

Friday 2 August to Thursday 15 August 2024

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

The HIP List

200 YEARS
OF THE RNLI



FESTIVALS

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

Saturday 3 August
Hastings ‘Nearly on the Beach’ Concert
Eat @ The Stade, 30A Rock-a-NoreRd

MUSIC

Friday 2 August
Tymon Dogg – Live!
7.30pm – Electric Palace, 39A High St
Turbo-futurist singer-songwriter
Danny Horn
7.30pm – The Dolphin Inn, 11-12 Rock-a-NoreRd
David Ford + guests
7.30pm – The Piper, 1 Norman Rd
Jack Beattie w/ Mike Stock
8.30pm – Barnaby’s Lounge, 46 Robertson St
Afrít Nebula
8.30pm – The Jenny Lind Inn, 69 High St
Afro Cuban jazz rock
The Fabulous Red Diesel
9.00pm – Pissarro’s, 10 South Terrace

Saturday 3 August
Easy Green + Kate Sure
1.00pm – Canny CBD, 9 Kings Rd
House and Hip Hop DJs
Kuld
2.30pm – Tough Love St Leonards, 73 Bohemia Rd
Eclectic metal from Eastbourne
Rhythm Roulette
5.00pm – The Courtyard
Curtis Stigers in Concert
8.00pm – De La Warr Pavilion, Marina, Bexhill
Hippie Soul Sound
8.00pm – The Jenny Lind Inn, 69 High St
Original Soul/funk band
Dangerzone
8.00pm – Tin Tins, 21 Robertson St
80 style rockers
Llama Legs
8.45pm – Dolphin Inn

Sunday 4 August
Ellie Lane + Jacob Willoughby
1.00pm – Barnaby’s Lounge, 46 Robertson St
Jamie Smart
4.00pm – Porters, 56 High St
Equatorial Group
4.00pm – The Jenny Lind Inn, 69 High St
“Crazy Horse colliding with Fleetwood Mac”
Gabriel Moreno
5.00pm – Stag Inn,

14 All Saints’ St
Monday 5 August
Kavus Torabi + the Witching Tale
7.00pm – The Piper, 1 Norman Rd
Gong frontman + psych folk

Tuesday 6 August
Cassidy Paris
7.30pm – The Carlisle, 24 Pelham St

Friday 9 August
Brand New Heavies
6.00pm – Hastings Pier
Tickets via Skiddle
Luke Croydon Band
6.30pm – Barnaby’s Lounge, 46 Robertson St
Declan McKenna + Soft Launch
7.00pm – De La Warr Pavilion, Marina, Bexhill
Roger Carey
8.15pm – Pissarro’s, 10 South Terrace
Bone-arama
8.30pm – Barnaby’s Lounge, 46 Robertson St
Jazz trombones
Vibe 5
8.30pm – The Jenny Lind Inn, 69 High St
Vibraphone led jazz/funk group
Los Twangueros
9.00pm – The Piper, 1 Norman Rd

Saturday 10 August
Café Mambo Ibiza Classics
12.00pm – Hastings Pier
Martin Lewis solo
4.00pm – Barnaby’s Lounge, 46 Robertson St
Helen Sharpe & Soulshine Band
8.00pm – The Jenny Lind Inn, 69 High St
Disco & Soul
Steve Didge Duo
8.00pm – The Tower Pub, 251 London Rd
Vichame
8.30pm – The Carlisle, 24 Pelham St
Admiral Finns
8.45pm – The Dolphin Inn, 11-12 Rock-a-Nore Rd
Glen Dean All Stars
9.00pm – Barnaby’s Lounge, 46 Robertson St

Sunday 11 August
Jazz Breakfast at Kino: Mike Hatchard + Special Guests
11.00am – Kino-Teatr, 43-49 Norman Rd
Kevin & Perry Go Large
1.00pm – Hastings Pier
Stevie Bart
2.00pm – East Hastings Sea Angling Association and Social Club, The Stade
Sunday Social
3.00pm – The Piper, 1 Norman Rd
w/ Easy Green
Bellza

3.00pm – De La Warr Pavilion, Marina, Bexhill
Milton Hide
4.00pm – The Jenny Lind Inn, 69 High St
Folk storytellers
Soul Town
5.00pm – Lord Nelson 1 E Bourne St
Ostrich Sundae
5.00pm – Stag Inn, 14 All Saints’ St
Los Twangueros
7.00pm – The Jenny Lind Inn, 69 High St
Latin grooves and guitars

Tuesday 13 August
The Kukes
8.00pm – The Dolphin Inn, 11-12 Rock-a-Nore Rd

Wednesday 14 August
Americana open session
9.00pm – Stag Inn, 14 All Saints’ St

Thursday 15 August
Rattlebag Sing A Round
8.30pm – Stag Inn, 14 All Saints’ St

WEEKLY MUSIC

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

Mondays
Just Landed
7.30pm – The Jenny Lind Inn, 69 High St
Acoustic Revels at the Albert
8.00pm – Prince Albert, The, 28 Cornwallis St
Come and enjoy The Twitten Revellers playing acoustically in this gorgeous pub in Hastings Town. Monthly.
Acoustic Blues Club
8.00pm – The Jenny Lind Inn, 69 High St
Monthly, first Monday.
ABC welcomes performers to sing or play a piece. Limited space, arrive early

Tuesdays
Traditional Folk Open Sessions
8.30pm – Stag Inn
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 Company
8.30pm – Albion Hastings, 33 George St
Open acoustic music session.

