

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

Friday 8 November to Thursday 21 November 2024

The HIP List

West Hill Leading Light
Fujifilm GX680
EBC FUJINON GX M 80mm 1:5.6
Ilford FP4

Hastings
Independent

The HIP List

MUSIC

Friday 8 November
Tener Duende

8.30pm - The Jenny Lind Inn, 69 High St
Funky latin jazz
Midnight Cannonball
8.30pm - Pissarro's, 10 South Terrace
Sam Solace
9.30pm - The Forbidden Fruit, 22 Grand Parade

Saturday 9 November
Grow Your Own Records + Property of the Lost All Dayer

1.00pm - The Pig's Palace, 37 White Rock
Expect punk, psych, americana and jazz!
Demsey Emson
2.00pm - Tough Love St
Leonards, 73 Bohemia Rd
Post grunge songwriter
Delusions of Grandma
6.00pm - The Jenny Lind Inn, 69 High St
New Orleans brass group
Peter Hook & The Light
7.00pm - De La Warr Pavilion, Marina, Bexhill
The Magic of Motown
7.30pm - White Rock Theatre, White Rock
African Head Charge
8.00pm - The Piper, 1 Norman Rd
Psychedelic Ddub
Little Big Stone
8.30pm - East Hastings Sea Angling Association and Social Club, The Stade
6-piece soul band
Gina Cassina
9.00pm - Tin Tins, 21 Robertson St
Stormy T and Bluesman's Lane
9.30pm - Barnaby's Lounge, 46 Robertson St

Sunday 10 November
Big Fish Little Fish Family Rave
2.00pm - De La Warr Pavilion, Marina, Bexhill
Fancy dress theme is Pirates!
Hans DeVille and Omega Tribe
4.00pm - The Jenny Lind Inn, 69 High St
Punk twang + CRASS label veterans
Sistie Moose
5.00pm - The Lord Nelson, 1 E Bourne St
Los Twangueros
7.00pm - The Jenny Lind Inn, 69 High St
Cafe del Mar grooves
Roy Orbison and the Travelling Wilburys Experience
7.30pm - White Rock Theatre, White Rock

Tuesday 12 November
Carole King's Tapestry: An Evening

in Laurel Canyon
7.30pm - White Rock Theatre, White Rock

Thursday 14 November
One Night in Nashville
8.00pm - White Rock Theatre, White Rock

Friday 15 November
Millie's Nightclub - Pop-Up Nightclub for adults with Learning Disabilities
7.00pm - White Rock Theatre, White Rock
Chris Moyles' 90s Hangover
8.00pm - White Rock Theatre, White Rock
Wheel Up
9.00pm - The Piper, 1 Norman Rd
Dubstep/Grime/Techo

Saturday 16 November
Ummagumma III
3.00pm - The Piper, 1 Norman Rd
Psychedelic all day shindig til 1am. Ft Wytch Pycknyck/ 14 Iced Bears and more!
JS Bach and His Contemporaries
6.00pm - Church of St Thomas, Winchelsea, Monks' Walk
a selection of arias
Two Ship: Improvised Music
7.00pm - Beacon, East Hill Lift Upper Station
featuring: Annie Kerr / Matt Clarke (violin/ guitar), Caroline Kraabel / Simon Camatta (saxophone)
The Aftershave Live
7.00pm - Dark Circles Coffee & Music Bar, 6, Marine Court
"Melancholic countrydelia." Free entry.
Hard-Fi
7.30pm - White Rock Theatre, White Rock
Punk at the Pig
7.30pm - The Pig's Palace, 37 White Rock
Tickets via Skiddle
Ben Maier + Poppy Rockett
8.00pm - Albion Hastings, 33 George St
Romantic rock and dream pop
The Coverups
8.30pm - East Hastings Sea Angling Association and Social Club, The Stade
Club covers band
Dead Calm
8.30pm - The Dolphin Inn, 11-12 Rock-a-Nore Rd
Girls on Decks - Launch Night
9.00pm - The Printworks, 14 Claremont
Female and non binary DJ night

Sunday 17 November
Yasmien Huband
2.00pm - East Hastings Sea

Angling Association and Social Club, The Stade
Acoustic Soul
Hastings Sinfonia: Music from the Movies
2.00pm - De La Warr Pavilion, Marina, Bexhill
Wendy May's Locomotion: Sunday Shakedown
3.00pm - Crown House, Marina
www.wegotickets.com/event/634420
Longshore Drifters
5.00pm - The Lord Nelson, 1 E Bourne St

Wednesday 20 November
Simon&ThePope
6.30pm - Kino-Teatr, 43-49 Norman Rd
Drum, bass and spoken word grooves before The Bavard Bar.

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 performers 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
Albion Skiffle Company
8.30pm - Albion Hastings, 33 George St
Open acoustic music session.

Wednesdays
Open Mic
7.00pm - The Piper, 1 Norman Rd
Weekly. Hosted by Steve Didge
Cracklin' Griffins
7.00pm - The Seadog, 32 Station Rd
Unplugged folk rock sessions
The Kukes
8.00pm - The Dolphin Inn, 11-12 Rock-a-Nore Rd
2nd Wednesday of the month. The Kukes are a ukulele band based in Bexhill on Sea playing an eclectic mix of songs.
Folk Session at

the Dolphin
8.00pm - The Dolphin Inn, 11-12 Rock-a-Nore Rd
Every Third Wednesday of the month.

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. This Month: Dead Star Boys, Fuzz On, Butane Regulators. Free gig

PERFORMANCE

Saturday 9 November
Sovereign Sky - A Night of Psychedelic Sound
7.30pm - Hastings Museum & Art Gallery, John's

Place, Bohemia Rd
The Forbidden Fruit Drag Night: David Dale
9.30pm - The Forbidden Fruit, 22 Grand Parade

Friday 15 November
Katherine Ryan: Battleaxe
6.00pm - De La Warr Pavilion, Marina, Bexhill

Saturday 16 November
John Bishop: Back At It
4.00pm - De La Warr Pavilion, Marina, Bexhill
John Bishop: Back At It
8.00pm - De La Warr Pavilion, Marina, Bexhill
The Forbidden Fruit Drag Night: Davina Sparkle
9.30pm - The Forbidden Fruit, 22 Grand Parade

Sunday 17 November
Coffee Concert: Lewis Kingsley Peart (piano)
11.00am - Kino-Teatr, 43-49 Norman Rd
Science Museum: The



