

The Hop50+ **DECEMBER 2023**



**This Programme Includes:
Activities and Events 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 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 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 @ £9.00

Trips

In the programme you will find details of the trips we are offering throughout December. You are welcome to wear a mask whilst on the bus and we ask that you sanitise your hands regularly. The bus will be kept well ventilated throughout the trip.

Activities

We are continuing to bring you new events and activities throughout December 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 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
Strength and Balance (mainly leg based)	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.
Strength and Flexibility (Arms and Legs)	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
Step to the Beat	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	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

	previously enjoyed dancing or want to start doing so.	leg strength and balance
Gentle Yoga	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
Seated Yoga	Improve your mobility, stability and overall wellbeing through mindful movement and breath awareness in this friendly, chair-based class	
Get Moving	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
Arm Exercises	A short intensive and fun work out for your upper body and arms, mostly seated. Weights can be used.	

GROUPS & SESSIONS DECEMBER 2023
Special events & new activities are in blue

<p><u>FRIDAY 1st</u> <u>Hop Stop</u> A dedicated day for people living with the early stages of dementia</p> <p>(See information inside programme)</p>	<p><u>SATURDAY 2nd</u></p> <p>10.00 – 11.00 Strength & Flexibility £5</p>
<p><u>MONDAY 4th</u> 10.30 - 11.30- Strength & Balance £5 2.00-3.00 Quiz £3 2.00 - 4.00 – Drawn to Art £5.00 – A tutored Art group for all abilities 3.30 – 4.00 Get Moving – A little hiit session of 40 seconds of exercise with 20 seconds rest in between £3</p>	<p><u>TUESDAY 5th</u> <u>Café is shut today 11.30am-2pm</u> 10.30 - 11.10 Arm Exercises £3 11.15 - 11.45 Step to the Beat £3 2.00 - 3.30 Tech Buddy (please ring office to make an appt 01273 729603)</p> <p>The Café is shut 11.30am-2pm for a private function, lounge activities take place as normal</p>
<p><u>WEDNESDAY 6th</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 Face to Face with Nick £5 pencil portrait class for all abilities 2.00-3.00 Desert Island Discs £3</p>	<p><u>THURSDAY 7th</u></p> <p>10.00-12.30 Tech Buddy Peter (please ring office for an appointment 01273 729603)</p> <p>10.30-11.30 Strength & Balance £5 2.00-3.30 Knit and Natter (Café) £2</p> <p>2.00-3.00  Christmas Carols </p>
<p><u>FRIDAY 8th</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 9th</u></p> <p>10.00-11.00 Strength & Flexibility £5</p>
<p><u>MONDAY 11th</u> 10.30-11.30 Strength & Balance £5 2.00-3.00 Quiz £3 2.00-4.00 Drawn to Art £5.00 – A tutored Art group for all abilities 3.30-4.00 Get Moving – A little hiit session of 40 seconds of exercise with 20 seconds rest in between £3</p>	<p><u>TUESDAY 12th</u> 10.30-11.10 Arm Exercises £3 11.15-11.45 Step to the Beat £3</p> <p>2.00-3.30 Tech Buddy (please ring office to make an appt 01273 729603) 2.00-3.00 Card Games in the Cafe</p>

<p><u>WEDNESDAY 13th</u> 9.30 – 11.30 The Pit Stop is a dedicated café space for people living with early stage dementia and carers</p> <p><u>The Café opens 12pm-4pm</u></p> <p>9.45-10.45 Gentle Yoga £6 11.00-12.00 Chair Yoga £6 (The last Yoga classes before Christmas) 2.00-3.30 Face to Face with Nick £5 pencil portrait class for all abilities. 2.00-3.00 Desert Island Discs £3</p>	<p><u>THURSDAY 14th</u> 10.00-12.30 Tech Buddy Peter (please ring office for an appointment 01273 729603)</p> <p>10.30-11.30 Strength & Balance £3</p> <p>2pm-3.30 Knit and Natter (Café) £2</p> <p>2pm-3pm Crafts-help with our Christmas table decorations</p>
<p><u>FRIDAY 15th</u> <u>Hop Stop</u></p> <p>A dedicated day for people living with the early stages of dementia (See information inside programme)</p>	<p><u>SATURDAY 16th</u></p> <p>10.00-11.00 Strength & Flexibility £5</p> <p>1.45-3.15 <u>Festive Tunes & Popular Favourites with Jake & Tari</u> (pre-booking required, please see poster)</p>
<p><u>MONDAY 18th</u> 10.30-11.30 Strength & Balance £5 2.00-3.00 Quiz £3 2.00-4.00 Drawn to Art £5.00 – A tutored Art group for all abilities <u>No Get Moving Today</u></p>	<p><u>TUESDAY 19th</u></p> <p>CHRISTMAS EVENTS</p> 
<p><u>WEDNESDAY 20th</u></p> <p><u>CHRISTMAS EVENTS</u></p> 	<p><u>THURSDAY 21st</u></p> <p><u>CHRISTMAS EVENTS</u></p> 

FRIDAY 22nd
Hop Stop

A dedicated day for people living with the early stages of dementia
(See information inside programme)

SATURDAY 23rd

10.00-11.00 Strength & Flexibility £5

11.30-12.30 Christmas Fun & Games £3



SATURDAY 30th

Please speak to a member of staff regarding pre-booking, if you wish to come along to the Hop on 30th

**Please note we are closed from
Sunday 24th December**

and will re-open on

Tuesday 2nd January 2024



**Please be aware that on occasions the
programme can be subject to change**



Thursday 7th December 2pm – 3pm

Carol Singing and Christmas songs in the Lounge

CHIROPODY SERVICE

Days: Alternate Wednesdays
Time: 1.30 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 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**

