

The Hop50+ APRIL 2025



**This Programme Includes:
Groups and Activities at the Hop50+
+ Trip Information**

The Hop50+ & Café

Palmeira Square, Hove BN3 2FL Tel: 01273 729603

Card payments accepted

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: 69 Ship Street, Brighton, BN1 1AE

www.impact-initiatives.org.uk


impact
THEHOP50+

What's Happening at the Hop50+?

We are delighted to welcome you to the Hop50+

Café

We serve a homecooked main meal between 12.30pm and 1.30pm. Our snack menu is also be available throughout the day.

The Café opening times are Monday-Thursday from 9.30am-4pm (Café opens 12pm-4pm on Wednesdays with the morning being a dedicated time for people living with the early stage of dementia)

The lunch time Meal Deal includes a main course, a dessert and a tea or coffee @ £10.00

Trips

In the programme you will find details of the trips on offer in April.

Activities

We are continuing to bring you new events and activities throughout April at The Hop50+ All activities are on a drop-in basis unless otherwise stated.

Fridays – The Hop Stop (pre-book only)

Schedule for the Hop Stop is as follows:

Morning Session 10.00am-12.45pm (including lunch)

Afternoon Session 1.15pm-4.00pm (including lunch)

£18.00 per session

Each session is designed to suit the varied and individual needs of the people who use the Hop Stop. Sessions can include: -

- IGNITE, creative art discussion
- Music, memories and singing
- Themed reminiscence sessions e.g. travel and traditions from around the world, variety shows and seasonal celebrations
- Seasonal arts and crafts
- Visiting musicians and entertainers
- Boccia, bowls and games
- Gardening and sensory walks

These sessions are suitable for people living with the early stages of dementia

Carers are very welcome to come along

The Café is open on Wednesday mornings 9.30am -11.30am as a drop in for people living with the early stages of dementia and carers

For further information

You can find out more by speaking to Lin Hastings (Manager)
Anne Brindley or Nick Chamberlain (Centre Workers).

We are available on (01273) 729603

All sessions are to be pre-booked

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.

HOP50+ Classes

The following classes are also available online with Zoom, please email paula.carter@impact-initiatives.org.uk or telephone The Hop 50+ on 01273 729603 to find out more and receive an online schedule. You will need to have access to the internet and be confident using Zoom to best use our online classes.

For your safety you will need to fill in a medical / disclaimer form before starting the sessions.


Activity	Description	Pre-requisites
<p>Strength and Balance (mainly leg based)</p>	<p>This session is based on a set of strength and balance exercises, known as Otago. The exercises mainly focus on strengthening legs and improving balance with a warm up and relaxation incorporated.</p>	<p>You will need to be comfortable with mainly standing exercises for 30-40 minutes. Each person has a chair available for assistance if required.</p>
<p>Strength and Flexibility (Arms and Legs)</p>	<p>This session is Otago based and incorporates extra arm exercises and aerobic work. Those comfortable with the basic routine are encouraged to develop their strength further by using weights (which are supplied).</p>	<p>Ability to stand for 30-40 minutes and exercise using a chair to assist balance if required This is a slightly harder session for those who have achieved a basic leg strength and balance</p>
<p>Step to the Beat</p>	<p>Step to the Beat is a way of increasing your daily steps by combining exercise with music. This class is dance based, moving to music whilst following a routine. The emphasis for this group is having fun to music and will suit those who have previously enjoyed dancing or want to start doing so.</p>	<p>Ability to stand for 30-40 minutes and exercise without using a chair. This is a slightly harder session for those who have achieved a basic leg strength and balance</p>

Gentle Yoga	Move, breathe and relax with mindful movement and breath awareness including moving down to and up off the floor	Please bring your own yoga mat & blanket
Seated Yoga	Improve your mobility, stability and overall wellbeing through mindful movement and breath awareness in this friendly, chair-based class	
Arm Exercises	A short intensive and fun work out for your upper body and arms, mostly seated. Weights can be used and are available.	

