

Friday 11 October to Thursday 24 October 2024

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

The HIP List

A beautiful new wildlife mural in
Hastings, painted by artist Luke
Brabants, volunteers at W.Ave Arts
and the children of Farley Bank,
wavearts.org

Hastings
Independent

The HIP List

MUSIC Friday 11 October 60s Danceaway 3.00pm - Observer Build- ing, 53 Cambridge Rd Horizon - Kate Sure + easy green. 7.00pm - Dark Circles Coffee & Music Bar, 6, Marine Court, St Leonards- on-Sea, St Leonards All vinyl selectors Hastings Radio: Rocktoberfest 7.30pm - The Carlisle, 24 Pelham St Ft: Sypha, Dirty Lexi and Nicotine Wisdom Showaddywaddy 7.30pm - White Rock Theatre, White Rock The Vaselines 8.00pm - The Piper, 1 Norman Rd, St Leonards Rebel Gentlemen 9.00pm - Stag Inn, 14 All Saints' St YOUSEF 10.00pm - Blackbox Hastings, 10 George St Tech house DJ & producer Saturday 12 October Admiral Finns + Reptilian 5.00pm - The Carlisle, 24 Pelham St Victoria McDonnell and Friends 6.45pm - The Jenny Lind Inn, 69 High St Buddha Triangle 7.00pm - The Lord Nelson, 1 E Bourne St The Kytes 8.00pm - East Hastings Sea Angling Association and Social Club, The Stade Smoking Jackets 8.30pm - Pissarro's, 10 South Terrace Fun Fun 10.00pm - The Piper, 1 Norman Rd, St Leonards Bonfire after party - acid house/Italo Disco etc Sunday 13 October Hot Club Jevington 1.00pm - Barnaby's Lounge, 46 Robertson St Warming up the Homeless 1.00pm - The Comet, Harley Shute Rd, St Leonards All day with live music and meet and greets Bold Reilly 4.00pm - The Jenny Lind Inn, 69 High St The Embers 5.00pm - Stag Inn, 14 All Saints' St Doctor Savage + Hot Sauce 7.00pm - Albion Hastings, 33 George St Hastings own blues troubadour with band Herman's Hermits - 60th Anniversary Tour	7.30pm - White Rock Theatre, White Rock Monday 14 October El Khat 7.30pm - The Piper, 1 Norman Rd, St Leonards Yemeni DIY trio Tuesday 15 October Anvil 7.00pm - The Crypt, 57 Robertson St Wednesday 16 October Justin Hayward Blue World Tour + Mike Dawes 6.00pm - De La Warr Pavilion, Marina, Bexhill Simon&ThePope - Avant Bavard 6.30pm - Kino-Teatr, 43-49 Norman Rd Mike Willis & Alex Bryson @ Mike's 7.00pm - 74 Norman Rd, St Leonards Gwenifer Ryamond & Buck Curran 8.00pm - The Piper, 1 Norman Rd, St Leonards Solo folk Thursday 17 October Rattlebag Sing a Round 8.30pm - Stag Inn, 14 All Saints' St Friday 18 October SHE Choir - 'Thunder Lightning & Dirt' 7.30pm - White Rock Theatre, White Rock Community choir show. in White Rock studio Long Ryders & Morton Valence 7.30pm - The Piper, 1 Norman Rd, St Leonards Alt-country originators Kyla Tilley / Jim Hapax / Rob With Stones 8.00pm - The Jenny Lind Inn, 69 High St Canadian Prog Folk Rufus Stone 8.00pm - Tin Tins, 21 Rob- ertson St Pete Prescott 8.30pm - Pissarro's, 10 South Terrace Saturday 19 October High Tides 5.00pm - Rum Shed, 1-10 White Rock Variety of DJs including Colin Dale, Lindy Layton (of Beats Int'l) Black Limes 6.00pm - The Jenny Lind Inn, 69 High St Jazz Funk Sarah Jane Morris - The Sisterhood 7.00pm - Henry Ward Hall, 45 Robertson St The Sisterhood with Sarah Jane Morris 7.00pm - Henry Ward Hall, 45 Robertson St Nick Harper & Trevor Moss + Hannah Lou	7.30pm - The Piper, 1 Norman Rd, St Leonards Son of Roy Harper. Kitten Kaboodle 8.45pm - Royal Standard, E Beach St Sunday 20 October Battle of the Bands 2.00pm - The Carlisle, 24 Pelham St R.A.G.Z 4.00pm - The Jenny Lind Inn, 69 High St Americana/Folk King Size Slim 5.00pm - Stag Inn, 14 All Saints' St United Stoats of America 5.00pm - Lord Nelson Public House, The Lord Nelson, 1 E Bourne St Folk/Country Dog of Man 6.30pm - The Piper, 1 Norman Rd, St Leonards DIY Punk from Brighton Tuesday 22 October The Vaccines + Delivery & T. Truman 7.00pm - De La Warr Pavilion, Marina, Bexhill REPEATING EVENTS Sundays BYO Vinyl Night 7.00pm - The Jenny Lind Inn, 69 High St Mondays Acoustic Revels at the Albert 8.00pm - Prince Albert, The, 28 Cornwallis St Come and enjoy The Twitten Revellers playing acoustically in this gorgeous pub in Hastings Town. Monthly. Acoustic Blues Club 8.00pm - The Jenny Lind Inn, 69 High St ABC welcomes any per- formers who would like to sing or play a piece. Limited spots so arrive early. Tuesdays Sounds at the Hound Open Mic 7.00pm - Cactus Hound Bar, 33 - 35 Western Rd Weekly Open Mic Night, hosted by Steve Didge Traditional Folk Open Sessions 8.30pm - Stag Inn 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, St Leonards Weekly. Hosted by Steve Didge Cracklin' Griffins	7.00pm - The Seadog, 32 Station Rd Unplugged folk rock Folk Session at the Dolphin 8.00pm - The Dolphin Inn, 11-12 Rock-a-Nore Rd Every Third Wednesday of the month. The Other Band 8.00pm - The Dolphin Inn, 11-12 Rock-a-Nore Rd Classic Blues, R&B and Americana. Thursdays Open Mic Night 7.00pm - The Pig's Palace, 37 White Rock The Jazz Organisation 8.00pm - NUR Restaurant & Lounge, 13 Robertson St 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 acoustic strand with a different guest featured every 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 The Coffee House Sessions 5.30pm - Hanushka Coffee, Robertson St Free entry. Jason McNiff and friends present. Aquarius International Club, 8.00pm - The White Rock Hotel, 1-10 White Rock A raucous 60s & 70s DJ night Punk Night 8.30pm - The Carlisle, 24 Pelham St Monthly. check Punk Rock at the Carlisle for updates on bands PERFORMANCE Friday 11 October DFL: Hastings Bonfire 5.00pm - The Beacon, 67-68 St Mary's Terrace DFL: Hastings Bonfire 6.15pm - The Beacon, 67-68 St Mary's Terrace DFL: Hastings Bonfire 7.30pm - The Beacon, 67-68 St Mary's Terrace Bard Times 7.30pm - The Stables Theatre, The Bourne Forbidden