

Friday 15 to Thursday 28 August 2025

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

The HIP List

sponsored by



A contestant in the
Old Town Carnival Week
Gurning Competition

Hastings
Independent

The HIP List

sponsored by

KILEY'S KARPETS

CARPETS • RUGS • VINYL • WOOD LAMINATES

MUSIC

Friday 15 August
Fabulous Red Diesel
8.30pm - Pissarro's,
10 South Terrace

Saturday 16 August
Fun Fun Day Party
12.00pm - The Compound,
161 Bexhill Rd
Acid house DJs. Bar and
food 12pm til 10pm
10 Years of Toxic
Waste - All Day
2.00pm - The Pig,
37 White Rock
Punk and noise till late
Haystingers
7.00pm - The Jenny
Lind Inn, 69 High St
MAN!
8.00pm - The Piper,
1 Norman Rd
Psychedelic rock from the
legendary Welsh band!
Support from garage
rock group The Gnomes

Sunday 17 August
Jazz Breakfast
11.00am - Kino-Teatr,
43-49 Norman Rd
Helen Sharpe
4.00pm - Porters,
56 High St
The Lost Revellers
4.00pm - The Jenny
Lind Inn, 69 High St
Glen Dean and
the Allstars
5.00pm - The Lord
Nelson, 1 E Bourne St

Tuesday 19 August
The Jumpsters Debut Gig
8.00pm - The Jenny Lind
Inn, 69 High St
7 piece band playing
jump and jive tunes

Wednesday 20 August
Avant Bavard:
Simon&ThePope
6.30pm - Kino-Teatr,
43-49 Norman Rd

Thursday 21 August
GNOD + Lazarus Lake
8.00pm - The Piper,
1 Norman Rd

Friday 22 August
Millie's Nightclub
7.00pm - White Rock
Theatre, White Rock
Brushy One String
8.00pm - The Piper,
1 Norman Rd
Legendary one-stringed
guitarist playing a
style all his own
Harry Randle
Marsh Band
8.30pm - The Jenny Lind
Inn, 69 High St
Blues/funk soul band

Saturday 23 August
Matt Smith Cosmic

Experience
2.30pm - Tough
Love St Leonards, 73
Bohemia Rd
Psychodelia
Boom For Real Charity
Fundraiser DJ Night
5.00pm - HOT TAP Theatre,
St Andrew's Mews
Ben Maier + Sky Lee Ryan
8.00pm - The Jenny Lind
Inn, 69 High St
Powerful pop

Sunday 24 August
Voguesss : Big Gay
Pride Day Rave
3.00pm - French's, 24
Robertson St
Coco Cole + Fancy Shews!
launch their new house,
acid + hi-nrg party inviting
local favourites Flow State
to turn it up. Tickets on RA.
Caboose
4.00pm - The Jenny Lind
Inn, 69 High St
Folk and country group
Afrít Nebula
4.30pm - Barnaby's
Lounge, 46 Robertson St
The Coverups
5.00pm - The Lord
Nelson, 1 E Bourne St
Reggae Room with
Mighty Sounds
8.00pm - East Hastings Sea
Angling Association and
Social Club, The Stade

Monday 25 August
Dr G's Snake Oil Company
4.00pm - The Jenny Lind
Inn, 69 High St
Driving, acous-
tic Americana

WEEKLY MUSIC

Sundays
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 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
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,
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
Dave Valentine's
Music Quiz
7.30pm - Twelve Hundred
Postcards, 80 Queens Rd
Every 3rd Wednesday
of the month
Folk Session at
the Dolphin
8.00pm - The Dolphin Inn,
11-12 Rock-a-Nore Rd
Every Third Wednesday
of the month.
Mosaic Triangle
Residency
8.00pm - Barnaby's
Lounge, 46 Robertson St
Playing cool jazz, latin
swing and post pop.
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
Hyphae Collective
7.00pm - Barnaby's Lounge,
46 Robertson St
Poetry & Music Jam with
a houseband. Every 3rd
Thursday of the month.
Open Mic Night
7.00pm - The Pig,
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
Punk Night
8.30pm - The Carlisle,
24 Pelham St
Monthly. Check Punk
Rock at the Carlisle for
updates on bands

PERFORMANCE

Friday 15 August
The Addams Family -
A New Musical Comedy
2.00pm and 7.00pm - White
Rock Theatre, White Rock
Penny Dreadfuls
7.30pm - The Stables
Theatre, The Bourne

