

# **The Hop50+** **MARCH 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](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**  
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 March.

### Activities

We are continuing to bring you new events and activities throughout March 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)  
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 be confident in using 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><b>Strength and Balance (mainly leg based)</b></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><b>Strength and Flexibility (Arms and Legs)</b></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><b>Step to the Beat</b></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 <b>without</b> using a chair. This is a slightly harder session for those who have achieved a basic leg strength and balance</p>

<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>Arm Exercises</b>	A short intensive and fun work out for your upper body and arms, mostly seated. Weights can be used.	

**GROUPS & SESSIONS MARCH 2025**  
**Special events & new activities are in blue**

	<p><b><u>SATURDAY 1st</u></b>  10.00-11.00 Strength &amp; Flexibility £5</p> <p>1.45-3.30 'The Shamolies' prebooking required please see poster £10</p>
<p><b><u>MONDAY 3rd</u></b>  No Arm Exercises today  11.30-12.15 Strength &amp; Balance £5  1.45-2.45 Quiz £3  2.00-3.30 Face to Face with Nick £5  pencil portrait class for all abilities  <b>3.00-4.30 Mindfulness Group £3</b></p>	<p><b><u>TUESDAY 4th</u></b>  No Step to the Beat today  <b>11.30-12.15 Tai Chi £5</b>  2.00-3.00 Card Games in Café £2  No Tech Buddy Today</p>
<p><b><u>WEDNESDAY 5th</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 Tutored Art Group £5</b>  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><b><u>THURSDAY 6th</u></b>  10.00-12.30 Tech Buddy Pete (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  2.00-3.30 Scrabble £3</p>
<p><b><u>FRIDAY 7th</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 8th</u></b>  No Activities Today</p>
<p><b><u>MONDAY 10th</u></b>  No Arm Exercises today  11.30-12.15 Strength &amp; Balance £5  1.45-2.45 Quiz £3  2.00-3.30 Face to Face with Nick £5  pencil portrait class for all abilities  <b>3.00-4.30 Mindfulness Group £3</b></p>	<p><b><u>TUESDAY 11th</u></b>  No Step to the Beat today  <b>11.30-12.15 Tai Chi £5</b>  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><b><u>WEDNESDAY 12th</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>  <b>9.45-10.45 Gentle Yoga £6</b>  <b>11.00-12.00 Chair Yoga £6</b>  <b>2.00-3.30 Tutored Art Group £5</b>  <b>2.00-3.00 Desert Island Discs £3</b>  <b>2.00-3.30 Tech Buddy Alistair (please ring office to make an appt 01273 729603)</b></p>	<p><b><u>THURSDAY 13th</u></b>  <b>10.00-12.30 Tech Buddy Pete (please ring office for an appointment 01273 729603)</b>  <b>10.30-11.15 Strength &amp; Balance (1) £5</b>  <b>11.30-12.15 Strength &amp; Balance (2) £5</b>  <b>2.00-3.30 Knit and Natter (Café) £2</b>  <b>2.00-3.00 House Meeting</b></p>
<p><b><u>FRIDAY 14th</u></b>  <b><u>Hop Stop</u></b>  <b>A dedicated day for people living with the early stages of dementia</b>  <b>(See information inside programme)</b></p>	<p><b><u>SATURDAY 15th</u></b>  <b>10.00-11.00 Strength &amp; Flexibility £5</b></p>
<p><b><u>MONDAY 17th</u></b>  <b>10.30-11.15 Arm Exercises £3</b>  <b>11.30-12.15 Strength &amp; Balance £5</b>  <b>1.45-2.45 Quiz £3</b>  <b>2.00-3.30 Face to Face with Nick £5 pencil portrait class for all abilities</b>  <b>3.00-4.30 Mindfulness Group £3</b></p>	<p><b><u>TUESDAY 18th</u></b>  <b>10.30-11.15 Step to the Beat £5</b>  <b>11.30-12.15 Tai Chi £5</b>  <b>2.00-3.00 Card Games £2</b>  <b>2.00-3.30 Tech Buddy Peter (please ring office to make an appt 01273 729603)</b></p>
<p><b><u>WEDNESDAY 19th</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>  <b>9.45-10.45 Gentle Yoga £6</b>  <b>11.00-12.00 Chair Yoga £6</b>  <b>2.00-3.30 Tutored Art Group £5</b>  <b>2.00-3.00 Desert Island Discs £3</b>  <b>2.00-3.30 Tech Buddy Alistair (please ring office to make an appt 01273 729603)</b></p>	<p><b><u>THURSDAY 20th</u></b>  <b>10.00-12.30 Tech Buddy Pete (please ring office for an appointment 01273 729603)</b>  <b>10.30-11.15 Strength &amp; Balance (1) £5</b>  <b>11.30-12.15 Strength &amp; Balance (2) £5</b>  <b>2.00-3.30 Knit and Natter (Café) £2</b>  <b>2.00-3.30 Older LGBTQ Meet Up</b>  <b>For more information contact</b>  <b><a href="mailto:helen.bashford@switchboard.org.uk">helen.bashford@switchboard.org.uk</a></b></p>