Fruit Drag Show - Mrs Moore 9.30pm - The Forbidden Fruit, 22 Grand Parade Saturday 12 October Bard Times 4.00pm - The Stables Theatre, The Bourne Instrumentalist of the World Competition Launch Concert with the BBC Concert Orchestra 7.00pm - De La Warr Pavilion, Marina, Bexhill The Forbidden Fruit Drag Night: Son of a Tutu 9.30pm - The Forbidden Fruit, 22 Grand Parade Sunday 13 October Coffee Concert: Kianush Robeson - Classical Guitar 11.00am - Kino-Teatr, 43-49 Norman Rd Tuesday 15 October Royal Ballet & Opera Season 2024/25 The Royal Ballet: Alice's Adventures in Wonderland 7.15pm - Kino-Teatr, 43-49 Norman Rd Wednesday 16 October The Hastleons Present Joseph and the Amazing Technicolour Dreamcoat 7.30pm - White Rock Theatre, White Rock The Bavard Bar 7.30pm - Kino-Teatr, 43-49 Norman Rd Thursday 17 October The One Good Thing, or 'Are Ya Patrick Swayze?' (Free play reading) 7.30pm - The Stables Theatre, The Bourne Barred (Live Theatre) 7.30pm - Kino-Teatr, 43-49 Norman Rd The Hastleons Present Joseph and the Amazing Technicolour Dreamcoat 7.30pm - White Rock Theatre, White Rock Friday 18 October Itch that Scratch Night 5.30pm - The Stables Theatre, The Bourne Barred (Live Theatre) 7.30pm - Kino-Teatr, 43-49 Norman Rd The Hastleons Present Joseph and the Amazing Technicolour Dreamcoat 7.30pm - White Rock Theatre, White Rock Saturday 19 October The Hastleons Present Joseph and the Amazing Technicolour Dreamcoat 2.30pm - White Rock Theatre, White Rock Sacred and Profane: 25 Years of Thames Chamber Choir 7.00pm - St John's Church, Pevensey Rd music from Vaughn Williams, Palestrina, Britten + more The Hastleons Present Joseph and the Amazing	Technicolour Dreamcoat 7.30pm - White Rock Theatre, White Rock Get Off 7.30pm - The Stables Theatre, The Bourne The Forbidden Fruit Drag Night: Marsha Mallow 9.30pm - The Forbidden Fruit, 22 Grand Parade Sunday 20 October Coffee Concert: Holly Cullen-Davies - piano 11.00am - Kino-Teatr, 43-49 Norman Rd Adam Kay - Undoctored 7.30pm - White Rock Theatre, White Rock The Fabulous Unknown 7.30pm - The Stables Theatre, The Bourne Monday 21 October Ben Elton - Authentic Stupidity 7.30pm - White Rock Theatre, White Rock Wednesday 23 October Hastings Philharmonic Orchestra: Romantics 7.30pm - White Rock Theatre, White Rock Hastings Philharmonic Orchestra: Verdi, Grieg & Brahms 7.30pm - White Rock Theatre, White Rock Thursday 24 October Divertimento! String Trios by Mozart, Martlew & Sibelius 7.30pm - Christ Church St Leonards on Sea, Silchester Rd Simon Brodkin: Screwed Up 8.00pm - White Rock Theatre, White Rock An Evening with Lucinda Light 8.00pm - De La Warr Pavilion, Marina, Bexhill REPEATING EVENTS Fridays Out of the Shadows Poetry Night 7.00pm - Eat @ The Stade, 30A Rock-a-Nore Rd 2nd Friday of the month. All ages welcome. Co-host- ed by Ed Boxall and Jemia de Blondeville. Book a slot via edboxall.co.uk/contact, or on Facebook. ART Afterglow: Turps Hastings Alumni '23/'24 15 until 27 October Hastings Arts Forum, Marine Court African Caribbean Seaside Memories 12 October until 4 January 2025
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Hastings Museum and Art Gallery Callum Hill - E Minor Until 19 January 2025 De La Warr Pavilion, Bexhill Corinne Corbett-Thompson Exhibition Until 12 January 2025 Hastings Museum & Art Gallery, Bohemia Rd Diamond in the Rough Until 23 November Stables Theatre Art Gallery Immortal Apples, Eternal Eggs Until 16 March 2025 Hastings Contemporary, The Stade Jamie Atherton - Slow Creep Until 12 October Project 78 Gallery, Norman Rd Jeremy Llewellyn-Jones - Defence of the Realm Until 12 October Solaris Gallery, Norman Rd Londain't by Ray Richardson Until 10 November Rogue Gallery, Norman Rd Michelle Mildenhall - Glam or Horror? Until 1 January 2025 St Leonard Pub, London Rd Mike Silva Until 19 January 2025 De La Warr Pavilion, Bexhill Photo Hastings: Difference and Repetition 10 to 13 October, 10am - 5pm Electro Studios Project Space, Sea Rd Photo Hastings Exhibition: The Humming of the Sea Until 13 October Hastings Arts Forum, Marine Court Richard Platt - A Window on Hastings Until 30 October The Crown, All Saints St Robin Bell - Silver Footprint II Until 8 November Lucy Bell Gallery, Norman Rd Shape of Things - Russell Baker & Mark Godwin Until 31 October Baker Mamonova Gallery, Kino-Teatr, Norman Rd Tschabalalal Self: Seated Until 19 January 2025 De La Warr Pavilion (Lawn), Bexhill Zoom Arts Exhibition Until 31 October The Almonry, High St, Battle	43-49 Norman Rd Lee 7.30pm - Kino-Teatr, 43-49 Norman Rd St Elmo's Fire 7.30pm - Electric Palace, 39A High St Saturday 12 October Lee + Q&A with Antony Penrose 3.00pm - Kino-Teatr, 43-49 Norman Rd A 2023 British biographical drama directed by Ellen Kuras in her feature directorial debut, adapted from the 1985 biography The Lives of Lee Miller by Antony Penrose. It stars Kate Winslet as war journalist Lee Miller (1907-1977). Q&A with British photographer Antony Penrose, son of Lee Miller. Lee 7.30pm - Kino-Teatr, 43-49 Norman Rd Doc Club Halloween Special: Home Invasion 7.30pm - Electric Palace, 39A High St Sunday 13 October Disaster! Season: Airport + Intro 11.30am - Electric Palace, 39A High St Lee 2.00pm - Kino-Teatr, 43-49 Norman Rd Disaster! Season: The Poseidon Adventure + Intro 3.00pm - Electric Palace, 39A High St A group of passengers must embark on a harrowing struggle for survival after a rogue wave capsizes their cruise ship at sea. Includes introduction from season curator, Jamie Sellers. Monday 14 October The Watched 7.30pm - The Forbidden Fruit, 22 Grand Parade, St Leonards Wednesday 16 October Let's Talk Film - 80s Brat Pack Films 7.30pm - Electric Palace, 39A High St Thursday 17 October The Bikeriders 11.00am - Electric Palace, 39A High St The Bikeriders 7.30pm - Electric Palace, 39A High St Friday 18 October Monster Movie Club - Halloween 7.00pm - The Pig's Palace, 37 White Rock Brat Pack Season: Pretty in Pink	7.30pm - Electric Palace, 39A High St Saturday 19 October The Outrun 3.00pm - Kino-Teatr, 43-49 Norman Rd Rocky Horror Picture Show Singalong! 