Saturday 16 August
The Addams Family -
A New Musical Comedy
2.00pm and 7.00pm - White
Rock Theatre, White Rock
Penny Dreadfuls
3.00pm and 7.30pm -
The Stables Theatre,
The Bourne
The Forbidden Fruit
Cabaret: Marsha Mallow
9.30pm - The Forbidden
Fruit, 22 Grand Parade

Tuesday 19 August
The Stables Improv
Team (S.I.T.) Proudly
Presents,,,Um,,,Improv
7.30pm - The Stables
Theatre, The Bourne

Wednesday 20 August
Bavard Bar
7.30pm - Kino-Teatr,
43-49 Norman Rd

Thursday 21 August
Educating Rita
7.30pm - The Stables
Theatre, The Bourne

Friday 22 August
Educating Rita
7.30pm - The Stables
Theatre, The Bourne
The Forbidden Fruit
Cabaret: Sam Solace
9.30pm - The Forbidden
Fruit, 22 Grand Parade

Saturday 23 August
Educating Rita
7.30pm - The Stables
Theatre, The Bourne

Tuesday 26 August
Becoming Tosca

7.30pm - The Stables
Theatre, The Bourne

Wednesday 27 August
Mr Cleverly's Trans-
continental Delivery
Service – Parcels,
Packages and Post
5.30pm - Stade
Hall, The Stade
Becoming Tosca
7.30pm - The Stables
Theatre, The Bourne

Thursday 28 August
Mr Cleverly's Trans-
continental Delivery
Service – Parcels,
Packages and Post
5.30pm - Stade
Hall, The Stade

WEEKLY PERFORMANCE

Fridays
Late Night Karaoke
11.00pm - Barnaby's
Lounge, 46 Robertson St

CINEMA

Friday 15 August
Grey Owl
12.00pm, 3.00pm and
7.30pm - Kino-Teatr,
43-49 Norman Rd
Becoming Led Zeppelin
7.30pm - Electric
Palace, 39A High St

Saturday 16 August
Bobby Deerfield
3.00pm -
Sunset Screening: Moana
2 + Creative Workshop
6.00pm - De La Warr
Pavilion, Marina, Bexhill
Bobby Deerfield
7.30pm - Kino-Teatr,
43-49 Norman Rd
The Big Lebowski
7.30pm - Electric
Palace, 39A High St

Sunday 17 August
Celebrating Erich
Maria Remarque:
Arch of Triumph
2.00pm - Kino-Teatr,
43-49 Norman Rd
The Penguin Lessons
6.00pm - Electric
Palace, 39A High St

Thursday 21 August
The Ballad of
Wallis Island
7.30pm - Kino-Teatr,
43-49 Norman Rd
No Other Land
7.30pm - Electric
Palace, 39A High St

Friday 22 August
The Ballad of
Wallis Island
3.00pm - Kino-Teatr, 43-49
Norman Rd

Gram Parsons: Fallen
Angel + Jason McNiff Live
7.30pm - Electric
Palace, 39A High St

Saturday 23 August
Sunset Screening:
Paddington in Peru +
Creative Workshop
6.00pm - De La Warr
Pavilion, Marina, Bexhill
Becoming Led Zeppelin
7.30pm - Electric
Palace, 39A High St

Sunday 24 August
Nashville - 50th
Anniversary
3.00pm - Electric
Palace, 39A High St

Thursday 28 August
The Penguin Lessons
11.00am - Electric
Palace, 39A High St

WEEKLY CINEMA

Wednesdays
Battle Community
Cinema - Mr. Burton
7.30pm - Battle Memorial
Hall, 81 High St

Thursdays
Third Thursday
Cinema Club
2.00pm - Isabel Blackman
Centre, Winding St
Member: £5 / Non Member:
£6 / IBC Active: Free

ART

Acid Renaissance:
Arcana - The Fantastical
Photographs of
Paul Watson
Until 21 August
1200 Postcards, Queen's Rd
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
Christie Cassisa
Until 28 September
Stables Theatre Art
Gallery, The Bourne
Claudia Alarcon &
Silat: Tayhim
Until 14 September
De La Warr Pavilion,
Bexhill
Adam Dando
Until 31 August
The Crown, All Saints St
Jill Fermanovsky -
Oasis 1994-2009
Until 28 Sept
Lucy Bell Gallery,
Norman Rd
Hastings Arts Forum
Summer Members Show

