

The Hop50+

APRIL 2017



This pack contains:

What's On & When?

Trip Information

Health Promotion and Events

The Hop50+ & Café,

Palmeira Square, Hove BN3 2FL Tel: 01273 729603

Opening Hours 9.30am–4.30pm

Email: thehop50@impact-initiatives.org.uk

Please like our Facebook page [The Hop 50+ Community](#)

The Hop50+ & Café are part of Impact Initiatives, a registered charity 276669 and company limited by guarantee 1402692.

Registered office 19 Queens Road, Brighton BN1 3XA www.impact-initiatives.org.uk

GROUPS AND SESSIONS APRIL 2017
KEEP FIT AND HEALTHY - CLASSES IN PURPLE
SPECIAL EVENTS – IN BLUE

| Day of the Week/Date | Times | Class/Activity | Where | Cost |
|------------------------------------|---------------|---|---------------|------|
| Monday 17th April | | CLOSED EASTER MONDAY | | |
| | 10.30 - 11.00 | What's News? (Tea and Crumpets £1) | Lounge | |
| | 11.30 - 12.30 | 'New' Music & Memories | Cafe | £2 |
| | 11.00 - 12.00 | Quiz | Cafe | £2 |
| | 1.45 - 3.15 | Pottery | Cafe | £3 |
| | 2.00 – 3.00 | Boccia / Kurling / Indoor Bowls (alternate weeks) | Lounge | £2 |
| 10th April | 2.00 – 3.00 | 'New' Jewellery Making | Café | £3 |
| | 2.00- 3.30 | Scrabble | Cafe | Free |
| | 3.15 – 4.30 | Play Reading (not on the 24 th) | Lounge | £3 |
| | 3.30- 4.30 | Yoga | Cornerstone | £5 |
| 24th April | 3.15 – 4.15 | Talk – 'I Crossed the Arctic Circle' By Kathleen Hazelgrove | Lounge | Free |
| Tuesday | 9.45 – 10.45 | New Name - 'Playreading with Attitude' (Ask Paula for details) | Lounge | £2 |
| | 11.00 - 12.00 | St John's Singers (1st Session FREE for new Customers) | In the Church | £5 |
| | 11.30 – 12.30 | Mindful Yoga (1st Session FREE for new Customers) | Lounge | £5 |
| | 11.30 - 12.30 | Yahtzee/Dominoes/Draughts | Cafe | Free |
| 25 th April | 1.00 – 4.00 | Well Being Workshop | Lounge | Free |
| 11th April | 1.30 – 2.30 | Dementia Friends Information Session | Lounge | Free |

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| <u>Tuesday</u> 4th & 18th | 2.00 – 3.00 | Bingo | Café/Lounge | £3 |
| | 1.30- 3.00 | Line Dancing | At All Saints Church Hall | £5 |
| | 3.00 – 4.00 | ‘Parlez Vous Francais?’ (Fortnightly) | Lounge | £2 |
| <u>Wednesday</u> Only 5 th April | 11.00 – 12.30 | Shape Up at The Hop (10 week exercise and healthy eating BHFP – Please ask in Office for details) | Lounge | <u>Free</u> |
| | 10.30 – 12.00 | LGBT Social Meet Up – Modelo Lounge, Church Road, Hove | | |
| | 2.00- 4.00 | Art Café (1st Session FREE for new customers) | Café | £5 |
| | 2.00 - 3.15 | Delight in Dance (1st Session FREE for new customers) | Lounge | £5 |
| <u>Thursday</u> 6th & 20th 13th 20th April 27th April | 10.00 – 11.30 | Gardening | | Free |
| | 10.30 – 11.30 | Low Impact Walking Workout | Lounge | £2 |
| | 11.30 – 12.30 | Quiz | Café | £2 |
| | 1.00 – 2.00 | Relaxation Class | Florrie Room | £2 |
| | 1.45 - 3.00 | Indoor Short Mat Bowls | Lounge | £2 |
| | 2.00 - 3.00 | Boccia | Lounge | £2 |
| | 2.00 – 4.00 | Brunswick In Bloom Launch and Plant Sale | Café & Garden | Free |
| | 2.00 – 3.00 | <u>HOUSE MEETING</u> | Lounge | Free |
| | 2.00 - 3.00 3.00 – 4.00 | Knit for Peace ‘New ’ Tech Buddy (Please make an appointment in the office) | Café Cafe | Free |
| 3.30- 4.30 | Advanced Tai Chi | Lounge | £5 | |

