



# **The Hop50+**

## **MAY 2018**



### **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:- 9.30 am – 4.30 pm Monday to Friday  
9.30 am – 3 pm Saturday & Sunday**

**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 MAY 2018**  
**KEEP FIT AND HEALTHY - CLASSES IN PURPLE**  
**SPECIAL EVENTS – BLUE**

Day of the Week/Date	Times	Class/Activity	Where	Cost
Tuesday 1st	10.00 - 12.00 10.00 – 11.00 11.15 – 12.15 11.15 – 12.15 1.30 – 3.00	Tech Buddy 'Playreading with Attitude Hop Singers Mindful Yoga Line Dancing	Cafe Lounge Lounge Church Rm All Saints Church, Hove	£2 £3 £6 £6.50
	2.00 - 3.00 3.15 – 4.15	Bingo Mindfulness with Ruby 6 week course £6 per class or Special Offer £30 in advance Please Sign Up in Office	Lounge Lounge	£3.50 £6
Wednesday 2nd	10.30 – 12.30	LGBT Social Meet Up	Modelo Lounge, Church Road, Hove	
	2.00 – 4.00	Art Cafe	Café	£10
Thursday 3rd	10.00 – 12.00	<u>Gardening Week</u> <u>Extravaganza</u>	Garden	£2
	10.30 – 11.00	Strength & Flexibility Exercise & Workout	Lounge	£2
	10.00 – 11.00	Keep Calm & Crochet	Café	Free
	2.00 – 3.15 2.00 – 3.00	Knit & Natter 'New' Skittles	Café Lounge	Free £2
Friday 4th Hop Stop Dementia Friendly Day	10.30 – 12.30	Morning Session (See information inside programme)	Café/Lounge	£5
	1.30 – 3.30	Afternoon Session (See information inside programme)	Café/Lounge	£5
Saturday 5th	10.30 – 11.00	Strength & Flexibility Exercise	Lounge	£2
	11.00 – 12.00	Poetry Open Mic	Lounge	£1
	1.45 – 2.45	'Sing Like No One is Listening'	Lounge	£2

Date	Time	Activity/Event	Where	Cost
Sunday 6th	12.30	SUNDAY ROAST (includes complimentary glass of wine)	Café	£8.50
Monday 7th <b>CLOSED</b>		<b>CLOSED</b>		
Tuesday 8th	10.00 – 12.00 10.00 – 11.00 11.15 – 12.15 11.15 – 12.15  1.30 – 3.00  1.30 – 4.00  2.00 - 3.00 3.15 – 4.15	Tech Buddy 'Playreading with Attitude Hop Singers Mindful Yoga  Line Dancing  Stroll around Woods Mill Nature Reserve (Please book in Office)  Bingo Mindfulness with Ruby 6 week course £6 per class or Special Offer £30 in advance Please Sign Up in Office	Cafe Lounge Lounge Church Rm  All Saints Church, Hove  Minibus  Lounge Lounge	£2 £3 £6  £6.50  £5  £3.50 £6
Wednesday 9th	2.00 – 4.00	Art Café	Cafe	£10
Thursday 10 <sup>th</sup> <u>Purple Day</u> <u>Wear</u> <u>something</u> <u>Purple</u>	10.00 – 11.00 10.30 – 11.00 10.00 – 11.00 11.30 – 12.30  2.00 – 3.15 1.45 – 2.45 3.00 – 3.30	Gardening Strength & Flexibility Exercise & Workout Keep Calm & Crochet Creative Life Coaching  Knit & Natter 'New' Skittles Helping Hand Scheme Talk By Brighton & Hove Buses	Garden Lounge  Café Lounge  Café Lounge Lounge	Free £2  Free £6  Free £2 Free

