

Friday 28 February to Thursday 13 March 2025

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

The HIP List

sponsored by



Hastings
Independent



MUSIC

Friday 28 February Unconvention
10.00am–East Hastings Sea Angling Association and Social Club, The Stade Grassroots music conference with talks from across the music industry from 10am–5pm then networking after 5pm
HFT Fringe: Willow Street Band
8.30pm–Anchor Inn, 13 George St
Blues, Soul and funk
Side by Side Jazz Duo
8.30pm–Barnaby’s Lounge, 46 Robertson St
HFT Fringe: Black Limes
8.30pm–The Jenny Lind Inn, 69 High St
Psychedelic jazz funk rock

Saturday 1 March HFT Family Room
1.00pm–Benbow Arts Space, The Bright Foundation, 2 London Rd
Saturday Unplugged
1.00pm–An afternoon of more than 60 artists across venues around town from 1-4pm
Defamation Project
2.30pm–Tough Love St
Leonards, 73 Bohemia Rd
Avant-garde metal
Citizen Smith
5.00pm–Barnaby’s Lounge, 46 Robertson St
Traditional folk and roots Americana band
HFT Fringe: Joli Blon Cajun Band
7.30pm–The Jenny Lind Inn, 69 High St
All female Cajun trio
HFT: Sonics Saturday
8.00pm–The Pig’s Palace, 37 White Rock
A showcase of DJs from London to Hastings, with live drumming from Kid Kapichi’s George Macdonald and Borough Council’s Tom Healey. FREE ENTRY BUT LIMITED CAPACITY
HFT: Under the Radar
8.00pm–The Piper, 1 Norman Rd
Fresh DnB from the south coast
HFT Fringe: Creature Creature
8.30pm–The Lord Nelson, 1 E Bourne St
HFT Fringe: The Cover Ups
8.30pm–Anchor Inn

Sunday 2 March HFT: THEE SUNDAY SONICS
1.00pm–The Pig’s Palace, 37 White Rock
An afternoon of outsider, experimental music with

a variety of acts from math rock, jungle, free improvisation and electronica
Rebecca Mason Jazz Trio
1.30pm–Barnaby’s Lounge, 46 Robertson St
HFT Fringe: Barth
2.00pm–Tough Love St
Leonards, 73 Bohemia Rd
French singer songwriter–one half of Bosco Rogers
Miller Hutch
3.30pm–Barnaby’s Lounge, 46 Robertson St
Film Composers and Improvisers
HFT: Preservation
Sunday with Lost Revellers
4.00pm–The Jenny Lind Inn, 69 High St
HFT Fringe: Basharan
5.00pm–The Lord Nelson, 1 E Bourne St
Fiery psychedelic-rock band
HFT Fringe: Sister Suzie presents Dom Pipkin!
5.30pm–Oscar’s on the Square, Lower Promenade Opp. Warrior Square, Grand Parade
New Orleans blues pianist

Monday 3 March HOTWAX–Album Launch Party
7.00pm–De La Warr Pavilion, Marina, Bexhill
HFT: Slim Monday
8.00pm–The Lord Nelson, 1 E Bourne St
Hastings blues band and Old Town favorite

Tuesday 4 March HFT: Reggae Room Party
6.00pm–East Hastings Sea Angling Association and Social Club, The Stade
Roots, dancehall and dub with the Mighty Sounds playing live and Dub Generals’ soundsystem
HFT: Fat Tuesday Tour
7.30pm–The main event of Fat Tuesday–24 bands, 3 venues!
HFT: Afterparty
8.30pm–The Pig’s Palace, 37 White Rock
HFT Fringe: Soul Town
8.30pm–Anchor Inn, 13 George St
Old town Soul music
Fat Tuesday 2025 After Party
10.00pm–The Pig’s Palace, 37 White Rock
Jack Wilson of Kid Kapichi and OPDJs on decks. Tickets £10. 18+

Wednesday 5 March Rag’n’ Bone Man
7.00pm–De La Warr Pavilion

Thursday 6 March Jack Savoretti
7.30pm–De La Warr

Pavilion, Marina, Bexhill
Friday 7 March Troyes and Sacrilege
7.30pm–The Carlisle, 24 Pelham St
NWOBHM
Last of the Lizardmen
7.30pm–The Piper, 1 Norman Road
Support from StripNRoll + The Activeast
Ben Portsmouth: This is Elvis
7.30pm–White Rock Theatre, White Rock
POT
8.30pm–The Jenny Lind Inn, 69 High St
Funk/jazz organ trio
Joe White and Friends
8.30pm–Pissarro’s, 10 South Terrace
Southern Lights Jazz Quartet
8.30pm–Barnaby’s Lounge, 46 Robertson St
This Ain’t a Scene
9.00pm–The Pig’s Palace, 37 White Rock
Free entry. Emo/Pop Punk night

Saturday 8 March David Cane-Hardy
3.00pm–Barnaby’s Lounge, 46 Robertson St
Chill out guitar
The Liberators
7.00pm–The Jenny Lind Inn, 69 High St
Reggae band
Never Stop–Indie club night
8.00pm–The Piper, 1 Norman Rd
with guest DJ Miki Berenyi (of Lush) and K.J. Moose McKillop (of Piroshka)

