

Friday 13 September to Thursday 26 September 2024

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

The Hip List



Hastings
Independent

THE
BAVARD
BAR



A delightful blend of TED,
comedy & Radio 4. Sort of.

WHEN?

3rd Wednesday, every month
Doors open 7pm

TICKETS £12

WHERE?



www.kino-teatr.co.uk
www.bavardbar.co.uk

43-49 Norman Rd, St Leonards TN38 0EG

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The HIP List

FESTIVALS Friday 13-22 September Hastings Book Festival <i>hastingsbookfest.org/our-events</i> for events around town Friday 13-15 September Seafood and Wine festival The Stade Open Space Tuesday 17-29 September Sono-Electro Festival Sound Art festival with workshops and performances. <i>sono-electro.co.uk</i> Thursday 19-22 September Hastings Chamber Music Festival List of events at <i>hemf.co.uk/</i> MUSIC Saturday 14 September Saturday Seafront - DJ Daly Peach Vibes' 2.00pm - Albion Hastings, 33 George St Silver Hill 2.00pm - Tough Love St Leonards, 73 Bohemia Rd Local Blues duo - instore show Jonny Halifax Invocation at The Hall 6.30pm - Henry Ward Hall, 45 Robertson St Oh What a Night! 7.30pm - White Rock Theatre, White Rock The Third Sound + Evil Vine 8.00pm - The Piper, 1 Norman Rd Berlin psych-punk Groove UK 8.30pm - East Hastings Sea Angling Association and Social Club, The Stade Reptilian 8.30pm - The Carlisle, 24 Pelham St Sunday 15 September Coffee Concert 11.00am - Kino-Teatr, 43-49 Norman Rd Hannah Shilvock (bass clarinet) & Viola Lenzi (piano) Big Band Afternoon 1.30pm - Barnaby's Lounge, 46 Robertson St ODFOD 2.00pm - The Carlisle, 24 Pelham St Brian Bushman 4.00pm - East Hastings Sea Angling Association and Social Club, The Stade Cut the Mustard 4.00pm - The Jenny Lind Inn, 69 High St Roots/blues trio Helen Sharpe 4.00pm - Porters, 56 High St	Martin Blackman 5.00pm - Lord Nelson Public House, The Lord Nelson, 1 E Bourne St Trevor Moss + Hannah Lou 5.00pm - Stag Inn, 14 All Saints St Hastings based folk duo Kay Iris 7.00pm - Albion Hastings, 33 George St Local folk rock duo Upbeat Beatles 7.30pm - White Rock Theatre, White Rock Wednesday 18 September Simon&ThePope+ Avant Bavard 6.30pm - Kino-Teatr, 43-49 Norman Rd Tuppenny Bunters 7.30pm - The Jenny Lind Inn, 69 High St Baroque Garage rock Thursday 19 September Helen McCookerybook 7.00pm - Barnaby's Lounge, 46 Robertson St She-punk songwriter Friday 20 September Tarren 7.00pm - St John's Church, Brittany Rd New Bristolian folk Fear of Last Orders 7.30pm -Twelve Hundred Postcards, 80 Queens Rd Punk Rock Skiffle Groove Armada DJ Set + Special Guests 7.30pm - White Rock Theatre, White Rock TV Personalities + Hastings Punk Choir 7.30pm - The Carlisle, 24 Pelham St Original post punks Miki Berenyi Trio 7.30pm - The Piper, 1 Norman Rd Singer of 90s dreampop Lush East Hill Sunshine 8.00pm - Stag Inn, 14 All Saints St Seafront Session - Tea Chest Blues 4.00pm - Albion Hastings, 33 George St 50s blues/rockabilly Mister Super Juice 6.00pm - The Jenny Lind Inn, 69 High St Cinematic jazz funk! This gig will be recorded as part of their live album Wasted Youth + the Magic E's 7.30pm - The Piper, 1 Norman Rd Post punk Mercury - The Ultimate Queen Tribute 7.30pm - White Rock Theatre, White Rock Hastings Northern Soul Club 8.00pm - The Pig's Palace, 37 White Rock	Soul Town 8.30pm - East Hastings Sea Angling Association and Social Club, The Stade Sunday 22 September Mirror Revelations 2.00pm - Tough Love St Leonards, 73 Bohemia Rd Mexican space rock instore show Stone Junction 4.00pm - The Jenny Lind Inn, 69 High St Americana/Celtic/Roots cross-over Willow Hill 7.00pm - The Carlisle, 24 Pelham St Nashville rock duo Wednesday 25 September A Night of Jazz with Mike Hatchard & Friends 7.30pm - Kino-Teatr, 43-49 Norman Rd Stéphane Grappelli meets Dudley Moore Thursday 26 September UK Pink Floyd - The Authentic Tribute to The Floyd 7.30pm - White Rock Theatre, White Rock Pop Will Eat Itself 8.00pm - The Piper, 1 Norman Rd Grebo? WEEKLY MUSIC Sundays BYO Vinyl Night 7.00pm - The Jenny Lind Inn, 69 High St Tuesdays Sounds at the Hound Open Mic 7.00pm - Cactus Hound Bar, 33-35 Western Rd Weekly, hosted by Steve Didge Traditional Folk Open Sessions 8.30pm - Stag Inn, 14 All Saints St Albion Skiffle Sessions 8.30pm - Albion Hastings, 33 George St Every 2nd and 4th Tuesday of the month Wednesdays Open Mic 7.00pm - The Piper, 1 Norman Rd Weekly. Hosted by Steve Didge Folk Session at the Dolphin 8.00pm - The Dolphin Inn, 11-12 Rock-a-Nore Rd Monthly Third Weds The Other Band 8.00pm - The Dolphin Inn, 11-12 Rock-a-Nore Rd Classic Blues, R&B and Americana. Thursdays The Jazz Organisation	8.00pm - NUR Restaurant & Lounge, 13 Robertson St 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 lyrics sheet and join in. Fridays McNiff's Folk Sundowner 5.00pm - The Jenny Lind Inn, 69 High St Weekly - Free entry. Jason McNiff and friends present. Custard Caravan 4.00pm - Barnaby's Lounge, 46 Robertson St Monthly variety show. Every last Friday Dine with Music 6.00pm - The Dolphin Inn, 11-12 Rock-a-Nore Rd Full menu plus specials. Guest singers begin from 7.30pm. Saturdays Aquarius International Club8.00pm - The White Rock Hotel, 1-10 White Rock Monthly second Sat. A raucous 60s & 70s DJ night The Coffee House Sessions 5.30pm - Hanushka Coffee, Robertson St Free entry. Jason McNiff and friends present. Punk Night 8.30pm - The Carlisle, 24 Pelham St Monthly third Sat. check Punk Rock at the Carlisle for updates on bands PERFORMANCE Saturday 14 September Forbidden Fruit Drag Show - Drag With No Name 9.30pm - The Forbidden Fruit, 22 Grand Parade Sunday 15 September Coffee Concert: Hannah Shilvock (bass clarinet) & Viola Lenzi (piano) 11.00am - Kino-Teatr, 43-49 Norman Rd Monday 16 September Sir Ranulph Fiennes - Mad, Bad & Dangerous 7.30pm - De La Warr Pavilion, Marina, Bexhill Tuesday 17 September The Last Five Years 7.30pm - The Stables Theatre, The Bourne Wednesday 18 September Hastings Philharmonic Ensemble - Spohr & Brahms 7.00pm - Christ Church St Leonards on Sea,	Silchester Rd Bavard Bar 7.30pm - Kino-Teatr, 43-49 Norman Rd The Last Five Years 7.30pm - The Stables Theatre, The Bourne Thursday 19 September Su Pollard - Still Fully Charged 7.30pm - White Rock Theatre, White Rock The Last Five Years 7.30pm - The Stables Theatre, The Bourne Friday 20 September Hastings Chamber Music Festival World Premiere: Sacconi Quartet 7.00pm - Kino-Teatr, 43-49 Norman Rd The Last Five Years 7.30pm - The Stables Theatre, The Bourne Forbidden Fruit Drag Show - David Dale 9.30pm - The Forbidden Fruit, 22 Grand Parade Saturday 21 September The Last Five Years 2.30pm, 7.30 - The Stables Theatre, The Bourne Musical 'Salon Talk' with Carina Cosgrave 4.00pm - Afri-Co-Lab, 3, Marine Court The Last Five Years 7.30pm - The Stables Theatre, The Bourne Forbidden Fruit Drag Show - Cherry Liquor 9.30pm - The Forbidden Fruit, 22 Grand Parade Sunday 22 September Hastings Chamber Music Festival Young Artist Platform 11.00am - Kino-Teatr, 43-49 Norman Rd Music from Spain and Argentina The Merry Wives of Windsor 7.30pm - Stade Hall, The Stade A James Bond Concert Spectacular 7.30pm - De La Warr Pavilion, Marina, Bexhill Tuesday 24 September Hastings Philharmonic Recitals - Flute and Harp Duo 6.00pm - Christ Church St Leonards on Sea, Silchester Rd Musicals The Ultimate Live Band Sing-Along 7.30pm - White Rock Theatre, White Rock Wednesday 25 September Bianca del Rio - Dead Inside 6.00pm - De La Warr Pavilion, Marina, Bexhill Friday 27 September Hastings XL Comedy Club 7.30pm - White Rock	Theatre, White Rock Joel Dommett, Nick Helm, Leroy Britto & MC Darius Davies Evening Recital by Curtis Phill Hsu, Winner of the 2024 HIPCC 7.30pm - Kino-Teatr, 43-49 Norman Rd Forbidden Fruit Drag Show - Martha d'Arthur 9.30pm - The Forbidden Fruit, 22 Grand Parade Repeat Performance Fridays Palmerama's Comedyrama Stand Up Comedy Night 8.00pm - Tin Tins, 21 Robertson St ART Arthur Parry - Scenes and People Until 28 September Stables Theatre Art Gallery Brook Tate Exhibition Until 21 September Stella Dore Gallery, Norman Rd Callum Hill - E Minor 21 September until 19 January 2025 De La Warr Pavilion, Bexhill Corinne Corbett-Thompson Exhibition Until 12 January 2025 Hastings Museum & Art Gallery, Bohemia Rd Harmeet Rahal Until 30 September Flatland Projects, Beech-ing Rd Studios, Bexhill Hastings Arts Forum Members Show Until 13 September Hastings Arts Forum, Marine Court I-Found (Extended Remix) Group Exhibition Until 22 September (Thurs to Sun) Upper Gallery, St. Andrews Mews, Waldegrave St Immortal Apples, Eternal Eggs 21 September until 16 March 2025 Hastings Contemporary, The Stade Jamie Atherton - Slow Creep 14 September until 12 October Project 78 Gallery, Norman Rd Jo Israel - On the Edge of Nothingness Until 6 October Hastings Museum & Art Gallery, Bohemia Rd Kate Delaney - Public House Until 29 September The Crown Pub, All Saints St Making Strange Until 15 September Electro Studios Project
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The HIP List