20 Until 31 August
Marine Court, Marina
Have Your Cake & Eat It - G Whizz Wheeler (Half Price Studio Sale)
22 August until 22 September
Cake Room, Robertson St
Janet Milner - From Project 78 to the Three Legs
Until 13 September
Tap Room Gallery, Beeching Rd Studios
Little (+Large)
Until 31 August (private view 2 August 6-9pm)
Rogue Gallery, Norman Rd
Nick Hill - Three Weeks in Provence
Until 1 October
Oscars on the Square, Warrior Square
Olga Fröbe-Kapteyn
Until 12 October
Tadhg Mae Projects, George St
On Paper - From the Plan Chest (Works on Paper from local and international artists)
Ongoing
Kino-Teatr Gallery, Norman Rd
Greg Stevenson
Until 31 August
The Crown, All Saints St
The Sun Feeds the Wind
Until 14 September
Hastings Contemporary, The Stade
Tandem - Maria Glyka & Vassilis Vlastaras
Until 23 August
Project 78 Gallery, Norman Rd
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
WOW II - Work on Walls
Until 17 August
Hastings Arts Forum, Marine Court



SPORT

Sunday 17 August
Tennis: Amherst Men v Wickwoods Country Club - Summer Doubles Div 4
10.30am - Amherst Lawn Tennis Club, Amherst Rd

Saturday 23 August
Cricket: Hastings & St Leonards Priory v Roffey 2 - Sussex Cricket League Div 2
12.30pm - Horntye Park

Sunday 24 August

Grand Slam Wrestling
3.00pm - White Rock Theatre, White Rock



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: www.blister-sisters.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
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 www.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: 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 Chalcraft 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 Chalcraft 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: www.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: www.blister-sisters.co.uk
Badminton
9.30am - Summerfields Leisure Centre, Bohemia Rd
£5.60. Adults. 18 places available for 3 courts usage. Booking: www.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
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 refreshments, all equipment and instruction provided, all welcome including complete beginners.
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
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: www.blister-sisters.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
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

Saturday 16 August
Bexhill Record Fair
10.00am - De La Warr Pavilion, Marina, Bexhill
Fun Fun Day Party
12.00pm - The Compound, 161 Bexhill Rd
£5 Italo Synth Pop Balearic Acid House Stories • Instagram
A Nashville Country Music Experience
7.00pm - Blackbox, 10 George St

Sunday 17 August
Chris Mckenna followed by live music from Leela
3.00pm - The Humble Hub, 4-5 Shepherd St
Text Chris on +44 7725 066328 to book

Saturday 23 August
Bottle Alley Art Market
10.00am - Bottle Alley, Warrior Square
The Great Art Face Off
3.00pm - The Compound, 161 Bexhill Rd
Art Battle with three 25 minute rounds where you vote who stays in! + silent auction and live music
Freedom Dance (Silent Disco)
7.30pm - Starsky & Hatch, Eversfield Pl
The Forbidden Fruit 4th Birthday Party!
8.00pm - The Forbidden Fruit, 22 Grand Parade

Sunday 24 August
Poetry salon with Chris Mckenna
12.00pm - Christchurch Hall, London Road
Celebration of TS Eliot. Text Chris on +44 7725 066328 for more info
Grand Slam Wrestling
3.00pm - White Rock Theatre, White Rock

Hastings Pride After Party
6.00pm - The Forbidden Fruit, 22 Grand Parade

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 hgkhasstings@gmail.com
Pokemon League
1.00pm - Table Flip, 201 Queens Rd
Play packs for entry and prizes to be given.
Social Sundays at The Nest
2.00pm - The Nest, The Old Town Hall
A relaxed weekly social space for neurodivergent adults (16+) Come along for chats, games, optional creative activities or just a quiet cuppa in a calm, friendly space.

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 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 and 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, 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.

