

Friday 9 to Thursday 22 May 2025

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

The HIP List

sponsored by

KILEY'S KARPETS
CARPETS • RUGS • VINYL • WOOD LAMINATES

A magical weekend of mechanical
marvels at AutomataFest from 9-11 May
in the Observer Building Cambridge
Road. As well as ticketed events. There's
a free exhibition on Sunday 11th May in
the OB vaults and neighbouring Mechanical
Making Space. See story on P19.



**Hastings
Independent**



MUSIC

Friday 9 May
Sari Schorr
7.30pm–The Carlisle, 24 Pelham St
Blues rock vocalist
Gaye Bykers on Acid + DaemöniK Fonce
8.00pm–The Piper, 1 Norman Rd
Leicester grebo
Fever Rouge + The Scimitars
8.30pm–The Jenny Lind Inn, 69 High St Brighton
Post punk/ indie group
This Ain't A Scene
9.00pm–The Pig's Palace, 37 White Rock
Emo, punk and metal night. Free entry

Saturday 10 May
Silver Hill
7.00pm–The Jenny Lind Inn, 69 High St
Blues/indie quartet
The Shires
7.30pm–De La Warr Pavilion, Marina, Bexhill

Sunday 11 May
The Salts
7.30pm–White Rock Theatre, White Rock

Wednesday 14 May
James Taylor Quartet
7.30pm–White Rock Theatre, White Rock

Friday 16 May
Millie's Nightclub–Pop-Up Nightclub for adults with Learning Disabilities
7.00pm–White Rock Theatre, White Rock
Gaye Bykers on Acid + DaemöniK Fonce
7.30pm–The Carlisle, 24 Pelham St
Support from Red Giant
T.Rexstasy–The Greatest Hits Tour
7.30pm–White Rock Theatre, White Rock
Cuban Brothers
7.30pm–White Rock Theatre, White Rock

Saturday 17 May
Jerron Paxton–Things Done Changed
7.30pm–Henry Ward Hall, 45 Robertson St
Frank From Blue Velvet
8.00pm–The Piper, 1 Norman Rd
Post-punk gospel blues group. Support from Hastings Punk Choir and Jr Sellers and the San Leonardo Swangers

Tuesday 20 May
King King
7.30pm–Henry Ward Hall, 45 Robertson St

Thursday 22 May
Maxmillian
7.30pm–The Piper, 1 Norman Rd
Cinematic indie art-ist from Brighton

WEEKLY MUSIC

Sundays
Los Twangueros
7.00pm–The Jenny Lind Inn, 69 High St
Flamenco-jazz grooves
BYO Vinyl Night
7.00pm–The Jenny Lind Inn, 69 High St

Mondays
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
The Jam on the Hill
8.00pm–The Plough Inn, 49 Priory Rd
Bring your instrument and voice and join in!
Twitten Revellers Open Session
8.30pm–The Bull Inn
Battle, 27 High St
Monthly open folk ses-sion, every 3rd Monday.

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–The Stag Inn, 14 All Saints' St
Playing tunes from Ireland, England, Scotland and beyond
Albion Skiffle Company
8.30pm–Albion Hastings, 33 George St
Open acoustic mu-sic session.

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

Every Third Wednesday of the month.

Thursdays
Open Mic Night
7.00pm–The Pig's Palace, 37 White Rock
Berth of the Cool: Jazz DJs with Herbie Greensmith & Southcoast DonArden
7.00pm–The White Rock Hotel, 1-10 White Rock
Downstairs at the White Rock Hotel. Second Thursday of the month
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 lyr-ics sheet and join in

Fridays
McNiff's Folk Sundowner
5.00pm–The Jenny Lind Inn, 69 High St
Weekly acoustic strand with a different guest featured every Friday
Dine with Music
6.00pm–The Dolphin Inn, 11-12 Rock-a-Nore Rd
Full menu plus spe-cials. Guest singers begin from 7.30pm

Saturdays
The Coffee House Sessions
5.30pm–Hanushka Coffee, Robertson St
Free entry. Jason McNiff and friends present
Aquarius International Club,
8.00pm–The White Rock Hotel, 1-10 White Rock
A raucous 60s & 70s DJ night
Punk Night
8.30pm–The Carlisle, 24 Pelham St
Monthly. check Punk Rock at the Carlisle for updates on bands

PERFORMANCE

Friday 9 May
Coffee Concert: Viola Lenzi & Isabella Gori (piano duo)
11.00am–Kino-Teatr, 43-49 Norman Rd
Hastings Gang Show
7.00pm–White Rock Theatre, White Rock

Saturday 10 May
Hastings Gang Show
2.00pm–White Rock Theatre, White Rock
Hastings Gang Show
7.00pm–White Rock Theatre, White Rock
The Forbidden Fruit Cabaret: Vicki Vivacious
9.30pm–The Forbidden Fruit, 22 Grand Parade

Monday 12 May
Giddy Goat
1.30pm–White Rock Theatre, White Rock
Music in the Round KS1 Concert for Schools
Mozart Masterpieces for Horn and Strings
7.30pm–White Rock Theatre, White Rock

Wednesday 14 May
Pirates Love Underpants
1.30pm–White Rock Theatre, White Rock

Thursday 15 May
The Royal Opera: Die Walküre
5.00pm–Kino-Teatr, 43-49 Norman Rd

Friday 16 May
The Forbidden Fruit Cabaret: Cosmic
9.30pm–The Forbidden Fruit, 22 Grand Parade

Saturday 17 May
Hastings Philharmonic Orchestra: Holst, Clarke, Barber, Britten
7.30pm–Church of St Thomas, Winchelsea, Monks' Walk
Brian Bilston and Henry Normal
7.30pm–White Rock Theatre, White Rock

Sunday 18 May
Coffee Concert: Adrien Brandeis
11.00am–Kino-Teatr, 43-49 Norman Rd
A Night at the Bexhill Proms
7.30pm–De La Warr Pavilion, Marina, Bexhill

Wednesday 21 May
Bavard Bar
7.30pm–Kino-Teatr, 43-49 Norman Rd
Unstable–Comedy Improv
7.30pm–The Stables Theatre, The Bourne

Thursday 22 May
The Royal Ballet–Ballet to Broadway: Wheeldon Works
7.15pm–Kino-Teatr, 43-49 Norman Rd

WEEKLY PERFORMANCE

Tuesdays
Murder, Margaret and Me
7.30pm–The Stables Theatre, The Bourne

Wednesdays
Murder, Margaret and Me
7.30pm–The Stables Theatre, The Bourne
Hastleons present Everybody's Talking About Jamie
7.30pm–White Rock

Theatre, White Rock

Thursdays
Murder, Margaret and Me
7.30pm–The Stables Theatre, The Bourne
Hastleons present Everybody's Talking About Jamie
7.30pm–White Rock Theatre, White Rock

Fridays
The Addams Family
6.30pm–Izzard Theatre, Penland Rd, Bexhill
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
Murder, Margaret and Me
7.30pm–The Stables Theatre, The Bourne
Late Night Karaoke
11.00pm–Barnaby's Lounge, 46 Robertson St

