

SEPTEMBER 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

Card Payments accepted from 8th September

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 SEPTEMBER 2017
OLDER PEOPLE'S FESTIVAL EVENTS IN RED
KEEP FIT AND HEALTHY - CLASSES IN PURPLE
SPECIAL EVENTS - BLUE

Day of the Week/Date	Times	Class/Activity	Where	Cost
Mondays				
25th	10 – 12.30	Meet the FareShare Team (Learn about food waste & how you can get involved with the project)	Cafe	
				
	10.30 - 11.00	What's News? (Tea & Crumpets £1.50)	Lounge	
	11.30 - 12.30	Music & Memories	Lounge	£2
	11.00 - 12.00	Quiz	Cafe	£2
25th	12.30 – 4.30	Homewise Property Searches and Discounts (Retirement)		
				
25th	1.30 - 2.30	Celebration Drop in Event for Older People's Festival (Join us for a glass of Prosecco, light refreshments/cake and pick up a Festival Programme)		Free
				
	2.00 – 3.00	Boccia / Kurling / Indoor Bowls (alternate wks)	Lounge	£2
	2.00 – 3.30	'New' Drawn to Art Portraits/Still Life with Stjohn	Cafe	£3
	2.00- 3.30	Scrabble	Cafe	Free
	3.15 – 4.30	Play Reading (not on the 25th)	Lounge	£3
	2.45 – 3.30	'New' Chair Yoga (All welcome including Beginners)	Cornerstone	£5
	3.40- 4.40	Yoga	Cornerstone	£6

Tuesdays				
	10.00 – 11.00	'Play Reading With Attitude' (not on the 26 th)	Lounge	£2
26th	10.30 – 12.30	TALENT SHOWCASE Come along and show us what you can do! We would love to see you share your hidden talents.	Lounge	Free
				
	10.00 – 12.00	Tech Buddy (Please make appointment in the Office)	Cafe	
	11.15 - 12.15	'New' Hop Singers (1 ST Session FREE for new Customers)	Lounge	£3
	11.15 – 12.15	Chair Yoga	Church Room	£6
	11.30 - 12.30	Yahtzee/Dominoes/Draughts	Cafe	Free
26th	12.30 – 4.30	Homewise Property Searches and Discounts (Retirement)		
				
5th	1.30 – 2 .00	Launch of Book Club (All keen readers welcome)	Lounge	50 p
	2.00 – 3.00	Bingo – (One of the prizes includes a Hop 50+ Meal)	Lounge/Cafe	£3.50
	1.30- 3.00	Line Dancing (None on the 26 th September)	All Saints Church, Hove	£6.50
5th & 19th	3.00 – 4.00	'Parlez Vous Francais?' (Fortnightly)'	Lounge	£2
Wednesday Only 6th September	10.30 – 12.00	LGBT Social Meet Up – Modelo Lounge, Church Road, Hove		
Last one on the 6th	11.00 – 12.00	SHAPE UP	Lounge	Free
	2.00- 4.00	Art Café (1st Session FREE for new customers) includes tutor and materials	Café	£10

Wednesday	2.00 - 3.15	Delight in Dance (1st Session FREE for new customers)	Lounge	£6
Thursdays 14th Sept	10.00 – 11.30 10.00 – 11.30 10.30 – 11.45	Gardening Bulb Planting Keep Calm & Crochet	Cafe	Free Free
'New' starts 7th weekly	10.30 - 12.00	'New' Learn to speak Spanish	Lounge	£2
28th 	10.30 – 12.00	MACMILLAN CAKE OFF (To celebrate Macmillan Coffee morning please bring along your baked goods and compete for the Bake Off Trophy)		Free
7th & 21st	11.15 – 12.15	New' Summer Health Walks		
28th	11.30 – 12.30	Church Service	Church	
	11.15 – 12.15	Quiz	Cafe	£2
7th	1.45 - 3.00	Indoor Short Mat Bowls	Lounge	£2
14th	2.00 - 3.00	Boccia	Lounge	£2
21st	2.00 - 3.00	Kurling	Lounge	£2
28th 	2.00 – 3.30	'THIS MUCH I KNOW' (Sign up for a 5/10 min slot to tell us something you're really interested in or passionate about, share a skill, or just nuggets of advice & wisdom)	Lounge	Free
	2.00 - 3.00	Knit and Natter	Café	Free
	3.00 – 4.00	Tech Buddy (Please make an appointment)	Cafe	£6
	3.30- 4.30	Advanced Tai Chi	Lounge	