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: *crewru-x-leys@gmail.com*

Wednesdays
Writing Hour
7.30am - 7 Trinity St
Writers can come to-
gether to write at the
workshops *hastings-writersworkshop.com*
Conquest Green Gym
10.00am - Conquest
Hospital, The Ridge
Conservation volunteer-
ing. Booking required.
Contact for more details:
carrie.edmonds@tcv.org.uk / 07764 655609
**Green Gym at
Hastings Centre**
10.00am - The Hastings
Centre, The Ridge
Horticultural volun-
teering 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! *www.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 Stag Book Club
7.00pm - 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,
Arts on Prescription,
Alexandra Park, Lower
Park Rd, St Helen's Park Rd
Donation only. For
self-identifying wom-
en *rootsofreturn.org*
Men's Walk and Talk
7.00pm - Azur, Marina
Pavillion, 44-37 Marina
Meet at Azur for a lei-
surely walk along the
seafront with time to
chat. For info or to book:
Hannah Richards *hannah.richards@mindcharity.co.uk* or 07510927978.
The Class Choir
7.00pm - The Unitarian
Church
Friendly, fun, uplifting
Women's choir. Free
taster sessions, no music
reading or auditions.
theclasschoir@gmail.com
**Mosaic Triangle
Jazz Residency**
8.00pm - Barnaby's
Lounge, 46 Robertson St

Thursdays
Hastings Tech Forum
9.00am - Observer
Building, 53 Cambridge Rd
Monthly meetup for local
tech professionals
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
**Free energy advice
community drop-in**
10.00am - Hastings
Community Info
Hub, Queens Rd
**Green Gym at
Church Wood**
10.00am - Church Wood
Conservation volunteer-
ing for health, contact
carrie.edmonds@tcv.org.uk / 07764 655609
Friendship Café
2.00pm - Hastings Court
Care Home, 314 The Ridge
Hosted by the commu-
nity co-ordinator for
stroke rehabilitation,
a monthly support and
advice session for fami-
lies affected by strokes.
Contact: 01424 755151
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 Park, St
Helen's Rd
Every alternate Thursday
**Hyphae Collective
Poetry & Music Jam**
7.00pm - Barnaby's Lounge,
46 Robertson St
Poetry, musicians, singers
- come and collaborate!
Hastings Town Singers
7.00pm - Ark Castledown
Primary Academy,
Priory Rd
A friendly non-auditioning
community choir. Free
taster sessions. *hast-ingstownsing-ers.co.uk*
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
Pub Quiz
7.30pm - The Dolphin Inn,
11-12 Rock-a-Nore Rd
Free entry plus prize mon-
ey to be won!! Booking rec-
ommended 01424 434326

Fridays
Writing Hour
7.30am - 7 Trinity St
Writers can come to-
gether to write at the

workshops *hastings-writersworkshop.com*
**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*
**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 trom-
bones. Find out more:
umbrellasussex.org.uk.
Thai food at the Albert
2.00pm - The Royal
Albert, 293 Battle Rd
**Hastings and St Leonards
Community Singing
and Drumming Circle**
6.00pm - Clifton Centre,
1 and 2 Stainsby St
All welcome. Food
sharing, meditation,
drumming, singing and
sometimes dancing! Read
more at *meetup.com*



CLASSES & WORKSHOPS

Saturday 16 August
Gong and Sound Bath
6.30pm - The Humble Hub,
4-5 Shepherd St
OdetteKurland £15/£20
hubbookings.the-humble-warrior.co.uk/page/hum-ble-classes

WEEKLY CLASSES

Sundays
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*
Regency Dance Workshop
2.00pm - St Peter & St Paul
Church in the Parish of
St. John the Evangelist,
Parkstone Rd
Monthly. Visit Hastings
Historical Dance Group
on Facebook or contact: *di-anadancer@btinternet.com*
**Conscious Connected
Breathwork**
2.00pm - 18 Silchester Rd
The Humble Heart,
Angel Michaelides, £33
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 sys-
tem. £15. Find out more:
www.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 *dynami-canatomy.co.uk/yoga*

Mondays
Desert to Sea Yoga Flow
7.30am - The Humble Hub,
4-5 Shepherd St
Sarah Helene Warner
£12 *hubbookings.the-humblewarrior.co.uk/page/humble-classes*
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
Cygnets Swans
9.45am - Isabel Blackman
Centre, Winding St
Ballet for beginners.
Register: *isabelblack-mancentre.co.uk*
Circuits
10.00am - Isabel Blackman
Centre, Winding St
Cardio and weighted
exercise. Register: *isabel-blackmancentre.co.uk*
Art Classes for Adults
10.00am - St 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
£10 Andy Cullen,
**Yoga Over 60 – main-
taining 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: *www.isabel-blackmancentre.co.uk*
Cancer Rehab
1.00pm - Isabel Blackman
Centre, Winding St
Visit: *isabelblack-mancentre.co.uk*
**Inclusive Dance
for Adults with
Complex Needs**
1.45pm - The Hastings
Centre, The Ridge
£5 Register *dancehast-ings@gmail.com*
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