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Space, Sea Rd
Margaret Roberts & Robert Thompson Grounded
17 to 29 September
Hastings Arts Forum, Marine Court
Mike Silva
21 September until 19 January 2025
De La Warr Pavilion, Bexhill
Nick Hill - Fast Forward to the Past
Until 25 September
Oscar's on the Square, Lower Promenade Warrior Square
Shape of Things - Russell Baker & Mark Godwin
Until 31 October
Baker Mamonova Gallery, Kino-Teatr, Norman Rd
Tschabalalal Self: Seated
Until 29 September
De La Warr Pavilion (Lawn), Bexhill
Zoom Arts Summer Show
Until 16 September
Stade hall, The Stade

Art Exhibition by St Leonards Art School
Students and Participants aged 7 - 80+
20 September - 4 October
Kassa Cafe, 15 Grand Parade
Affordable original artworks and prints for sale from £2 and up.
stleonardsartschool.com

CINEMA

Saturday 14 September
Withnail & I - Interactive!
7.30pm - Electric Palace, 39A High St

Sunday 15 September
Is There Anybody Out There? + Project Artworks Short Film
11.30am - Electric Palace, 39A High St
Kneecap
2.00pm - Kino-Teatr, 43-49 Norman Rd
Waterloo Sunset + Q&A
3.00pm - Electric Palace, 39A High St
Trix Worrell's Film Night: For Queen and Country
7.00pm - Observer Building, 53 Cambridge Rd

