

Friday 18 to Thursday 31 July 2025

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

The HIP List

sponsored by



St Leonards Festival sea front
procession Saturday 12 July

Hastings
Independent



MUSIC

Friday 18 July
BeatWave Day 1
5.00pm - The Pig, 37 White Rock
LIVE 60's Surf, Beat, Rock 'n' Roll and Garage bands and DJs. Afterparty at midnight
Millie's Nightclub
7.00pm - White Rock Theatre, White Rock
HEATHEN APOSTLES + The Gospel + Scrimshaw Draw
7.30pm - The Piper, 1 Norman Rd
Gothic americana
Taylormania
7.30pm - White Rock Theatre, White Rock

Saturday 19 July
Beatwave Day 2
1.00pm - The Pig, 37 White Rock
Even more Surf, Garage and RnR bands and DJs all day. Afterparty at midnight
The Levellers+Pop Will Eat Itself+Skinny Lister+Pet Needs+More
2.00pm - De La Warr Pavilion, Marina, Bexhill
Admiral Sir Cloudsley Shovel
3.00pm - Tough Love St Leonards, 73 Bohemia Rd
Hastings finest heavy psych rock group play for Tough Love Records' 3rd birthday
Official Hastings Pirate Ball
7.00pm - East Hastings Sea Angling Association and Social Club, The Stade
Shanties and songs of the sea
Fastlove
7.30pm - White Rock Theatre, White Rock
Funky Friday Ecstatic 5Rhythms
7.45pm - Stade Hall, The Stade
Snipit and the Hot Rocks
8.00pm - The Jenny Lind Inn, 69 High St
Hybrid Rave w/ Jerome Hill
9.00pm - The Piper, 1 Norman Rd

Sunday 20 July
Beatwave Final day
12.00pm - The Pig, 37 White Rock
Vintage market and DJs, with a gameshow at 2pm
Chris White Jazz Trio
1.30pm - Barnaby's Lounge, 46 Robertson St
Wreckers!
4.00pm -
Stones Throw
4.30pm - Barnaby's Lounge, 46 Robertson St

Monday 21 July
The Weeping Willows with Tomorrow Bird
7.30pm - The Jenny Lind Inn, 69 High St
Gothic americana

Tuesday 22 July
The Blues Against Youth
7.30pm - The Jenny Lind Inn, 69 High St

Thursday 24 July
Allie K Stewart + Jude Montague
7.30pm - Barnaby's Lounge, 46 Robertson St

Friday 25 July
Erin Colley EP release show
7.00pm -
Graham Oliver's Army
7.30pm - The Carlisle, 24 Pelham St
Southern Lights Jazz Sextet
8.30pm - Barnaby's Lounge, 46 Robertson St
Vexed
8.30pm - Pissarro's, 10 South Terrace

Saturday 26 July
Doves+Turin Brakes+BC Camplight+Currls+
2.00pm - De La Warr Pavilion, Marina, Bexhill
Matt Smith Cosmic Experience
2.30pm - Tough Love St Leonards, 73 Bohemia Rd
Psychedelia
Over 30s Daytime Clubbing - Sounds of the 80s, 90s & 00s
5.00pm - Blackbox Hastings, 10 George St
The Aftershave (Free Live Music)
6.00pm - Kino-Teatr, 43-49 Norman Rd
The Informers
7.00pm - The Jenny Lind Inn, 69 High St
The Drifters
7.30pm - White Rock Theatre, White Rock
Stop Stop + Support
7.30pm - The Carlisle, 24 Pelham St
Amber Shift Trio
8.00pm - Barnaby's Lounge, 46 Robertson St
Upbeat Sound feat Jake Bonnici and Andy Hynd
8.00pm - The Piper, 1 Norman Rd
The Hills & Underpass
9.00pm - Tin Tins, 21 Robertson St
Hastings grunge/hardcore

Sunday 27 July
Roger Carey- Bluesy Jazz
1.30pm - Barnaby's Lounge, 46 Robertson St
Solly
4.30pm - Barnaby's Lounge, 46 Robertson St
Sunsetters
7.00pm - Barnaby's Lounge,

46 Robertson St

Monday 28 July
Parkinsonsters Summer Concert
3.00pm - St John's Hollington, Upper Church Rd
Free event -donations towards Parkinson's UK and St John's Church building fund

Thursday 31 July
Bras N'Roses
7.30pm - White Rock Theatre, White Rock

WEEKLY MUSIC

Sundays
Tom Cole's Sunday Sounds - with Calum Baird
5.00pm - Brickmaker's Alehouse, 27 Sea Rd, Bexhill
Every last Sunday of the month
BYO Vinyl Night
7.00pm - The Jenny Lind Inn, 69 High St

Mondays
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 session, 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
Open Mic
7.00pm - Barnaby's Lounge, 46 Robertson St
Every second Tuesday, hosted by NZ song-writer Konnaruchi
Iron Men of The Sea - Last Tuesday Sessions
7.30pm - The Jenny Lind Inn, 69 High St
Hypnotic folk psychedelia
Traditional Folk Open Sessions
8.00pm - Stag Inn
Playing tunes from Ireland, England, Scotland and beyond
Albion Skiffle Sessions
8.30pm - Albion Hastings, 33 George St
Every 2nd and 4th Tuesday of the month