<b>Date</b>	<b>Time</b>	<b>Activity/Event</b>	<b>Where</b>	<b>Cost</b>
<b>Friday 11th</b> <b>Hop Stop Dementia Friendly Day</b>	<b>10.30 – 12.30</b>	<b>Morning Session</b> (See information inside programme)	<b>Café/Lounge</b>	<b>£5</b>
	<b>1.30 – 3.30</b>	<b>Afternoon Session</b> (See information inside programme)	<b>Café/Lounge</b>	<b>£5</b>
<b>Saturday 12th</b>	<b>10.30 – 11.30</b>	<b>Strength &amp; Flexibility Exercise</b>	<b>Lounge</b>	<b>£2</b>
	<b>11.15 – 12.15</b>	<b>Boccia</b>	<b>Lounge</b>	<b>£2</b>
	<b>1.45 – 2.45</b>	<b>‘Sing Like No One is Listening’</b>	<b>Lounge</b>	<b>£2</b>
<b>Sunday 13th</b>	<b>12.30</b>	<b>SUNDAY ROAST</b> (includes complimentary glass of wine)	<b>Café</b>	<b>£8.50</b>
<b>Monday 14th</b>	<b>11.00 – 12.00</b>	<b>‘New’ Tech Buddy</b> (Please make an appointment)	<b>Cafe</b>	
	<b>11.30 – 12.30</b>	<b>Desert Island Discs</b>	<b>Lounge</b>	<b>£2</b>
	<b>2.00 – 3.15</b>	<b>Drawn to Art</b> (Portraits/Still Life with StJohn)	<b>Café</b>	<b>£3</b>
	<b>2.00 – 3.00</b>	<b>Boccia</b>	<b>Lounge</b>	<b>£2</b>
	<b>2.00 – 3.00</b>	<b>Scrabble</b>	<b>Café</b>	<b>Free</b>
	<b>3.15 – 4.30</b>	<b>Play Reading</b>	<b>Lounge</b>	<b>£3</b>
	<b>2.45 – 3.30</b>	<b>Chair Yoga</b>	<b>Cornerstone</b>	<b>£5</b>
<b>3.40 – 4.40</b>	<b>Yoga</b>	<b>Cornerstone</b>	<b>£6</b>	
<b>Tuesday 15th</b>	<b>10.00 – 12.00</b>	<b>Tech Buddy</b>	<b>Cafe</b>	
	<b>10.00 – 11.00</b>	<b>‘Playreading with Attitude</b>	<b>Lounge</b>	<b>£2</b>
	<b>11.15 – 12.15</b>	<b>Hop Singers</b>	<b>Lounge</b>	<b>£3</b>
	<b>11.15 – 12.15</b>	<b>Mindful Yoga</b>	<b>Church Rm</b>	<b>£6</b>
	<b>1.30 – 3.00</b>	<b>Line Dancing</b>	<b>All Saints Church, Hove</b>	<b>£6.50</b>
<b>2.00 - 3.00</b>	<b>Bingo</b>	<b>Lounge</b>	<b>£3.50</b>	
<b>3.15 – 4.15</b>	<b>Mindfulness with Ruby</b> <b>Please Sign Up in Office</b>	<b>Lounge</b>	<b>£6</b>	

<b>Wednesday 16th</b>	<b>10.00-11.00</b>	<b>'New' Standing Tall</b> Balance, Strength, Fitness, and Flexibility	Lounge	£7
	<b>11.30-12.30</b>	<b>'New' Standing Tall</b>	Lounge	£7
	<b>2.00 – 4.00</b>	Art Café	Café	£10
<b>Thursday 17th</b>	<b>10.00 – 11.00</b>	<b>Gardening</b>	<b>Garden</b>	<b>Free</b>
	<b>10.30 – 11.00</b>	<b>Strength &amp; Flexibility Exercise &amp; Workout</b>	<b>Lounge</b>	<b>£2</b>
	<b>10.00 – 11.00</b>	<b>Keep Calm &amp; Crochet</b>	<b>Café</b>	<b>Free</b>
	<b>11.15 – 12.15</b>	<b>The Big Fat Table Quiz</b>	<b>Cafe</b>	<b>£2</b>
	<b>11.00</b>	<b>Tea/Coffee &amp; Croissant/Crumpet</b>	<b>Cafe</b>	<b>£1</b>
	<b>2.00 – 3.15</b> <b>2.00 – 3.00</b>	<b>Knit &amp; Natter</b> <b>'New' Skittles</b>	<b>Café</b> <b>Lounge</b>	<b>Free</b> <b>£2</b>
<b>Friday 18th</b> <b>Hop Stop Dementia Friendly Day</b>	<b>10.30 – 12.30</b>	<b>Morning Session</b> (See information inside programme)	<b>Café/Lounge</b>	<b>£5</b>
	<b>1.30 – 3.30</b>	<b>Afternoon Session</b> (See information inside programme)	<b>Café/Lounge</b>	<b>£5</b>
<b>Saturday 19th</b>	<b>10.00 – 11.00</b>	<b>Strength &amp; Flexibility Exercise</b>	<b>Lounge</b>	<b>£2</b>
	<b>11.15 – 12.15</b>	<b>Boccia</b>	<b>Lounge</b>	<b>£2</b>
	<b>1.45 – 2.45</b>	<b>'Sing Like No One is Listening'</b>	<b>Lounge</b>	<b>£2</b>
<b>Sunday 20<sup>th</sup></b>	<b>12.30</b>	<b>SUNDAY ROAST</b> (includes complimentary glass of wine)	<b>Café</b>	<b>£8.50</b>

