

The Hop50+ FEBRUARY 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 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 on offer in February.

Activities

We are continuing to bring you new events and activities throughout February 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
<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>

<p>Gentle Yoga</p>	<p>Move, breathe and relax with mindful movement and breath awareness including moving down to and up from the floor</p>	<p>Please bring your own yoga mat & blanket</p>
<p>Seated Yoga</p>	<p>Improve your mobility, stability and overall wellbeing through mindful movement and breath awareness in this friendly, chair-based class</p>	
<p>Get Moving (coming back soon)</p>	<p>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.</p>	<p>Ability to stand for 30 minutes and exercise without using a chair</p>
<p>Arm Exercises</p>	<p>A short intensive and fun work out for your upper body and arms, mostly seated. Weights can be used.</p>	

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

	<p><u>SATURDAY 1st</u> 10.00-11.00 Strength & Flexibility £5 11.30-12.15 Sing Like No One`s Listening £3</p>
<p><u>MONDAY 3rd</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 (pre-booking required)</p>	<p><u>TUESDAY 4th</u></p> <p align="center">CLOSED FOR PRIVATE EVENT</p>
<p><u>WEDNESDAY 5th</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 6th</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 7th</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 8th</u> 10.00-11.00 Strength & Flexibility £5 11.30-12.15 Sing Like No One`s Listening £3</p>
<p><u>MONDAY 10th</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 (pre-booking required)</p>	<p><u>TUESDAY 11th</u> 10.30-11.15 Step to the Beat £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 12th</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 13th</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</p>
<p><u>FRIDAY 14th</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 15th</u> 10.00-11.00 Strength & Flexibility £5 1.45-3.30 Area Code (Band) £10 please book in the Office, see poster for details</p>
<p><u>MONDAY 17th</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 (pre-booking required)</p>	<p><u>TUESDAY 18th</u> 10.30-11.15 Step to the Beat £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 19th</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 20th</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 Older LGBTQ Meet Up For more information contact helen.bashford@switchboard.org.uk</p>

<p><u>FRIDAY 21st</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 22nd</u> 10.00-11.00 Strength & Flexibility £5 11.30-12.15 Sing Like No One`s Listening £3</p>
<p><u>MONDAY 24th</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 (pre-booking required)</p>	<p><u>TUESDAY 25th</u> 10.30-11.15 Step to the Beat £5 2.00-3.00 Card Games in Café £2 No Tech Buddy Today</p>
<p><u>WEDNESDAY 26th</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 27th</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 2.00-3.00 Book Club £3</p>
<p><u>FRIDAY 28th</u> <u>Hop Stop</u> A dedicated day for people living with the early stages of dementia (See information inside programme)</p>	
<p><u>Please be aware that on occasions the programme can be subject to change</u></p>	

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
impact-initiatives.org.uk

COMMUNITY TRIP LIST FOR FEBRUARY 25

<p>WEDNESDAY 5th</p>	<p style="text-align: center;"><u>HENTY ARMS – FERRING</u></p> <p style="text-align: center;">The Henty Arms offers a menu selection of traditional dishes, fresh fish and homemade desserts.</p> 	<p>11am</p>	<p>£16 + Lunch</p>
<p>WEDNESDAY 12th</p>	<p style="text-align: center;"><u>DITCHLING MUSEUM OF ART & CRAFT</u> <u>£8.50 Entrance fee</u> <u>Followed by a visit to a Garden Centre</u></p> <p style="text-align: center;">Ditchling Museum of Art + Craft showcases the artists and craftspeople who made Ditchling a creative hub in the 20th Century.</p> 	<p>10.30</p>	<p>£16 + Lunch</p>
<p>WEDNESDAY 19th</p>	<p style="text-align: center;"><u>AMBERLEY WORKING MUSEUM</u> <u>£16 Entrance</u></p>  <p style="text-align: center;">Travel back in time and explore over 40 exhibition areas, including a narrow-gauge railway, historic buses, rural crafts and workshops. Volunteers are on hand to demonstrate, chat and reminisce.</p>	<p>10am</p>	<p>£16 + Lunch</p>

<p>WEDNESDAY 26th</p>	<p style="text-align: center;"><u>GREENMAN – RINGMER</u></p> <p style="text-align: center;">The Green Man is in a pretty country location, in the village of Ringmer near Lewes. Popular for meals, they have an extensive homemade menu.</p> <div style="text-align: center;">  </div>	<p>11am</p>	<p>£16 + Lunch</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