Wednesdays
Open Mic
7.00pm - The Piper, 1 Norman Rd
Weekly. Hosted by Steve Didge

Cracklin' Griffins
7.00pm - The Seadog, 32 Station Rd
Unplugged folk rock sessions
The Other Band
8.00pm - The Dolphin Inn, 11-12 Rock-a-Nore Rd
4th Wednesday a month. Classic Blues, R&B and Americana

Thursdays
Open Mic Night
7.00pm - The Pig's Palace, 37 White Rock
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
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
McNiff's Folk Sundowner
5.00pm - The Jenny Lind Inn, 69 High St
Weekly acoustic strand with a different guest featured every Friday
Dine with Music
6.00pm - The Dolphin Inn, 11-12 Rock-a-Nore Rd
Full menu plus specials. Guest singers begin from 7.30pm

Saturdays
The Coffee House Sessions
5.30pm - Hanushka Coffee, Robertson St
Free entry. Jason McNiff and friends present
Punk Night
8.30pm - The Carlisle, 24 Pelham St
Monthly, check Punk Rock at the Carlisle for updates on bands

PERFORMANCE

Friday 18 July
Henry Normal: An Alphabet of Storms
7.30pm - Battle Memorial Hall, 81 High St
The Forbidden Fruit Cabaret: Lovinia Belle
9.30pm - The Forbidden Fruit, 22 Grand Parade

Saturday 19 July
Classical Guitar Concert with Kianush Robeson
3.00pm - Church of St Mary

the Virgin, Upper Lake Free: donations to charity welcome.
Come Rain, Come Shine: London Review Company
7.30pm - Battle Memorial Hall, 81 High St
The Forbidden Fruit Cabaret: Son of a Tutu
9.30pm - The Forbidden Fruit, 22 Grand Parade

Sunday 20 July
Contemporary Vocal Sunds
3.00pm - 6 The Uplands
Contemporary Vocal Sunds | Tickets | Maze Hill, Saint Leonards-on-sea | Music | Billetto — United Kingdom
Page to Stage: Creative Learning Showcase
6.00pm - White Rock Theatre, White Rock
Piano Recital with BBC Young Musician Winner Ryan Wang
7.30pm - Battle Abbey School, High St

Friday 25 July
Lekiddo Sings...Songs from the Golden Age of Jazz & Swing
7.30pm - Battle Memorial Hall, 81 High St
Lekiddo sings glamorous a cappella classics from the 1920s to 1940s, channelling Cole Porter, Ella Fitzgerald, Noel Coward and many more. Part of Battle Festival.
The Forbidden Fruit Cabaret: Lady Imelda
9.30pm - The Forbidden Fruit, 22 Grand Parade

Saturday 26 July
Scenes from the Savoy
7.30pm - Battle Memorial Hall, 81 High St
The Forbidden Fruit Cabaret: Cherry Liquor
9.30pm - The Forbidden Fruit, 22 Grand Parade

Sunday 27 July
Tea Concert in Battle Abbey: The Primrose Piano Trio
3.00pm - Battle Abbey School, High St
Tickets £20 inc tea and cakes.

WEEKLY PERFORMANCE

Wednesdays
The Turn of the Screw
7.30pm - The Stables Theatre, The Bourne

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7.30pm - The Stables Theatre, The Bourne

Fridays
The Turn of the Screw
7.30pm - The Stables

Theatre, The Bourne
Palmerama's Comedyrama Stand Up Comedy Night
8.00pm - Tin Tins, 21 Robertson St
Late Night Karaoke
11.00pm - Barnaby's Lounge, 46 Robertson St

Saturdays
The Turn of the Screw
7.30pm - The Stables Theatre, The Bourne Cinema

Friday 18 July
F1 the Movie
3.00pm - Kino-Teatr, 43-49 Norman Rd
Fright Night: The Fly + introduction by Emily Booth
7.30pm - Electric Palace, 39A High St
F1 the Movie
7.30pm - Kino-Teatr, 43-49 Norman Rd

Saturday 19 July
The Salt and Pepper Shaker - Branch Line Society Trip to Goole
Saturday 19 July - Hastings railway station, off Station Approach, Havelock Rd
For more information and to book visit:
Flow
3.00pm - Electric Palace, 39A High St
F1 the Movie
3.00pm - Kino-Teatr, 43-49 Norman Rd
Black Bag
7.30pm - Electric Palace, 39A High St
F1 the Movie
7.30pm - Kino-Teatr, 43-49 Norman Rd

Sunday 20 July
Muppet Treasure Island
11.00am - Electric Palace, 39A High St
How to Train Your Dragon
2.00pm - Kino-Teatr, 43-49 Norman Rd
Tales of the Unexpected + Composer's Talk
3.00pm - Electric Palace, 39A High St

Wednesday 23 July
How to Train Your Dragon
12.00pm - Kino-Teatr, 43-49 Norman Rd
How to Train Your Dragon
7.30pm - Kino-Teatr, 43-49 Norman Rd
Battle Community Cinema: Sense and Sensibility
7.30pm - Battle Memorial Hall, 81 High St
Tickets £4/£5 on the door.