Fridays 'The Hop Stop' Dementia Friendly Day 29th 	10.30 – 12.30	Morning Session 'This is Your Life, Music, Memoirs & Mementoes' IGNITE Art Discussion Group (See information on attached sheet)		£5
	1.30 - 3.30	Afternoon Session 'The All Stars' and 'Summer Club' (See information on attached sheet)		£5
	1.30 – 2.30	BREATHING SPACES (Improvisation session led by our qualified tutor for people with early stages dementia)		Free
Saturdays 9th September 'NEW' 30th September New Times 30th 	12.30 – 3.30	<u>SUMMER FAYRE</u>		
	9.30 – 11.00	Table Tennis	Lounge	£1.50
	10.30 – 12.30	SCRABBLE TOURNAMENT (Last Saturday in every month)	CAFE	
	11.15 – 12.15	Either Kurling or Indoor Bowls (not on the 9 th)	Lounge	£2
	1.30 - 2.30	Boccia (not on the 9 th)	Lounge	£2
	2.45 – 3.45	'Sing like No One is Listening' (not on the 9 th)	Lounge	£2
	7 pm - 11 pm	SOUL NIGHT Tickets to be purchased ahead of time from Hop50+. Mojo Dave will play Motown, Northern Soul and Ska promising a great night of music and dancing. (Tickets only available in the Office)		£7

Sundays

1st Oct



11.00 – 12.00

**Served at
12.30pm**

1.45 – 2.45

SILVER SUNDAY QUIZ

Sunday Lunch

'New' Sunday Bingo

**Café
(includes
complimentary
glass of wine)**

Lounge

Free

£8.50

£3.50

DATES FOR THE OLDER PEOPLE'S FESTIVAL BEING HELD AT THE HOP50+

Monday 2nd Oct 	10.30 – 12.00	MUSICAL SHOWCASE (Bring along your musical instruments and share with us your musical skills – we have a piano on site)	Lounge	Free
Tuesday 3rd Oct 	2.00 – 3.00	IGNITE (An Ignite session is a combination of artworks from galleries and museums all over the world, questions about them and historical information that stimulates discussion)	Lounge	Free
Wednesday 4th Oct 	2.00 – 4.00	ART WORKSHOP (Work with our experienced Tutor to explore your artistic skills)	Cafe	Free
Thursday 5th Oct 	10.30 - 12.00	POETRY OPEN MIC (Share your favourite poetry, either self authored or by another poet. Participants and listeners welcome)	Lounge	Free
Thursday 5th Oct 	2.00 – 4.00	THROWN – ROUGH MEMORIES (Tell your story with Living Record Productions – Join us for a tea party storytelling workshop)	Lounge	Free
Friday 6th Oct 	1.30 – 2.30	BREATHING SPACES (Improvisation sessions led by our qualified tutor for people with early stages dementia)	Lounge	Free
Saturday 7th Oct 	10.00 – 4.00	TASTER DAY (A range of taster sessions will run throughout the day.)	Hop 50+	Free
Sunday 8th Oct	12.00 – 3.00	MURDER MYSTERY LUNCH (3 course dinner and wine, with a 'who did it' play performed by the staff – please book in advance tickets in Office)	Hop 50+	£15.00