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

CHIROPODY SERVICE

Days: Alternate Wednesdays

Time: 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**

AREA

**AMERICANA (COUNTRY AND BLUES)
LIVE at THE HOP 50+**

CODE



impact
INITIATIVES
Hop 50+ Palmeira Square
Hove BN3 2FL

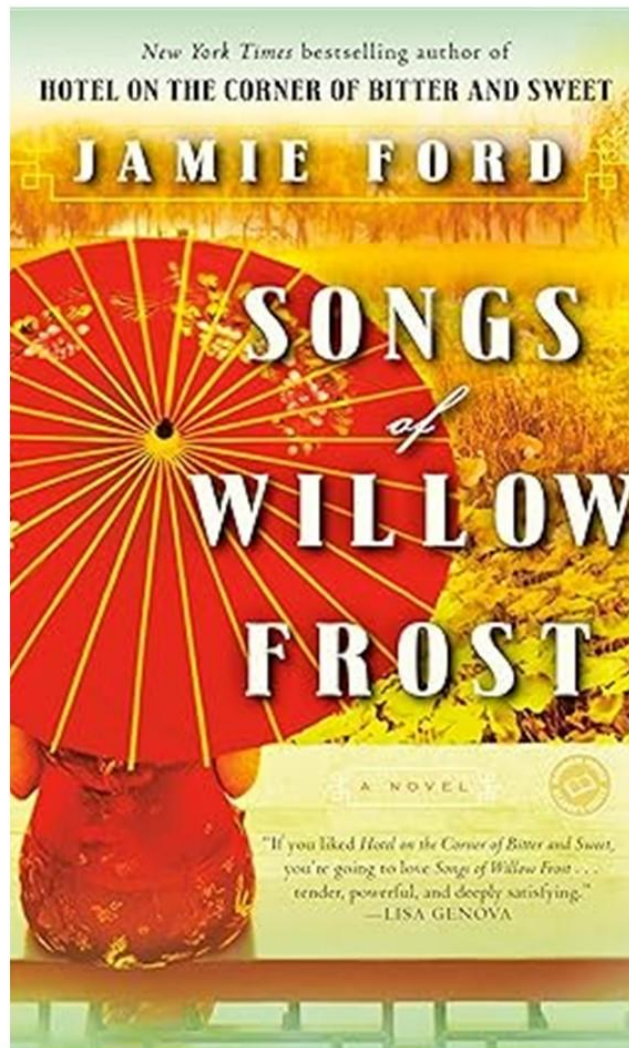
£10
FEB. 15TH '25
1.45 - 3.45 PM



**Cheese and biscuits
and a glass of
complimentary wine
or alternative refreshment.
Pop into the office or call
01273 729603 to book a place**

'Songs of Willow Frost' By Jamie Ford

Collect our new book
from
Thursday 30th
January
and join us to
discuss at 2pm on
Thursday 27th
February.



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01273 729 603
hop50@impact-initiatives.org.uk
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Ageing Well is a programme of activities and services for people aged 50+ living in Brighton and Hove. It is delivered by ten local community and voluntary sector organisations. Activities and services are designed to promote better health and wellbeing.

Ageing Well Single Point of Contact (SPOC)

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

- Support to find the right service to help you feel less lonely, providing information on a variety of different ways to socialise, such as in person, online, telephone or postal activities
- Link you to groups & activities that Ageing Well partners run across Brighton & Hove
- Refer to Ageing Well partnership befriending charities

Exercise, Health & Mental Health

- Inform you of options available, providing information and details of activities/services

General Information

- Provide general information on number of issues that could be impacting quality of life
- Refer to other services, including Ageing Well partner, Citizens Advice Brighton & Hove, to provide advice and more focused support with topics such as benefit entitlement, fuel poverty, employment issues, housing, or access to social care

Dementia

- Talk about what you can do if you are worried that you or a loved one may have dementia
- Support if you are a carer for or are someone living with dementia to be active in the community and connect with wider services and activities across Brighton & Hove
- Make referrals to Memory Assessment Service

Social Factors Influencing Good Nutrition

- Help you understand how your nutritional needs might change as you get older
- 1-to-1 support to look into any social barriers that could be contributing to your risk of undernutrition/dehydration and try to find solutions
- Offer guidance around shopping, cooking and organising meals in ways that work for you
- Find affordable ways to enable you to eat healthily

Get in touch with our friendly team on...

Freephone: 0808 175 3234

Text: 07770 061072

Email: ageingwellbh@impact-initiatives.org.uk

Website: <https://ageingwellbh.org/>

Ageing Well is brought to you by



Ageing Well is a partnership led by Impact Initiatives.
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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 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)

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