Thursday 24 July
War Paint: Women at War
11.00am - Electric Palace, 39A High St
The Ballad of Wallis Island

3.00pm - Kino-Teatr, 43-49 Norman Rd
The Ballad of Wallis Island
7.30pm - Kino-Teatr, 43-49 Norman Rd
I am Martin Parr
7.30pm - Electric Palace, 39A High St

Friday 25 July
The Blank Generation + Hastings Punk Choir
7.30pm - Electric Palace, 39A High St
Hail the New Puritan + Q&A
7.30pm - Kino-Teatr, 43-49 Norman Rd

Saturday 26 July
The Ballad of Wallis Island
3.00pm - Kino-Teatr, 43-49 Norman Rd
A Real Pain
7.30pm - Electric Palace, 39A High St

Sunday 27 July
O Mother Gaia
11.00am - Electric Palace, 39A High St
B Movie Fan Club: The Angry Red Planet
7.30pm - Electric Palace, 39A High St

Thursday 31 July
Mr Burton
11.00am - Electric Palace, 39A High St
Mr Burton
7.30pm - Electric Palace, 39A High St
Weekly Cinema

Wednesdays
Battle Community Cinema Movie Screening
7.30pm - Battle Memorial Hall, 81 High St

ART

Art for Your Oceans
Until 14 September
Hastings Contemporary, The Stade
Bus Stop Studios Group Summer Exhibition - 'Home'
Until end of August
Bus Stop Studios, London Rd
Claudia Alarcon & Silat: Tayhim
Until 14 September
De La Warr Pavilion, Bexhill
Community is a Superpower
Until 30 July
De la Warr Pavilion, Bexhill
Ruth Cowell
Until 30 August
Three Legs Brewery & Tap Room, Beeching Rd,

Bexhill (Thurs, Fri, Sat)
Anna Deacon: Abstraction, Works on Paper
Until 1 August
The Crown, All Saints St
Eclectic Warrior - Exhibition Finissage
Until 31 July
Rogue Gallery, Norman Rd
Jill Fermanovsky - Oasis 1994-2009
Until 28 Sept
Lucy Bell Gallery, Norman Rd
Flourish - Studio 7 Artists Group Exhibition
Until 20 July
Hastings Arts Forum, Marine Court
Kathy Foley - Chasing Celestial Fragments
Until 20 July
St. Leonard Pub, London Rd
Celia Hempton - OceanTerminal
Until 26 July
Flatland Projects. 22 Beeching Rd. Bexhill
Looking Back - 20th Century Figurative Oil Paintings
Ongoing
Baker Mamonova Gallery, Kino Teatr, Norman Rd
Sam McGoun - Out in the Sticks
Until 31 July
Collected Fictions, London Rd
Janet Milner - How Would You Feel if I Did That To You
Until 19 July
Project 78 Gallery, Norman Rd
Photopia - International Photographic Exhibition 2025
23 July until 3 August
Hastings Arts Forum, Marine Court
Portraits of the Sea - Group Exhibition
Until 20 July
The Cake Room, Robertson St
Paul Shadbolt
Until 1 August
The Crown, All Saints St
The Sun Feeds the Wind
Until 14 September
Hastings Contemporary, The Stade
Supernatural - Group Exhibition
Until 2 August
Stables Theatre Gallery, The Bourne
Tschabalala Self: Seated
Until 14 September 2025
De La Warr Pavilion (Lawn), Bexhill
Undersea
Until 14 September
Hastings Contemporary, The Stade
Allan Weber - My Order
Until 14 September
De La Warr Pavilion, Bexhill

SPORT

Saturday 26 July
Cricket: Hastings & St Leonards Priory v Buxted Park - Sussex Cricket League Div 2
12.30pm - Horntye Park

ACTIVE SPORT

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

Mondays
Hastings Blister Sisters Slow Jogging Group
7.00am - Alexandra Park, St Helen's Rd
Details: blistersisters.co.uk
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, St Leonard's on Sea
sussexcricket.co.uk/super-1s-hub
Active Hastings Walking Football
6.00pm - TN34 2LD, Lower Park Rd
Alexandra Park Multi-Use Games Area £2
Adults 50+ Booking eequ.org/experience/6144

Badminton
8.00pm - Summerfields Leisure Centre, Bohemia Rd
£5.60 Adults Booking freedom-leisure.co.uk
Hastings YMCA Badminton Club
8.15pm - 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: 01424457691
Judo with Hollington Judo Club
6.15pm - Hollington Community Centre, 1 Wishing Tree Rd N
£3.50 from reception to year 6. Contact Neil Chalcraft 07858412184
Judo with Hollington Judo Club
7.00pm - Hollington Community Centre, 1 Wishing Tree Rd N
For children in years 7-11 contact Neil Chalcraft 07858412184
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 Chalcraft
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
Hastings Blister Sisters Slow Jogging Group
7.00am - Alexandra Park, St Helen's Rd
Details: blistersisters.co.uk
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
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
Badminton
7.00pm - Summerfields Leisure Centre, Bohemia Rd
Adults £5.60 Booking freedom-leisure.co.uk
Hastings YMCA Badminton Club
7.30pm - The Y Centre, 26 St Paul's Rd
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 isabelblackman-centre.co.uk
Short Mat Bowling
2.00pm - West Hill Community Centre, Croft Rd
£3 per session including refreshments, all equipment and instruction provided, all welcome including complete beginners.
Hastings Mixed Indoor Rounders
7.00pm - Horntye Park Sports Complex, Bohemia Rd, St Leonard's on Sea
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
Heart and Sole Runners
7.00pm - Grosvenor Gardens
Badminton
8.00pm - Summerfields Leisure Centre, Bohemia Rd
£5.60. Adults. 18 places available for 3 courts usage. Booking: freedom-leisure.co.uk