Monday 21st	11.00 – 12.00	<b>'New'</b> Tech Buddy (Please make an appointment)	Cafe	
	11.30 – 12.30	<b>Desert Island Discs</b> <b>Supporting Dementia Action Week</b>	Lounge	£2
	2.00 – 3.15	Drawn to Art (Portraits/Still Life with StJohn)	Café	£3
	2.00 – 3.00	Boccia	Lounge	£2
	2.00 – 3.00	Scrabble	Café	Free
	3.15 – 4.30	Play Reading	Lounge	£3
	2.45 – 3.30 3.40 – 4.40	Chair Yoga Yoga	Cornerstone Cornerstone	£5 £6
Tuesday 22nd	10.00 – 11.00	<b>'Playreading with Attitude</b>	Lounge	£2
	11.15 – 12.15	<b>Hop Singers</b> <b>Supporting Dementia Action Week</b>	Lounge	£3
	11.15 – 12.15	Mindful Yoga	Church Rm	£6
	1.30 – 3.00	Line Dancing	All Saints Church, Hove	£6.50
	2.00 - 3.00 3.15 – 4.15	Bingo Mindfulness with Ruby Please Sign Up in Office	Lounge Lounge	£3.50 £6
Wednesday 23rd	10.00-11.00	<b>'New'</b> Standing Tall Balance, Strength, Fitness, and Flexibility	Lounge	£7
	11.30-12.30	<b>'New'</b> Standing Tall	Lounge	£7
	2.00 – 4.00	Art Café	Cafe	£10
Thursday 24th	10.00 – 11.00	Gardening	Garden	Free
	10.30 – 11.00	<b>Strength &amp; Flexibility Exercise &amp; Workout</b>	Lounge	£2
	10.00 – 11.00	Keep Calm & Crochet	Café	Free
	11.30 – 12.30	<b>Ignite Session</b> <b>Stimulating discussion around Art – Supporting Dementia Action Week</b>	Lounge	£2
	2.00 – 3.15 1.45 – 3.00	Knit & Natter <b>HOUSE MEETING</b> <b>Everyone Welcome</b>	Café Lounge	Free Free