Sunday 9 March Rebecca Edlund
1.30pm–Barnaby’s Lounge, 46 Robertson St
Swedish jazz/folk singer/songwriter
Dead Calm
3.00pm–The Carlisle, 24 Pelham St
Rock covers

REPEATING EVENTS

Sundays Bring Your Own Vinyl Night
7.00pm–The Jenny Lind Inn, 69 High St
Weekly
Los Twangueros
7.00pm–The Jenny Lind Inn, 69 High St
Flamenco-jazz grooves. Second Sunday of the month

Mondays Just Landed
7.30pm–The Jenny Lind Inn, 69 High St
A monthly residen-

cy of alien blues.
Acoustic Revels at the Albert
8.00pm–The Prince Albert, 28 Cornwallis St
The Twitten Revellers host an open folk session–second Monday each month
Acoustic Blues Club
8.00pm–The Jenny Lind Inn, 69 High St
Second Monday of the month. 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
Traditional Folk Open Sessions
8.00pm–Stag Inn
Playing tunes from Ireland, England, Scotland and beyond
Albion Skiffle Company
8.30pm–Albion Hastings, 33 George St
Open acoustic 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.

Thursdays Berth of the Cool: Jazz DJs with Herbie Greensmith & Southcoast Don Arden
7.00pm–The White Rock Hotel, 1-10 White Rock
Downstairs at the White Rock Hotel. Second Thursday of the month
Open Mic Night
7.00pm–The Pig’s Palace, 37 White Rock
Open Mic
7.45pm–The Nag’s Head, 8-9 Gensing Rd
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 Custard Caravan
4.00pm–Barnaby’s Lounge,

46 Robertson St
Custard Caravan is a once monthly afternoon of music and mirth hosted by Louise Whitham and Danny Brittain. A “bunk off” Friday variety show with great bands and refreshingly surprising material. It’s almost Impossible to cram more fun into 2 hours!
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
The Get Down
7.00pm–The White Rock Hotel, 1-10 White Rock
Monthly Funk music event

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

PERFORMANCE

Sunday 23 February Hastings Musical Festival
Sunday 23 February to 19 March–White Rock Theatre, White Rock
Timetable of events available at hastings-musicalfestival.org.uk/festival-timetable/

Friday 28 February Hastings Fat Tuesday: Le Grand Mardi Gras Ball
8.30pm–Hastings Pier, 1-10 White Rock
The Forbidden Fruit Drag Night: Martha d’Arthur
9.30pm–The Forbidden Fruit, 22 Grand Parade

Saturday 1 March Hastings International Piano Recital: Sir Stephen Hough
6.00pm–Fairlight Hall, Martineau Ln, Fairlight
Hastings International Piano
Cabaret, Comedy and Drag Bingo
7.15pm–White Rock Theatre, White Rock
Food and drinks before show at 6pm.
Jason Manford
7.30pm–De La Warr

Pavilion, Marina, Bexhill
Forbidden Fruit Drag Night: Shar Cooterie
9.30pm–The Forbidden Fruit, 22 Grand Parade

Tuesday 4 March A Chorus of Disapproval
7.30pm–The Stables Theatre, The Bourne

Wednesday 4 March A Chorus of Disapproval
7.30pm–The Stables Theatre, The Bourne

Thursday 6 March Now That’s What I Call (Classical) Music: Baroque to Rock
7.00pm–De La Warr Pavilion, Marina, Bexhill
A Chorus of Disapproval
7.30pm–The Stables Theatre, The Bourne

Friday 7 March Andrew O’Neill
3.30pm–The Pig’s Palace, 37 White Rock
Counter-cultural stand up
A Chorus of Disapproval
7.30pm–The Stables Theatre, The Bourne
The Gorgeous Show–Drag, Cabaret & Burlesque
7.30pm–Crown House, Marina
The usual Gorgeous Show mix of Drag, Cabaret, Burlesque and general mayhem! <https://eventbrite.co.uk/e/the-gorgeous-show-tickets-1229702586539>

Saturday 8 March Forbidden Fruit Drag Night: Mama Tasty
9.30pm–The Forbidden Fruit, 22 Grand Parade
A Chorus of Disapproval
7.30pm–The Stables Theatre, The Bourne

Thursday 13 March St. Leonards Concerts: Melody Masters
7.30pm–Christ Church St Leonards on Sea, Silchester Rd
St Leonards Concerts presents two of the most life-loving pieces of chamber music for strings–Dvorak’s folk-infused Eb quintet, and Brahms’ lyrical and vivacious G major quintet. With a lineup of some of the UK’s most distinguished chamber musicians, this is set to be a concert from which you will walk home with your feet off the ground! Brahms G major quintet op.111 -interval-Dvorak Eb quintet op 97

REPEATING EVENTS

Wednesdays Poetry, Music and

Hastings Active Fit
10.30am -
Contact weststleonardsca@gmail.com for details.

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

Short Mat Bowling
2.00pm - West Hill
Community Centre,
Croft Rd
£3 per session including re-
freshments, all equipment
and instruction provided,
all welcome including
complete beginners.