Wednesdays
Open Mic
7.00pm – The Piper, 1 Norman Rd
Weekly. Hosted by Steve Didge

The Kukes
8.00pm – The Dolphin Inn, 11-12 Rock-a-Nore Rd
The Kukes are a ukulele band based in Bexhill on Sea playing an eclectic mix of songs.
Thursdays
Open Mic Night
7.00pm – The Pig’s Palace, 37 White Rock
Shanty Night
8.30pm – The Jenny Lind Inn, 69 High St
Grab a pint, grab a lyric sheet and join in.

Fridays
Dine with Music
6.00pm – The Dolphin Inn, 11-12 Rock-a-Nore Rd
Full menu plus specials. Guest singers from 7.30pm.
The Get Down
7.00pm – The White Rock Hotel
Monthly Funk music event
McNiff’s Folk Sundowner
5.00pm – The Jenny Lind Inn, 69 High St
Weekly acoustic strand with a different guest featured every Friday

Saturdays
The Coffee House Sessions
5.30pm – Hanushka Coffee, Robertson St
Free entry. Jason McNiff and friends present.
Aquarius International Club
8.00pm – The White Rock Hotel, White Rock
A raucous 60s & 70s DJ night

PERFORMANCE

Friday 2 August
Jimmy Carr
Laughs Funny
7.00pm – White Rock Theatre, White Rock
Jimmy Carr
Laughs Funny
9.30pm – White Rock Theatre, White Rock

Friday 9 August
Jack and the Beans Talk
3.00pm – Stade Hall, The Stade
Shakespeare Now: Villain, Villain!
7.30pm – The Stables Theatre, The Bourne
Charlie Chaplin’s The Adventurer with Live Score
7.30pm – St John’s Church –The Evangelist, Brittany Rd
Lady M
9.30pm – The Forbidden Fruit, 22 Grand Parade

Saturday 10 August
Shakespeare Now: Villain, Villain!
3.00pm – The Stables

CHECK THE 411 WITH MIKE WILLIS

9 Aug
All Night Gong Bath at Madre
immerse yourself in therapeutic waves of sound w/ sound practitioner and venue co-founder Tam.
This one is a bit different. Beginning on Friday night and ending Saturday this overnight immersive gong bath includes light refreshment throughout, a breakfast in the morning and exclusive access to Samphire Saunas.
You’re in good hands with Tam and company. She acts as your light-touch guide through the waning hours of the evening, guiding your meditation (or sleep!), providing a subtle soundtrack of overlapping ambient sounds, and inviting you to heal yourself from within.

Details and Booking at madre-sl.com



16 Aug
Paper Fence at Mike’s
Camden-based producer & singer/songwriter duo Nick and Hannah Harris step out

of the iconic Green Note and into Hastings
I met Nick Harris some time ago as a browsing customer in my shop. When I learned he was a music producer and songwriter, we immediately hit it off.
It’s taken some time, but he and his partner, Hannah, are coming down to Hastings to share what they do, and I have a feeling it’s going to be brilliant.
They play regularly in London’s premium listening rooms so it seems a good fit indeed!

Details and Booking at MikesList.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.

Theatre, The Bourne
Shakespeare Now: Villain, Villain!
7.30pm – The Stables Theatre, The Bourne
Aura Jay
9.30pm – The Forbidden Fruit, 22 Grand Parade

Thursday 15 August
Charlie and the Chocolate Factory
7.00pm – White Rock Theatre, White Rock
Brook Tate – What’s Next?
7.30pm – Kino-Teatr, 43-49 Norman Rd

WEEKLY EVENTS

Wednesdays
Poetry, Music and Comedy Night
8.00pm – The Dolphin Inn, 11-12 Rock-a-Nore Rd
Sensational acts lined up and hosted by the wonderful Tara Valentine, prepare to be entertained.