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| Friday | | | | |
| 'The Hop Stop' Dementia Friendly Day | 10.30 – 12.30 | Morning Session 'Music Memoirs' and 'Ignite' Art Discussion Group (See information on attached sheet) | | £5 |
| | 1.30 - 3.30 | Afternoon Session 'Breathing Space and 'Spring Club' (See information on attached sheet) | | £5 |
| 14th April | CLOSED | CLOSED GOOD FRIDAY | | |
| Saturdays | | | | |
| Starts 8th | 9.30 – 10.30 | Table Tennis | Lounge | £1.50 |
| | 10.30 – 12.30 | 'Photography Project' (6 weeks <u>please enquire in Office</u>) | Lounge | Free |
| 15th April | 11.00 – 12.00 | 'New' Table Quiz – Grab a Team (Max 4 per Team) Prizes to be won | Cafe | £3 |
| | 1.30 - 2.30 | Boccia | Lounge | £2 |
| | 2.00 – 3.30 | 'New' Be Creative 'DECOUPAGE' (Art or Craft – focussing on a different project every month) | Cafe | £3 |
| | 3.15 – 4.15 | 'Sing Like No One is Listening' | Lounge | £2 |
| Sundays | | | | |
| 30th April | 12.30 - 1.30 | Lunch Club | Café (includes complimentary glass of wine) | £8 |
| | 1.00 – 4.00 | Family Carers Dementia Session | Lounge | Free |
| | 1.30pm | Film Club (Not on the 30th) | Lounge | Free |



COMMUNITY TRIP LIST FOR APRIL 2017

| Date | Venue | Time | Cost |
|------------------------|--|---------------------|------------|
| Monday 3rd | <p style="text-align: center;"><u>The Old Tollgate</u></p> <p style="text-align: center;">Set within the quaint village of Bramber, near Brighton and on the doorstep of the South Downs National Park.</p> <p style="text-align: center;">An award winning Carvery Restaurant offering amazing choices of locally sourced, seasonal food.</p> <p style="text-align: center;">Special offer for April</p> <p style="text-align: center;">£7.25 for a main course</p> | 11am | £10 |
| Wed 5th | <p style="text-align: center;"><u>Eight Bells – Bolney Pub Lunch</u></p> <p style="text-align: center;">Expect a warm and friendly atmosphere at this wonderful village pub in Mid Sussex.</p> <p style="text-align: center;">Over 50's lunch deal £6.75 main course</p> <p style="text-align: center;">Starters and Desserts £3.75 each</p> | 11am | £10 |
| Monday 10th | <p style="text-align: center;"><u>McBeans Tour</u></p> <p style="text-align: center;">A tour of an Orchid nursery with a talk from the head nurseryman. McBean's was established in 1879 and is based in Lewes. They cultivate, grow and nurture some of the most spectacular varieties of orchids in the world. McBean's has won over 70 gold awards at Chelsea Flower Show and are known for producing a diverse range of outstanding quality orchids.</p> <p style="text-align: center;">There are some steps at the location with a handrail - £5.00</p> <p style="text-align: center;">Followed by a visit to Wyvale Garden Centre in Kingston – Lewes</p> | 10.30 am | £10 |

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|---------------------------|--|--------------------|-------------------|
| <p>Wed 19th</p> | <p style="text-align: center;"><u>The Crown Inn</u> <u>Cootham, Pulborough</u></p> <p style="text-align: center;">Pub lunch</p> <p>From beer battered haddock to 8oz fillet steaks, their pub meals are home cooked prepared using only the freshest of ingredients.</p> <p>Go and see their little farm. They have two pygmy goats, guinea pigs and rabbits.</p> | <p>11am</p> | <p>£10</p> |
| <p>Monday 24th</p> | <p style="text-align: center;"><u>Pashley Manor Gardens</u> <u>Tulip Festival</u></p> <p>Pashley Manor's spectacular Tulip Festival sees this garden, on the border of Sussex and Kent, carpeted with over 30, 000 tulips, creating stunning scenes for visitors to enjoy.</p> <p>With a café serving locally sourced and homemade cakes, scones and light lunches, which can be enjoyed on the terrace, a shop with gorgeous gifts, souvenirs and plants, and exhibitions of garden sculpture and floral art, Pashley's Tulip Festival makes a superb day out.</p> <p style="text-align: center;"><u>£10.50 Entry for Festival</u></p> | <p>10am</p> | <p>£10</p> |
| <p>Wed 26th</p> | <p style="text-align: center;"><u>The Bolney Stage – Bolney Village</u></p> <p style="text-align: center;"><u>Pub Lunch</u></p> <p>Located in the pretty village of Bolney, the centuries-old Bolney Stage just oozes character, with huge inglenook fireplaces, ancient flagstones, crooked beams aplenty and comfortable old furniture. You'll find a warm welcome, good honest food and an unpretentious, chatty atmosphere.</p> | <p>11am</p> | <p>£10</p> |

TO SECURE YOUR PLACE ON A TRIP PLEASE PAY *IN ADVANCE*.

How Do I Book and Pay for my Place?