Saturdays
The Addams Family
2.00pm–Izzard Theatre, Penland Rd, Bexhill
The Addams Family
6.30pm–Izzard Theatre, Penland Rd, Bexhill
Murder, Margaret and Me
7.30pm–The Stables Theatre, The Bourne

CINEMA

Friday 9 May
The Cranes are Flying
3.00pm–Kino-Teatr, 43-49 Norman Rd
The Fire Within: Requiem for Katia and Maurice Krafft + live virtual Q&A with Werner Herzog
7.00pm–De La Warr Pavilion, Marina, Bexhill
One to One: John and Yoko
7.30pm–Electric Palace, 39A High St
The Cranes are Flying
7.30pm–Kino-Teatr, 43-49 Norman Rd

Saturday 10 May
The Penguin Lessons
3.00pm–Kino-Teatr, 43-49 Norman Rd
Hugo (screened as part of Automata Festival)
7.00pm–Hastings Museum & Art Gallery, John's Place, Bohemia Rd
£5–open to all and you do not need a ticket to AutomataFest.
Anora
7.30pm–Electric Palace, 39A High St
The Penguin Lessons
7.30pm–Kino-Teatr, 43-49 Norman Rd

Sunday 11 May
My Favourite Cake
11.00am–Electric Palace, 39A High St
The Penguin Lessons
2.00pm–Kino-Teatr, 43-49 Norman Rd
I'm Still Here
3.00pm–Electric Palace, 39A High St
A devastating true story, I'm Still Here is exhila-rating in its portrayal of human tenacity in the face of injustice.

Thursday 15 May
One to One: John and Yoko
11.00am–Electric Palace, 39A High St
I'm Still Here
7.30pm–Electric Palace, 39A High St
A devastating true story, I'm Still Here is exhila-rating in its portrayal of human tenacity in the face of injustice.

Friday 16 May
Fright Night: The Witch
7.30pm–Electric Palace, 39A High St

Saturday 17 May
Nosferatu
3.00pm–Electric Palace, 39A High St

Sunday 18 May
Cottontail
11.00am–Electric Palace, 39A High St
Nosferatu: A Symphony of Horror + live score from Column258
3.00pm–Electric Palace, 39A High St

Thursday 22 May
Michelangelo: Love & Death
11.00am–Electric Palace, 39A High St
Nosferatu
7.30pm–Electric Palace, 39A High St

WEEKLY CINEMA

Mondays
Movie Mondays
7.30pm–The Forbidden Fruit, 22 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

ART

All Good Things are Wild and Free–Adam Wood

From 2 May
Cake Room, Robertson St
Automata @ The Museum
Until 8 June
Hastings Museum and
Art Gallery, Bohemia Rd
Nigel Caple–The Tokaido: Visions of the Eastern Sea Road
Until 2 June
The Crown, All Saints St
Bruce Gilchrist–Stop Searching Else Loop Forever
Until 17 May
Project 78 Gallery,
Norman Rd
Hastings Arts Forum Spring Show
14 until 25 May
Hastings Arts Forum,
Marine Court
Mike Hatchard–Billies Bounce
Until 31 May
Stables Theatre
Gallery, The Bourne
Celia Hempton–OceanTerminal
10 May until 26 July
Flatland Projects, 22
Beeching Rd. Bexhill
Homages II Group Show
Until 11 May
Hastings Arts Forum
Icons
Until 31 May
Lucy Bell Gallery,
Norman Rd
Jaki Irvine: SSH OW
Until 26 May
De La Warr Pavilion,
Bexhill
Looking Back–20th Century Figurative Oil Paintings
Ongoing
Baker Mamonova Gallery,
Kino Teatr, Norman Rd
Old Towners–Rob Maxted, Tony Ellis, Martin Webb, Paul Praeger
Until 11 May
Zoom Gallery, Warrior
Square Station
On Acts Without Words–Colin Booth & Claudia Hausfeld
Until 10 May
Mercatoria Fishing
Club, 12a Mercatoria
The Parkin Lot–Molly, Sophie, Carson
10 May until 15 June
Rogue Gallery, Norman Rd
Pearls of the Sea–Landing Places
Until 1 June
Hastings Contemporary,
The Stade
Railway 200
Until 29 June
Hastings Museum
and Art Gallery
Michelle Roberts: Red, Blue, Up
Until 1 June
De La Warr Pavilion,
Bexhill
Sprung–Group Exhibition
From 9 May
Barnaby's Lounge,

Robertson St
The Sun Feeds the Wind
Until 14 September
Hastings Contemporary,
The Stade
Tschabalala Self: Seated
Until 1 June 2025
De La Warr Pavilion
(Lawn), Bexhill
Undersea
Until 14 September
Hastings Contemporary,
The Stade



SPORT

Saturday 17 May
Cricket: Hastings & St Leonards Priory v Brighton & Hove–Sussex Cricket League Div 2
12.30pm–Horntye Park



ACTIVE SPORT

Sundays
Free Tennis session in the park
10.00am–Alexandra
Park Tennis Courts
To book: clubspark.lta.org.uk/breakpointtennis
AlexandraPark/FreeParks
Table Tennis
10.00am–Isabel Blackman
Centre, Winding St
isabelblackmancentre.co.uk
Indoor Bowls
10.00am–Isabel Blackman
Centre, Winding St
isabelblackmancentre.co.uk

Mondays
Badminton
9.30am–Summerfields
Leisure Centre,
Bohemia Rd
Adult class £5.60, hosted
by Cathy Bargh Booking
freedom-leisure.co.uk
Walking Football
1.30pm–Summerfields
Leisure Centre,
Bohemia Rd
Voluntary donation
£3 To book: eequ.org/experience/9252
Disability Cricket with Sussex Cricket
5.00pm–Horntye
Park Sports Complex,
Bohemia Rd
sussexcricket.co.uk/super-1s-hub
Active Hastings Walking Football
6.00pm–TN34 2LD,
Lower Park Rd
Alexandra Park Multi-
Use Games Area £2
Adults 50+ Booking eequ.org/experience/6144
Badminton
8.00pm–Summerfields
Leisure Centre,
Bohemia Rd
£5.60 Adults

bookingfreedom-leisure.co.uk
Hastings YMCA Badminton Club
8.15pm–The Y Centre,
26 St Paul's Rd
Adult club, limited spaces
for juniors. Booking
essential £5.50 hastingsymcabadmintonclub.co.uk