Fridays
Hastings Blister Sisters Slow Jogging Group
7.00am - Alexandra Park, St Helen's Rd
Details: blistersisters.co.uk

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 isabelblackmancentre.co.uk
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

Saturday 19 July
Hastings International Ceramics Fair
Observer Building, 53 Cambridge Rd
Tides of Trade Market
11.00am - Stade Hall, The Stade
The Dinosaur on your Doorstep
11.00am - Woody Wood Garden, Hollington
Dinosaur-themed family fun day with activities and food

Thursday 24 July
Silent Fitness
12.30pm - The Compound, Bexhill Road
Fundraiser silent family fun dance aged 6+

Saturday 26 July
Spiritual & Holistic Market
11.00am - Stade Hall, The Stade

Sunday 27 July
Car Boot Sale
8.00am - The Stables Theatre, The Bourne
Spin Cycle - Improvised Music Event
1.00pm - The Three Legs Brewing Company, Unit 11, 26 Beeching Rd, Bexhill
Spin Cycle is a longform improvised music performance, organised and facilitated by Sonics.

Monday 28 July
The Goodness Collective at the Crown
10.30am - The Crown, 64-66 All Saints' St
Free! makingyourway.co.uk

WEEKLY 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
Weekly Indoor Market
10.00am - Saint Leonards Church Market, London Rd
Weekly market: clothes, bits, food, tarot. Stalls still available. stleo-schurch.co.uk
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 craigs-cabin87@hotmail.com
Health Walk Old Town
2.00pm - The Stade, Rock-a-Nore Rd
Free one hour walk, just pop along tcv.org.uk/southeast/sussex
Backgammon Club
6.30pm - The Horse & Groom, 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. 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
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
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: crewrux-leys@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
BASH Networking Event
6.00pm - Barnaby's Lounge, 46 Robertson St
For local business-

es. £7.50 ticket pp
All Sorts Auction
6.30pm - West St Leonards 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. theclasschoir@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: hannahrichards@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
Hastings Tech Forum
9.00am - Observer Building, 53 Cambridge Rd
Monthly meetup for local tech professionals
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
Cozy Crypt
10.00am - London Road, London Rd
Share Conversation, Access Support, In Partnership with Citizens Advice 1066
Open Tech Thursdays
10.00am - Observer Building, 53 Cambridge Rd
Free community led technology meetup
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
Pumphouse Late Plates
6.30pm - Pumphouse Cafe and Deli, Pumphouse, Alexandra Park, St Helen's Rd

Alternate Thursdays
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. hastingstownsingers.co.uk
Pub Quiz
7.30pm - The Dolphin Inn, 11-12 Rock-a-Nore Rd
Booking recommended 01424 434326

Fridays
Writing Hour
7.30am - 7 Trinity St
Writers can come together to write at the workshops hastings-writersworkshop.com
Singing Down Memory Lane
10.30am - St. Augustine's Church Hall, St Augustine's Close, Cooden Rd, Bexhill
A free singing group for people living with Dementia and their carers in Bexhill. Every 1st and 3rd Friday. disc-dementiasupport.org
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
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

Saturdays
Weekly Indoor Market
10.00am - Saint Leonards Church Market, London Rd
Weekly market: clothes, bits, food, tarot. Stalls still available. stleo-schurch.co.uk
Monthly Fayre
10.00am - Isabel Blackman Centre, Winding St
Hastings Library of Things
10.00am - Hastings Town Hall, Station Rd
Borrow tools and useful items, from bolt cutters to sewing machines, from tents to trombones. Find out more: umbrellasussex.org.uk
Thai food at the Albert
2.00pm - The Royal

Albert, 293 Battle Rd
Gravity & Grace
2.30pm - Clifton Centre, 1 and 2 Stainsby St
Taking care of mind, body & soul with the Alexander Technique. Introductory talks/workshops. Booking not required, Suggested donation £5. For further details contact Chris livingtenderly@yahoo.co.uk
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](https://www.meetup.com)



CLASSES & WORKSHOPS

Saturday 19 July
Mend & Make Do: Visible Mending
10.00am - Bus Stop Studios, 53 London Rd
with Amy Burt busstopstudios.com/classes
Menopause Yoga Workshop: Overwhelm, Anxiety & Fatigue
10.00am - The Humble Hub, 4-5 Shepherd St
Karen Simnett £45 the-humblecollective.co.uk
Holistic Vocal Coaching (with song & breathwork)
1.30pm - The Humble Hub, 4-5 Shepherd St
Maria Payne Vlahogiannis, £15
Children's Summer Aerial Showcase
4.00pm - The Humble Hub, 4-5 Shepherd St
Samantha Beagley £0
Forever Flower – Handcrafted Oversized Paper Blooms
4.00pm - The Good Place, 53-54 Havelock Rd
Create something beautiful that will never wilt! £20pp createandgather.co.uk
Hazeology Sound Healing preparation for New moon
7.00pm - The Humble Hub, 4-5 Shepherd St
Hazel Llewellyn, £30/£20