Monday 16 September
Kingdom of the Planet of the Apes
7.30pm - The Forbidden Fruit, 22 Grand Parade

Thursday 19 September
Classic TV Documentary: 7Up Series
11.00am - Electric Palace, 39A High St
Kneecap
3.00pm, 7.30pm - Kino-Te-

atr, 43-49 Norman Rd
Classic TV Sci-Fi: Doctor Who Night with Extra Special Guests
7.30pm - Electric Palace, 39A High St

Friday 20 September
Classic TV Comedy with Doon Mackichan Q&A
7.30pm - Electric Palace, 39A High St

Saturday 21 September
Spirit of Invention Festival Films & Live Music Event
7.30pm - Electric Palace, 39A High St
Sunday 22 September
Classic Kids TV + Puppet Workshop
11.30am - Electric Palace, 39A High St
An Evening with Laurel & Hardy presented by Neil Brand
7.30pm - White Rock Theatre, White Rock
Doc Club Special - Local Filmmakers Showcase
7.30pm - Electric Palace, 39A High St

Monday 23 September
If
7.30pm - The Forbidden Fruit, 22 Grand Parade

Thursday 26 September
Orlando My Political Biography
11.00am - Electric Palace, 39A High St
Waterloo Sunset
7.30pm - Electric Palace, 39A High St
Paul McCartney and Wings – One Hand Clapping UK
7.30pm - Kino-Teatr, 43-49 Norman Rd

Friday 27 September
Paul McCartney and Wings – One Hand Clapping UK
3.00pm - Kino-Teatr, 43-49 Norman Rd
Orlando My Political Biography + Intro with Dickon Edwards
7.30pm - Electric Palace, 39A High St

SPORT

Saturday 14 September
Tennis: The Green Ladies v Saltdean - Sussex Women's Doubles Div 4

Saturday 14 September
Tennis: The Green Lawn Tennis Club, 68-70 Tower Rd W
Hockey: South Saxons Women v Hailsham - friendly
12.00pm - Horntye Park
Football: Hastings Utd v Harefield United FA Cup

3.00pm - The Pilot Field United Football Club, Elphinstone Rd

ACTIVE SPORT

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

Mondays
Disability Cricket with Sussex Cricket
5.00pm - Horntye Park Sports Complex, Bohemia Rd
sussexcricket.co.uk/super-1s-hub
Badminton
8.00pm - Summerfields Leisure Centre, Bohemia Rd
£5.60 Adults Booking
freedom-leisure.co.uk
Badminton
9.30am - Summerfields Leisure Centre, Bohemia Rd
Adult class £5.60, freedom-leisure.co.uk
Active Hastings Walking Football
6.00pm - Alexandra Park Multi-Use Games Area, Lower Park Rd
£2 Adults 50+ Booking
eequ.org/experience/6144
Hastings YMCA Badminton Club
8.30pm - The Y Centre, 26 St Paul's Rd
£5 Adults, young people, beginners welcome
hastingsymcabadminton-club.co.uk

Tuesdays
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 - between Dordrecht Way and Eat Cafe
Fun and friendly rounders for women of all ages. For booking and more info: hastingsrounders@gmail.com
Judo with Hollington Judo Club
8.00pm - Hollington Community Centre, 1 Wishing Tree Rd N
£5 Adults. Contact Neil Chalcraft
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 Chalcraft 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

Wednesdays
Badminton
9.30am - Summerfields Leisure Centre, Bohemia Rd
£5.60. Adults. 18 places

available for 3 courts usage. Booking: freedom-leisure.co.uk
Pickleball
3.00pm - Summerfields Leisure Centre, 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
LTA Walking Tennis
11.00am - Alexandra Park

Tennis Courts
£3 per session. Older people with long term health conditions. 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, Ebdon's Hill, Westfield
Free for your first session (£6 per session after that)
hastingsbaseball.co.uk

Thursdays
Hastings Women's Park

THE PIPER PRESENTS

THE PIPER 7" SINGLES CLUB

FEATURING

HOTWAX & WYTCH PYCKNYCK

(PIPER 7001)

LAUNCH PARTY: 13.9.24

SOLD OUT!

RELEASE DATE: 11.10.24

LTD TO 350 COPIES

COMING UP: THE GULLS, AFRICAN HEAD CHARGE, RHODA DAKAR DJ

The HIP List

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, Bohe-mia Rd £5.60. Adults. 18 places available for 3 courts usage. Booking: freedom-leisure.co.uk

Fun Easy Boxing
11.45am - Isabel Blackman Centre, Winding St isabelblackmancentre.co.uk

Heart and Sole Runners
7.00pm - Grosvenor Gardens

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, Bohe-mia 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 18 September
Dave Valentine's Music Quiz
7.30pm - 80 Queens Rd

Friday 20 September
Streetwise Crafts & More Market
11.00am - Stade Hall, The Stade

Friday 27 September
Oktoberfest at the DLWP
6.00pm - De La Warr Pavilion, Marina, Bexhill

REPEATING 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

Dementia Carer Support Group (carers only)
10.00am - Robsack Centre, Bodiam Dr
Come for a chat and support, refreshments incl. Donations welcome. Every 3rd Monday discdementiasupport.org

Overeaters Anonymous
7.30pm - Clifton Centre, 1 and 2 Stainsby St

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

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](tel:01424438791).

Tuesdays

Original OHPS Old Town Walks 2024
2.30pm - The West Hill Cafe, Castle Hill Rd
Walking tour of the Old Town. £6. ohps.org.uk/walks

Bingo Night
7.30pm - The Dolphin Inn, 11-12 Rock-a-Nore Rd
Booking advised: [01424 434326](tel:01424434326).

Ruxley's Crew Morris
8.15pm - West Hill Community Centre, Croft Rd
Morris dancing - with a Hastings pirate twist! Contact: crewruyleys@gmail.com

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

Wednesdays

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

The Stag Book Club
7.00pm - Stag Inn, 14 All Saints St
Please message if you would like to join

Dementia Carer Support Group (carers only)
10.00am - Dennis Rankin Room, St Augustine's Church
Come for a chat and support, refreshments inc. Donations welcome.

