

The Hop50+ OCTOBER 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
THEHOP50+

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 October. 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 October 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 (back in November)</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 OCTOBER 24
Special events & new activities are in blue

	<p><u>TUESDAY 1st</u> Café closed for pre-booked Ageing Well Event 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 2nd</u> 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 (see poster) £5 2.00-3.00 Desert Island Discs £3 2.00-3.30 Tech Buddy Alistair (please ring office for an appointment 01273 729603)</p>	<p><u>THURSDAY 3rd</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 Scrabble £3</p>
<p><u>FRIDAY 4th</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 5th</u> 10.00-11.00 Strength & Flexibility £5 7.00-10.00 60s Tribute to Dusty Springfield & Cilla Black Prebooked Ageing Well Festival Event</p>
<p><u>MONDAY 7th</u> 10.30-11.15 Arm Exercises £3 11.30-12.15 Strength & Balance £5 2.00-3.00 Quiz £3</p>	<p><u>TUESDAY 8th</u> 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 9th</u> 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 (see poster) £5 2.00-3.00 Desert Island Discs £3 2.00-3.30 Tech Buddy Alistair (please ring office for an appointment 01273 729603)</p>	<p><u>THURSDAY 10th</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 12.30-2.00 Curry Meal – pre-booking required 2.30-3.30 Bollywood Dancing £5 2.00-3.30 Knit and Natter (Café) £2</p>

<p><u>FRIDAY 11th</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 12th</u> 10.00-11.00 Strength & Flexibility £3 11.30-12.15 Sing Like No One is Listening £3</p>
<p><u>MONDAY 14th</u> 10.30-11.15 Arm Exercises £3 11.30-12.15 Strength & Balance £5 2.00-3.00 Quiz £3</p>	<p><u>TUESDAY 15th</u> Closing at 2 pm Staff Meeting</p>
<p><u>WEDNESDAY 16th</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 (see poster) £5 2.00-3.00 Desert Island Discs £3 2.00-3.30 Tech Buddy Alistair (please ring office for an appointment 01273 729603)</p>	<p><u>THURSDAY 17th</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 18th</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 19th</u> 10.00-11.00 Strength & Flexibility £3 1.45-3.30 Burning Skies (see poster) £10</p>
<p><u>MONDAY 21st</u> 10.00-11.15 Arm Exercises £3 11.30-12.15 Strength & Balance £5 2.00-3.00 Quiz £3</p>	<p><u>TUESDAY 22nd</u> 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) 2.00-3.00 Nutrition Talk (see poster)</p>

<p><u>WEDNESDAY 23rd</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 (see poster) £5 2.00-3.00 Desert Island Discs £3 2.00-3.30 Tech Buddy Alistair (please ring office for an appointment 01273 729603)</p>	<p><u>THURSDAY 24th</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 Boccia £3</p>
<p><u>FRIDAY 25th</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 26th</u> 10.00-11.00 Strength & Flexibility £3 11.30-12.15 Sing Like No One is Listening £3</p>
<p><u>MONDAY 28th</u> 10.30-11.15 Arm Exercises £3 11.30-12.15 Strength & Balance £5 2.00-3.00 Quiz £3</p>	<p><u>TUESDAY 29th</u> 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 30th</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 is back! £6 11.00-12.00 Chair Yoga is back! £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 31st</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>Please be aware that on occasions the programme can be subject to change</u></p> 	<p>Date for your diary Saturday 2nd November The Shelters please see poster and book tickets in the Office.</p>

IT Support

Tuesdays - 2 pm - 3.30 pm
Wednesdays - 2pm-3.30pm
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.

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

Tuesday 22nd October
2-4pm
Eating Well as You Age



Come and meet Maxine, our Eating Well Support Worker from Brighton and Hove Ageing Well Service.

Free Talk!!

Get information on

- how to eat well as we age
- options of support around the affordability of food
- how to navigate online food shopping
- ways to increase calories and protein in your day to day eating if you are struggling with a low appetite
- top tips to keep hydrated



FOR MORE INFO: Call Ageing Well on 0808 175 3234 OR
email ageingwellbh@impact-initiatives.org.uk


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The logo for Impact Initiatives, featuring the word "impact" in a bold, lowercase, sans-serif font with a stylized circular icon to its left, and the word "INITIATIVES" in a smaller, uppercase, sans-serif font below it.

