

Friday 30 August to Thursday 13 August 2024

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



The HIP List

INVENTED FUTURE – OBX
Observer Building
53 Cambridge Rd
Hastings
TN34 1DT

Thursday 5 September
6.30-8:30pm
Friday 6 & Saturday 7
10:30am – 6pm

Hastings Independent

The HIP List

FESTIVALS Sunday 1 September Coastal Currents <i>coastalcurrents.org.uk</i>	Steve Didge Duo 7.30pm - The Harrow Inn, 828 The Ridge, Hastings Martin Turner 8.00pm - White Rock Theatre, White Rock The Urban Voodoo Machine 8.00pm - The Piper + Frank from Blue Velvet	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.	PERFORMANCE Friday 30 August The Murder of My Aunt 7.30pm - The Stables Theatre, The Bourne	The Murder of My Aunt 7.30pm - The Stables Theatre, The Bourne Hastings Poetry Brothel - Selkie 7.30pm - The White Rock Hotel, 1-10 White Rock Call of the Jaguar 8.00pm - Hastings Museum & Art Gallery, John's Place, Bohemia Rd Forbidden Fruit Drag Show - Stephanie von Clitz 9.30pm - The Forbidden Fruit, 22 Grand Parade, St Leonards	Hastings Contemporary, The Stade For Want of Not Measuring - Group Exhibition Until 31 August Project 78 Gallery, Norman Rd Harmeet Rahal Until 30 September Flatland Projects, Beeching Rd Studios, Bexhill Hastings Arts Forum Members Show 3 until 15 September Hastings Arts Forum, Marine Court I-Found (Extended Remix) Group Exhibition 30 August until 22 September (Thurs to Sun) Upper Gallery, St. Andrews Mews, Waldegrave St Jo Israel - On the Edge of Nothingness Until 6 October Hastings Museum & Art Gallery, Bohemia Rd Kate Delaney - Public House 31 August until 29 September The Crown Pub, All Saints St Near Portrait Experience Until August 31 Baker Mamonova Gallery, Kino-Teatr, Norman Rd Nick Hill - Fast Forward to the Past Until 25 September Oscar's on the Square, Lower Promenade Warrior Square Patrick Glass - Portrait of a Collector Until 1 September Hastings Arts Forum Quentin Blake – 100 Portraits Until 8 September Hastings Contemporary, The Stade 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 All Mothers Until 31 August Rogue Gallery, Norman Rd Zoom Arts Summer Show 13 until 16 September Stade hall, The Stade
MUSIC Friday 30 August Chimer 7.00pm - Dragon Bar, 71 George St The Smyths '84 7.30pm - White Rock Theatre, White Rock The Cold Stares 7.30pm - The Carlisle, 24 Pelham St Indianan Southern rock Steve Didge Joe Clements 8.00pm - The Plough Inn, 49 Priory Rd Hot House combo 8.30pm - The Jenny Lind Inn, 69 High St Swing jazz Jack (of Kid Kapichi) and Fiends 8.30pm - The Piper, St Leonards-on Sea Waifs and Strays 8.45pm - Conquerors March, Stonestile Ln	Saturday 7 September Other Band 4.00pm - Barnaby's Lounge, 46 Robertson St High Tides 5.00pm - Hastings Pier, 1-10 White Rock 3 Rooms of deep, dirty electronic music in the pier's middle building. <i>ticketpass.org/event/EGCQYQ/hide-tides</i> Amber Shift 8.00pm - Tin Tins, 21 Robertson St Jon Carter vs Atmospheric Derek 9.00pm - The Piper A battle of 2 DJs Stormy T Bluesman's Lane 9.15pm - Barnaby's Lounge, 46 Robertson St	Wednesdays Open Mic 7.00pm - The Piper, 1 Norman Rd, St Leonards 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.	Saturday 31 August Science Museum - The Live Stage Show 1.30pm - White Rock Theatre, White Rock The Murder of My Aunt 7.30pm - The Stables Theatre, The Bourne Cabaret Allure 7.30pm - White Rock Theatre, White Rock Mary O'Kart 9.30pm - The Forbidden Fruit, 22 Grand Parade, St Leonards	Sunday 8 September Peter, Sally & The Sea 3.00pm - Stade Hall, The Stade The Merry Wives of Windsor 7.30pm - Stade Hall, The Stade Ed Byrne - Tragedy Plus Time 7.30pm - De La Warr Pavilion, Marina, Bexhill 1972 and the Future of Sex 8.00pm - The Stables Theatre, The Bourne	Until 6 October Hastings Museum & Art Gallery, Bohemia Rd Kate Delaney - Public House 31 August until 29 September The Crown Pub, All Saints St Near Portrait Experience Until August 31 Baker Mamonova Gallery, Kino-Teatr, Norman Rd Nick Hill - Fast Forward to the Past Until 25 September Oscar's on the Square, Lower Promenade Warrior Square Patrick Glass - Portrait of a Collector Until 1 September Hastings Arts Forum Quentin Blake – 100 Portraits Until 8 September Hastings Contemporary, The Stade 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 All Mothers Until 31 August Rogue Gallery, Norman Rd Zoom Arts Summer Show 13 until 16 September Stade hall, The Stade