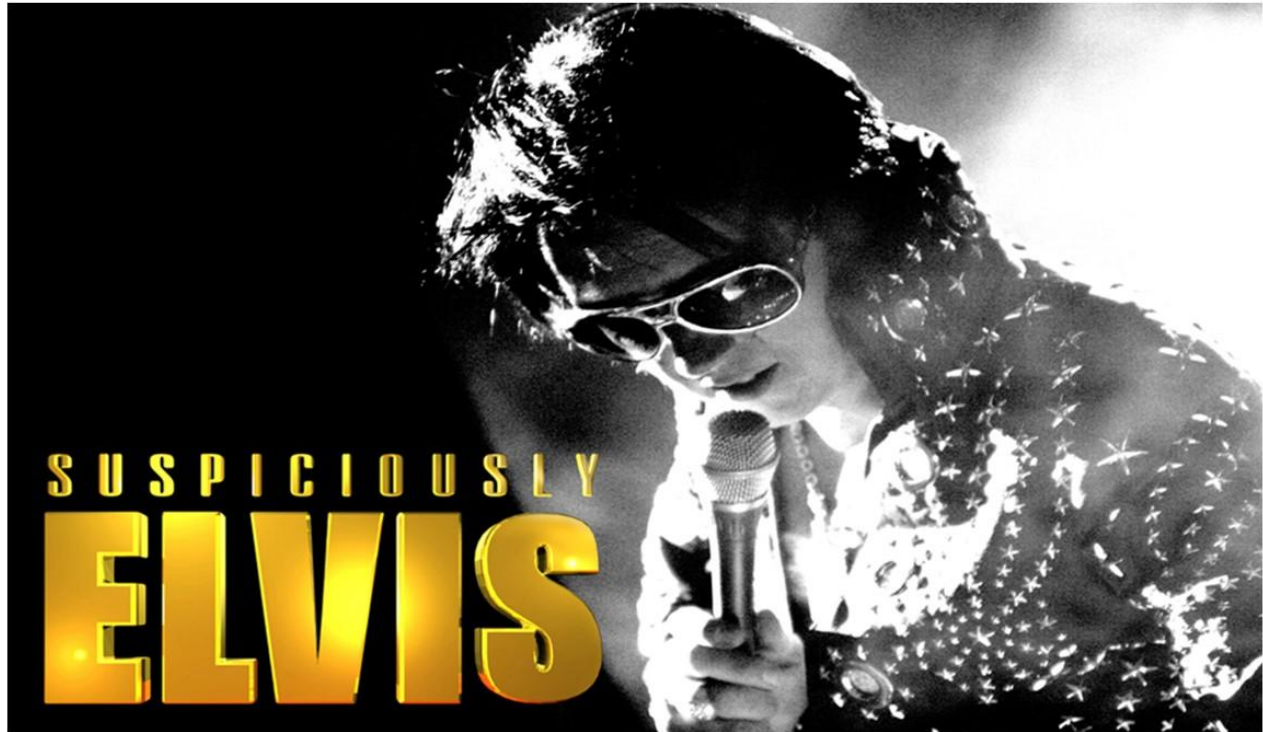
<p><b><u>FRIDAY 21st</u></b>  <b><u>Hop Stop</u></b>  A dedicated day for people living with the early stages of dementia  (See information inside programme)</p>	<p><b><u>SATURDAY 22nd</u></b>  10.00-11.00 Strength &amp; Flexibility £5  11.30-12.15 Sing Like No One`s Listening £3</p>
<p><b><u>MONDAY 24th</u></b>  10.30-11.15 Arm Exercises £3  11.30-12.15 Strength &amp; Balance £5  1.45-2.45 Quiz £3  2.00-3.30 Face to Face with Nick £5  pencil portrait class for all abilities  <b>3.00-4.30 Mindfulness Group £3</b></p>	<p><b><u>TUESDAY 25th</u></b>  10.30-11.15 Step to the Beat £5  <b>11.30-12.15 Tai Chi £5</b>  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><b><u>WEDNESDAY 26th</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 Tutored Art Group £5</b>  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><b><u>THURSDAY 27th</u></b>  10.00-12.30 Tech Buddy Pete (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  2.00-3.00 Book Club £3</p>
<p><b><u>FRIDAY 28th</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 29th</u></b>  10.00-11.00 Strength &amp; Flexibility £5   <b>7pm-10pm Elvis Evening £15 (pre-booking required, please see poster for details)</b></p>
<p><b><u>MONDAY 31st</u></b>  10.30-11.15 Arm Exercises £3  11.30-12.15 Strength &amp; Balance £5  1.45-2.45 Quiz £3  2.00-3.30 Face to Face with Nick £5  pencil portrait class for all abilities  <b>3.00-4.30 Mindfulness Group £3</b></p>	
<p><b><u>Please be aware that on occasions the programme can be subject to change</u></b></p>	



