

Friday 14 February 2024 to Thursday 27 February 2025

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

The HIP List

sponsored by



Bottle Alley Lights have been
changed to rainbow colours for the
whole of February in celebration
of LGBT+ History Month

Hastings
Independent

The HIP List

sponsored by

KILEY'S KARPETS

CARPETS • RUGS • VINYL • WOOD LAMINATES

MUSIC

Friday 14 February
Anti Valentine's–Woodpig, No Quirks & Hills
7.30pm–The Pig's Palace, White Rock
A night of local alternative artists
The Frank and Lou Quartet Valentine's Special
7.30pm–The Stag Inn, All Saints' St
call to book 01424 236747
Helen Sharpe and the Soulshine Band
8.30pm–The Jenny Lind Inn, High St
Valentines Jazz – Jo Stout Trio
8.30pm–Barnaby's Lounge, Robertson St

Saturday 15 February
Hissy & The Fits
12.00pm–Tough Love St
Leonards, Bohemia Rd
Earl Grey
4.00pm–Barnaby's Lounge, Robertson St
Singer and acoustic guitarist
The Diablos
7.00pm–The Jenny Lind Inn, High St
Brighton country band
Martin Simpson
7.00pm–White Rock Theatre, White Rock
Foundry
9.00pm–The Carlisle, Pelham St
Classic rock and metal

Sunday 16 February
Afternoon Jazz
1.30pm–Barnaby's Lounge, Robertson St
with Chris White, Robbie Robson & Terry Pack
Lizard Life
2.00pm–The Carlisle, Pelham St
Reinis Jaunais and The Flamenco Thief
4.00pm–The Jenny Lind Inn, High St
English/Latvian flamenco guitar duo
Lily Ramona
4.30pm–Barnaby's Lounge, Robertson St
Indie Folk songwriter
Megan Leigh Mason & Richard Moore
5.00pm–Noah's Goat Hastings, George St

Wednesday 19 February
St Leonards Concerts: In the Footfall of Madness
7.30pm–Christ Church St Leonards, Silchester Rd
music by Mozart, Schumann, & Beethoven

Thursday 20 February
Jazz Guitar Duo
5.45pm–Barnaby's Lounge,

Robertson St
Barry McCormack & Tom Remon
MUS3–The Definitive Tribute to Muse
8.00pm–White Rock Theatre, White Rock

Friday 21 February
Mess Fest
6.00pm–The Carlisle, Pelham St
6 till late
Laurence Jones
7.00pm–The Piper, Norman Rd
Young blues rock prodigy. Tickets £22
The Alt Experience–De Crane, No Quirks, Ben Maier & Woon
7.30pm–The Pig's Palace, White Rock
Jive Talkin–Bee Gees Tribute Show
7.30pm–White Rock Theatre, White Rock
Mosaic Triangle
8.30pm–Barnaby's Lounge, Robertson St
Jazz infused world music

Saturday 22 February
Wren/Warren Schoenbright and Rustorm
1.30pm–The Pig's Palace, White Rock
Atmospheric Sludge, noise and doom metal
Flavours
2.00pm–Tough Love St Leonards, Bohemia Rd
Stones Throw
4.00pm–Barnaby's Lounge, Robertson St
Traditional folk
Afrít Nebula
7.00pm–Dark Circles Coffee & Music Bar, Marine Court
Expansive jazz trio
Reshad and Friends
7.00pm–The Jenny Lind Inn, High St

Sunday 23 February
Acoustic Session
3.00pm–The Carlisle, Pelham St
with Stuart Bligh, Bob Melrose and more
The Lathams–Live in Store at Music's Not Dead
3.00pm–De La Warr Pavilion, Marina, Bexhill
Adam Phillips
4.30pm–Barnaby's Lounge, Robertson St
Fiddle/Violin
Silver Hill
5.00pm–Noah's Goat Hastings, George St
Jenny Don't & the Spurs/Frank From Blue Velvet
5.00pm–The Jenny Lind Inn, High St
Cowpunk

Tuesday 25 February
UNCIVILIZED, Credentials, Hemiptera, Rats Nest, Be N!CE
6.30pm–The Pig's Palace,

White Rock
Portsmouth based punk trio, and many more on the bill!. Tickets £5
C.N.T (Pierre Bastien–Louis Laurain) + Obtram 3
7.30pm–The Piper, Norman Rd
Experimental electronics and improvised instruments. Tickets £11

Thursday 27 February
Uriah Heep–The Magician's Farewell
7.15pm–De La Warr Pavilion, Marina, Bexhill
Carter Sampson
8.00pm–The Jenny Lind Inn, High St
Americana from Oklahoma

WEEKLY MUSIC

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

Mondays
Twitten Revellers Open Session
8.30pm–The Bull Inn Battle, High St
Monthly open folk session, every 3rd Monday.

Tuesdays
Sounds at the Hound Open Mic
7.00pm–Cactus Hound Bar, Western Rd
Weekly Open Mic Night, hosted by Steve Didge
Traditional Folk Open Sessions
8.00pm–Stag Inn
Playing tunes from Ireland, England, Scotland and beyond
Albion Skiffle Sessions
8.30pm–Albion Hastings, George St
Every 2nd and 4th Tuesday of the month

Wednesdays
Open Mic
7.00pm–The Piper, Norman Rd
Weekly. Hosted by Steve Didge
Cracklin' Griffins
7.00pm–The Seadog, Station Rd
Unplugged folk rock sessions
Folk Session at the Dolphin
8.00pm–The Dolphin Inn, Rock-a-Nore Rd
Every Third Wednesday of the month.
The Other Band
8.00pm–The Dolphin Inn, Rock-a-Nore Rd
4th Wednesday a month. Classic Blues, R&B and Americana.