Heart and Sole Runners
7.00pm - Grosvenor
Gardens

**Hastings Mixed
Indoor Rounders**
7.00pm - Horntye
Park Sports Complex,
Bohemia Rd
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: isabel-blackmancentre.co.uk or visit the centre
Hastings YMCA Badminton Club
8.00pm–The Y Centre, 26 St Paul’s Rd
Members only. Booking essential £4.50 hastingsymcabadmintonclub.co.uk

EVENTS & ACTIVITIES

Friday 28 February
Women’s Voice Peer Support Group: Neurodiversity
10.00am–Town Hall, Queens Rd
@ Heart Community Hub
Tarot Readings Evening
6.00pm–Bus Stop Studios, 53 London Rd
with Clarissa Shanahan
Cabaret, Comedy and Drag Bingo
7.15pm–White Rock Theatre, White Rock
Oscars Film Quiz
7.30pm–Electric Palace, 39A High St
Le Grand Mardi Gras Ball
8.00pm–White Rock Theatre, White Rock

Saturday 1 March
HFT Workshop- Family Umbrella Workshop with Radiator Arts
10.00am–Benbow Arts Space, The Bright Foundation, 2 London Rd
Free event Decorate your Mardi Gras Umbrella–bring an old umbrella
The Stade Hall Market
11.00am–Stade Hall, The Stade
Voices of Volya: Book Launch & Exhibition
11.00am–12.30pm and 2.00pm–3.30pm– De La Warr Pavilion, Marina, Bexhill
De La Warr Pavilion Community Archive Day
11.00am–12.30pm and 2.00pm–3.30pm–De La Warr Pavilion, Marina, Bexhill

Monday 10 March
The Goodness Collective at the Crown
10.30am–The Crown, 64-66 All Saints’ St

Free! makingyourway.co.uk

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
Writing Hour
7.30am–7 Trinity St
Writers can come together to write at the workshops hastings-writersworkshop.com
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 craigscabin87@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, 4 Mercatoria
All abilities welcome
Pop Quiz
7.30pm–The Piper, 1 Norman Rd
Dave Valentine your Host
Overeaters Anonymous
7.30pm–Clifton Centre, 1 and 2 Stainsby St
Monday Night Quiz
8.00pm–Stag Inn, 14 All Saints’ St
Teams of up to 6, £2 p/p entry fee and prizes for winning and losing teams. Message/call if you’d like a table 01424 438791.

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
Share your crafting sewing, crochet, knitting or anything in-between se-

witstuesday@outlook.com
Bingo Night
7.30pm–The Dolphin Inn, 11-12 Rock-a-Nore Rd
Booking advised: 01424 434326
Sound Waves Community Choir
7.30pm–Salvation Army, 26 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: crewruxls@gmail.com

Wednesdays
Writing Hour
7.30am–7 Trinity St
Writers can come together to write at the workshops hastings-writersworkshop.com
Conquest Green Gym
10.00am–Conquest Hospital, The Ridge
Conservation volunteering. Booking required. Contact for more details: carrie.edmonds@tcv.org.uk / 07764 655609
Green Gym at Hastings Centre
10.00am–The Hastings Centre, The Ridge
Horticultural volunteering for health, carrie.edmonds@tcv.org.uk / 07764 655609
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, 3, Marine Court
Make Afri-Co-Lab your home, work space, chill-out lounge and studio for the day! afri-co-lab.org
All Sorts Auction
6.30pm–West St Leonards Community Centre, 130 Bexhill Rd
Auction items accepted from 9am-1pm. Contact weststleonardsca@gmail.com to confirm. Bar open until late
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
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.
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
Donation only. For self-identifying women rootsofreturn.org

Thursdays
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
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
Conservation volunteering for health, contact carrie.edmonds@tcv.org.uk / 07764 655609
Bingo
2.00pm–West St Leonards Community Centre, 130 Bexhill Rd
Contact weststleonardsca@gmail.com for details
The Barbarian Wolf Chess Club
5.15pm–The Horse & Groom, 4 Mercatoria
Weekly chess
Mixed Darts League
7.00pm -
Bar open for the duration. Contact weststleonardsca@gmail.com for details
War Games
7.00pm–West St Leonards Community Centre, 130 Bexhill Rd
Bar open for the duration. Contact weststleonardsca@gmail.com for details
Hastings Town Singers
7.00pm–Ark Castledown Primary Academy, Priory Rd
A friendly non-auditioning community choir. Free taster sessions. hastingtonsingers.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 mon-

ey to be won!! Booking recommended 01424 434326

Fridays
Writing Hour
7.30am–7 Trinity St
Writers can come together to write at the workshops hastings-writersworkshop.com
Health Walk Church Wood St Leonards
10.30am–Church Wood
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-on-Sea, St Augustine’s Close, Cooden Dr, Bexhill
Free singing group for people with Dementia and their carers in Bexhill. Every 1st and 3rd Friday. discdementiasupport.org
Broomgrove Youth Club Sessions
4.30pm–Broomgrove Community Centre, 85 Chiltern Dr
sarah.adams@freshvisions.org.uk Bev 07732 823800