Busy Bees Singalong
10.30am - Hollington Youth Hub, 1 Wishing Tree Rd N
Free parent/carer toddler sing-along group,for under 5s. Term time only. For info: EHHastingsStLeonards@eastussex.gov.uk

Dementia Carer Craft Club (for Carers only)
1.00pm - Robsack Centre, Bodiam Dr
A monthly group for carers to practice their favorite hobby and socialise

BASH Networking Event
6.00pm - Barnaby's Lounge, 46 Robertson St
For local businesses. £7.50 ticket pp

Men's Walk and Talk
7.00pm - Azur, Marina Pavillion, 44-37 Marina
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](tel: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

Thursdays

Sheer Poetry
6.00pm - Twelve Hundred Postcards, 80 Queens Rd
Open mic, no entry fee, no pressure. Contact Book-Buster on Facebook.

Hastings Town Singers
7.00pm - Ark Castledown Primary Academy, Priory Rd
A friendly non-auditioning community choir. Free taster sessions. hastings-townsingners.co.uk

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, Bexhill-on-Sea, St Augustine's Close, Cooden Dr, Bexhill
A free singing group for people living with Dementia and their carers in Bexhill. Every 1st and 3rd Friday. discdementiasupport.org

Oktoberfest at The Crown
12.00pm - The Crown, 64-66 All Saints St
German food & beer specials served 12 til 4, 5 till 9.

Broomgrove Youth Club Sessions
4.30pm - Broomgrove Community Centre, 85 Chiltern Dr
sarah.adams@freshvisions.org.uk Bev 07732 823800

Saturdays

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

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.

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.

Indoor Market
10.00am - Saint Leonards Church Market, London Rd
Weekly market: clothes, bits, food, tarot. Stalls Still available. Stleoschurch.co.uk

Monthly Fayre
10.00am - Isabel Blackman Centre, Winding St

Thai food at the Albert
2.00pm - The Royal Albert, 293 Battle Rd

CLASSES & WORKSHOPS

Saturday 14 September

BodiBlossom Burlesque Dance workshop
10.00am - 4-5 Shepherd St
The Humble Hub £16
Helen Cassell, the-humblewarrior.co.uk

Cacao Ceremony: Opening Your Heart, Half Day Equinox Retreat
12.30pm - 4-5 Shepherd St
The Humble Hub £40
Helen Millar, the-humblewarrior.co.uk

Feeling Sound Mini Retreat
5.00pm - 4-5 Shepherd St
The Humble Hub £15
Joanna Allen, the-humblewarrior.co.uk

Sunday 15 September

Cacao and Embodiment Workshop
12.00pm - 4-5 Shepherd St
The Humble Hub £55 Faye Abson-Bennett, the-humblewarrior.co.uk

Moon Meditation & Soundbath
7.30pm - 4-5 Shepherd St
The Humble Hub £15 Jo Allen, the-humblewarrior.co.uk

Monday 16 September

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

Kids Aerial Hoop
4.30pm - 4-5 Shepherd St
The Humble Hub £9
Samantha Beagley, the-humblewarrior.co.uk

Thursday 19 September

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

Saturday 21 September

Hastings Psychedelic Integration Circle
11.00am - 4-5 Shepherd St
The Humble Hub £5
The Medicine Coaches, the-humblewarrior.co.uk

Flow & Restore Yoga
2.30pm - 4-5 Shepherd St

The Humble Hub £16
Karen, Yoga by the Sea, the-humblewarrior.co.uk

Women's Somatic Breathwork Session
5.00pm - 4-5 Shepherd St
The Humble Hub £20
Natalie Strange, the-humblewarrior.co.uk

Men's Somatic Breathwork
7.30pm - 4-5 Shepherd St
The Humble Hub £20
Natalie Strange, the-humblewarrior.co.uk

Sunday 22 September

Retreat & Roast
9.30am - 4-5 Shepherd St
The Humble Hub £56
Joanna Allen, the-humblewarrior.co.uk

Burlesque Class
3.00pm - 4-5 Shepherd St
The Humble Hub £15
Judith Vandepeer Delgado, the-humblewarrior.co.uk

REPEAT CLASSES

Sundays

Sunday Brunch-time Kid's Art Club
10.00am - Outside the Smokeshack, St Andrews Mews
Join Artist & Educator Charlotte CHW for creative projects every week. For 5-10yrs. £5, drop-in or Stay full 2 hours. Contact: c.hwatts.art@gmail.com

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
A session designed to restore the nervous system. £15. Find out more: madre-sl.com

Moon meditation & Soundbath
7.30pm - 4-5 Shepherd St
The Humble Hub £15 Jo Allen, 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, 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 Hotel
Monthly only - contact: karen@yoga-by-the-sea.co.uk

Dynamic Anatomy Yoga

Crossword Solution No 258:
Across: 1. Sailor (anagram) 3. Marvel (anagram) 4. Ripper **Down:** 1. Sum-mer 2. Roller