7.30pm - Electric Palace, 39A High St Come along in your fanciest dress and sizzling sparkles to belt along to the '70s cult classic. A Halloweeny romp, hosted by our silver-haired showgirl, Pupin DeVert. The Outrun 7.30pm - Kino-Teatr, 43-49 Norman Rd Sunday 20 October Disaster! Season: Earthquake + Intro 11.30am - Electric Palace, 39A High St Disaster! Season: Towering Inferno + Intro 3.00pm - Electric Palace, 39A High St An architect has designed the world's tallest building, but is concerned that his wiring specifications may have not been followed, and fire breaks out. Includes introduction from Disaster! season curator, Jamie Sellers. Monday 21 October Tarot 7.30pm - The Forbidden Fruit, 22 Grand Parade, St Leonards Thursday 24 October A Sudden Glimpse into Deeper Things 11.00am - Electric Palace, 39A High St The Outrun 3.00pm - Kino-Teatr, 43-49 Norman Rd The Outrun 7.30pm - Kino-Teatr, 43-49 Norman Rd A Sudden Glimpse into Deeper Things 7.30pm - Electric Palace, 39A High St	Sunday 13 October Tennis: The Green Men v Comptons - Sussex Winter Doubles Div 2 Sunday 13 October - The Green Lawn Tennis Club, 68-70 Tower Rd W, St Leonards Tuesday 15 October Football: Hastings Utd v Cheshunt - Isthmian Premier League 7.45pm - The Pilot Field, Hastings United Football Club, Elphinstone Rd ACTIVE SPORT Sundays Table Tennis 10.00am - Isabel Blackman Centre, Winding St <i>isabelblackmancentre.co.uk</i> Indoor Bowls 10.00am - Isabel Blackman Centre, Winding St <i>isabelblackmancentre.co.uk</i> Mondays Badminton 9.30am - Summerfields Leisure Centre, Bohemia Rd Adult class £5.60, hosted by Cathy Bargh Booking <i>freedom-leisure.co.uk</i> Walking Football 1.30pm - Summerfields Leisure Centre, Bohemia Rd Voluntary donation £3 To book: <i>eequ.org/experience/9252</i> Disability Cricket with Sussex Cricket 5.00pm - Horntye Park Sports Complex, Bohemia Rd, St Leonards <i>sussexcricket.co.uk/super-1s-hub</i> Active Hastings Walking Football 6.00pm - TN34 2LD, Lower Park Rd Alexandra Park Multi-Use Games Area £2 Adults 50+ Booking <i>eequ.org/experience/6144</i> Badminton 8.00pm - Summerfields Leisure Centre, Bohemia Rd £5.60 Adults Booking <i>www.freedom-leisure.co.uk</i> Hastings YMCA Badminton Club 8.30pm - The Y Centre, 26 St Paul's Rd, St Leonards £5 Adults, young people, beginners welcome <i>hastingsymcabadmintonclub.co.uk</i> Tuesdays Badminton 6.00pm - Summerfields Leisure Centre, Bohemia Rd Adults £5.60 or £4.70 with a Leisure Pass. Booking: 01424 457691	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 Judo with Hollington Judo Club 8.00pm - Hollington Community Centre, 1 Wishing Tree Rd N, Hastings £5 Adults. Contact Neil Chalcraft Hastings YMCA Badminton Club 8.30pm - The Y Centre, 26 St Paul's Rd, St Leonards £4 to members or £5 for more info visit <i>hastingsymcabadmintonclub.co.uk</i> Wednesdays Badminton 9.30am - Summerfields Leisure Centre, Bohemia Rd £5.60. Adults. 18 places available for 3 courts usage. Booking: <i>www.freedom-leisure.co.uk</i> LTA Walking Tennis 11.00am - Alexandra Park Tennis Courts £3 per session. Older people with long term health conditions. Tennis at your pace! Book: <i>clubspark.lta.org.uk</i> Pickleball 3.00pm - Summerfields Leisure Centre, Bohemia Rd £3 for all ages and abilities. Booking <i>freedom-leisure.co.uk</i> Bexhill Mixed Outdoor Rounders 7.00pm - Down Road, Down Rd, Bexhill Book: <i>eequ.org/experience/3462</i>. Enquire for fees/free games and bookings: <i>hastingsrounders@gmail.com</i> Hastings Pirates Baseball Club 7.00pm - Claremont Preparatory School, Ebdens Hill, Westfield Free for your first session (£6 per session after that) <i>hastingsbaseball.co.uk</i> Badminton 7.00pm - Summerfields Leisure Centre, Bohemia Rd Adults £5.60 Booking <i>freedom-leisure.co.uk</i> Men's Fitness: Strength and Conditioning	8.00pm - Broomgrove Community Centre, 85 Chiltern Dr Broomgrove residents or £3 To book: <i>eequ.org/experience/7974</i> Hastings YMCA Badminton Club 8.30pm - The Y Centre, 26 St Paul's Rd, St Leonards Welcomes players of all ages and abilities £5 Register Thursdays Fun Easy Boxing 11.45am - Isabel Blackman Centre, Winding St <i>isabelblackmancentre.co.uk</i> 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: <i>hastingsrounders@gmail.com</i> Heart and Sole Runners 7.00pm - Grosvenor Gardens, St Leonards Badminton 8.00pm - Summerfields Leisure Centre, Bohemia Rd £5.60. Adults. 18 places available for 3 courts usage. Booking: <i>freedom-leisure.co.uk</i> Fridays Adults Badminton 9.30am - Summerfields Leisure Centre, Bohemia Rd £5.60 Details and booking: <i>freedom-leisure.co.uk</i> Table Tennis 2.30pm - Isabel Blackman Centre, Winding St Find out more:<i>isabelblackmancentre.co.uk</i> or visit the centre Hastings YMCA Badminton Club 7.45pm - The Y Centre, 26 St Paul's Rd, St Leonards Adults, young people, beginners welcome £5 to non-members. Must have attended Tuesday class. More info: <i>hastingsymcabadmintonclub.co.uk</i>
CINEMA Friday 11 October Lee 3.00pm - Kino-Teatr,					EVENTS & ACTIVITIES Friday 11 October Trash Cans Film Challenge 11.00am - The Printworks, 14 Claremont Millie's Nightclub 7.00pm - White Rock Theatre, White Rock Saturday 12 October St Leonards Ceramics Studio Sale 10.00am - St Leonards Ceramics Studio, 36 Marina, St Leonards