Tuesdays
Hastings Active Fit
11.00am–West St Leonards
Community Centre and
Social Club, 130 Bexhill Rd
Contact weststleonardsca@gmail.com for details
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, 1
Wishing Tree Rd N
£3.50 from reception
to year 6. Contact Neil
Chalcrafft 07858 412184
Judo with Hollington Judo Club
7.00pm–Hollington
Community Centre, 1
Wishing Tree Rd N
For children in years
7-11 contact Neil
Chalcrafft 07858 412184
Hastings Women's Indoor Rounders
7.30pm–The St. Leonard's
Academy, Edinburgh Rd
info: hastingsrounders@gmail.com. In the Sports
Hall. Booking: eequ.org/experience/4956
Judo with Hollington Judo Club
8.00pm–Hollington
Community Centre, 1
Wishing Tree Rd N
£5 Adults. Contact
Neil Chalcrafft
Hastings YMCA Badminton Club
8.30pm–Bexhill Leisure
Centre, Down Rd, Bexhill
Adult club, limited spaces
for juniors. Booking
essential £5.50 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
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
Hastings YMCA Badminton Club
7.30pm–The Y Centre,
26 St Paul's Rd
Adult club, limited spaces
for juniors. Booking
essential £5.50 hastingsymcabadmintonclub.co.uk
Men's Fitness: Strength and Conditioning
8.00pm–Broomgrove
Community Centre,
85 Chiltern Dr
Broomgrove residents
or £3 To book: eequ.org/experience/7974

Thursdays
Hastings Active Fit
10.30am–West St Leonards
Community Centre and
Social Club, 130 Bexhill Rd
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 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
Mixed Darts League
7.00pm–West St Leonards
Community Centre and
Social Club, 130 Bexhill Rd
Bar open for the duration.
Contact weststleonardsca@gmail.com for details
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
Barbarian Swimmers
6.00pm–Summerfields
Leisure Centre,
Bohemia Rd
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 9 May
AutomataFest @ The Observer Building
9.00am–Observer
Building, 53 Cambridge Rd
A 3 day opportunity to
experience the vibrant
automata scene in the UK.
Tickets and full pro-
gramme: AutomataFest
A Curious Town Plays Festival Opening Night Party
6.00pm–St. Andrews
Mews, 1 Waldegrave St

Saturday 10 May
Village Affairs Art Market
11.00am–Stade
Hall, The Stade
Queer Artist-run cre-
ative fair featuring local
artists' ceramics, prints,
oil paintings and bril-
liant local photographer
doing dog portraits.
The Tokaido–Visions of the Eastern Sea Road (Illustrated Lecture)
12.30pm–Hastings
Museum & Art Gallery,
John's Place, Bohemia Rd
An illustrated lecture
by Nigel Caple. £5
Urban Tree Festival: Walk and Tree ID trail
10am-12pm–Church Wood
Community Orchard
FREE. Donations for
CWCO welcome. Meet at
church car park, Church
in the Wood Lane. Contact
rainbowsmary@gmail.com

Sunday 11 May
Clothes Swap
12.00pm–Hair And
Hound, 196 Queens Rd
Donate unwanted clothes,

shoes and accessories. Take
home pre-loved fashion for
£2 per item. Proceeds will
be donated to Trans Pride
Hastings. Coffee, cakes,
cocktails, wine and snacks.
All Ears–A Performance Inside SSH OW (Free Event)
1.30pm–De La Warr
Pavilion, Marina, Bexhill
Step inside Jaki Irvine's in-
stallation SSH OW and be-
come part of a live, impro-
vised sound performance.
Urban Tree Festival: Nature Connection Session
10am-11.15am or 11.30-
12.45pm–Linton Gardens
Get to know a local green-
space in a different way!
The session is based on
the principles of Forest
Bathing. FREE but dona-
tions for CWCO welcome.

Monday 12 May
Urban Tree Festival: A Celebration of Trees
10am-12.30pm–Art in the
Park, Alexandra Park
Create artwork along-
side local artists. Part
of the Grow Project.
FREE with donations to
Arts on Prescription.
The Goodness Collective at the Crown
10.30am–The Crown,
64-66 All Saints' St
Free! makingyour-way.co.uk

Thursday 15 May
Emma Unveiled: Borges, Dictatorship and Imagination with Jim Kapetanos
7.00pm–Cumbia
Kitchen, 44 Marina
Emma Unveiled:
Borges, Dictatorship,
and Imagination with
Jim Kapetanos
Urban Tree Festival: We Love Trees!
11am-3pm Priory Meadow
Planting and Care of
Trees information and art
activity. Contact rainbowsmary@gmail.com

Friday 16 May
60s Danceaway
12.00pm–Observer
Building, 53 Cambridge Rd
Millie's Nightclub
7.00pm–White Rock
Theatre, White Rock
Urban Tree Festival:
Love of Trees
Hatton's Yard, 4a
Hatherley Rd
Yemii from Stitch TLC
Home Education Group at
Black Butterfly. Part of the
Joyful Roots Programme.
Contact dawn@black-butterfly.org.uk

Saturday 17 May
Frock Up Friday



Gathering
12.00pm–Oscar’s on the Square, Lower Promenade Opp. Warrior Square, Grand Parade
Eurovision Song Contest Grand Final Live!
7.30pm–Electric Palace, 39A High St
Eurovision Viewing Party hosted by Nicki Bockerglory
8.00pm–The Forbidden Fruit, 22 Grand Parade
Urban Tree Festival: Spring Open Day
11am-3pm–Ore Community Land Trust off Old London Road
Plant sales, woodland tours and refreshments. Contact engagement@oreclt.org.
Urban Tree Festival: Tree Walk With Dr Owen Johnson
10.30am-12.30pm from Harmer’s lay-by in Alexandra Park
Meet at top of the steps near the Pumphouse cafe and deli. £10 Booking via info@artsonprescription.org

Sunday 18 May EXPRESSFEST: Art for All!
11.30am–White Rock Theatre, White Rock
Urban Tree Festival: Walk Through Summerfield Wood Nature Reserve
12.45p -1pm–by the bus stop on Bohemia Road nearest to Hastings fire / police station
BYO mini picnic and enjoy a musical inter-lude from violinist, Sam Browne. Contact dawn@blackbutterfly.org.uk
Urban Tree Festival: Warrior Square Station Community Garden
2pm-4pm–Warrior Square Station
Transition Town Hastings invite you to wander and tree-spot in the community garden. Details from info@transitiontownhastings.org.uk or just turn up.

Monday 19 May Wavelength Social & Volunteer Event
6.00pm–White Rock Theatre, White Rock

Wednesday 21 May Bexhill Primary Care Network’s Health & Wellness Event (Free Event)
Wednesday 21 May–De La Warr Pavilion, Marina, Bexhill

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
Brunch at the Beacon
10.30am–The Beacon, 67-68 St Mary’s Terrace
Homeground Kitchen’s cosy, hearty food and delicious cocktails. The first 3 Sundays of the month. Book at hgkhastings@gmail.com
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
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 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
Overeaters Anonymous
7.30pm–Clifton Centre, 1-2 Stainsby St
The Hastings and St Leonards Model Railway Club
8.00pm–Baldslow Memorial Hall, 216 Harrow Ln
New members welcome hastingsmrc.org.uk
Monday Night Quiz
8.00pm–Noah’s Goat Hastings, 68 George St
Teams of up to 6, £2 p/p entry fee and prizes for winning and losing teams. Message/call if you’d like a table [01424 438791](tel:01424438791).

