

# The Hop50+ MAY 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 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 @ £10.00**

### **Trips**

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

### **Activities**

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

## 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 using Zoom to best use 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 off 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 and are available.	

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

	<p><b><u>THURSDAY 1st</u></b>  10.00-12.30 No Tech Buddy today  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 2nd</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 3rd</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 5th</u></b>   <b><u>CLOSED BANK HOLIDAY</u></b></p>	<p><b><u>TUESDAY 6th</u></b>  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)  <b>1.30-3.30 Film – The Great Escaper (see poster) £5</b></p>
<p><b><u>WEDNESDAY 7th</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  <b>2.00-3.30 Tutored Art Group £5</b>  2.00-3.00 Desert Island Discs £3</p>	<p><b><u>THURSDAY 8th</u></b>  10.00-12.30 No Tech Buddy today  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>2.00-3.30 "Mind Matters: Mental Well-being Across Generations" Free (please see poster)</b></p>
<p><b><u>FRIDAY 9th</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 10th</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 12th</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 13th</u></b>  10.30-11.15 Step to the Beat £5  11.30-12.15 Tai Chi £5  2.00-3.00 Card Games £2  2.00-3.30 Tech Buddy Peter (please ring office to make an appt 01273 729603)  <b>2.00-3.00 Fuel Against Poverty Talk (see poster)</b></p>
<p><b><u>WEDNESDAY 14th</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  <b>2.00-3.30 Tutored Art Group £5</b>  2.00-3.00 Desert Island Discs £3</p>	<p><b><u>THURSDAY 15th</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</p>
<p><b><u>FRIDAY 16th</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 17th</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 19th</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 20th</u></b>  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  <b>2.00-3.00 Origami with Alice £2 (see poster)</b>  2.00-3.30 Tech Buddy Peter (please ring office to make an appt 01273 729603)</p>
<p><b><u>WEDNESDAY 21st</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  <b>2.00-3.30 Tutored Art Group £5</b>  2.00-3.00 Desert Island Discs £3</p>	<p><b><u>THURSDAY 22nd</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  <b>2.00-3.30 Older LGBTQ Meet Up</b>  For more information contact  <a href="mailto:helen.bashford@switchboard.org.uk">helen.bashford@switchboard.org.uk</a></p>

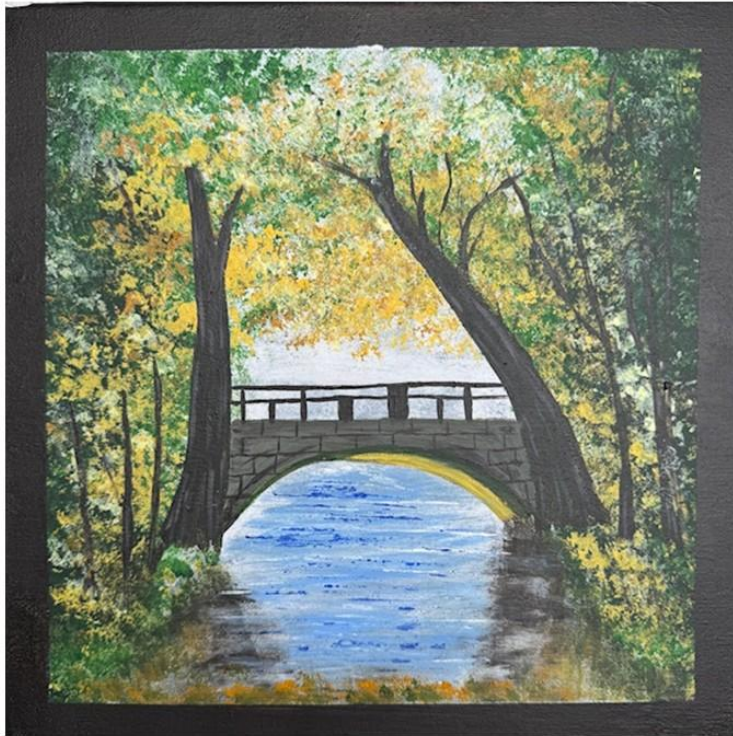
<p><b><u>FRIDAY 23rd</u></b>  <b><u>Hop Stop</u></b>  A dedicated day for people living with the early stages of dementia  (See information inside programme)</p>	<p><b><u>SATURDAY 24th</u></b>  10.00-11.00 Strength &amp; Flexibility £5    1.45-3.30 'The Shelters' £10 (please see poster, pre-booking required)</p>
<p><b><u>MONDAY 26th</u></b>    <b><u>CLOSED BANK HOLIDAY</u></b></p>	<p><b><u>TUESDAY 27th</u></b>  10.30-11.20 Step to the Beat £5  11.30-12.30 Tai Chi £5  1.30-3.30 Canvas Fun £10 pre booking required  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 28th</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 Tutored Art Group £5  2.00-3.00 Desert Island Discs £3</p>	<p><b><u>THURSDAY 29th</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 30th</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 31st</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>Please be aware that on occasions the programme can be subject to change</u></b></p>	