The HIP List

Nostalgia 1940 - 1960's Sing a Long
3.30pm - Henry Ward Hall, 45 Robertson St
A mix of poetry, jokes from the time, and video footage. For more information and to find out about accessibility: Nicky Roper 07944166351information@hisplacehastngs.org.uk
Electric Palace Hastings Bonfire Bar Opening
6.00pm - Electric Palace, 39A High St

Sunday 13 October St Leonards Ceramics Studio Sale
10.00am - St Leonards Ceramics Studio, 36 Marina, St Leonards

Friday 18 October Halloween Drag Bingo Party!
7.00pm - Masonic Hall, E Ascent, St Leonards

Saturday 19 October Sussex Guild Contemporary Craft Show
10.00am - De La Warr Pavilion, Marina, Bexhill
Crafts and More Market
11.00am - Stade Hall, The Stade

Sunday 20 October Sussex Guild Contemporary Craft Show
10.00am - De La Warr Pavilion, Marina, Bexhill

Monday 21 October Hugh's Model & Toy Auction - Viewing
11.00am - Kino-Teatr, 43-49 Norman Rd

Tuesday 22 October Hugh's Model & Toy Auction - Viewing
11.00am - Kino-Teatr, 43-49 Norman Rd

Wednesday 23 October Hugh's Model & Toy Auction
10.00am - Kino-Teatr, 43-49 Norman Rd

REPEATING 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.
RSPB Dungeness Open Days
10.00am - RSPB Dungeness, Boulderwall Farm, Dungeness Rd
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, Hastings
Come for a chat and support, refreshments incl. Donations welcome. Every 3rd Monday discdementiasupport.org
Volunteering: Hidden Eden Wellbeing Garden
10.15am - 27 Parsons Cl, Hastings
Craig's Cabin asks for volunteers to turn this green community space into a sensory garden. Each Monday. craigscabin87@hotmail.com
Backgammon Club
6.30pm - The Horse & Groom, Horse & Groom, 4 Mercatoria, St Leonards
Overeaters Anonymous
7.30pm - Clifton Centre, 1 and 2 Stainsby St, St Leonards
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
Sew It's Tuesday
7.00pm - 161 Bexhill Rd, Hastings
Share your crafting sewing, crochet, knitting or anything in-between sewitstuesday@outlook.com
Sound Waves Community Choir
7.30pm - Salvation Army, 26 St Andrew's Square
Free taster session. No auditions. admin@soundwaveschoir.org.uk
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

Wednesdays Dementia Carer Support Group (carers only)
10.00am - Dennis Rankin Room, St Augustines

Church
Come for a chat and support, refreshments inc. donations welcome.
Busy Bees Singalong
10.30am - Hollington Youth Hub, 1 Wishing Tree Rd N, Hastings
Free parent/carers toddler sing-a-long group, families with under 5s. Term time only. For info: EHHastingsStLeonards@eastussex.gov.uk

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! www.afri-co-lab.org
Dementia Carer Craft Club (for Carers only)
1.00pm - Robsack Centre, Bodiam Dr, Hastings
A monthly group for carers to practice their favorite hobby and socialise
Men's Walk and Talk
7.00pm - Azur, Marina Pavillion, 44-37 Marina, 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](tel:07510927978).

The Stag Book Club
7.00pm - Stag Inn, 14 All Saints' St
Please message us if you would like to join or want more information. Or toddle along at 7pm
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 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 - Horntyte Park Sports Complex, 1 Horntyte Park, Bohemia Rd, St Leonards
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
Dementia Carer Support Group (carers only)
11.00am - Robsack Centre, Bodiam Dr, Hastings
Come for a chat and support, refreshments incl. Donations welcome. Every 2nd Friday discdementiasupport.org
Broomgrove Youth Club Sessions
4.30pm - Broomgrove Community Centre, 85 Chiltern Dr
sarah.adams@freshvisions.org.uk Bev [07732 823800](tel:07732823800)

Saturdays

ST. LEONARDS CHURCH
SATURDAY MARKET
stleoschurch.co.uk

- INDOOR STALLS SELLING -
Arts, Crafts, Antiques & Collectibles
Vintage Child, 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

Indoor Market
10.00am - Saint Leonards Church Market, London Rd, St Leonards
Weekly market: clothes, bits, food, tarot. Stalls still available. stleoschurch.co.uk
Monthly Fayre
10.00am - Isabel Blackman

Centre, Winding St
Hastings Library of Things
10.00am - Hastings Town Hall, Station Rd
Borrow tools and useful items, from bolt cutters to sewing machines, from tents to trombones. Find out more: umbrellasussex.org.uk.
Thai food at the Albert
2.00pm - The Royal Albert, 293 Battle Rd, Hastings
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.

