

# **The Hop50+** **APRIL 2024**



**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](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: 69 Ship Street, Brighton, BN1 1AE

**[www.impact-initiatives.org.uk](http://www.impact-initiatives.org.uk)**

  
**impact**  
**THE HOP 50+**

## **What's Happening at the Hop?**

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 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 @ £9.00**

### **Trips**

In the programme you will find details of the trips we are offering throughout April. You are welcome to wear a mask whilst on the bus and we ask that you sanitise your hands regularly.

### **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.

**The Hop50+ is open on Saturdays from 9.30am-3 pm. The menu option is a roast dinner + dessert and a complimentary drink at £10.00**



## **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), Claire Corbin (Deputy 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](mailto: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 the ability to use Zoom for our online classes.

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

Activity	Description	Pre-requisites
<b>Strength and Balance (mainly leg based)</b>	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.	You will need to be comfortable with mainly standing exercises for 30-40 minutes. Each person has a chair available for assistance if required.
<b>Strength and Flexibility (Arms and Legs)</b>	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).	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
<b>Step to the Beat</b>	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.	Ability to stand for 30-40 minutes and exercise <b>without</b> using a chair. This is a slightly harder session for those who have achieved a basic leg strength and balance


<b>Gentle Yoga</b>	Move, breathe and relax with mindful movement and breath awareness including moving down to and up from the floor	Please bring your own yoga mat & blanket
<b>Seated Yoga</b>	Improve your mobility, stability and overall wellbeing through mindful movement and breath awareness in this friendly, chair-based class	
<b>Get Moving</b>	You will exercise for 40 seconds with 20 seconds of rest in between! You will need to be comfortable standing for 30 minutes and to exercise without using a chair for support.	Ability to stand for 30 minutes and exercise without using a chair
<b>Arm Exercises</b>	A short intensive and fun work out for your upper body and arms, mostly seated. Weights can be used.	

**GROUPS & SESSIONS APRIL 24**  
**Special events & new activities are in blue**

<p><b><u>MONDAY 1st</u></b></p> <p style="text-align: center;"><b>CLOSED BANK HOLIDAY</b></p>	<p><b><u>TUESDAY 2nd</u></b></p> <p>10.15-11.00 Step to the Beat £5  <b>11.15-12.15 (New) Ballet and Strength (See poster) £5</b>  2.00-3.30 Tech Buddy (please ring office to make an appt 01273 729603)  2.00-3.00 Card Games in the Café</p>
<p><b><u>WEDNESDAY 3rd</u></b></p> <p>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  <b>2.00-3.30 New Tutored Art Group (see poster) £5</b>  2.00-3.00 Desert Island Discs £3</p>	<p><b><u>THURSDAY 4th</u></b></p> <p>10.00-12.30 Tech Buddy Peter (please ring office for an appointment 01273 729603)  10.30-11.15 Strength &amp; Balance (1) £5  11.30-12.15 Strength &amp; Balance (2) £5  2.00-3.30 Knit and Natter (Café) £2  <b>2.00-3.00 'High days &amp; Holidays' a workshop to follow the 'Wheel of the Year' Please book at the Office</b></p>
<p><b><u>FRIDAY 5th</u></b></p> <p><b><u>Hop Stop</u></b>  A dedicated day for people living with the early stages of dementia  (See information inside programme)</p>	<p><b><u>SATURDAY 6th</u></b></p> <p>10.00-11.00 Strength &amp; Flexibility £5  11.30-12.15 Sing Like No One's Listening £3</p>
<p><b><u>MONDAY 8th</u></b></p> <p>10.30-11.15 Arm Exercises £3  11.30-12.15 Strength &amp; Balance £5  2.00-3.00 Quiz £3  2.00-3.30 Face to Face with Nick £5 pencil portrait class for all abilities</p>	<p><b><u>TUESDAY 9th</u></b></p> <p>10.15-11.00 Step to the Beat £5  <b>11.15-12.15 (New) Chair Ballet £5</b>  2.00-3.00 Card Games in the Cafe  2.00-3.30 Tech Buddy (please ring office to make an appt 01273 729603)  <b>2.00-4.00 (New) Walking &amp; Litter Picking Group (see poster)</b></p>
<p><b><u>WEDNESDAY 10th</u></b></p> <p>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  <b>2.00-3.30 New Tutored Art Group £5</b>  2.00-3.00 Desert Island Discs £3</p>	<p><b><u>THURSDAY 11th</u></b></p> <p>10.00-12.30 Tech Buddy Peter (please ring office for an appointment 01273 729603)  10.30-11.15 Strength &amp; Balance (1) £5  11.30-12.15 Strength &amp; Balance (2) £5  2.00-3.30 Knit and Natter (Café) £2  <b>2.00-3.00 House Meeting</b></p>