The HIP List

Live Stage Show 1.30pm - White Rock Theatre, White Rock Hastings Sinfonia Presents: Music From the Movies 3.00pm - De La Warr Pavilion, Marina, Bexhill Jo Caulfield: Here Comes Trouble 7.30pm - White Rock Theatre, White Rock Monday 18 November An Evening in the Company of Tennessee Williams 7.30pm - The Stables Theatre, The Bourne Tuesday 19 November The Horne Section's Hit Show 6.45pm - De La Warr Pavilion, Marina, Bexhill An Evening in the Company of Tennessee Williams 7.30pm - The Stables Theatre, The Bourne Hastings Comedy Festival: Comedy Nights 8.00pm - White Rock Theatre, White Rock Wednesday 20 November The Bavard Bar 7.30pm - Kino-Teatr, 43-49 Norman Rd Thursday 21 November Tenors Unlimited 7.30pm - White Rock Theatre, White Rock The Glass Menagerie 7.30pm - The Stables Theatre, The Bourne WEEKLY PERFORMANCE Sundays The Girl on the Train 2.30pm - The Stables Theatre, The Bourne Tuesdays The Girl on the Train 7.30pm - The Stables Theatre, The Bourne Wednesdays The Girl on the Train 7.30pm - The Stables Theatre, The Bourne Thursdays The Girl on the Train 7.30pm - The Stables Theatre, The Bourne Fridays Out of the Shadows Poetry Night 7.00pm - Eat @ The Stade, 30A Rock-a-Nore Rd All ages welcome. Co-hosted by Ed Boxall and Jemia de Blondeville. Book a slot via edboxall.co.uk/	<i>contact</i>, or on Facebook. The Girl on the Train 7.30pm - The Stables Theatre, The Bourne Saturdays The Girl on the Train 7.30pm - The Stables Theatre, The Bourne ART African Caribbean Seaside Memories Until 4 January 2025 Hastings Museum and Art Gallery Back to the 80s (In Association with Rock Archive) 16 November until 16 March 2025 Lucy Bell Gallery, Norman Rd 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 Fully Booked (SoCo Artists Group Show) 12 until 24 November Hastings Arts Forum, Marine Court G.Wizz - Sun, Sea and Saveloys Until 28 November The Crown, All Saints St Grace Lau - Portraits in a Chinese Studio 9 November until 21 December Solaris Gallery, Norman Rd Here, There and Somewhere Else (Group Show) Until 10 Nov Hastings Arts Forum, Marine Court Immortal Apples, Eternal Eggs Until 16 March 2025 Hastings Contemporary, The Stade In Harm's Way, Part II - Oli Spleen, Wolfgang Dubieniek, Mark Walter 16 and 17 November, 11am-5pm Electro Studios Project Space, Sea Rd Juliet Brando - Peripheral Imps Launch Party 8 November from 7pm 1200 Postcards, Queens Rd Londain't by Ray Richardson Until 10 November Rogue Gallery, Norman Rd Mastolf & Mastej Art Show Until 10 November 1200 Postcards, Queens 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 Robin Bell - Silver Footprint II Until 8 November Lucy Bell Gallery, Norman Rd Scott Robertson - 100 Things This Show Could Have Been Until 30 November Project 78 Gallery, Norman Rd Shadders Until 17 November Electro Studios Project Space, Sea Rd Tschabalalal Self: Seated Until 19 January 2025 De La Warr Pavilion (Lawn), Bexhill CINEMA Friday 8 November Pauline Black - A 2-Tone Story 7.30pm - Electric Palace, 39A High St Films of the East: Crossing the Bridge - the Sound of Istanbul 7.30pm - Kino-Teatr, 43-49 Norman Rd Saturday 9 November Pauline Black - A 2-Tone Story 3.00pm - Electric Palace, 39A High St Pauline Black, lead singer of 2-Tone hit band The Selecter, tells her extraordinary life story in the same frank manner that helped shape her as an iconic, era-defining female musician. The Last Front 3.00pm - Kino-Teatr, 43-49 Norman Rd Dory Previn: On the Way to There 7.30pm - Electric Palace, 39A High St The Last Front 7.30pm - Kino-Teatr, 43-49 Norman Rd Sunday 10 November The Echo (El Eco) 11.30am - Electric Palace, 39A High St All My Life's Buried Here: The Story of George Butterworth 2.00pm - Kino-Teatr, 43-49 Norman Rd Wednesday 13 November The Apprentice 7.30pm - Kino-Teatr, 43-49 Norman Rd Thursday 14 November Point of Change 11.00am - Electric	Palace, 39A High St The Apprentice 3.00pm - Kino-Teatr, 43-49 Norman Rd The Apprentice 7.30pm - Kino-Teatr, 43-49 Norman Rd Crass: The Sound of Free Speech 7.30pm - Electric Palace, 39A High St Friday 15 November I Am Cuba 3.00pm - Kino-Teatr, 43-49 Norman Rd I Am Cuba 7.30pm - Kino-Teatr, 43-49 Norman Rd An American Werewolf in London - 4K Restoration 7.30pm - Electric Palace, 39A High St Saturday 16 November Keanu-Rama Night - The Matrix 7.00pm - Electric Palace, 39A High St Sunday 17 November Autism Friendly Screening: Amelie + Short Film 11.30am - Electric Palace, 39A High St The Room Next Door 2.00pm - Kino-Teatr, 43-49 Norman Rd The Train 3.00pm - Electric Palace, 39A High St Miracle Fishing 7.30pm - Electric Palace, 39A High St Thursday 21 November Thelma 11.00am - Electric Palace, 39A High St Thelma 7.30pm - Electric Palace, 39A High St Repeating Events Mondays Movie Mondays 7.30pm - The Forbidden Fruit, 22 Grand Parade Contact venue for film details Sport Sunday 10 November Tennis: Amherst Men v Cross In Hand - Sussex Winter Doubles Div 4 10.30am - Amherst Gardens Saturday 16 November Rugby: Hastings & Bexhill v Gravesend II - Kent 3 County League Saturday 16 November Active Sport Sundays Table Tennis 10.00am - Isabel Blackman	Centre, Winding St isabelblackmancentre.co.uk Indoor Bowls 10.00am - Isabel Blackman Centre, Winding St isabelblackmancentre.co.uk Mondays Badminton 9.30am - Summerfields Leisure Centre, Bohemia Rd Adult class £5.60, hosted by Cathy Bargh Booking:freedom-leisure.co.uk Walking Football 1.30pm - Summerfields Leisure Centre, Bohemia Rd Voluntary donation £3 To book: eequ.org/experience/9252 Disability Cricket with Sussex Cricket 5.00pm - Horntye Park Sports Complex, Bohemia Rd sussexcricket.co.uk/super-1s-hub Active Hastings Walking Football 6.00pm - TN34 2LD, Lower Park Rd Alexandra Park Multi-Use Games Area £2 Adults 50+ Booking eequ.org/experience/6144 Badminton 8.00pm - Summerfields Leisure Centre, Bohemia Rd £5.60 Adults Booking freedom-leisure.co.uk Hastings YMCA Badminton Club 8.30pm - The Y Centre, 26 St Paul's Rd £5 Adults, young people, beginners welcome hastingsymcabadmintonclub.co.uk Tuesdays Badminton 6.00pm - Summerfields Leisure Centre, Bohemia Rd Adults £5.60 Booking freedom-leisure.co.uk Men's Fitness: Strength and Conditioning 8.00pm - Broomgrove Community Centre, 85 Chiltern Dr Broomgrove residents or £3 To book: eequ.org/experience/7974 Hastings YMCA Badminton Club 8.30pm - The Y Centre, 26 St Paul's Rd Welcomes players of all ages and abilities £5 Register Thursdays Fun Easy Boxing 11.45am - Isabel Blackman Centre, Winding St isabelblackmancentre.co.uk Hastings Women's Park Rounders 6.30pm - Alexandra Park, St Helen's Rd Between Dordrecht Way and Eat Cafe in Alexandra	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 LTA Walking Tennis 11.00am - Alexandra Park Tennis Courts £3 per session. Older people with long term health conditions. Tennis at your pace! Book: clubspark.lta.org.uk Pickleball 3.00pm - Summerfields Leisure Centre, Bohemia Rd £3 for all ages and abilities. Booking freedom-leisure.co.uk Bexhill Mixed Outdoor Rounders 7.00pm - Down Road, Down Rd, Bexhill Book: eequ.org/experience/3462. Enquire for fees/free games and bookings: hastings-rounders@gmail.com Hastings Pirates Baseball Club 7.00pm - Claremont Preparatory School, Ebdens Hill, Westfield Free for your first session (£6 per session after that) hastingsbaseball.co.uk Badminton 7.00pm - Summerfields Leisure Centre, Bohemia Rd Adults £5.60 Booking freedom-leisure.co.uk Men's Fitness: Strength and Conditioning 8.00pm - Broomgrove Community Centre, 85 Chiltern Dr Broomgrove residents or £3 To book: eequ.org/experience/7974 Hastings YMCA Badminton Club 8.30pm - The Y Centre, 26 St Paul's Rd Welcomes players of all ages and abilities £5 Register Thursdays Fun Easy Boxing 11.45am - Isabel Blackman Centre, Winding St isabelblackmancentre.co.uk Hastings Women's Park Rounders 6.30pm - Alexandra Park, St Helen's Rd Between Dordrecht Way and Eat Cafe in Alexandra
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The HIP List