- 1. Telephone (01273) 729603 to reserve your place.**
- 2. Pop into the Hop50+ and pay by cash or cheque, OR...**
- 3. Pay Val, our driver, on a previous trip.**

Please note:

- Cheques should be made payable to Impact Initiatives.**
- All trips are allocated on a first come first served basis.**
- Once you have booked and paid, your place is confirmed.**
- Refunds will only be issued at the discretion of the manager.**
- Cancellations less than 24 hours will not be subject to a refund.**

For further information, please contact Lin, or Leanna at the Hop50+ on 01273 729603 or call in person to the Centre, Palmeira Square, Hove, BN3 2FL

Thank you

HEALTH AND WELL BEING IN THE FLORRIE ROOM



For prices, further information and to make an appointment please call 01273 729603 or pop into the Office

| | |
|-------------------|--|
| MONDAYS | Alexander Technique Ayurveda Therapies 9.30am – 1 pm |
| TUESDAYS | Seated Massage Full Body Massage Aromatherapy Massage Reiki, Tarot, Sports Massage, Deep Tissue Massage, Thai Foot Massage & Hot Stone Massage 9.30 am – 3 pm |
| WEDNESDAYS | Reflexology Indian Head Massage 10 am – 1 pm Chiropody 1.30 pm – 3 pm Chiropractic Service 1.30 – 4.30 |
| THURSDAYS | Reflexology Manicures, Pedicures, Massage 10.30am – 12.30am |
| SATURDAYS | Swedish Massage 10am – 12noon Sound, Colour, Crystal Healing 2 pm - 4 pm |

Please note this is a **LOW COST SERVICE**, if appointments are cancelled with less than 24 hours' notice, or if you do not show up for your appointment, there will be a £5 charge incurred

Some therapies/treatments are not available every week currently so always check with the office. **THANKYOU!**



The Hop Stop each Friday at the Hop50+

Who is it for?

People who identify themselves as having, or who have had a diagnosis of early stage dementia. Carers are also very welcome.

What's on offer?

Every Friday the Hop50+ is dedicated to providing a specialist dementia-friendly service.

Using our successful model of providing personal choice we offer a range of activities so people can stay all day or come in at times which suit them. Charges can be pre-paid or invoiced; the café is open all day so people can just come in for lunch or a coffee and a chat if they wish.

Through working with experts and specialists we have developed a programme of innovative and engaging activities which are enjoyable and designed to keep minds and bodies active, carers are also welcome to attend these.

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Registered office 19 Queens Rd Brighton BN1 3XA

www.impact-initiatives.org.uk

email: info@impact-initiatives.org.uk

Schedule for the Hop Stop Day is as follows:

Morning Session - 10.30am - 12.30pm

Lunch - 12.30 pm

Afternoon Session - 1.30pm -3.30pm

The whole day is £10, or just the morning or the afternoon is £5.

Each session is designed to suit the varied and individual needs of the people who use the Hop Stop, and in April we will run the following activities:

- "This is my Life" photo-sharing sessions and sketchbook making
- Sing Healthy
- 'Music Memoirs'
- IGNITE which is an art discussion group
- "Breathing Spaces", a relaxation and improvisation session
- 'Spring Club' Gardening and Food Group

We also have a lunchtime visit from 'Woody' a lovely greyhound from Sussex Caring Pets.

These sessions are suitable for people with early stages dementia.

Carers are very welcome to come along.

Please bring vinyl records and old (or new) photographs of your choice for our discussions and record spinning sessions each week during April.

For further information

You can find out more by speaking to Lin Hastings (Manager) or Anne Brindley (Outreach Worker). We are available on (01273) 729603.

People are also welcome to drop into the centre or can contact us to discuss their needs and get further information.

The Hop50+ is situated within St John`s Church on Palmeira Square, Hove BN3 2FL. It is well signposted from Church Road and First Avenue.



The Café @ the Hop50+

- Healthy, home cooked meals
- A hot lunch served daily at 12.30 pm
- A selection of light meals, snacks and refreshments are available
 - A lovely garden setting
- A menu is available on request

Open 7 days a week

9.30am to 4.30pm

Café closed for Art Group on Wednesdays 1.30pm–3.30pm

Café open only for 'The Hop Stop' dementia-friendly sessions on Fridays

The Larches Café

New Larchwood

Waldron Avenue

Brighton

BN1 9EZ

(01273) 609281

- **Open Monday, Thursday and Friday – 9am to 3.30pm**
- **A menu of healthy, home cooked meals served daily**
 - **A Community Café for all ages**



Health Promotions and Events

APRIL 2017

| | |
|--|---|
| Tuesday 11th April 1.30 pm - 2.30 pm | <i>Dementia Friends</i> <i>Information Session</i> |
| Thursday 20th April 2 pm - 4 pm | <i>Brunswick In Bloom Launch &</i> <i>Plant Sale</i> |
| Tuesday 25th April 1 pm - 4 pm | <i>Wellbeing Workshop</i> |
| Sunday 30th April 1 pm - 4 pm | <i>Family Carers Dementia Session</i> |

For further details and information about events and information relating to these health promotions, please telephone (01273) 729603 and speak to

Claire or Paula.

How to find us at The Hop50+

Catch any of these buses to Palmeira Square

1, 1A, 2, 5,
5A, 5B, 6, 21,
25, 25X, 46,
49, 60, 71,
700



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