GROUPS & SESSIONS APRIL 2025
Special events & new activities are in blue

	<p><u>TUESDAY 1st</u> 10.30-11.20 Step to the Beat £5 11.30-12.30 Tai Chi £5 2.00-3.00 Card Games in Café £2 2.00-3.30 Tech Buddy Peter (please ring office to make an appt 01273 729603)</p>
<p><u>WEDNESDAY 2nd</u> 9.30-11.30 The Pit Stop is a dedicated café space for people living with early stage dementia and carers <u>The Café opens 12pm-4pm</u> 9.45-10.45 Gentle Yoga £6 11.00-12.00 Chair Yoga £6 2.00-3.30 Tutored Art Group £5 2.00-3.00 Desert Island Discs £3 2.00-3.30 Tech Buddy Alistair (please ring office to make an appt 01273 729603)</p>	<p><u>THURSDAY 3rd</u> 10.00-12.30 Tech Buddy Pete (please ring office for an appointment 01273 729603) 10.30-11.15 Strength & Balance (1) £5 11.30-12.15 Strength & Balance (2) £5 2.00-3.30 Knit and Natter (Café) £2 2.00-3.30 Scrabble £3</p>
<p><u>FRIDAY 4th</u> <u>Hop Stop</u> A dedicated day for people living with the early stages of dementia (See information inside programme)</p>	<p><u>SATURDAY 5th</u> 10.00-11.00 Strength & Flexibility £5 11.30-12.15 Sing Like No One`s Listening £3</p>
<p><u>MONDAY 7th</u> 10.30-11.10 Arm Exercises £3 11.30-12.15 Strength & Balance £5 1.45-2.45 Quiz £3 2.00-3.30 Face to Face with Nick £5 pencil portrait class for all abilities 3.00-4.30 Mindfulness Group £3</p>	<p><u>TUESDAY 8th</u> 10.30-11.20 Step to the Beat £5 11.30-12.30 Tai Chi £5 2.00-3.00 Card Games in Café £2 2.00-3.30 Tech Buddy Peter (please ring office to make an appt 01273 729603)</p>

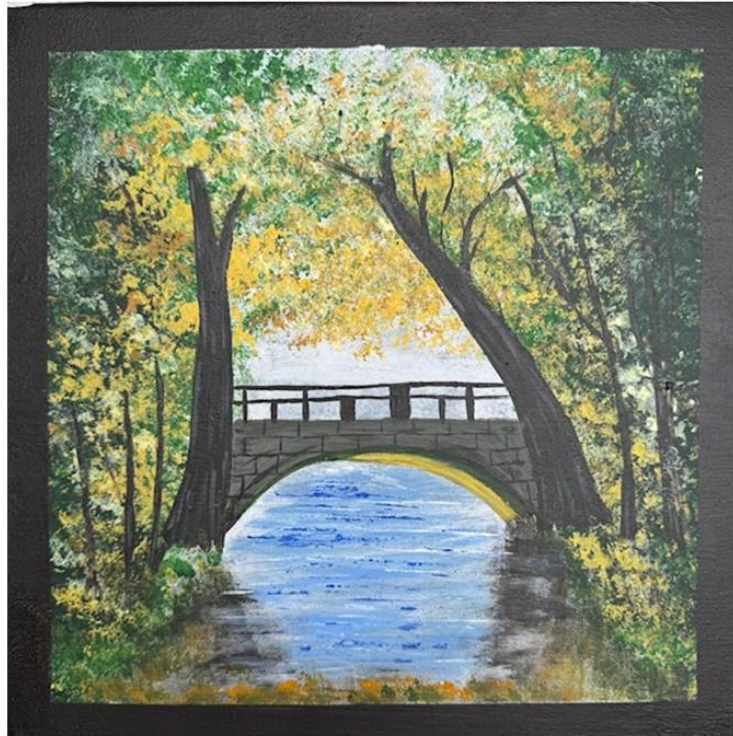
<p><u>WEDNESDAY 9th</u> 9.30-11.30 The Pit Stop is a dedicated café space for people living with early stage dementia and carers <u>The Café opens 12pm-4pm</u> No Yoga Today 2.00-3.30 Tutored Art Group £5 2.00-3.00 Desert Island Discs £3 2.00-3.30 Tech Buddy Alistair (please ring office to make an appt 01273 729603)</p>	<p><u>THURSDAY 10th</u> 10.00-12.30 Tech Buddy Pete (please ring office for an appointment 01273 729603) 10.30-11.15 Strength & Balance (1) £5 11.30-12.15 Strength & Balance (2) £5</p> <p style="text-align: center;">Closing at 2pm today</p>
<p><u>FRIDAY 11th</u> <u>Hop Stop</u> A dedicated day for people living with the early stages of dementia (See information inside programme)</p>	<p><u>SATURDAY 12th</u> 10.00-11.00 Strength & Flexibility £5</p> <p>1.30-3.30 Canvas Fun with Paula £10 (pre-booking required, see poster for details)</p>
<p><u>MONDAY 14th</u> 10.30-11.15 Arm Exercises £3 11.30-12.15 Strength & Balance £5 1.45-2.45 Quiz £3 2.00-3.30 Face to Face with Nick £5 pencil portrait class for all abilities 3.00-4.30 Mindfulness Group £3</p>	<p><u>TUESDAY 15th</u> 10.30-11.15 Step to the Beat £5 11.30-12.15 Tai Chi £5 2.00-3.00 Card Games £2 2.00-3.30 Tech Buddy Peter (please ring office to make an appt 01273 729603)</p>
<p><u>WEDNESDAY 16th</u> 9.30-11.30 The Pit Stop is a dedicated café space for people living with early stage dementia and carers <u>The Café opens 12pm-4pm</u> No Yoga Today No Art Today 2.00-3.00 Desert Island Discs £3 2.00-3.30 Tech Buddy Alistair (please ring office to make an appt 01273 729603)</p>	<p><u>THURSDAY 17th</u> 10.00-12.30 Tech Buddy Pete (please ring office for an appointment 01273 729603) No Strength & Balance Today 2.00-3.30 Knit and Natter (Café) £2 2.00-3.30 Older LGBTQ Meet Up For more information contact helen.bashford@switchboard.org.uk</p>
<p><u>FRIDAY 18th</u> <u>Hop Stop</u></p> <p><u>CLOSED GOOD FRIDAY</u></p>	<p><u>SATURDAY 19th</u> 10.00-11.00 Strength & Flexibility £5</p> <p>1.45-3.30 Jake & His Guitar - £10 pre-booking required, see poster for details</p>

