centre, Winding St Ballet for beginners. Register: *isabelblackman-centre.co.uk*
Circuits
10.00am - Isabel Blackman Centre, Winding St Cardio and weighted exercise. Register: *isabel-blackmancentre.co.uk*
Art Classes for Adults
10.00am - St John's Church, Pevensey Rd All levels. £23 per session or cheaper for block/term. Website: *sjflack.art*
Hastings Knitters
10.00am - White Rock Theatre, White Rock *ajwright54@yahoo.com*
Yoga Over 60 – maintaining movement
11.00am - St Leonards Studio, Royal Victoria

Contact: *zowie@stleonards.studio*
Choir Practice!
11.00am - The Chapel of Christ's Stillness, Moon Cottage New singers of all ages welcome. *thechapelof-christsstillness.co.uk*
Silver Swans Ballet
11.15am - Isabel Blackman Centre, Winding St No experience required. Register: *isabelblackman-centre.co.uk*
Yoga Flow
11.30am - 4-5 Shepherd St The Humble Hub £10 Rachael, Elevate Yoga, *the-humblewarrior.co.uk*
Cancer Rehab
1.00pm - Isabel Blackman Centre, Winding St Visit: *isabelblackmancentre.co.uk*
Vinyasa Flow
1.00pm - 4-5 Shepherd St The Humble Hub £10 Karen, Yoga by The Sea, *the-humblewarrior.co.uk*
Inclusive Dance for Adults with Complex Needs
1.45pm - Hastings Centre, The Hastings Centre, The Ridge £5 Register *dancehastings@gmail.com*
LGBTQ+ social meet
2.15pm - Isabel Blackman Centre, Winding St Register and find out more: *isabelblackmancentre.co.uk*
Chair Yoga
3.00pm - Isabel Blackman Centre, Winding St Register: *isabelblackman-centre.co.uk*
Origami
3.00pm - Isabel Blackman Centre, Winding St
Silver Swans Ballet Class
4.00pm - Ore Community Centre, 455 Old London Rd Studio 2. Contact: Annie on 07704 711772.
Drum Club
4.15pm - West Hill Community Centre, Croft Rd £6.50. Booking essential. For 15–16-year-olds. Contact: *juliansam-badrum@gmail.com*
Beginners Pointe Class
5.30pm - Ore Community Centre, 455 Old London Rd Studio 2. Contact: Annie 07704 711772.
Darragh Dance
5.30pm - Afri-Co-Lab, 3 Marine Court £10, £5 concessions. Get your joy on with movement director and choreographer Darragh O'Leary. *Afri-co-lab.org*.
Yoga for Health: Therapeutic and Relaxing
6.00pm - Quakers In Hastings, The Religious Society of Friends, 5 South Terrace

Quaker Hall, South Terrace One-one classes 6, 7 & 8 pm, Book now: Belair Fitness on Facebook
Meridian Yoga and Self Shiatsu with Steph
6.00pm - St Leonards Studio, Royal Victoria Contact: *steph@stleonards.studio*
Dynamic Vinyasa
6.00pm - 4-5 Shepherd St The Humble Hub £10 Hannah Almond Barr, *the-humblewarrior.co.uk*
Candlelit Yoga
6.00pm - All Saints Hall, 142 All Saints' St *oldtownyoga.co.uk*
Beginners Vinyasa Flow
6.30pm - Hot Yoga Hastings, 21 St Peter's Rd *hotyogahastings.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 out more at *martialartshastings.com*
Argentine Tango - Absolute Beginners
7.00pm - The Piper, 1 Norman Rd £8, upstairs. *pennythepoet-ess@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, 39A 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, 44 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, 1 Norman Rd £8, upstairs. *pennythepoet-ess@yahoo.co.uk*
Gentle Flow Yoga
7.45am - The Wellington Health & Wellbeing Centre, 44 Wellington Square

Start your week well with this gentle and inclusive yoga class. £10. Info: *twigtea.com*
Slow Flow Yoga (Open Level)
9.30am - St Leonards Studio, Royal Victoria Contact: *karen@yoga-by-the-sea.co.uk*

