



**Age Friendly Hastings
Newsletter
Updated November 2025**

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

Thursday 6th November, 11:30am - 12:30pm, Hastings Ageing Network in partnership with Daisy Chain Fitness, Central Hall

Come and try out this informal half hour seated exercise session, plus refreshments and an opportunity find out more about local Age-Friendly activities. £1.50 donation to cover costs.

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. This session includes an NHS vaccine hub, as well as tech tips from Barclays and ‘cost of living’ info from ESCC. No booking needed – just turn up!

Thursday 11th December, 11:30am - 12:30pm, Hastings Ageing Network in partnership with Daisy Chain Fitness, Central Hall

Come and try out this informal half hour seated exercise session, plus refreshments and an opportunity find out more about local Age-Friendly activities. £1.50 donation to cover costs.

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](#).

2026 Unity in the Community Age-Friendly Coffee Morning dates

Our popular coffee morning where we encourage people as they age from any cultural background to come together and create a sense of unity in the community. Specific details about sessions to be confirmed, but we have the following dates booked in: Tuesday 13th Jan, Thursday 19th Feb, Thursday 19th March, Thursday 23rd April & Thursday 21st May.

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

The Hastings Chinese Association are running a series of health, wellbeing and education events during 2025 - 26, including QiGong, Yoga and more. Central Hall sessions are on the following Tuesdays between 10.30am - 1pm: 11th November, 2nd December, 6th & 27th January, 17th February, 10th March, 7th & 28th April, 19th May, 9th & 30th June, 21st July. Pop to a session to find out more.

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