<p><u>MONDAY 21st</u></p> <p><u>CLOSED BANK HOLIDAY</u></p>	<p><u>TUESDAY 22nd</u></p> <p>No Step to the Beat today 2.00-3.30 Intergenerational Exchange Programme Workshop ‘Strangers to Friends: Bridging the Generational Gap’ Free- (please see poster for details) 2.00-3.00 Card Games in Café £2 2.00-3.30 Tech Buddy</p>
<p><u>WEDNESDAY 23rd</u></p> <p>9.30-11.30 The Pit Stop is a dedicated café space for people living with early stage dementia and carers The Café opens 12pm-4pm 9.45-10.45 Gentle Yoga is back! £6 11.00-12.00 Chair Yoga is back! £6 2.00-3.30 Tutored Art Group £5 2.00-3.00 Desert Island Discs £3 2.00-3.30 Tech Buddy Alistair (please ring office to make an appt 01273 729603)</p>	<p><u>THURSDAY 24th</u></p> <p>No Tech Buddy Today 10.30-11.15 Strength & Balance (1) £5 11.30-12.15 Strength & Balance (2) £5 2.00-3.30 Knit and Natter (Café) £2 2.00-3.00 Book Club £3</p>
<p><u>FRIDAY 25th</u></p> <p><u>Hop Stop</u> A dedicated day for people living with the early stages of dementia (See information inside programme)</p>	<p><u>SATURDAY 26th</u></p> <p>No Activities Today</p>
<p><u>MONDAY 28th</u></p> <p>10.30-11.15 Arm Exercises £3 11.30-12.15 Strength & Balance £5 1.45-2.45 Quiz £3 2.00-3.30 Face to Face with Nick £5 pencil portrait class for all abilities 3.00-4.30 Mindfulness Group £3</p>	<p><u>TUESDAY 29th</u></p> <p>10.30-11.15 Step to the Beat £5 11.30-12.30 Tai Chi £5 1.30-4.30 ‘Be Prepared to Stay Steady & Strong’ (see poster for details) 2.00-3.00 Card Games in Café £2 2.00-3.30 Tech Buddy</p>
<p><u>WEDNESDAY 30th</u></p> <p>9.30-11.30 The Pit Stop is a dedicated café space for people living with early stage dementia and carers The Café opens 12pm-4pm 9.45-10.45 Gentle Yoga £6 11.00-12.00 Chair Yoga £6 2.00-3.30 Tutored Art Group £5 2.00-3.00 Desert Island Discs £3 2.00-3.30 Tech Buddy Alistair (please ring office to make an appt 01273 729603)</p>	<p><u>Please be aware that on occasions the programme can be subject to change</u></p> 

Canvas Fun

Saturday 12th April

1.30pm - 3.30pm £10



Come to a fun paint afternoon! No experience needed! Beginners welcome! You will go home with this 'Autumn' completed painting. All materials and a cuppa provided.