CLASSES & WORKSHOPS

Sundays Yoga Flow
9.15am - Isabel Blackman Centre, Winding St
Relaxing sensory class. Register at: isabelblackmancentre.co.uk.
Sunday Brunch-time Kid's Art Club
10.00am - Outside the Smokeshack, St Andrews Mews
Join Artist and Arts Educator Charlotte CHW for different creative projects every week at the revamped St Andrews Mews. 5-10yrs. £5, drop-in or stay full 2 hours. Contact: c.hwatts.art@gmail.com
Regency Dance Workshop
2.00pm - St Peter & St Paul Church in the Parish of St John the Evangelist, Parkstone Rd
Monthly. Visit Hastings Historical Dance Group on Facebook or contact: dianadancer@btinternet.com
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
Relax & Renew, Restorative Yoga
3.00pm - St Leonards Studio, Royal Victoria Hotel
Monthly only - contact: karen@yoga-by-the-sea.co.uk
Big Yin Energy Yoga
3.00pm - The Wellington Health & Wellbeing Centre, 44 Wellington Square
A session designed to restore the nervous

system. £15. Find out more: www.madre-sl.com
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
Moon meditation & Soundbath
7.30pm - The Humble Hub, 4-5 Shepherd St, St Leonards
£15 Jo Allen, 4th & 18th August, The Humble Warrior, the-humblewarrior.co.uk

Mondays Gentle Flow Yoga
7.45am - The Wellington Health & Wellbeing Centre, 44 Wellington Square
Start your week well with this gentle and inclusive yoga class. £10. Info: twigtea.com
Monday Morning Meditation
8.00am - The Humble Hub, 4-5 Shepherd St, St Leonards
£6 Jo Allen the-humblewarrior.co.uk
Kettlebells
9.15am - Isabel Blackman Centre, Winding St
Full body strength class. Register: isabelblackman-centre.co.uk
Slow Flow Yoga (Open Level)
9.30am - St Leonards Studio, Royal Victoria Hotel
Contact: karen@yoga-by-the-sea.co.uk
Pilates
9.30am - The Humble Hub, 4-5 Shepherd St, St Leonards
£9.50 Sarah T, the-humblewarrior.co.uk
Beginners Vinyasa Flow
9.30am - Hot Yoga Hastings, 21 St Peter's Rd, St Leonards
hotyogahastings.co.uk.
Cygnets Swans
9.45am - Isabel Blackman Centre, Winding St
Ballet for beginners. Register: isabelblackman-centre.co.uk
Circuits
10.00am - Isabel Blackman Centre, Winding St
Cardio and weighted exercise. Register: 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
Writing Life
10.00am - Amy's Sweet Café, Queens Road £8. Learn how to improve your story writing and keep inspired

Crossword Solution No 262:
Across: 1. Loaded (anagram) 3. (int)O live r(ewiew) 4. Flirty (anagram)
Down: 1. Le-T off 2. Delroy (anagram)

The HIP List

Hastings Knitters
10.00am - White Rock Theatre, White Rock
ajwright54@yahoo.com
Tai Chi Beginners
11.00am - The Humble Hub, 4-5 Shepherd St, St Leonards
£10 Andy Cullen, *the-humblewarrior.co.uk*
Yoga Over 60 – maintaining movement
11.00am - St Leonards Studio, Royal Victoria Hotel
Contact: *zowie@stleonards.studio*
Choir Practice!
11.00am - The Chapel of Christ's Stillness, Moon Cottage
New singers of all ages welcome. *thechapelofchristsstillness.co.uk*
Silver Swans Ballet
11.00am - Isabel Blackman Centre, Winding St
No experience required. Register: *www.isabelblackmancentre.co.uk*
Jazz Singing Class
11.30am - 48 Kings Rd, St Leonards
£260 for 10 week course with accompanists and end of term gig. Contact *donnacanale@icloud.com* and 07956 222518 for bookings.
Cancer Rehab
1.00pm - Isabel Blackman Centre, Winding St
Visit: *isabelblackmancentre.co.uk*
Inclusive Dance for Adults with Complex Needs
1.45pm - The Hastings Centre, The Ridge
£5 Register *dancehastings@gmail.com*
LGBTQ+ social meet
2.15pm - Isabel Blackman Centre, Winding St
Register and find out more: *isabelblackmancentre.co.uk*
Chair Yoga
3.00pm - Isabel Blackman Centre, Winding St
Register: *isabelblackmancentre.co.uk*
Origami
3.00pm - Isabel Blackman Centre, Winding St
Silver Swans Ballet Class
4.00pm - Ore Community Centre, 455 Old London Rd Studio 2. Contact: Annie on 07704 711772.
Drum Club
4.15pm - West Hill Community Centre, Croft Rd
£6.50. Booking essential. For 15–16-year-olds. Contact: *juliansambadrums@gmail.com*
Kids Aerial Hoop
4.30pm - The Humble Hub, 4-5 Shepherd St, St Leonards
£9 Samantha Beagley, *the-humblewarrior.co.uk*
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: *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*.
Qigong with Sigrid
5.45pm - The Wellington Health & Wellbeing Centre, 44 Wellington Square
Contact Sigrid *qigonsigrid@gmail.com*
Meridian Yoga and Self Shiatsu with Steph
6.00pm - St Leonards Studio, Royal Victoria Hotel
Contact: *steph@stleonards.studio*
Dynamic Vinyasa
6.00pm - The Humble Hub, 4-5 Shepherd St, St Leonards
£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*
Argentine Tango Absolute Beginners 6 week course
7.00pm - The Piper, 1 Norman Rd, St Leonards
£45 pp or £80 as a couple. Contact Phoebe *pennnythepoetess@yahoo.co.uk*
Hastings Punk Choir
7.00pm - Electric Palace, 39A High St
(And generally a drink or two in the Jenny Lind afterwards)
Ballet Barre
7.15pm - Hastings Old Town *oldtownyoga.co.uk*
Kundalini Yoga & Meditation with Yeli
7.30pm - The Wellington Health & Wellbeing Centre, 44 Wellington Square
yeli@happinessholistichealth.uk