<p><b><u>FRIDAY 12th</u></b>  <b><u>Hop Stop</u></b>  A dedicated day for people living with the early stages of dementia  (See information inside programme)</p>	<p><b><u>SATURDAY 13th</u></b>  10.00-11.00 Strength &amp; Flexibility £5  11.30-12.15 Sing Like No One's Listening £3</p>
<p><b><u>MONDAY 15th</u></b>  10.30-11.15 Arm Exercises £3  11.30-12.15 Strength &amp; Balance £5  2.00-3.00 Quiz £3  2.00-3.30 Face to Face with Nick £5 pencil portrait class for all abilities</p>	<p><b><u>TUESDAY 16th</u></b>  10.15-11.00 Step to the Beat £5  11.15-12.15 (New) Ballet and Strength £5  2.00-3.00 Card Games in the Cafe  2.00-3.30 Tech Buddy (please ring office to make an appt 01273 729603)  2.00-3.00 Boccia with Louis Saunders (see poster)  2.00-4.00 (New) Walking &amp; Litter Picking Group (see poster) Please book at the Office</p>
<p><b><u>WEDNESDAY 17th</u></b>  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 New Tutored Art Group £5  2.00-3.00 Desert Island Discs £3</p>	<p><b><u>THURSDAY 18th</u></b>  <b><u>No Tech Buddy Today</u></b>  10.30-11.15 Strength &amp; Balance (1) £5  11.30-12.15 Strength &amp; Balance (2) £5  2.00-3.30 Knit and Natter (Café) £2  2.00-3.30 – Older LGBTQ Meet Up  For more information contact  <a href="mailto:helen.bashford@switchboard.org.uk">helen.bashford@switchboard.org.uk</a>  or <a href="mailto:jack.mason@switchboard.org.uk">jack.mason@switchboard.org.uk</a></p>
<p><b><u>FRIDAY 19th</u></b>  <b><u>Hop Stop</u></b>  A dedicated day for people living with the early stages of dementia  (See information inside programme)</p>	<p><b><u>SATURDAY 20th</u></b>  10.00-11.00 Strength &amp; Flexibility £5    1.45-3.30 Johnny Sings Jazz £10  <pre> ( pre-booking required, please see poster ) </pre></p>

