

The Hop50+ **JUNE 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+ and Café is part of Impact Initiatives, a registered charity 276669 Company registered in England
No. 1402692. Registered office: 69 Ship Street, Brighton, BN1 1AE

www.impact-initiatives.org.uk

What's Happening at the Hop 50+?

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 @ £10.00

Trips

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

Activities

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



Fridays – The Hop Stop (*this is not a drop-in day*)

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 and are not drop in

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 the internet and Zoom to access 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 previously enjoyed dancing or want to start doing so.	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

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 JUNE 2025
Special events & new activities are in blue

MONDAY 2nd

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

TUESDAY 3rd

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)

WEDNESDAY 4th

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

THURSDAY 5th

10.00-12.30 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
 2.00-3.30 Scrabble £3

FRIDAY 6th

Hop Stop

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

SATURDAY 7th

10.00-11.00 Strength & Flexibility £5
 11.30-12.15 Sing Like No One's Listening £3

MONDAY 9th

10.30-11.10 Arm Exercises £3
 No strength and balance today
 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

TUESDAY 10th

10.30-11.20 Step to the Beat £5
 11.30-12.30 Tai Chi £5
 1.30-3.15 Film Calamity Jane £5
 2.00-3.00 Card Games £2
 2.00-3.30 Tech Buddy Peter (please ring office to make an appt 01273 729603)

WEDNESDAY 11th

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

THURSDAY 12th

10.00-12.30 Tech Buddy Pete (please ring office for an appointment 01273 729603)
 No Strength and balance today
 2.00-3.30 Knit and Natter (Café) £2
 2.00-3.00 'Sing for Better Health' (see poster)

<p><u>FRIDAY 13th</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 14th</u></p> <p>1.30-3.00 Intergenerational Exchange Programme – Workshop 3 (see poster)</p>
<p><u>MONDAY 16th</u></p> <p>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 17th</u></p> <p>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 18th</u></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 2.00-3.30 Tutored Art Group £5 2.00-3.00 Desert Island Discs £3</p>	<p><u>THURSDAY 19th</u></p> <p>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 20th</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 21st</u></p> <p>10.00-11.00 Strength & Flexibility £5 11.30-12.15 Sing Like No One`s Listening £3</p>

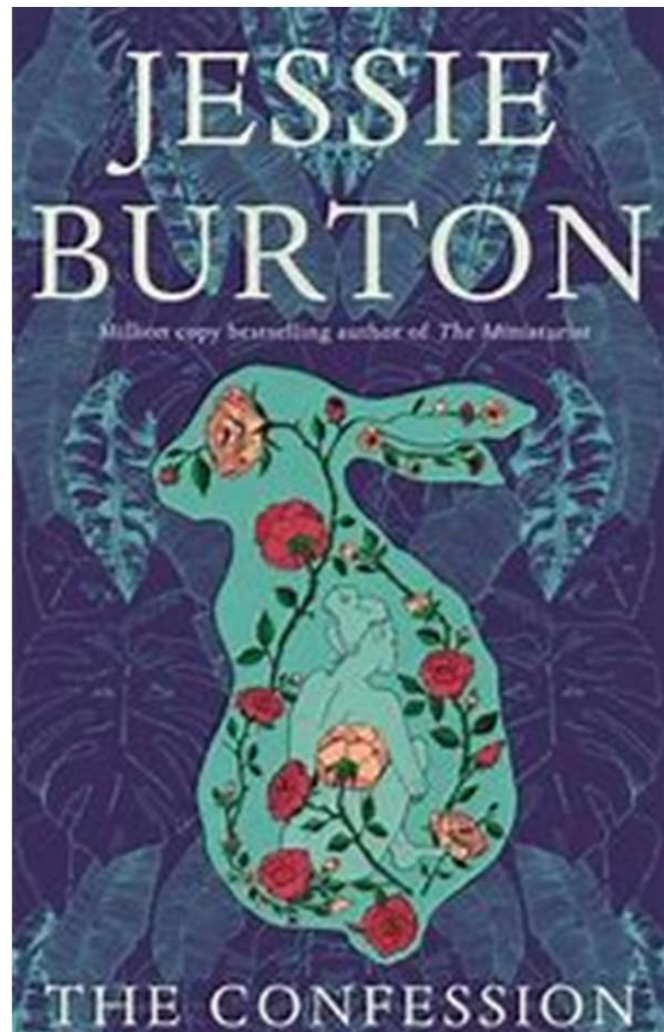


<p><u>MONDAY 23rd</u></p> <p>10.30-11.10 Arm Exercises £3 11.30-12.15 Strength & Balance £5 1.45-2.45 Quiz £3 2.00-3.30 Face to Face with Nick £5 pencil portrait class for all abilities 3.00-4.30 Mindfulness Group £3</p>	<p><u>TUESDAY 24th</u></p> <p>CLOSED FOR A STAFF CONFERENCE</p>
<p><u>WEDNESDAY 25th</u></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 2.00-3.30 Tutored Art Group £5 2.00-3.00 Desert Island Discs £3</p>	<p><u>THURSDAY 26th</u></p> <p>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 27th</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 28th</u></p> <p>10.00-11.00 Strength & Flexibility £5 1.45-3.30 Brighton Beach Belles – prebooking required £10 (please see poster)</p>
<p><u>MONDAY 30th</u></p> <p>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>Please be aware that on occasions the programme can be subject to change</u></p>	