Thursdays
Open Mic Night
7.00pm–The Pig's

Palace, White Rock
Berth of the Cool: Jazz DJs with Herbie Greensmith & Southcoast Don Arden
7.00pm–The White Rock Hotel, White Rock
Downstairs at the White Rock Hotel. Second Thursday of the month
The Jazz Organisation
8.00pm–NUR Restaurant & Lounge, Robertson St
Shanty Night
8.30pm–The Jenny Lind Inn, High St
Grab a pint, grab a lyrics sheet and join in

Fridays
McNiff's Folk Sundowner
5.00pm–The Jenny Lind Inn, High St
Weekly acoustic strand with a different guest featured every Friday
Dine with Music
6.00pm–The Dolphin Inn, 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
Punk Night
8.30pm–The Carlisle, Pelham St
Monthly. check Punk Rock at the Carlisle for updates on bands

PERFORMANCE

Saturday 15 February
Flight Feathers–Out of the Ashes (Poetry Night)
7.00pm–St. Andrews Mews, Waldegrave St
Hastings Sinfonia Valentine Concert
7.30pm–St. John's Church -The Evangelist, Brittany Rd
Hastings Sinfonia Valentine Concert
7.30pm–St. John's Church -The Evangelist, Brittany Rd
The Forbidden Fruit Drag Night: David Dale
9.30pm–The Forbidden Fruit, Grand Parade

Sunday 16 February
Coffee Concert: Violin & Viola Masterpieces
Matthew Quenby & Fenella Humphreys
11.00am–Kino-Teatr, Norman Rd

Wednesday 19 February
Avant Bavard: Simon&ThePope
6.30pm–Kino-Teatr,

Norman Rd
Bavard Bar
7.30pm–Kino-Teatr, Norman Rd
Puccini: La Boheme
7.30pm–De La Warr Pavilion, Marina, Bexhill
St. Leonards Concerts: To Set Sail!
7.30pm–Christ Church St Leonards, Silchester Rd

Thursday 20 February
The River Runner
5.00pm–Stade Hall, The Stade
National Theatre Live: The Importance of Being Earnest
7.00pm–Kino-Teatr, Norman Rd

Friday 21 February
Beyond Words
7.30pm–The Stables Theatre, The Bourne

Saturday 22 February
Mrs. Mantell's Tooth
3.00pm–Hastings Museum & Art Gallery, John's Place
HPO Singers: Carissimi, Bach
7.00pm–Christ Church St Leonards, Silchester Rd
Beyond Words
7.30pm–The Stables Theatre, The Bourne
National Theatre: The Importance of Being Earnest (+ wine tasting)
7.30pm–Electric Palace, High St
The Forbidden Fruit Drag Night: Son of a Tutu
9.30pm–The Forbidden Fruit, Grand Parade

Sunday 23 February
Hastings Music Festival
Sunday 23 February–White Rock Theatre, White Rock
Jazz Breakfast at Kino: The Mike Hatchard Quartet Play Cole Porter
11.00am–Kino-Teatr, Norman Rd

Tuesday 25 February
Unstable–A Night of Improv Comedy
7.30pm–The Stables Theatre, The Bourne

Wednesday 26 February
The Life and Rhymes of Archy and Mehitabel
7.30pm–The Stables Theatre, The Bourne

Thursday 27 February
Royal Ballet: Swan Lake
7.15pm–Kino-Teatr, Norman Rd

REPEATING EVENTS

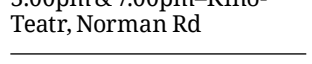
Fridays
Out of the Shadows Open Mic/ Poetry Night
7.00pm–Eat @ The Stade, 30A Rock-a-Nore Rd

All ages welcome. Co-hosted by Ed Boxall and Jemia de Blondeville. Book a slot via edboxall.co.uk/contact or Facebook
After Miss Julie
7.30pm–The Stables Theatre, The Bourne
Late Night Karaoke
11.00pm–Barnaby's Lounge, Robertson St

Saturdays
After Miss Julie
7.30pm–The Stables Theatre, The Bourne

ART

Automata @ The Museum
Until 8 June
Hastings Museum and Art Gallery, Bohemia Rd
Baby It's Cold outside
Until early February
Baker Mamonova Gallery, Kino-Teatr, Norman Rd
Back to the 80s (In Association with Rock Archive)
Until 16 March
Lucy Bell Gallery, Norman Rd
Clarissa Shanahan–Lenormand de Paris Original Paintings
Until 23 February
St. Andrews Mews, Waldegrave St
Flow and Frame Exhibition
Open Studios, 16 February 1.00-4.00pm
Private Viewing, 22 February 6.00pm
Electro Studios, Seaside Rd
G Wizz Wheeler–Heroes + Villains
Ongoing
Collected Fictions, London Rd
Hastings Arts Forum New Members' Show
Until 2 March
Hastings Arts Forum. Marine Court
Immortal Apples, Eternal Eggs
Until 16 March
Hastings Contemporary, The Stade
Ingrid Solan–Rough Sea
Until 29 March
Stables Theatre Gallery, The Bourne
Life, Still–Tom Williams
Until 2 March
Seed, George St
Richard Phoenix–Before You Die You've Got to Dance
Until 8 March
Project 78 Gallery, Norman Rd
Emma Scutt–Welcome to Fabulous Hastings
Until 28 February
The Crown, All Saints St
Stories from Deep Time