Mixed Ability Pole Class
7.30pm - The Humble Hub, 4-5 Shepherd St, St Leonards
£15 ActiveCherry, *the-humblewarrior.co.uk*
Jazz Singing Class
7.30pm - 48 Kings Rd, St Leonards
£260 for 10 week course with accompanists and end of term gig. Contact *donnacanale@icloud.com* and 07956 222518 for bookings.
Aerial Hoop Class
8.30pm - The Humble Hub, 4-5 Shepherd St, St Leonards
£15 ActiveCherry, *the-humblewarrior.co.uk*
Tuesdays
Ashtanga Yoga - Assisted Self Practice
7.30am - The Wellington Health & Wellbeing Centre, 44 Wellington Square
£15 *ashtangayogahastings@gmail.com*
Rise & Shine Yoga
8.00am - The Humble Hub, 4-5 Shepherd St, St Leonards
£10 Kareena Lawson, *the-humblewarrior.co.uk*
Intermediate Pilates
9.00am - Isabel Blackman Centre, Winding St
Register and find out more: *isabelblackmancentre.co.uk*
Daoist Qi Gong
9.00am - St Leonards Studio, Royal Victoria Hotel
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*
Art Classes for Kids
10.00am - 12 Maze Hill, St Leonards
£12 per child - All materials included. Email Theresa *Stleonardsartschool@outlook.com*
5 Rhythms Dance
10.00am - The Humble Hub, 4-5 Shepherd St, St Leonards
£15 Emma Dance, *the-humblewarrior.co.uk*
5 Rhythms Movement Metaphor
10.00am - Crown House, Marina, 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*
Developing Your Craft
10.00am - 7 Trinity St
Hastings Writers' workshop, 10-week course, *hastingswritersworkshop.com*
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
Art Classes for Adults
11.00am - 12 Maze Hill, St Leonards
£13.50 per person - All Materials Included. Email Theresa *Stleonardsartschool@outlook.com*
Hot Yoga Hastings
11.00am - Hot Yoga Hastings, 21 St Peter's Rd, St Leonards
hotyogahastings.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*
Introduction to Mosaics
1.00pm - Ore Community Centre, 455 Old London Rd
For info email: *mosaicmlarky@gmail.com*
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 - The Humble Hub, 4-5 Shepherd St, St Leonards, donation based, Seraphina, *the-hum-*

blewarrior.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*
6 Week Beginners Class:T'ai Chi Ch'uan : Long Yang Form Part 1
4.45pm - The Humble Hub, 4-5 Shepherd St, St Leonards
Chris Hamblin, *the-humblewarrior.co.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
Weighted Neuro Gym Session
6.00pm - Elphinstone Road, Elphinstone Rd
Play Sport Fitness Hub £3 or pay what you can To book: *eequ.org/experience/6816*
Sunset Flow with Hannah
6.00pm - The Wellington Health & Wellbeing Centre, 44 Wellington Square
£9.00 *hola@madre-sl.com*
Comedy Improv Drop In Class
6.00pm - Cake Room, 30 Robertson St
£16
Vinyasa Yoga
6.00pm - The Humble Hub, 4-5 Shepherd St, St Leonards
£10 Veronica Hare, *the-humblewarrior.co.uk*
Silver Swans Ballet Class
6.30pm - Ore Community Centre, 455 Old London Rd
Contact Annie: 07704 711772
Vinyasa Flow
6.30pm - Bank House Studio, 44 London Road
karen@yoga-by-the-sea.co.uk
Lino Printing Evening Course
6.30pm - Bus Stop Studios, 53 London Rd, St Leonards
busstopstudios.com/classes
Dynamic Vin to Yin Yoga
7.30pm - The Humble Hub, 4-5 Shepherd St,

St Leonards
£12 Hannah Almond Barr, *the-humblewarrior.co.uk*
Buddhist Meditation Class
7.30pm - 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
£10 on the door. Visit: *sos.dance*
Country Dancing
7.45pm - St Matthews Church Centre, London Rd, Hastings
hastingscountrydanceclub.org.uk
Wednesdays
Yoga Flow
7.30am - The Humble Hub, 4-5 Shepherd St, St Leonards
£10 Rachael, Elevate Yoga, *the-humblewarrior.co.uk*
Garuda Pilates
9.00am - The Humble Hub, 4-5 Shepherd St, St Leonards
£10 Sally Paffard, *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
(*https://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

The HIP List

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, St Leonards
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 - The Humble Hub, 4-5 Shepherd St, St Leonards
£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, St Leonards
£13.50 per person - All Materials Included. Email TheresaStleonardsart-school@outlook.com
Art Classes for Adults
11.00am - 12 Maze Hill, St Leonards
also 12.00pm £13.50 per person - All Materials Included. Email TheresaStleonardsart-school@outlook.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
<https://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 - The Humble Hub, 4-5 Shepherd St, St Leonards

£12 Andrew Dunne, the-humblewarrior.co.uk
Hatha Yoga for You
2.00pm - St Leonards Studio, Royal Victoria Hotel
Louise@stleonards.studio
Creative Arts Sessions with Sara and Caroline
2.00pm - Alexandra Park Greenhouse, St Helen's Rd
£20 per session or £50 for three sessions. For more information or to book, email: sara.martin52@yahoo.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, St Leonards
£12 per child - All materials included. Email TheresaStleonardsart-school@outlook.com
Benbow Youth Film Collective Workshop 11-15yrs
4.30pm - Benbow Arts Space, The Bright Foundation, 2 London Rd, St Leonards
£75 for 9 week course/9 per
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
Beginners Pole
6.00pm - The Humble Hub, 4-5 Shepherd St, St Leonards
£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, St Leonards
kinhaviland@gmail.com
Laughter Yoga with Bev
6.30pm - The Jenny Lind Inn, 69 High St
Upstairs. Contact: bev-jones@laughyourselfto-health.com