Tuesdays
Ashtanga Yoga - Assisted Self Practice
7.30am - The Wellington Health & Wellbeing Centre, 44 Wellington Square £15 *ashtangayogahastings@gmail.com*
Rise & Shine Yoga
8.00am - 4-5 Shepherd St The Humble Hub £10 Kareena Lawson, *the-humblewarrior.co.uk*
Intermediate Pilates
9.00am - Isabel Blackman Centre, Winding St Register and find out more: *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 - Via Zoom *sallypaffard@gmail.com*
Pilates with Lucy Paffard
9.30am - *lucypaffard@gmail.com*
Yoga for Health: Therapeutic & Relaxing
10.00am - All Saints Hall, 142 All Saints' St BOOK NOW: Belair Fitness on Facebook
YOYO Arts Club
10.00am - Art in the Park, Alexandra Park
Beginners French
10.00am - Isabel Blackman Centre, Winding St Register and find out more: *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, 85 Chiltern Dr Free. Book via: *eequ.org/activehastings*
The Crown Knitters
10.30am - The Crown, 64-66 All Saints' St

Weekly group who knit lovely things to sell for local charities *thecrownhastings.co.uk/events*
Conversational French
11.00am - Isabel Blackman Centre, Winding St Register and find out more: *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 Register and find out more: *isabelblackmancentre.co.uk*
Vinyasa Yoga for Wellbeing with Dr Palito
12.30pm - 4-5 Shepherd St The Humble Hub £10 drop in. To book: *the-humblewarrior.co.uk*
Needle Felt 2
1.00pm - Isabel Blackman Centre, Winding St Register and find out more: *isabelblackmancentre.co.uk*
Brain Function Fitness
1.00pm - Isabel Blackman Centre, Winding St Register and find out more: *isabelblackmancentre.co.uk*
Boxercise
1.45pm - Broomgrove Community Centre, 85 Chiltern Dr £3 or free for Broomgrove residents. To book: *eequ.org/activehastings*
Online Chair Yoga
2.00pm - Via Zoom *sueyoga1066@gmail.com*
Art & Social Club
2.00pm - Isabel Blackman Centre, Winding St Register and find out more: *isabelblackmancentre.co.uk*
Hand Embroidery with Lady B Embroidery
2.00pm - 53 London Rd Also Wednesdays 6.30pm-7.30pm
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 Register and find out more: *isabelblackmancentre.co.uk*
Ore Youth Club Sessions
4.30pm - Ore Community Centre, 455 Old London Rd Register and find out more: *sarah.adams@freshvisions.org.uk*
Knitting Yarns
5.00pm - Sugarpie Honey-buns, 235 London Rd Contact Rachel: 07397 794879
Traditional Yoga

5.00pm - Isabel Blackman Centre, Winding St Register and find out more: *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, contact Sally: 07973 530911
Feel better with Therapeutic Movements
5.30pm - Salvation Army Hall Suitable for all ages contact Sigrid *qigongsigrid@gmail.com*
Sunset Flow with Hannah
6.00pm - The Wellington Health & Wellbeing Centre, 44 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, 455 Old London Rd Contact 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, 53 London Rd *busstopstudios.com/classes*
Buddhist Meditation Class
7.30pm - Saint Nicholas Centre, St Nicholas Centre, London Rd £9/£7 conc. Term time only, Maitreya Buddhist Centre *meditateinsussex.org*
Seen on Screen Dance with Rosie
7.45pm - The Y Centre, 26 St Paul's Rd £10 on the door. Visit: *sos.dance*
Country Dancing
7.45pm - Saint Matthews Church Centre, 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 Register and find out more: *isabelblackmancentre.co.uk*
Adventures Through Movement and Music (0-2 years)
9.00am - Mini Playhouse, 26 White Rock