Saturday 31 August Kelley Swindall 7.15pm - The Jenny Lind Inn, 69 High St Outlaw country, support from X ray Nico The Diamond Project 8.00pm - Anchor Inn, 13 George St 4 Teas and a Sugar 8.00pm - Hollington Oak, 210 Wishing Tree Rd, Hastings Stone's Throw 8.30pm - Barnaby's Lounge, 46 Robertson St Groove UK 8.45pm - The Nags Head, 8-9 Gensing Rd	Sunday 8 September Iron Men Of the Sea 4.00pm - The Jenny Lind Inn, 69 High St psychedelic Lloyd Cole - One Man Show 7.00pm - De La Warr Pavilion, Marina, Bexhill	Thursdays Open Mic Night 7.00pm - The Pig's Palace, 37 White Rock Open Mic 7.45pm - The Nags Head, 8-9 Gensing Rd, St Leonards Shanty Night 8.30pm - The Jenny Lind Inn, 69 High St Grab a pint, grab a lyrics sheet and join in. The Jazz Organisation 8.00pm - NUR Restaurant & Lounge, 13 Robertson St	Sunday 1 September Coffee Concert: Zarek Trio Baroque Music by JS Back & Buxtehude 11.00am - Kino-Teatr, 43-49 Norman Rd, Hastings, St Leonards The Murder of My Aunt 2.30pm - The Stables Theatre, The Bourne St.Leonards Concerts - Through the Stargate 5.00pm - Christ Church St Leonards on Sea, Silchester Rd, St Leonards	Thursday 12 September Tonight Someone Dies 7.30pm - White Rock Theatre, White Rock	Until 1 September Hastings Arts Forum Quentin Blake – 100 Portraits Until 8 September Hastings Contemporary, The Stade 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 All Mothers Until 31 August Rogue Gallery, Norman Rd Zoom Arts Summer Show 13 until 16 September Stade hall, The Stade
Sunday 1 September Tom Cole 3.00pm - The Royal Albert, 293 Battle Rd, Hastings Peter Bruntwell Band 4.00pm - The Jenny Lind Inn, 69 High St Alt-country Morph Skä 4.00pm - Old King John, 39-41 Middle Rd Cushty 4.45pm - Lord Nelson Public House, The Lord Nelson, 1 E Bourne St Hot House Combo 7.00pm - Albion Hastings, 33 George St	Tuesday 10 September Willy Tea Taylor 7.00pm - The Jenny Lind Inn, 69 High St Californian folk singer	Fridays Custard Caravan 4.00pm - Barnaby's Lounge, 46 Robertson St Custard Caravan is a once monthly afternoon of music and mirth hosted by Louise Whitham and Danny Brittain. A "bunk off" Friday variety show with great bands and refreshingly surprising material. It's almost impossible to cram more fun into 2 hours! Dine with Music 6.00pm - The Dolphin Inn, 11-12 Rock-a-Nore Rd Full menu plus specials. Guest singers begin from 7.30pm. McNiff's Folk Sundowner 5.00pm - The Jenny Lind Inn, 69 High St Weekly acoustic strand with a different guest featured every Friday The Get Down 7.00pm - The White Rock Hotel, 1-10 White Rock Monthly Funk music event	Tuesday 3 September Hastings Philharmonic - A Nossa Bossa 7.30pm - Christ Church St Leonards on Sea, Silchester Rd, St Leonards The Murder of My Aunt 7.30pm - The Stables Theatre, The Bourne	Wednesday 4 September The Murder of My Aunt 7.30pm - The Stables Theatre, The Bourne	Until 1 September Hastings Arts Forum Quentin Blake – 100 Portraits Until 8 September Hastings Contemporary, The Stade 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 All Mothers Until 31 August Rogue Gallery, Norman Rd Zoom Arts Summer Show 13 until 16 September Stade hall, The Stade
Sunday 1 September Legend - The Music of Bob Marley 7.30pm - White Rock Theatre, White Rock	WEEKLY MUSIC Sundays BYO Vinyl Night 7.00pm - The Jenny Lind Inn, 69 High St	Saturdays The Coffee House Sessions 5.30pm - Hanushka Coffee, Robertson St Free entry. Jason McNiff and friends present	Thursday 5 September The Murder of My Aunt 7.30pm - The Stables Theatre, The Bourne A Load of Poets 7.30pm - Twelve Hundred Postcards, 80 Queens Rd Poetry Open Mic	Friday 6 September Kamikaze Comedy 7.30pm - Crown House, Marina, Hastings, St Leonards The Murder of My Aunt 7.30pm - The Stables Theatre, The Bourne Forbidden Fruit Drag Show - David Dale 9.30pm - The Forbidden Fruit, 22 Grand Parade, St Leonards	Until 1 September Hastings Arts Forum Quentin Blake – 100 Portraits Until 8 September Hastings Contemporary, The Stade 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 All Mothers Until 31 August Rogue Gallery, Norman Rd Zoom Arts Summer Show 13 until 16 September Stade hall, The Stade
	Monday 5 September Daiistar + Safari Inn 8.00pm - The Piper		Friday 7 September Hagstone Stunners Wrestling Cabaret 12.00pm - Stade Hall, The Stade Surreal w	ART Arthur Parry - Scenes and People Until 28 September Stables Theatre Art Gallery Barbara Kasten - Site Lines Until 8 September De La Warr Pavilion Brook Tate Exhibition Until 21 September Stella Dore Gallery, Norman Rd Corinne Corbett-Thompson Exhibition 7 September until 12 January 2025 Hastings Museum & Art Gallery, Bohemia Rd Elias Sime- Eregata Until 8 September	Friday 30 August The Alain Delon Season - Le Samouraï 3.00pm & 7.30pm - Kino-Teatr, 43-49 Norman Rd, St Leonards Trainspotting + 90s