7.00pm - West Hill Community Centre, Croft Rd £8 drop in, £36 for six week course, BYOM, book online <i>dynamicanatomy.co.uk/yoga</i> Mondays Monday Morning Meditation 8.00am - 4-5 Shepherd St The Humble Hub £6 Jo Allen <i>the-humblewarrior.co.uk</i> Slow Flow Yoga (Open Level) 9.30am - St Leonards Studio, Royal Victoria Hotel Contact: <i>karen@yoga-by-the-sea.co.uk</i> Beginners Vinyasa Flow 9.30am - Hot Yoga Hastings, 21 St Peter's Rd <i>hotyogahastings.co.uk</i>. Circuits 10.00am - Isabel Blackman Centre, Winding St Cardio and weighted exercise. Register: <i>isabel-blackmancentre.co.uk</i> Hastings Knitters 10.00am - White Rock Theatre, White Rock <i>ajwright54@yahoo.com</i> Choir Practice! 11.00am - The Chapel of Christ's Stillness, Moon Cottage New singers of all ages welcome. <i>thechapelof-christsstillness.co.uk</i> Silver Swans Ballet 11.00am - Isabel Blackman Centre, Winding St No experience required. Register: <i>isabelblackman-centre.co.uk</i> Jazz Singing Class 11.30am - 48 Kings Rd £260 for 10 week course with accompanists and end of term gig. Contact <i>donnacanale@icloud.com</i> and 07956 222518 for bookings. Cancer Rehab 1.00pm - Isabel Blackman Centre, Winding St Visit: <i>isabelblackmancentre.co.uk</i> Inclusive Dance for Adults with Complex Needs 1.45pm - Hastings Centre, The Hastings Centre the Ridge £5 Register <i>dancehastings@gmail.com</i> LGBTQ+ social meet 2.15pm - Isabel Blackman Centre, Winding St Register and find out more: <i>isabelblackmancentre.co.uk</i> Chair Yoga 3.00pm - Isabel Blackman Centre, Winding St Register: <i>isabelblackman-centre.co.uk</i> 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: <i>juliansam-badrums@gmail.com</i> 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: <i>isabelblackman-centre.co.uk</i> 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. <i>Afri-co-lab.org</i>. Meridian Yoga and Self Shiatsu with Steph 6.00pm - St Leonards Studio, Royal Victoria Hotel Contact: <i>steph@stleonards.studio</i> Dynamic Vinyasa 6.00pm - 4-5 Shepherd St The Humble Hub £10 Hannah Almond Barr, <i>the-humblewarrior.co.uk</i> Candlelit Yoga 6.00pm - All Saints Hall, 142 All Saints St <i>oldtownyoga.co.uk</i> Beginners Vinyasa Flow 6.30pm - Hot Yoga Hastings, 21 St Peter's Rd <i>hotyogahastings.co.uk</i> Martial Arts Free Trial Lesson 7.00pm - Ark Alexandra Academy (Staff entrance), Park Ave Families welcome. Booking required. Find out more at <i>martialartshastings.com</i> Yoga for Men's Health 7.00pm - Play Sport Fitness Hub £3. Book via: <i>eequ.org/experience/3120</i> Argentine Tango Absolute Beginners 6 week course 7.00pm - The Piper, 1 Norman Rd £45 pp or £80 as a couple. Contact Phoebe <i>pennnythe-poetess@yahoo.co.uk</i> 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 <i>oldtownyoga.co.uk</i> Kundalini Yoga & Meditation with Yeli 7.30pm - The Wellington Health & Wellbeing Centre,	44 Wellington Square <i>yeli@happinessholistichealth.uk</i> Beginners Pole Class 7.30pm - 4-5 Shepherd St The Humble Hub FREE ActiveCherry, <i>the-humble-warrior.co.uk</i> Jazz Singing Class 7.30pm - 48 Kings Rd £260 for 10-week course with accompanists and end of term gig. Contact <i>donnacanale@icloud.com</i> and 07956 222518 for bookings. Intermediate Pole Class 8.30pm - 4-5 Shepherd St The Humble Hub FREE ActiveCherry, <i>the-humble-warrior.co.uk</i> 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: <i>twigtea.com</i> Kettlebells 9.15am - Isabel Blackman Centre, Winding St Full body Strength class. Register: <i>isabelblackman-centre.co.uk</i> Pilates 9.30am - 4-5 Shepherd St The Humble Hub £9.50 Sarah T, <i>the-humblewarrior.co.uk</i> Cygnets Swans 9.45am - Isabel Blackman Centre, Winding St Ballet for beginners. Register: <i>isabelblackman-centre.co.uk</i> Art Classes for Adults 10.00am - St John's Church, Pevensey Rd All levels. £23 per session or cheaper for block/term. Website: <i>sjflack.art</i> Yoga Over 60 – maintaining movement 11.00am - St Leonards Studio, Royal Victoria Hotel Contact: <i>zowie@stleonards.studio</i> Tuesdays Ashtanga Yoga - Assisted Self Practice 7.30am - The Wellington Health & Wellbeing Centre, 44 Wellington Square £15 <i>ashtangayogahastings@gmail.com</i> Rise & Shine Yoga 8.00am - 4-5 Shepherd St The Humble Hub £10 Kareena Lawson, <i>the-humblewarrior.co.uk</i> Intermediate Pilates 9.00am - Isabel Blackman Centre, Winding St Register and find out more: <i>isabelblackmancentre.co.uk</i> Daoist Qi Gong 9.00am - St Leonards Studio, Royal Victoria <i>andreacorsoQG@yahoo.com</i> Pilates: with a roller,	with Sally Paffard 9.00am - Via Zoom <i>sallypaffard@gmail.com</i> Pilates with Lucy Paffard 9.30am - 144 Bank House Studio <i>lucypaffard@gmail.com</i> 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: <i>isabelblackmancentre.co.uk</i> Art Classes for Kids 10.00am - 12 Maze Hill £12 per child - All materials included. Email Theresa <i>stleonardsart-school@outlook.com</i> 5 Rhythms Dance 10.00am - 4-5 Shepherd St The Humble Hub £15 Emma Dance, <i>the-humble-warrior.co.uk</i> 5 Rhythms Movement Metaphor 10.00am - Crown House, Marina £15 or £12 concession, £10 for beginners <i>info@artsonprescription.org</i> Creating a healthier you 10.00am - Broomgrove Community Centre, 85 Chiltern Dr Free. Book via: <i>eequ.org/activehastings</i> The Crown Knitters 10.30am - The Crown, 64-66 All Saints St Weekly group who knit lovely things to sell for local charities <i>thecrownhastings.co.uk/events</i> Conversational French 11.00am - Isabel Blackman Centre, Winding St Register and find out more: <i>isabelblackmancentre.co.uk</i> Needle Felt 11.00am - Isabel Blackman Centre, Winding St <i>isabelblackmancentre.co.uk</i> Art Classes for Adults 11.00am - 12 Maze Hill £13.50 per person - All Materials Included. Email Theresa <i>stleonardsart-school@outlook.com</i> Hot Yoga Hastings 11.00am - Hot Yoga Hastings, 21 St Peter's Rd <i>hotyogahastings.co.uk</i> Needle Felt 2 1.00pm - Isabel Blackman Centre, Winding St Register and find out more: <i>isabelblackmancentre.co.uk</i> Brain Function Fitness 1.00pm - Isabel Blackman Centre, Winding St Register and find out more: <i>isabelblackmancentre.co.uk</i> Online Chair Yoga 2.00pm - Via Zoom <i>sueyoga1066@gmail.com</i> Art & Social Club 2.00pm - Isabel Blackman	Centre, Winding St Register and find out more: <i>isabelblackmancentre.co.uk</i> 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: <i>french.tutor.1066@gmail.com</i> Women's Community wellbeing Yoga 2.00pm - 4-5 Shepherd St The Humble Hub, donation based, Seraphina, <i>the-humblewarrior.co.uk</i> Weight Training Beginners 3.00pm - Isabel Blackman Centre, Winding St Register and find out more: <i>isabelblackmancentre.co.uk</i> Ore Youth Club Sessions 4.30pm - Ore Community Centre, 455 Old London Rd Register and find out more: <i>sarah.adams@freshvisions.org.uk</i> T'ai-Chi Ch'uan 4.45pm - 4-5 Shepherd St The Humble Hub Christopher Hamblin, <i>the-humble-warrior.co.uk</i> Knitting Yarns 5.00pm - Sugarpie Honeybuns, 235 London Rd Contact Rachel: 07397 794879 Traditional Yoga 5.00pm - Isabel Blackman Centre, Winding St Register and find out more: <i>isabelblackmancentre.co.uk</i> 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 <i>qigongsigrid@gmail.com</i> Weighted Neuro Gym Session 6.00pm - Elphinstone Rd, Elphinstone Rd Play Sport Fitness Hub £3 or pay what you can To book: <i>eequ.org/experience/6816</i> Sunset Flow with Hannah 6.00pm - The Wellington Health & Wellbeing Centre, 44 Wellington Square £9.00 <i>hola@madre-sl.com</i> Hatha Vinyasa Yoga 6.00pm - 4-5 Shepherd St The Humble Hub £10 Veronica Hare, <i>the-humble-warrior.co.uk</i> Silver Swans Ballet Class 6.30pm - Ore Community	Centre, 455 Old London Rd Contact Annie: 07704 711772 Vinyasa Flow 6.30pm - Bank House Studio - <i>karen@yoga-by-the-sea.co.uk</i> Lino Printing Evening Course 6.30pm - Bus Stop Studios, 53 London Rd <i>busstopstudios.com/classes</i> Dynamic Vin to Yin Yoga 7.30pm - The Humble Hub, 4-5 Shepherd St £10 Hannah Almond Barr, <i>the-humblewarrior.co.uk</i> Buddhist Meditation Class 7.30pm - Saint Nicholas Centre, St Nicholas Centre, London Rd £9/£7 conc. Term time only, Maitreya Buddhist Centre <i>meditateinsussex.org</i> Seen on Screen Dance with Rosie 7.45pm - The Y Centre, 26 St Paul's Rd £10 on the door. Visit: <i>sos.dance</i> Country Dancing 7.45pm - Saint Matthews Church Centre, St Matthews Church Centre, London Rd <i>hastingscountrydanceclub.org.uk</i> Wednesdays Yoga Flow 7.30am - 4-5 Shepherd St The Humble Hub £10 Rachael, Elevate Yoga, <i>the-humblewarrior.co.uk</i> Yin & Yang Yoga 9.00am - 4-5 Shepherd St The Humble Hub £10 Joanna Allen, <i>the-humble-warrior.co.uk</i> Pump & Tone 9.00am - Isabel Blackman Centre, Winding St Register and find out more: <i>isabelblackmancentre.co.uk</i> Adventures Through Movement and Music (0-2 years) 9.00am - Mini Playhouse, 26 White Rock £4 (after free trial). <i>pitterpatterarts@gmail.com</i> Seated Strength Exercise Class 9.15am - Elphinstone Rd, Elphinstone Rd (<i>eequ.org/experience/8223</i>). Imaginative Ballet (2-4 years) 10.00am - Mini Playhouse, 26 White Rock £4 (after free trial). <i>pitterpatterarts@gmail.com</i> Qigong 10.00am - Isabel Blackman Centre, Winding St Register: <i>isabelblackman-centre.co.uk</i> Wellbeing Wednesdays 10.00am - Art in the Park, Alexandra Park, Lower
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The HIP List