Developing Your Craft
6.30pm - 7 Trinity St
Hastings Writers' workshop, 10-week course, hastingswritersworkshop.com
Hand Embroidery with Lady B Embroidery
6.30pm - 53 London Rd, St Leonards
busstopstudios.com/classes
Intermediate Pole
7.00pm - The Humble Hub, 4-5 Shepherd St, St Leonards
£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, 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
Classique Pole Class
8.00pm - The Humble Hub, 4-5 Shepherd St, St Leonards
£0 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
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
Vinyasa Flow
9.30am - St Leonards Studio, Royal Victoria Hotel
karen@yoga-by-the-sea.co. *uk*
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
Absolute Beginners Watercolour Painting
10.00am - Stade Hall, The Stade
£90 or both classes for £170, contact Julie. booking essential sheridanjuliann@gmail.com
Writing Art
10.00am - 7 Trinity St with Hastings Art School's Julia Kotziamani £180 hastingswritersworkshop.com
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
Pilates, Mat Based
11.00am - The Humble Hub, 4-5 Shepherd St, St Leonards
£9.50 Sarah T, the-humblewarrior.co.uk
Boxing for fun
11.45am - Isabel Blackman Centre, Winding St
Register: isabelblackmancentre.co.uk
Absolute Beginners Acrylic Painting
12.15pm - Stade Hall, The Stade
£90 or both classes for £170, contact Julie. booking essential sheridanjuliann@gmail.com
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 Square
Beginners welcome. £10 (£5 for people struggling financially). howdowebegin

nagain@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)
4.00pm - The Humble Hub, 4-5 Shepherd St, St Leonards
£9 Samantha Jane Yoga, the-humblewarrior.co.uk
Benbow Youth Film Collective Workshop (16-19yrs)
5.00pm - Benbow Arts Space, The Bright Foundation, 2 London Rd, St Leonards
£75 for 9 week course/9 per
Aerial Slings
5.00pm - The Humble Hub, 4-5 Shepherd St, St Leonards
£12 Samantha Jane, the-humblewarrior.co.uk
Tilekiln Youth Club Sessions
5.30pm -
Tilekin Community Centre sarah.adams@freshvisions.org.uk. Bev 07732 823800
Kundalini Yoga & Meditation with Yeli
6.00pm - The Wellington Health & Wellbeing Centre, 44 Wellington Square
yeli@happinessholistichealth.uk
Art Classes for Adults
6.15pm - 12 Maze Hill, St Leonards
also 7.15pm £13.50 per person - All Materials Included. Email TheresaStleonardsart-school@outlook.com
Intensive Workshop Group
6.30pm - 7 Trinity St
Hastings Writers' workshop, 10-week course, hastingswritersworkshop.com
Tantra Yoga
6.30pm - The Humble Hub, 4-5 Shepherd St, St Leonards
£12 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 Commu-

nity Centre, Croft Rd
£55 for a four-week course. jung-ui.co.uk
Aerial Hoop Class
9.15pm - The Humble Hub, 4-5 Shepherd St, St Leonards
£15 Cherry, the-humblewarrior.co.uk
Fridays
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, Mat based, Intermediate
9.00am - The Humble Hub, 4-5 Shepherd St, St Leonards
£9.50 Sarah T, the-humblewarrior.co.uk
Traditional Yoga
9.00am - Hornty Park Sports Complex, Bohemia Rd, St Leonards
Intermediate class £12
Booking and details ninayoga.co.uk
Pilates: mixed ability with Sally Paffard
9.00am -
Zoom class sallypaffard@gmail.com
Qigong: Feel better with Therapeutic Movements
9.30am - Salvation Army Hall
Suitable for all ages. More info: qigongclass.co.uk
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
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 - The Humble Hub, 4-5 Shepherd St, St Leonards
£10 Kate Shaw, the-humblewarrior.co.uk
Mindful Yoga
10.30am - Royal Victoria Hotel, Marina, St Leonards
zowie@stleonards.studio www.stleonards.studio
Conversational Spanish
11.00am - Isabel Blackman Centre, Winding St
Register and find out more: isabelblackmancentre.co.uk
Art Classes for Adults
11.00am - 12 Maze Hill, St Leonards
£13.50 per person - All Materials Included. Email TheresaStleonardsart-school@outlook.com

<i>school@outlook.com</i> Breathe Better 11.00am - Isabel Blackman Centre, Winding St Fitness class for those with mild COPD and asthma. Register: <i>isabelblackman-centre.co.uk</i> Yin Yoga 11.30am - Horntye Park Sports Complex, Bohemia Rd, St Leonards Floor-based yoga for all abilities. £7 Bookings: <i>Ninayoga.co.uk</i> French Language Learners 12.00pm - 10 Claremont Free lessons ,beginners & improvers levels. Tutor George 07835 808318 Mindful Yoga Flow 12.30pm - The Humble Hub, 4-5 Shepherd St, St Leonards £10 Kareena Lawson, <i>the-humblewarrior.co.uk</i> Come Write with Me – Food Stories 12.30pm - Ore Community Centre, 455 Old London Rd Sample a home-made snack and write! No experience needed. £8 includes snack Slow & Steady Mobility	1.00pm - Isabel Blackman Centre, Winding St Easy and accessible standing workout. Register at: <i>isabelblackmancentre.co.uk</i> Inclusive Dance for Adults with Moderate Learning Disabilities 1.30pm - The Hastings Centre, The Ridge £5 Register <i>www.dance-hastings.com</i> Table Tennis 2.30pm - Isabel Blackman Centre, Winding St Register: <i>isabelblackman-centre.co.uk</i> Chair Yoga – A supported approach 2.30pm - St Leonards Studio, Royal Victoria Hotel Supported yoga for those with reduced mobility. £6. Email <i>zowie@stleonards.studio</i> or visit <i>stleonards.studio</i>. Senior Strength 3.00pm - Isabel Blackman Centre, Winding St Introduction to the gym facilities. Register: <i>isabelblackmancentre.co.uk</i> Yin & Yang Yoga 4.00pm - The Humble Hub,	4-5 Shepherd St, St Leonards £10 Joanna Allen, <i>the-humblewarrior.co.uk</i> Womb Yoga 5.30pm - The Humble Hub, 4-5 Shepherd St, St Leonards £15 Seraphina, <i>the-humble-warrior.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, St Leonards 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>www.</i>	<i>aoibarameditation.co.uk</i> 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. <i>aoibarameditation.co.uk</i> Saturdays ‘Let It Flow’ - Vinyasa Flow Yoga 8.00am - The Humble Hub, 4-5 Shepherd St, St Leonards £10 James Loosemore, <i>the-humblewarrior.co.uk</i> Zoom Hatha Yoga 9.00am - Online only. Pranayama, practice and relaxation, video available. Contact: <i>Louiselovesyoga@gmail.com</i> Power Sunrise Flow 9.00am - With Hannah. £9. Find out more <i>madre-sl.com</i> Pure stretch 9.15am - Isabel Blackman Centre, Winding St All abilities stretching class. Register: <i>isabelblackmancentre.co.uk</i> Aerobics Class 9.30am - The Humble Hub, 4-5 Shepherd St,	St Leonards £8 Jency Azucena, <i>the-humblewarrior.co.uk</i> Art Classes for Kids 10.00am - 12 Maze Hill, St Leonards £12 per child - All materials included. Email <i>Theresa.Stleonardsart-school@outlook.com</i> Morning Flow Yoga 10.00am - Bank House Studio, 144 London Rd Ease into your weekend with some mindful movement and breathwork. More info: <i>yoga-by-the-sea.co.uk</i> Tennessee Williams Acting & Directing Group 10.00am - The Stables Theatre, The Bourne Martial Arts Free Trial Lesson 10.00am - Ark Alexandra Academy (Staff entrance), Park Ave Families welcome. Booking: <i>martialartshastings.com</i> Strong Yoga with Lucy 10.00am - Morning Yoga via Zoom. <i>lamiles@hotmail.co.uk</i>. Beginners Weight Training	10.30am - Isabel Blackman Centre, Winding St Register: <i>isabelblackman-centre.co.uk</i> Meditation and Breathwork with Jung-ui 10.45am - The Stables Theatre, The Bourne Contact on Instagram: <i>@meditate.with.jungui</i> Intermediate French 11.00am - Isabel Blackman Centre, Winding St Register for class at: <i>isabelblackmancentre.co.uk</i> Art Classes for Adults 11.15am - 12 Maze Hill, St Leonards also 12.15pm £13.50 per person - All Materials Included. Email Theresa <i>Stleonardsartschool@outlook.com</i> Yoga Flow 11.30am - Isabel Blackman Centre, Winding St Register and find out more: <i>isabelblackmancentre.co.uk</i> 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.
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ADVERTORIAL