Fridays
Out of the Shadows Poetry Night

7.00pm – Eat @ The Stade, 30A Rock-a-Nore Rd
2nd Friday of the month. All ages. Book via edboxall.co.uk/contact, or Facebook

ART

Alan Saxby Exhibition
From 12 July
Twelve Hundred Postcards, Queens Rd
Arthur Parry – Scenes and People
Until 28 September
Stables Theatre Art Gallery
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
Brook Tate Exhibition
3 August until 21 September
Stella Dore Gallery, Norman Rd
Elias Sime– Eregata
Until 8 September
Hastings Contemporary, The Stade

The HIP List

3

Gulls, Gulls, Gulls Until 11 August The Cake Rooms, Robertson St Harmeet Rahal Until 30 September Flatland Projects, Beeching Rd Studios, Bexhill Jo Israel – On the Edge of Nothingness Until 6 October Hastings Museum and Art Gallery, Bohemia Rd Near Portrait Experience Until August 31 Baker Mamonova Gallery, Kino-Teatr, Norman Rd Nick Hill – Opposites Attract Until 10 August Zoom Art Gallery, St Leonards Warrior Square Station Photopia – International Photographic Exhibition Until 4 August Hastings Arts Forum, Marine Court Quentin Blake – 100 Portraits Until 8 September Hastings Contemporary, The Stade	Raft: A Place of Safety and Survival 6 until 18 August Hastings Arts Forum, Marine Court Rebecca Bellantoni: Day & Heavy, Judah Leaves Until 1 September De La Warr Pavilion, Bexhill Ruth Cowell Paintings Until 31 August The Crown Pub, All Saints St Tschabalalal Self: Seated Until 29 September De La Warr Pavilion (Lawn), Bexhill We Are Family 13 to 26 August Electro Studios Project Space, Sea Rd	7.30pm – Electric Palace, 39A High St Sunday 4 August Vertigo 11.30am – Electric Palace, 39A High St Wednesday 7 August Wilding 7.30pm – Kino-Teatr, 43-49 Norman Rd Thursday 8 August American Fiction 11.00am – Electric Palace, 39A High St Wilding 3.00pm – Kino-Teatr, 43-49 Norman Rd American Fiction 7.30pm – Electric Palace, 39A High St Wilding 7.30pm – Kino-Teatr, 43-49 Norman Rd Friday 9 August David Quantick's Music Film Quiz 7.30pm – Electric Palace, 39A High St The End We Start From	7.30pm – Kino-Teatr, 43-49 Norman Rd Saturday 10 August The End We Start From 3.00pm – Kino-Teatr, 43-49 Norman Rd Return to Seoul 7.30pm – Electric Palace, 39A High St The End We Start From 7.30pm – Kino-Teatr, 43-49 Norman Rd Free Sunset Screening: Puss in Boots 8.00pm – De La Warr Pavilion, Marina, Bexhill Sunday 11 August Samsara 11.30am – Electric Palace, 39A High St Doc Club Screening: Anhell 69 7.30pm – Electric Palace, 39A High St Thursday 15 August La Chimera 11.00am – Electric Palace, 39A High St Samsara 7.30pm – Electric Palace, 39A High St	SPORTS FIXTURES Saturday 3 August Football; Hastings United v Southampton – friendly 3.00pm – The Pilot Field, Elphinstone Rd Saturday 10 August Tennis: The Green Men v Badgers – Sussex Summer Doubles Div 8 10.00am – The Green Lawn Tennis Club, 68–70 Tower Rd W Cricket: Hastings & St Leonards Priory v Three Bridges – Sussex Premier League 11.30am – Horntye Park Football: Hastings United v Horsham – Isthmian Premier League 3.00pm – The Pilot Field United Football Club, Elphinstone Rd ACTIVE SPORT Sundays Table Tennis 10.00am – Isabel Blackman Centre, Winding St	<i>isabelblackmancentre.co.uk</i> Indoor Bowls 10.00am – Isabel Blackman Centre, Winding St <i>isabelblackmancentre.co.uk</i> Mondays Badminton 9.30am – Summerfields Leisure Centre, Bohemia Rd Adult class £5.60, hosted by Cathy Bargh Booking <i>freedom-leisure.co.uk</i> Active Hastings Walking Football 6.00pm – TN34 2LD, Lower Park Rd Alexandra Park Multi-Use Games Area £2 Adults 50+ Booking <i>eequ.org/experi- ence/6144</i> Hastings YMCA Badminton Club 8.30pm – The Y Centre, 26 St Paul's Rd £5 Adults, young people, beginners welcome <i>hastingsymcabadminton- club.co.uk</i> Disability Cricket with Sussex Cricket 5.00pm – Horntye Park Sports Complex,
---	---	---	---	---	---

ST LEONARDS CONCERTS PRESENTS
CHARLIE CHAPLIN'S
---THE ADVENTURER---
Fri 9th Aug 2024
7:30 pm
St. Johns the Evangelist
Brittany Rd
TN38 0RD
film screening
with live score by ZRI!
£5 - £25 via www.STLCONCERTS.co.uk