Park Rd, St Helen's Park Rd Pay as you can, suggested £4. Light refreshments & creative activities with a focus on enhancing your wellbeing. info@artsonprescription.org Crowninos Kids Group 10.00am - The Crown, 64-66 All Saints St £6 per family unit. Songs, Stories and vibes. For 0-4 year-olds and their carers. Spanish – Adult Beginners 10.00am - First floor, 7 Cambridge Rd £15 Classes available for all levels. Contact spanishonseaschool@gmail.com or Españoles en Hastings FB page. Parent Toddler Singalong Session 10.30am - Early Help Keywork Service, Ocean House, 87-89 London Rd Free for children under 5. Elemental Yoga with Catherine 10.30am - St Leonards Studio, Royal Victoria Hotel £7. Contact: catherineburnett12@gmail.com Aerial Yoga 10.30am - 4-5 Shepherd St The Humble Hub £15 Samantha Jane, the-humblewarrior.co.uk Musical Drama (2-4 years) 11.00am - Mini Playhouse, 26 White Rock £4 (free trial). pitterpatterarts@gmail.com Art Classes for Adults 11.00am - 12 Maze Hill £13.50 per person - All Materials Included. Email TheresaStleonardsartschool@outlook.com Art Classes for Adults 11.00am - 12 Maze Hill also 12.00pm £13.50 per person - All Materials Included. Email TheresaStleonardsartschool@outlook.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 Dynamic Breathwork 1.00pm - 4-5 Shepherd St The Humble Hub £12 Andrew Dunne, the-humblewarrior.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 Art Classes for Kids 4.15pm - 12 Maze Hill £12 per child - All materials included. Email TheresaStleonardsartschool@outlook.com Mystical Yoga at The Bale House 4.45pm - The Bale House Hastings Country Park Visitor Centre, Lower Coastguard Ln, Fairlight £10. Contact: enchanted-malas@gmail.com Qigong with Sigrid 5.30pm - Greek Orthodox Church of Saint Mary Magdalene and Community Hall, St Margarets Rd Suitable for all ages. Contact: qigongsigrid@gmail.com or 07492 209190 Martial Arts Free Trial Lesson 5.45pm - Ark Alexandra Academy (Staff entrance), Park Ave Families welcome. Booking required: martialartshastings.com Beginners Pole 6.00pm - 4-5 Shepherd St The Humble Hub £15 drop in Cherry, the-humblewarrior.co.uk Yoga with Marjolyn 6.00pm - St Leonards Studio, Royal Victoria Hotel 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 Intermediate Pole 7.00pm - 4-5 Shepherd St The Humble Hub £15 drop in Cherry, the-humblewarrior.co.uk 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 £10. soulpowerkundaliniyoga.co.uk Argentine Tango Social Dance 8.00pm - The White Rock Hotel, 1-10 White Rock Downstairs bar. £8 for dancers, £3 non-dancers. pennythepoetess@yahoo.co.uk Relaxation: Zoom class with Pilates teacher Sally Paffard 8.00pm - £4. sallypaffard@gmail.com Performance Pole 8.00pm - 4-5 Shepherd St The Humble Hub £15 drop in Cherry, the-humblewarrior.co.uk Thursdays Dynamic Anatomy Yoga 7.00am - West Hill Community Centre, Croft Rd £8 drop in, £36 for six week course, BYOM, book online dynamicanatomy.co.uk/yoga Ashtanga Yoga – Assisted Self Practice 7.15am - The Wellington Health & Wellbeing Centre, 44 Wellington Square £15. ashtangayogahastings@gmail.com Beginners Mat Pilates 7.30am - 4-5 Shepherd St The Humble Hub £9.50 Rosie Lowther, the-humblewarrior.co.uk Gentle Wake Up Yoga 8.00am - St Leonards Studio, Royal Victoria Hotel karen@yoga-by-the-sea.co.uk Circuits 9.00am - Isabel Blackman Centre, Winding St Register and find out more: isabelblackmancentre.co.uk Clearing the Way to Abundance - Stillness Flow 9.00am - 4-5 Shepherd St The Humble Hub £15 Lee Ring, the-humblewarrior.co.uk Vinyasa Flow 9.30am - St Leonards Studio, Royal Victoria Hotel 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 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. yogawithelenaVOICE.co.uk Iyengar Yoga Classes 1.00pm - The Wellington Health & Wellbeing Centre, 44 Wellington Square 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 Hotel Contact: 07929 577985 Pilates (beginners) 3.00pm - Isabel Blackman Centre, Winding St isabelblackmancentre.co.uk Kid's Aerial Hammocks (Age 7-13) 4.15pm - 4-5 Shepherd St The Humble Hub £9 Samantha Jane Yoga, the-humblewarrior.co.uk Aerial Yoga 5.00pm - 4-5 Shepherd St The Humble Hub £15 Samantha Jane, the-humblewarrior.co.uk Tilekiln Youth Club Sessions 5.30pm - Tilekiln Community Centre	sarah.adams@freshvisions.org.uk. Bev 07732 823800 Kundalini Yoga & Meditation with Yeli 6.00pm - The Wellington Health & Wellbeing Centre, 44 Wellington Square yeli@happinessholistichealth.uk Art Classes for Adults 6.15pm - 12 Maze Hill also 7.15pm £13.50 per person - All Materials Included. Email TheresaStleonardsartschool@outlook.com Mandala Vinyasa Flow (Advanced) 6.30pm - Hot Yoga Hastings, 21 St Peter's Rd hotyogahastings.co.uk Bus Stop Knit Club - weekly knitting group 6.30pm - Bus Stop Studios, 53 London Rd busstopstudios.com/classes Meditation and Breathwork with Jung-ui 7.30pm - West Hill Community Centre, Croft Rd £55 for a four-week course. jung-ui.co.uk Aerial Hoop Class 8.30pm - 4-5 Shepherd St The Humble Hub £15 Cherry, the-humblewarrior.co.uk Fridays Breathe and Stretch with Karen Arthur 8.00am - Afri-Co-Lab, 3, Marine Court Start the weekend energised and refreshed. £5 concessions afri-co-lab.org Pilates - Intermediate 9.00am - 4-5 Shepherd St The Humble Hub £9.50 Sarah T, the-humblewarrior.co.uk Pilates: mixed ability with Sally Paffard 9.00am - Zoom class sallypaffard@gmail.com Traditional Yoga 9.00am - Horntye Park Sports Complex, Bohemia Rd Intermediate class £12 Booking and details ninayoga.co.uk IBC Traditional Yoga 9.30am - Isabel Blackman Centre, Winding St Register and find out more: isabelblackmancentre.co.uk Qigong: Feel better with Therapeutic Movements 9.30am - Salvation Army Hall Suitable for all ages. More info: qigongclass.co.uk Beginners Spanish 10.00am - Isabel Blackman Centre, Winding St Register and find out more: isabelblackmancentre.co.uk Seated Exercise Class 10.15am - Play Sport Fitness Hub, Elphinstone Rd	For those who Struggle to exercise while Standing. £3.30. Booking is essential eequ.org/experience/7024 Mindful Yoga 10.30am - St Leonards Studio, Royal Victoria Hotel A slow meditative practice. £12, concessions available. More info: Stleonards.studio/classes/mindful-yoga Classical Yoga 10.30am - 4-5 Shepherd St The Humble Hub £10 Kate Shaw, the-humblewarrior.co.uk Art Classes for Adults 11.00am - 12 Maze Hill £13.50 per person - All Materials Included. Email TheresaStleonardsartschool@outlook.com Conversational Spanish 11.00am - Isabel Blackman Centre, Winding St Register and find out more: isabelblackmancentre.co.uk Breathe Better 11.00am - Isabel Blackman Centre, Winding St Fitness class for those with mild COPD and asthma. Register: isabelblackmancentre.co.uk Yin Yoga 11.30am - Horntye Park Sports Complex, Bohemia Rd Floor-based yoga for all abilities. £7 Bookings: Ninayoga.co.uk Mindful Yoga Flow 12.30pm - 4-5 Shepherd St The Humble Hub £10 Kareena Lawson, the-humblewarrior.co.uk Slow & Steady Mobility 1.00pm - Isabel Blackman Centre, Winding St Easy and accessible Standing workout. Register at: isabelblackmancentre.co.uk Inclusive Dance 1.30pm - The Hastings Centre, the Ridge For adults with moderate learning disabilities £5 Register dancehastings.com Chair Yoga – A supported approach 2.30pm - St Leonards Studio, Royal Victoria Hotel Yoga for those with reduced mobility. £6. Email zowie@stleonards.studio or visit Stleonards.studio. Table Tennis 2.30pm - Isabel Blackman Centre, Winding St Register: isabelblackmancentre.co.uk Senior Strength 3.00pm - Isabel Blackman Centre, Winding St Introduction to the gym facilities. Register: isabelblackmancentre.co.uk Yin & Yang Yoga 4.00pm - 4-5 Shepherd St The Humble Hub £10 Joanna Allen, the-humblewarrior.co.uk
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The HIP List | Spotlight