COMMUNITY TRIP LIST FOR SEPTEMBER 2017

Date	Venue	Time	Cost
WEDNESDAY 6TH	<p style="text-align: center;">'NEW VENUE'</p> <p style="text-align: center;"><u>THE GIANTS REST - WILMINGTON</u> (When booking, please order food, Has to be pre-ordered – Menu in Office)</p> <p>The Giant's Rest is set in the South Downs National Park, in the small village of Wilmington. It is a small family-run pub, which dates back to the early 1900s</p>	11 AM	£15
MONDAY 11TH	<p style="text-align: center;"><u>HEVER CASTLE</u></p> <p style="text-align: center;">Senior Ticket - Visit Garden only - £12.70 Visit Castle & Gardens - £14.70</p> <p>Dating back to the 13th century, Hever Castle was once the childhood home of Anne Boleyn, second wife of Henry VIII and Mother of Elizabeth I.</p> <p>Discover magnificent award-winning gardens set in 125 acres of glorious grounds at Hever Castle.</p>	<u>9.30 AM</u>	£15
WEDNESDAY 13TH	<p style="text-align: center;">'NEW VENUE'</p> <p style="text-align: center;"><u>THE FOX - SMALL DOLE</u></p> <p>The Fox offers a pleasant atmosphere for its visitors with an outstanding and varied menu. The Fox offers a set menu including tea and coffee £9.95 for 2 courses £12.95 for 3 courses</p>	11 AM	£15

<p>WEDNESDAY 20TH</p>	<p style="text-align: center;">'NEW VENUE'</p> <p style="text-align: center;">ARUN VIEW - LITTLEHAMPTON</p> <p>The Arun View Inn is situated on the side of the River Arun in Littlehampton. The kitchen prides itself on using freshly prepared, local and seasonal produce served in a relaxed and friendly atmosphere.</p>	<p>11 AM</p>	<p>£15</p>
<p>MONDAY 25TH</p>	<p style="text-align: center;"></p> <p style="text-align: center;">OLDER PEOPLE'S FESTIVAL EVENT (Please look in the Older People's Programme)</p>	<p><u>9 AM</u></p>	<p>£15</p>
<p>WEDNESDAY 27TH</p>	<p style="text-align: center;"><u>Back by popular Demand</u> <u>HIGHDOWN GARDENS</u> <u>Carvery or Tea Room</u></p> <p>Highdown Garden's is a hidden gem nestled on the South Downs situated between Ferring and Goring.</p> <p>The 8.5 acres of Gardens were created out of an old chalk pit overlooking the South Downs, where there was little soil and very unfavourable conditions for plant growth.</p> <p>The Chalk Garden at Highdown is the achievement of Sir Frederick and Lady Stern who worked for 50 years to prove that plants would grow on chalk.</p> <p>When you're ready for lunch, you can choose either a carvery or the tea room, you decide 😊</p>	<p>11 AM</p>	<p>£15</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 Paula 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.

<p>MONDAYS</p>	<p>Alexander Technique Ayurvedic Massage Therapies Ayurvedic Herb or Diet Consultation 9.30am -1.00am</p>
<p>TUESDAYS</p>	<p>Seated Massage Full Body Massage Aromatherapy Massage Reiki Tarot Sports Massage, Deep Tissue Massage, Hot Stone Massage 10am - 2.30pm</p>
<p>WEDNESDAYS</p>	<p>Chiropody 1.15pm -3.30pm</p>
<p>THURSDAYS</p>	<p>Manicures, Pedicures, Swedish Massage, Indian Head Massage 10.00am – 12.00am Body Stress Release 1pm – 4pm</p>
<p>SATURDAYS</p>	<p>Manicures, Pedicures, Swedish Massage, Indian Head Massage 10am – 12noon</p>

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 rather than delivering a whole-day service, a range of activities is on offer so people can stay all day or come in at times which suit them. Charges can be pre-paid or invoiced if required; the café will also be open all day so people can just come in for lunch or a coffee and a chat.

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.

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 September we will run the following activities:

- "This is Your Life" photo-sharing sessions and sketchbook making
- 'Music Memoirs and Mementoes'
- IGNITE which is an art discussion group
- "The All Stars Club", a relaxation and improvisation session
- 'Summer Club' Nature 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 September.