Crossword Solution No 283:
Across: 1. Sea-son 3. (t)Aut um n(early) 4. Noodle (anagram)
Down: 1. SP-rain 2. Nuance (anagram)



on 07704 711772 Drum Club 4.15pm - West Hill Community Centre, Croft Rd £6.50. Booking essential. For 15–16-year-olds. Contact: juliansam-badrum@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 qigong-sigrid@gmail.com Iyengar Yoga Beginners Class 6.00pm - The Humble Heart, 18 Silchester Rd VianneyFaudemer £10 hubbookings.the-humblewarrior.co.uk/page/humble-classes 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 oldtownyoga.co.uk Beginners Vinyasa Flow 6.30pm - Hot Yoga Hastings, 21 St Peter's Rd hotyogahastings.co.uk 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 £15 Active Cherry 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 thehumblecollective.co.uk Aerial Hoop Class 8.00pm - The Humble Hub, 4-5 Shepherd St £15 Active Cherry 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 thehumblecollective.co.uk Yogalates 8.00am - The Humble Heart, 18 Silchester Rd Sally Paffett £12 thehumblecollective.co.uk Intermediate Pilates 9.00am - Isabel Blackman Centre, Winding St Register and find out more: isabelblackmancentre.co.uk Daoist Qi Gong 9.00am - St Leonards Studio, Royal Victoria andreacorsoqq@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 £15 Emma Leech 5 Rhythms Movement Metaphor 10.00am - Crown House, Marina £15 or £12 concession, £10 for beginners info@artsonprescription.org 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 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 thehumblecollective.co.uk	humblecollective.co.uk 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 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 Bone Strengthening Pilates 3.00pm - The Humble Heart, 18 Silchester Rd AnnieBradbery £10 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 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 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 - Elphinstone Road, 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 www.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 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 - 18 Silchester Rd The Humble Heart, Joanna Allen, £10 Men's Circle 7.00pm - 4 George St With Pip Hersee, £10. www.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 - Saint Nicholas Centre, 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 thehumblecollective.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 Yoga for Insomnia 8.12pm - The Humble Heart, 18 Silchester Rd Karen Simnett, 5 week course £75 thehumblecollective.co.uk Heels Class 8.45pm - The Humble Hub, 4-5 Shepherd St Kornelia Koszak £15 thehumblecollective.co.uk Wednesdays Yoga Flow 7.30am - The Humble Hub, 4-5 Shepherd St £10 Rachael, Elevate Yoga, thehumblehub.co.uk Garuda Pilates 9.00am - The Humble Hub, 4-5 Shepherd St £10 Sally Paffard, thehumblehub.co.uk Pump & Tone 9.00am - Isabel Blackman Centre, Winding St Register and find out more: isabelblackmancentre.co.uk Adventures Through
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6

The HIP List

sponsored by

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

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: *isabelblackmancentre.co.uk*
Wellbeing Wednesdays
10.00am - Art in the Park, Alexandra Park, Lower Park Rd, St Helen's Park Rd
Pay as you can, suggested donation £4. Light refreshments & creative activities with a focus on enhancing your wellbeing. *info@artsonprescription.org*
Crowninos Kids Group
10.00am - The Crown, 64-66 All Saints' St
£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
Qi Gong with Catherine
10.30am - Royal Victoria Hotel, Marina
£8 St. Leonards Studio @ Royal Victoria Hotel *catherine-burnett12@gmail.com*
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 /hr
thehumblecollective.co.uk
Hatha Yoga for You
2.00pm - St Leonards Studio, Royal Victoria
louisestleonards.studio
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*
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*
Qigong with Sigrid
5.30pm - Greek Orthodox Church of Saint Mary Magdalene and Community Hall, St

