



**Age Friendly Hastings
Newsletter
Sept – Dec 2025**

Welcome to the latest edition of our newsletter – an Age Friendly guide to what’s happening, where and when.

Tuesday 9th September, 10.30am – 12pm, Unity in the Community Age-Friendly Coffee Morning, Central Hall

Join us for another of our hugely successful coffee mornings where we encourage people from all backgrounds to come together, connect and share, as they age. Hastings Borough Council will also be joining us for this session to chat to people about a Neighbourhood Plan consultation. No need to book - just turn up.

Thursday 11th September, 11am - 2.30pm, Hope-G Wellbeing event, His Place Community Café, Robertson Street, Hastings, TN34 1HL

Join Hastings Older People Ethnic Group (Hope-G) for their annual wellbeing event, to mark Older People’s Day. **Booking essential.** Attendance costs £8.50, which includes a buffet lunch (in exchange for a feedback form). Contact: Julia on julia72003@gmail.com or 07770 525918

Thursday 18th September, 11am – 1pm, Chair Based Exercise session and coffee morning, Central Hall

Try out this free informal seated exercise session, with free refreshments. No need to book – just turn up.

Thursday 2nd October, 11am-1pm, Cuppa Club, Priory Meadow Shopping Centre

Free tea, coffee, cakes, information and entertainment in the large area outside M&S – bring friends or come and make new ones! No need to book.

Wednesday 8th October, 10am – 3pm, Age Friendly Marketplace, Priory Meadow Shopping Centre

Come and meet groups and organisations that help people to stay healthy as they age. Find out about Hastings becoming an Age-Friendly Community, how to make healthy choices when eating, how to stay hydrated, opportunities to keep active, avoid falls, and find more ways to connect with your community.

Tuesday 14th October, 10.30am - 12pm, Warm Welcome/Unity in the Community Age-Friendly Coffee Morning and 'Slipper Swap', Central Hall

Join us for another of our hugely successful diverse coffee mornings where we encourage people as they age from any cultural background to come together and create a sense of unity in the community. Whilst you're there, swap your old slippers for a free NHS approved pair, with secure fastenings and robust soles to help prevent falls. No booking needed – just turn up.

Thursday 16th October 10.30am - 12.30pm, Cook Together Eat Together, Central Hall

A follow-on from our 'Eat Well Age Well' workshops. We'll put into practice what we learnt in those sessions. New attendees welcome! Contact Debby on 01424 444010 or debby@hastingsvoluntaryaction.org.uk.

Thursday 30th October, 10.30am - 12.30pm, Cook Together Eat Together, Central Hall

A follow-on from our 'Eat Well Age Well' workshops. We'll put into practice what we learnt in those sessions. New attendees welcome! Contact Debby on 01424 444010 or debby@hastingsvoluntaryaction.org.uk.

Thursday 13th November, 10.30am - 12pm, Warm Welcome/Unity in the Community Age-Friendly Coffee Morning, Central Hall

Join us for another of our hugely successful diverse coffee mornings where we encourage people as they age from any cultural background to come together and create a sense of unity in the community. No booking needed – just turn up.

Tuesday 16th December, 11.30am - 2pm, Festive Gathering and Age-Friendly Communities 5 Year Celebration, Central Hall

Join us for a festive gathering that also marks five years since the Council passed the motion for Hastings to become an Age Friendly Community. Bring a dish to share. Dressing up encouraged! Booking preferred via the [HVA website](#).

The Hastings Chinese Association Health and Wellbeing Education Programme, Various Dates, Central Hall (and Clifton Centre on Sundays)

The Hastings Chinese Association are running a number of health, wellbeing and education events, including QiGong, Yoga and more. Central Hall dates (all Tuesdays) are 26th August (2-4pm), 16th September (3-5pm), 7th October, 11th November, 2nd December. Unless indicated, sessions are 10.30 - 1pm. Pop to a session to find out more.

Full of Life Festival programme of events

The Full of Life festival celebrates older people in our communities, with a huge range of events and activities on offer throughout September and October. See the ESCC website for more information about what's happening locally:

<https://www.eastsussex.gov.uk/community/over-50s/full-of-life-events#Hastings>

Where is Central Hall?



Central Hall,
6, Bank Buildings,
Station Rd, Hastings,
TN34 1NG



WHAT3WORDS note.plenty.note

Central Hall has full disabled access. For further info on any of the above contact either debby@hastingsvoluntaryaction.org.uk / 07513 234 307 or jane@hastingsvoluntaryaction.org.uk / 01424 444010