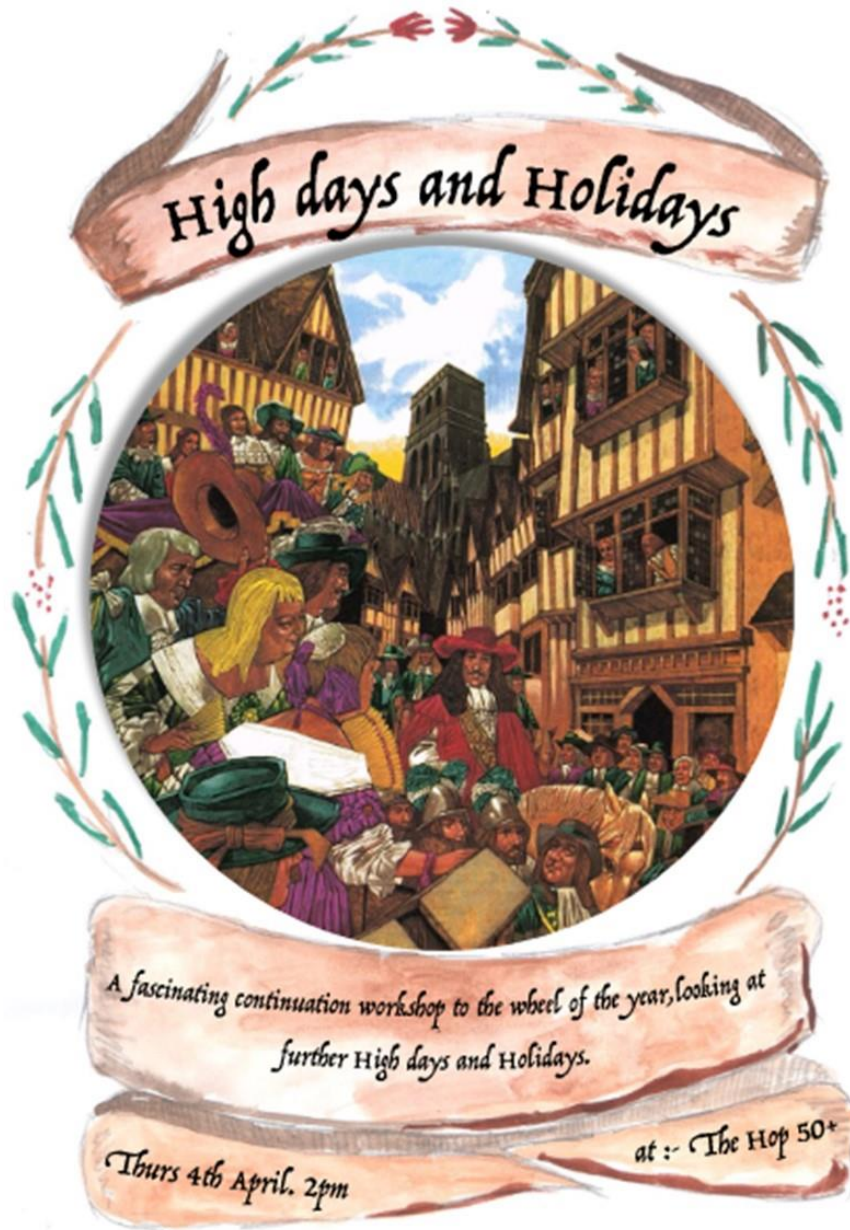


<p><b><u>MONDAY 22nd</u></b>  10.30-11.15 Arm Exercises £3  11.30-12.15 Strength &amp; Balance £5</p> <p><b><u>CLOSING AT 2 PM TODAY</u></b></p>	<p><b><u>TUESDAY 23rd</u></b>  10.15-11.00 Step to the Beat £5  <b>11.15-12.15 (New) Ballet and Strength £5</b>  2.00-3.00 Card Games in the Cafe  2.00-3.30 Tech Buddy (please ring office to make an appt 01273 729603)  <b>2.00-4.00 (New) Walking &amp; Litter Picking Group</b></p>
<p><b><u>WEDNESDAY 24th</u></b>  <b>9.30-11.30 The Pit Stop is a dedicated café space for people living with early stage dementia and carers</b>  <u>The Café opens 12pm-4pm</u>  9.45-10.45 Gentle Yoga £6  11.00-12.00 Chair Yoga £6  <b>2.00-3.30 New Tutored Art Group £5</b>  2.00-3.00 Desert Island Discs £3</p>	<p><b><u>THURSDAY 25th</u></b>  <b><u>No Tech Buddy Today</u></b>  10.30-11.15 Strength &amp; Balance (1) £5  11.30-12.15 Strength &amp; Balance (2) £5  2.00-3.30 Knit and Natter (Café) £2  2.00-3.00 Book Club £3</p>
<p><b><u>FRIDAY 26th</u></b>  <b><u>Hop Stop</u></b>  <b>A dedicated day for people living with the early stages of dementia (See information inside programme)</b></p>	<p><b><u>SATURDAY 27th</u></b>  10.00-11.00 Strength &amp; Flexibility £5  11.30-12.15 Sing Like No One`s Listening £3</p>
<p><b><u>MONDAY 29th</u></b>  10.30-11.15 Arm Exercises £3  11.30-12.15 Strength &amp; Balance £5  2.00-3.00 Quiz £3  2.00-3.30 Face to Face with Nick £5 pencil portrait class for all abilities</p>	<p><b><u>TUESDAY 30th</u></b>  10.15-11.00 Step to the Beat £5  <b>11.15-12.15 (New) Ballet and Strength£5</b>  2.00-3.00 Card Games in the Cafe  <b>2.00-4.00 (New) Walking &amp; Litter Picking Group</b>  <b><u>No Tech Buddy Today</u></b></p>
<p><b><u>Please be aware that on occasions the programme can be subject to change</u></b></p>	