Until 27 April Hastings Museum and Art Gallery, Bohemia Rd The Story Well Exhibition (Group Show) Until 22 February Barnaby's Lounge, Robertson St Tschabalala Self: Seated Until 1 June 2025 De La Warr Pavilion (Lawn), Bexhill Transmission—or the Psychoshadowery of John Logie Baird Until 23 March Hastings Museum and Art Gallery Verity Coward—Harangled Until 15 February Flatland Projects, Unit 22 Beeching Rd, Bexhill  CINEMA Friday 14 February Casablanca—4k Restoration 7.30pm—Electric Palace, High St Saturday 15 February Sex & Drugs & Rock & Roll + Introduction (Autism Friendly Screening) 3.00pm—Electric Palace, High St Rocco and His Brothers 3.00pm & 7.30pm—Kino-Teatr, Norman Rd Moulin Rouge 7.30pm—Electric Palace, High St Sunday 16 February The Critic 11.00am—Electric Palace, High St Eternal Sunshine of the Spotless Mind 3.00pm—Electric Palace, High St Thursday 20 February The Critic 11.00am—Electric Palace, High St Conclave 7.30pm—Electric Palace, High St Friday 21 February A Complete Unknown 3.00pm & 7.30pm—Kino-Teatr, Norman Rd The Silence of the Lambs 7.30pm—Electric Palace, High St Saturday 22 February A Complete Unknown 12.00pm, 3.00pm & 7.30pm—Kino-Teatr, Norman Rd Sunday 23 February When the Iron Bird Flies—Tibetan Buddhism	Arrives in the West 11.00am—Electric Palace, High St A Complete Unknown 2.00pm—Kino-Teatr, Norman Rd Twin Peaks Day: Fire Walk With Me 3.00pm—Electric Palace, High St FBI agents Sam and Chet set out to investigate the murder of Teresa, a waitress. However, Chet mysteriously disappears when he finds a clue to the case B Movie Fan Club: The Raven 7.30pm—Electric Palace, High St Wednesday 26 February A Complete Unknown 3.00pm & 7.00pm—Kino-Teatr, Norman Rd Thursday 27 February Conclave 11.00am—Electric Palace, High St Club Cinoche: Les Diaboliques 7.00pm—Electric Palace, High St Sussex Exchange Queensway—for film listings go to: cinema.thesussexexchange.co.uk Odeon Hastings Queens Road—for film listings go to: odeon.co.uk/cinemas/hastings  WEEKLY CINEMA Mondays Movie Mondays: The Apprentice 7.30pm—The Forbidden Fruit, Grand Parade Contact venue for film details Thursdays Third Thursday Cinema Club 2.00pm—Isabel Blackman Centre, Winding St Member: £5 / Non Member: £6 / IBC Active: Free  SPORT Saturday 15 February Rugby: Hastings & Bexhill v Old Gravesendians—Kent 3 League 2.00pm—Ark Alexandra Academy, Park Ave Football: Hastings Utd v Dulwich Hamlet—Isthmian Premier League 3.00pm—The Pilot Field, Hastings United Football Club, The Pilot	Field, Elphinstone Rd Sunday 16 February Tennis: Amherst Women v Maresfield—Sussex Winter Doubles 10.30am—Amherst Gardens Saturday 22 February Football: Hastings United v Wingate & Finchley—Isthmian Premier League 3.00pm—The Pilot Field, Hastings United Football Club, The Pilot Field, Elphinstone Rd HKA Fight Night 14 4.00pm—White Rock Theatre, White Rock Sunday 23 February Tennis: Amherst Ladies v David Lloyd Worthing—Sussex Winter Doubles Div 2 10.30am—Amherst Gardens Football: Hastings Utd Women v Herne Bay—Regional League 2.00pm—The Pilot Field, Hastings United Football Club, The Pilot Field, Elphinstone Rd  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 Free Tennis session in the park 10.00am—Alexandra Park Tennis Courts To book: clubspark.lta.org.uk/breakpointtennis or Alexandra Park/FreeParks 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, St Leonards, Hastings £5 Adults, young people, beginners welcome hastingsymcabadmintonclub.co.uk Tuesdays Hastings Active Fit 11.00am - West St Leonards Club, TN38 8BL weststleonardsca@gmail.com Badminton 6.00pm—Summerfields Leisure Centre, Bohemia Rd £5.60 or £4.70 with a Leisure Pass. Booking: 01424 457691 Judo with Hollington Judo Club 6.15pm—Hollington Community Centre, Wishing Tree Rd N £3.50 from reception to year 6. Contact Neil Chalcraft 07858 412184 Judo with Hollington Judo Club 7.00pm—Hollington Community Centre, Wishing Tree Rd N For children in years 7-11 contact Neil Chalcraft 07858 412184 Hastings Women's Indoor Rounders 7.30pm—The St. Leonard's Academy, Edinburgh Rd, Hastings info: hastingsrounders@gmail.com. In the Sports Hall. Booking: eequ.org/experience/4956 Judo with Hollington Judo Club 8.00pm—Hollington Community Centre, Wishing Tree Rd N £5 Adults. Contact Neil Chalcraft 07858 412184 Hastings YMCA Badminton Club 8.30pm—The Y Centre, St Paul's Rd, St Leonards, Hastings £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 Indoor Rounders 7.00pm—Bexhill College Sports Centre, Penland Rd, Bexhill Hastings Rounders. Enquire for fees/free games and bookings: hastingsrounders@gmail.com Badminton 7.00pm—Summerfields Leisure Centre, Bohemia Rd Adults £5.60 Booking freedom-leisure.co.uk Hastings Pirates Baseball Club 7.00pm—Claremont Preparatory School, Ebden's Hill, Westfield Free for your first session (£6 per session after that) hastingsbaseball.co.uk Men's Fitness: Strength and Conditioning 8.00pm—Broomgrove Community Centre, Chiltern Dr Broomgrove residents or £3 To book: eequ.org/experience/7974 Hastings YMCA Badminton Club 8.30pm—The Y Centre, St Paul's Rd Welcomes players of all ages and abilities £5 Register Thursdays Hastings Active Fit 10.30am—West St Leonards Club, TN38 8BL Contact weststleonardsca@gmail.com for details. Fun Easy Boxing 11.45am—Isabel Blackman Centre, Winding St isabelblackmancentre.co.uk Short Mat Bowling 2.00pm—West Hill Community Centre, Croft Rd £3 per session including refreshments, all equipment and instruction provided, all welcome including complete beginners. Heart and Sole Runners 7.00pm—Grosvenor Gardens, St Leonards Hastings Mixed Indoor Rounders 7.00pm—Horntye Park Sports Complex, Bohemia Rd, St Leonards info: hastingsrounders@gmail.com. In the Sports Hall downstairs. Booking:	eequ.org/experience/6227 Badminton 8.00pm—Summerfields Leisure Centre, Bohemia Rd £5.60. Adults. 18 places available for 3 courts usage. Booking: freedom-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: isabelblackmancentre.co.uk or visit the centre Hastings YMCA Badminton Club 7.45pm—The Y Centre, 26 St Paul's Rd, St Leonards, Hastings Adults, young people, beginners welcome £5 to non-members. Must have attended Tuesday class. More info: hastingsymcabadmintonclub.co.uk  EVENTS & ACTIVITIES Friday 14 February Bexhill Seafront Group Walk 11.00am—De La Warr Pavilion, Marina, Bexhill Behind DLWP 60's Dance Away 12.00pm—Observer Building, Cambridge Rd An Evening with Jeff Stelling 7.30pm—White Rock Theatre, White Rock Sunday 16 February America Ground Market Sunday 16 February—Trinity Street Jason Fox: Life at the Limit 7.30pm—White Rock Theatre, White Rock Jason Fox's breath-taking story of Special Forces soldiering, on and off the battlefield Wednesday 19 February Dave Valentine's Music Quiz @ 1200 Postcards 7.30pm—80 Queens Rd Friday 21 February Others' Stories (Storytelling Event) Friday 21 February—The Beacon, St Mary's Terrace Wash away any winter blues by coming and joining us for a heartwarming wee evening of listening, sharing and connecting via memories and stories
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from our own lives.
**De La Warr Pavilion
Spring Exhibitions
Opening Party**
6.00pm–De La Warr
Pavilion, Marina, Bexhill

**Saturday 22 February
Frock up Friday
Vintage Market**
10.30am–Observer
Building, Cambridge Rd
HKA Fight Night 14
4.00pm–White Rock
Theatre, White Rock