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Registered company no. 1402692 | Registered charity no. 276669

COMMUNITY TRIP LIST FOR OCTOBER 24

<p>WEDNESDAY 16th</p>	<p style="text-align: center;"><u>WEALD & DOWNLAND LIVING MUSEUM</u></p> <p style="text-align: center;"><u>(THE REPAIR SHOP)</u></p> <p>The BBC show is filmed at the Weald and Downland Living Museum in Singleton, which is a charming village in the Lavant Valley, which itself is in Chichester, West Sussex. The workshop viewers see on screen is actually a building called the Court Barn. The Barn dates from the late 17th or early 18th century and was originally built in Lee-on-the-Solent, Hampshire. However, in 1977 it was dismantled and transported to Singleton, where it was then reconstructed two years later.</p> <p>The open-air museum is spread over 40 acres and consisting of over 50 historic buildings dating from 950 AD to the 19th century, while it also includes gardens, farm animals, walks, and a millpond</p> 	<p><u>9.30 am</u></p>	<p>£16 + Lunch + £13.50 Entry</p>
<p>WEDNESDAY 23rd</p>	<p style="text-align: center;"><u>LAUGHING FISH – ISFIELD</u></p> <p>The Laughing Fish is a traditional village pub with homemade food and a warm welcome next door to the preserved “Lavender line” railway</p> 	<p>11 am</p>	<p>£16 + Lunch</p>

<p>WEDNESDAY 30th</p>	<p style="text-align: center;"><u>GREENMAN – RINGMER</u></p> <p>The Green Man is in a country location in the village of Ringmer. Popular for meals, they have an extensive homemade menu. Your meal can be enjoyed in the restaurant or alternatively, if the weather is warmer you can dine outside in the newly decked patio area.</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



BOLLYWOOD DANCE AND EXERCISE WORKSHOP WITH LUCY

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THE HOP50+

THURSDAY 10TH OCTOBER
2.30pm - 3.30pm £5



**Come and join us for a fun afternoon
with Lucy Alphonso who has over 10
years dance experience!**

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

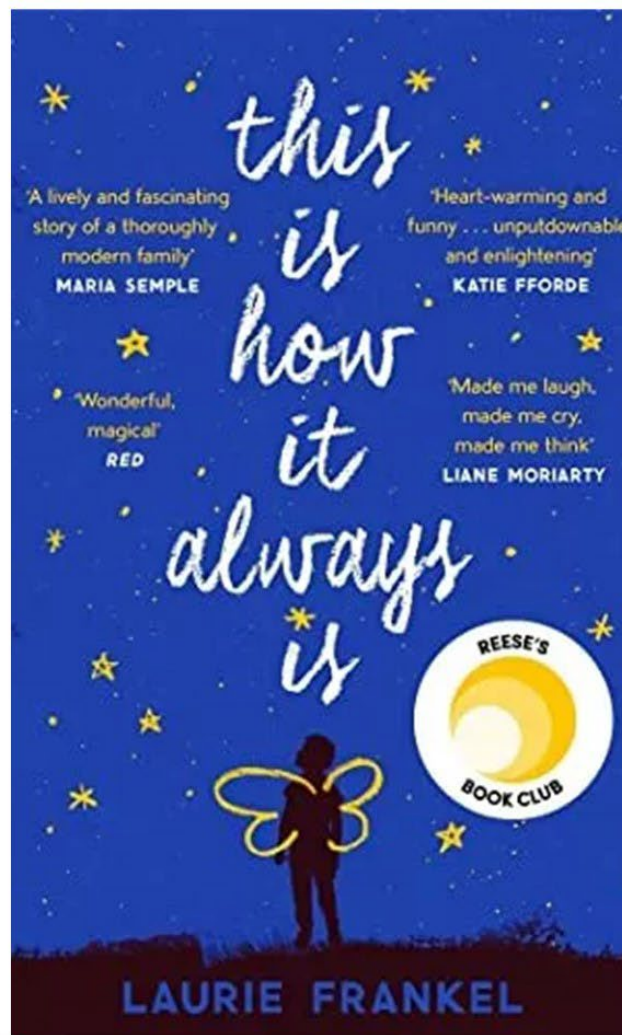
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'This Is How
It Always Is'

By Laurie Frankel

Collect our new book
from
Thursday 26th
September
and join us to
discuss at 2pm on
Thursday 31st
October.