4

The HIP List

Bohemia Rd sussexcricket.co.uk/super-1s-hub Badminton 8.00pm – Summerfields Leisure Centre, Bohemia Rd £5.60 Adults Booking freedom-leisure.co.uk Tuesdays Judo with Hollington Judo Club 6.15pm – Hollington Community Centre, 1 Wishing Tree Rd N £3.50 from reception to year 6. Contact Neil Chalcraft 07858 412184 Judo with Hollington Judo Club 7.00pm – Hollington Community Centre, 1 Wishing Tree Rd N For children in years 7-11 contact Neil Calcraft 07858 412184 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 Badminton 6.00pm – Summerfields Leisure Centre, Bohemia Rd £5.60 or £4.70 with a Leisure Pass. Booking: 01424 457691 Hastings Women’s Park Rounders 6.30pm – Alexandra Park, St Helen’s Rd Between Dordrecht Way and Eat Café. 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 Wednesdays 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, Down Rd, Bexhill Book: eequ.org/experience/3462. Enquire for fees/free games and bookings: hastingsrounders@gmail.com Hastings Pirates Baseball Club 7.00pm – Claremont Preparatory School, Ebden’s Hill, Westfield	Free for your first session (£6 per session after that) hastingsbaseball.co.uk 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, Bohemia Rd £3 for all ages and abilities. Booking freedom-leisure.co.uk Badminton 7.00pm – Summerfields Leisure Centre, Bohemia Rd 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 Thursdays Fun Easy Boxing 11.45am – Isabel Blackman Centre, Winding St isabelblackmancentre.co.uk Heart and Sole Runners 7.00pm – Grosvenor Gardens 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 available for 3 courts usage. Booking: freedom-leisure.co.uk 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 welcome £5 to non-members. Must have attended Tuesday class. More info: hastingsymcabadmintonclub.co.uk	EVENTS & ACTIVITIES Wednesday 31 July Open Days at Barn Theatre and Museum 10.30am – Rodgers Farm, Stonestile Ln, Westfield Countryside setting, private collection of toys, puppets and theatre sets. Performances by in-house artists. £15 per car (free per person). Bright Foundation. Check online for details. Friday 2 August RSPB Guided Walk, Dungeness 10.00am – RSPB Dungeness, Boulderwall Farm, Dungeness Rd Ticketed, check online. Clean Up Ore 10.30am – Ore Community Centre, 455 Old London Rd Others’ Stories 6.00pm – The Beacon, 67-68 St Mary’s Terrace Saturday 3 August £1 Fashion Sale 10.00am – St Michael’s Hospice, 25 Upper Maze Hill Open Days at Barn Theatre and Museum 10.30am – Rodgers Farm, Rodgers farm, Stonestile Ln, Westfield Private collection of toys, puppets and theatre sets. Performances by in-house artists. £15 per car (free per person). Bus from Hastings station, £3 per person, leaves 11am, back 3pm. Bright Foundation. Check online for details. Cellar Open Day, Swan Avenue 11.00am – 5 Swan Ave Rebecca Bellantoni in Conversation with Imani Mason Jordan 12.00pm – De La Warr Pavilion, Marina, Bexhill St Mary’s Social Club Centennial 2.00pm – St Mary’s Social Club, 53–55 Mount Rd Free music from 2pm, free buffet from 7pm. Magic Lantern Curios 2.30pm – White Rock Theatre, White Rock Sunday 4 August Teddy Bears Adventures 1.00pm – De La Warr Pavilion, Marina, Bexhill Walking to Lands End 11.00am - Goat Ledge 07412 635343 Monday 5 August Heart of Sidley Summer Art Camp 10.00am – De La Warr Pavilion, Marina, Bexhill Tuesday 6 August Heart of Sidley Summer	Art Camp 10.00am – De La Warr Pavilion, Marina, Bexhill The Ancient Game of Winkle Tossing 6.00pm – Winkle Island blue plaque, 1 Pleasant Row Prizes to be won. Wednesday 7 August Heart of Sidley Summer Art Camp 10.00am – De La Warr Pavilion, Marina, Bexhill Thursday 8 August Fairlight Garden: Late Summer Loveliness 10.00am – Fairlight Hall, Martineau Ln, Fairlight £10 entry or free U18. Friday 9 August Seas and Trees: An Intro to Botanical Dyes 10.30am – Hastings Contemporary, Rock-a-Nore Rd Ticketed, check online. Sunday 11 August Post-carnival Litter Pick 11.00am – Hastings Miniature Golf, Pelham Pl Hosted by Craig’s Cabin. Barby Keel Animal Sanctuary BIG Annual Fundraiser 12.00pm – Barby Keel Animal Sanctuary, Pipzedene, Freezeland Ln, Sidley Musical Picnic at Pevensey Castle 5.00pm – Pevensey Castle, Castle Rd, Westham £12 adults, free for children. Find out more: musicboxwealden.co.uk Monday 12 August Country Park Work Experience Week 9.30am Thursday 15 August Sara Lee Trust Coffee Morning 10.30am – The Stables Theatre, The Bourne Refreshments, stalls, tombola, massages, raising money for the Trust. WEEKLY EVENTS Sundays RSPB Dungeness Open Days 10.00am – RSPB Dungeness, Boulderwall Farm, Dungeness Rd Hastings Beach Meditation 9.00am – Hastings Motor Boat & Yacht Club, Rock-a-Nore Parade 40 mins quiet meditation on beach opposite. Check Hastings Beach Meditation on 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. Each Monday. craigscabin87@hotmail.com Walking to Lands End 11.00am – Pier Entrance 07412 635343 Pop Quiz 7.30pm – The Piper, 1 Norman Rd Dave Valentine your Host 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 teams. Message/call if you’d like a table 01424 438791. 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 or anything in-between sewitstuesday@outlook.com Sound Waves Community Choir 7.30pm – Salvation Army, 26 St Andrew’s Square Free taster session. No auditions. admin@soundwaveschoir.org.uk 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, 11-12 Rock-a-NoreRd Booking advised: 01424 434326. Ruxley’s Crew Morris 8.15pm – West Hill Community Centre, Croft Rd Morris dancing – with a Hastings pirate twist! Contact: crewruxleys@gmail.com Wednesdays Busy Bees Singalong 10.30am – Hollington Youth Hub, 1 Wishing Tree Rd N Free parent/carer toddler sing-a-long group, families with under 5s. Term time only. For info: EHHastingsStLeonards@eastussex.gov.uk Walking to Lands End	11.00am - Pier Entrance 07412 635343 Men’s Walk and Talk 7.00pm – Azur, Marina Pavillion, 44-37 Marina Meet at Azur for a leisurely walk along the seafront with time to chat. For info or to book: Hannah Richards hannah.richards@mindcharity.co.uk or 07510927978. The Class Choir 7.00pm – The Unitarian Church Friendly, fun, uplifting Women’s choir. Free taster sessions, no music reading or auditions. theclasschoir@gmail.com Community Open House 11.00am – Afri-Co-Lab, 3, Marine Court Make Afri-Co-Lab your home, work space, chill-out lounge and studio for the day! afri-co-lab.org Bexhill Mixed Indoor Rounders 7.00pm – Bexhill College Sports Centre, Penland Rd, Bexhill Hastings Rounders. Enquire for fees/free games and bookings: hastingsrounders@gmail.com Thursdays Hastings Town Singers 7.00pm – Ark Castledown Primary Academy, Priorsy Rd A friendly non-auditioning community choir. Free taster sessions. hastings-townsingers.co.uk A Load of Poets 7.30pm – Twelve Hundred Postcards, 80 Queens Rd Poetry open mic night. Contact @loadofpoets on Instagram Sheer Poetry 6.00pm – Twelve Hundred Postcards, 80 Queens Rd Open mic, no entry fee, no pressure. Contact Book-Buster on Facebook Hastings Mixed Indoors Rounders 7.00pm – Horntye Park Sports Complex, 1 Horntye Park, Bohemia Rd Hastings Rounders. Fees/free games and bookings at hastingsrounders@gmail.com 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, Bexhill Free singing group for people with Dementia and
---	---	---	---	--