Saturdays
Indoor Market
10.00am–Saint Leonards Church Market, London Rd
Weekly market: clothes, bits, food, tarot. Stalls still available. stleo-schurch.co.uk
Heritage Explorers
10.00am–Christ Church St Leonards on Sea, Silchester Rd
Free drop-in family art & heritage activities.
Hastings Library of Things
10.00am–Hastings Town Hall, Station Rd
Borrow tools and useful items, from bolt cutters to sewing machines, from tents to trombones. Find out more: umbrellasussex.org.uk.
Monthly Vinyl Market
11.00am–The Piper, 1 Norman Rd
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
Let’s Make Karaoke Great Again
9.30pm–The Seadog, 32 Station Rd

ST. LEONARDS CHURCH

WEEKEND MARKET

stleoschurch.co.uk

- INDOOR STALLS SELLING -

Arts, Crafts, Antiques & Collectibles

Vintage Chic, Clothes & Jewellery

Tarot Readings & Reiki Healing

- ALSO -

Coffee, Food Court & Licensed Bar!

EVERY SATURDAY + SUNDAY

10am to 4pm

Find us at Saint Leonards Church

London Road (corner Pevensey Rd)

Saint Leonards-on-Sea TN37 6AS

Every 2nd Saturday.

CLASSES & WORKSHOPS

Friday 28 February
PomPom a Thon- Workshop
1.00pm–Hastings Community Info Hub, Queens Rd
£5 and £0 tickets
Booking required umbrellasussex.org.uk

Saturday 1 March
Modern Calligraphy Workshop
10.30am–Bus Stop Studios, 53 London Rd
with Alice Gabb
Beginners’ Watercolour Class
1.30pm–The Stables Theatre, The Bourne

Sunday 2 March
GCSE Drama/ English Workshop– Romeo and Juliet
10.00am–The Stables Theatre, The Bourne

Thursday 6 March
Free art sessions for carers and those they care for
2.30pm–Hastings Contemporary, Rock-a-Nore Rd
Please book: info@drawinglife.org

REPEATING EVENTS

Sundays
Yoga Flow
9.15am–Isabel Blackman Centre, Winding St
Relaxing sensory class. Register at: isabelblackmancentre.co.uk.
Sunday Brunch-time Kids’ Art Club
10.00am–Outside the Smokeshack, St Andrews

Crossword Solution No 271:
Across: 1. Broke-r 3. Za(n)ier (anagram) 4. Nicest (anagram)
Down: 1. Bra-zen 2. Rug rat



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, 10 Beeching Rd, Bexhill Book via melodieclothing.com 2 day course. Learn to make the Anna Allen ‘Persephone Pants’. Gong Bath sessions 11.00am–Hastings Unitarian Church, 7A South Terrace Text Karen Hayler: 07986 911083 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, 44 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 & 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 £10 twigtea.com Kettlebells 9.15am–Isabel Blackman Centre, Winding St Full body strength class. Register: isabelblackmancentre.co.uk	blackmancentre.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, 4-5 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-on-Sea, London 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 Contact: zowie@stleonards.studio Intermediate French Course Level 1 11.00am–Bus Stop Studios, 53 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. thechapelofchristsstillness.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–The Hastings Centre, The Ridge £5 Register dancehastings@gmail.com Monday Meditation Circle 2.00pm–The Humble Hub, 4-5 Shepherd St	Lee Ring thehumblehub.co.uk LGBTQ+ social meet 2.15pm–Isabel Blackman Centre, Winding St Register and find out more: isabelblackmancentre.co.uk Chair Yoga 3.00pm–Isabel Blackman Centre, Winding St Register: isabelblackmancentre.co.uk Origami 3.00pm–Isabel Blackman Centre, Winding St Silver Swans Ballet Class 4.00pm–Ore Community Centre, 455 Old London Rd Studio 2. Contact: Annie on 07704 711772 Drum Club 4.15pm–West Hill Community Centre, Croft Rd £6.50. Booking essential. For 15–16-year-olds. Contact: juliansambadrum@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: isabelblackmancentre.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 Foundations of Yoga with Paula 6.00pm–St Leonards Studio, Royal Victoria Contact: paula@stleonards.studio Dynamic Vinyasa 6.00pm–The Humble Hub, 4-5 Shepherd St £12 Kirsty T, MADRE SL, thehumblehub.co.uk Candlelit Yoga 6.00pm–All Saints Hall, 142 All Saints’ St oldtownyoga.co.uk Beginners Vinyasa Flow 6.30pm–Hot Yoga Hastings, 21 St Peter’s Rd hotyogahastings.co.uk Writing Young Adult Fiction 6.30pm–7 Trinity St With best-selling YA author Melinda Salisbury hastingswritersworkshop.com	ingswritersworkshop.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 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 oldtownyoga.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 Pole heels choreo 7.45pm–Free Bird Fitness, Silchester Rd freebirdfitness.uk 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 ashtangayogahastings@gmail.com Rise & Shine Yoga 8.00am–The Humble Hub, 4-5 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, 44 Wellington Square £10 or 5 for £40 5 Rhythms Dance 10.00am–The Humble Hub, 4-5 Shepherd St £15 Emma Leech thehumblehub.co.uk 5 Rhythms Movement Metaphor 10.00am–Crown House, Marina £15 or £12 concession, £10 for beginners info@artsonprescription.org Painting for Pleasure 10.00am–Stade Hall, The Stade 10 week course £100, info.sheridanjulieann@gmail.com Developing Your Craft–Writer’s Workshop 10.00am–7 Trinity St For new members of all levels of experience, 10 sessions, reading week 25 The Crown Knitters 10.30am–The Crown, 64-66 All Saints’ St Weekly group who knit lovely things to sell for local charities thecrownhastings.co.uk/events Conversational French 11.00am–Isabel Blackman Centre, Winding St Register and find out more: isabelblackmancentre.co.uk Needle Felt 11.00am–Isabel Blackman Centre, Winding St isabelblackmancentre.co.uk Art Classes for Adults 11.00am–12 Maze Hill £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, 142 All Saints’ St Contact Kerris 0748047236 Painting for Pleasure 12.15pm–Stade Hall, The Stade 10 week course £100 or 2 for £180, info.sheridanjulieann@gmail.com	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 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.tutor.1066@gmail.com The Untamed Body 2.00pm–The Humble Hub, 4-5 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, 455 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, 4-5 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 conditioning 5.30pm–Free Bird Fitness, Silchester Rd freebirdfitness.uk Pilates with Sally Paffard 5.30pm–West Hill Community Centre, Croft Rd Small class, contact
--	---	---	--	--	--