Tuesdays 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

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 sewitstuesday@outlook.com
Bingo Night
7.30pm–The Dolphin Inn, 11-12 Rock-a-Nore Rd
Booking advised: [01424 434326](tel:01424434326)
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: crewruyleys@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](tel:07764655609)
Green Gym at Hastings Centre
10.00am–The Hastings Centre, The Ridge
Horticultural volunteering for health, carrie.edmonds@tcv.org.uk / [07764 655609](tel:07764655609)
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 and Social Club, 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. thechoir@gmail.com
Men’s Walk and Talk
7.00pm–Azur, Marina Pavillion, 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](tel:07510927978).
The Stag Book Club
7.00pm–The Stag Inn, 14 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, 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
Green Gym at Church Wood
10.00am–Church Wood Conservation volunteering for health, contact carrie.edmonds@tcv.org.uk / [07764 655609](tel:07764655609)
Cozy Crypt
10.00am–London Road, London Rd
Share Conversation, Access Support, In Partnership with Citizens Advice 1066
Friendship Café
2.00pm–Hastings Court Care Home, 314 The Ridge
Hosted by the community coordinator for stroke rehabilitation, a monthly support and advice session for families affected by strokes. Contact: [01424 755151](tel:01424755151)
Bingo
2.00pm–West St Leonards Community Centre and Social Club, 130 Bexhill Rd
Contact weststleonardsca@gmail.com for details
The Barbarian Wolf Chess Club
5.15pm–The Horse & Groom, 4 Mercatoria
Weekly chess
Sheer Poetry
6.00pm–Twelve Hundred Postcards, 80 Queens Rd
Open mic, no entry fee, no pressure. Contact Book-Buster on Facebook
Pumphouse Late Plates
6.30pm–Pumphouse Cafe and Deli, Pumphouse, Alexandra

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

Park, St Helen’s Rd
Every alternate Thursday
War Games
7.00pm–West St Leonards Community Centre and Social Club, 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. hast-ingstownsingers.co.uk
Pub Quiz
7.30pm–The Dolphin Inn, 11-12 Rock-a-Nore Rd
Free entry plus prize money to be won!! Booking recommended [01424 434326](tel:01424434326)

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, St Augustine’s Close, Cooden Dr, Bexhill
A free singing group for people living with Dementia and their carers in Bexhill. Every 1st and 3rd Friday. disc-dementiasupport.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
The Damascus Runners
11.00am–Bonjour Café,

13 Grand Parade
Social walking group, meet on the seafront opposite
Broomgrove Youth Club Sessions
4.30pm–Broomgrove Community Centre, 85 Chiltern Dr
sarah.adams@freshvisions.org.uk Bev [07732 823800](tel:07732823800)

Saturdays Indoor Market
10.00am–Saint Leonards Church Market, London Rd
Weekly market: clothes, bits, food, tarot. Stalls still available. stleoschurch.co.uk
Monthly Fayre
10.00am–Isabel Blackman Centre, Winding St
Hastings Library of Things
10.00am–Hastings Town Hall, Station Rd
Borrow tools and useful items, from bolt cutters to sewing machines, from tents to trom-bones. Find out more: umbrellasussex.org.uk.
Thai food at the Albert
2.00pm–The Royal Albert, 293 Battle Rd
Hastings and St Leonards Community Singing and Drumming Circle
6.00pm–Clifton Centre, 1-2 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
Every 2nd Saturday.

CLASSES & WORKSHOPS

Friday 9 May Vibelle Dance Class, monthly-Shamanic Group Healing and Sacred Dance
7.30pm–The Humble Heart, 18 Silchester Rd
Natasha Saltzer £20 the-humblecollective.co.uk

Saturday 10 May Stink or Swim OBX Workshop
10.00am–Observer Building, 53 Cambridge Rd
Wondering if it’s a good day to take a dip in the sea? Is it time to stink or swim?! Join OBX for a day-long collaborative community workshop to make sculptures that move according to the sea pollution levels. £5
Sound Healing with Crystal Singing Bowls
1.30pm–The Humble

Crossword Solution No 276:

Across: 1. Cast-or 3. Ri(tu)al (anagram) 4. (Ur)Ban ker(bs)

Down: 1. Che-rub 2. Roller



Hub, 4-5 Shepherd St
Katherine Salter, £13
thehumblecollective.co.uk
Kundalini Activation
4.00pm–The Humble
Hub, 4-5 Shepherd St
Aneta Sochan, £45 *the-
humblecollective.co.uk*
**Soundbath & Moon
Meditation**
7.00pm–The Humble
Hub, 4-5 Shepherd St
Jo Allen £15 *thehum-
blecollective.co.uk*

Sunday 11 May
**Introduction to the
Art of Qigong**
9.30am–The Humble
Hub, 4-5 Shepherd St
Sigrid Selzer £42 *the-
humblecollective.co.uk*
Gong and Sound Bath
5.00pm–The Humble
Hub, 4-5 Shepherd St
Odette Kurland £20 *the-
humblecollective.co.uk*
**Bloom monthly
Women’s Circle**
6.30pm–The Humble
Heart, 18 Silchester Rd
Joanna Allen, £10 *the-
humblecollective.co.uk*
**Breathwork for
Emotional Release**
7.00pm–The Humble
Hub, 4-5 Shepherd St
Heidi Dunford £20 *the-
humblecollective.co.uk*

Tuesday 13 May
Tots Summer Term
10.00am–White Rock
Theatre, White Rock
Price: £5 per session. To
book your FREE first
trial session: *amcdonald@
whiterocktheatre.org.uk*
Tots Summer Term
10.45am–White Rock
Theatre, White Rock
Price: £5 per session. To
book your FREE first
trial session: *amcdonald@
whiterocktheatre.org.uk*

WEEKLY CLASSES

Sundays
Flow Into Resonance
9.00am–18 Silchester Rd
The Humble Heart,
Tamara Klien, £16 *the-
humblecollective.co.uk*
Yoga Flow
9.15am–Isabel Blackman
Centre, Winding St
Relaxing sensory class.
Register at: *isabelblack-
mancentre.co.uk*.
Flow Into Resonance
9.30am–The Humble
Heart, 18 Silchester Rd
Tamara Klien, £16 *the-
humblecollective.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
5-10yrs. £5, drop-in or
stay full 2 hours. Contact:
c.hwatts.art@gmail.com
Regency Dance Workshop
2.00pm–St Peter & St Paul
Church, Parkstone Rd
Monthly. Visit Hastings
Historical Dance Group
on Facebook or contact: *di-
anadancer@btinternet.com*
**Conscious Connected
Breathwork**
2.00pm–18 Silchester Rd
The Humble Heart, Angel
Michaelides, £33 *the-
humblecollective.co.uk*
Yin Yoga
3.00pm–Hot Yoga
Hastings, 21 St Peter’s Rd
Mindful yoga with
mat-based pilates.
Find out more: *hotyo-
gahastings.co.uk*
**Relax & Renew,
Restorative Yoga**
3.00pm–St Leonards
Studio, Royal Victoria
Monthly only–contact: *kar-
en@yoga-by-the-sea.co.uk*
Big Yin Energy Yoga
3.00pm–The Wellington
Health & Wellbeing Centre,
44 Wellington Square
A session designed to
restore the nervous
system. £15. Find out
more: *madre-sl.com*
Album Sharing
7.00pm–18 Silchester Rd
The Humble Heart,
Seraphina Bianconi, £15
thehumblecollective.co.uk
Dynamic Anatomy Yoga
7.00pm–West
Hill Community
Centre, Croft Rd
£8 drop in, £36 for six
week course, BYOM,
book online *dynami-
canatomy.co.uk/yoga*