Margarets Rd
Suitable for all ages.
Contact: *qigongsigrid@gmail.com* or *07492 209190*
Martial Arts Free Trial Lesson
5.45pm - Ark Alexandra Academy (Staff entrance), Park Ave
Families welcome.
Booking required: *martialartshastings.com*
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
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@maedewsbury.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 *thehumblecollective.co.uk*
Men's Stretch & Relaxation
7.00pm - 4 George St
£15. With Pip Hersee. *www.pipshastings.com*
Intermediate pole
7.00pm - The Humble Hub, 4-5 Shepherd St
£15 Active Cherry
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*
Aoi Bara Meditation
7.30pm - Peachy Self Care Studio
Donation only community meditation class.
aoibarameditation.co.uk
Kundalini Yoga and Meditation Class
7.30pm - The Ballroom, Bank Hotel & Bistro, 28-29 Grand Parade
£10. *soulpowerkundaliniyoga.co.uk*
Argentine Tango Social Dance
8.00pm - The White Rock Hotel, 1-10 White Rock
Downstairs bar. £8 for dancers, £3 non-dancers. *pennythepoetess@yahoo.co.uk*
Relaxation: Zoom class with Pilates teacher Sally Paffard
8.00pm -
£4. *sallypaffard@gmail.com*
Classique Pole Class
8.00pm - The Humble Hub, 4-5 Shepherd St
£15 Active Cherry

Thursdays
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
The Good Story Bistro, free. *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). *howdowe-beginagain@gmail.com*
Tai Chi
1.00pm - Isabel Blackman Centre, Winding St
isabelblackmancentre.co.uk
Beginners Line Dance Classes
2.00pm - Pebsham Community Hub, 70 Seabourne Rd, Bexhill
Contact Kerris *0748047236*
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: *lu.ma/qwxvv9c8*
Pilates (beginners)
3.00pm - Isabel Blackman Centre, Winding St
Art Classes for Adults
4.00pm - 12 Maze Hill, St Leonards
£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
St Leonards
£12, Samantha Jane
The Egyptian Room: Yoga Therapy - Yoga by The Sea
5.30pm - The Humble Heart, 18 Silchester Rd, St Leonards
Karen Simnett POA *thehumblecollective.co.uk*
Tilekiln Youth Club Sessions
5.30pm - Tilekiln Community Centre, Tilebarn Road, St Leonards-on-Sea
sarah.adams@freshvisions.org.uk. Bev *07732 823800*
Yin Yoga
5.45pm - Lior Wellness Studio, 7A London Rd, St Leonards
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, St Leonards
£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 @*Braziliantamsamba*
Pole heels choreo
6.30pm - Free Bird Fitness, Silchester Rd, *freebirdfitness.uk*
Transformational Somatic Breathwork
6.30pm - The Humble

Heart, 18 Silchester Rd, St Leonards
Rachel Bednarski £20
Mandala Vinyasa Flow (Advanced)
6.30pm - Hot Yoga Hastings, 21 St Peter's Rd
hotyogahastings.co.uk
Adult Ballet Classes
7.00pm - Laton Ash Dance Centre, 18 Laton Rd
Call *01424 434774* to book.
Mandala Vinyasa Flow
7.30pm - The Humble Heart, 18 Silchester Rd
Katherine Salter £13
hubbookings.the-humblewarrior.co.uk/page/humble-classes
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
£15 Active Cherry