Crossword Solution No 257 :
Across: 1. Pistol (anagram) 3. (Sel)Dom in o(ffice) 4. Norman
Down: 1. Pardon (anagram) 2. Lag-o-on <

The HIP List

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. Donations welcome. Every 2nd Friday discdementiasupport.org
Walking to Lands End
11.00am - Pier Entrance 07412 635343
Broomgrove Youth Club Sessions
4.30pm – Broomgrove Community Centre, 85 Chiltern Dr sarah.adams@freshvisions.org.uk Bev 07732 823800

Saturdays
Indoor Market
10.00am – Saint Leonards Church Market, London Rd
Weekly market: clothes, bits, food, tarot. Stalls still available. stleoschurch.co.uk
Heritage Explorers
10.00am – Christ Church St Leonards on Sea, Silchester Rd
Free drop-in family art & heritage activities
Hastings and St Leonards Community Singing and Drumming Circle
6.00pm – Clifton Centre, 1 and 2 Stainsby St
All welcome. Food sharing, meditation, drumming, singing and sometimes dancing! Read more at MeetUp.com.
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. Find out more: umbrellasussex.org.uk
Thai food at the Albert
2.00pm – The Royal Albert, 293 Battle Rd

CLASSES & WORKSHOPS

Friday 2 August
Yin Yoga
8.00pm – The Humble Hub, 4-5 Shepherd St
£10 Sarah Morrison, the–humblewarrior.co.uk

Saturday 3 August
Navigating Menopause Mini Retreat
9.30am – The Humble Hub, 4-5 Shepherd St
£40 Jo & Sandesh, Making Your Way, the–humblewarrior.co.uk
Men’s Somatic Breathwork
2.00pm – The Humble Hub, 4-5 Shepherd St

£20 Natalie’s Holistic Therapies, the-humblewarrior.co.uk
Raising Vibrations Mini Retreat
5.00pm – The Humble Hub, 4-5 Shepherd St
£15 Jo Allen, the-humble-warrior.co.uk
Breathwork for Emotional Release
7.30pm – The Humble Hub, 4-5 Shepherd St
£20 Heidi, Hd Body & Mind, the-humblewarrior.co.uk

