

The Hop50+ MAY 2024



**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**
THE HOP 50+

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 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 May. You are welcome to wear a mask whilst on the bus and we ask that you sanitise your hands regularly.

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.

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</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 MAY 24
Special events & new activities are in blue

<p><u>WEDNESDAY 1st</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> No Yoga Today 2.00-3.30 Tutored Art Group £5 2.00-3.00 Desert Island Discs £3</p>	<p><u>THURSDAY 2nd</u> <u>No Tech Buddy Today</u> 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 Boccia £3</p>
<p><u>FRIDAY 3rd</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 4th</u> 10.00-11.00 Strength & Flexibility £5 11.30-12.15 Sing Like No One`s Listening £3</p>
<p><u>MONDAY 6th</u></p> <p align="center"><u>CLOSED BANK HOLIDAY</u></p>	<p><u>TUESDAY 7th</u> 10.15-11.00 Step to the Beat £5 11.15-12.15 Ballet & Strength £5 2.00-3.00 Card Games in the Café £2 <u>No Tech Buddy Today</u> 2.00-4.00 Walking & Litter Picking Group (see poster) 2.00-3.30 Citizens Advice Talk</p>
<p><u>WEDNESDAY 8th</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</p>	<p><u>THURSDAY 9th</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 High Days & Holidays (See Poster)</p>

<p><u>FRIDAY 10th</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 11th</u> 11.00 – 1.15 A Chair based Workshop - Improve Your Balance Event with Lisa McRory (See Poster)</p>
<p><u>MONDAY 13th</u></p> <p style="text-align: center;"><u>CLOSED FOR REFURBISHMENT WORKS</u></p>	<p><u>TUESDAY 14th</u></p> <p style="text-align: center;"><u>CLOSED FOR REFURBISHMENT WORKS</u></p>
<p><u>WEDNESDAY 15th</u></p> <p style="text-align: center;"><u>CLOSED FOR REFURBISHMENT WORKS</u></p>	<p><u>THURSDAY 16th</u></p> <p style="text-align: center;"><u>CLOSED FOR REFURBISHMENT WORKS</u></p>
<p><u>FRIDAY 17th</u></p> <p style="text-align: center;"><u>CLOSED FOR REFURBISHMENT WORKS</u></p>	<p><u>SATURDAY 18th</u></p> <p style="text-align: center;"><u>CLOSED FOR REFURBISHMENT WORKS</u></p>
<p><u>MONDAY 20th</u> 10.30-11.15 Arm Exercises £3 11.30-12.15 Strength & Balance £5 2.00-3.00 Quiz £3 2.00-3.30 Face to Face with Nick £5 pencil portrait class for all abilities 3.30-4.00 Get Moving £3</p>	<p><u>TUESDAY 21st</u> 10.15-11.00 Step to the Beat £5 11.15-12.15 Ballet and Strength £5 2.00-3.00 Card Games in the Café £2 2.00-3.30 Tech Buddy Peter (please ring office to make an appt 01273 729603) 2.00-4.00 Walking & Litter Picking Group</p>

<p><u>WEDNESDAY 22nd</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</p>	<p><u>THURSDAY 23rd</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 or jack.mason@switchboard.org.uk</p>
<p><u>FRIDAY 24th</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 25th</u> 10.00-11.00 Strength & Flexibility £5 <u>1.45-3.30 Jake & his Guitar £10</u> <u>(pre-booking required, please see poster)</u></p>
<p><u>MONDAY 27th</u> <u>CLOSED BANK HOLIDAY</u></p>	<p><u>TUESDAY 28th</u> 10.15-11.00 Step to the Beat £5 11.15-12.15 Ballet and Strength£5 2.00-3.00 Card Games in the Café £2 2.00-4.00 Walking & Litter Picking Group 2.00-3.30 Tech Buddy Peter (please ring office to make an appt 01273 729603)</p>
<p><u>WEDNESDAY 29th</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</p>	<p><u>THURSDAY 30th</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 31st</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>

PASHLEY MANOR GARDENS

WEDNESDAY 1ST MAY

9.30 AM

£16 + lunch +

£15.50 Entrance fee

Payable in advance



Pashley Manor's spectacular Tulip Festival sees their garden, on the border of Sussex & Kent, carpeted with over 45,000 tulips, creating stunning scenes for you to enjoy. Come and explore the gardens, follow the winding paths down to the woodland, where the Bluebell walk is often in flower around the same time as the tulips. Afterwards enjoy homemade cakes, scones and light lunch in the Café.

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



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hop50@impact-initiatives.org.uk
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New Walking and Litter Picking Group!

Every Tuesday in May 2pm—4pm

What could be more beneficial than being in the fresh air, in company, and making an immediate difference to the world around you?



