

FRIDAYS

Pilates with Jen @ 9.30am

Pilates with Dorota @ 9.30am

Stretch, Flex & Tone @ 9.45am

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 – 18th Oct, 23rd Nov & 13th Dec

SUNDAYS

Hellingly Church FREE Messy Church afternoons 3.30pm-5pm

DATES – 14th September 2025, 9th November 2025

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.



**Do something amazing
Give blood**



**HELLINGLY
COMMUNITY HUB IS
NOW A BLOOD
DONATION CENTRE**

To book please go to

www.blood.co.uk

**5th Sept, 19th Sept,
3rd Oct**

**Your local blood
donor centre is
closer than you
might think.**

If you're the **giving type**
book now at blood.co.uk



HELLINGLY PARISH COUNCIL

WHAT'S ON @

THE HELLINGLY COMMUNITY HUB



The Drive, Hellingly BN27 4EP

Tel: 01323 449415

Email: hubbookings@hellingly-pc.gov.uk

Website: www.hellingly-pc.gov.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.

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

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

Autumn Specials

- 13th Sept – HAILSHAM OLD PAVILLION Quiz Night
- 26th Sept – Macmillan Coffee Morning from 10am – 12pm (£5 entry, includes a drink & a slice of cake)
- 27th & 28th Oct - Halloween Theatre Camp with Cydney (for booking details please contact on 07713 976396)
- 29th Oct - Halloween Craft Day – 2 SESSIONS (Booking essential)
 - 22nd Nov – Hellingly WI Xmas Fayre 10am – 3pm



TUESDAYS

Baby Ballet – Tuesday mornings (Term Time)

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

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

Yoga with Zenia - 6pm – 7pm

Contact Zenia on 07966 287623 or email elementalswellbeing@gmail.com

Pilates with Leah – 6.15pm – 7.15pm

Contact Leah on 07735 560570 or email leah@bodyskinclinic.co.uk

WEDNESDAYS

Hellingly Youth Club

School years 5-8 – 6.15pm -7.30pm. School years 8-12 - 7.45pm - 9.00pm

Contact www.hailshamyouthservice.org

THURSDAYS

Rhymetime with Alison 10am - 10.30am

A FREE Parent & Toddler Group run by Hellingly Parish Council. Come along for nursery rhyme singing and instrument playing. No booking required, just pop along. **DATES** 4th Sept, 18th Sept

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