# Canvas Fun

## Tuesday 27th May

### 1.30pm - 3.30pm £10



**Come to a fun paint afternoon! No experience needed! Beginners welcome! You will go home with this 'Autumn' completed painting. All materials and a cuppa provided.**

**This is fun art not fine art!**

**No teaching involved. Follow along with Paula**

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

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

## 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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**Free advice and Information!**  
**Tuesday 13th May**  
**2pm –3pm**



## **Worried about rising energy costs? You're not alone....**

That's why services like **LEAP**  
**(Local Energy Advice Partnership)**  
are more important than ever.

LEAP offers free home energy advice to help households reduce their bills and stay warm and safe. Whether you're a homeowner, a private renter, or in social housing, LEAP is here to support **anyone at risk of fuel poverty**.

From practical tips to hands-on help with energy-saving measures, they're making a real difference—one home at a time.  

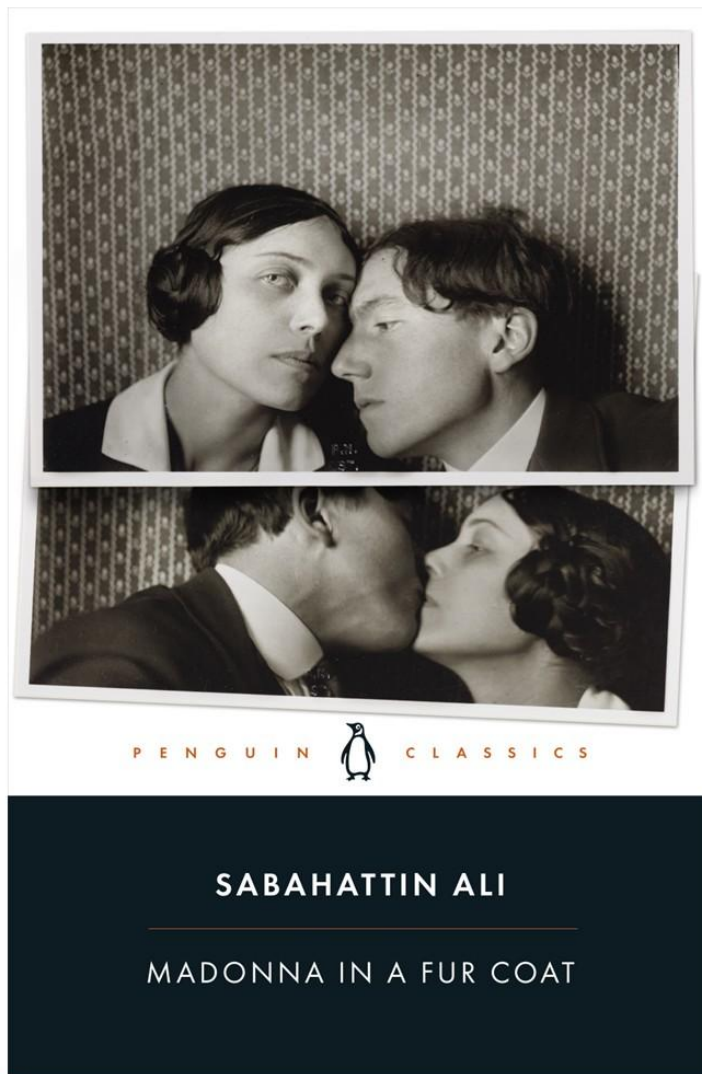


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# “Madonna in a Fur Coat”