Mondays
**Monday Morning
Meditation**
8.00am–The Humble
Hub, 4-5 Shepherd St
Joanna Allen, £8 *the-
humblecollective.co.uk*
Kettlebells
9.15am–Isabel Blackman
Centre, Winding St
Full body strength
class. Register: *isabel-
blackmancentre.co.uk*
**Slow Flow Yoga
(Open Level)**
9.30am–St Leonards
Studio, Royal Victoria
Contact: *karen@yo-
ga-by-the-sea.co.uk*
Pilates: Multi Level
9.30am–The Humble
Hub, 4-5 Shepherd St
£10 Pilates by Sarah T,
Beginners Vinyasa Flow
9.30am–Hot Yoga
Hastings, 21 St Peter’s Rd
hotyogahastings.co.uk
The Joy of Movement
9.30am–18 Silchester Rd
The Humble Heart,

Michael Bailey, £10 *the-
humblecollective.co.uk*
Cygnnet Swans
9.45am–Isabel Blackman
Centre, Winding St
Ballet for beginners.
Register: *isabelblack-
mancentre.co.uk*
Circuits
10.00am–Isabel Blackman
Centre, Winding St
Cardio and weighted
exercise. Register: *isabel-
blackmancentre.co.uk*
Art Classes for Adults
10.00am–St Matthew’s
Church-on-Sea, London Rd
All levels. £23 per session
or cheaper for block/term.
Website: *siflack.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,
**Yoga Over 60–main-
taining 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 *busstop-
studios.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: *isabelblack-
mancentre.co.uk*
Cancer Rehab
1.00pm–Isabel Blackman
Centre, Winding St
Visit: *isabelblack-
mancentre.co.uk*
**Malarkey Mondays–
Introduction to Mosaics**
1.00pm–Ore Community
Centre, 455 Old London Rd
£100 block booking or £22
per session. Materials and
refreshments provided.
**Inclusive Dance
for Adults with
Complex Needs**
1.45pm–The Hastings
Centre, The Ridge
£5 Register *dancehast-
ings@gmail.com*
Monday Meditation Circle
2.00pm–The Humble
Hub, 4-5 Shepherd St
Lee Ring
LGBTQ+ social meet
2.15pm–Isabel Blackman
Centre, Winding St
Register and find out more:
isabelblackmancentre.co.uk
Chair Yoga
3.00pm–Isabel Blackman

Centre, Winding St
Register: *isabelblack-
mancentre.co.uk*
Origami
3.00pm–Isabel Blackman
Centre, Winding St
Silver Swans Ballet Class
4.00pm–Ore Community
Centre, 455 Old London Rd
Studio 2. Contact: Annie
on 07704 711772
Drum Club
4.15pm–West
Hill Community
Centre, Croft Rd
£6.50. Booking essential.
For 15–16-year-olds.
Contact: *juliansam-
badrums@gmail.com*
Kids Aerial Hoop
4.30pm–The Humble
Hub, 4-5 Shepherd St
£9 Samantha Beagley,
Beginners Pointe Class
5.30pm–Ore Community
Centre, 455 Old London Rd
Studio 2. Contact:
Annie 07704 711772
Multi level Pilates
5.30pm–Isabel Blackman
Centre, Winding St
Register: *isabelblack-
mancentre.co.uk*
Darragh Dance
5.30pm–Afri-Co-Lab,
3 Marine Court
£10, £5 concessions.
Get your joy on with
movement director and
choreographer Darragh
O’Leary. *afri-co-lab.org*
Qigong with Sigrid
5.45pm–The Wellington
Health & Wellbeing Centre,
44 Wellington Square
Contact Sigrid *qigon-
sigrid@gmail.com*
**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,
Candlelit Yoga
6.00pm–All Saints Hall,
142 All Saints’ St
oldtownnyoga.co.uk
The Joy of Movement
6.30pm–18 Silchester Rd
The Humble Heart,
Michael Bailey, £10 *the-
humblecollective.co.uk*
Beginners Vinyasa Flow
6.30pm–Hot Yoga
Hastings, 21 St Peter’s Rd
hotyogahastings.co.uk
**Writing Creative
Nonfiction**
6.30pm–7 Trinity St
With hugely-experi-
enced nonfiction editor
Liz Marvin *hastings-
writersworkshop.com*
Pole dance
6.30pm–Free Bird
Fitness, Silchester Rd
freebirdfitness.uk
Adult Tap Dancing
7.00pm–Laton Ash Dance

Centre, 18 Laton Rd
Call 01424 434774 to book.
**Martial Arts Free
Trial Lesson**
7.00pm–Ark Alexandra
Academy (Staff en-
trance), Park Ave
Families welcome. Booking
required. Find out more at
martialartshastings.com
Evening Crochet Course
7.00pm–Bus Stop
Studios, 53 London Rd
With Katie Jones *busstop-
studios.com/classes*
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
oldtownnyoga.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, *the-
humblecollective.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,

Tuesdays
**Morning Vinyasa
Flow Yoga**
7.30am–The Humble
Hub, 4-5 Shepherd St
Kasia Hamilton, £10
thehumblecollective.co.uk
Dynamic Vinyasa
7.30am–The Bank Hotel &
Bistro, 28-29 Grand Parade
with Tam Klien
**Ashtanga Yoga–
Assisted Self Practice**
7.30am–The Wellington
Health & Wellbeing Centre,
44 Wellington Square
£15 *ashtangayogahast-
ings@gmail.com*
**The Egyptian
Room: Quantum
Hypnosis Sessions**
8.00am–The Humble
Heart, 18 Silchester Rd
Luna Life, Georgina Ring
£150 per session *the-
humblecollective.co.uk*
Intermediate Pilates
9.00am–Isabel Blackman
Centre, Winding St
Register and find out more:
isabelblackmancentre.co.uk
Yang to Yin Yoga
9.00am–The Humble

