

# The Hop50+

## OCTOBER 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 now accepted**

**Email: [thehop50@impact-initiatives.org.uk](mailto: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](http://www.impact-initiatives.org.uk)

**GROUPS AND SESSIONS OCTOBER 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
<b><u>Mondays</u></b> <b>2nd</b>   <b>30<sup>th</sup></b> <b>October</b>	<b>10 – 12.00</b>	<b>MUSICAL SHOWCASE</b> (Bring along your musical instruments and share with us)	Lounge	Free
	10.30 - 11.00	What's News? (not on 2 <sup>nd</sup> ) (Tea & Crumpets £1.50)	Lounge	
	11.30 - 12.30	Music & Memories (not on 2 <sup>nd</sup> )	Lounge	£2
	11.00 - 12.00	Quiz (not on the 2 <sup>nd</sup> )	Cafe	£2
	<b>2.00 – 3.00</b>	<b>Boccia OR Indoor Bowls</b>	<b>Lounge</b>	<b>£2</b>
	2.00 – 3.30	<b>'New'</b> 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 30 <sup>th</sup> )	Lounge	£3
	<b>3.15 – 4.15</b>	<b>TALK – 'They called her Cassandra' by Renee Tyack</b> (Memoir of Survival)	<b>Lounge</b>	<b>Free</b>
	<b>2.45 – 3.30</b>	<b>'New'</b> Chair Yoga (All welcome including Beginners)	<b>Cornerstone</b>	<b>£5</b>
<b>3.40- 4.40</b>	<b>Yoga</b>	<b>Cornerstone</b>	<b>£6</b>	
<b><u>Tuesdays</u></b>	<b>10.00 – 11.00</b>	<b>'Play Reading With Attitude'</b> (not on the 3 <sup>rd</sup> )	Lounge	£2
<b>3rd</b> 	<b>9.30 – 12.30</b>	<b>BOCCIA LEAGUE</b> at King Alfred Leisure Centre		Free
	10.00 – 12.00	Tech Buddy (Please make appointment in the Office)	Cafe	Free

<b>Tuesdays</b>	11.15 - 12.15	<b>'New' Hop Singers (1<sup>ST</sup> Session FREE for new Customers)</b>	Lounge	£3	
	11.15 – 12.15	<b>Mindful Yoga</b>	<b>Church Room</b>	<b>£6</b>	
	11.30 - 12.30	<b>Yahtzee/Dominoes/Draughts</b>	<b>Cafe</b>	<b>Free</b>	
	<b>26th</b> 	<b>12.30 – 4.30</b>	<b>Homewise Property Searches and Discounts (Retirement)</b>		
		2.00 – 3.00	<b>Bingo – (One of the prizes includes a Hop 50+ Meal)</b>	<b>Lounge/Cafe</b>	<b>£3.50</b>
	<b>3<sup>rd</sup> October</b> 	<b>2.00 – 3.00</b>	<b>IGNITE</b> (An ignite session is a combination of artworks from museums all over the world, with questions and historical information that stimulates discussion)	<b>Lounge</b>	<b>Free</b>
	1.30- 3.00	<b>Line Dancing</b>	<b>All Saints Church, Hove</b>	<b>£6.50</b>	
<b>17th</b>	2.00 – 3.15	<b>BAKING SESSION (Come and make some cheese straws and scones)</b>	<b>Cafe</b>	<b>£2</b>	
<b>3<sup>rd</sup>, 17<sup>th</sup> &amp; 31<sup>st</sup></b>	3.00 – 4.00	<b>'Parlez Vous Francais?' (Fortnightly)</b>	<b>Lounge</b>	<b>£2</b>	
<b>Wednesday</b> <b>Only 4th October</b>	10.30 – 12.00	<b>LGBT Social Meet Up – Modelo Lounge, Church Road, Hove</b>			
<b>4<sup>th</sup> October</b> 	<b>12.30 – 4.30</b>	<b>Homewise Property Searches and Discounts (Retirement)</b>	<b>Lounge</b>	<b>Free</b>	
	1.30 – 2.30	<b>'New Times' Tech Buddy (Please make an appointment )</b>	<b>Cafe</b>		
	2.00- 4.00	<b>Art Café (1st Session FREE for new customers) includes tutor and materials</b>	<b>Café</b>	<b>£10</b>	
	2.00 - 3.15	<b>Delight in Dance (1<sup>st</sup> Session FREE for new customers)</b>	<b>Lounge</b>	<b>£6</b>	