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

**Card payments accepted from the
8th September 2017**

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 -

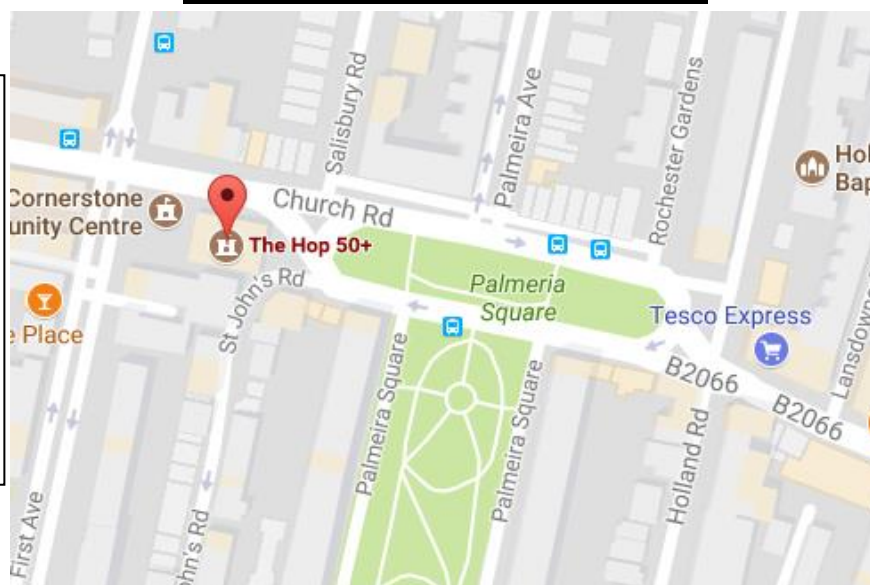
SEPTEMBER 2017

ALL MONTH	BLOOD CANCER AWARENESS MONTH (INFO AVAILABLE)
TUESDAY 5th SEPT 1.30 PM	NATIONAL READ A BOOK DAY (LAUNCH OF OUR BOOK CLUB)
18TH TO 24TH SEPT	NATIONAL EYE HEALTH WEEK (INFO AVAILABLE)
THURSDAY 21ST SEPT 11AM	BLOOD PRESSURE 'KNOW YOUR NUMBERS' COME AND HAVE YOUR BLOOD PRESSURE CHECKED
THURSDAY 21ST SEPT 11.15 am	INTERNATIONAL DAY OF PEACE Join us for a walk to the Peace Statue
FRIDAY 22ND SEPT	WORLD ALZHEIMER DAY 'REMEMBER ME'
THURSDAY 28TH SEPT 10.30 am	MACMILLAN COFFEE MORNING 'BAKE OFF' Bring along your baked goods and compete for the Bake Off trophy

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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Who are Homewise?



Homewise are a local retirement specialist who have been helping people buy dream properties for over 40 years.

Their Home for Life Plan is a simple and straight forward way for people over 60 to buy their next home at a fraction of the price, and with no rent or mortgage repayments.

If you're over 60, you could benefit from a discount of anywhere up to 59% on the property purchase price, depending on your age, personal circumstances and the type of home you're looking to buy.

*"We have a clear vision: to **revolutionise retirement in the UK**. It's a rather grand vision, we know. But we want to give everyone, no matter what their circumstances, the chance to **retire happy**. To have the security of a home they love and can afford."* Mark Neal, Homewise Managing Director

Meet the Homewise team at the Hop 50+

Book a FREE one-to-one consultation with Sussex-based retirement specialists, Homewise this month during the Older People's Festival. You can also drop-in to the Homewise Helpdesk and they'll answer any questions.

Learn all about the family-run company and how their Home for Life Plan can benefit you – book your spot today.

What can I expect?

The friendly Homewise team will be joining us at the Hop 50+ on 25th and 26th September and 4th October, sharing their expertise and top tips on searching for properties online and answering any questions you may have about moving home.

For a FREE no-commitment consultation, simply book a slot with a Senior Consultant and they'll explain how the Home for Life Plan helps over 60s. They'll also be able to calculate the discount you could receive when buying your next property.

How do I book?

Call **0808 1640171** or email marketing@homewise.co.uk

Connect with Homewise



facebook.com/Homewise.Ltd



twitter.com/HomewiseLtd

www.homewise.co.uk