**By Sabahattin Ali**

**Collect our new  
book from Thursday  
24th April  
and join us to  
discuss at 2pm on  
Thursday 29th May**



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# TRIP LIST FOR MAY 25

<p><b>WEDNESDAY 7th</b></p>	<p style="text-align: center;"><b><u>NEWHAVEN FORT</u></b></p> <p style="text-align: center;">Entry £10.95 (your ticket is valid for 1 year)</p> <p>An award-winning attraction offering an exciting and varied day out. A Victorian coastal fortress housing exhibition, displays and a program of special events.</p> <p>There is so much to see and do: stunning cliff-top views and on-site gift shop; experience the air-raid simulation, climb up the ramparts to see the breath-taking view across the English Channel, treat yourself to a delicious lunch in the café.</p> 	<p><b>10am</b></p>	<p><b>£16 + Lunch</b></p>
<p><b>WEDNESDAY 14th</b></p>	<p style="text-align: center;"><b><u>ARUN VIEW – LITTLEHAMPTON</u></b></p> <p style="text-align: center;">Located on the River Arun, Littlehampton, The Arun View serves fresh seafood and British cuisine using local produce to serve a traditional pub menu with homemade desserts.</p> 	<p><b>11am</b></p>	<p><b>£16 + Lunch</b></p>
<p><b>WEDNESDAY 21st</b></p>	<p style="text-align: center;"><b><u>NYMANS GARDENS &amp; HOUSE</u></b></p> <p style="text-align: center;">National Trust members free – Entry £20</p> <p>Nymans is a unique and special place to visit in the spring. Drifts of tulips and naturalised bulbs are set among fine lawns and rolling countryside, while rhododendrons and camellias put on a stunning show of flamboyant colour.</p> 	<p><b>10am</b></p>	<p><b>£16 + Lunch</b></p> <p><b>+£20 entry</b></p>

<p><b>WEDNESDAY</b> <b>28th</b></p>	<p align="center"><b><u>PARHAM HOUSE &amp; GARDENS</u></b>  House &amp; Gardens £15.50 (House opens at 2pm)  Gardens only £11.50 (open at 12)  Cards only no cash  Parham is a historic family home and a fine example of Elizabethan architecture, set in beautiful gardens and parkland.</p> <div style="display: flex; justify-content: space-around;">    </div>	<p><b>11 am</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 SHELTERS**  
**SATURDAY 24TH MAY**  
**1.45pm - 3.30pm**  
**£10**



Playing a mix of 60's, 70's and 80s hits. Cheese and biscuits and a glass of wine or alternative refreshment will be served during the interval.

Please pop in or ring the Office to book a ticket on 01273 729603

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## **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**





**01273 077444**

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



[kingswaycare.com](http://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**

## Care. Comfort. Connection.



- Consistent and compatible Care Professionals who you can build a real connection with
- Visits a minimum of one hour, because quality time matters
- Care tailored to your individual needs, preferences, lifestyle and interests
- Expertly trained Care Professionals, who are proud to care and exceed industry standards
- Locally owned with community ties, helping you stay connected to the resources you need

*Discover*  
a new kind of care.



Call **01273 284090** or email [admin.brighton@homeinstead.co.uk](mailto:admin.brighton@homeinstead.co.uk)

# Intergenerational Exchange Programme (IGEP) Hop 50+ Free Workshop Series in 3 parts 2nd Workshop Thursday 8th May 2pm—3.30pm

## "Mind Matters: Mental Well-being Across Generations"

- **Focus:** Sharing coping strategies for stress, anxiety, and resilience in today's context.
- **Activities:** Guided discussions, mindfulness exercises, creating a 'mental health toolkit' together.



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# THE GREAT ESCAPER

TUESDAY 6TH MAY  
1.30pm - 3.30pm £5



*The Great Escaper* is a 2023 British biographical comedy-drama film written by William Ivory, and starring Michael Caine and Glenda Jackson. It is based on the true story of 90-year-old British World War II Royal Navy veteran Bernard Jordan who "broke out" of his nursing home to attend the 70th anniversary D-Day commemorations in France in June 2014.

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

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## Origami with Alice

**Tuesday 20th May  
2pm—3pm £2**

**Origami is the traditional Japanese art of paper folding, where a flat sheet of paper is transformed into a sculpture through various folding techniques. So come and join Alice and Paula and unwind from the hustle and bustle of daily life and create this beautiful mobile out of paper.**



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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](mailto:info@ageingwellbh.org)

Visit our website: [ageingwellbh.org](http://ageingwellbh.org)

## 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)

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

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