Park. For women of all ages booking and more info: hastings-rounders@gmail.com
Heart and Sole Runners
7.00pm - Grosvenor Gdns
Badminton
8.00pm - Summerfields Leisure Centre, Bohemia Rd
£5.60. Adults. 18 places available for 3 courts usage. Booking: free-dom-leisure.co.uk

Fridays Adults Badminton
9.30am - Summerfields Leisure Centre, Bohemia Rd
£5.60 Details and booking: freedom-leisure.co.uk
Table Tennis
2.30pm - Isabel Blackman Centre, Winding St
Find out more: isabel-blackmancentre.co.uk or visit the centre.
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

Friday 8 November
Juliet Brando's
Periferal Imps Art
Line Launch Party
7.00pm - 80 Queens Rd

Saturday 9 November
Ocean Symposium
10.00am - St Peter's Parish Community Centre, Church St, Bexhill
Annual event. Discuss marine life and the importance of protecting our oceans. There will be national and international speakers, inspirational films and stalls. Tickets via eventbrite.
Rye Repair Cafe
10.00am - Rye Community Centre, Conduit Hill
Free event for all your repair needs, refreshments available.
Hastings Housing Alliance Drop-in
11.00am - 10 Claremont
Have issues with your landlord? Need some advice on bills, issues with your home, struggling to pay rent? Drop in to see us. One of our member organisations will be able to help.
Hastings Assembles: St Leonards
4.30pm - St John the Evangelist's Church -, Brittany Rd
Hastings people are

standing up for themselves. Come along to meet your neighbours, share your views, and say what WE want to change.
Silverdale Bonfire and Fireworks night
5.00pm - Silverdale Primary Academy, Perth Rd

Sunday 10 November
Pirate Family Rave
2.00pm - De La Warr Pavilion, Marina, Bexhill
Sunset and Biofluorescent Walk
4.00pm - Dungeness Road, Dungeness Rd
Guided walk, tickets from events.rspb.org.uk from £25.

Friday 15 November
Others' Stories
6.00pm - The Beacon, 67-68 St Mary's Terrace
Storytelling with a twist. Tickets £13 via eventbrite.
Gardeners' Questions
7.00pm - Isabel Blackman Centre, Winding St
Lower Torfield Allotment Association will hold a GQ panel for the benefit of Friends of Conquest Hospital. Tickets via eventbrite.

Saturday 16 November
Streetwise Crafts & More Market
11.00am - Stade Hall, The Stade

Sunday 17 November
Christmas Pop-up Market
9.30am - Pett Village Hall, Pett Rd, Pett
Streetwise Crafts & More Market
11.00am - Stade Hall, The Stade
Fourth Annual Sussex Christmas Tree Throwing Competition
2.00pm - Catsfield Christmas Tree Farm, Stream Ln
Cash prizes for winners.

Monday 18 November
Goodness Collective
10.30am - The Crown, 64-66 All Saints' St
Cognitive behavioural psychotherapist Jo Gray provides goodness. Free of charge.

Wednesday 20 November
Dave Valentine's Music Quiz
7.30pm - Twelve Hundred Postcards, 80 Queens Rd

Thursday 21 November
Hastings Humanists on Death and Dying
7.30pm - The White Rock Hotel, 1-10 White Rock
Discussion led by local

celebrant. Requested contribution of £3-5.