Heart, 18 Silchester Rd
Sally Paffett, £10 *the-
humblecollective.co.uk*
Daoist Qi Gong
9.00am–St Leonards
Studio, Royal Victoria
andreaorsoqg@yahoo.com
**Pilates: with a roller,
with Sally Paffard**
9.00am–Zoom
sallypaffard@gmail.com
Art Classes for Kids
9.15am–12 Maze Hill
£12 per child–All materials
included. Email Theresa
*stleonardsartschool@
outlook.com*
Pilates with Lucy Paffard
9.30am–Zoom
lucypaffard@gmail.com
Writing Life
10.00am–DAYDREAM café
& restaurant (Brunch),
51B&C, Robertson St
Unleash your imagination
in a warm, welcoming
and relaxed group *nicky@
diamond-minds.co.uk*
YOYO Arts Club
10.00am–Art in the
Park, Alexandra Park
£5 per child, £2 sibling. Art
drop in for all the family!
Refreshments and mate-
rials provided. Outdoor
activities on warmer days.
Beginners French
10.00am–Isabel Blackman
Centre, Winding St
Register and find out more:
isabelblackmancentre.co.uk
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
**5 Rhythms Movement
Metaphor**
10.00am–Crown
House, Marina
£15 or £12 concession,
£10 for beginners *info@
artsonprescription.org*
Panting for Pleasure
10.00am–Stade
Hall, The Stade
Informal class with
optional tuition. Info
and booking *sheridan-
julieann@gmail.com*
The Crown Knitters
10.30am–The Crown,
64-66 All Saints’ St
Weekly group who knit
lovely things to sell for lo-
cal charities *thecrownhast-
ings.co.uk/events*
Dynamic Breathwork
10.30am–18 Silchester Rd
The Humble Heart,
Andrew Dunne, £15
thehumblecollective.co.uk
Conversational French
11.00am–Isabel Blackman
Centre, Winding St
Register and find out more:
isabelblackmancentre.co.uk
Needle Felt
11.00am–Isabel Blackman

6

The HIP List

sponsored by

KILEY'S KARPETS

CARPETS • RUGS • VINYL • WOOD LAMINATES

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
**The Snug Room: Energy
Healing & Development
Class, monthly**
11.00am–The Humble
Heart, 18 Silchester Rd
Heidi Rixon, £25 *the-humblecollective.co.uk*
**Beginners Line
Dance Classes**
11.15am–All Saints
Hall, 142 All Saints’ St
Contact Kerris 0748047236
Matwork Pilates
12.00pm–The Humble
Hub, 4-5 Shepherd St
Mary Boyarski, £10
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 *sueyo-
ga1066@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.tu-
tor.1066@gmail.com*
**Hand Embroidery
Afternoon Course**
2.00pm–Bus Stop
Studios, 53 London Rd
with Lady B Embroidery
busstopstudios.com/classes
The Untamed Body
2.00pm–The Humble
Hub, 4-5 Shepherd St
Seraphina Bianconi, £15
**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
Art Classes for Adults
4.00pm–12 Maze Hill
£20 per person–All
Materials Included.

Email Theresa
stleonardsartschool@outlook.com
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
Art Classes for Adults
5.00pm–12 Maze Hill
£13.50 per person–All
Materials Included.
Email Theresa
stleonardsartschool@outlook.com
**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*
Old Town Yoga
6.00pm–Stade
Hall, The Stade
£9. Book at *old-
townyoga.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–*kar-
en@yoga-by-the-sea.co.uk*
Belly Dance Class
6.30pm–Stade
Hall, The Stade
For more info: contact Cate
‘Caasi’ Brick on Facebook.
Tantra Kundalini
6.30pm–18 Silchester Rd
The Humble Heart,
Joanna Allen, £10 *the-
humblecollective.co.uk*
Men’s Circle
7.00pm–4 George St
With Pip Hersee, £10.
pipshastings.com
Art Classes for Adults
7.00pm–12 Maze Hill
£13.50 per person–All
Materials Included.
Email Theresa
stleonardsartschool@outlook.com
**Hand Embroidery
Evening Course**
7.00pm–Bus Stop
Studios, 53 London Rd
with Lady B Embroidery
busstopstudios.com/classes
**Kadampa Buddhist
Meditation Class**
7.00pm–St Nicholas
Centre, London Rd
£9/£7 conc. Term time
only, Maitreya Kadampa
Buddhist Centre *med-
itateinsussex.org*
Adult Tap Dancing
7.30pm–Laton Ash Dance
Centre, 18 Laton Rd
Call 01424 434774 to book.
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–St Matthews
Church Centre, London Rd
*hastingscountry-
danceclub.org.uk*
**Therapeutic Yoga for
Insomnia, 5 week course**
8.15pm–The Humble
Heart, 18 Silchester Rd
Karen Simnett £90 *the-
humblecollective.co.uk*

Wednesdays
Vinyasa Flow Yoga
7.30am–18 Silchester Rd
The Humble Heart, Kasia
Hamilton, £10 *thehum-
blecollective.co.uk*
Yoga Flow
7.30am–The Humble
Hub, 4-5 Shepherd St
£10 Rachael, Elevate Yoga,

thehumblehub.co.uk
Garuda Pilates
9.00am–The Humble
Hub, 4-5 Shepherd St
£10 Sally
Paffard, *thehumblehub.
co.uk*
Pump & Tone
9.00am–Isabel Blackman
Centre, Winding St
Register and find out more:
isabelblackmancentre.co.uk
**Adventures Through
Movement and
Music (0-2 years)**
9.00am–Mini Playhouse,
26 White Rock
£4 (after free trial). *pitter-
patterarts@gmail.com*
**Seated Strength
Exercise Class**
9.15am–Elphinstone
Road, Elphinstone Rd
eequ.org/experience/8223
Yoga & Meditation
9.30am–The Bank Hotel &
Bistro, 28-29 Grand Parade
Kirsty T
**Silver Swans
Ballet Classes**
9.30am–Laton Ash Dance
Centre, 18 Laton Rd
01424 434774 to book.
**Imaginative Ballet
(2-4 years)**
10.00am–Mini Playhouse,
26 White Rock
£4 (after free trial). *pitter-
patterarts@gmail.com*
**The Snug Room:
Psychotherapy &
counselling**
10.00am–The Humble
Heart, 18 Silchester Rd
Katy Swoboda–£45–£75
thehumblecollective.co.uk
Qigong
10.00am–Isabel Blackman
Centre, Winding St
Register: *isabelblack-
mancentre.co.uk*
Wellbeing Wednesdays
10.00am–Art in the
Park, Alexandra Park,
St Helen’s Park Rd
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,
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: *catherine-
burnett12@gmail.com*
Aerial Yoga
10.30am–The Humble