6

The HIP List

sponsored by

KILEY'S KARPETS

CARPETS • RUGS • VINYL • WOOD LAMINATES

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
Old Town Yoga
6.00pm–Stade Hall, The Stade
£9. Book at oldtownyoga.co.uk
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
School pole flow
6.30pm–Free Bird Fitness, Silchester Rd
freebirdfitness.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–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
febwritersworkshop.com
Creative Watercolour Evening Course
7.00pm–Bus Stop Studios, 53 London Rd
With Alice Stevenson
busstopstudios.com/classes
Kadampa Buddhist Meditation Class
7.00pm–Saint Nicholas Centre, St Nicholas Centre, London Rd
£9/£7 conc. Term time only, Maitreya
Dynamic Vin to Yin Yoga
7.30pm–The Humble Hub, 4-5 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, 26 St Paul’s Rd
£10 on the door.

Visit: sos.dance
Country Dancing
7.45pm–Saint Matthews Church Centre, 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). pitterpatterarts@gmail.com
Seated Strength Exercise Class
9.15am–Elphinstone Road, Elphinstone Rd
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). pitterpatterarts@gmail.com
Qigong
10.00am–Isabel Blackman Centre, Winding St
Register: isabelblackmancentre.co.uk
Wellbeing Wednesdays
10.00am–Art in the Park, Alexandra Park, Lower Park Rd, St Helen’s Park Rd
Pay as you can, suggested donation £4. Light refreshments & creative activities with a focus on enhancing your wellbeing. info@artsonprescription.org
Crowninos Kids Group
10.00am–The Crown, 64-66 All Saints’ St
£6 per family unit. Songs, stories and vibes. For 0-4 year-olds and their carers
Spanish – Adult Beginners
10.00am–First floor, 7 Cambridge Rd
£15 Classes available for all levels. Contact spanishonseaschool@gmail.com or Españoles en Hastings FB page
Elemental Yoga with Catherine
10.30am–St Leonards Studio, Royal Victoria
£7. Contact: [\[burnett12@gmail.com\]\(mailto:burnett12@gmail.com\)
Aerial Yoga
10.30am–The Humble Hub, 4-5 Shepherd St
£15 Samantha Jane, \[thehumblehub.co.uk\]\(http://thehumblehub.co.uk\)
Musical Drama \(2-4 years\)
11.00am–Mini Playhouse, 26 White Rock
£4 \(free trial\). \[pitterpatterarts@gmail.com\]\(mailto:pitterpatterarts@gmail.com\)
French for Beginners Level 1
11.00am–Bus Stop Studios, 53 London Rd
With Olivier Jarré \[busstopstudios.com/classes\]\(http://busstopstudios.com/classes\)
Art Classes for Adults
11.00am–12 Maze Hill
£13.50 per person–All Materials Included.
Email Theresa \[stleonardsartschool@outlook.com\]\(mailto:stleonardsartschool@outlook.com\)
Art Classes for Adults
11.00am–12 Maze Hill
also 12.00pm £13.50 per person–All Materials Included. Email Theresa \[stleonardsartschool@outlook.com\]\(mailto:stleonardsartschool@outlook.com\)
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. \[ninayoga.co.uk\]\(http://ninayoga.co.uk\)
Let’s Do Lunch
12.30pm–Isabel Blackman Centre, Winding St
Home-cooked two course menu for under £10. Info: \[isabelblackmancentre.co.uk\]\(http://isabelblackmancentre.co.uk\)
Legs Bums & Tums
1.00pm–Isabel Blackman Centre, Winding St
Register: \[isabelblackmancentre.co.uk\]\(http://isabelblackmancentre.co.uk\)
Dynamic Breathwork
1.00pm–The Humble Hub, 4-5 Shepherd St
£12 Andrew Dunne, \[thehumblehub.co.uk\]\(http://thehumblehub.co.uk\)
Qigong Movement Class
1.00pm–Christ Church Blacklands, Laton Rd
\[eequ.org/experience/8796\]\(http://eequ.org/experience/8796\)
Hatha Yoga for You
2.00pm–St Leonards Studio, Royal Victoria
\[louise@stleonards.studio\]\(mailto:louise@stleonards.studio\)
Intro to Crochet Afternoon Course
2.00pm–Bus Stop Studios, 53 London Rd
With Katie Jones \[busstopstudios.com/classes\]\(http://busstopstudios.com/classes\)
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: \[isabelblackmancentre.co.uk\]\(http://isabelblackmancentre.co.uk\)
Tai Chi Ch’uan Introductory Class to](mailto:catherine-</p></div><div data-bbox=)