THURSDAY 4TH APRIL  
2 PM

 **impact**  
THE HOP50+



A continuation  
workshop to the  
Wheel of the Year,  
looking at High  
Days and Holidays

Please pop into  
the Office or call  
on 01273 729603  
to reserve space

The Hop50+  
Palmeira Square, Hove BN3 2FL  
01273 729 603  
hop50@impact-initiatives.org.uk  
[impact-initiatives.org.uk](http://impact-initiatives.org.uk)

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## **New Walking and Litter Picking Group!**

**Tuesday 2pm—4pm, starting Tuesday 9th April**

**What could be more beneficial than being in the fresh air, in company, and making an immediate difference to the world around you?**



**Visit local parks and the Seafront!**

- **Accompanied group walk with Anne**
- **This group will run throughout April and May**
- **All equipment and guidance provided!**
- **Meet in the lounge for brief intro and training.**

**Please book in the office or on 01273 729603**

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## CHIROPODY SERVICE

**Days: Alternate Wednesdays**

**Time: 1.30 pm - 4.00 pm**



**Toenail cutting – 15 minutes - £16**

**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 enquire please  
contact Anita the Chiropodist directly on  
07975 554325**



## IT Support

**Tuesdays - 2.00 pm - 3.30 pm**

**Thursdays - 10.30 am - 12.30 pm**

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



**If you need support in 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.**

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## COMMUNITY TRIP LIST FOR APRIL 24

<p><b>WEDNESDAY</b> 3rd</p>	<p><b><u>Fox and Hounds Pub</u></b> <b><u>Haywards Heath</u></b></p>  <p>Take a trip through the Sussex countryside to the Fox and Hound in Fox Hill. Tuck into great quality pub food in cosy and comfortable surroundings, enjoying the spacious beer garden if the weather is mild.</p>	<p>11am</p>	<p>£16 + lunch</p>
<p><b>WEDNESDAY</b> 10th</p>	<p><b><u>Horsham Day trip</u></b></p> <p>Visit the historic town of Horsham with its market square bustling with shops and cafes. The Horsham Museum and Art Gallery will be open and is housed in a medieval timber-framed building, offering a treasure trove of objects in over twenty-six galleries.</p> 	<p>10am</p>	<p>£16 + lunch</p>

<p><b>WEDNESDAY 24th</b></p>	<p align="center"><b><u>Raystede Centre for Animal Welfare and Middle Farm</u></b></p> <p>Join us for a trip to this well known <b>Animal Rescue Centre</b>, with free admission to see all the animals and pop into the café and charity shop.</p>  <p>Continue on to <b>Middle Farm</b> with its café and its farm shop, selling fresh produce. There is an opportunity to feed the new baby lambs and visit the animals for an £8 charge. This will need to be booked in advance so please ask the office in advance when booking!!</p> 	<p><b>10am</b></p>	<p><b>£16 + Lunch</b></p> <p align="center"><b>+ £8 to book animal feeding</b></p>
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**\*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, card 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.
- 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





# New Ballet and Strength Class!

Tuesday 11.15am—12.15pm

Starting Tuesday 9th April

£5



- We are excited to be able to offer you a new class that will focus on improving your strength, posture, balance, and breathing whilst learning simple ballet techniques.
- Dominique is a dance tutor with experience in delivering ballet classes for older people using a chair instead of the traditional Barre!
- All fitness levels and abilities catered for.

Contact 01273 729603 for information .