The HIP List

Themed Surprise and Late Bar 7.30pm - Electric Palace, 39A High St Saturday 31 August Alain Delon Season: Zorro 3.00pm - Kino-Teatr, 43-49 Norman Rd, St Leonards The Harder They Come + Jamaican Food from One Love Kitchen 7.30pm - Electric Palace, 39A High St Sunday 1 September 2001: A Space Odyssey 11.30am - Electric Palace, 39A High St Wednesday 4 September Fly Me to the Moon 3.00pm & 7.30pm - Kino-Teatr, 43-49 Norman Rd, St Leonards Thursday 5 September The Fall Guy 11.00am - Electric Palace, 39A High St Club Cinoche Presents: Les Vacances de Monsieur Hulot 7.00pm - Electric Palace, 39A High St Fly Me to the Moon 7.30pm - Kino-Teatr, 43-49 Norman Rd, Hastings, St Leonards Friday 6 September Star Wars IV: A New Hope + Jedi Quiz 4.00pm - Electric Palace, 39A High St The Fall Guy 7.30pm - Electric Palace, 39A High St Saturday 7 September Lush: A Far From Home Movie + Q&A with Emma Anderson and Phil King 7.30pm - Electric Palace, 39A High St Sunday 8 September Cinema Paradiso 11.30am - Electric Palace, 39A High St Thursday 12 September IO Capitano 11.00am & 7.30pm - Electric Palace, 39A High St Sussex Exchange Queensway – for film listings go to: cinema.thesussexexchange.co.uk/ Odeon Hastings Queens Road - for film listings go to: odeon.co.uk/cinemas/hastings/	Comptons - Sussex Summer Doubles Div 3 10.30am - Amherst Gardens Saturday 7 September Cricket: Hastings & St Leonards Priory v Horsham - Sussex Premier League Saturday 7 September - Horntyte 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 Walking Football 6.00pm - TN34 2LD, Lower Park Rd Alexandra Park Multi-Use Games Area £2 Adults 50+ Booking eequ.org/experience/6144 Hastings YMCA Badminton Club 8.30pm - The Y Centre, 26 St Paul's Rd, St Leonards, Hastings £5 Adults, young people, beginners welcome hastingsymcabadmintonclub.co.uk Disability Cricket with Sussex Cricket 5.00pm - Horntyte Park Sports Complex, Bohemia Rd, St Leonards 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, Hastings £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, Hastings For children in years 7-11 contact Neil Chalcraft 07858	412184 Hastings YMCA Badminton Club 8.30pm - The Y Centre, 26 St Paul's Rd, St Leonards, Hastings £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 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, Hastings £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, Ebdens 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, St Leonards, Hastings 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, St Leonards 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 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, St Leonards, Hastings Adults, young people, beginners welcome £5 to non-members. Must have attended Tuesday class. More info: hastingsymcabadmintonclub.co.uk	The Poetry Brothel Hastings 7.30pm - The Downstairs Bar, The White Rock Hotel 1-10 White Rock Selkie Poetry, Storytelling, Music and Burlesque WEEKLY EVENTS Sundays Hastings Beach Meditation 9.00am - Hastings Motor Boat & Yacht Club, Rock-A-Nore Parade 40mins quiet meditation on beach opposite. Check Hastings Beach Meditation on Facebook. Pokemon League 1.00pm - Table Flip, 201 Queens Rd Play packs for entry and prizes to be given. RSPB Dungeness Open Days 10.00am - RSPB Dungeness, Boulderwall Farm, Dungeness Rd Mondays Pop Quiz 