the Long Yang Form
3.00pm–The Humble Hub, 4-5 Shepherd St
£0 Christopher Hamblin, thehumblehub.co.uk
Art Classes for Kids
4.15pm–12 Maze Hill
£12 per child–All materials included. Email Theresa stleonardsartschool@outlook.com
Star Child Mystery School
4.30pm–The Humble Hub, 4-5 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: 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
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
Mixed pole fitness
6.45pm–Free Bird Fitness, Silchester Rd
freebirdfitness.uk
Beginners Pole Class
7.00pm–The Humble Hub, 4-5 Shepherd St
£15 Active Cherry, thehumblehub.co.uk
Zumba
7.00pm–Broomgrove Community Centre, 85 Chiltern Dr
£3 or free for Broomgrove residents. To book: [\[org/experience/6591\]\(http://org/experience/6591\)
Buddhist Meditation and Dharma Teaching
7.00pm–
In person and via Zoom. \[tsebg.org/local-groups\]\(http://tsebg.org/local-groups\)
Hand Embroidery Course
7.00pm–Bus Stop Studios, 53 London Rd
Lady B Embroidery, also Tuesdays at 2.00pm
\[busstopstudios.com/classes\]\(http://busstopstudios.com/classes\)
Aoi Bara Meditation
7.30pm–Peachy Self Care Studio
Donation only community meditation class. \[aolibarameditation.co.uk\]\(http://aolibarameditation.co.uk\)
Kundalini Yoga and Meditation Class
7.30pm–The Ballroom, Bank Hotel & Bistro, 28-29 Grand Parade
£10. \[soulpowerkundaliniyoga.co.uk\]\(http://soulpowerkundaliniyoga.co.uk\)
Argentine Tango Social Dance
8.00pm–The White Rock Hotel, 1-10 White Rock
Downstairs bar. £8 for dancers, £3 non-dancers. \[pennythepoet-ess@yahoo.co.uk\]\(mailto:pennythepoet-ess@yahoo.co.uk\)
Relaxation: Zoom class with Pilates teacher Sally Paffard
8.00pm–
£4. \[sallypaffard@gmail.com\]\(mailto:sallypaffard@gmail.com\)
Beginners Pole Class
8.00pm–The Humble Hub, 4-5 Shepherd St
£15 Active Cherry, \[thehumblehub.co.uk\]\(http://thehumblehub.co.uk\)
Thursdays Dynamic Anatomy Yoga
7.00am–West Hill Community Centre, Croft Rd
£8 drop in, £36 for six week course, BYOM, book online \[dynamicanatomy.co.uk/yoga\]\(http://dynamicanatomy.co.uk/yoga\)
Ashtanga Yoga – Assisted Self Practice
7.15am–The Wellington Health & Wellbeing Centre, 44 Wellington Square
£15. \[ashtangayoga-hastings@gmail.com\]\(mailto:ashtangayoga-hastings@gmail.com\)
Gentle Wake Up Yoga
8.00am–St Leonards Studio, Royal Victoria
\[karen@yoga-by-the-sea.co.uk\]\(mailto:karen@yoga-by-the-sea.co.uk\)
Circuits
9.00am–Isabel Blackman Centre, Winding St
Register and find out more: \[isabelblackmancentre.co.uk\]\(http://isabelblackmancentre.co.uk\)
200 Hr Yoga Teacher Training
9.00am–The Humble Hub, 4-5 Shepherd St
Live Love Yoga, POA \[thehumblehub.co.uk\]\(http://thehumblehub.co.uk\)
Vinyasa Flow
9.30am–St Leonards Studio, Royal Victoria
\[karen@yoga-by-the-sea.co.uk\]\(mailto:karen@yoga-by-the-sea.co.uk\)
Yoga at Hastings](http://eequ.</p></div><div data-bbox=)

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
Watercolour Painting
10.00am–Stade Hall, The Stade
£100, contact Julie. booking essential sheridan-julieann@gmail.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
£100, contact Julie. booking essential sheridan-julieann@gmail.com
Online Vinyasa Flow with Elena Voce
12.45pm–
Classes for all levels. Pay-what-you-can. yogawithelenvoce.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
Beginners Line Dance Classes
2.00pm–Pebsham Community Hub, 70 Seabourne Rd, Bexhill
Contact Kerris 0748047236
Afternoon Knitting Course
2.00pm–Bus Stop Studios, 53 London Rd
Harriet of FLOCK (fortnightly)