6

The HIP List

£4 (after free trial). pitterpatterarts@gmail.com
Seated Strength Exercise Class
9.15am - Elphinstone Road, Elphinstone Rd
eequ.org/experience/8223
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
Register: isabelblackmancentre.co.uk
Wellbeing Wednesdays
10.00am - 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. info@artsonprescription.org
Crowninos Kids Group
10.00am - The Crown, 64-66 All Saints' St
£6 per family unit. Songs, stories and vibes. For 0-4 year-olds and their carers.
Spanish – Adult Beginners
10.00am - First floor, 7 Cambridge Rd
£15 Classes available for all levels. Contact spanishonseaschool@gmail.com or Españoles en Hastings FB page.
Parent Toddler Singalong Session
10.30am - Early Help Keywork Service, Ocean House, 87-89 London Rd
Free for children under 5.
Elemental Yoga with Catherine
10.30am - St Leonards Studio, Royal Victoria
£7. Contact: catherineburnett12@gmail.com
Aerial Yoga
10.30am - 4-5 Shepherd St
The Humble Hub £15
Samantha Jane, the-humblewarrior.co.uk
Musical Drama (2-4 years)
11.00am - Mini Playhouse, 26 White Rock
£4 (free trial). pitterpatterarts@gmail.com
Aerial Fit
11.30am - 4-5 Shepherd St
The Humble Hub £15
Samantha Jane, the-humblewarrior.co.uk
Parent Toddler Singalong Session

11.30am - Early Help Keywork Service, Ocean House, 87-89 London Rd
Free for children under 5
Qigong Movement Class
12.30pm - Alexandra Park, St Helen's Rd
eequorg/experience/8796
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. Info: isabelblackmancentre.co.uk
Dynamic Breathwork
1.00pm - 4-5 Shepherd St
The Humble Hub £12
Andrew Dunne the-humblewarrior.co.uk
Legs Bums & Tums
1.00pm - Isabel Blackman Centre, Winding St
Register: 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
To book email linedance-withpat@gmail.com
HIIT cardio
3.00pm - Isabel Blackman Centre, Winding St
Register and find out more: isabelblackmancentre.co.uk
Mystical Yoga at The Bale House
4.45pm - The Bale House
Hastings Country Park Visitor Centre, Lower Coastguard Ln, Fairlight
£10. Contact: enchanted-malas@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
Beginners' Pole
6.00pm - 4-5 Shepherd St
The Humble Hub £15
Cherry, the-humblewarrior.co.uk
Adult Tap Class for Beginners
6.15pm - 7 Mercatoria
kimhaviland@gmail.com
Laughter Yoga with Bev
6.30pm - The Jenny Lind

Inn, 69 High St
Upstairs. Contact: bev-jones@laughyourselfto-health.com
Hand Embroidery with Lady B Embroidery
6.30pm - 53 London Rd
busstopstudios.com/classes
Intermediate Pole
7.00pm - 4-5 Shepherd St
The Humble Hub £15
Cherry, the-humblewarrior.co.uk
Buddhist Meditation and Dharma Teaching
7.00pm - In person and via Zoom. tsebg.org/lo-cal-groups
Aoi Bara Meditation
7.30pm - Peachy Self Care Studio
Donation only community meditation class. aoibara-meditation.co.uk
Kundalini Yoga and Meditation Class
7.30pm - The Ballroom, Bank Hotel & Bistro, 28-29 Grand Parade
£10. soulpowerkundaliniyoga.co.uk
Argentine Tango Social Dance
8.00pm - The White Rock Hotel, 1-10 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
Performance Pole
8.00pm - 4-5 Shepherd St
The Humble Hub £15
Cherry, the-humblewarrior.co.uk
Thursdays Dynamic Anatomy Yoga
7.00am - West Hill Community Centre, Croft Rd
£8 drop in, £36 for six week course, BYOM, book online dynamicanatomy.co.uk/yoga
Ashtanga Yoga – Assisted Self Practice
7.15am - The Wellington Health & Wellbeing Centre, 44 Wellington Square
£15. ashtangayogahastings@gmail.com
Community Breakfast Bhakti
7.30am - 4-5 Shepherd St
The Humble Hub £15
Seraphina, the-humblewarrior.co.uk
Gentle Wake Up Yoga
8.00am - St Leonards Studio, Royal Victoria
karen@yoga-by-the-sea.co.uk
Circuits
9.00am - Isabel Blackman Centre, Winding St
Register and find out more: isabelblackmancentre.co.uk
Vinyasa Flow

9.30am - St Leonards Studio, Royal Victoria
karen@yoga-by-the-sea.co.uk
Qigong with Sigrid
9.30am - West Hill Community Centre, Croft Rd
Contact: 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, 11.15am - The Hastings Centre, The Ridge
£6 p/c. First class free. Friendly, low impact exercise for older adults. lucy.jenner@moveitorloseit.co.uk
Circle Dancing
10.30am - Hastings Unitarian Church, 7A 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
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, 44 Wellington Sq