7.30pm - The Piper, 1 Norman Rd, St Leonards 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. Volunteering: Hidden Eden Wellbeing Garden 10.15am - 27 Parsons Cl, Hastings Craig's Cabin asks for volunteers to turn this green community space into a sensory garden. Each Monday. craigscabin87@hotmail.com Overeaters Anonymous 7.30pm - Clifton Centre, 1 and 2 Stainsby St, St Leonards Tuesdays Sew It's Tuesday 7.00pm - 161 Bexhill Rd, Hastings Share your crafting sewing, crochet, knitting or anything in-between sewitsuesday@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	ST. LEONARDS CHURCH SATURDAY MARKET stleoschurch.co.uk - INDOOR STALLS SELLING - Arts, Crafts, Antiques & Collectibles Vintage Chic, Clothes & Jewellery Tarot Readings & Reiki Healing - also - Barista Coffee & Jamaican Food OPEN EVERY SATURDAY 10am to 4pm Find us at Saint Leonards Church London Road (corner Pevensey Rd) Saint Leonards-on-Sea TN37 6AS Bingo Night 7.30pm - The Dolphin Inn, 11-12 Rock-a-Nore Rd Booking advised: 01424 434326. Ruxley's Crew Morris 8.15pm - West Hill Community Centre, Croft Rd Morris dancing - with a Hastings pirate twist! Contact: crewruxleys@gmail.com Wednesdays Busy Bees Singalong 10.30am - Hollington Youth Hub, 1 Wishing Tree Rd N, Hastings Free parent/carer toddler sing-a-long group, families with under 5s. Term time only. For info: EHHastingsStLeonards@eastussex.gov.uk Men's Walk and Talk 7.00pm - Azur, Marina Pavillion, 44-37 Marina, Hastings, St Leonards Meet at Azur for a leisurely walk along the sea front 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, St Leonards 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.
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The HIP List

Enquire for fees/free games and bookings: hastingsrounders@gmail.com

Thursdays

Hastings Town Singers
7.00pm - Ark Castledown Primary Academy, Priory Rd
A friendly non-auditioning community choir. Free taster sessions. hastings-townsingers.co.uk
Hastings Mixed Indoors Rounders
7.00pm - Horntye Park Sports Complex, 1 Horntye Park, Bohemia Rd, St Leonard's on Sea
Hastings Rounders. Fees/free games and bookings at hastingsrounders@gmail.com
A Load of Poets
7.30pm - Twelve Hundred Postcards, 80 Queens Rd
Poetry open mic night. Contact @loadofpoets on Instagram.
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, Bexhill-on-Sea, St Augustine's Close, Cooden Dr, Bexhill
Free singing group for people with Dementia and their carers in Bexhill. Every 1st and 3rd Friday. discdementiasupport.org
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, St Leonards
Weekly market: clothes, bits, food, tarot. Stalls still available. stleoschurch.co.uk
Thai food at the Albert
2.00pm - The Royal Albert, 293 Battle Rd, Hastings
Gravity & Grace
2.30pm - Clifton Centre, 1 and 2 Stainsby St, St Leonards
Taking care of mind, body & soul with the Alexander Technique. Introductory talks/workshops. Booking not required, Suggested donation £5. For further details contact Chris livingtenderly@yahoo.co.uk
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.
Heritage Explorers
10.00am - Christ Church St Leonards on Sea, Silchester Rd, St Leonards
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, St Leonards
All welcome. Food sharing, meditation, drumming, singing and sometimes dancing! Read more at MeetUp.com