<b>Thursdays</b>	10.30 – 11.45	Keep Calm & Crochet	Cafe	Free
'New'	10.30 - 12.00	'New' Learn to speak Spanish (not on the 5 <sup>th</sup> )	Lounge	£2
5 <sup>th</sup> October 	10.30 – 12.00	<b>POETRY OPEN MIC</b> (Share your favourite poetry, either self-authored or by another poet. Participants and listeners welcome)	Lounge	Free
26th	11.30 – 12.30	Church Service	Church	
	11.15 – 12.15	Quiz	Cafe	£2
19th	1.30 – 2.15	World Values Day Discussion	Lounge	Free
12th	1.45 - 3.00	Indoor Short Mat Bowls	Lounge	£2
19th	2.15 - 3.15	Boccia	Lounge	£2
26th	2.00 - 3.00	Kurling	Lounge	£2
5 <sup>th</sup> October 	2.00 – 4.00	<b>THROWN – ROUGH MEMORIES</b> (Tell your story with Living Record Productions – join us for a tea party storytelling workshop)	Lounge	Free
	2.00 - 3.00	Knit and Natter	Café	Free
	3.30- 4.30	Advanced Tai Chi	Lounge	£6
<b>Fridays</b>	10.30 – 12.30	Morning Session 'This is Your Life, Music, Memoirs & Mementoes' IGNITE Art Discussion Group (See information on attached sheet)		£5
'The Hop Stop' Dementia Friendly Day	1.30 - 3.30	Afternoon Session 'The All Stars' and 'Autumn Club' (See information on attached sheet)		£5



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

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



## COMMUNITY TRIP LIST FOR OCTOBER 2017

Date	Venue	Time	Cost
<b>WEDNESDAY 18<sup>TH</sup> OCTOBER</b>	<p style="text-align: center;"><b><u>LAUGHING FISH – ISFIELD</u></b> <b><u>THE LAVENDER LINE</u></b></p> <p>Next door to the heritage Lavender Line railway and just a stone's throw from Cofield and Lewes. Tucked away in the leafy East Sussex countryside nestles Isfield – a quintessential British village with historic homes, winding country lanes and a traditional pub.</p> <p>The Laughing Fish sits at the heart of Isfield serving up a selection of real ales and tasty pub grub, while offering drinkers and diners alike a comfortable, character-full atmosphere.</p>	<b>11 AM</b>	<b>£15</b>
<b>MONDAY 23<sup>RD</sup> OCTOBER</b>	<p style="text-align: center;"><b><u>THE GREENMAN – RINGMER</u></b></p> <p>Why not join Val to the Greenman Pub, based near Lewes. This is one of our favourite destinations; you certainly won't go home hungry! 😊</p> <p>The food is excellent value for money. There is a great selection of meals to choose from, to suit all tastes and appetites.</p>	<b>11 AM</b>	<b>£15</b>
<b>WEDNESDAY 25<sup>TH</sup> OCTOBER</b>	<p style="text-align: center;"><b><u>SINGING HILLS</u></b></p> <p>Singing Hills staff guarantee a warm welcome to everyone with beautiful Sussex Downland surroundings. Their restaurant has views of the finishing holes on the River &amp; Valley courses is open to the general public for breakfast, lunch and afternoon snacks.</p>	<b>11 AM</b>	<b>£15</b>

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

### **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 NOW accepted**

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

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## **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 -

### OCTOBER 2017

<i>Every Monday at 2 pm</i>	<b><u>BIG DRAW FESTIVAL MONTH</u></b> <i>Please come and join Stjohn for 'Drawn to Art'</i>
<i>Tuesday 3rd October At 1.30 pm</i>	<b><u>BACK CARE AWARENESS</u></b> <i>'Alexander Technique' Talk and Demonstration with Yoanna</i>
<b><u>Tuesday 10<sup>th</sup> October</u></b> <i>Meet at the Hop at <u>10.30 am</u></i>	<b><u>WORLD MENTAL HEALTH DAY WALK</u></b> <i>Please join us on a walk which will go from Hove Lawns to the Unitarian Church in New Road for celebrations, music, food &amp; refreshments</i>
<i>Tuesday 10<sup>th</sup> October 12.30</i>	<b><u>NATIONAL CURRY WEEK</u></b> <i>Please join us for a curry at lunchtime.</i>
<i>Tuesday 17<sup>th</sup> October 2 pm</i>	<b><u>NATIONAL BAKING WEEK</u></b> <i>Cooking is Meditative and Creative so come and bake with us.</i>
<i>Thursday 19<sup>th</sup> October 1.30 pm</i>	<b><u>WORLD VALUES DAY</u></b> <i>Values are the things that are important to us, the foundation of our lives. Come and join us for a discussion.</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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Registered office 19 Queens Road, Brighton, BN1 3XA

## 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 the 4<sup>th</sup> 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](mailto:marketing@homewise.co.uk)

## Connect with Homewise



[facebook.com/Homewise.Ltd](https://facebook.com/Homewise.Ltd)



[twitter.com/HomewiseLtd](https://twitter.com/HomewiseLtd)

[www.homewise.co.uk](http://www.homewise.co.uk)





## NEW LOOK TO SATURDAY'S

Welcome to our new Menu for Saturday's from October. We will no longer be doing a set meal at 12.30 but offering a Hop Brunch Menu which can be ordered **ANYTIME** from 9.30 am. Please come and see us, great food at great prices and garnished with a warm, welcoming atmosphere.

**SNACK Eat**  
**r Brunch**  
**e Jacket** *BACON*  
**l** *Saead*  
**a** Full English  
**CHOICE**  
**SAUSAGE**  
**Anytime**

**E**  
**G**  
**G**  
**S**

**SATURDAYS**

***As a bonus throughout October buy lunch for Saturday and Sunday and get your Saturday meal half price.***