studios.com/classes FREE Mark Your Mark Workshop (0-4yrs) 2.30pm–Stade Hall, The Stade Yoga with Marjolyn 3.00pm–St Leonards Studio, Royal Victoria Contact: 07929 577985 Pilates (beginners) 3.00pm–Isabel Blackman Centre, Winding St isabelblackmancentre.co.uk Kid's Aerial Hammocks (Age 7-13) 4.00pm–The Humble Hub, 4-5 Shepherd St £9 Samantha Jane Yoga, thehumblehub.co.uk Aerial Slings 5.00pm–The Humble Hub, 4-5 Shepherd St £12 Samantha Jane, the-humblehub.co.uk Tilekiln Youth Club Sessions 5.30pm–Tilekiln Community Centre, Tilebarn Road sarah.adams@freshvisions.org.uk. Bev 07732 823800 Kundalini Yoga & Meditation with Yeli 6.00pm–The Wellington Health & Wellbeing Centre, 44 Wellington Square yeli@happiness-holistichealth.co.uk Evening Clothes-making Course 6.00pm–Bus Stop Studios, 53 London Rd With Anna Winston (fortnightly) busstopstudios.com/classes Art Classes for Adults 6.15pm–12 Maze Hill also 7.15pm £13.50 per person–All Materials Included. Email Theresa	Fridays Breathe and Stretch with Karen Arthur 8.00am–Afri-Co-Lab, 3, Marine Court Start the weekend energised and refreshed. £5 concessions afri-co-lab.org Pilates: Improver–Intermediate level 9.00am–The Humble Hub, 4-5 Shepherd St £10 Pilates by Sarah T, thehumblehub.co.uk Traditional Yoga 9.00am–Horntye Park Sports Complex, Bohemia Rd, Intermediate class £12 Booking and details ninayoga.co.uk Pilates: mixed ability with Sally Paffard 9.00am–Zoom class sallypaffard@gmail.com Feel better with Therapeutic Movements 9.30am–Salvation Army Hall Suitable for all ages. Contact Sigrid qigong-sigrid@gmail.com IBC Traditional Yoga 9.30am–Isabel Blackman Centre, Winding St Register and find out more: isabelblackmancentre.co.uk Tiny Voices 9.30am–Stade Hall, The Stade Beginners Spanish 10.00am–Isabel Blackman Centre, Winding St Register and find out more: isabelblackmancentre.co.uk Seated Exercise Class 10.15am–Play Sport Fitness Hub, Elphinstone Road For those who struggle to	Sports Complex, Bohemia Rd, Floor-based yoga for all abilities. £7 Bookings: ninayoga.co.uk Slow & Steady Mobility 1.00pm–Isabel Blackman Centre, Winding St Easy and accessible standing workout. Register at: isabelblackmancentre.co.uk Ayu Shakti Yoga 2.00pm–The Humble Hub, 4-5 Shepherd St Joanna Allen, £10 thehumblehub.co.uk FREE Mark Your Mark Workshop (0-4yrs) 2.30pm–Stade Hall, The Stade Chair Yoga – A Supported Approach 2.30pm–St Leonards Studio, Royal Victoria Supported yoga for those with reduced mobility. £6. Email zowie@stleonards.studio or visit stleonards.studio. Table Tennis 2.30pm–Isabel Blackman Centre, Winding St Register: isabelblackmancentre.co.uk Senior Strength 3.00pm–Isabel Blackman Centre, Winding St Introduction to the gym facilities. Register: isabelblackmancentre.co.uk Kids Circus 4.15pm–Free Bird Fitness, Silchester Rd freebirdfitness.uk Beginner aerial skills 5.30pm–Free Bird Fitness, Silchester Rd freebirdfitness.uk Martial Arts Free	Trial Lesson 5.45pm–Ark Alexandra Academy (Staff entrance), Park Ave Families welcome. Booking required: martialartshastings.com Sewing for Beginners 6.00pm–The Old Ambulance Station Bexhill, 10 Beeching Rd, Bexhill 3 week course. Book via melodieclothing.com Beginners Creative Writing Group 6.15pm–Clifton Centre, 1 and 2 Stainsby St Contact: info@thecliftoncentre.com for details Improvers aerial hoop 6.45pm–Free Bird Fitness, Silchester Rd freebirdfitness.uk Astro Yoga 8.00pm–The Humble Hub, 4-5 Shepherd St Joanna Allen, £10 thehumblehub.co.uk	4-5 Shepherd St Jensy Azucena, £8.00, alternate weeks thehumblehub.co.uk Art Classes for Kids 10.00am–12 Maze Hill £12 per child–All materials included. Email Theresa stleonardsartschool@outlook.com Strong Yoga with Lucy 10.00am–Online Morning Yoga via Zoom. lamiles@hotmail.co.uk Morning Flow Yoga 10.00am–Bank House, 144 London Rd Ease into your week-end with some mindful movement and breath-work. More info: yoga-by-the-sea.co.uk Making Trousers Workshop 10.00am–The Old Ambulance Station Bexhill, 10 Beeching Rd, Bexhill Book via melodieclothing.com 2 day course. Learn to make the Anna Allen 'Persephone Pants'. Antenatal Class 10.00am–The Crown, 64-66 All Saints' St First Saturday morning of every month, free! Martial Arts Free Trial Lesson 10.00am–Ark Alexandra Academy (Staff entrance), Park Ave Families welcome. Booking: martialartshastings.com Beginners Weight Training 10.30am–Isabel Blackman Centre, Winding St Register: isabelblackmancentre.co.uk	ADVERTISE WITH US Listings are FREE! Or you could take a display ad in the paper that is cheaper than you'd think.  Scan here to download our press pack for more information and prices or contact us directly at advertising@yourhip.co.uk
	mancentre.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 Yoga Flow 11.30am–Isabel Blackman Centre, Winding St Register and find out more: isabelblackmancentre.co.uk Improv on Sea–Comedy Improv Workshops 12.00pm–The Horse & Groom, Horse & Groom, 4 Mercatoria Tickets £16 + booking fee – https://outsavvy.com/organiser/improv-on-sea Gong Bath Sessions 2.00pm–Four Courts Wellbeing Hub, Sydney Cl, Saint Leonards Find out more via GongVibrations1066 on Facebook or text Karen Hayler: 07986 911083				