WORKSHOPS

Saturday 7 September
Beginners' Watercolour Class
1.30pm & 3.30pm - The Stables Theatre, The Bourne

WEEKLY WORKSHOPS

Sundays
Sunday Brunch-time Kid's Art Club
10.00am - Outside the Smokeshack, St Andrews Mews
Join Artist and Arts Educator Charlotte CHW for different creative projects every week at the revamped St Andrews Mews. 5-10yrs. £5, drop-in or stay full 2 hours. Contact: c.hwatts.art@gmail.com
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, St Leonards
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 Sq
A session designed to restore the nervous system. £15. Find out more: madre-sl.com
Moon meditation & Soundbath
7.30pm - 4-5 Shepherd St, St Leonards
The Humble Hub £15 Jo Allen, 4th & 18th August, the-humblewarrior.co.uk

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 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 - 4-5 Shepherd St, St Leonards
The Humble Hub £10, joinonline £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
Beginners Vinyasa Flow
9.30am - Hot Yoga Hastings, 21 St Peter's Rd, St Leonards
hotyogahastings.co.uk.
Circuits
10.00am - Isabel Blackman Centre, Winding St
Cardio and weighted exercise. Register: isabelblackmancentre.co.uk
Hastings Knitters
10.00am - White Rock Theatre, White Rock
ajwright54@yahoo.com
Choir Practice!
11.00am - The Chapel of Christ's Stillness, Moon Cottage
New singers of all ages welcome. thechapelof-christsstillness.co.uk
Cancer Rehab
1.00pm - Isabel Blackman Centre, Winding St
Visit: isabelblackmancentre.co.uk
LGBTQ+ social meet
2.15pm - Isabel Blackman Centre, Winding St
Register and find out more: isabelblackmancentre.co.uk
Origami
3.00pm - Isabel Blackman Centre, Winding St
Drum Club
4.15pm - West Hill

Community Centre, Croft Rd
£6.50. Booking essential. For 15-16-year-olds. Contact: juliansam-badrums@gmail.com
Multi level Pilates
5.30pm - Isabel Blackman Centre, Winding St
Register: isabelblackmancentre.co.uk
Darragh Dance
5.30pm - Afri-Co-Lab, 3, Marine Court, St Leonards
£10, £5 concessions. Get your joy on with movement director and choreographer Darragh O'Leary. Afri-co-lab.org.
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, St Leonards
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, St Leonards
hotyogahastings.co.uk
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 Sq
yeli@happinessholistichealth.uk
Chakra Breathwork & Sound
7.30pm - 4-5 Shepherd St, St Leonards
The Humble Hub £10
JoAllen, the-humblewarrior.co.uk
Gentle Flow Yoga
7.45am - The Wellington Health & Wellbeing Centre, 44 Wellington Sq
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: isabelblackmancentre.co.uk
Pilates
9.30am - 4-5 Shepherd St, St Leonards
The Humble Hub £9.50
Sarah T, the-humblewarrior.co.uk
Cygnets Swans
9.45am - Isabel Blackman Centre, Winding St
Ballet for beginners. Register: isabelblackmancentre.co.uk
Art Classes for Adults
10.00am - St John's Church, Pevensey Rd, St Leonards
All levels. £23 per session or cheaper for block/term. Website: sjflack.art
Yoga Over 60 - maintaining movement
11.00am - St Leonards Studio, Royal Victoria
Contact: zowie@stleonards.studio
Silver Swans Ballet
11.00am - Isabel Blackman Centre, Winding St
No experience required. Register: isabelblackmancentre.co.uk
Inclusive Dance for Adults with Complex Needs
1.45pm - Hastings Centre, The Hastings Centre The Ridge
£5 Register dancehastings@gmail.com
Chair Yoga
3.00pm - Isabel Blackman Centre, Winding St
Register: isabelblackmancentre.co.uk
Silver Swans Ballet Class
4.00pm - Ore Community Centre, 455 Old London Rd Studio 2. Contact: Annie on 07704 711772.
Beginners Pointe Class
5.30pm - Ore Community Centre, 455 Old London Rd Studio 2. Contact: Annie 07704 711772.

