

# Give your wellbeing a summer boost!

Free Social Prescribing taster sessions for residents of West Hove

If you live with ongoing physical or mental health concerns, or feel that recent times mean you need a boost to prevent your health declining, creative and social activity is proven to help – here are some things you can try.

All sessions are **FREE**. Places are limited so sign up if you are interested:  
simply email: [socialprescribing.togetherco@nhs.net](mailto:socialprescribing.togetherco@nhs.net) or call **01273 229382**

or speak to your GP practice about social prescribing.

These sessions are led by professionals and give you a safely managed way to test a few activities to see what works for you and what you enjoy.



If you know someone else who might benefit, spread the word!



**TASTER SESSION DESCRIPTION****WHO****WHEN****HOW****WHERE****WEEK 1*****Photography Walk***

Expand your visual eye and kick-start your curiosity with any smartphone or camera. No previous experience necessary on this practical photography workshop that gets you thinking and walking as well as taking photographs. Along the way you'll develop a new appreciation of your surroundings while connecting to yourself and others!

Dan  
Blomfield

THURS 29th  
JULY, 6pm

IN  
PERSON

Meet outside  
Hangleton  
Library

**WEEK 2*****Creative Coding***

This session is designed for complete beginners. A creative artistic exploration using digital technology. Explore music and imagery through online digital tools and simple coding techniques.

Genevieve  
Smith-Nunes

SAT 7th  
AUG, 1pm

ONLINE

Link to be  
provided

**WEEK 3*****Dancing Ourselves***

This session is an opportunity to experience different types of movement and dance. We will cover body conditioning techniques which can be adapted depending on your ability and preferences. Whether you are in your 20s or 90s, a professional dancer or someone who has limited mobility, we will find a style that is suitable for you. We will also dance to music from around the world and different eras. Be ready to be immersed in rhythms and relaxation.

Rosaria  
Gracia

MON 9th  
AUG 6pm

ONLINE

Link to be  
provided



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**TASTER SESSION DESCRIPTION****WHO****WHEN****HOW****WHERE****WEEK 3*****Pathways to Wellbeing for Families  
– a ‘green prescribing’ day out***

Come and enjoy some family time discovering and exploring Truleigh Hill on the South Downs. See what wildlife lives in the wildflower meadow, and in and around the dew pond. You will have the opportunity to do a craft activity that will help bring nature into your own garden or local green space. The session will be 2 hours with a break, toilets are available and there is also a café to buy refreshments if needed. Comfortable shoes and clothing suitable for the weather advised.

Kate Drake,  
South  
Downs  
National  
Park

THURS 12th  
AUG 10-12

IN  
PERSON

Truleigh Hill  
– minibus  
transport  
provided  
Library

**WEEK 4*****Visit the Plot 22 Community Garden***

PLOT 22 is a place to be with the land in our community. We create opportunities for people from all walks of life to grow, cook and eat together outdoors. Our easy-to-reach allotment garden on the Weald Allotments in Hove is gardened and maintained communally by volunteers attending our various project sessions.

Emma  
Houldsworth

MON 16th  
AUG 10-12

IN  
PERSON

Plot 22,  
Weald  
Allotments

**WEEK 5*****Find your voice! - Creative Writing***

Explore how writing can help you feel better, relieve stress, give you new perspectives and inspire you. This safe, non-judgmental group is for everyone - no special talent or previous creative writing experience is needed.

Emma  
Drew

TUES 17th  
AUG, 5pm

IN  
PERSON

Hangleton  
Library



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	TASTER SESSION DESCRIPTION	WHO	WHEN	HOW	WHERE
WEEK 5	<p><b>Learn how to make Sauerkraut</b></p> <p>Suitable for everyone, healthy and fun – make sauerkraut at home!</p> <p><i>Please note: You will need to provide your own cabbage, salt, jar, bowl, measuring jug, kitchen scales and knife.</i></p>	Katie Merrien, HKP	Saturday 21st August, 10-11.30am	ONLINE	Link will be provided
WEEK 7	<p><b>Sing for Better Health</b></p> <p>Improve your health and wellbeing, using a combination of relaxation/posture/breathing exercises, and have fun singing songs together. You don't have to be able to sing to join us! Singing has profound benefits for health and wellbeing.</p>	Udita Everett	SAT 28th AUG, 12.30-1.30pm	ONLINE	Link will be provided
WK 8	<p><b>Outdoor Yoga with Lizzy</b></p> <p>Gentle hatha yoga for people of colour. Easy and relaxing yoga exercises, in the fresh air.</p>	Lizzy West	WED 1st SEPT, 11am	IN PERSON	Knoll Park
WEEK 9	<p><b>Taking a Line for a Walk</b></p> <p>Explore drawing through mark-making with an emphasis on enjoying the materials and the process.</p>	Suzie Poyntz	TUES 7th SEPT, 6pm	EITHER	Knoll Park <b>(wet weather back-up in place)</b>



**TASTER SESSION DESCRIPTION****WHO****WHEN****HOW****WHERE****WEEK 9*****Mood-Boosting Moves***

Everybody is welcome to join this easy but fun dance class. No experience required, all abilities welcome. Just fun, good tunes and a chance to move and groove a little to anything from Musical Theatre to Elvis to the latest tunes... It's your class for your favourite music and your chance to dance like nobody is watching!