**Monday 24 February
The Goodness Collective
at the Crown**
10.30am–The Crown, All
Saints’ St
Free!*makingyourway.co.uk*

**Tuesday 25 February
Queer Lives,
Queer Objects**
6.45pm–Hastings Museum
& Art Gallery, John’s
Place, Bohemia Rd

**Thursday 27 February
Women’s Voice Peer
Support Group:
Neurodiversity**
5.30pm–10 Claremont
@ The Mini Common Room

WEEKLY EVENTS & ACTIVITIES

**Sundays
Hastings Beach
Meditation**
9.00am–Hastings Motor
Boat & Yacht Club, Rock-A-
Nore Parade
40mins quiet medita-
tion on beach opposite.
Check Hastings Beach
Meditation on Facebook
Pokemon League
1.00pm–Table Flip,
Queens Rd
Play packs for entry
and prizes to be given

**Mondays
Writing Hour**
7.30am–7 Trinity St
Writers can come to-
gether to write at the
workshops *hastings-
writersworkshop.com*
**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 *disc-
dementiasupport.org*
**Volunteering: Hidden
Eden Wellbeing Garden**
10.15am–27 Parsons Cl
Craig’s Cabin asks for vol-
unteers to turn this green
community space into a
sensory garden *craigs-
cabin87@hotmail.com*
Health Walk Old Town
2.00pm–The Stade, Rock-a-

Nore Rd
Free one hour walk,
just pop along *tcv.org.
uk/southeast/sussex*
Backgammon Club
6.30pm–The Horse &
Groom, Mercatoria
All abilities welcome
Overeaters Anonymous
7.30pm–Clifton
Centre, Stainsby St
Monday Night Quiz
8.00pm–Stag Inn, 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*.

**Tuesdays
Health Walk St
Leonards Seafront**
11.00am–Meet at the clock
on prom – free one hour
walk, just pop along *tcv.
org.uk/southeast/sussex*
**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 *se-
witstuesday@outlook.com*
Bingo Night
7.30pm–The Dolphin Inn,
Rock-a-Nore Rd
Booking advised:
01424 434326
**Sound Waves
Community Choir**
7.30pm–Salvation Army, St
Andrew’s Square
Free taster session.
No auditions. *admin@
soundwaveschoir.org.uk*
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
Writing Hour**
7.30am–7 Trinity St
Writers can come to-
gether to write at the
workshops *hastings-
writersworkshop.com*
Conquest Green Gym
10.00am–Conquest
Hospital, The Ridge
Conservation volunteer-
ing. Booking required.
Contact for more details:
*carrie.edmonds@tcv.
org.uk / 07764 655609*
**Green Gym at
Hastings Centre**
10.00am–Hastings Centre,
The Ridge
Horticultural volun-
teering for health,
carrie.edmonds@tcv.

org.uk / 07764 655609
**Dementia Carer Support
Group (carers only)**
10.00am–Dennis Rankin
Room, St Augustine’s
Church
Come for a chat and
support, refreshments
inc. Donations welcome.
Every 4th Wednesday
discdementiasupport.org
Busy Bees Singalong
10.30am–Hollington Youth
Hub, Wishing Tree Rd N
Free parent/carer tod-
dler sing-along group,
families with under 5s.
Term time only. For info:
*ehhastingsstleonards@
eastussex.gov.uk*
**Health Walk
Alexandra Park**
10.30am–Alexandra Park,
St Helen’s Rd
From Ranger’s Office–
free one hour walk,
just pop along *tcv.org.
uk/southeast/sussex*
Community Open House
11.00am–Afri-Co-Lab,
Marine Court
Make Afri-Co-Lab your
home, work space, chill-
out lounge and studio for
the day! *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
BASH Networking Event
6.00pm–Barnaby’s Lounge,
46 Robertson St
For local business-
es. £7.50 ticket pp
All Sorts Auction
6.30pm–West St Leonards
Club, TN38 8BL
Auction items accepted
from 9am-1pm. Contact
*weststleonardsca@
gmail.com* to confirm.
Bar open until late
Men’s Walk and Talk
7.00pm–Azur, Marina
Pavillion
Meet at Azur for a lei-
surely walk along the
seafront with time to
chat. For info or to book:
*Hannah Richards hannah.
richards@mindcharity.
co.uk* or *07510927978*.
The Stag Book Club
7.00pm–Stag Inn, All
Saints’ St
Come along or message
if you’d like to join or
want more information
staghastings.co.uk
**Hastings & St Leonards
Women’s Circle**
7.00pm–Art in the Park,
Arts on Prescription,
Alexandra Park, Lower
Park Rd
Donation only. For
self-identifying wom-
en *rootsofreturn.org*
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
Hastings Tech Forum**
9.00am–Observer
Building, Cambridge Rd
Monthly meetup for local
tech professionals.
Open Tech Thursdays
10.00am–Observer
Building, 53 Cambridge Rd
Free meetup to chat,
share knowledge and
access technology
**Green Gym at
Church Wood**
10.00am–Church Wood,
Hastings
Conservation volunteer-
ing for health, contact
*carrie.edmonds@tcv.
org.uk / 07764 655609*
**Free energy advice
community drop-in**
10.00am–Hastings
Community Info
Hub, Queens Rd
Cozy Crypt
10.00am–London Road,
London Rd
Christ Church. We offer
a chat, warm space and a
cuppa, cakes and biscuits.
Everyone is welcome
Friendship Café
2.00pm–Hastings Court
Care Home, The Ridge
Hosted by the commu-
nity coordinator for
stroke rehabilitation,
a monthly support and
advice session for fami-
lies affected by strokes.
Contact: *01424 755151*
Bingo
2.00pm–West St Leonards
Club, TN38 8BL
Contact *weststleonardsca@
gmail.com* for details.
**The Barbarian
Wolf Chess Club**
5.15pm–The Horse &
Groom, 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 Town Singers
7.00pm–Ark Castledown
Primary Academy,
Priory Rd
A friendly non-auditioning
community choir. Free
taster sessions. *hast-
ingstownsingners.co.uk*
Mixed Darts League
7.00pm–West St Leonards
Club, TN38 8BL
Bar open for the duration.
Contact *weststleonardsca@
gmail.com* for details
War Games
7.00pm–West St Leonards
Club, TN38 8BL
Bar open for the duration.