Tuesdays
Ashtanga Yoga - Assisted Self Practice
7.30am - The Wellington Health & Wellbeing Centre, 44 Wellington Sq
£15 ashtangayogahastings@gmail.com
Rise & Shine Yoga
8.00am - 4-5 Shepherd St, St Leonards
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

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£195

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£95



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Crossword Solution No 259:
Across: 1. Snores 3. A-Verse 4. Nap-Les Down: 1. St-Rain 2. S(H)reds (anagram)

ARTISE H US

Or you could pay a
highlighted...
ad in the paper is
n you'd think.

Back Cover

£450

1/2 Pg. Horizontal

£220

1/4 Pg. Horizontal

£95

Inside Banner

£1

ownload our press pack for
n and prices or contact us
tising@yourhip.co.uk

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*
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, St Leonards
The Humble Hub £15
Emma Dance, *the-humble-warrior.co.uk*
5 Rhythms Movement Metaphor
10.00am - Crown House, Marina, Hastings, St Leonards
£15 or £12 concession, £10 for beginners *info@artsonprescription.org*
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, St Leonards
hotyogahastings.co.uk
Vinyasa Yoga for Wellbeing with Dr Palito
12.30pm - 4-5 Shepherd St, St Leonards
The Humble Hub £10 drop in. To book: *the-humble-warrior.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*
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, St Leonards
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 - 4-5 Shepherd St, St Leonards
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 Honeybuns, 235 London Rd, St Leonards
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 Sq
£9.00 *hola@madre-sl.com*
Hatha Vinyasa Yoga
6.00pm - 4-5 Shepherd St, St Leonards
The Humble Hub £10
Veronica Hare, *the-humble-warrior.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 - *kar-en@yoga-by-the-sea.co.uk*
Lino Printing Evening Course
6.30pm - Bus Stop Studios, 53 London Rd, St Leonards
busstopstudios.com/classes
Buddhist Meditation Class
7.30pm - Saint Nicholas Centre, St Nicholas Centre, London Rd, St Leonards
£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, St Leonards, Hastings
£10 on the door. Visit: *sos.dance*
Country Dancing
7.45pm - Saint Matthews Church Centre, St. Matthews Church Centre, London Rd, Hastings
hastingscountrydanceclub.org.uk

Wednesdays Yoga Flow
7.30am - 4-5 Shepherd St, St Leonards
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
£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*
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 *spanish-honseaschool@gmail.com* or Españoles en Hastings FB page.
Parent Toddler Singalong Session
10.30am - Early Help Keywork Service, Ocean House, 87-89 London Rd, St Leonards
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, St Leonards
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*
Parent Toddler Singalong Session
11.30am - Early Help Keywork Service, Ocean House, 87-89 London Rd, St Leonards
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*
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, Hastings
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, St Leonards
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 Marjolyne
6.00pm - St Leonards Studio, Royal Victoria
07929 577985
Adult Tap Class for Beginners
6.15pm - 7 Mercatoria, St Leonards
kimhaviland@gmail.com
Laughter Yoga with Bev
6.30pm - The Jenny Lind Inn, 69 High St
Upstairs. Contact: *bev-jones@laughyourselfto-health.com*
Hand Embroidery with Lady B Embroidery
6.30pm - 53 London Rd, St Leonards
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. *aoibara-meditation.co.uk*
Kundalini Yoga and Meditation Class
7.30pm - The Ballroom, Bank Hotel & Bistro, 28-29 Grand Parade, St Leonards
£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*

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The HIP List

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 Sq

£15. *ashtangayogahastings@gmail.com*

Beginners Mat Pilates

7.30am - 4-5 Shepherd St, St Leonards

The Humble Hub £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 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 - The Hastings Centre The Ridge

also 11.15am-12.15pm. £6 per class. First class free. Friendly, low impact exercise for older adults.

lucy.jenner@moveitorloseit.co.uk

Circle Dancing

10.30am - Hastings Unitarian Church, 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, St Leonards

The Humble Hub £9.50

Sarah T, *the-humblewarrior.co.uk*

Boxing for fun

11.45am - Isabel Blackman Centre, Winding St

Register: *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*

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, St Leonards

The Humble Hub £8

Samantha Jane, *the-humblewarrior.co.uk*

Aerial Yoga

5.00pm - 4-5 Shepherd St, St Leonards

The Humble Hub £15

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 Sq

yeli@happinessholistichealth.uk

Tantra Yoga

6.30pm - 4-5 Shepherd St, St Leonards

The Humble Hub £10

Lisa Powell, *the-humblewarrior.co.uk*

Mandala Vinyasa Flow (Advanced)