Visit local parks and the Seafront!

- **Accompanied group walk with Anne**
- **This group will run throughout April and May**
- **All equipment and guidance provided!**
- **Meet in the lounge for brief intro and training.**

Please book in the office or on 01273 729603

CHIROPODY SERVICE

Days: Alternate Wednesdays

Time: 12 pm - 4.00 pm



Toenail cutting – 15 minutes - £16

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 pm - 3.30 pm

Thursdays - 10 am - 12.30 pm

**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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Saturday 25th May

Jake & his Guitar

1.45pm - 3.15pm - £10



Come and enjoy an afternoon listening to Jake & his Guitar, with a delicious plate of cheese & biscuits & a complimentary glass of wine or alternative refreshment.

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

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COMMUNITY TRIP LIST FOR MAY 24

<p>WEDNESDAY 1st</p>	<p><u>PASHLEY MANOR GARDENS</u></p> <p>£16 Trip + £15.50 Entrance fee Payable in advance</p> <p>Please see poster for more info</p>	<p>9.30 am</p>	<p>£16 + lunch + £15.50</p>
<p>WEDNESDAY 8th</p>	<p><u>HOPE INN PUB LUNCH</u> <u>NEWHAVEN</u></p> <p>Come and explore the Hope Inn in Newhaven, a bar and restaurant with decking area and conservatory overlooking the harbour! If the weather is lovely you can sit in the garden and sample the menu of home cooked food and desserts with amazing views of the cliffs of Seaford Head and Seaford Bay.</p> 	<p>11am</p>	<p>£16 + Lunch</p>

<p>WEDNESDAY 29th</p>	<p align="center"><u>CROWN INN - COOTHAM</u></p> <p>A 500 year old traditional family run inn situated in the heart of Sussex, in the small hamlet of Cootham, A great reputation for freshly home cooked pub cuisine with a varied menu to suit all diets and appetites.</p> 	<p>11 am</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, OR...
3. Pay Val, our driver, on a previous trip.

Please note:

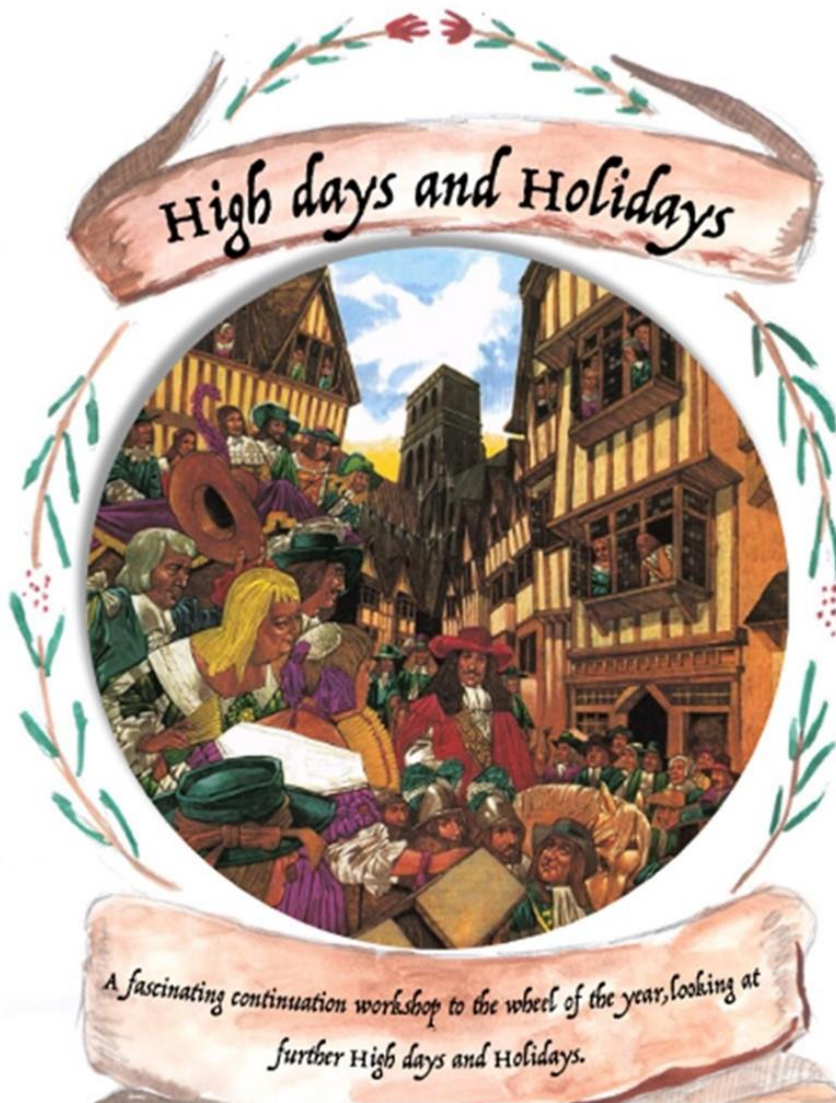
- Cheques should be made payable to Impact Initiatives.
- All trips are allocated on a first come first served basis.
- These are unsupported trips. We reserve the right to advise you against going on the trip to ensure the health and wellbeing of everyone.
- Once you have booked and paid, your place 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

