

BABIES & PRE-SCHOOL GROUPS

MONDAYS – (the Hub is closed on bank holidays)

HelliHubs(FREE) - 8.30am-10am

A FREE Parent & Baby/Toddler Group run by
Hellingly Parish Council (refreshments also available)

TUESDAYS

Baby Ballet – EVERY TUESDAY MORNING IN TERM TIME

Contact – hailshamandlewes@babyballet.co.uk Tel: 07842 244210

THURSDAYS -

Hartbeeps – Thursdays from 9.30am – 2.00pm (term time)

Classes for babies and toddlers featuring music, puppets, laughter, and fun.

Contact kim@hartbeeps.com or www.hartbeeps.com

Library Rhymetime 'FREE' sessions – 10am-10.45am

NEXT DATES – 22nd February, 7th March, 4th & 18th April 2024

SATURDAYS

Happy Jacks Soft Play – contact happyjackseastbourne@gmail.com

DATES: 24th February, 23rd March, 27th April & 18th May 2024

SUNDAYS

Hellingly Church – 'FREE' Messy Church afternoons (3.30-5pm)

DATES: 10th March, 12th May, 8th Sept, 10th November 2024

Contact Rev Jeremy Sykes 07714 426286



OLDER CHILDREN/TEENAGE CLUBS

WEDNESDAYS -

Hellingly Youth Club - Wednesday evenings.

School years 6-8 – 6.15pm-7.30pm. School years 9-11 - 7.45pm-9pm

Contact www.hailshamyouthservice.org



FRIDAYS

CMA Karate - Years 2-6 Fridays 5.30-6.45pm. Youth/Adults Years 7+ 7-8.00pm.

Contact: Sensei Sarah Email: senseisarah@btinternet.com Tel: 07880 945832

Website: www.cmakarate.co.uk



HELLINGLY PARISH COUNCIL

WHAT'S ON

@

**THE HELLINGLY
COMMUNITY HUB
SPRING 2024**



The Drive, Hellingly BN27 4EP

Tel: 01323 449415



Email: hubbookings@hellingly-pc.org.uk

Website: www.hellingly-pc.org.uk

Facebook Page Hellingly Community Hub



FITNESS CLASSES FOR ADULTS

MONDAYS - (please note The Hub is closed on bank holidays)

Pilates with Jen – Mondays @ 9.30am

Contact Jen Piper on 07958 519168 or email jen4pilates@aol.com.

Website: www.jen4pilates.co.uk

Zumba with Kiera – 11am-11.45am

Contact Kiera on kiera1.chambers@hotmail.co.uk

Zumba 'Gold' With Kiera (*Young at Heart Members only*) @ 11.45am

Pilates with Jen - Mondays 6.30pm-7.30pm & 7.30pm-8.30pm

Boot Camp Fitness class with Daniel pt – Mondays @ 6pm

Contact Daniel James on 07882 511602



TUESDAYS -

Zumba with Kiera Tuesdays @ 6.30pm Contact Kiera on 07786 343361
mission.fiit@hotmail.com

THURSDAYS -

Pilates with Jen – Thursdays 6-7pm & 7-8pm

Pilates with Dorota – Thursdays @ 6.30pm

Contact dorota.anna.jozwiak@gmail.com



FRIDAYS -

Pilates with Jen – Fridays @ 9.30am

Pilates with Dorota – Fridays @ 9.30am

Stretch, Flex & Tone with Jenny West – Friday's @ 10.30am

Contact Jenny @ jenny_cloisters@yahoo.co.uk or Tel: 01323 848216

CMA Karate - 7-8.00pm Email: senseisarah@btinternet.com Tel: 07880 945832

SATURDAYS -

Pilates with Jen – Saturdays @ 9.30am

The Hellingly Hub's 'book swap' library is open
Monday to Friday 9am - 4pm

Pop in and swap your old books for a new one ☺

OTHER GROUPS YOU CAN JOIN

MONDAYS – (Please note The Hub is closed on bank holidays)

Hellingly Free 'YOUNG @ HEART' over 55's Social Group.

10.30am-12.30pm 'A group for the over 55's who are young at heart'.

Refreshments, Quizzes, Bingo, Activities, Games, Talks and light exercise sessions. No need to book, just come along for a cuppa and make new friends 😊

****NEW** Talk & Tea Afternoon.** A Free Support Group for all ages run by Bodle Street Ladies. Second Monday of every month 1.15-3pm.

Contact Fiona for more information 07733 408394

Hailsham Nightingales Women's Institute – 3rd Monday of every month from 7 -10pm. Contact Katy Layer on kelvinkaty@googlemail.com

Hellingly Bowls Club & Bingo Evenings– For more information please contact Joy Bennett Email: joy.norman@hotmail.com Tel: 01323 84399

TUESDAYS

****NEW** 'Tune In'** @ 7.30pm-8.30pm

An Adults Mindfulness Choir

Tuesdays 7.30pm-8.30pm contact Cydney on 07713 976396 or email cydneyedwards21@gmail.com

Hellingly Women's Institute - First Tuesday of every month from 2.15pm

Contact Lorraine Sparrowhawk on 07854 967934 Email: ldsparrowhawk@yahoo.com

Short Mat Bowls Tuesday evenings from 7.30pm – 10.00pm.

Contact Ann Robinson 01323 318696 or email ann-robinson1@sky.com.

THURSDAYS -

Hailsham and Hellingly Ladies Social Club Thursday @ 7.30pm

Contact Shirley Thomas on 01323 507670.

Hailsham Photographic Society – Meet every Thursday @ 7.30pm.

www.hailshamphotographicsociety.co.uk.



SUNDAYS

****NEW** Calm on Sundays** @ 7pm Meditation, Breathwork, Journaling and Healing. To book your space contact hello@placetobepresent.com

DATES: 18th Feb, 21st April, 19th May, 23rd June, 22nd Sept, 27th Oct, 24th Nov