This is fun art not fine art!

No teaching involved. Follow along with Paula

Please pop into the Office or ring to book on 01273 729603

IT Support

Tuesdays - 2pm - 3.30pm

Wednesdays - 2pm - 3.30pm

Thursdays - 10am - 12.30pm

**1:1 advice sessions with our
tech buddys**



**If you need support using your own phone, tablet
or laptop, book to see one of our tech buddys,
please ring the Office to make an appointment on
01273 729603.**

The Hop50+
Palmeira Square, Hove BN3 2FL
01273 729 603
hop50@impact-initiatives.org.uk
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COMMUNITY TRIP LIST FOR APRIL 25

<p>WEDNESDAY 2nd</p>	<p style="text-align: center;"><u>Greenman Pub Ringmer</u></p>  <p>The pub is situated in the pretty country village of Ringmer near Lewes and boasts a delicious, varied menu created using local produce.</p>	<p>11am</p>	<p>£16 + Lunch</p>
<p>WEDNESDAY 9th</p>	<p style="text-align: center;"><u>The Yew Tree Arlington</u></p>  <p>The Yew Tree has nestled in the heart of the village of Arlington for over 100 years, boasting a large beer garden and a pub full of character.</p>	<p>11am</p>	<p>£16 + Lunch</p>
<p>WEDNESDAY 16th</p>	<p style="text-align: center;"><u>Arlington Bluebell Walk and Farm trail</u></p>  <p>Since 1972 the Arlington Bluebell Walk and Farm Trail has grown into six interesting walks over two working farms whilst helping to raise money for local charities.</p> <p>One walk of 2/3 mile through Beatons Wood has been made suitable for wheelchair users. This is where you see white anemones followed by the vistas of bluebells, established over centuries. On this walk there are seats for you to enjoy the peace and tranquillity of this oak and hornbeam wood. Along the walks there are signs illustrating the flora and fauna of the countryside for your information.</p> <p>Spot Angora goats, small pigs and sheep on your way.</p> <p>Refreshments and toilets available.</p>	<p>10am</p>	<p>£16 + Lunch</p> <p>+£8 entry</p>

<p>WEDNESDAY 23rd</p>	<p><u>Ardingly International Antiques and Collectors Fair</u></p> <p>Enjoy visiting the 1700 stalls at the biggest antiques fair in the South of England. This fair runs four times a year and items for sale range from antique furniture to silverware, heritage crafts and art. There are several cafes on site for snacks.</p> 	<p>10 am</p>	<p>£16 + lunch + £6 entry</p>
<p>WEDNESDAY 30th</p>	<p><u>Batemans House and Garden</u></p> <p>Batemans in Burwash is the family home of Rudyard Kipling. This Jacobean house built in 1634 is set amongst the landscape of the Sussex Weald. Explore the beautiful garden and house filled with arts and curiosities.</p> 	<p>9.30am</p>	<p>£16 + Lunch + £17 Entry</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. You can pay by cash or card

Please note:

- All trips are allocated on a first come first served basis.
- These are unsupported trips. We reserve the right to advise you against going on the trip to ensure the health and wellbeing of everyone.
- 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 a member of staff at the Hop50+ on 01273 729603 or call in person to the Hop50+, Palmeira Square, Hove, BN3 2FL

Thank you



Saturday 19th April

Jake & his Guitar

1.45pm - 3.15pm - £10



Come and enjoy an afternoon listening to Jake & his Guitar, to include a delicious plate of cheese & biscuits & a complimentary glass of wine or alternative refreshment.

