

FRIDAYS

Pilates with Jen @ 9.30am

Pilates with Dorota @ 9.30am

Stretch, Flex & Tone @ 10.30am

A light exercise class for the over 60's with Jenny West

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



SATURDAYS

Pilates with Jen @ 9.30am

Happy Jacks Play Sessions on Saturday mornings.

Contact happyjackseastbourne@gmail.com

DATES – 27th March 27th April 18th May



SUNDAYS

Hellingly Church FREE Messy Church afternoons 3.30pm-5pm

DATES – 12th May 8th September & 10th November 2024

NEW Calm on Sundays @ 7pm

Meditation, Breathwork, Journaling and Healing

DATES: 21st April 19th May, 23rd June, 22nd September, 27th October & 24th Nov

To book contact – hello@placetobepresent.com



PLEASE JOIN OUR FACEBOOK PAGE FOR ALL THE LATEST INFORMATION

@ Hellingly Community Hub

THE HELLINGLY HUB'S 'BOOK SWAP' LIBRARY IS OPEN

MONDAY – FRIDAY 9.30am-4pm

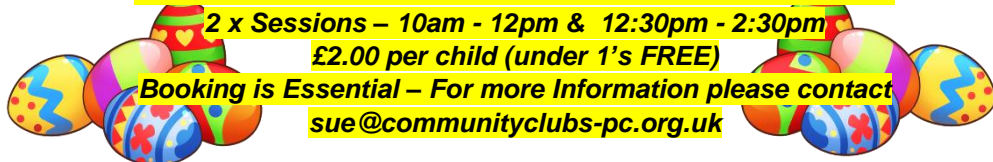
Pop in and swap your old books for a new one!

****EASTER ACTIVITY DAY – WEDNESDAY 10TH APRIL 2024****

2 x Sessions – 10am - 12pm & 12:30pm - 2:30pm

£2.00 per child (under 1's FREE)

Booking is Essential – For more Information please contact
sue@communityclubs-pc.org.uk



HELLINGLY PARISH COUNCIL



WHAT'S ON

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**THE HELLINGLY
COMMUNITY HUB**

SPRING 2024



The Drive, Hellingly BN27 4EP

Tel: 01323 449415

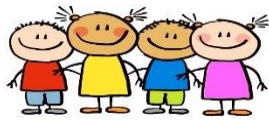


Email: hubbookings@hellingly-pc.org.uk

Website: www.hellingly-pc.org.uk

Facebook Page Hellingly Community Hub





MONDAYS

Hellihubs – 8.30am – 10am

A **FREE** Parent & Toddler Group run by Hellingly Parish Council
Come along and make new friends, have a cuppa and chat while your little ones play. **No booking required, just pop along.**

Pilates with Jen @ 9.30am

Contact Jen Piper on 07958 519168 or email jen4pilates@aol.com.
Website: www.jen4pilates.co.uk

YOUNG @ HEART over 55's Social Group 10.30am-12.30pm
'A FREE Group for the over 55's who are young at heart'.

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



Zumba Gold with Kiera @ 11am

Contact Kiera Mission Fiit at kiera1.chambers@hotmail.co.uk

YOUNG @ HEART over 55's light exercise class with Kiera @ 11.45am



****NEW** Talk & Tea** A FREE support Group for all ages run by
The Bodle Street Ladies. Second Monday of every month –
Contact Fiona for more information Tel: 07733 408394

Boot camp Fitness class with Daniel pt @ 6pm-6.45pm (outside from May –
Sept) Contact Daniel James on 07882 511602

Pilates with Jen – 2 evening classes @ 6.30pm & 7.30pm

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

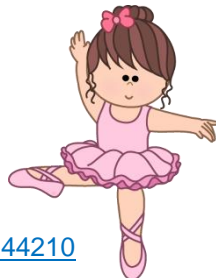
Hellingly Bowls Club & Bingo Evenings

Email: joy.norman@hotmail.com Tel: 01323 843990

TUESDAYS

Baby Ballet – Tuesday mornings (Term Time)

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



Zumba with Kiera @ 6.30pm

Contact Kiera Mission Fiit at kiera1.chambers@hotmail.co.uk

***NEW* 'TUNE IN'**

A fun Adults Mindfulness Choir with Cydney 7.30pm-8.30pm

Contact Cydney 07713 976396 or email cydneywards21@gmail.com



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

Contact Lorraine Sparrowhawk on 07854 967934 or email
Ldsparrowhawk@yahoo.com

Short Mat Bowls - 7.30pm – 10.00pm (September – April)

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



WEDNESDAYS

Hellingly Youth Club

School years 6-8 – 6.15pm -7.30pm.

School years 9-11 - 7.45pm - 9.00pm

Contact www.hailshamyouthservice.org



THURSDAYS

Hartbeeps - 9.30am – 2pm (Term Time only)

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

Songs, Rhymes & captivating stories for pre-schoolers. No need to book just pop
along.

DATES – 4th April, 18th April, 16th May, 30th May, 13th June, 27th June

Pilates with Jen – 2 evening classes @ 6pm & 7pm

Pilates with Dorota @ 6.30pm

Contact dorota.anna.jozwiak@gmail.com

Hailsham and Hellingly Ladies Social Club - 7.30pm-9.30pm

Contact Shirley Thomas on 01323 507670.



Hailsham Photographic Society – 7.30pm-10pm

Contact www.hailshamphotographicsociety.co.uk