<b>Friday 25th Hop Stop Dementia Friendly Day</b>	<b>10.30 – 12.30</b>	<b>Morning Session</b> (See information inside programme)	<b>Café/Lounge</b>	<b>£5</b>
	<b>1.30 – 3.30</b>	<b>Afternoon Session</b> (See information inside programme)	<b>Café/Lounge</b>	<b>£5</b>
<b>Saturday 26th</b>	<b>10.30 – 11.00</b>	<b>Strength &amp; Flexibility Exercise</b>	<b>Lounge</b>	<b>£2</b>
	<b>10.30 – 12.00</b>	<b>Scrabble Tournament</b>	<b>Café</b>	<b>£1</b>
	<b>11.15 – 12.15</b>	<b>Book Discussion</b>	<b>Lounge</b>	<b>£1</b>
	<b>1.45 – 2.45</b>	<b>‘Sing Like No One is Listening’</b>	<b>Lounge</b>	<b>£2</b>
<b>Sunday 27th</b>	<b>12.30</b>	<b>SUNDAY ROAST</b> (includes complimentary glass of wine)	<b>Café</b>	<b>£8.50</b>
<b>Monday 28<sup>th</sup> CLOSED</b>		<b>CLOSED</b>		
<b>Tuesday 29th</b>	<b>10.00 – 12.00</b>	<b>Tech Buddy</b>	<b>Cafe</b>	<b>Free</b>
	<b>10.00 – 11.00</b>	<b>‘Playreading with Attitude</b>	<b>Lounge</b>	<b>£2</b>
	<b>11.15 – 12.15</b>	<b>Hop Singers</b>	<b>Lounge</b>	<b>£3</b>
	<b>11.15 – 12.15</b>	<b>Mindful Yoga</b>	<b>Church Rm</b>	<b>£6</b>
	<b>1.30 – 3.00</b>	<b>Line Dancing</b>	<b>All Saints Church, Hove</b>	<b>£6.50</b>
<b>2.00 - 3.00</b>	<b>Bingo</b>	<b>Lounge</b>	<b>£3.50</b>	
<b>3.15 – 4.15</b>	<b>Mindfulness with Ruby</b> <b>Please Sign Up in Office</b>	<b>Lounge</b>	<b>£6</b>	
<b>Wednesday 30th</b>	<b>10.00-11.00</b>	<b>‘New’ Standing Tall</b> Balance, Strength, Fitness, and Flexibility	<b>Lounge</b>	<b>£7</b>
	<b>11.30-12.30</b>	<b>‘New’ Standing Tall</b>	<b>Lounge</b>	<b>£7</b>
	<b>2.00 – 4.00</b>	<b>Art Café</b>	<b>Cafe</b>	<b>£10</b>

Thursday 31st	10.00 – 11.00	Gardening	Garden Lounge	Free £2
	10.30 – 11.00	Strength & Flexibility Exercise & Workout		
	10.00 – 11.00 11.30 – 12.30	Keep Calm & Crochet Silent Disco	Café Lounge	Free £3.50
	2.00 – 3.15 2.00 – 3.00	Knit & Natter 'New' Skittles	Café Lounge	Free £2
Saturday 2 <sup>nd</sup> June	1.45 – 3.15	<u>NOTE FOR DIARY</u> Performance by 'Play Reading with Attitude' With a Cream Tea Please Book in Office £4	Lounge	£4
		<u>*All activities and events are held at the Hop50+ unless otherwise stated *</u>		
		<u>Please be aware that on occasions the programme can be subject to change</u>		





## COMMUNITY TRIP LIST FOR MAY 2018

<p><b>Wednesday 2<sup>nd</sup></b></p>	<p><b><u>ARLINGTON BLUEBELL WALK</u></b>  <b>10 am start</b>  <b>Entry - £5.50</b>  <b>Bluebell Barn Café or Bring a Picnic</b>  <b>(Free rental of Mobility Scooters)</b></p>	<p><b><u>10am</u></b></p>	<p><b>£15.00</b></p>
<p><b>Wednesday 9<sup>th</sup></b></p>	<p><b><u>THE SPORTSMAN INN</u></b>  <b>Amberley</b>  <b>The Sportsman Inn's location at the foot of the South Downs, yet perched above the flood plains of the River Arun, make it a truly unique place to visit. Amberley itself is known locally as the 'Pearl of Sussex', and is a beautiful village, with thatched stone cottages. At The Sportsman Inn they believe in unpretentious, uncomplicated cuisine that tastes as great as it sounds.</b></p>	<p><b>11am</b></p>	<p><b>£15.00</b></p>
<p><b>Wednesday 16<sup>th</sup></b></p>	<p><b><u>JOHN SELDON PUB - WORTHING</u></b>  <b>Nestled at the base of High Salvington in Worthing and just to the north of the beautiful and picturesque village of Tarring, the John Seldon is a local village inn with a cosy cottage style, that you can rest yourself in and enjoy exceptional pub fare cooked by their talented chef.</b></p>	<p><b>11am</b></p>	<p><b>£15.00</b></p>
<p><b>Monday 21<sup>st</sup></b></p>	<p><b><u>FRANKLAND ARMS - WASHINGTON</u></b>  <b>The Frankland Arms is a 200 year old coaching inn, ideally located in Washington Village at the heart of the South Downs. The inn has beamed ceilings, log fires in the winter and a delightful garden in the summer.</b></p>	<p><b>11am</b></p>	<p><b>£15.00</b></p>