Cumbia Kitchen: Celebrating South American Culture & Cuisine



Brazilian sweet treats

Since moving to St Leonards in early 2023, I have seen Cumbia Kitchen develop into a well-loved community hub. It is dedicated exclusively to South American food and culture,

with focus on culinary traditions from countries including Argentina, Brazil, and Colombia; we aim to celebrate the richness of this diverse region.

Having lived in South America for over 12 years, I bring a wealth of knowledge about its vibrant cuisines to our dining experiences. Since we opened in St Leonards, we have hosted various cultural events, including electrifying tango, cumbia (dance music of Colombian origin), and samba performances that have captivated our audiences.

UPCOMING TREATS

In the lead-up to Christmas, we’re excited to spotlight a different South American country each month. October highlights the lively flavours of Brazil, followed by the exquisite dishes of Peru in November. December will feature a carefully crafted Christmas menu, allowing our guests to experience holiday traditions through food.

Additionally, we’re thrilled to host a Halloween Boo-lesque event on Friday, 1 November from 6-10 PM, led by local performer Pupin De Vert.

Other highlights include a Christmas Market on 5 December and the Night of the Little Candles - the Colombian start to Christmas - on 7 December, culminating in a spectacular New Year’s Eve party with fireworks and entertainment. Join us in celebrating the dynamic spirit of South America.

HOW IS OUR FOOD? AN INDEPENDENT REVIEW

On a mild October evening, the doors of Cumbia Kitchen were thrown open and the atmosphere inside was warm and inviting. The cocktails immediately transported us to South America, and the menu was crammed with warm and flamboy-

ant flavours from the global south.

It’s a great opportunity to try exotic dishes - chosen with great skill and care, some using locally-sourced ingredients. The starters included the surprisingly delicate Plantain Gnocchi, served on a plantain leaf and topped with banana leather and Brazil nuts. The flavours and textures were intense.

For the mains, I chose Xin Xim with biro rice. It combined chicken and crayfish in a spicy peanut sauce and provided a wonderful taste of the Afro-Brazilian Bahia region of Brazil. I sent a photo to my son, currently in Northern Brazil, and he recognised it immediately as Pele’s favourite dish. My partner’s Oxtail Terrine with roasted squash and farofa (cassava crumbs) was equally tasty - the oxtail was melt-in-the-mouth tender.

We completed the Brazilian experience with a sinfully sweet dessert, a trio of Brazilian sweets: Brigadeiro (the chocolate one), Beijinho (the nutty one) and Branquinho (the coconut one). Delicious.

BRAZILIAN BRIGADEIROS Your own South American decadent treat

Brigadeiros are iconic Brazilian sweets made from just a few simple ingredients: sweetened condensed milk, cocoa powder, and butter. These bite-sized truffles are rolled in chocolate sprinkles, making them a favourite at Brazilian birthday parties and celebrations. Their rich, fudgy texture and sweet flavour make Brigadeiros irresistible, sure to bring a smile to anyone who enjoys them!

You will need:

- 1 can sweetened condensed milk
- 2 tablespoons unsweetened cocoa powder
- 2 tablespoons unsalted butter
- Pinch of salt
- Chocolate sprinkles (for coating)

Method:

1. In a saucepan, combine the condensed milk, cocoa powder, butter, and salt.
2. Cook over medium-low heat, stirring constantly, until the mixture thickens and begins to pull away from the sides of the pan; about 10-15 minutes.
3. Once thickened, transfer the mixture to a greased plate or bowl. Let it cool to room temperature.
4. Once cooled and no longer sticky, lightly grease your hands with butter. Take small portions of the mixture and roll them into balls about the size of a marble.
5. Roll each ball in chocolate sprinkles until fully coated.
6. Place the Brigadeiros in small paper cases and enjoy!

They can be eaten immediately or stored in an airtight container in the refrigerator for a firmer texture.

These delightful Brigadeiros make for a perfect treat for any occasion! Enjoy the sweetness!



For more information about the monthly themed menus and special events over the festive season, go to cumbiakitchen.com

HASTINGS WHITE ROCK PRESENTS

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