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.
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
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. craigs-cabin87@hotmail.com
Backgammon Club
6.30pm - The Horse & Groom, 4 Mercatoria
All abilities welcome. Weekly event.
Backgammon Club
6.30pm - The Horse & Groom, Horse & Groom, 4 Mercatoria
Overeaters Anonymous
7.30pm - Clifton Centre, 1 and 2 Stainsby St

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
Share your crafting sewing, crochet, knitting or anything in-between witstuesday@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.
Ruxley's Crew Morris
8.15pm - West Hill Community

Centre, Croft Rd
Morris dancing - with a Hastings pirate twist!
Contact: crewrux-leys@gmail.com

Wednesdays
Busy Bees Singalong
10.30am - Hollington Youth Hub, 1 Wishing Tree Rd N
Free parent/carer toddler sing-a-long group, families with under 5s. Term time only. For info: EHHastingsStLeonards@eastussex.gov.uk
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! www.afri-co-lab.org
Men's Walk and Talk
7.00pm - Azur, Marina Pavilion, 44-37 Marina
Meet at Azur for a leisurely walk along the seafront with time to chat. For info or to book: Hannah Richards hannah.richards@mindcharity.co.uk or 07510927978.
The Class Choir
7.00pm - The Unitarian Church
Friendly, fun, uplifting Women's choir. Free taster sessions, no music reading or auditions. theclasschoir@gmail.com
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
Hastings & St Leonards Women's Circle
7.00pm - Art in the Park, Arts on Prescription, Alexandra Park, Lower Park Rd, St Helen's Park Rd
Weekly event. Donation only. For self-identifying women. www.rootsofreturn.org

Thursdays
Cozy Crypt
10.00am - The Crypt, 57 Robertson St
Weekly event. We offer a chat, warm space and a cuppa, cakes and biscuits. Everyone is welcome.
The Barbarian Wolf Chess Club
5.15pm - The Horse & Groom, 4 Mercatoria
Weekly chess.
Sheer Poetry
6.00pm - Twelve Hundred Postcards, 80 Queens Rd
Open mic, no entry fee, no pressure. Contact Book-Buster on Facebook.
Hastings Mixed Indoors Rounders
7.00pm - Horntye Park

Sports Complex, 1 Horntye Park, Bohemia Rd
Hastings Rounders. Fees/free games and bookings at hastings-rounders@gmail.com
Hastings Town Singers
7.00pm - Ark Castledown Primary Academy, Priory Rd
A friendly non-auditioning community choir. Free taster sessions. hast-ingstownsingers.co.uk
A Load of Poets
7.30pm - Twelve Hundred Postcards, 80 Queens Rd
Poetry open mic night. Contact @loadofpoets on Instagram.
Pub Quiz
7.30pm - The Dolphin Inn, 11-12 Rock-a-Nore Rd
Free entry plus prize money to be won!!
Booking recommended:

Fridays

ST. LEONARDS CHURCH

FRIDAY FOOD

MARKET

----- Open from 10am -----

Artisan Food & Drink Vendors

Barista Coffee & Homemade Cake

Tasty Breakfasts & Lunches

----- Then after 7pm -----

Fantastic choice of evening meals

Craft beers, wines & spirits

Live Music in the church crypt!

Find us at Saint Leonards Church

London Road (corner Pevensey Rd)

Saint Leonards-on-Sea TN37 6AS

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
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

Saturdays
Indoor Market
10.00am - Saint Leonards

ST. LEONARDS CHURCH

SATURDAY

MARKET

stleoschurch.co.uk

- INDOOR STALLS SELLING -

Arts, Crafts, Antiques & collectibles

Vintage Chic, Clothes & Jewellery

Tarot Readings & Reiki Healing

- ALSO -

Coffee, Food Court & Wine Bar!

OPEN EVERY SATURDAY

10am to 4pm

Find us at Saint Leonards Church

London Road (corner Pevensey Rd)

Saint Leonards-on-Sea TN37 6AS

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
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 trom-bones. Find out more: umbrellasussex.org.uk.
Thai food at the Albert
2.00pm - The Royal Albert, 293 Battle Rd
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.

CLASSES & WORKSHOPS

Friday 8 November
Make Your Mark Free Workshop
2.00pm - Stade Hall, The Stade

Saturday 9 November
Middle Path Movement YTT, meet the teachers!
10.00am - The Humble Hub, 4-5 Shepherd St
FREE YOGA CLASS - Tantra Kundalini with Lisa Powell thehumblehub.co.uk
Group Breathwork Workshop
6.00pm - The Humble Hub, 4-5 Shepherd St
RachelBednarski, £28 thehumblehub.co.uk

Sunday 10 November
Dance, Movement, Somatics
10.00am - The Humble

Crossword Solution No 264:
Across: 1. Vaults 3. Top Hat 4. Yeller
Down: 1. Vest-Ry 2. Skate-R

The HIP List

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Hub, 4-5 Shepherd St
Vix Thompson, £20
thehumblehub.co.uk
Big Yoga Energy
3.00pm - The Humble
Hub, 4-5 Shepherd St
Hannah Almond Barr,
£22 *thehumblehub.co.uk*

Monday 11 November
Scribble & Dribble: Artist
led drawing workshop,
drawing your Baby
10.00am - The Crown,
64-66 All Saints' St
Create guided live draw-
ings of your baby. £10 conc
Make Your Mark
Free Workshop
2.00pm - Stade
Hall, The Stade

Tuesday 12 November
Make Your Mark
Free Workshop
2.00pm - Stade
Hall, The Stade

Wednesday 13 November
Make Your Mark
Free Workshop
2.00pm - Stade
Hall, The Stade
Sound Bath with
Julia Scott-Russell
4.30pm - Kino-Teatr,
43-49 Norman Rd

Thursday 14 November
Make Your Mark
Free Workshop
2.00pm - Stade
Hall, The Stade

Friday 15 November
Make Your Mark
Free Workshop
2.00pm - Stade
Hall, The Stade
Full Moon Gong Bath
with Tam Klien
6.30pm - The Wellington
Health & Wellbeing Centre,
44 Wellington Square
Monthly £20 per
person *madre.as.me/*
fullmoongongbath