<p><b>Wednesday 23rd</b></p>	<p 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! The food is excellent value for money. There is a great selection of meals to choose from, to suit all tastes and appetites.</p>	<p>11am</p>	<p>£15.00</p>
<p><b>Wednesday 30th</b></p>	<p align="center"><b><u>ARUNDEL CATHEDRAL - CORPUS CHRISTI CARPET OF FLOWERS - 10 AM START</u></b></p> <p>For over 100 years, Arundel Cathedral has celebrated the feast of Corpus Christi with a festival of flowers, which includes a magnificent carpet of flowers in the central aisle of the Cathedral.</p> <p>Then lunch or shopping in Arundel or a seat by the River, wherever you choose.</p>	<p><u>10am</u></p>	<p>£15.00</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><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>Full Body Massage Reiki, Tarot Indian Head Massage, Thai Foot Massage, Face Massage Sports Massage, Deep Tissue Massage, Hot Stone Massage 10am – 1.00pm Aromatherapy Massage Seated Massage 10.00am-2.30pm</b></p>
<p><b>WEDNESDAYS</b></p>	<p><b>Chiropody 1.15pm -3.30pm Reflexology 10 am – 1 pm</b></p>
<p><b>THURSDAYS</b></p>	<p><b>Manicures, Pedicures, Swedish Massage, Facials &amp; Indian Head Massage 10.00am – 12.00am</b></p>
<p><b>SATURDAYS</b></p>	<p><b>Manicures, Pedicures, Swedish Massage, Facials &amp; 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 currently not available every week 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 May we will run the following activities:

- IGNITE, creative art discussion
- Music, memories and mementoes, themed reminiscence sessions on interesting themes, such as traditions, fashion and the music of Brighton
- "Allstars", a relaxation and improvisation session
- Nature connection and gardening. We are building a sensory garden!
- Special events and trips, including a visit from Mind On Music and a trip to the Brighton Posh Club

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.

### **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**

**Closes at 3 pm on Saturday & Sunday**

**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, Wednesday, 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

## MAY 2018

<b>All Month</b> <i>Thursday 10<sup>th</sup> May</i>	<b>Stroke Association - Make May Purple</b> <i>Purple Day – Wear something purple</i>
<b>Starting Tuesday</b> <b>1st May @ 3.15 pm</b>	<b>Mindfulness with Ruby</b> <b>6 week course</b>
<b>30th April – 6th May</b> <i>Thursday 3<sup>rd</sup> May @ 10 am</i>	<b>National Gardening Week</b> <b>Gardening Extravaganza</b>
<b>Tuesday 8<sup>th</sup> May @ 1.30 pm</b>	<b>National Walking Month</b> <b>Walk around Woods Mill Nature Reserve</b>
<b>Thursday 10<sup>th</sup> May @ 3 pm</b>	<b>Helping Hand Scheme Talk</b> <b>By Brighton &amp; Hove Buses</b>
<b>14<sup>th</sup> – 20<sup>th</sup> May</b> <b>Monday 14<sup>th</sup> May &amp;</b> <b>Thursday 17<sup>th</sup> May</b>	<b>To Celebrate Vegetarian Week</b> <b>Vegetarian Menu</b> <b>Vegetarian Menu</b>
<b>21<sup>st</sup>-27<sup>th</sup> May</b>	<b>Dementia Action Week</b> <b><i>See Events in red in the programme</i></b>

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



The Hop50+ and Café is 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)