Beginners welcome. £10 (£5 for people struggling financially). 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
Children's Aerial Yoga
4.00pm - 4-5 Shepherd St
The Humble Hub £8
Samantha Jane, the-humblewarrior.co.uk
Aerial Yoga
5.00pm - 4-5 Shepherd St
The Humble Hub £15



DROP IN

MEET THE TEAM
TELL US YOUR STORY
DISCUSS IMPORTANT
HASTINGS EVENTS

25 JULY 5:30PM
BULLET CAFE & COFFEE SHOP
38 ROBERTSON STREET TN34 1HT

Hastings Independent

THE INDEPENDENT VOICE OF HASTINGS

Farce with Attitude: Bowler Crab Tames Shrew

VICTORIA KINGHAM

Bowler Crab’s presentation of *The Taming of the Shrew* was set in the meadow of a beautiful old farmhouse at Three Oaks, staged in a position where the trees at the back not only provided the platform with a picturesque frame, but also served as part of the plot – in default of any convenient furniture the characters occasionally concealed themselves among the pines, and the audience sat on bales of hay.

The plays of William Shakespeare act as a kind of gateway to eternity, to folk tales and stories told since the dawn of civilisation. They also reflect successive performance techniques from the Mummings’ plays of the twelfth century, through theatres in the round, elaborate proscenium theatres, and back again to today’s Street

Theatre and the many small touring companies, like Bowler Crab.

This very intelligent production evinced all the above. The lack of stage direction in Shakespeare’s original allows for an infinite variety of interpretation, and the story, piecemeal though it is, maintains, like many traditional narratives, a contemporary relevance to the general human condition.

Producer Stephen John intentionally retained the play-within-a-play structure (often left out) because, he writes, the framing device has “a drastic impact on the treatment of the tone, style and motivation behind Katherina and Petruchio’s story.” And though cleverly played for maximum humour, the play pointed ironically at the disparity between male expectations of women and women’s still-diminished possibility of living a life truly free.

None of the above could of course be achieved without considerable acting talent. The nine cast members never faltered, despite the cold wind and occasional rain.



Elly Tipping’s Katherina was simultaneously funny and clever, beautifully bad-tempered, only mockingly submissive. Michael Cummings as Petruchio was her equal; together they were beautiful in the famous scene (Act II, Scene I) where they exchange one-liners in a gorgeous excess of stichomythia. Katherina’s concluding speech was impassioned, serious, perfect.

Beshrew me, though, if I don’t mention the wondrous costumes. They were meaningfully absurd; Bianca had a pink traditional tutu, ballet shoes, pink tights, but Kate (the Shrew) had a black Goth one,

which she wore with Doc Martins, wide-gauge fishnet tights and elbow-gloves, a studded collar, and scary eye make-up which could be interpreted as modern Goth, but also looked like a traditional comedy mask. Curtis appeared in a traditional clown’s costume and the disguises of the two ‘music masters’ (daft false beards) and the ‘wife’ of Christopher Sly (badly fitted, visible false chest enhancer) were comically appalling.

Petruchio’s late appearance at his wedding in unsuitable clothing is never explained in the original play but we assume

that he wishes to assert his paid-up rights as a prospective bridegroom; this Petruchio was clothed in a white crimplene dress (C&A, 1960s), and green cowboy boots. Why not, indeed?

Everyone should see this: Shakespeare at its best and its most accessible, only available for a limited period, thoughtfully produced and acted with skill and enthusiasm.

There are local performances throughout the rest of July and August. Details at www.bowler-crab.com/nextevent

Samantha Jane, *the-humblewarrior.co.uk*
Tilekiln Youth Club Sessions
5.30pm - Tilekin Community Centre *sarah.adams@freshvisions.org.uk*. Bev 07732 823800
Kundalini Yoga & Meditation with Yeli
6.00pm - The Wellington Health & Wellbeing Centre, 44 Wellington Square *yeli@happinessholistichealth.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
Gentle yoga class with some breathwork and meditation. *healingyogawithkate.org*
Yoga for Health: Therapeutic & Relaxing
8.00pm - Arthur Easton Centre, Upper Maze Hill