THURSDAY 9TH MAY
2 PM

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THE HOP 50+



**A continuation
workshop to the
Wheel of the Year,
looking at High
Days and Holidays**

**Please pop into
the Office or call
on 01273 729603
to reserve space**

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Ballet and Strength Class!

Every Tuesday

11.15am—12.15pm

£5



- We are excited to be able to offer you a new class that will focus on improving your strength, posture, balance, and breathing whilst learning simple ballet techniques.
- Dominique is a dance tutor with experience in delivering ballet classes for older people using a chair instead of the traditional Barre!
- All fitness levels and abilities catered for.

Contact 01273 729603 for information .



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The Feldenkrais Method

Movement Learning for Life

Saturday 11 May 2024

A Chair Based Workshop:

Improve Your Balance



To book: Email lisamcrory@gmail.com

Mob 07968508647

Teacher: Lisa McRory

Time: 11am - 1.15pm

Including a refreshment break with tea and cake

Special price: £12

Venue: The Hopp 50+ Centre

(next door to Cornerstone Community Centre, Palmeira Sq, BN3 2FL)

ART GROUP
Every Wednesday
2pm — 3.30pm
£5 - includes materials



TUTORED ART GROUP

**Join this new group
and take the
opportunity to
explore painting in
a simplistic and
accessible way!**



**The sessions will allow you to be free to explore
your own ideas using bold, striking colours through
the use of various painting mediums.**

**Please contact us if you require further
information**



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Collect our new book

'Notes from an exhibition'

By Patrick Gale

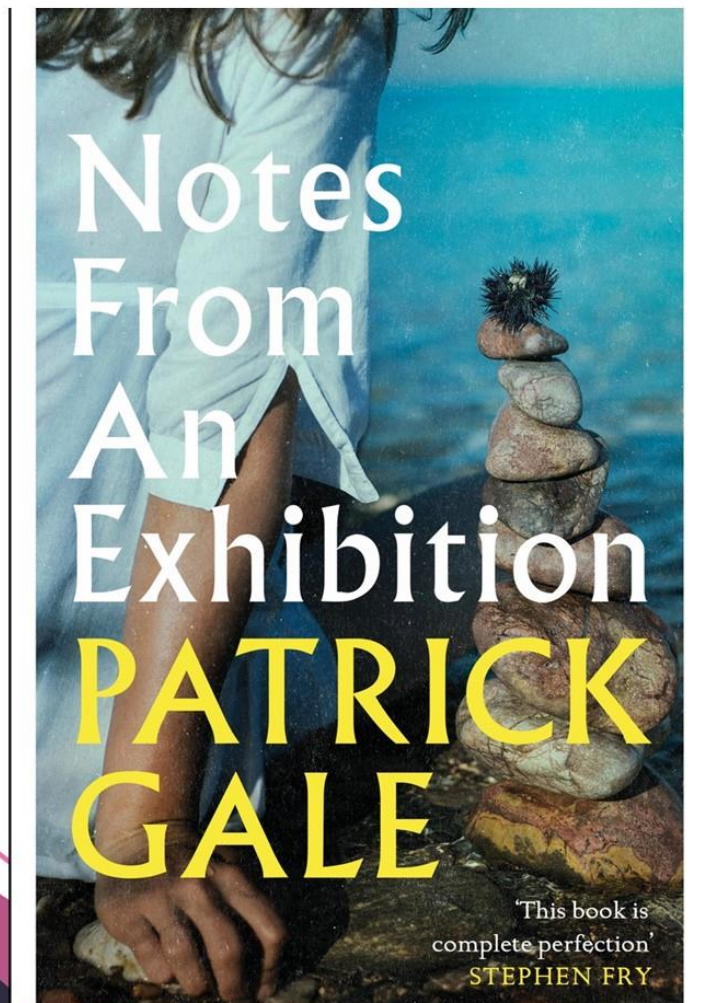
from Thursday 2nd May 2024

(one week after bookclub!)

And join us to discuss

At 2pm Thursday 30th May

impact
THE HOP50+



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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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