# Suspiciously ELVIS

**impact**  
THE HOP 50+

**On: Saturday 29th March**  
**At: 7 pm – 10 pm - £15**



**Enjoy a night of music and entertainment with friends.**

**Drinks will be available to purchase.**

**Please pop in to the Office or call on  
01273 729603 to book a place.**

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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## 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.**

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# COMMUNITY TRIP LIST FOR MARCH 25

<p><b>WEDNESDAY 5th</b></p>	<p style="text-align: center;"><b><u>Thatched Inn, Keymer</u></b></p> <p>Enjoy a home cooked meal at The Thatched Inn. Nestling at the foot of the South Downs, The Thatched Inn, with its picturesque roof of Norfolk reeds and oak beams, has spectacular views over the Sussex countryside.</p> 	<p>11am</p>	<p>£16 + Lunch</p>
<p><b>WEDNESDAY 12th</b></p>	<p style="text-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>, a working farm with a café and farm shop, selling fresh produce and cider. There is opportunity to see the farm animals up close for £6.</p>	<p>10 am</p>	<p>£16 + Lunch</p> <p style="text-align: center;">+ £6 to see the animals</p>
<p><b>WEDNESDAY 19th</b></p>	<p style="text-align: center;"><b><u>Borde Hill Gardens + Art Exhibition – ‘The Art of Spring’</u></b></p> <p>Borde Hill is truly one of the country’s most impressive gardens. Currently housed inside the Victorian Glasshouse, is an art exhibition bringing together six talented local artists, each inspired by the colours, textures and renewal of the spring garden.</p>   <p><b><u>NB. Borde Hill is a ‘cashless’ attraction so please bring debit or credit card</u></b></p>	<p>10 am</p>	<p>£16 + Lunch</p> <p>£12 for Garden and Art Exhibit</p>

<p><b>WEDNESDAY 26th</b></p>	<p style="text-align: center;"><b><u>Crown Inn Cootham</u></b></p> <p>The Crown Inn at Cootham is a family run pub located in a Sussex countryside village. The 500 year old Crown Inn oozes charm and character and a warm welcome awaits you with a large cosy fireplace and crooked beams. Freshly prepared home cooked traditional pub food is served.</p> 	<p><b><u>11 am</u></b></p>	<p><b>£16 + Lunch</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 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**