“The Confession”

By Jessie Burton

**Collect our new
book from Thursday
29th May
and join us to
discuss at 2pm on
Thursday 26th June**



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

IT Support

Tuesdays - 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.**

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TRIP LIST FOR JUNE 25

<p>WEDNESDAY 4th</p>	<p style="text-align: center;"><u>COCK INN - WIVELSFIELD</u></p> <p>The Cock Inn is a charming village pub in Wivelsfield. Get together in friendly surroundings, and enjoy delicious home cooked food.</p> 	<p>11am</p>	<p>£16 + Lunch</p>
<p>WEDNESDAY 11th</p>	<p style="text-align: center;"><u>SHEFFIELD PARK & GARDENS</u></p> <p>Free entry to National Trust Members or £18 entry</p> <p>Sheffield Park is a spectacular place to visit. With acres of landscaped gardens, picturesque lakes and winding paths, it's perfect for a sunny day.</p> 	<p>10am</p>	<p>£16 + Lunch</p>
<p>WEDNESDAY 18th</p>	<p style="text-align: center;"><u>ARUNDEL DAY TRIP – 9.30am Start</u></p> <p>Visit Arundel Cathedral for the Corpus Christi Carpet of Flowers. Every year a team of volunteers create a 90-foot floral carpet up the central aisle. Then explore the lovely town of Arundel or visit the medieval Castle.</p> <div style="display: flex; justify-content: space-around;">   </div>	<p>9.30am</p>	<p>£16 + Lunch</p>

WEDNESDAY 25th	<p align="center"><u>DAY TRIP TO HASTINGS – 9.30AM START</u></p> <p align="center">Visit the bustling seaside town of Hastings. Explore attractions such as the Castle, Museum, Galleries, net huts and the funicular railway or just visit the shops and lunch out, the choice is yours!</p> <div data-bbox="337 436 1242 798">  </div>	<u>9.30 am</u>	£16 + lunch
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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 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




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THE HOP 50+

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**



- ☒ Hourly Daytime Care ☒ Overnight Care ☒ Live-In Care

Our award winning, in-home, care and companionship provision, brings joy to people in their later years. We offer visits of 2 hours or more, with the same, highly trained, expertly matched carer so we can build meaningful relationships.

We are experts in later living care and our fully managed service provides supported independence with the peace of mind that we are always on hand.



Get in touch with us today:

Bright Care Brighton and Hove
67 Church Street, BN3 2BD

brightonandhove@brightcare.co.uk
01273 942 298



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 INTERGENERATIONAL EXCHANGE PROGRAMME

At the Hop
Cafe

Join us for our
3rd workshop

‘Power to
the People:
Civic Action
Across the
Generations’

Sow the Seeds
of Change

Build Connected
lives



*CREATE
PARTICIPATE
INNOVATE*

In Celebration of

Saturday June 14th

Age Without Limits Day 2025

1.30pm – 3pm

Thursday 12th July
2pm-3pm

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THE HOP50+

'Sing For Better Health'

Singing profoundly benefits health and wellbeing!

Join Udita and improve your health and wellbeing, using a combination of specific relaxation/posture/ breathing exercises, and having fun singing songs together.



You don't have to be able to sing to join us!

This singing group is for older people in general, or those with long-term health problems eg. breathing difficulties, Parkinson's, Depression, Alzheimer's, MS, Stroke, Heart conditions, Cancer, mental health problems etc.)

The group is led by **Udita Everett**, a trained music therapist, First Nature voice/ breath/ body coach and Singing for Lung Health leader.

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hop50@impact-initiatives.org.uk
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INITIATIVES

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Registered company no. 1402692 | Registered charity no. 276669

CALAMITY JANE

TUESDAY 10TH JUNE
1.30pm - 3.30pm £5



**Come and see the film and enjoy a relaxing afternoon
with a lovely cuppa & cornetto!**

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hop50@impact-initiatives.org.uk
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Saturday 28th June

Beach Belles

1.45pm - 3.15pm - £10



Beach Belles bring sunshine and song to The Hop! Singing everything from pop, soul and Motown covers through the decades. Think The Supremes, Mary Wells, The Ronettes, Aretha Franklin & Sister Sledge!

To include a delicious scone with cream and jam alongside a complimentary glass of wine or alternative refreshment.

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

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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



Ageing Well is a partnership led by Impact Initiatives.
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Registered office: 69 Ship Street, Brighton, BN1 1AE

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

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