Contact *weststleonardsca@
gmail.com* for details
**Hastings Humanists
Meeting**
7.30pm–The White Rock
Hotel, White Rock
Monthly. Check their
Facebook page for more
details. Hybrid meet-
ing may be available.
Pub Quiz
7.30pm–The Dolphin Inn,
Rock-a-Nore Rd
Free entry plus prize mon-
ey to be won!! Booking rec-
ommended: *01424 434326*

**Fridays
Writing Hour**
7.30am–7 Trinity St
Writers can come to-
gether to write at the
workshops *hastings-
writersworkshop.com*
**Health Walk Church
Wood St Leonards**
10.30am–Church Wood,
Hastings
Meet at Nature reserve
car park, free one hour
walk, just pop along *tcv.
org.uk/southeast/sussex*
**Singing Down
Memory Lane**
10.30am–St. Augustine’s
Church Hall, Bexhill
A free singing group for
people living with de-
mentia and their carers
in Bexhill. Every 1st
and 3rd Friday. *discde-
mentiasupport.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 *disc-
dementiasupport.org*
Make Your Mark
2.30pm–Stade Hall,
The Stade
Free creative & messy
play for babies, toddlers
and their caregivers
**Broomgrove Youth
Club Sessions**
4.30pm–Broomgrove
Community Centre,
Chiltern Dr
*sarah.adams@freshvisions.
org.uk* Bev *07732 823800*

**Saturdays
Indoor Market**
10.00am–Saint Leonards
Church Market, London Rd
Weekly market: clothes,
bits, food, tarot. Stalls
still available. *stleo-
schurch.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,

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

from tents to trom-
bones. Find out more:
umbrellasussex.org.uk.
Thai food at the Albert
2.00pm–The Royal
Albert, Battle Rd
Gravity & Grace
2.30pm–Clifton Centre,
Stainsby St
Taking care of mind, body
& soul with the Alexander
Technique. Introductory
talks/workshops. Booking
not required, Suggested
donation £5. For further
details contact Chris *liv-
ingtenderly@yahoo.co.uk*
**Hastings and St Leonards
Community Singing
and Drumming Circle**
6.00pm–Clifton Centre,
Stainsby St
All welcome. Food
sharing, meditation,
drumming, singing and
sometimes dancing! Read
more at *meetup.com*

CLASSES & WORKSHOPS

**Friday 14 February
A Journey into Love with
Sounding & Breathwork**
8.00pm–The Humble Hub,
Shepherd St
Andrew Dunne–donation
thehumblehub.co.uk

**Saturday 15 February
Hastings Psychedelic
Integration Circle**
11.00am–The Humble Hub,
Shepherd St
Claire Cordell, £5 *the-
humblehub.co.uk*
**Authentic Movement–
Moving and Being**
2.00pm–The Humble Hub,
Shepherd St
Vix Thompson £18 *the-
humblehub.co.uk*

**Sunday 16 February
GCSE Drama/English
Workshop–Macbeth**
10.00am–The Stables

Crossword Solution No 270:
Across: 1. D-anger 3. Infers (anagram) 4. Lupins (anagram – without H)
Down: 1. D-enial (anagram of alien) 2. Roasts



Theatre, The Bourne Art Sundays: Wheel of the Year Workshop 1.00pm–De La Warr Pavilion, Marina, Bexhill Women’s Shakti Kirtan 7.00pm–The Humble Hub, Shepherd St Seraphina Bianconi, £15 thehumblehub.co.uk Tuesday 18 February Kids Positive Affirmations Poster workshop 10.30am–Bus Stop Studios, London Rd With Sanders De Roeper busstopstudios.com/classes Wednesday 19 February GCSE Drama/English Workshop–An Inspector Calls 10.00am–The Stables Theatre, The Bourne Architecture and Environment: Free Kids’ Sculpture Workshop 1.00pm–De La Warr Pavilion, Marina, Bexhill Thursday 20 February Kids Personalised Alphabet Poster workshop 10.30am–Bus Stop Studios, London Rd With Sanders De Roeper busstopstudios.com/classes REPEATING EVENTS 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 Making Trousers Workshop 10.00am–The Old Ambulance Station, Bexhill Book via melodieclothing.com 2-day course. Learn to make the Anna Allen ‘Persephone Pants’ 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: hotyogahastings.co.uk Relax & Renew, Restorative Yoga 3.00pm–St Leonards Studio, Royal Victoria Monthly only–contact: karen@yoga-by-the-sea.co.uk Big Yin Energy Yoga 3.00pm–The Wellington Health & Wellbeing Centre, Wellington Square A session designed to restore the nervous system. £15. Find out more: 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 & Sound bath 7.30pm–The Humble Hub, 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, Wellington Square £10 twigtea.com Kettlebells 9.15am–Isabel Blackman Centre, Winding St Full body strength class. Register: isabelblackmancentre.co.uk Slow Flow Yoga (Open Level) 9.30am–St Leonards Studio, Royal Victoria Contact: karen@yoga-by-the-sea.co.uk Pilates: Multi Level 9.30am–The Humble Hub, Shepherd St £10 Pilates by Sarah T, thehumblehub.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: isabelblackmancentre.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 Matthew’s Church, St Leonards 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, Shepherd St £10 Andy Cullen, thehumblehub.co.uk Yoga Over 60 – maintaining movement 11.00am–St Leonards Studio, Royal Victoria Contact: zowie@stleonards.studio Intermediate French Course Level 1 11.00am–Bus Stop Studios, London Rd With Olivier Jarré busstopstudios.com/classes 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: isabelblackmancentre.co.uk Cancer Rehab 1.00pm–Isabel Blackman Centre, Winding St Visit: isabelblackmancentre.co.uk Inclusive Dance for Adults with Complex Needs 1.45pm–Hastings Centre, The Ridge £5 Register dancehastings@gmail.com Monday Meditation Circle 2.00pm–The Humble Hub, Shepherd St Lee Ring, thehumblehub.co.uk LGBTQ+ social meet 2.15pm–Isabel Blackman Centre, Winding St Register: 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, 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: juliansambadrum@gmail.com Kids Aerial Hoop 4.30pm–The Humble Hub, Shepherd St £9 Samantha Beagley, thehumblehub.co.uk Beginners Pointe Class 5.30pm–Ore Community Centre, 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, 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, Wellington Square Contact Sigrid qigon-sigrid@gmail.com Foundations of Yoga with Paula 6.00pm–St Leonards Studio, Royal Victoria Contact: paula@stleonards.studio Dynamic Vinyasa 6.00pm–The Humble Hub, Shepherd St £12 Kirsty T, MADRE SL, thehumblehub.co.uk Candlelit Yoga 6.00pm–All Saints Hall, All Saints’ St oldtownyoga.co.uk Beginners Vinyasa Flow 6.30pm–Hot Yoga Hastings, 21 St Peter’s Rd hotyogahastings.co.uk Writing Young Adult Fiction 6.30pm–7 Trinity St With best-selling YA author Melinda Salisbury hastingswritersworkshop.com Pole dance 6.30pm–Free Bird Fitness, Silchester Rd freebirdfitness.uk Martial Arts Free Trial Lesson 7.00pm–Ark Alexandra Academy(Staff entrance), Park Ave Families welcome. Booking required. Find out more at martialartshastings.com Yoga for Men’s Health 7.00pm–Play Sport Fitness Hub £3. Book via: eequ.org/experience/3120 Hastings Punk Choir 7.00pm–Electric Palace, High St (And generally a drink or two in the Jenny Lind afterwards) Argentine Tango Absolute Beginners 6-week Course 7.00pm–The Piper, Norman Rd Upstairs, £45 pp or £80 as a couple. Contact Phoebe pennnythepoetess@yahoo.co.uk Ballet Barre 7.15pm–Hastings Old Town oldtownyoga.co.uk Kundalini Yoga &	Meditation with Yeli 7.30pm–The Wellington Health & Wellbeing Centre, Wellington Square yeli@happiness-holistichealth.uk Mixed Ability Pole Class 7.30pm–The Humble Hub, Shepherd St £15 ActiveCherry,thehumblehub.co.uk Pole heels choreo 7.45pm–Free Bird Fitness, Silchester Rd freebirdfitness.uk Aerial Hoop Class 8.30pm–The Humble Hub, Shepherd St £15 ActiveCherry, thehumblehub.co.uk Tuesdays Dynamic Vinyasa 7.30am–The Bank Hotel & Bistro, Grand Parade, St Leonards with Tam Klien Ashtanga Yoga–Assisted Self Practice 7.30am–The Wellington Health & Wellbeing Centre, Wellington Square £15 ashtangayogahastings@gmail.com Rise & Shine Yoga 8.00am–The Humble Hub, Shepherd St £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 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 £12 per child–All materials included. Email Theresa stleonardsartschool@outlook.com Space & Flow Yoga 10.00am–The Wellington Health & Wellbeing Centre, Wellington Square £10 or 5 for £40 5 Rhythms Dance 10.00am–The Humble Hub, Shepherd St £15 Emma Leech thehumblehub.co.uk 5 Rhythms Movement Metaphor 10.00am–Crown House,	Marina, Hastings £15 or £12 concession, £10 for beginners info@artsonprescription.org Painting for Pleasure 10.00am–Stade Hall, The Stade 10 week course £100, info sheridanju-liann@gmail.com Creating a healthier you 10.00am–Broomgrove Community Centre, Chiltern Dr Free. Book via: eequ.org/activehastings Developing Your Craft–Writer’s Workshop 10.00am–7 Trinity St For new members of all levels of experience, 10 sessions, reading week 25 Feb, hastingswritersworkshop.com The Crown Knitters 10.30am–The Crown, 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 hotyogahastings.co.uk Beginners Line Dance Classes 11.15am–All Saints Hall, All Saints’ St Contact Kerris 0748047236 Painting for Pleasure 12.15pm–Stade Hall, The Stade 10 week course £100 or 2 for £180, info sheridan-julieann@gmail.com 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
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6