Fridays
Breathe and Stretch with Karen Arthur
8.00am - Afri-Co-Lab, 3, Marine Court
Start the weekend energised and refreshed. £5 concessions *afri-co-lab.org*
Pilates: Improver - Intermediate level
9.00am - The Humble Hub, 4-5 Shepherd St
£10 Pilates by Sarah T
Pilates: mixed ability with Sally Paffard
9.00am -
Zoom class *sallypaffard@gmail.com*
Traditional Yoga
9.00am - Horntyte Park Sports Complex, Bohemia Rd
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*
Qigong with Sigrid
9.30am - West Hill Community Centre, Croft Rd
Suitable for all ages.
Contact Sigrid *07492 209190*
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@stleonards.studio www.stleonards.studio Classical Yoga 10.30am - The Humble Hub, 4-5 Shepherd St £10 Kate Shaw, <i>thehumblecollective.co.uk</i> 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 <i>stleonardsartschool@outlook.com</i> Conversational Spanish 11.00am - Isabel Blackman Centre, Winding St Register and find out more: <i>isabelblackmancentre.co.uk</i> Breathe Better 11.00am - Isabel Blackman Centre, Winding St Fitness class for those with mild COPD and asthma. Register: <i>isabelblackmancentre.co.uk</i> Yin Yoga 11.30am - Horntyte Park Sports Complex, Bohemia Rd Floor-based yoga for all abilities. £7 Bookings: <i>ninayoga.co.uk</i> Slow & Steady Mobility 1.00pm - Isabel Blackman Centre, Winding St	Easy and accessible standing workout. Register at: <i>isabelblackmancentre.co.uk</i> The Snug Room 1.00pm - The Humble Heart, 18 Silchester Rd Akashic Records, Manifestation Coaching and FREE Mark Your Mark Workshop (0-4yrs) 2.30pm - St Leonards Studio, Royal Victoria Supported yoga for those with reduced mobility. £6. Email <i>zowie@stleonards.studio</i> or visit <i>stleonards.studio</i>. Table Tennis 2.30pm - Isabel Blackman Centre, Winding St Register: <i>isabelblackmancentre.co.uk</i> Senior Strength 3.00pm - Isabel Blackman Centre, Winding St Introduction to the gym facilities. Register: <i>isabelblackmancentre.co.uk</i> Kids Circus 4.15pm - Free Bird Fitness, Silchester Rd <i>freebirdfitness.uk</i> Shakti, Stillness, Sound 5.30pm - The Humble Hub, 4-5 Shepherd St Seraphina Bianconi, £20 <i>thehumblecollective.co.uk</i> Beginner aerial skills 5.30pm - Free Bird Fitness,	Silchester Rd <i>freebirdfitness.uk</i> Martial Arts Free Trial Lesson 5.45pm - Ark Alexandra Academy (Staff entrance), Park Ave Families welcome. Booking required: <i>martialartshastings.com</i> Old Town Yoga 6.00pm - Stade Hall, The Stade £9. Book at <i>www.old-townyoga.co.uk</i> Beginners Creative Writing Group 6.15pm - Clifton Centre, 1 and 2 Stainsby St Contact: <i>info@thecliftoncentre.com</i> for details Improvers aerial hoop 6.45pm - Free Bird Fitness, Silchester Rd <i>freebirdfitness.uk</i> Vibelle Dance Class-Shamanic Group Healing and Sacred Dance 7.30pm - The Humble Heart, 18 Silchester Rd Natasha Saltzer £20 Monthly <i>thehumblecollective.co.uk</i> Beginners Spiritual & Psychic, Personal Development Circle 8.00pm - The Humble Hub, 4-5 Shepherd St Mel & Jo £12 (alt weeks) <i>hubbookings.the-humblewarrior.co.uk/page/humble-classes</i> Heels Choreo Class 8.00pm - Free Bird Fitness,	2c Silchester Rd £12 To attend, please email <i>megwestpfel@gmail.com</i> Saturdays Yoga class 7.30am - The Humble Hub, 4-5 Shepherd St JoJo Yoga £10 <i>thehumblecollective.co.uk</i> Zoom Hatha Yoga 9.00am - Online only. Pranayama, practice and relaxation, video available. Contact: <i>louiselovesyoga@gmail.com</i> Power Yoga 9.00am - The Humble Heart, 18 Silchester Rd Hannah Almond Barr £10 <i>thehumblecollective.co.uk</i> Dynamic Sunset Flow with Kirsty 9.00am - 18 Silchester Rd The Humble Heart, MADRE SL, £12 <i>thehumblecollective.co.uk</i> Pure stretch 9.15am - Isabel Blackman Centre, Winding St All abilities stretching class. Register: <i>isabelblackmancentre.co.uk</i> 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	<i>stleonardsartschool@outlook.com</i> Strong Yoga with Lucy 10.00am - Morning Yoga via Zoom. <i>lamiles@hotmail.co.uk</i> Morning Flow Yoga 10.00am - Bank House, 144 London Rd Ease into your week-end with some mindful movement and breath-work. More info: <i>yoga-by-the-sea.co.uk</i> Martial Arts Free Trial Lesson 10.00am - Ark Alexandra Academy (Staff entrance), Park Ave Families welcome. Booking: <i>martialartshastings.com</i> Arts & Crafts Social 10.30am - His Place, Robertson St <i>friday-ad.co.uk</i> “Let It Flow” - all level Vinaya Flow Yoga 10.30am - 18 Silchester Rd The Humble Heart, James Loosemore, £10 <i>thehumblecollective.co.uk</i> Beginners Weight Training 10.30am - Isabel Blackman Centre, Winding St Register: <i>isabelblackmancentre.co.uk</i> Beginner aerial hoop 10.30am - Free Bird Fitness, Silchester Rd	<i>freebirdfitness.uk</i> Intermediate French 11.00am - Isabel Blackman Centre, Winding St Register for class at: <i>isabelblackmancentre.co.uk</i> Yoga Flow 11.30am - Isabel Blackman Centre, Winding St Register and find out more: <i>isabelblackmancentre.co.uk</i> Art Classes for Adults 11.45am - 12 Maze Hill £20 per person - All Materials Included. Email Theresa <i>stleonardsartschool@outlook.com</i> Clutter Club 12.00pm - The Humble Heart, 18 Silchester Rd Women’s Untamed Body Deep Dive 1.00pm - 18 Silchester Rd The Humble Heart, Seraphina Bianconi, £50 <i>thehumblecollective.co.uk</i> Gong Bath Sessions 2.00pm - Four Courts Wellbeing Hub, Sydney Cl Find out more via <i>GongVibrations1066</i> on Facebook or text Karen Hayler: 07986 911083. Rebirthing Breathwork Group Session 7.30pm - The Humble Heart, 18 Silchester Rd The Humble Heart, Andrew Dunne, £20 <i>thehumblecollective.co.uk</i>
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Eleanor Kelly at Kino-Teatr