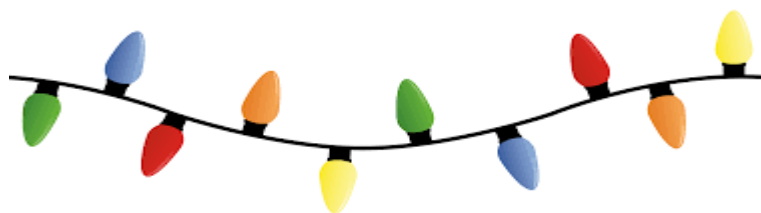


**If you need support in using your own phone, tablet
or laptop, book to see one of our tech buddys,
please ring the Office to make an appointment on
01273 729603.**

The Hop50+
Palmeira Square, Hove BN3 2FL
01273 729 603
hop50@impact-initiatives.org.uk
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COMMUNITY TRIP LIST FOR DECEMBER 2023

<p>WEDNESDAY 6th Dec</p>	<p><u>Chichester Christmas Market</u></p>  <p>East Street and North Street in Chichester City Centre will come alive with an array of festive stands as we celebrate at Chichester Christmas Market. This event and this inspiring location form a fantastic combination of all good things when it comes to Christmas shopping!</p>	<p><u>9.30am</u></p>	<p>£16 + lunch</p>
<p>WEDNESDAY 13th Dec</p>	<p><u>The Thatched Inn, Hassocks</u></p> <p>Enjoy a Christmas celebration at this friendly pub nestling at the foot of the South Downs with spectacular views over the Sussex countryside.</p> 	<p>11 am</p>	<p>£16 + lunch</p>





***TO SECURE YOUR PLACE ON A TRIP PLEASE PAY IN ADVANCE: ***

How Do I Book and Pay for my Place?

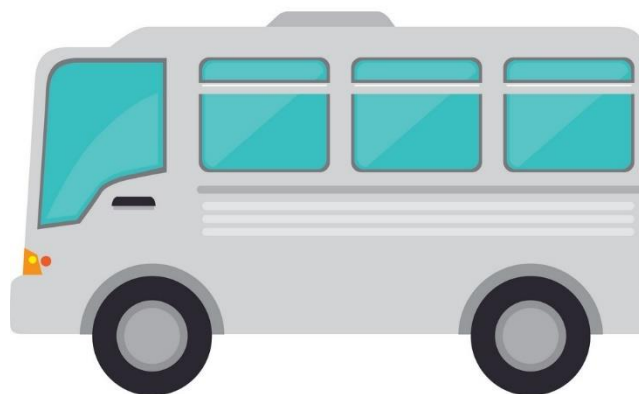
1. Telephone (01273) **729603** to reserve your place.
2. You can pay by cash, card or cheque, OR...
3. Pay Val, our driver, on a previous trip.

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



 **impact**
THE HOP 50+

Saturday 16th December

Jake & Tari

1.45pm - 3.15pm - £10



Come and enjoy an afternoon listening to Jake & Tari, playing a few festive tunes and popular favourites.

This will include a baguette, pate and chutney platter, with a complimentary glass of wine or alternative refreshment.

Please book in the Office, or telephone 01273 729603

The Hop50+
Palmeira Square, Hove BN3 2FL
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hop50@impact-initiatives.org.uk
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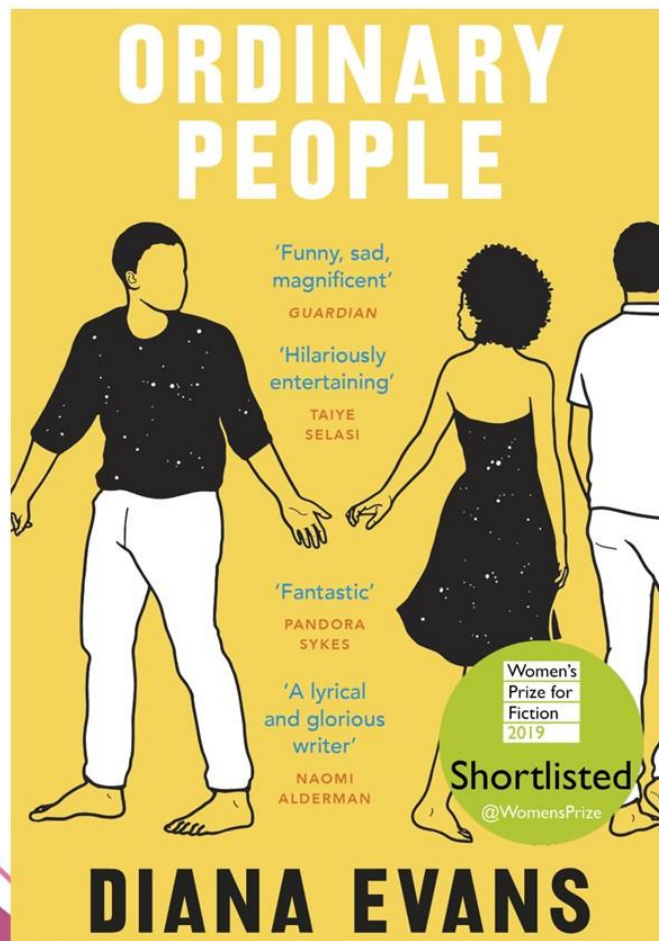
The Hop 50+ is part of Impact Initiatives.
Impact Initiatives is registered in England as a charitable company limited by guarantee
Registered company no. 1402692 | Registered charity no. 276669

Collect our next book

ORDINARY PEOPLE

BY Diana Evans

from 7th December and join us to discuss
At 2pm on Thursday January 4th 2024!



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

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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

or contact the Office on 01273 729603

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