The HIP List

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KILEY'S KARPETS
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Afternoon Course
2.00pm–53 London Rd
Lady B Embroidery. Also
Wednesdays 6.30pm
**Conversational
French lessons**
2.00pm–Ore Community
Library, Old London Rd
£7 email: *french.tu-
tor.1066@gmail.com*
The Untamed Body
2.00pm–The Humble Hub,
Shepherd St
Seraphina Bianconi, £15
thehumblehub.co.uk
**FREE Mark Your Mark
Workshop (0-4yrs)**
2.30pm–Stade Hall,
The Stade
**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, Old London Rd
Register and find out
more: *sarah.adams@
freshvisions.org.uk*
**Level 2a Class, T'ai Chi
Ch'uan : Long Yang Form**
4.45pm–The Humble Hub,
Shepherd St
Chris Hamblin, POA
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
**Strength and con-
ditioning**
5.30pm–Free Bird Fitness,
Silchester Rd
freebirdfitness.uk
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,
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,
Shepherd St

£10 Veronica
Hare,*thehumblehub.co.uk*
School pole flow
6.30pm–Free Bird Fitness,
Silchester Rd
freebirdfitness.uk
Silver Swans Ballet Class
6.30pm–Ore Community
Centre, Old London Rd
Contact Annie:
07704 711772
Vinyasa Flow
6.30pm–Bank House
Studio–*karen@yoga-
by-the-sea.co.uk*
Belly Dance Class
6.30pm–Stade Hall,
The Stade
For more info: contact Cate
'Caasi' Brick on Facebook.
**Developing Your Craft–
Writer's Workshop**
6.30pm–7 Trinity St
For new members of all
levels of experience, 10
sessions, reading week
25 Feb, *hastingswrit-
ersworkshop.com*
**Creative Watercolour
Evening Course**
7.00pm–Bus Stop Studios,
London Rd
With Alice Stevenson
busstopstudios.com/classes
**Kadampa Buddhist
Meditation Class**
7.00pm–St Nicholas Centre,
London Rd
£9/£7 conc. Term time
only, Maitreya
Dynamic Vin to Yin Yoga
7.30pm–The Humble Hub,
Shepherd St
£12 Tamaras Klien, MADRE
SL, *thehumblehub.co.uk*
Mixed pole fitness
7.45pm–Free Bird Fitness,
Silchester Rd
freebirdfitness.uk
**Seen on Screen
Dance with Rosie**
7.45pm–The Y Centre, St
Paul's Rd
£10 on the door.
Visit: *sos.dance*
Country Dancing
7.45pm–Saint Matthews
Church Centre, London Rd
*hastingscountry-
danceclub.org.uk*