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Womb Yoga 5.30pm - 4-5 Shepherd St The Humble Hub £15 Seraphina, <i>the-humblewarrior.co.uk</i> Martial Arts Free Trial Lesson 5.45pm - Ark Alexandra Academy (Staff entrance), Park Ave Families welcome. Booking required: <i>martialartshastings.com</i> Chi Kung/QiGong 6.00pm - Ore Community Centre, 455 Old London Rd Gentle movements for wellbeing. Donation only. <i>aoibarameditation.co.uk</i> Beginners Creative Writing Group 6.15pm - Clifton Centre,	1 and 2 Stainsby St Contact: <i>info@theclifton-centre.com</i> for details. Aoi Bara Meditation 7.00pm - Ore Community Centre, 455 Old London Rd An hour of guided meditations. Donation only. <i>aoibarameditation.co.uk</i> Chanting Choir 8.00pm - Ore Community Centre, 455 Old London Rd Deepening wellbeing through chants of the world, no singing ability required. Donation only. <i>aoibarameditation.co.uk</i> Saturdays Zoom Hatha Yoga 9.00am - Online only. Pranayama, practice and	relaxation, video available. Contact: <i>Louise-ovesyoga@gmail.com</i> Pure Stretch 9.15am - Isabel Blackman Centre, Winding St All abilities Stretching class. Register: <i>isabelblackmancentre.co.uk</i> Art Classes for Kids 10.00am - 12 Maze Hill £12 per child - All materials included. Email <i>Theresa Stleonardsart-school@outlook.com</i> Morning Flow Yoga 10.00am - Bank House, 144 London Rd Ease into your weekend with some mindful movement and breathwork. <i>yoga-by-the-sea.co.uk</i>	Martial Arts Free Trial Lesson 10.00am - Ark Alexandra Academy (Staff entrance), Park Ave Families welcome. <i>martialartshastings.com</i> Meditation and Breathwork with Jung-ui 10.45am - The Stables Theatre, The Bourne Contact on Instagram: @meditate.with.jungui Art Classes for Adults 11.15am, 12.15pm - 12 Maze Hill £13.50 per person - All Materials Included. Email <i>Theresa stleonardsart-school@outlook.com</i> Gong Bath Sessions 2.00pm - 4 Courts	Wellbeing Centre, off Sydney Close Find out more via GongVibrations1066 on Facebook or text Karen Haylor: 07986 911083. Vinyasa Flow Yoga 8.00am - 4-5 Shepherd St The Humble Hub £10 James Loosemore, <i>the-humblewarrior.co.uk</i> Power Sunrise Flow 9.00am - The Bank Hotel & Bistro With Hannah. £9. Find out more <i>madre-sl.com</i> Aerobics Class 9.30am - 4-5 Shepherd St The Humble Hub £8 Jensy Azucena, <i>the-humblewarrior.co.uk</i> Strong Yoga with Lucy	10.00am - Morning Yoga via Zoom. <i>lamiles@hotmail.co.uk</i> Tennessee Williams Acting & Directing Group 10.00am - The Stables Theatre, The Bourne Beginners Weight Training 10.30am - Isabel Blackman Centre, Winding St <i>isabelblackmancentre.co.uk</i> Intermediate French 11.00am - Isabel Blackman Centre, Winding St Register for class at: <i>isabelblackmancentre.co.uk</i> Yoga Flow 11.30am - Isabel Blackman Centre, Winding St Register and find out more: <i>isabelblackmancentre.co.uk</i>
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Putting theatre in the spotlight