Hub, 4-5 Shepherd St
£15 Samantha
Jane, *thehumblehub.co.uk*
Musical Drama (2-4 years)
11.00am–Mini Playhouse,
26 White Rock
£4 (free trial). *pitterpat-
terarts@gmail.com*
**French for Beginners
Level 1**
11.00am–Bus Stop
Studios, 53 London Rd
With Olivier Jarré *busstop-
studios.com/classes*
Art Classes for Adults
11.00am–12 Maze Hill
£20 per person–All
Materials Included.
Email Theresa
stleonardsartschool@outlook.com
Adult Tap Dancing
11.00am–Laton Ash Dance
Centre, 18 Laton Rd
Call 01424 434774 to book.
Barre
11.00am–Lior Wellness
Studio, 7A London Rd
A blend of ballet, barre
and Pilates. No expe-
rience necessary *lior-
wellnessstudio.com*
**Parent Toddler
Singing Session**
11.30am–Early Help
Keywork Service, Ocean
House, 87-89 London Rd
Free for children under 5
Adult Ballet Classes
12.00pm–Laton Ash Dance
Centre, 18 Laton Rd
Call 01424 434774 to book.
**Flexi Balance
Fitness Class**
12.30pm–St Helen’s
Church, Ore, 311 The Ridge
£3 (or pay what you can
with free tickets avail-
able). *https://eequ.org/
experience/12260*
Therapeutic Yoga
12.30pm–The 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, 4-5 Shepherd St
£12 Andrew Dunne
thehumblehub.co.uk
St Leonards’ Writers
1.00pm–St Ethelburga
Church-on-Sea, St
Saviours Rd
*stleonardswriters@
outlook.com*
**Mosaic Malarkey–
Explore the Art of Mosaic**
1.00pm–Joyful Roots,
4a Hatherley Rd
£80 block booking or £22
per session. Materials and

refreshments provided.
Qigong Movement Class
1.00pm–Christ Church
Blacklands, Laton Rd
eequ.org/experience/8796
**The Celestial Room:
Massage Therapy**
2.00pm–The Humble
Heart, 18 Silchester Rd
Appointments 2.00-8.00pm
Rachael Welsh £60 p/hr
thehumblecollective.co.uk
Hatha Yoga for You
2.00pm–St Leonards
Studio, Royal Victoria
louise@stleonards.studio
**Crochet Afternoon
Course**
2.00pm–Bus Stop
Studios, 53 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
**Level 1 Class, T'ai Chi
Ch'uan : Long Yang Form**
3.00pm–The Humble
Hub, 4-5 Shepherd St
£0 Christopher Hamblin,
thehumblehub.co.uk
Kidhaus Kids’ art Club
4.00pm–Ore Community
Centre, 455 Old London Rd
Free for kids on free
school meals, or £5: *in-
thekidhaus@gmail.com*
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 en-
trance), Park Ave
Families welcome.
Booking required: *mar-
tialartshastings.com*
Qigong with Sigrid
5.45pm–18 Silchester Rd
The Humble Heart,
Sigrid Selzer, £11 *the-*



humblecollective.co.uk
Art Classes for Adults
6.00pm–12 Maze Hill
£20 per person–All
Materials Included.
Email Theresa
stleonardsartschool@outlook.com
Beginners Pole
6.00pm–The Humble
Hub, 4-5 Shepherd St
£15 drop in
Cherry,*thehumblehub.co.uk*
Yoga with Marjoly
6.00pm–St Leonards
Studio, Royal Victoria
07929 577985
Adult Tap Class
for Beginners
6.15pm–7 Mercatoria
kimhaviand@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*
NAS Teen Life Programme for Parents/Carers of Autistic 10-16 yr olds
6.30pm–Hastings
Town Family Hub,
Waterworks Rd
Email *eh.0-19parentingteam@eastsussex.gov.uk* for
a booking form or call
01424 725800 to register.
Writing For The Stage
6.30pm–7 Trinity St
Eight-week course explor-
ing the art and technique
of screenwriting £220
hastingswritersworkshop.com/courses/p/writingforthescreen
Mixed pole fitness
6.45pm–Free Bird
Fitness, Silchester Rd
freebirdfitness.uk
Art Classes for Adults
7.00pm–12 Maze Hill
£13.50 per person–All
Materials Included.
Email Theresa
stleonardsartschool@outlook.com
Dynamic Rhythm & Release with Kirsty
7.00pm–18 Silchester Rd
The Humble Heart,
MADRE, £12 *thehum-blecollective.co.uk*
Men’s Stretch & Relaxation
7.00pm–4 George St
£15. With Pip Hersee.
pipshastings.com
Intermediate pole
7.00pm–The Humble
Hub, 4-5 Shepherd St
£15 Active Cherry, *the-*

humblehub.co.uk
Zumba
7.00pm–Broomgrove
Community Centre,
85 Chiltern Dr
£3 or free for Broomgrove
residents. To book: *eequ.org/experience/6591*
Adult Tap Dancing
7.00pm–Laton Ash Dance
Centre, 18 Laton Rd
Call 01424 434774 to book.
Buddhist Meditation and Dharma Teaching
7.00pm -
In person and via Zoom.
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
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,
28-29 Grand Parade
£10. *soulpowerkun-
daliniyoga.co.uk*
Argentine Tango Social Dance
8.00pm–The White Rock
Hotel, 1-10 White Rock
Downstairs bar. £8 for
dancers, £3 non-danc-
ers. *pennythepoet-
ess@yahoo.co.uk*

Fridays
Breathe and Stretch with Karen Arthur
8.00am–Afri-Co-Lab,
3 Marine Court
Start the weekend ener-
gised 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,
Pilates: mixed ability with Sally Paffard
9.00am -
Zoom class *sallypaf-
fard@gmail.com*
Traditional Yoga
9.00am–Horntye
Park Sports Complex,
Bohemia Rd
Intermediate class
£12 Booking and de-
tails *ninayoga.co.uk*
IBC Traditional Yoga
9.30am–Isabel Blackman
Centre, Winding St
Register and find out more:
isabelblackmancentre.co.uk
Feel better with Therapeutic Movements
9.30am–Salvation
Army Hall
Suitable for all ages.
Contact Sigrid *qigong-*

sigrid@gmail.com
Tiny Voices
9.30am–Stade
Hall, The Stade
£5
The Joy of Movement
9.30am–18 Silchester Rd
The Humble Heart,
Michael Bailey, £10 *the-
humblecollective.co.uk*
Beginners Spanish
10.00am–Isabel Blackman
Centre, Winding St
Register and find out more:
isabelblackmancentre.co.uk
Seated Exercise Class
10.15am -
Play Sport Fitness Hub,
Elphinstone Road
For those who struggle to
exercise while standing.
£3.30. Booking is essential
eequ.org/experience/7024
Mindful Yoga
10.30am–Royal Victoria
Hotel, Marina
*zowie@stleonards.stu-
dio stleonards.studio*
Classical Yoga
10.30am–The Humble
Hub, 4-5 Shepherd St
£10 Kate Shaw, *thehum-blecollective.co.uk*
Move it or Lose It Fitness Class
11.00am–Play Sport Fitness
Hub, United Sports and
Social Club, Elphinstone Rd
£3 (or pay what you
can with free tkts
also available)
Art Classes for Adults
11.00am–12 Maze Hill
£13.50 per person–All
Materials Included.
Email Theresa
stleonardsartschool@outlook.com
Conversational Spanish
11.00am–Isabel Blackman
Centre, Winding St
Register and find out more:
isabelblackmancentre.co.uk
Breathe Better
11.00am–Isabel Blackman
Centre, Winding St
Fitness class for those
with mild COPD and
asthma. Register: *isabel-
blackmancentre.co.uk*
Yin Yoga
11.30am–Horntye
Park 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 stand-
ing workout. Register at:
isabelblackmancentre.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 mobil-