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The Kino-Teatr’s popular Coffee Concert series served up a special treat for local music lovers when classical guitar virtuoso Eleanor

Kelly took to the stage. Hailing from Merseyside, Kelly was initially self-taught; she later gained a place at the prestigious international conservatoire in Alicante, where she became a *Máster en Interpretación de Guitarra Clásica*. She is a highly skilled and engaging per-

Guitar Virtuoso Enchants at the Kino-Teatr

former who is not afraid to explore the drama and emotion of music.

Kelly is a passionate advocate for women in music. She feels that female composers have long been overshadowed by their male contemporaries. Not surprisingly then, this recital included work by six women. In Kelly’s hands, the narrative drive of each piece was powerfully articulated and compelling.

Her performance opened with a selection of waltzes, tangos and choros by the Argentinian guitarist and composer, Carmen Guzmán – a national icon in her lifetime, her legend died with her in 2012.

A homage to the legendary Rodrigo gave Kelly the chance to demonstrate her extraordinary ability. *Red* by Errollyn Wallen, who is currently Master of the King’s Music, references his guitar concerto and featured the vibrato and ferocious strumming (known as *rasgueado*)

that characterize flamenco.

Appropriately for St Leonard’s, Kelly then performed British composer Phyllis Tate’s *Seascape*. Tate, who died in 1987, was known for her compositions for unusual instrumental combinations.

GOOD VIBES

Talking of unusual instrumental combinations, Mike Hughes now joined Kelly on stage to play vibraphone. This instrument is described as “a mallet percussion instrument with metal keys, resonator tubes, and a motorised tremolo.” The sound it produces is enchanting, almost ghostly, the mellow notes lingering in the air. Kelly joked that, since no music has ever been composed for classical guitar and vibes, they had to arrange their repertoire themselves.

The audience laughed with delight as they recognized the famil-

iar notes of Satie’s *Gymnopédie No. 1* floating from the vibraphone. Hughes darted off on some nifty improvisation and this idiosyncratic duo finished with Florence Price’s *Deserted Garden*. Price made history in 1933 when she became the first African-American female composer to have a symphony performed by a US orchestra. The recent discovery of a cache of manuscripts in Price’s former home has seen a resurgence of interest in her music.

Kelly rounded off her performance with more pieces by Carmen Guzmán, whose highly emotional and passionately romantic music deserves to be more widely-known and performed... and that is Eleanor Kelly’s mission. She told the audience the exciting news that a library in Argentina has sent her some unpublished music by Guzmán and that she is in the process of recording Guzmán’s entire *oeuvre*.

Eleanor Kelly has plans for a mini-tour of the South-East next summer, taking in Brighton and St Leonards. So, if you missed this brilliant musician this time around, put it in your diary for 2026!

Eleanor Kelly (guitar), and Mike Hughes (vibraphone) appeared at Kino-Teatr, St Leonards, on 10 August



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