Sunday 20 July
The Clutter Club
12.00pm - The Humble Heart, 18 Silchester Rd
Karen Crowhurst, £10 thehumblecollective.co.uk
Sound Healing with Crystal Singing Bowls
2.30pm - The Humble Hub, 4-5 Shepherd St
Katherine Salter £13 thehumblecollective.co.uk
Kundalini Activation

Session
6.00pm - The Humble Hub, 4-5 Shepherd St
Aneta Sochan, £45
Women's Cacao and Kirtan
7.00pm - The Humble Heart, 18 Silchester Rd
Seraphina Bianconi, £25

Monday 21 July
Intro to Drawing & Painting
10.00am - Bus Stop Studios, 53 London Rd
with James Mackinnon busstopstudios.com/classes

Tuesday 22 July
Intro to Drawing & Painting
10.00am - Bus Stop Studios, 53 London Rd
with James Mackinnon busstopstudios.com/classes
Tots Summer Term
10.00am - White Rock Theatre, White Rock
Price: £5 per session.
Tots Summer Term
10.45am - White Rock Theatre, White Rock
Price: £5 per session.
The Snug @ The Heart - Energy Healing & Development Class
11.00am - The Humble Heart, 18 Silchester Rd
Heidi Rixon, £25

Wednesday 23 July
Intro to Drawing & Painting
10.00am - Bus Stop Studios, 53 London Rd
with James Mackinnon busstopstudios.com/classes
Akashic Records, Manifestation Coaching and Astrology
1.00pm - The Humble Heart, 18 Silchester Rd
£25/£35/£65 thehumblecollective.co.uk
Sound Bath Session with Julia Scott-Russell
4.30pm - Kino-Teatr, 43-49 Norman Rd £14

WEEKLY CLASSES

Sundays
Flow Into Resonance
9.00am - The Humble Heart, 18 Silchester Rd
Tamara Klien, £16 the-humblecollective.co.uk
Yoga Flow
9.15am - Isabel Blackman Centre, Winding St
Relaxing sensory class. Register at: isabelblackmancentre.co.uk.
Sunday Brunch-time Kid's Art Club
10.00am - Outside the Smokeshack, St Andrews Mews
With Artist and Arts Educator Charlotte CHW 5-10yrs. £5, drop-in or stay full 2 hours.

Crossword Solution No 281:

Across: 1. Trip-OD 3. Bottle 4. Earned (anagram)

Down: 1. Tumble 2. Depend (anagram)



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 - The Humble Heart, 18 Silchester Rd
Angel Michaelides, £33
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: *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
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*

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@yoga-by-the-sea.co.uk*
Pilates: Multi Level
9.30am - The Humble Hub, 4-5 Shepherd St
Sarah T, £10
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: *isabel-blackmancentre.co.uk*
Developing Your Craft writers workshop
10.00am - 7 Trinity St
for new members - though suitable for writers of all levels of experience *hastingswritersworkshop.com*
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*
Tai Chi Beginners
11.00am - The Humble Hub, 4-5 Shepherd St
Andy Cullen, £10
Yoga Over 60 – maintaining movement
11.00am - St Leonards Studio, Royal Victoria
Contact: *zowie@stleonards.studio*
Choir Practice!
11.00am - The Chapel of Christ's Stillness, Moon Cottage
New singers of all ages welcome. *thechapelof-christsstillness.co.uk*
Silver Swans Ballet
11.00am - Isabel Blackman Centre, Winding St
No experience required. Register: *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
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,
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
Kirsty T, MADRE SL, £12
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
Developing Your Craft writers workshop
6.30pm - 7 Trinity St
for new members - though suitable for writers of all levels of experience *hastingswritersworkshop.com*
Beginners French Evening Course
6.30pm - Bus Stop Studios, 53 London Rd
with Olivier Jarrié *busstopstudios.com/classes*
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 entrance), Park Ave
Families welcome. Booking required. Find out more at *martialartshastings.com*
Yoga for Men's Health
7.00pm - Play Sport Fitness Hub
£3. Book via: *eequ.org/experience/3120*
Hastings Punk Choir
7.00pm - Electric Palace, 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
ActiveCherry, £15
Pole heels choreo
7.45pm - Free Bird Fitness, Silchester Rd
freebirdfitness.uk
Yang to Yin Yoga
7.45pm - The Humble Heart, 18 Silchester Rd
Hannah Almond Barr £15
Aerial Hoop Class
8.30pm - The Humble Hub, 4-5 Shepherd St
ActiveCherry, £15

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*
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*
Yogalates
8.00am - The Humble Heart, 18 Silchester Rd
Sally Paffett £12
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
andreaorsoqg@yahoo.com
Pilates: with a roller, with Sally Paffard
9.00am - Via 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 - *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. Free flow art drop in for all the family! Refreshments and materials provided. Make, create and bring ideas. 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
The Crown Knitters
10.00am - The Crown, 64-66 All Saints' St
Weekly group who knit lovely things to sell for local charities *thecrownhastings.co.uk/events*
5 Rhythms Dance
10.00am - The Humble Hub, 4-5 Shepherd St
Emma Leech, £15 *the-humblecollective.co.uk*
5 Rhythms Movement Metaphor
10.00am - Crown House, Marina
£15 or £12 concession, £10 for beginners *info@artsonprescription.org*
Dynamic Breathwork
10.30am - The Humble Heart, 18 Silchester Rd
Andrew Dunne, £15
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
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
Beginners Line Dance Classes
11.15am - All Saints Hall, 142 All Saints' St
Contact Kerris 0748047236
People's Health Alliance (PHA) Wellbeing Clinic
12.00pm - St Leonards Studio CIC, The Royal Victoria Hotel
Massage, Reiki, touch therapies, tarot & more! Open to