Sunday 4 August
Soul Sundays, yoga, food & drink in community
10.00am – The Humble Hub, 4-5 Shepherd St
£17 Kareena Lawson, the-humblewarrior.co.uk

Monday 5 August
Women’s Tapping Circle
1.30pm – The Humble Hub, 4-5 Shepherd St
£10 Sandesh Brown, the-humblewarrior.co.uk

Thursday 8 August
Aerial Hammock, conditioning & tricks
6.30pm – The Humble Hub, 4-5 Shepherd St
£15 Samantha Jane, the-humblewarrior.co.uk

Friday 9 August
All night Gong Puja, breakfast & sauna
8.00pm – The Humble Hub, 4-5 Shepherd St
£80 Tam Klien, the-humble-warrior.co.uk

Saturday 10 August
Textile Mapping Workshop for Black Women
11.00am – De La Warr Pavilion, Marina, Bexhill
Breathwork Workshop
5.00pm – The Humble Hub, 4-5 Shepherd St
£28 Rachel Bednarski, the–humblewarrior.co.uk

Sunday 11 August
Bloom Women’s Circle
9.30am – The Humble Hub, 4-5 Shepherd St
The Humble Hub
Women’s Somatic Breathwork
12.00pm – The Humble Hub, 4-5 Shepherd St
£20 Natalie’s Holistic Therapies, the-humblewarrior.co.uk
Deep Time, Ambient Gig
7.00pm – The Humble Hub, 4-5 Shepherd St
£15 Stacey Cohen, the-humblewarrior.co.uk

WEEKLY CLASSES

Sundays
Gong Bath sessions

11.00am – Hastings Unitarian Church, 7A South Terrace
Text Karen Hayler: 07986 911083
Yin Yoga
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
Moon meditation & Soundbath
7.30pm – The Humble Hub, 4-5 Shepherd St
£15 Jo Allen, 4th & 18th August, The Humble Warrior, the-humblewarrior.co.uk
Yoga Flow
9.15am – Isabel Blackman Centre, Winding St
Relaxing sensory class. Register at: isabelblackmancentre.co.uk
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 at the revamped St Andrews Mews. 5-10yrs. £5, drop-in or stay full 2 hours. Contact: c.hwatts.art@gmail.com
Regency Dance Workshop
2.00pm – St Peter & St Paul Church in the Parish of St. John the Evangelist, Parkstone Rd
Monthly. Visit Hastings Historical Dance Group on Facebook or contact: 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-week course, BYOM, book online dynamicanatomy.co.uk/yoga

Mondays
Monday Morning Meditation
8.00am – The Humble Hub, 4-5 Shepherd St
£10, join online £5, JoAllen, the-humblewarrior.co.uk
Slow Flow Yoga (Open Level)

9.30am – St Leonards Studio, Royal Victoria
Contact: karen@yoga-by-the-sea.co.uk
Pilates
9.30am – The Humble Hub, 4-5 Shepherd St
£9.50 Sarah T, the-humble-warrior.co.uk
Beginners Vinyasa Flow
9.30am – Hot Yoga Hastings, 21 St Peter’s Rd
hotyogahastings.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, Pevensy 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
11.00am – Isabel Blackman Centre, Winding St
No experience required. Register: isabelblackman-centre.co.uk
Cancer Rehab
1.00pm – Isabel Blackman Centre, Winding St
Visit: isabelblackmancentre.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: juliansambadrums@gmail.com
Beginners Pointe Class
5.30pm – Ore Community Centre, 455 Old London Rd
Studio 2. Contact: Annie 07704 711772
Multi level Pilates
5.30pm – Isabel Blackman Centre, Winding St
Register: isabelblackman-centre.co.uk
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 – The Humble Hub, 4-5 Shepherd St
£10 Hannah Almond Barr, the-humblewarrior.co.uk
Candlelit Yoga
6.00pm – All Saints’ St 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
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
Chakra Breathwork & Sound
7.30pm – The Humble Hub, 4-5 Shepherd St
£10 JoAllen, the-humble-warrior.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
Kettlebells
9.15am – Isabel Blackman Centre, Winding St
Full body strength class. Register: isabelblackman-centre.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 – The Humble Hub, 4-5 Shepherd St
£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’ St 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 – The Humble Hub, 4-5 Shepherd St
£15 Emma Dance, the–humblewarrior.co.uk