6.30pm - Hot Yoga Hastings, 21 St Peter's Rd, St Leonards

hotyogahastings.co.uk

Bus Stop Knit Club - weekly knitting group

6.30pm - Bus Stop Studios, 53 London Rd, St Leonards

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*

Aerial Hoop Class

8.30pm - 4-5 Shepherd St, St Leonards

The Humble Hub £15

Cherry, *the-humblewarrior.co.uk*

Fridays

Pilates - Intermediate

9.00am - 4-5 Shepherd St, St Leonards

The Humble Hub £9.50

Sarah T, *the-humblewarrior.co.uk*

Traditional Yoga

9.00am - Horntye Park Sports Complex, Bohemia Rd, St Leonards

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, St Leonards

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: *isabelblackmancentre.co.uk*

Mindful Yoga Flow

12.30pm - 4-5 Shepherd St, St Leonards

The Humble Hub £10

Kareena Lawson, *the-humblewarrior.co.uk*

Chair Yoga – A supported approach

2.30pm - St Leonards Studio, Royal Victoria

Supported yoga for those with reduced mobility. £6.

zowie@stleonards.studio or visit *stleonards.studio*.

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, St Leonards

Contact: *info@thecliftoncentre.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, St Leonards

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.

More info: *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 Leonards

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: *isabelblackmancentre.co.uk*

Inclusive Dance for Adults with Moderate Learning Disabilities

1.30pm - The Hastings Centre the Ridge, The Ridge

£5 Register *dancehastings.com*

Table Tennis

2.30pm - Isabel Blackman Centre, Winding St

Register: *isabelblackmancentre.co.uk*

Womb Yoga

5.30pm - 4-5 Shepherd St, St Leonards

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

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, St Leonards

The Humble Hub £10

James Loosemore, *the-humblewarrior.co.uk*

Power Sunrise Flow

9.00am - Zoom

With Hannah. £9. Find out more *madre-sl.com*

Aerobics Class

9.30am - 4-5 Shepherd St, St Leonards

The Humble Hub £8

Jensy Azucena, *the-humblewarrior.co.uk*

Morning Flow Yoga

10.00am - Bank House, 144 London Rd, Hastings

Ease into your weekend with some mindful movement and breathwork. More info: *yoga-by-the-sea.co.uk*

Antenatal Class

10.00am - The Crown, 64-66 All Saints' St

First Saturday morning of every month, free!

Tennessee Williams Acting & Directing Group

10.00am - The Stables Theatre, The Bourne

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

CROSSWORD CORNER

Across

1. Boring things can happen at night (6)

3. Hostile to part of poem (6)

4. Italian city where the French have a doze first (6)

Down

1. Saint walking on water from above shows unusual effort (6)

2. Tears hydrogen dress into pieces (6)

Crossword Solution: Answers on page 5 of The HIP List

1					2
3					
4					

Read all about it: the Hastings Book Festival returns

HIPs avid reader CHRIS CONNELLEY is very much taken by this year's programme

A few decades ago, a book festival pretty much spelt Cheltenham or Hay on Wye. Now, though, it seems that every town with any kind of cultural aspiration hosts one of its own, and it's estimated that there are over 100 book festivals and literature events happening every year across the nation, making it eminently possible to attend two or three a week over the peak summer season.

For the last few years, we've had one here in Hastings, and as you would expect, it is rather different.

Directors Isabel Sargent and Wayne Herbert have gone out of their way to freshen up the established approach of inviting well-known authors to read and take questions from committed fans in civic halls and conference rooms by investing huge effort into introducing new, different and distinctive voices and by showcasing work from the growing lgbtqi+ and global majority communities living in and around the town.

They've also extended the reach of the festival, hosting events all year round in innovative settings like residential homes and cafes.

This is part of a genuine commitment by the organising team to engage with readers and writers from all backgrounds, in every part of what is now a conspicuously bibliophilic borough. It's a rare honour for somewhere with such a modest population to have six independent bookshops - the Hastings Bookshop, Printed Matter, Bookbuster, the Bookkeeper, Black Gull Books and Hare and Hawthorne - as well as high street staples, Waterstones and WH Smiths.

This year's typically diverse and exciting festival programme will run from 13-22 September at the recently refurbished Observer Building in the town centre, with children's events at the neighbouring Hastings Library.