ity. £6. Email *zowie@stleonards.studio* or visit
stleonards.studio.
Table Tennis
2.30pm–Isabel Blackman
Centre, Winding St
Register: *isabelblack-
mancentre.co.uk*
Senior Strength
3.00pm–Isabel Blackman
Centre, Winding St
Introduction to the gym
facilities. Register: *isabel-
blackmancentre.co.uk*
Kids Circus
4.15pm–Free Bird
Fitness, Silchester Rd
freebirdfitness.uk
Shakti, Stillness, Sound
5.30pm–The Humble
Hub, 4-5 Shepherd St
Seraphina Bianconi, £20
thehumblecollective.co.uk
Beginner aerial skills
5.30pm–Free Bird
Fitness, Silchester Rd
freebirdfitness.uk
Martial Arts Free Trial Lesson
5.45pm–Ark Alexandra
Academy (Staff en-
trance), Park Ave
Families welcome.
Booking required: *mar-
tialartshastings.com*
Old Town Yoga
6.00pm–Stade
Hall, The Stade
£9. Book at *old-
townyoga.co.uk*
Yin Yoga & Sound Healing
6.00pm–18 Silchester Rd
The Humble Heart,
Katherine Salter, £12
thehumblecollective.co.uk
Beginners Creative Writing Group
6.15pm–Clifton Centre,
1-2 Stainsby St
Contact: *info@theclifton-
centre.com* for details
Improvers aerial hoop
6.45pm–Free Bird
Fitness, Silchester Rd
freebirdfitness.uk
Spiritual & Psychic, Personal Development Circle
8.00pm–The Humble
Hub, 4-5 Shepherd St
Mel & Jo, £12
Heels Choreo Class
8.00pm–Free Bird
Fitness, 2c Silchester Rd
£12 To attend, please email
megwestpfel@gmail.com

Saturdays
Zoom Hatha Yoga
9.00am -
Online only. Pranayama,
practice and relax-
ation, video available.
Contact: *louiselovesyoga@
gmail.com*
Dynamic Sunset Flow with Kirsty
9.00am–18 Silchester Rd
The Humble Heart,
MADRE SL, £12 *thehum-blecollective.co.uk*
Dynamic Sunrise

Flow with Kirsty
9.00am–The Humble
Heart, 18 Silchester Rd
MADRE SL, £12 *thehum-blecollective.co.uk*
Power Sunrise Flow
9.00am–The Bank Hotel &
Bistro, 28-29 Grand Parade
With Hannah Almond
Barr £9 *madre-sl.com*
Pure stretch
9.15am–Isabel Blackman
Centre, Winding St
All abilities stretching
class. Register: *isabel-
blackmancentre.co.uk*
Aerobic class
9.30am–The Humble
Hub, 4-5 Shepherd St
Jensy Azucena, £8.00,
alternate weeks
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 -
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: *yo-
ga-by-the-sea.co.uk*
Developing Your Craft (online)
10.00am–7 Trinity St
Eight-week writers work-
shop programme explor-
ing elements of writing
craft and technique £199
*hastingswritersworkshop.
com/courses/p/develop-
ingyourcraftonline*
Martial Arts Free Trial Lesson
10.00am–Ark Alexandra
Academy (Staff en-
trance), Park Ave
Families welcome.
Booking: *martialart-
shastings.com*
“Let It Flow”–all level

Vinayasa Flow Yoga
10.30am–18 Silchester Rd
The Humble Heart, James
Loosemore, £10 *thehum-blecollective.co.uk*
Beginners Weight Training
10.30am–Isabel Blackman
Centre, Winding St
Register: *isabelblack-
mancentre.co.uk*
“Let It Flow”–all level
Vinayasa Flow Yoga
10.30am–The Humble
Heart, 18 Silchester Rd
James Loosemore, £10
thehumblecollective.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: *isa-
belblackmancentre.co.uk*
Yoga Flow
11.30am–Isabel Blackman
Centre, Winding St
Register and find out more:
isabelblackmancentre.co.uk
Art Classes for Adults
11.45am–12 Maze Hill
£20 per person–All
Materials Included.
Email Theresa
stleonardsartschool@outlook.com
Women’s Untamed Body Deep Dive
1.00pm–18 Silchester Rd
The Humble Heart,
Seraphina Bianconi, £50
thehumblecollective.co.uk
Gong Bath Sessions
2.00pm–Four Courts
Wellbeing Hub, Sydney Cl
Find out more via
GongVibrations1066 on
Facebook or text Karen
Hayler: 07986 911083.
Rebirthing Breathwork Group Session
7.30pm–18 Silchester Rd
The Humble Heart,
Andrew Dunne, £20
thehumblecollective.co.uk

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Iago Banet Returns to Kino

Described as “a master of the guitar” by Sean Rafferty, BBC Radio 3 *In Tune*; as “nothing short of phenomenal” in a recent review; and as a “highly recommended artist” by Celtic Connections, Iago Banet creates stories without words, enthralling audiences as he does so.

Iago Banet, ‘The Galician King of Acoustic Guitar’ launched his third album, *TRES*, in 2023, with a tour which has included multiple sell-out shows and sensational re-

ceptions from audiences across the UK. He has showcased his immense talent at festivals including Brecon Jazz, Hellys International Guitar Festival and Aberjazz, displaying new levels of skill, complexity and versatility, whilst fusing styles ranging from gypsy jazz, blues, Americana, country and Dixieland, to swing, pop and folk.

Since 2018, Banet has built an impressive career as a solo fingerstyle acoustic guitarist. He has

performed with artists including Josh Smith (Joe Bonamassa), Mark Flanagan (Jools Holland and his Rhythm and Blues Orchestra), Jack Broadbent and Clive Carroll, amongst others, and has featured on Cerys Matthews’ *Blues Show* and Radio 3’s *In Tune*.

You’ll be disappointed to miss this, so get your ticket before it’s too late.

Iago Banet will perform at the Kino, Norman Road, on 25 May at 3 pm Tickets at: ticketsource.co.uk/kinoteatr/t-dvdylmv/iagobanet. [youtube.com/iagobanet](https://www.youtube.com/iagobanet) [spotify.com/artist/6g-D5tQ49YV4EYoj0R7LcSf](https://open.spotify.com/artist/6g-D5tQ49YV4EYoj0R7LcSf) [facebook.com/iagobanetguitar](https://www.facebook.com/iagobanetguitar) [instagram.com/iagobanet/](https://www.instagram.com/iagobanet/)



Coming up soon in HIP : Fading Beauty, the extraordinary, mutable art of Anne Lydiat

Hastings Big Flea!



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SUNDAY 1ST JUNE, 10-4

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