The HIP List

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 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 – The Humble Hub, 4-5 Shepherd St £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 Conversational French lessons 2.00pm – Ore Community	Library, Old London Rd £7 email:french.tutor.1066@gmail.com Women’s Community wellbeing Yoga 2.00pm – The Humble Hub, 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 Weighted Neuro Gym Session 6.00pm – Elphinstone Road, Elphinstone Rd Play Sport Fitness Hub £3 or pay what you can To book: eequ.org/experience/6816 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 – The Humble Hub, 4-5 Shepherd St £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, London Rd hastingscountrydanceclub.org.uk Wednesdays Yoga Flow 7.30am – The Humble Hub, 4-5 Shepherd St £10 Rachael, Elevate Yoga, the-humblewarrior.co.uk Pump & Tone 9.00am – Isabel Blackman Centre, Winding St Register: 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 Seated Strength Exercise Class 9.15am – Elphinstone Road eequ.org/experience/8223 Imaginative Ballet (2–4 years) 10.00am – Mini Playhouse, 26 White Rock £4 (after free trial). pitterpatterarts@gmail.com Qigong 10.00am – Isabel Blackman Centre, Winding St Register: isabelblackmancentre.co.uk Wellbeing Wednesdays 10.00am – Art in the Park, Alexandra Park Pay as you can. Light refreshments & creative activities with a focus on 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 Musical Drama (2–4 years) 11.00am – Mini Playhouse, 26 White Rock £4 (free trial). pitterpatterarts@gmail.com 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 £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 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 £10. Contact: enchanted-malas@gmail.com Qigong with Sigrid 5.30pm – Greek Orthodox Church of Saint Mary Magdalene 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 kimhaviland@gmail.com Laughter Yoga with Bev	6.30pm – The Jenny Lind Inn, 69 High St Upstairs. Contact: bev-jones@laughyourselftohealth.com Hand Embroidery with Lady B Embroidery 6.30pm – 53 London Rd busstopstudios.com/classes Zumba 7.00pm – Broomgrove Community Centre, 85 Chiltern Dr £3 or free for Broomgrove residents. To book: eequ.org/experience/6591 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, 28–29 Grand Parade £10. soulpowerkundaliniyoga.co.uk Argentine Tango Social Dance 8.00pm – The White Rock Hotel 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 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 Beginners Mat Pilates 7.30am – The Humble Hub, The Humble Hub, 4-5 Shepherd St £9.50 Rosie Lowther, 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/ learn 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 qigongsigrid@gmail.com Yoga at Hastings Contemporary 9.50am – Hastings Contemporary, Rock-a-NoreRd oldtownyoga.co.uk Move It or Lose It! 10.00am, 11.15am, 12.15pm – The Hastings Centre, the Ridge £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, 7A South Terrace £3. Good for body and mind
--	--	---	---	---	---

HOW WOULD YOU LIKE TO BE A PART OF THIS YEAR’S HASTINGS BONFIRE EVENT?

For just £15 a year, you could join Hastings Borough Bonfire Society and get involved with everything from building the Bonfire on Pelham Place beach, processing with the rest of the societies, enjoying the Bonfire once the public event has ended, and even attending other Bonfire society events.

There are a few ways you can join. You can either head to hbbs.info/join-us and use the online application form, or if that’s a bit too techy for you, you can always just come down to their August meeting at White Rock Hotel on Tuesday 13 August, starting at 8pm (so arrive at 7.45pm), and pick up a good old fashioned paper form from HBBS secretary Sue.

Membership runs from 1 January - 31 December. Renewals are due in January of each year. New membership applications close on 31 August, by which time all membership forms and money must be received for those wishing to join Hastings Procession, enter the fire site and attend out-meetings. Membership then re-opens at the 12 November meeting. New members joining in November get November and December free.

Chlorophyll & H2O at St Andrew's Mews

HARRIET MACAREE on her new exhibition of paintings, drawings and collages

The title hints at recurring themes in my work, either celebrating our planet's green oases or marvelling at the extraordinary power of water: to irrigate, nourish and give life - or to flood, erode and destroy.

Chlorophyll: that miraculous green pigment that allows plants to create energy through photosynthesis. And *H2O*, that compound, hydrogen and oxygen. Water has been flowing through most of my work in recent years in seas, rivers, waterfalls, lakes and swimming pools. If I see water, I want to jump in - unless, of course, it's just been polluted with raw sewage.

A sewage flood, courtesy of

Southern Water, turned my first taste of creative freedom (after retirement) into a nightmare of 24/7 salvage work: daily chasing of the Water Board, loss adjustors, insurers, deep cleaners, builders. Nine months later, there are still outstanding insurance claims, and adjustments needed to an electric anti-flood pump. The destructive power of blackwater is staggering.

I finally escaped this spring to see amazing torrents of fresh turquoise water racing through the alpine valleys of Japan, pouring down mountains in sparkling cascades, gliding transparently over

rounded boulders. In New Zealand I saw gigantic sapphire blue lakes, deep ultramarine seas and the mysterious dark indigo waters of Milford Sound, shot with white waterfalls. These are the magical sights I am now beginning to process and respond to.

This show is an assorted collection of paintings, drawings and collages from recent years, stretching across continents in their inspiration. My selection is based on earth, water and sky, uniting threads of land, river and seascape.

I was just beginning a series of responses to my travels when David Sunney knocked on my door to offer me a gallery in St Andrew's Mews this summer, in a relaunch of several units.