COMING SOON!



STUDIO AND THERAPY ROOM AVAILABLE FOR HIRE

We are inviting local teachers, facilitators and artists to offer a range of weekly classes, workshops and intimate events. Let's build community together.

Looking for a space to hold your next class or event? Join us!

EMAIL : pipshastings@gmail.com

SCAN ME



International Women's Day Festival at the OB promises to be a roaring success



Eggtooth at Hear Me Roar 2024

CHRIS CONNELLEY

Hear Me Roar 2025 is a day-long community festival celebrating International Women's Day and the many inspiring women and women-led organisations in our town.

Organised by Women's Voice Hastings, the event will be held at the Observer Building, with a full programme of talks, activities, workshops and performance.

It also features a variety of stalls

ERICA SMITH



Kin Choir at Hear Me Roar 2024

from community organisations including A Touch of Gentleness, Black Butterfly, Oasis Project, and Hastings and Rother Rainbow Alliance.

Attendees will be able to participate in a range of activities, including embroidery and cross stitch with Stitch TLC, collaborative colouring with Afri Co Lab and badge-making with Arts on Prescription.

The festival also offers two free workshops focusing on empowerment and self-expression. *Rise and*

Resist: Yoga for Empowerment is an inclusive yoga practice that cultivates courage and resilience through movement, breathwork and rest, whilst the *Spoken Stories Poetry Writing Workshop* with Naomi Wood and Marie will explore personal experiences and nurture creative voices in a fun and supportive environment.

Throughout the day, attendees will have the opportunity to hear from a diverse lineup of speakers, including representatives from

UNISON, Trans Pride, and the Green Party.

Organisers are also promising a special guest, a film presentation from the Refugee Buddy Project and musical performances by violinist Sam Brown and KIN Choir, as well as a presentation by Claudine Eccleston about the Black Flower Seller.

Let it Roar 2025 runs from 11-5pm on Saturday March 8 at the Observer Building, 53 Cambridge Road, Hastings, TN34 1DT

Meet Men's Shed at the Park

COLIN FOY



John Briot at Men's Shed

The Hastings and St Leonards Men's Shed will be running a stall at a wood-themed market hosted by the Alexandra Park Greenhouse to celebrate World Wood Day on 22 March. The free event runs from 10.00am until 3.00pm and is part of a three-day Wood Celebration, with Men's Shed sharing the event with a variety of other stallholders.

Members of Men's Shed often work with donated materials with income from sales contributing to running costs. Their own stall will be selling a variety of affordable items such as the ever-popular wooden bird boxes. The public can also place orders for bespoke items to be made or repaired.

The Shed currently has about 186 members, 10 percent of whom are women. Godfrey Bevan, one of its trustees, said: "Our members range from able-bodied to the disadvantaged and vulnerable. The Shed aims to mitigate loneliness and social isolation, and the consequent mental and physical ill health." He explained that it provides a welcoming environment where people can

make friends, pursue a craft hobby and feel valued.

The rented building that houses the shed in Manhattan Gardens, Ore has a wood and a metal workshop, plus a social area. The trustees are fundraising to buy the building and secure the project's future.

Woodworker John Briot, a former painter and decorator who once played football for Crystal Palace, explains that he enjoys working there because "You can make up your own mind what to make, and you're able to do it."

Saturday's market will also feature, among others, a stall run by the Sussex Trug industry, and Rupert Bozeat, a former lecturer in

furniture and product design, will be making and selling simple wooden utensils. There will also be a demonstration of brush-making.

On Sunday 23 and Monday 24 March, Alexandra Park Greenhouse will host a Wood Carving Workshop led by Rupert Bozeat where beginners can learn how to carve useful utensils from recently felled hardwood. The workshops run from 9.30am to 5.30pm and tickets cost £60 for each day, plus a £5.71 booking fee, from Eventbrite at our-greenhouse.org. The Men's Shed welcomes new members. Email info@hastingsmensshed.org.uk or phone 01424 444246 for details.



WHITE ROCK STUDIO x SOUNDS ST LEONARDS PRESENTS

AWARD-WINNING SITAR VIRTUOSO

JASDEEP SINGH DEGUN

WED 26TH MARCH

WHITE ROCK STUDIO, HASTINGS



Tickets & Info

www.whiterocktheatre.org.uk
www.sounds-stleonards.co.uk

Doors 7pm
Tickets £17.50 adv