Belair Fitness on Facebook

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, St Leonard’s on Sea Intermediate class £12 Booking and details *ninayoga.co.uk*
Qigong: Feel better with Therapeutic Movements
9.30am - Salvation Army Hall
Suitable for all ages. More info: *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 is 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. Register: *isabelblackman-centre.co.uk*
Mindful Yoga Flow
12.30pm - 4-5 Shepherd St The Humble Hub £10 Kareena Lawson, *the-humblewarrior.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. Register: *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, 1 and 2 Stainsby St Contact: *info@thecliftencentre.com* for details.
Chanting Choir
8.00pm - Ore Community Centre, 455 Old London Rd Deepening our wellbeing through chants of the world, no singing ability required. Donation only. *aoibarameditation.co.uk*
Breathe and Stretch with Karen Arthur
8.00am - Afri-Co-Lab, 3 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 Register and find out more:

isabelblackmancentre.co.uk
Beginners Spanish
10.00am - Isabel Blackman Centre, Winding St Register and find out more: *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 Register and find out more: *isabelblackmancentre.co.uk*
Yin Yoga
11.30am - Horntye Park Sports Complex, Bohemia Rd, St Leonard’s on Sea Floor-based yoga for all abilities. £7 Bookings: *Ninayoga.co.uk*
Slow & Steady Mobility
1.00pm - Isabel Blackman Centre, Winding St Easy and accessible standing workout. Register at: *isabelblackmancentre.co.uk*
Inclusive Dance for Adults with Moderate Learning Disabilities
1.30pm - The Hastings Centre, The Ridge, The Ridge £5 Register *dance-hastings.com*
Chair Yoga – A supported approach
2.30pm - St Leonards Studio, Royal Victoria for those with reduced mobility. £6. Email *zowie@stleonards.studio* or visit *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, 455 Old London Rd Gentle movements for wellbeing. Donation only. *aoibarameditation.co.uk*
Aoi Bara Meditation
7.00pm - Ore Community Centre, 455 Old London Rd An hour of guided meditations. Donation only. *aoibarameditation.co.uk*

Saturdays
Zoom Hatha Yoga
9.00am - Online only. Pranayama, practice and relaxation, video available. Contact: *Louise-ovesyoga@gmail.com*
Pure stretch
9.15am - Isabel Blackman Centre, Winding St All abilities stretching class. Register: *isabelblackmancentre.co.uk*
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 Contact on Instagram: @*meditate.with.jungui*
Yoga Flow
11.30am - Isabel Blackman Centre, Winding St Register and find out more: *isabelblackmancentre.co.uk*
Vinyasa Flow Yoga
8.00am - 4-5 Shepherd St The Humble Hub £10 James Loosemore, *the-humblewarrior.co.uk*
Power Sunrise Flow
9.00am - With Hannah. £9. *madre-sl.com*
Aerobics Class
9.30am - 4-5 Shepherd St The Humble Hub £8 Jenny Azucena, *the-humblewarrior.co.uk*
Morning Flow Yoga
10.00am - Bank House, 144 London Rd Ease into your weekend with some mindful movement and breathwork. More info: *yoga-by-the-sea.co.uk*
Beginners Weight Training
10.30am - Isabel Blackman Centre, Winding St Register: *isabelblackmancentre.co.uk*
Intermediate French
11.00am - Isabel Blackman Centre, Winding St Register for class at: *isabelblackmancentre.co.uk*
Gong Bath Sessions
2.00pm - 4 Courts Wellbeing Centre, off Sydney Close Find out more via GongVibrations1066 on Facebook or text Karen Hayler: 07986 911083.

Textile Magic

GILL GOLDENBERG talks to Sophie Barnard about the upcoming Textile Junction exhibition at The Electro Studios Project Space and reflects on the role of textiles in art

There is a rich and diverse history of textiles being used across a range of cultures for hundreds of years to convey ideas and experiences through colour and textures. Despite this, the art forms which have dominated the art world, such as drawing, painting and sculpture, have continued to maintain a grip on our concept of what constitutes 'Art'. Thanks to artists like Anni Albers, the German/American textile artist working in the mid-20th century, the lines between traditional craft and art have blurred over the last 75 years.

But all too often, works in textile are still considered by many as examples of craft rather than art.