REPEATING EVENTS

Sundays
Yoga Flow
9.15am - Isabel Blackman
Centre, Winding St
Relaxing sensory class.
Register at: *isabelblack-*
mancentre.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 proj-
ects every week at the re-
vamped 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: *di-*
anadancer@btinternet.com
Yin Yoga
3.00pm - Hot Yoga
Hastings, 21 St Peter's Rd
Mindful yoga with
mat-based pilates.
Find out more: *hotyo-*
gahastings.co.uk
Relax & Renew,
Restorative Yoga
3.00pm - St Leonards
Studio, Royal Victoria Hotel
Monthly only - contact: *kar-*
en@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 *dynami-*
canatomy.co.uk/yoga
Moon meditation
& Soundbath
7.30pm - The Humble
Hub, 4-5 Shepherd St
£15 Jo Allen, 4th & 18th
August, The Humble
Warrior,*thehumblehub.*
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*
Kettlebells
9.15am - Isabel Blackman
Centre, Winding St
Full body strength
class. Register: *isabel-*
blackmancentre.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
£9.50 Sarah T, *the-*
humblehub.co.uk
Beginners Vinyasa Flow
9.30am - Hot Yoga
Hastings, 21 St Peter's Rd
hotyogahastings.co.uk.
Cygnets Swans
9.45am - Isabel Blackman
Centre, Winding St
Ballet for beginners.
Register: *isabelblack-*
mancentre.co.uk
Circuits
10.00am - Isabel Blackman

Centre, Winding St
Cardio and weighted
exercise. Register: *isabel-*
blackmancentre.co.uk
Art Classes for Adults
10.00am - St John's
Church, Pevensey Rd
All levels. £23 per session
or cheaper for block/term.
Website: *sjflack.art*
Hastings Knitters
10.00am - White Rock
Theatre, White Rock
ajwright54@yahoo.com
Tai Chi Beginners
11.00am - The Humble
Hub, 4-5 Shepherd St
£10 Andy Cullen,
thehumblehub.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. *thechapelof-*
christsstillness.co.uk
Silver Swans Ballet
11.00am - Isabel Blackman
Centre, Winding St
No experience required.
Register: *www.isabel-*
blackmancentre.co.uk
Jazz Singing Class
11.30am - 48 Kings Rd
£260 for 10 week course
with accompanists and end
of term gig. Contact *don-*
nacanale@icloud.com and
07956 222518 for bookings.
Cancer Rehab
1.00pm - Isabel Blackman
Centre, Winding St
Visit: *isabelblack-*
mancentre.co.uk
Inclusive Dance
for Adults with
Complex Needs
1.45pm - The Hastings
Centre, The Ridge
£5 Register *dancehast-*
ings@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: *isabelblack-*
mancentre.co.uk
Origami
3.00pm - Isabel Blackman
Centre, Winding St
Silver Swans Ballet Class
4.00pm - Ore Community
Centre, 455 Old London Rd
Studio 2. Contact: Annie
on 07704 711772.
Drum Club
4.15pm - West
Hill Community
Centre, Croft Rd
£6.50. Booking essential.
For 15–16-year-olds.
Contact: *juliansam-*

badrums@gmail.com
Kids Aerial Hoop
4.30pm - The Humble
Hub, 4-5 Shepherd St
£9 Samantha Beagley,
thehumblehub.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: *isabelblack-*
mancentre.co.uk
Darragh Dance
5.30pm - Afri-Co-Lab,
3, Marine Court
£10, £5 concessions.
Get your joy on with
movement director and
choreographer Darragh
O'Leary. *afri-co-lab.org*.
Qigong with Sigrid
5.45pm - The Wellington
Health & Wellbeing Centre,
44 Wellington Square
Contact Sigrid *qigon-*
sigrid@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
£10 Hannah Almond Barr,
thehumblehub.co.uk
Candlelit Yoga
6.00pm - All Saints Hall,
142 All Saints' St
oldtownryoga.co.uk
Beginners Vinyasa Flow
6.30pm - Hot Yoga
Hastings, 21 St Peter's Rd
hotyogahastings.co.uk
Martial Arts Free
Trial Lesson
7.00pm - Ark Alexandra
Academy (Staff en-
trance), Park Ave
Families welcome. Booking
required. Find out more at
martialartsthastings.com
Yoga for Men's Health
7.00pm - Play Sport
Fitness Hub
£3. Book via: *eequ.org/*
experience/3120
Hastings Punk Choir
7.00pm - Electric
Palace, 39A High St
(And generally a drink
or two in the Jenny
Lind afterwards)
Ballet Barre
7.15pm - Hastings Old Town
oldtownryoga.co.uk
Kundalini Yoga &
Meditation with Yeli
7.30pm - The Wellington
Health & Wellbeing Centre,
44 Wellington Square
yeli@happiness-
holistichealth.uk
Mixed Ability
Pole Class
7.30pm - The Humble
Hub, 4-5 Shepherd St
£15 ActiveCherry,

thehumblehub.co.uk
Jazz Singing Class
7.30pm - 48 Kings Rd
£260 for 10 week course
with accompanists and end
of term gig. Contact *don-*
nacanale@icloud.com and
07956 222518 for bookings.
Aerial Hoop Class
8.30pm - The Humble
Hub, 4-5 Shepherd St
£15 ActiveCherry,
thehumblehub.co.uk

Tuesdays
Dynamic Vinyasa
7.30am - The Bank Hotel &
Bistro, 28-29 Grand Parade
with Tam Klien
Ashtanga Yoga - Assisted
Self Practice
7.30am - The Wellington
Health & Wellbeing Centre,
44 Wellington Square
£15 *ashtangayogahast-*
ings@gmail.com
Rise & Shine Yoga
8.00am - 4-5 Shepherd St
The Humble Hub £10
Kareena Lawson,
the-humblehub.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 - Online
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
£12 per child - All materials
included. Email Theresa
Stleonardsartschool@
outlook.com
Space & Flow Yoga
10.00am - The Wellington
Health & Wellbeing Centre,
44 Wellington Square
£10 or 5 for £40
The Untamed Body
10.00am - The Humble
Hub, 4-5 Shepherd St
Seraphina Bianconi £15
thehumblehub.co.uk
5 Rhythms Dance
10.00am - The Humble
Hub, 4-5 Shepherd St
£15 Emma Dance,
thehumblehub.co.uk
5 Rhythms Movement
Metaphor
10.00am - Crown
House, Marina
£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' work-
shop, 10-week course-
writersworkshop.com
The Crown Knitters
10.30am - The Crown,
64-66 All Saints' St
Weekly group who knit
lovely things to sell for local
charities *thecrownhast-*
ings.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
£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
hotyogahastings.co.uk
Absolute Beginners
Line Dance Class
11.15am - All Saints
Hall, 142 All Saints' St
Contact Kerris 0748047236
Needle Felt 2
1.00pm - Isabel Blackman
Centre, Winding St
Register and find out more:
isabelblackmancentre.co.uk
Brain Function Fitness
1.00pm - Isabel Blackman
Centre, Winding St
Register and find out more:
isabelblackmancentre.co.uk
Online Chair Yoga
2.00pm - Via Zoom
sueyoga1066@gmail.com
Art & Social Club
2.00pm - Isabel Blackman
Centre, Winding St
Register and find out more:
isabelblackmancentre.co.uk
Hand Embroidery with
Lady B Embroidery
2.00pm - 53 London Rd
Also Wednesdays
6.30pm-7.30pm
Conversational
French lessons
2.00pm - Ore Community
Library, Old London Rd
£7 email: *french.*
tutor.1066@gmail.com
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