Wednesdays
Yoga Flow
7.30am–The Humble Hub,
Shepherd St
£10 Rachael, Elevate Yoga,
thehumblehub.co.uk
Garuda Pilates
9.00am–The Humble Hub,
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 Rd
eequ.org/experience/8223
Yoga & Meditation
9.30am–The Bank Hotel &
Bistro, 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: *isabelblack-
mancentre.co.uk*
Wellbeing Wednesdays
10.00am–Art in the Park,
Alexandra Park
Pay as you can, suggested
donation £4. Light refresh-
ments & creative activities
with a focus on enhancing
your wellbeing. *info@
artsonprescription.org*
Crowninos Kids Group
10.00am–The Crown, All
Saints' St
£6 per family unit. Songs,
stories and vibes. For 0-4
year-olds and their carers
Spanish – Adult Beginners
10.00am–First floor, 7
Cambridge Rd
£15 Classes available
for all levels. Contact
*spanishonseaschool@
gmail.com* or Españoles
en Hastings FB page
**Elemental Yoga
with Catherine**
10.30am–St Leonards
Studio, Royal Victoria
£7. Contact: *catherine-
burnett12@gmail.com*
Aerial Yoga
10.30am–The Humble Hub,
Shepherd St
£15 Samantha Jane,
thehumblehub.co.uk
Musical Drama (2-4 years)
11.00am–Mini Playhouse,
26 White Rock
£4 (free trial). *pitterpat-
terarts@gmail.com*
**French for Beginners
Level 1**
11.00am–Bus Stop Studios,
London Rd
With Olivier Jarré *busstop-
studios.com/classes*
Art Classes for Adults
11.00am–12 Maze Hill, St
Leonards
also 12.00pm £13.50 per
person–All Materials
Included. Email Theresa
*stleonardsartschool@
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
Therapeutic Yoga
12.30pm–Hastings Centre,

The Ridge
£7 All abilities wel-
come. *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: *isabelblack-
mancentre.co.uk*
Dynamic Breathwork
1.00pm–The Humble Hub,
Shepherd St
£12 Andrew
Dunne,*thehumblehub.co.uk*
Qigong Movement Class
1.00pm–Christ Church
Blacklands, Laton Rd
eequ.org/experience/8796
Hatha Yoga for You
2.00pm–St Leonards
Studio, Royal Victoria
louisestleonards.studio
**Intro to Crochet
Afternoon Course**
2.00pm–Bus Stop Studios,
London Rd
With Katie Jones *busstop-
studios.com/classes*
**FREE Mark Your Mark
Workshop (0-4yrs)**
2.30pm–Stade Hall,
The Stade
HIIT cardio
3.00pm–Isabel Blackman
Centre, Winding St
Register and find out more:
isabelblackmancentre.co.uk
**Tai Chi Ch'uan
Introductory Class to
the Long Yang Form**
3.00pm–The Humble Hub,
Shepherd St
£0 Christopher Hamblin,
thehumblehub.co.uk
Art Classes for Kids
4.15pm–12 Maze Hill, St
Leonards
£12 per child–All materials
included. Email Theresa
*stleonardsartschool@
outlook.com*
Star Child Mystery School
4.30pm–The Humble Hub,
Shepherd St
Natasha Saltzer, £10
thehumblehub.co.uk
**Mystical Yoga at
The Bale House**
4.45pm–The Bale House
Hastings Country Park
Visitor Centre, Lower
Coastguard Ln, Fairlight
£10. Contact: *enchant-
edmalas@gmail.com*
Qigong with Sigrid
5.30pm–Greek Orthodox
Church of Saint
Mary Magdalene and
Community Hall, St
Margarets Rd
Suitable for all ages.
Contact: *qigongsigrid@
gmail.com* or 07492 209190
**Martial Arts Free
Trial Lesson**
5.45pm–Ark Alexandra
Academy(Staff entrance),
Park Ave

Families welcome.
Booking required: *mar-
tialartshastings.com*
Beginners Pole
6.00pm–The Humble Hub,
Shepherd St
£15 drop in
Cherry,*thehumblehub.co.uk*
Yoga with Marjolyn
6.00pm–St Leonards
Studio, Royal Victoria
07929 577985
**Adult Tap Class
for Beginners**
6.15pm–7 Mercatoria, St
Leonards
kimhaviland@gmail.com
Laughter Yoga with Bev
6.30pm–The Jenny Lind
Inn, High St
Upstairs. Contact:
*bevjones@laughyour-
selftohealth.com*
**Pregnancy Yoga &
Birth Preparation**
6.30pm–The Wellington
Health & Wellbeing Centre,
Wellington Square
For info and booking
contact Mae: *mae@
maedewsbury.co.uk*
Mixed pole fitness
6.45pm–Free Bird Fitness,
Silchester Rd
freebirdfitness.uk
Beginners Pole Class
7.00pm–The Humble Hub,
Shepherd St
£15 Active Cherry, *the-
humblehub.co.uk*
Zumba
7.00pm–Broomgrove
Community Centre,
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*
Hand Embroidery Course
7.00pm–Bus Stop Studios,
London Rd
Lady B Embroidery,
also Tuesdays at 2.00pm
busstopstudios.com/classes
Aoi Bara Meditation
7.30pm–Peachy Self Care
Studio
Donation only commu-
nity meditation class.
aoibarameditation.co.uk
**Kundalini Yoga and
Meditation Class**
7.30pm–The Ballroom,
Bank Hotel & Bistro, Grand
Parade
£10. *soulpowerkun-
daliniyoga.co.uk*
**Argentine Tango
Social Dance**
8.00pm–The White Rock
Hotel, White Rock
Downstairs bar. £8 for
dancers, £3 non-danc-
ers. *pennythepoet-
ess@yahoo.co.uk*
**Relaxation: Zoom class
with Pilates teach-
er Sally Paffard**
8.00pm–£4. *sallypaf-*

fard@gmail.com
Beginners Pole Class
8.00pm–The Humble Hub,
Shepherd St
£15 Active Cherry, *the-
humblehub.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 *dynami-
canatomy.co.uk/yoga*
**Ashtanga Yoga –
Assisted Self Practice**
7.15am–The Wellington
Health & Wellbeing Centre,
Wellington Square
£15. *ashtangayoga-
hastings@gmail.com*
Gentle Wake Up Yoga
8.00am–St Leonards
Studio, Royal Victoria
*karen@yoga-by-
the-sea.co.uk*
Circuits
9.00am–Isabel Blackman
Centre, Winding St
Register and find out more:
isabelblackmancentre.co.uk
**200 Hr Yoga Teacher
Training**
9.00am–The Humble Hub,
Shepherd St
Live Love Yoga, POA
thehumblehub.co.uk
Vinyasa Flow
9.30am–St Leonards
Studio, Royal Victoria
*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 im-
pact exercise for older
adults. *lucy.jenner@
moveitorloseit.co.uk*
Watercolour Painting
10.00am–Stade Hall,
The Stade
£100, contact Julie. book-
ing essential *sheridan-
julieann@gmail.com*
Circle Dancing
**10.30am–Hastings
Unitarian Church, South
Terrace**
**£3. Good for body,
mind and spirit**
Healthy Joints
10.30am–Isabel Blackman
Centre, Winding St
*info@artsonpre-
scription.org*
Pilates, Mat Based
11.00am–The Humble Hub,
Shepherd St, St Leonards
£9.50 Sarah T, *the-
humblehub.co.uk*
Boxing for fun
11.45am–Isabel Blackman