Sophie Barnard, herself a successful textile artist, has curated an exhibition featuring the work of 40 textile artists, which illustrates the wide range of textile art on offer. "Textile Junction began as an idea to celebrate local and international artists who use textile in ANY way," she explains. "As a textile artist myself, I know that the scope of the medium is so vast: I was confident in an exciting, vibrant and diverse exhibition."

Sophie is confident that this year's exhibition will continue to shift the perception of textile art, following the success of last year's exhibition. "This is year two of Textile Junction and we can't wait to have an incredible group of artists together under one roof."

This is truly an exhibition not to be missed. Be prepared to be amazed and delighted by the diverse collection of textile art.

CONTRIBUTING ARTISTS

Joke Amusan, Gabrielle Anderson, Robert Bakama, Aurora Barrett, Russell Barratt, Jackie Bennett, Alice Blackstock, Colin Booth, Maya Brown & Maya Ramnarine, Claire Buckley, Véronique Buist, Agnes Chevalier, Shir Cohen, Rowan Corkill, Lorna Crabbe, Nikki Davidson-Bowman, Helen Davies, Lily Dixon, Deborah Ewing, Clara Fantoni, Frankie Fathers, Eve Frances, Emma Franks, Susie Freeman, Nathalie Frost, Steph Garratt, Joan Glasgow, Gill Goldenberg, Shelly Goldsmith, Laurel Graham, Linda Gray, Caroline Gregory, Claire Humm, Sadie Jones, Tanvi Kant, Rachel Kar-



Artists Clockwise: Alice Blackstock, Rachel Karasik, Susie Freeman, Wolfgang Woerner

asik, Kezia Levitas, Keren Luchtenstein, Kiya Major, Arno Rupert Maasdorp, Saffy McNamara, Lila McRae, Tony Mentel, Michelle Mildenhall, Bee Nicholls, Helen O'Leary, Rachel Pearcey, Katharine Pulford, Laura Ribbons, Rachel Richardson, Jay Routh, Seb Rowlands, Aryana Sheibani, Kaye-Anne Smith (R3 Times), Maxine Sutton, Ruth Thomas, Alice Thompson, Daisy Tortuga, Holly Turner, Carola Van Dyke, Jo Weaving, Mew Welch, Claire Whelan, Maggie Williams, Rachel Williams, Tia Wilson, Wolfgang Woerner, Vedat.

Textile Junction exhibition – Private View 19 July, then open Saturday 20/Sunday 21 and Saturday 27/Sunday 28 July Electro Studios Project Space, Seaside Road, St Leonards on Sea



Where There's Muck, We Need Brass

ROBIN GRAY explains how Sussex Brass is helping Hastings SL Friendship Link raise money for water and sanitation projects in schools in Hastings, Sierra Leone

Can you imagine a school without a regular water supply or decent toilets? That's how most of the schools have to function in one of our twin towns – Hastings in Sierra Leone. It's particularly difficult for teenage girls. Gradually, the Hastings Sierra Leone Friendship Link is helping to address the water problem in a dozen schools in Hastings

SL that a dozen schools in Hastings & St Leonards are partnered with – as a start by deepening a well, mending a pump or building a water tower.

Sussex Brass has supported the Link for years and is generously dedicating another of its concerts in Alexandra Park to raise funds for the project. As usual, their pro-

gramme is a great mix of old favourites and pieces you may not have heard before. So, bring a picnic and a chair or rug (in case we run out of deckchairs!) and join us by the bandstand in Alexandra Park, Hastings from 2.00 to 4.00pm on Sunday 28 July. Admission is free, but we hope you and your family will have a lovely afternoon and donate to the cause.

The Hastings Sierra Leone Friendship Link connects the peoples of Hastings, UK and Hastings, Sierra Leone to promote reconstruction and friendship. It raises money through events and donations to help rebuild Hastings, Sierra Leone following its devastation during the rebel war. One of the Link's long-term projects is still on-going: this is to improve the water supply and sanitation.

The link between the schools is a real success – in particular the *Schools Farm Project*, which grew from a simple donation of seeds by Battle Horticultural Society to the setting up of vegetable plots in some 30 schools, where a wide variety of crops are produced to supplement school dinners and to raise money for equipment.

For more information visit hastingshastings.org.uk.