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The HIP List

more: sarah.adams@freshvisions.org.uk Level 1 Class:T'ai Chi Ch'uan : Long Yang Form Part 1 4.45pm - The Humble Hub, 4-5 Shepherd St Chris Hamblin, thehumblehub.co.uk 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: 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 - Play Sport Fitness Hub, Elphinstone Rd £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 £10 Veronica Hare, thehumblehub.co.uk Silver Swans Ballet Class 6.30pm - Ore Community Centre, 455 Old London Rd Contact Annie: 07704 711772 Vinyasa Flow 6.30pm - Bank House Studio - kar-en@yoga-by-the-sea.co.uk Lino Printing Evening Course 6.30pm - Bus Stop Studios, 53 London Rd busstopstudios.com/classes Dynamic Vin to Yin Yoga 7.30pm - The Humble Hub, 4-5 Shepherd St £12 Hannah Almond Barr, thehumblehub.co.uk Buddhist Meditation Class 7.30pm - St Nicholas Centre, London Rd £9/£7 conc. Term time only, Maitreya Buddhist Centre meditateinsussex.org Seen on Screen Dance with Rosie 7.45pm - The Y Centre, 26 St Paul's Rd £10 on the door.	Visit: sos.dance Country Dancing 7.45pm - St Matthews Church Centre, London Rd hastingscountry-danceclub.org.uk	Wednesdays Yoga Flow 7.30am - The Humble Hub, 4-5 Shepherd St £10 Rachael, Elevate Yoga, thehumblehub.co.uk Garuda Pilates 9.00am - The Humble Hub, 4-5 Shepherd St £10 Sally Paffard, thehumblehub.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). pitter-patterarts@gmail.com Seated Strength Exercise Class 9.15am - Elphinstone Road, Elphinstone Rd (https://eequ.org/experience/8223). Yoga & Meditation 9.30am - The Bank Hotel & Bistro, 28-29 Grand Parade Kirsty T Imaginative Ballet (2-4 years) 10.00am - Mini Playhouse, 26 White Rock £4 (after free trial). pitter-patterarts@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. Creative activities with a focus on wellbeing. info@artsonprescription.org Crowninos Kids Group 10.00am - The Crown, 64-66 All Saints' St £6 per family unit. Songs, stories and vibes. For 0-4 year-olds and their carers. Spanish – Adult Beginners 10.00am - First floor, 7 Cambridge Rd £15 Classes for all levels. Contact spanishonseaschool@gmail.com or Españoles en Hastings FB page. 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 £15 Samantha Jane, thehumblehub.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 also 12.00pm £13.50 per person - All Materials Included. Email Theresa Stleonardsartschool@outlook.com Home Ed - Kids Aerial Hoop & Hammocks 11.30am - The Humble Hub, 4-5 Shepherd St Age7 - 16 - Samantha Beagley, £9 thehumblehub.co.uk Parent Toddler Singalong Session 11.30am - Early Help Keywork Service, Ocean House, 87-89 London Rd Free for children under 5 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 £12 Andrew Dunne, thehumblehub.co.uk Qigong Movement Class 1.00pm - Christ Church Blacklands, Laton Rd https://eequ.org/experience/8796 Hatha Yoga for You 2.00pm - St Leonards Studio, Royal Victoria Hotel Louise@stleonards.studio 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 Theresa Stleonardsartschool@outlook.com Kids Aerial Showcase Practice Class 4.30pm - The Humble Hub, 4-5 Shepherd St Samantha Beagley £10 thehumblehub.co.uk Benbow Youth Film Collective Workshop 11-15yrs 4.30pm - Benbow Arts Space, The Bright Foundation, 2 London Rd £75 for 9 week course/9 per Mystical Yoga at	The Bale House 4.45pm - The Bale House Visitor Centre, Lower Coastguard Ln, Fairlight £10. Contact: enchant-edmalas@gmail.com Qigong with Sigrid 5.30pm - Greek Orthodox Church of Saint Mary Magdalene, 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 - The Humble Hub, 4-5 Shepherd St £15 drop in Cherry, thehumblehub.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: bevjones@laughyourselftohealth.com Pregnancy Yoga & Birth Preparation 6.30pm - The Wellington Health & Wellbeing Centre, 44 Wellington Square For info and booking contact Mae: mae@maedewsbery.co.uk Developing Your Craft 6.30pm - 7 Trinity St Hastings Writers' workshop, 10-week course- writersworkshop.com Hand Embroidery with Lady B Embroidery 6.30pm - 53 London Rd busstopstudios.com/classes Intermediate Pole 7.00pm - The Humble Hub, 4-5 Shepherd St £15 drop in Cherry, thehumblehub.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. aoibarameditation.co.uk Kundalini Yoga and	Meditation Class 7.30pm - The Ballroom, Bank Hotel & Bistro, 28-29 Grand Parade £10. soulpowerkundaliniyoga.co.uk Argentine Tango Social Dance 8.00pm - The White Rock Hotel, 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 - via Zoom £4. sallypaffard@gmail.com Classique Pole Class 8.00pm - The Humble Hub, 4-5 Shepherd St FREE drop in Cherry, thehumblehub.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. ashtangayoga-hastings@gmail.com Pranayama Breathwork 7.30am - The Humble Hub, 4-5 Shepherd St RachelBednarski £12 thehumblehub.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 200 Hr Yoga Teacher Training 9.00am - The Humble Hub, 4-5 Shepherd St Live Love Yoga, POA thehumblehub.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 sheri-danjulieann@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 £9.50 Sarah T, thehumblehub.co.uk Boxing for fun 11.45am - Isabel Blackman Centre, Winding St Register: isabelblackmancentre.co.uk Dynamic Vinyasa 12.00pm - The Wellington Health & Wellbeing Centre, 44 Wellington Square Absolute Beginners Acrylic Painting 12.15pm - Stade Hall, The Stade £90 or both classes for £170, contact Julie. booking essential sheri-danjulieann@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). howdowe-beginagain@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 £9 Samantha Jane Yoga, thehumblehub.co.uk Benbow Youth Film Collective Workshop (16-19yrs) 5.00pm - Benbow Arts Space, The Bright
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The HIP List