# THE SHAMOLIES

impact  
THE HOP50+

**SATURDAY 1st MARCH**  
**1.45 PM - 3.30 PM - £10**

**The Shamolies a fun little trio**  
**will be playing songs from the**  
**50's and 60's.**



**Come along and have a toe tapping fun 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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## **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**

# House Meeting

Thursday 13th March

2 pm

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THE HOP50+

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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kingswaycare.com

**01273 077444**

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



### **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**

### **DNK Hair & Beauty**

**89 Church Road, Hove BN32BB**

**01273772137 or 01273773288**

**NOW OPEN SUNDAYS**

**20% OFF YOUR FIRST VISIT**

**Blue light card holders welcome**

**With selected stylists**



# New Group!

## Tuesdays in March

### 11.30am - £5



## Drop-in Tai Chi with Caspar

Caspar, your facilitator, is a highly experienced teacher with more than twenty-five years' experience. Come along and try the class! Caspar makes it easy, relaxed, fun and inclusive.

Caspar's Tai Chi classes include a wide range of gentle exercises, from warming up the joints to more flowing movements designed to keep your mind clear as well as helping to keep the body supple. There will be an exercise for every requirement!



If you have any niggles or pre-existing health conditions do speak to Caspar before class if you are unsure if you can practice Tai Chi or if you require particular care in one area.

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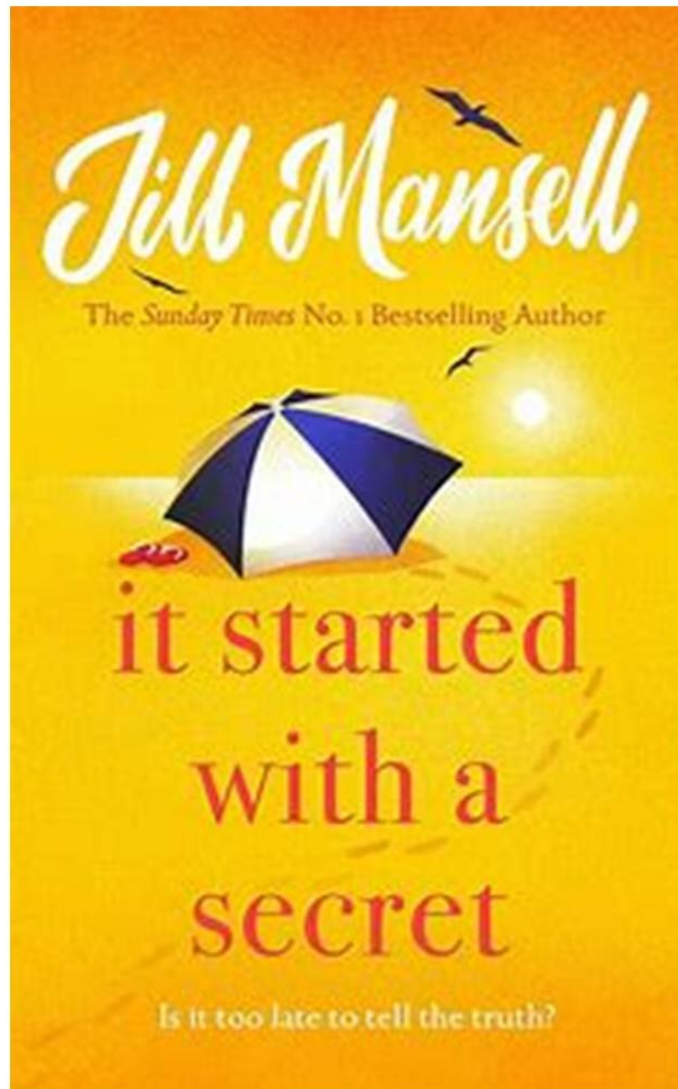
The logo for Impact Initiatives, featuring a stylized 'i' with a circular dot, followed by the words 'impact' and 'INITIATIVES' in a bold, uppercase sans-serif font.

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# 'It Started with a Secret'

## By Jill Mansell

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



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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](mailto: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.  
Impact Initiatives is a registered charity, no. 276669.  
Company limited by guarantee no. 1402692.

## 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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