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01273 729 603
hop50@impact-initiatives.org.uk
impact-initiatives.org.uk

CHIROPODY SERVICE

**Days: Alternate
Wednesdays**



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

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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BURNING SKIES

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THE HOP50+

SATURDAY 19TH OCTOBER

1.45pm - 3.30pm £10



Come along and enjoy Burning Skies playing a mix of covers and originals. We will also serve 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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THE SHELTERS
SATURDAY 2nd NOVEMBER
1.45pm - 3.30pm
£10



Playing 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**

The Hop50+

Palmeira Square, Hove BN3 2FL

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hop50@impact-initiatives.org.uk

impact-initiatives.org.uk

Wednesday 6th November
2.00pm-3.30pm

Shopping, planning and budgeting—a workshop to help reduce food waste

With funding for the next 4 years from the National lottery and BHFP, together we intend to minimise food's impact on our climate through the creation of a new norm – a food use mind set. We will raise awareness of how we can make a positive impact to the climate.

Reducing food waste starts with smart shopping. Adopting these shopping habits can avoid overbuying at the grocery store. Planning and mindful shopping are key to avoiding wasted food.

Come and join us to learn more about the project and how you can get involved. We will be running several focus groups and workshops throughout the year that will cover all areas we will be tackling.

Please book your place with a member of staff.

Wednesday November 6th 2024—Shopping, planning and budgeting

Wednesday January 8th 2025 – Foods impact on the climate

Wednesday March 5th 2025 – Cooking skills, equipment and recipes

Wednesday May 7th 2025 – Packaging & recycling

Wednesday 2nd July 2025– Food recycling & composting

Wednesday September 3rd 2025 – Storing and preserving food





BRIGHTON & HOVE
**AGEING WELL
FESTIVAL**

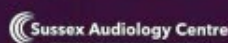
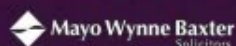


A TWO WEEK FESTIVAL OF
**CELEBRATIONS
& EVENTS**
FOR OVER 50S

27 SEPTEMBER - 11 OCTOBER 2024

WWW.AGEINGWELLFESTIVAL.ORG

01273 322948



Brighton & Hove



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/>

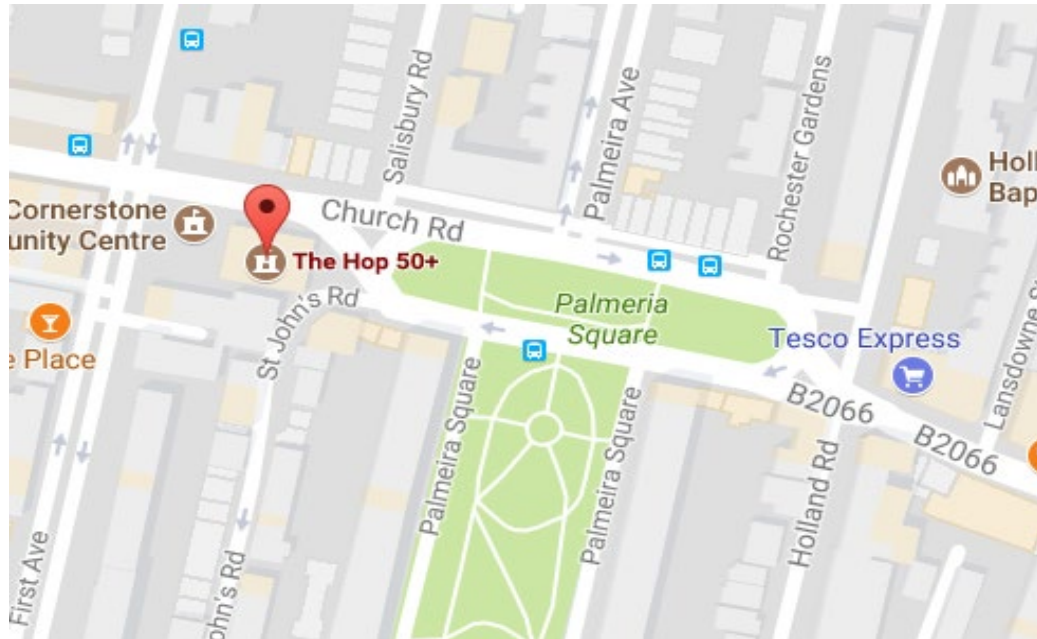
Ageing Well is brought to you by



Ageing Well is a partnership led by Impact Initiatives.
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Company limited by guarantee no. 1402692.

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

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Registered office: 69 Ship Street, Brighton, BN1 1AE

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