SADIE PITCHER on a new theatre project

“What’s the point of Theatre if it’s not able to be as open as possible?” says Dan Hutton, Theatre Director and Co-Artistic Director of a new Hastings-based theatre organisation. Dan, and Poppy Rowley, are the driving force behind Hastings Theatre Project (HTP), which grew out of a shared love of the town and the art form. Poppy, the other Artistic Co-Director of HTP, says. “Storytelling is the oldest way that we as humans learn how to navigate life. I think theatre can do that in a very immediate way, and understanding other people’s stories is vital” she continues.

The immediacy of theatre is

something HTP has taken in its stride with their six-episode show DFL, written by Nadine Passley. Poppy says: “You can follow the story over a year! What we’ve done is utilised the festival scene. Hastings is very well known for its unique festivals. The first performance of our shows was on Pirate Day, and then we did Old Town Carnival, and now coming up on Friday 11 October is DFL Hastings Bonfire”.

A key mission of HTP is making theatre accessible to everyone and breaking down stereotypes of what theatre is and who it is for. “To that end, all of our DFL performances are pay what you decide, so people

can choose ticket price points which suit them, either £3, £5 or £8, for each performance,” Dan explains. “It’s making access a forefront of what we’re doing, and access not just in terms of disability, but in terms of gender, class, across the board” Poppy continues.

Alongside DFL, HTP has two other initiatives and a monthly newsletter. “Our other key mission as an organisation is to develop and nurture and champion theatre-making talent in the town” says Dan, intent on building on the immense creative talent that already exists in Hastings. With that in mind, Itch That Scratch is a new writing night happening at The Stables on 18 October, and will be a chance for local creatives to test out new ideas and get feedback from audiences. Project Playwrights, at The White Rock Theatre in October, is a ten-week playwriting course for beginner or early-days playwrights.

Officially, the project has been established for almost a year. In the first six months, the pair focused on growing a network, applying for funding, and establishing a database of creatives and a mailing list

of interested audience members. With an exciting programme of events happening in the autumn and into 2025, HTP is now opening up theatre for everyone.

“The big dream, the long term goal is that Hastings becomes as well known for its theatre as it is for music, visual art, and town-wide creativity. Theatre sits alongside those things and is being made in a

way that is eclectic and diverse and professional and fun and messy and brilliant,” says Dan.



The pair would love to hear what the people of Hastings want to see, through an audience survey on their website. hastingstheatreproject.org/



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