all. *pha@stleonards.studio*
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*
The Snug Room
1.00pm - The Humble Heart, 18 Silchester Rd
Akashic Records, Manifestation Coaching and Astrology
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
FREE Mark Your Mark Workshop (0-4yrs)
2.30pm - Stade Hall, The Stade
Writers' Cafe
3.00pm - Barnaby's Lounge, 46 Robertson St
Info & booking *https://lu.ma/qwxvv9c8*
Weight Training Beginners
3.00pm - Isabel Blackman Centre, Winding St
Register and find out more: *isabelblackmancentre.co.uk*
Bone Strengthening Pilates
3.00pm - The Humble Heart, 18 Silchester Rd
Annie Bradbery
Writers' Cafe
3.00pm - Barnaby's Lounge, 46 Robertson St
book a table at *lu.ma/writerscafe*
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@*

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The HIP List

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KILEY'S KARPETS

CARPETS • RUGS • VINYL • WOOD LAMINATES

freshvisions.org.uk
Children's Aerial Showcase Practice
4.30pm - The Humble Hub, 4-5 Shepherd St
Samantha Beagley, £9
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 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 Sally: 07973 530911
Weighted Neuro Gym Session
6.00pm - Play Sport Fitness Hub, 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
Veronica Hare, £10
Writing For Children with Alexis Deacon
6.30pm - 7 Trinity St
Creator of Beegu and Slow Loris, and twice winner of The New York Times Best Illustrated Children's Book Award *hastings-writersworkshop.com*
School pole flow
6.30pm - Free Bird Fitness, Silchester Rd
freebirdfitness.uk
Intermediate French Evening Course
6.30pm - Bus Stop Studios, 53 London Rd

with Olivier Jarrié *busstopstudios.com/classes*
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.
Tantra Kundalini
6.30pm - The Humble Heart,18 Silchester Rd
Joanna Allen, £10
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*
Kadampa Buddhist Meditation Class
7.00pm - St Nicholas Centre, London Rd
£9/£7 conc. Term time only, Maitreya Kadampa Buddhist Centre *meditateinsussex.org*
Adult Tap Dancing
7.30pm - Laton Ash Dance Centre, 18 Laton Rd
Call 01424 434774 to book.
Dynamic Vinyasa
7.30pm - The Humble Hub, 4-5 Shepherd St
Hannah Almond Barr £12
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
Heels Class
8.45pm - The Humble Hub, 4-5 Shepherd St
Kornelia Koszak £15

Wednesdays Yoga Flow
7.30am - The Humble Hub, 4-5 Shepherd St
Rachael, Elevate Yoga,£10 *thehumblehub.co.uk*
Garuda Pilates
9.00am - The Humble Hub, 4-5 Shepherd St
Sally Paffard, £10
Pump & Tone
9.00am - Isabel Blackman Centre, Winding St
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 - Play Sport Fitness Hub, 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: *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 *info@artsonprescription.org*
Crowninos Kids Group
10.00am - The Crown, 64-66 All Saints' St
£7 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
Samantha Jane,£15
Musical Drama (2-4 years)
11.00am - Mini Playhouse, 26 White Rock
£4 (free trial). *pitterpatterarts@gmail.com*
Art Classes for Adults
11.00am - 12 Maze Hill £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 experience necessary *lior-wellnessstudio.com*
Parent Toddler Singalong 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.
Therapeutic Yoga
12.30pm - The Hastings Centre, The Ridge
£7 All abilities welcome. *ninayoga.co.uk*
Legs Bums & Tums
1.00pm - Isabel Blackman Centre, Winding St
Register: *isabelblackmancentre.co.uk*
St Leonards' Writers
1.00pm - St Ethelburga Church-on-Sea, St Saviours Rd
stleonardswriters@outlook.com
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
Hatha Yoga for You
2.00pm - St Leonards Studio, Royal Victoria
louise@stleonards.studio
FREE Mark Your Mark Workshop (0-4yrs)
2.30pm - Stade Hall, The Stade
Level 2b Class, T'ai Chi Ch'uan : Long Yang Form
3.00pm - The Humble Hub, 4-5 Shepherd St
Chris Hamblin, POA
HIIT cardio
3.00pm - Isabel Blackman Centre, Winding St
Register and find out more: *isabelblackmancentre.co.uk*
Art Classes for Kids
4.15pm - 12 Maze Hill £12 per child - All materials included. Email Theresa *stleonardsartschool@outlook.com*
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*
Martial Arts Free Trial Lesson
5.45pm - Ark Alexandra

Academy(Staff entrance), Park Ave
Families welcome.
Booking required: *martialartshastings.com*
Qigong with Sigrid
5.45pm - 18 Silchester Rd
The Humble Heart, Sigrid Selzer, £11
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
Cherry, £15 drop in
Hatha Yoga
6.00pm - Lior Wellness Studio, 7A London Rd
with India *liorwellnessstudio.com*
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
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
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
Active Cherry, £15
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.