Rachel-McKeague-Pittman,  
Ducky  
Shincrackers

SAT 11th  
SEPT

IN  
PERSON

St Richard's  
Community  
Centre

**WEEK 10*****Pathways to Wellbeing  
– a 'green prescribing' day out for adults***

Come and spend some time at Truleigh Hill on the South Downs for a mindful walk, see what wildlife you can find in the wildflower meadow and besides the dew pond and find out ways of bringing nature into your garden or local green spaces. The session will be 2 hours with a break, toilets are available and there is also a café to buy refreshments if needed.

Kate  
Drake,  
South  
Downs  
National  
Park

Contact us  
for date &  
time

IN  
PERSON

Truleigh  
Hill, minibus  
transport  
provided

**WEEK 11*****Art for Relaxation***

Simple and fun creative projects that are great for calming the mind. Delivered in an informal and relaxed atmosphere - easy techniques that require no previous art experience. We'll make a cuppa, grab some paper & pens and see how being creative can bring peace of mind.

Heidi  
Compton

Contact us  
for date &  
time

IN  
PERSON/  
ONLINE

Venue TBC

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	<b>TASTER SESSION DESCRIPTION</b>	<b>WHO</b>	<b>WHEN</b>	<b>HOW</b>	<b>WHERE</b>
<b>WEEKLY</b>	<p><b><i>Hangleton and Knoll Young Women's Group</i></b></p> <p>Young women's group meet for fun, friendship and to support wellbeing, aged 13-19 year olds (up to 25 years old with SEN).</p>	Rachael, HKP	Weekly on Mondays, 5.30-7pm	IN PERSON	Knoll Pavilion in Knoll Park Contact for dates
<b>WEEKLY</b>	<p><b><i>Routes Employment Project</i></b></p> <p>A local project offering free, personal support for anyone needing some help on their journey into employment. Routes can help you build confidence, address gaps in your CV, explore volunteering opportunities, gain employability skills, and make real progress towards better work opportunities via learning opportunities and employability-focused information and advice. Routes works holistically with people to overcome barriers to employment.</p>	Claire Hines,	Hangleton & Knoll Project	IN PERSON/ ONLINE	
<b>WEEKLY</b>	<p><b><i>Shape Up Exercise Classes</i></b></p> <p>Weekly exercise classes tailored to all abilities. Every Tuesday (Starting 13th July) in Knoll Park 6-7pm.</p> <p>Please note: the first class is free, £3 thereafter.</p>	Claire Johnson, HKP	Tuesdays, 6-7pm	IN PERSON	Knoll Park

WEEKLY

## TASTER SESSION DESCRIPTION

## WHO

## WHEN

## HOW

## WHERE

**The Big Munch – Family Lunch Club**

A free family lunch club providing a healthy lunch and activities in Knoll Park.

Claire  
Johnson,  
HKP

TUESDAYS  
IN AUGUST,  
12-2pm

IN  
PERSON

Knoll  
Park

WEEKLY

**Hangleton and Knoll Information Technology (HaKIT)**

The Hangleton and Knoll Project's IT department provides IT resources and training for the local community. 1-hour slots with David, our friendly, experienced and qualified tutor.

David,  
HKP

Bookable  
1 hour slots,  
Weds,  
10am-3pm

IN PERSON  
OR BY  
TELEPHONE

St Richard's  
Community  
Centre

These sessions are brought to you by the **"Prescribe to Thrive Partnership"** in West Hove

- We are:
- The Hangleton & Knoll Project
  - The Hera Arts & Health Partnership
  - Together Co
  - Brighton & Hove City Council – Healthy Lifestyles & Library Teams
  - Citizens' Advice Bureau, Brighton & Hove
  - South Downs National Park
  - Coastal Creatives
  - West Hove Primary Care Network



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**ARTS COUNCIL  
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**Brighton & Hove  
City Council**

Social Prescribing is an initiative from NHS England, to support people whose health and wellbeing may be affected by their circumstances, and aims to work with you to address what matters to you rather than what is the matter with you.



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