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Foundation, 2 London Rd £75 for 9 week course/9 per Aerial Slings 5.00pm - 4-5 Shepherd St The Humble Hub £12 Samantha Jane, <i>the-humblehub.co.uk</i> Tilekiln Youth Club Sessions 5.30pm - Tilekiln Community Centre <i>sarah.adams@freshvisions.org.uk</i>. Bev 07732 823800 Kundalini Yoga & Meditation with Yeli 6.00pm - The Wellington Health & Wellbeing Centre, 44 Wellington Square <i>yeli@happiness-holistichealth.uk</i> Art Classes for Adults 6.15pm - 12 Maze Hill also 7.15pm £13.50 per person - All Materials Included. Email Theresa <i>Stleonardsartschool@outlook.com</i> Intensive Workshop Group 6.30pm - 7 Trinity St Hastings Writers' work- shop, 10-week course- <i>writersworkshop.com</i> Tantra Yoga 6.30pm - The Humble Hub, 4-5 Shepherd St £12 Lisa Powell, <i>thehumblehub.co.uk</i> Mandala Vinyasa Flow (Advanced) 6.30pm - Hot Yoga Hastings, 21 St Peter's Rd <i>hotyogahastings.co.uk</i> Bus Stop Knit Club- weekly knitting group 6.30pm - Bus Stop Studios, 53 London Rd <i>busstopstudios.com/classes</i> Aerial Hoop Class 9.15pm - The Humble Hub, 4-5 Shepherd St £15 Cherry,	<i>thehumblehub.co.uk</i> Fridays Breathe and Stretch with Karen Arthur 8.00am - Afri-Co-Lab, 3, Marine Court £5 concessions <i>afri-co-lab.org</i> Pilates, Mat-based, Intermediate 9.00am - The Humble Hub, 4-5 Shepherd St £9.50 Sarah T, <i>the-humblehub.co.uk</i> Traditional Yoga 9.00am - Horntyte Park Sports Complex, Bohemia Rd Intermediate class £12 Booking and details <i>ninayoga.co.uk</i> Pilates: mixed ability with Sally Paffard 9.00am - Zoom class <i>sallypaffard@gmail.com</i> Qigong: Feel better with Therapeutic Movements 9.30am - Salvation Army Hall Suitable for all ages. More info: <i>qigongclass.co.uk</i> IBC Traditional Yoga 9.30am - Isabel Blackman Centre, Winding St <i>isabelblackmancentre.co.uk</i> Beginners Spanish 10.00am - Isabel Blackman Centre, Winding St Register and find out more: <i>isabelblackmancentre.co.uk</i> Seated Exercise Class 10.15am - Play Sport Fitness Hub, Elphinstone Road For those who struggle to exercise while standing. £3.30. Booking is essential <i>eequ.org/experience/7024</i> Classical Yoga 10.30am - The Humble Hub, 4-5 Shepherd St £10 Kate Shaw, <i>the-</i>	<i>humblehub.co.uk</i> Mindful Yoga 10.30am - Royal Victoria Hotel, Marina <i>zowie@stleonards.studio</i> <i>www.stleonards.studio</i> Conversational Spanish 11.00am - Isabel Blackman Centre, Winding St Register and find out more: <i>isabelblackmancentre.co.uk</i> Art Classes for Adults 11.00am - 12 Maze Hill £13.50 per person - All Materials Included. Email Theresa <i>Stleonardsartschool@outlook.com</i> Breathe Better 11.00am - Isabel Blackman Centre, Winding St Fitness class for those with mild COPD and asthma. Register: <i>isabel-blackmancentre.co.uk</i> Yin Yoga 11.30am - Horntyte Park Sports Complex, Bohemia Rd 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 £10 Kareena Lawson, <i>thehumblehub.co.uk</i> Slow & Steady Mobility 1.00pm - Isabel Blackman Centre, Winding St Easy and accessible stand- ing 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.dancehastings.com</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>. Table Tennis 2.30pm - Isabel Blackman Centre, Winding St Register: <i>isabelblackmancentre.co.uk</i> Senior Strength 3.00pm - Isabel Blackman Centre, Winding St Register: <i>isabelblackmancentre.co.uk</i> The Untamed Body- For Wild Womb Women 4.30pm - The Humble Hub, 4-5 Shepherd St Seraphina Bianconi £15 <i>thehumblehub.co.uk</i> Martial Arts Free Trial Lesson 5.45pm - Ark Alexandra Academy (Staff en- trance), 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 medita- tions. Donation only. <i>www.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 'Let It Flow' - Vinyasa Flow Yoga 8.00am - The Humble Hub, 4-5 Shepherd St £10 James Loosemore, <i>thehumblehub.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 - The Bank Hotel & Bistro, 28-29 Grand Parade With Hannah Almond Barr £9 <i>madre-sl.com</i> Pure stretch 9.15am - Isabel Blackman Centre, Winding St All abilities class. Register: <i>isabelblackmancentre.co.uk</i> Aerobics Class 9.30am - The Humble Hub, 4-5 Shepherd St £8 Jensy Azucena, <i>thehumblehub.co.uk</i> Art Classes for Kids 10.00am - 12 Maze Hill £12 per child - All materials included. Email Theresa <i>Stleonardsartschool@outlook.com</i> Strong Yoga with Lucy 10.00am - via Zoom Morning Yoga <i>lamiles@</i>	<i>hotmail.co.uk</i>. Morning Flow Yoga 10.00am - Bank House, 144 London Rd Ease into your weekend with some mindful movement and breath- work. 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 en- trance), Park Ave Families welcome. Booking: <i>martialartshastings.com</i> Beginners Weight Training 10.30am - Isabel Blackman Centre, Winding St Register: <i>isabelblackmancentre.co.uk</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 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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‘Poetry for Palestine’ Open Mic Fundraiser

Hastings is hosting its very first ‘Poetry for Palestine’ open mic night to raise funds for a community in Gaza. Local poets are invited to join the line up at the Downstairs Bar in the White Rock Hotel on Saturday 23 November for five-minute readings followed by music from DJ Sam Ye Ye.

