

## 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](mailto:jenny_cloisters@yahoo.co.uk) or Tel: 01323 848216

**\*\*NEW\*\* The Bad Boob Club** FIRST FRIDAY OF THE MONTH –

STARTING 6<sup>TH</sup> MARCH 11.15am – 12.45pm

An informal place to meet other breast cancer patients & survivors

Email [thebadboobclub@hotmail.com](mailto:thebadboobclub@hotmail.com)



## SATURDAYS

Pilates with Jen @ 9.30am

## SUNDAYS

Hellingly Church **FREE Messy Church** afternoons 3.30pm-5pm

DATES – NEXT ONE 8<sup>th</sup> March 2026



**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.*

# SPRING 2026

HELLINGLY PARISH COUNCIL

**WHAT'S ON @**

**THE HELLINGLY COMMUNITY HUB**



**The Drive, Hellingly BN27 4EP**

**Tel: 01323 449415**

Email: [hubbookings@hellingly-pc.gov.uk](mailto:hubbookings@hellingly-pc.gov.uk)

Website: [www.hellingly-pc.gov.uk](http://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](mailto:jen4pilates@aol.com).

Website: [www.jen4pilates.co.uk](http://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

**Hellingly Bowls Club Quiz & Bingo Evenings** – MONTHLY see flyers for dates

Contact: – Wendy Walker email: [wendyjw@live.co.uk](mailto:wendyjw@live.co.uk)



## TUESDAYS

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

Contact Lorraine Sparrowhawk on 07854 967934 or email

[Ldsparrowhawk@yahoo.com](mailto:Ldsparrowhawk@yahoo.com)

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

Contact Ann Robinson 01323 318696 or email [ann-robinson1@sky.com](mailto:ann-robinson1@sky.com)



**Yoga with Zenia** - 6pm – 7pm

Contact Zenia on 07966 287623 or email [elementalswellbeing@gmail.com](mailto:elementalswellbeing@gmail.com)

**Pilates with Leah** – 6.15pm – 7.15pm

Contact Leah on 07735 560570 or email [leah@bodyskinclinic.co.uk](mailto: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](http://www.hailshamyouthservice.org)



## THURSDAYS

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

**Pilates with Dorota** @ 6.30pm Contact [dorota.anna.jozwiak@gmail.com](mailto: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](http://www.hailshamphotographicsociety.co.uk)



**HELLINGLY  
COMMUNITY HUB IS  
NOW A BLOOD  
DONATION CENTRE**  
To book please go to

[www.blood.co.uk](http://www.blood.co.uk)

**2026 - 6<sup>th</sup> Feb, 29<sup>th</sup>  
May, 18<sup>th</sup> Sept**

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

If you're the **giving type**  
book now at [blood.co.uk](http://blood.co.uk)