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*
The Celestial Room: Functional Kinesiology
7.00am - The Humble Heart, 18 Silchester Rd
Appointments 7.00am-1.00pm Angela Colosi £70 p/hr *thehumblecollective.co.uk*
Ashtanga Yoga – Assisted Self Practice
7.15am - The Wellington Health & Wellbeing Centre, 44 Wellington Square
£15. *ashtangayoga-hastings@gmail.com*
The Snug Room: Bioresonance Testing
8.00am - The Humble Heart, 18 Silchester Rd
Appointments 8.00am-8.00pm Emily Holland,£60/ £49
Gentle Wake Up Yoga
8.00am - St Leonards Studio, Royal Victoria
karen@yoga-by-the-sea.co.uk
Circuits
9.00am - Isabel Blackman Centre, Winding St
Register and find out more: *isabelblackmancentre.co.uk*
Vinyasa Flow
9.30am - St Leonards Studio, Royal Victoria
karen@yoga-by-the-sea.co.uk
Mindfulness Meditation
9.30am - The Humble Hub, 4-5 Shepherd St
Rachel Gold, £14 *thehumblecollective.co.uk*
Yoga at Hastings Contemporary
9.50am - Hastings Contemporary, Rock-a-Nore Rd
oldtownyoga.co.uk
Move It or Lose It!
10.00am - The Hastings Centre, The Ridge
also 11.15am-12.15pm. £6 per class. First class free. Friendly, low impact exercise for older adults. *lucy.jenner@moveitorloseit.co.uk*
Silver Swans Ballet Classes
10.00am - Laton Ash Dance Centre, 18 Laton Rd
01424 434774 to book.
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@artsonpre-



scription.org
Liberation Breathwork : Loves Breath
10.30am - The Humble Heart, 18 Silchester Rd
Sophia Magdalena Mostyn, £15
Pilates, Mat Based
11.00am - The Humble Hub, 4-5 Shepherd St
Sarah T, £9.50
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
The Journaling Pharmacy
12.00pm - 45 St Leonards Rd, Bexhill
nicky@diamond-minds.co.uk
Online Vinyasa Flow with Elena Voce
12.45pm -
Classes for all levels.
Pay-what-you-can. *yogawithelenaVOICE.co.uk*
Iyengar Yoga Classes
1.00pm - The Wellington Health & Wellbeing Centre, 44 Wellington Square
Beginners welcome. £10 (£5 for people struggling financially). *howdowebeginagain@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
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
Writers' Cafe
3.00pm - Barnaby's Lounge, 46 Robertson St
Info & booking: *https://lu.ma/qwxvv9c8*
Pilates (beginners)
3.00pm - Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk
Writers' Cafe
3.00pm - Barnaby's Lounge, 46 Robertson St
book a table at *lu.ma/writerscafe*
Art Classes for Adults
4.00pm - 12 Maze Hill
£20 per person - All Materials Included.
Email Theresa *stleonardsartschool@outlook.com*
Kid's Aerial Hammocks (Age 7-13)
4.00pm - The Humble Hub,

4-5 Shepherd St
Samantha Jane, £9
Aerial Slings
5.00pm - The Humble Hub,
4-5 Shepherd St
Samantha Jane, £12
The Egyptian Room: Yoga Therapy - Yoga by The Sea
5.30pm - The Humble Heart, 18 Silchester Rd
Karen Simnett POA
Tilekiln Youth Club Sessions
5.30pm - Tilekiln Community Centre, Tilebarn Road-on-Sea
Tilekin Community Centre *sarah.adams@freshvisions.org.uk*. Bev 07732 823800
Yin Yoga
5.45pm - Lior Wellness Studio, 7A London Rd with India *liorwellnessstudio.com*
Kundalini Yoga & Meditation with Yeli
6.00pm - The Wellington Health & Wellbeing Centre, 44 Wellington Square
yeli@happiness-holistichealth.uk
Art Classes for Adults
6.15pm - 12 Maze Hill
£20 per person. Weekly excluding last Thurs of the month. All Materials Included. Email Theresa *stleonardsartschool@outlook.com*
Samba Dance Classes for all levels
6.30pm - The Carlisle, 24 Pelham St
Upstairs, welcoming queer, trans and neurodiverse folk £8 @*Braziliantamba*
Pole heels choreo
6.30pm - Free Bird Fitness, Silchester Rd
freebirdfitness.uk
Transformational Somatic Breathwork
6.30pm - The Humble Heart, 18 Silchester Rd
Rachel Bednarski, £20
Mandala Vinyasa Flow (Advanced)
6.30pm - Hot Yoga Hastings, 21 St Peter's Rd
hotyogahastings.co.uk
Intensive writers workshop
6.30pm - 7 Trinity St
For those who've either studied with us before, or have completed similar courses elsewhere *hastingswritersworkshop.com*
Adult Ballet Classes
7.00pm - Laton Ash Dance Centre, 18 Laton Rd
Call 01424 434774 to book.
Rocket Yoga
7.15pm - The Humble Heart, 18 Silchester Rd
Katherine Salter, £12
Intermediate advanced pole fitness
7.35pm - Free Bird Fitness, Silchester Rd
freebirdfitness.uk
Aerial Hoop Class
9.15pm - The Humble Hub,