Poet Debra Watson, the driving force behind this unique event, has a long history in fighting apartheid and believes poetry a critical tool in combatting injustice.

"Hailing from South Africa, where I was during the eighties and early nineties a cultural and political activist, I know only too well the powerful impact that culture can play in raising awareness of issues and maintaining pressure on govern-

ments to behave ethically," she said. "Cultural production, including spoken word and poetry, is an important part of resistance, and creates spaces for people to feel less isolated in their opposition to injustice."

The evening has already attracted sign-ups from notable local poets including Yellow and Green, Grace Pilkington and Sajaa Osman but Debra is keen to emphasise there will be no ‘headliners’ at the event: "This is an open mic, ‘It’s for everyone to raise their own voices so if you have a theme-appropriate work, do join us."

The event is a one-off collaboration with Hastings & District Palestine Solidarity Campaign (HDPSC) and Hastings Friends of Al Mawasi. HDPSC Chair Katy Colley ex-

plains: "Poetry has always been vital to Palestinian resistance, and it continues to inspire and fortify the worldwide solidarity movement. From Mahmoud Darwish to contemporary writers like Mosab Abu Toha, Mohammed el-Kurd and Dareen Tatour, poetry moves us and nurtures a deeper understanding of the struggle and sacrifice in the cause of Palestinian liberation. We can’t think of a better way to come together and raise funds for our friends in Gaza right now."

Grace Lally from Hastings Friends of Al Mawasi adds: "It's hard for us to imagine the scale of the suffering in Gaza. Everyone in the north is being starved while those in the south are facing a second winter living in tents in Al Mawasi



Debra Watson

in Gaza with no means of supporting themselves and subject to constant bombing raids.

"The Al Mawasi Community Resilience Committee is helping to support many displaced people who are now living there, by distributing food, clothes and hygiene products. But the ongoing siege has forced prices sky-high and aid is scarce. They need all the help they can get to survive the winter months so it's wonderful to see people across our community stepping up to organise these kind of vital fundraising events."

Open mic slots are £5 pp (with some spaces reserved for low/no income poets) while audience tickets are £15 (or £10 if finances are tight). Readings will take place from 7.30pm- 9.30pm, followed by Afrobeats and vintage West-African sounds from DJ Sam Ye Ye 9.30pm - 11pm.

Back to Life

HELEN MURPHY & NICK PELLING
try out life drawing with your
clothes on

Sometimes it is important to think about things a little differently. And that is exactly what the artist Theresa Caruana is doing regarding one of art's most ancient practices, namely 'life drawing.' Most people think that life drawing is that peculiar thing where a bunch of scruffy students stare at a naked person and struggle to decide on the marks that capture the flesh. But Theresa has taken the view that 'life' should mean something more alive. Something with real 'life' to it, instead of a, static, dormant nude. With that in mind, she had the brilliant idea that artists would relish the challenge of trying to draw musicians as they play. What could be more full of life than a musician playing live? We took up this challenge and found the unique interaction of really looking at the mu-

sician, whilst hearing the improvised music, quite an intense experience. Almost spiritual. (A cynic might say that the uplift in mood has something to do with the fact that these sessions happen in the back room of the Horse and Groom pub - the pencil in one hand is accompanied by a glass in the other.) We prefer to think that one drink does wonders for blowing away artistic inhibition.

A SCHOOL NOT A SCHOOL
To take a step back: Theresa Caruana is the brains behind the St Leonards Art School. If you are not familiar with this gem of an institution, it is situated on Maze Hill with a scenic view of St Leonards Gardens. The school is not really a school in the traditional meaning of the word. What is on offer is more akin to open



A Drawing in Progress

workshops that you may attend on a pay-as-you-go basis. You do not have to sign up for a horribly expensive year or term. In fact, the prices are quite affordable. You do not need to have achieved any particular level: total beginners and enthusiastic children are welcome. What can be guaranteed is that you will be given space

and encouragement (and materials and tutoring if you want them). There are classes for both adults and children at different times across the week. (The 'Life Drawing Music' sessions are a kind of wonderful bonus.) Theresa says that her aim is to allow students to develop skills but also to improve their own critical eye. With

only five students working together most of the time, the potential for dialogue between students is clearly likely to create the kind of environment in which artists learn from each other: arguably the best way to learn.

SOUND AND VISION
At the back of the pub we found ourselves drawing the brilliant and unique musician India Blue, as she played her traditional harp and, almost casually, treated us to her sonorous voice. The music really does help you get 'in the zone'. India's flickering fingers and delicate features were hard to capture, but the experience of hearing and listening intently at the same time is quite something. Whether your drawing is good or bad is in many ways irrelevant. What matters most is the struggle to capture something of the experience. The circular interaction of sound and vision does something profound. A pretentious person might say it re-wires the soul, or something. Not sure about that, but we will say that Theresa has found a wonderful way to put life back into drawing.

For more details of classes and Life Drawing Music, go to stleonardsartschool.com

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Tangled Up In Blue, (mixed media)

Blue – Kind of

VICTORIA KINGHAM

Kind of Blue inevitably conjures up the sound of the seminal, sublime Miles Davis album from way back in 1959, that besides the trumpeter featured John Coltrane and Bill Evans, among other luminaries. It is

fitting, then, that a new exhibition, curated by prize-winning artist and educator Louise Whitham, is to be shown upstairs at Barnaby's Jazz Lounge in Robertson Street. Twenty talented local artists have been asked to submit works demonstrating their own responses to the phrase *Kind of Blue*, with some surprising results.

Markus Thonett, just one example, has entered his large mixed media creation *Tangled Up In Blue* (illustrated), created from recycled materials carved, painted, and sanded. By contrast, Tessa Thonett's entry is a small, delicate oil painting, *Blue Lady*.

There's a free opening party on Saturday 9 November from 2 till 5 pm, where you will be able to meet the artists and also examine the fine art, sculptures, and prints for sale. Don't miss this show – twenty of Hastings and St Leonards' most talented artists are displaying their work.

More details at eventbrite.co.uk/e/kind-of-blue-art-exhibition-opening-party-free-tickets-574875577327. Barnaby's Lounge is at 46 Robertson Street, Hastings TN34 1HL.