

The Hop50+ SEPTEMBER 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



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 September. 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 September 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 SEPTEMBER 24
Special events & new activities are in blue

MONDAY 2nd

No Arm Exercises Today
 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
 No Get Moving Today

TUESDAY 3rd

No Step to the Beat Today
 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

No Yoga today
 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)

THURSDAY 5th

10.00-12.30 Tech Buddy Pete (please ring office for an appointment 01273 729603)

No Strength & Balance today

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

10.15-11.15 Ballet and Strength £5

11.30-12.15 Sing Like No One is Listening £3

MONDAY 9th



No Arm Exercises Today
 No Strength & Balance today
 2.00-3.00 Quiz £3
 2.00-3.30 Face to Face with Nick £5 pencil portrait class for all abilities
 No Get Moving Today

TUESDAY 10th

No Step to the Beat today
 2.00-3.00 Card Games in Café £2
 No Tech Buddy today



<p><u>WEDNESDAY 11th</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 12th</u> 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</p>
<p><u>FRIDAY 13th</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 14th</u> 10.15-11.15 Ballet and Strength £5</p>
<p><u>MONDAY 16th</u> No Arm Exercises today 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 No Get Moving today</p>	<p><u>TUESDAY 17th</u> No Step to the Beat today 2.00-3.00 Card Games in the Café £2 No Tech Buddy today</p>
<p><u>WEDNESDAY 18th</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 for an appointment 01273 729603)</p>	<p><u>THURSDAY 19th</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 20th</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 21st</u> 11.30–12.15 Sing Like No One is Listening</p>

<p><u>MONDAY 23rd</u> No Arm Exercises today 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 No Get Moving today</p>	<p><u>TUESDAY 24th</u> No Step to the Beat Today 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 25th</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 26th</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 27th</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 28th</u> 1.45-3.30 Live music event for the Ageing Well Festival with local band 'Undivided' £10. Book through Impact Initiatives on 01273 322948 (See festival poster)</p>
<p><u>MONDAY 30th</u> No Arm Exercises today 11.30-12.15 Strength & Balance £5 2.00-3.00 Quiz £3 No Get Moving today</p>	
<p><u>Please be aware that on occasions the programme can be subject to change</u></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

COMMUNITY TRIP LIST FOR SEPTEMBER 24

<p>WEDS 4th</p>	<p align="center"><u>MICHELHAM PRIORY HOUSE AND GARDEN</u></p> <p>Explore 800 years of history at Michelham Priory House and set on a picturesque moated island. This fascinating house is surrounded by beautiful grounds and buildings, the Elizabethan Great Barn, gatehouse and medieval herb gardens. Take a walk around the moat, feed the ducks & explore the sculptures in the grounds. The Café offers a menu of sweet treats, sandwiches, pastries, coffee etc or you can bring your own picnic to enjoy.</p>   <p align="center">Please note that most places on this trip are already allocated for people who were on the waiting list for the same July trip - However do please enquire if interested as there may be late spaces.</p>	<p>10 am</p>	<p>£16 + Lunch + £12 Entry</p>
<p>WEDS 11th</p>	<p align="center"><u>HEVER CASTLE</u></p>  <p>Set in 125 acres of glorious grounds Hever Castle was once the childhood home of Anne Boleyn. During your visit you will discover award-winning gardens and a rich and varied history</p> <p align="center">* Note early start</p>	<p>9.30 am</p>	<p>£16 + £23.00 castle entry £18.45 garden entry only</p>

***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.

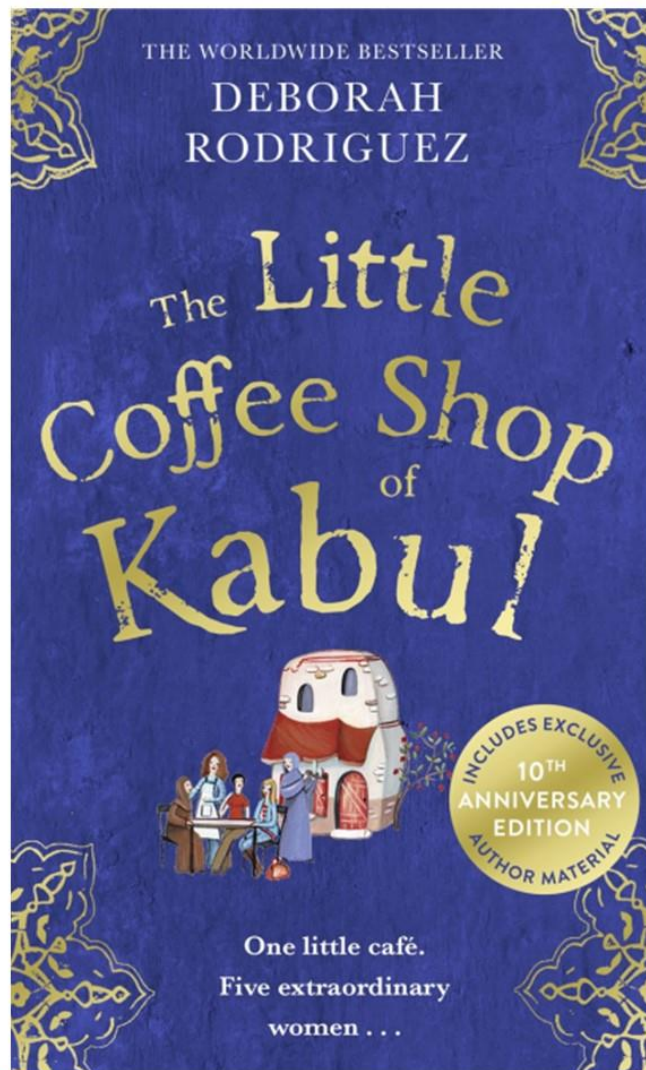


For further information, please contact a member of staff at the Hop50+ on 01273 729603 or call in person to the Hop50+, Palmeira Square, Hove, BN3 2FL - **Thank you**

The Little Coffee Shop of Kabul

By Deborah Rodriguez

Collect our new book
from
Thursday 29th
August
and join us to
discuss at 2pm on
Thursday 26th
September.



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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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impact
INITIATIVES

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Impact Initiatives is registered in England as a charitable company limited by guarantee
Registered company no. 1402692 | Registered charity no. 276669

Wednesday 4th September
2.00pm-3.30pm

Come to share and learn. How can we use food & packaging to have a positive impact on the environment?

Working jointly with Brighton & Hove Food Partnership and with funding from the National Lottery we will be running several focus groups over the next year where we can share information on ways to tackle climate change.

Come and join us for our first group which will focus on food recycling and composting.

Pre-book your place!



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BRIGHTON & HOVE
**AGEING WELL
FESTIVAL**

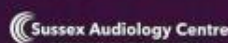
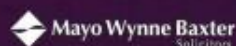


A TWO WEEK FESTIVAL OF
**CELEBRATIONS
& EVENTS**
FOR OVER 50S

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.
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, 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