It will open with Michael Rosen, the poet, academic and activist, who'll be talking about his new book on language, *Rosen's Almanac*.

The first weekend also sees morning events for children with local authors Alex Milway and Patrice Lawrence, a workshop on nature writing from Craig Jordan-Baker, a 'turbocharge your verse' poetry masterclass with John McCullough

and, on Saturday evening, the well-regarded Open Mic session, allowing writers from all genres to share their work in what will be a magical mash.

The first Sunday sees the ever-popular 'meet the literary agent' session and a comedy workshop from David Quantick, ex-NME scribe and the penman behind many top tv comedies including *Harry Hill's TV Burp*.

Local literary legend, V G Lee, will also be hosting *Setting the Words on Fire!* - another weekend workshop, this time on writing sensational short stories. The weekend concludes

with a viewing of the highly rated 1980s crime drama, *For Queen and Country*, followed by a Q and A with its screen writer Trix Worrell.

Though the Festival is mainly focused around two weekends, Thursday 19th sees an evening salon at which three independent publishers - époque press, Pros Publishing and Rough Trade Books - showcase works by their authors.

The programme for the second weekend is equally compelling. Monique Roffey opens proceedings on Friday night talking about her new novel *Passiontide*, leading into what organisers are dubbing 'Super Saturday', when there are sessions from Sarah P Corbett on the gentle art of Protect through Craftivism, Karen McLeod on her experience as cabin crew back in the day when it wasn't okay to be gay, and musician Miki Berenyi on her memories of the murky world of the 1990s music industry when she played in the rock band Lush.

Respected politician, Caroline Lucas, recently retired as Green MP for Brighton Pavilion, joins us in a town gaining a reputation as a new Green hotspot, to reflect on the concept of Englishness. And if that's not enough, academic Clare Chambers discusses her new book, *Small Creatures*, before the day rounds off with Anita Rani and Salena Godden talking about books, writing and life.

There's no slacking on the final Sunday, either, which presents tomorrow's literary superstars in the Hastings Young Writers showcase, poet Henry Normal celebrating neurodiversity in a set drawing on

photos, poems, humour and stories before a final expert panel session on the state of publishing and some end-of-festival networking.

And that's not all. As we prepare to go to press, the organisers have announced an additional appetiser event, a book launch, delivered in partnership with the Hastings Bookshop, happening on Thursday 5 September at the Hastings Museum and Gallery. This is a conversation between local authors Xiaolu Guo and Catherine Johnson about Guo's move to Hastings and experience of living in the town - which forms the backdrop to her critically acclaimed new memoir: *My Battle of Hastings: Chronicle of a Year by the Sea*.

Director Wayne Herbert says: "We hope we've conjured up something for everyone and are especially pleased to have so many diverse voices on the 2024 programme. We try hard to do something distinctive, and in addition to the usual workshops, talks and panels, we will be hosting a live book fair on the first Saturday, which we like to think is our marketplace of the mind."



If you like reading, or are thinking about writing, it sounds like there's a treat coming down the line. To find out more, including full event details, ticket prices and how to book, check out the Hastings Book Festival website at hastingsbookfest.org





13th–22nd
**Sept.
2024**

Book now



**Tickets
from £5**



AUTHOR TALKS

**MICHAEL ROSEN • CAROLINE LUCAS
HENRY NORMAL • MONIQUE ROFFEY
CLARE CHAMBERS • MIKI BERENYI
ANITA RANI • SALENA GODDEN
KAREN McLEOD • SARAH P CORBETT**

FILM NIGHT PLUS Q+A WITH **TRIX WORRELL**

BOOK FAIR WITH CHILDREN'S EVENTS

PANEL EVENTS

**INDIE SALON • PUBLISHING PANEL
POETRY OPEN MIC**

WORKSHOPS

**CRAIG JORDAN-BAKER • VG LEE
JOHN McCULLOUGH • DAVID QUANTICK**

**FREE FAMILY EVENTS AT HASTINGS LIBRARY
PATRICE LAWRENCE • ALEX MILWAY**

OPENING ACTS FROM LOCAL WRITERS

**STEVE AMOS • TIM BARLOW • BEN BRUGES
ANNY KNIGHT • JAMES PRENTICE • DELLA REYNOLDS
JOAN TAYLOR-ROWAN • REANNA VALENTINE**

HASTINGS YOUNG WRITERS

hastingsbookfest.org

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