4-5 Shepherd St
Cherry, £15
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
Pilates by Sarah T, £10
Pilates: mixed ability with Sally Paffard
9.00am -
Zoom class *sallypaffard@gmail.com*
Traditional Yoga
9.00am - Horntye Park Sports Complex, Bohemia Rd, St Leonard's on Sea
Intermediate class
£12 Booking and details *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
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@stleonardsstudio
Classical Yoga
10.30am - The Humble Hub, 4-5 Shepherd St
Kate Shaw, £10
Move it or Lose it Fitness Class
11.00am - Play Sport Fitness Hub, 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:

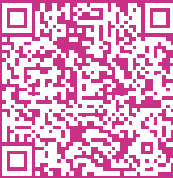
isabelblackmancentre.co.uk
Breathe Better
11.00am - Isabel Blackman Centre, Winding St
Fitness class for those with mild COPD and asthma. Register: *isabelblackmancentre.co.uk*
Yin Yoga
11.30am - Horntye Park Sports Complex, Bohemia Rd, St Leonard's on Sea
Floor-based yoga for all abilities. £7 Bookings: *ninayoga.co.uk*
Slow & Steady Mobility
1.00pm - Isabel Blackman Centre, Winding St
Easy and accessible standing workout. Register at: *isabelblackmancentre.co.uk*
The Snug Room
1.00pm - The Humble Heart, 18 Silchester Rd
Akashic Records and Manifestation Coaching
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
Shakti, Stillness, Sound
5.30pm - The Humble Hub, 4-5 Shepherd St
Seraphina Bianconi, £20
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*
Old Town Yoga
6.00pm - Stade Hall, The Stade
£9. Book at *old-townyoga.co.uk*
Beginners Creative Writing Group
6.15pm - Clifton Centre, 1 - 2 Stainsby St
Contact: *info@thecliftoncentre.com* for details
Improvers aerial hoop
6.45pm - Free Bird Fitness,

Silchester Rd
freebirdfitness.uk
Vibelle Dance Class-Shamanic Group Healing and Sacred Dance
7.30pm - The Humble Heart, 18 Silchester Rd
Natasha Saltzer
£20 Monthly
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
Yoga class
7.30am - The Humble Hub, 4-5 Shepherd St
JoJo Yoga, £10 *thehumblecollective.co.uk*
Power yoga
9.00am - The Humble Heart, 18 Silchester Rd
Hannah Almond-Barr, £10
thehumblecollective.co.uk
Zoom Hatha Yoga
9.00am -
Online only. Pranayama, practice and relaxation, video available.
Contact: *louiselovesyoga@gmail.com*
Dynamic Sunset Flow with Kirsty
9.00am - The Humble Heart, 18 Silchester Rd
MADRE SL, £12 *thehumblecollective.co.uk*
Pure stretch
9.15am - Isabel Blackman Centre, Winding St
All abilities stretching class. Register: *isabelblackmancentre.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
More info: *yoga-by-the-sea.co.uk*
Martial Arts Free Trial Lesson
10.00am - Ark Alexandra Academy (Staff entrance), Park Ave
Families welcome.
Booking: *martialartshastings.com*
Arts & Crafts Social
10.30am - His Place, Robertson St
friday-ad.co.uk
Beginners Weight Training
10.30am - Isabel Blackman Centre, Winding St
Register: *isabelblackmancentre.co.uk*
“Let It Flow” - all level Vinayasa Flow Yoga
10.30am - The Humble Heart, 18 Silchester Rd
James Loosemore, £10
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*
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 - The Humble Heart, 18 Silchester Rd
Seraphina Bianconi, £50
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 - The Humble Heart, 18 Silchester Rd
Andrew Dunne, £20

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Roland Jarvis, *Rhino and Visitors*, 1994. Print, 175 x 150 cm

Roland Jarvis, Polymath

Roland Jarvis was a multi-talented printmaker, painter, sculptor, horologist, film maker and engineer who hosted many exhibitions from his Hastings Old Town studio in Tackleway (Tackleway Hall) until his death in 2016. A popular long-term

Hastings resident and supporter of Old Hastings Preservation Society and the Coastal Currents festival, he exhibited regularly as a member at the Rye Society of Artists as well as in Hastings, Brighton, Maidstone and London.

His early education was in France. He studied at Guildford Technical College before gaining a place to study electrical engineering at King's College, London. He subsequently attended Chelsea Art School and then obtained a scholarship to study in Paris in the 1950s. He taught at Watford, Camberwell, Brighton, and Kingston Art Colleges. His work is represented in the V&A, the British Museum, New York Public Library, and the National Galleries of Perth, Brisbane, and Western Australia.

This exhibition displays original work from Jarvis, as well as drawings and prints, at affordable prices. It is organised by his daughter Sophie Mason, also a painter. There will be a bargain box, in which some of the works are free! The venue is a short walk up from the Old Town in a peaceful setting with stunning views over the hills.

Old Town Carnival Week: 3-5 Aug at West Hill Community Centre, Croft Road, TN34 3JT. Enjoy free parking and entry. Refreshments

and toilets available. Oldtowncarnivalweek.co.uk

There will also be exhibitions during the Coastal Currents Arts Festival (Open Studios) at The Church Hall, St Mary Magdalen Orthodox Church, Church Road, St Leonards on Sea, TN37 6EE, Saturday 30 Aug 1-6pm, Sunday 31 Aug 1-6pm, Saturday 6 Sept 1-6pm, Sunday 7 Sept 1-6pm Rolandjarvis.com Oldtowncarnivalweek.co.uk Sophiem.here@gmail.com