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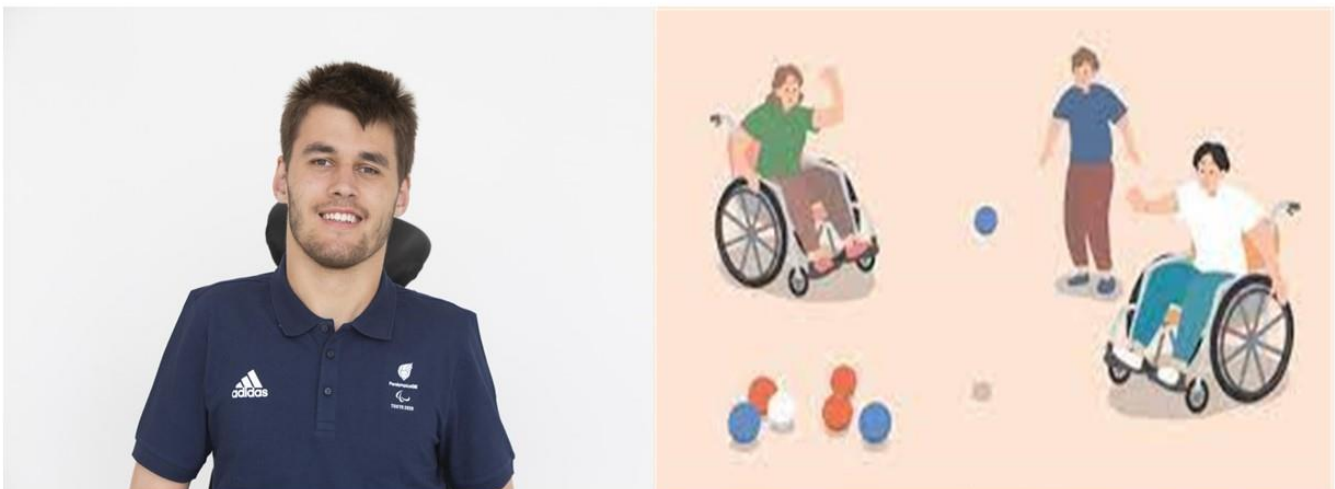
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# BOCCIA WITH LOUIS SAUNDERS



**TUESDAY 16TH APRIL  
2PM - £3**



**Your chance to play Boccia with a Paralympic Athlete.  
Come and learn from the expert Louis Saunders who was  
on the Boccia Team at the Paralympics in Tokyo in 2020**

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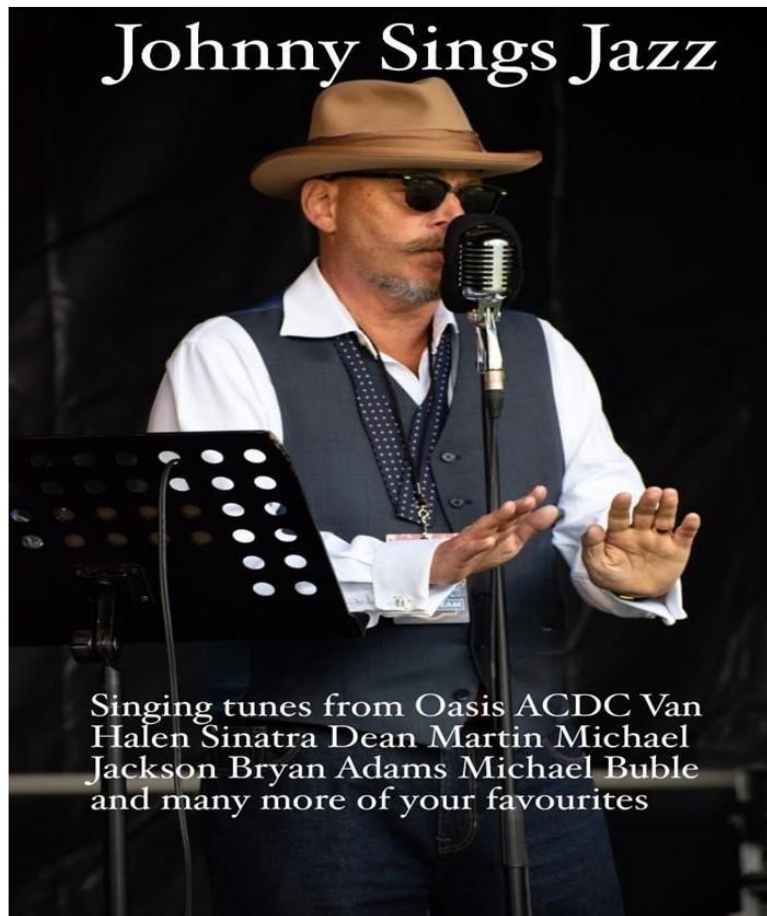


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# JOHNNY SINGS JAZZ

**SATURDAY 20TH APRIL**  
**1.45 PM - 3.15 PM - £10**

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THE HOP50+



**Come along and enjoy a fun Jazz afternoon with cheese & biscuits and a glass of complimentary wine or alternative refreshment. Please pop in to the Office or call on 01273 729603 to book a place.**

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# House Meeting

Thursday 11th April

2 pm



Come and join us for a house meeting where we'll discuss and share thoughts and ideas about the service going forward and make future plans together. Have your voice heard in a friendly meeting with staff and customers.