Check St Andrew's Mews opening times standrewsmews.co.uk
Harriet MacAree opening event: 2 August 2024 11 a.m



Cherry Blossom Path





Part of the single fare capped scheme

Help for Households

 HM Government

*Variations and exclusions apply. See website for details.

FAMILY-FRIENDLY EVENTS IN AUGUST



Free Family Sunset Screenings at DLWP

Sunset Screenings return this summer, in association with Bexhill College, with support from McPhersons Chartered Accountants. The De La Warr Pavilion celebrates with three outdoor screenings of family favourite films in August. Each screening will also include free creative activities for the family to get involved in before the film starts.

So dust off your picnic blankets, wrap up warm and enjoy three of your favourite family films by the sea this August.

Screenings begin at sunset, approximately 8.30pm.

Saturday 10 August
Puss in Boots: The Last Wish (2022, Cert. PG)

Saturday 17 August
The People's Choice:
One of the following three films celebrating their anniversary this year: Toy Story 2 (Celebrating 25 years, Cert. U); Tarzan (Celebrating 25 years, Cert. U) Shreck 2 (Celebrating 20 years, Cert. PG).
Voting closed Sunday 21 July. For result, visit the De La Warr website

Saturday 24 August
Wonka (2023, CERT. PG)

For more details and how to get there, please visit dlwp.com/sunsetscreenings

Hiroshima Day

JOHN ENEFER

Tuesday 6 August will see the annual Hiroshima Day commemoration in Hastings. It will be exactly 40 years since it was first marked in Hastings by the local Campaign for Nuclear Disarmament (CND) group. More recently the event has been held by Hastings Against War, which is now also known as XR Peace, having joined forces with the local Extinction Rebellion group.
The atomic bombings of Hiroshima and Nagasaki in August 1945 remain the only occasions when

nuclear weapons have been used in war. An estimated 185,000 people died as a consequence of the bombs dropped by the US air force on the Japanese cities; the victims included Koreans who had been forced to come to Japan as labourers as well as American prisoners of war. Each year those killed in 1945 are remembered in ceremonies around the world as people affirm such nuclear attacks should never be repeated.

With tensions between east and west high as a result of the Ukraine conflict, the threat of nuclear war is still present, even as the need for international cooperation to resolve

global problems becomes ever more pressing.
Keir Starmer's statement in February that a Labour government would halve its spending on projects aimed at combating climate change (from the £28 billion previously pledged) drew sharp criticism, as did his promise to invest tens of billions in the UK's nuclear weapons system to ensure Britain's 'security'. The Chairman of CND, Tom Unterwiesing, observed: "We need a bold vision for what real security means: one that puts climate, food security, and people at its heart, not more militarism and conflict."
The Hastings Hiroshima Day Ceremony will take place by the lake at the south end of Alexandra Park on 6 August starting at 8.30pm. All are welcome.



Old Town Celebrations

Old Town week gets going in the first week of August and is officially opened with the raising of the flag at the flagpole next to The Shipwreck Museum.

Set up in 1968 because the Hastings Carnival didn't include the Old Town in its procession, it's a week of Open Houses, walking tours, art shows and live music.

One of its quirkier events is The Crown Lane Bike Race, in which contestants ride a butcher's bike up the steepest hill in the Old Town with a £10 note tucked under the saddle.

The origins of the race go back to Hastings' fisherman and 'boy ashore' Jimmy Read. Jimmy was urged to get a motorbike, but refused, saying he could travel everywhere he needed to on his old butcher's bike. He was challenged by a friend to ride up Crown Lane (probably the steepest hill in the Old Town) while staying on the saddle and with a £10 note under him. Jimmy managed to do so and won the money.

Sadly, Jimmy died on the beach during the 1987 hurricane, and the next year, his friend, Peter Trickett, came up with the idea of a memorial bike race. 30 years later, the race is still going strong!

Contestants have to repeat Jimmy's feat of riding a butcher's bike up Crown Lane with a £10 note

tucked under the saddle. If they stand up and lose the note, they're out of the game.

There's also plenty of music in Old Town Week, kicking off with the RNLI concert this Thursday (1 August) and followed by a reggae concert on Friday and the Nearly On The Beach Concert over the weekend, all at The Stade. For more live music, catch the Rockitmen on street stage outside the FILO on 8 August.

Other interesting (and sometimes arcane) activities during the week include: the gurning competition, a church service for pets, the seaboot race, a donut eating competition and the ancient game of winkle tossing. One of the most popular and hilarious evenings is The Pram Race, where teams choose a theme and decorate their 'prams' before racing through the Old Town (basically a big pub crawl) – although the organisers warn that this is strictly for over-18s.

Finally, The Old Town Carnival rounds off Old Town Week on Saturday 10 August. The procession includes floats, dancers, majorettes and marching bands and ends with a magnificent firework display in the evening.

See oldtowncarnivalweek.co.uk/events/list for more information and a full list of events.