Please pop into the Office or ring to book on 01273 729603

The Hop50+
Palmeira Square, Hove BN3 2FL
01273 729 603
hop50@impact-initiatives.org.uk
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CHIROPODY SERVICE

Alternate Wednesdays
12 pm - 4.00 pm



Toenail cutting – 15 minutes - £16

Fingernail trimming and filing

(as extra on appointment)- £6

30 mins foot care appointments - £22

To make an appointment or to enquire please contact
Anita the Chiropodist directly on **07975 554325**



01273 077444

**22 Victoria Terrace
Kingsway, Hove
BN3 2WB**



kingswaycare.com



Chat with Brighton & Hove's Local Home Care Experts

Pop into Kingsway Care's Hove HQ or phone today, for a confidential chat about how home care visits could support you to care for your loved one.

Companionship | Personal & Complex Care | Dementia | Disability Support



THE FLOWER STAND

Flowers for every blooming occasion



The Flower Stand, St Johns Church, Palmeria Square, Hove, East Sussex, BN3 2JP
(01273) 711711

www.theflowerstand.co.uk





Intergenerational Exchange Programme (IGEP) Hop 50+ Free Workshop Series in 3 parts

**1st Workshop Tuesday 22nd April
2pm—3.30pm**

"Strangers to Friends: Bridging the Generational Gap"

Focus: Tackling loneliness and fostering meaningful intergenerational connections.

Activities: Icebreaker storytelling, social connection mapping, shared life experiences discussion.



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INITIATIVES

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Registered company no. 1402692 | Registered charity no. 276669

Tuesday 29th April
1.30pm—4.30pm

‘Be prepared to Stay Strong and Steady’

Learn basic exercises!

***Change your
ferrules!***



***Strength and
balance demo
every half hour!***



Meet our exercise leaders Anne & Paula and find information and ways to Stay Strong, Steady and Independent

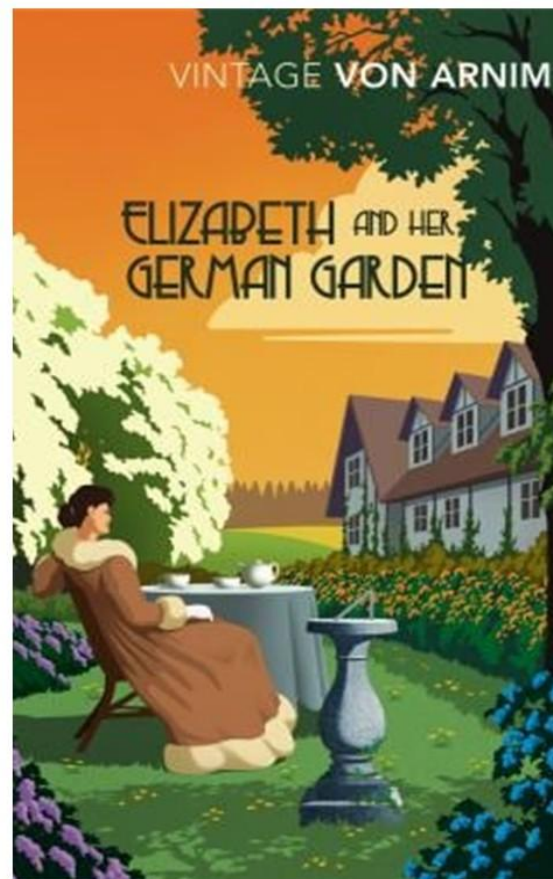
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‘Elizabeth And Her German Garden’

By Elizabeth Von Armin

A humorous and
Idiosyncratic outlook on
life—published in 1898.

Collect our new book
from Thurs 27th March
and join us to
discuss at 2pm on
Thursday 24th
April.





AGEING WELL

Ageing Well offers a range of activities, info & advice for people living in Brighton & Hove aged 50+.

Contact our Information, Help and Advice team to find out about:

Social Groups

Activities

Dementia Support

Health & Wellbeing

Befriending

Volunteering Opportunities



Freephone:
0808 175 3234



Text:
07770 061072



Email:
info@ageingwellbh.org

Visit our website: ageingwellbh.org

How to find us at The Hop50+

Catch any of these buses to Palmeira Square
1, 1X, 2, 5, 5A, 5B, 6, 21, 46, 49, 60, 71, 700



The Hop50+ is a community space and café open six days a week. The Hop 50+ offers a range of activities and social opportunities for people aged 50+ The Hop aims to support customers to improve their health and wellbeing, to learn new skills and to be a place where people can enjoy good food and company.

Zoom schedule available

For more information please email

paula.carter@impact-initiatives.org.uk

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