Free tea / coffee and biscuits



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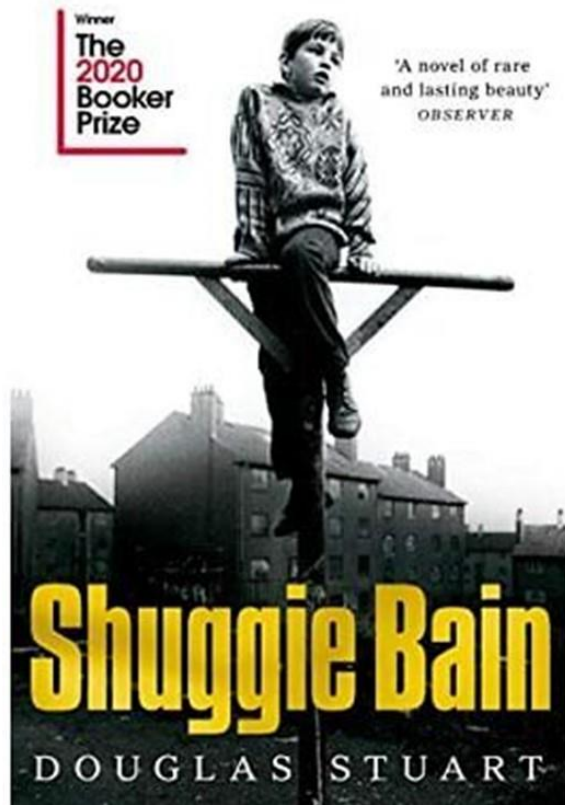
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# 'Shuggie Bain' By Douglas Stuart

**impact**  
THE HOP50+

**Collect our  
new book  
from Thursday  
28th March  
and join us to  
discuss at 2pm  
Thursday 25th  
April**



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## NEW ART GROUP

**Wednesdays 2pm-3.30pm**

**£5 - includes materials**

**Starting :- Wednesday 3rd April**



## **NEW TUTORED ART GROUP**

**Join this new group  
and take the  
opportunity to  
explore painting in  
a simplistic and  
accessible way!**



**The sessions will allow you to be free to explore  
your own ideas using bold, striking colours through  
the use of various painting mediums.**

**Please contact us if you require further  
information**



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**You might like to know about.....**

### **Ageing Well Single Point of Contact (SPOC)**

Ageing Well is a partnership service delivered by ten local organisations. We work together to provide social activities, support and information services for people aged 50+ in Brighton and Hove.

Ageing Well's SPOC provides a central hub that can be contacted to get information about services and activities available to the 50+ community. SPOC advisers signpost and make referrals to local and national services. The service is available Monday-Friday between 9am-5pm.

How Ageing Well's SPOC can help:

#### **Social Contact and Loneliness**

- Help people to find the right service to help them feel less lonely
- Refer to befriending charities
- Advise on a variety of different ways to socialise, such as in person, online, telephone or postal activities

#### **Exercise, Health & Mental Health**

- Advise on options available, providing information and details of activities/services, making referrals where needed

#### **General Information**

- Make referrals where appropriate to other services that can provide more focused support, such as financial information/benefits support, or guidance around access to social care
- Provide information to encourage and empower the person to seek support themselves

#### **Dementia**

- Advise on what to do if you are worried that you or a loved one may have Dementia
- Support for people living with dementia and their carers to be active in the community and connect with wider services/ activities across Brighton & Hove
- Make referrals to Memory Assessment Service

For more information or for a referral form -

Call: 01273 322947

Text: 07770 061072

Email: [ageingwellbh@impact-initiatives.org.uk](mailto:ageingwellbh@impact-initiatives.org.uk)

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## **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+ is a community space and café currently open six days a week. The Hop 50+ offers a range of activities and social opportunities for people aged 50+ aimed at supporting customers to improve their health and wellbeing, to learn new skills and where people can enjoy good food and company.**

### **Zoom schedule available**

For more information please email

[paula.carter@impact-initiatives.org.uk](mailto:paula.carter@impact-initiatives.org.uk)

or contact the Office on 01273 729603

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