Academy(Staff entrance),
Park Ave
Families welcome.
Booking: *martialartshastings.com*
Arts & Crafts Social
10.30am–His Place,
Robertson St
friday-ad.co.uk
Beginners Weight Training
10.30am–Isabel Blackman
Centre, Winding St
Register: *isabelblackmancentre.co.uk*
Beginner aerial hoop
10.30am–Free Bird Fitness,
Silchester Rd
freebirdfitness.uk
Intermediate French
11.00am–Isabel Blackman
Centre, Winding St
Register for class at: *isabelblackmancentre.co.uk*
Art Classes for Adults
11.15am–12 Maze Hill, St
Leonards
also 12.15pm £13.50 per
person–All Materials
Included. Email Theresa
stleonardsartschool@outlook.com
Yoga Flow
11.30am–Isabel Blackman
Centre, Winding St
Register and find out more:
isabelblackmancentre.co.uk
Gong Bath Sessions
2.00pm–4 Courts
Wellbeing Centre, off
Sydney Close Find out more
via GongVibrations1066
on Facebook or text Karen
Havler: 07986 911083

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Hastings International Piano hosts Hough

Hastings International Piano is delighted to announce that its patron, the internationally-renowned concert pianist Sir Stephen Hough, will give a fundraising recital in support of the organisation at Fairlight Hall on Saturday 1 March. He is also composing a new five-minute work which every competitor reaching the second stage in the 2026 competition will play.

Regarded as “one of the world’s great pianists” (Classical Music Magazine), Sir Stephen is also a composer, writer and painter and has more than 50 recordings to his name. He has performed in every major concert hall around the world, and is a

regular at the BBC Proms, including a memorable performance at this year’s Last Night. His recital – comprising music by Chopin and Cecile Chaminade – is a rare opportunity to see a musician who is “at the top of his game” (Musical America) perform in the intimate surroundings of the recital room at Fairlight Hall. Guests will be invited to a champagne reception before the recital, and may also choose to attend a dinner afterwards with Sir Stephen as the guest of honour.

Sir Stephen said: “After visiting Hastings last year for the first time, I’m absolutely thrilled to be coming back to play a recital at Fairlight

Hall. It’s a very special place and it will continue to be in my mind as I’m beginning to compose the test piece for the next competition. I’m very pleased to be Patron of Hastings International Piano: its work provides really vital support for the best young pianists just setting out on their careers.”



The recital is on Saturday 1 March, 6pm at Fairlight Hall, Fairlight, Hastings. Event details: hastingsinternationalpiano.org/events/sir-stephen-hough



COURTESY HASTINGS INTERNATIONAL PIANO

Stephen Hough

A Cockroach in The Stables

VICTORIA KINGHAM

That most engaging of local actors, Patrick Kealey, will finally perform his action-packed version of *Archy and Mehitabel* to The Stables Theatre on 26 February. Some of you will have seen it – It isn’t the first time he has performed it here. But the unique book-length poems, by Don Marquis, have long been a read and re-read for me, and I wondered about his thinking when bringing this work to the stage. It’s essentially a verbal, poetic masterpiece that depends as much on the way it appears on the page, and on its antecedents and sly cultural references, and a level of American irony unique to its age, as it does on the narrative.

“It’s got that kind of sarky, New York wit,” Kealey says. He also discovered that it was published one year after Kafka’s *Metamorphosis*, so he now describes it as “Kafka, but funnier.” “How I approached it” he goes on “is, each little Archy poem is a vignette. And they’re poems, but I found a way to bring a collection together that tells a kind of story. Archy is befriending the cat Mehitabel. They’re a double act, so I’m having conversations with myself. A friend of mine saw the show and counted twenty-two different characters. So I’ve started calling Archy my SOS (my show-off show)! But the characters are so fantastic, and there’s something about Archy’s voice, slightly whiny, grumpy ... [in Archy’s voice] I mean ‘really, they’re doing what?’ That’s my alter-ego.”

We talk about the 20s and early 30s, which was such a universally



Patrick Kealey as Archy the Cockroach

PIETER MOULD

explosively creative period for the Arts everywhere in the Western world. “Don Marquis was very savvy about humanity. It gave him enormous scope to satirise the age he was living in through observation by a cockroach, the lowest of the low.” In case you don’t know, Archy the cockroach is the reincarnation of a free-verse poet and all of his work is written by hopping on the typewriter keys at night, one by one. Patrick similarly, occasionally literally, hops about the stage from character to character, the result being a one-per son tour-de-force.



The Life And Rhymes of Archy and Mehitabel will show at The Stables theatre on Wednesday, 26 February, at 7.30. Tickets at stables.theatre, ticketsolve.com/ticketbooth/shows/873666764, or call the box office on 01424-423221, 10.30-1 pm.



Lucas the Peaceful Poet

Poetry, punk, plays

Between the couple of miles that constitute downtown Hastings and St Leonards, it isn’t just that there are a great number of talented people joyfully making art and writing poems, writing songs, making music. The attraction is that many of their originators are connected and relish that connection, and in that way new forms are produced. It’s as though the whole town is a salon for both the informal and the formal production of compositions of all kinds, of

all genres. So it is that excellent classical musicians join together with adventurous avant-garde improvisers; photographers join with painters, craftspeople produce unique artistic designs, and venues happily accommodate unique happenings.

One such venue is in St Leonards. There is a house/shop/venue at 74 Norman Road owned by a Nashville singer, Mike Willis, who has settled here. (His ‘shop’ actually features in one of his songs.) In the past, he has been a subject of one of our community profiles: a multi-talented creative entrepreneur always keen to explore new avenues. Every Tuesday fortnight he hosts an open mic evening.

Actor Dean Stalham has secured his own event, which he will host at the venue on the last Sunday of every month, a project he calls *Stretched Lips* – *The Best in Punk Poetry*. For the first show he will

have Luther Towart (Lucas the Peaceful Poet) as well as St Leonards poets Thomas Bowie Walker Barron and Tim Barlow. Coming from London for the night is Aaron Barschak, who you may remember soared to fame in 2003 after gate-crashing Prince William’s twenty-first birthday party dressed as Osama Bin Laden and hijacking the evening with a song, a crude gesture or two, and a kiss for the prince. His action caused a major investigation into security breaches at Windsor Castle.

On the door will be Francis Saunders, doing a bit of theatre, and you can bring your own booze. It’s a cozy, homely venue, and you’ll enjoy yourselves.

Stretched Lips with Dean Stalham and Francis Saunders will be at 74 Norman Road at 7 pm on Sunday 22 February