

Volunteer opportunities

LifeLines is a volunteer led-health and well-being project for the over fifties based in East Brighton and is part of Volunteering Matters.

If you're over 50 and have a few hours a week to spare, your skills and experience could make a real difference in one of the following roles:

- **Activity Partner:** help someone get out to an activity or go on short walks.
- **Activity Organiser:** share your passion, skills and experience with others.
- **Computer Club:** provide 1-1 support to people who would like to learn new skills.
- **Healthlink:** provide company and support to help someone get to their health appointment.

Reminiscence Groups: help people share memories, laughter and the occasional tear.

As a volunteer, you'll receive training, support and advice, insurance cover, free Disclosure and Barring Service check and out of pocket expenses.

Would you like to get out and about a bit more?

Our free volunteer Activity Partner Scheme may be able to help you or someone you know.

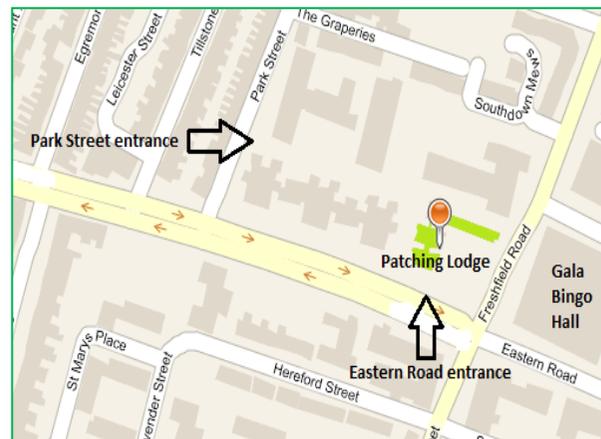
Call:
01273 688117

Email:
lifelines@volunteeringmatters.org.uk

Website:
<http://lifelinesbrightonhove.org.uk>

How to find Patching Lodge

Patching Lodge is on the corner of Eastern Road and Freshfield Road across from the Gala Bingo Hall.



VOLUNTEERING MATTERS



Dec. 2016 & Jan 2017



**Retired or aged
50+?
Join one of our
free activities or
volunteer with
us.**

01273 688117



Activities at Patching Lodge:

Call 01273 688117 to book.

Monday-Friday: Computer Club

1-1 support to improve your computer skills with a tutor at Patching Lodge.

Mondays:

Meditation 1000-1100

(ends 12/12, starts 2/1)

Comfortable and chair based.

Colouring for Grown-ups 1200-1300

(ends 12/12, starts 2/1)

Relaxing colouring sessions.

Gentle Exercise 1230-1330

(ends 28/11, starts 9/1)

Aiming to get you active/increase fitness.

Games Afternoon 1400-1600

(ends 12/12, starts 9/1)

Just drop into the lounge for board and card games.

Beginners Bridge 1300-1400(not 26/12)

Improvers Bridge 1400-1600(not 26/12)

Call Stewart for details on 01273 682439.

Craft and Card making 1430-1530

Just drop into the lounge. (3rd Monday of the month).

Tuesdays:

Knitting Club 1000-1200

Just drop in to knit and chat. (3rd Tuesday of the month).

Club Style Bridge 1230-1530(not 27/12)

Call Stewart for details on 01273 682439.

Talking about Loss 1400-1530 (ends 6/12, starts 3/1) Support group for anyone who has experienced loss/bereavement.

Wednesdays:

Men's Social Group 1000-1200

Drop in and chat over a cuppa in the lounge. Every other Weds: Dec 7th, Jan 11th & 25th

Art Class 1000-1200(ends 30/11, starts 18/1)

For beginners or those who are 'rusty'. Try different types of art medium. Call to join waiting list.

Reminiscence 1345 -1500 (ends 14/12, starts 11/1)

Weekly get-togethers to share memories.

Tai Chi (Beginners) 1230-1330 (ends 30/11, starts 18/1)

Tai Chi (Intermediate) 1515-1630 (Slow graceful exercise to help stimulate the body's immune system and reduce stress.

Thursdays:

Beginners Spanish 1230-1330

(ends 15/12, starts 12/1))

Going away or just want to learn Spanish?

Intermediate Spanish 1400-1500 (ends 8/12, starts 12/1)

Friendly conversation class for near beginners and those wanting to improve.

Tea Dance 1400-1630 (1/12 & 5/1)

Drop in every first Thursday. Next one will be a special Christmas Tea Dance on Dec. 1st. Join others on the dance floor or just enjoy the music with tea & cake.

Dance tuition 1400-1430

Learn a few steps before the main dance.

Chess Club 1400-1600

Please call beforehand to arrange a game. Call Kris on 01273 684384. Other days and times may be available.

All our activities are free but we welcome donations towards the cost of refreshments and materials.

Activities at other venues:

Call 01273 688117 to book

Wednesdays:

Gentle Exercise 1230-1330 (ends 30/11, starts 11/1)

Helping to get you active & increase fitness. The Edge Community Centre, 87 Pankhurst Ave, BN2 9AF

Drop In Knitting Clubs:

Dorset Gardens Methodist Church 1000-1200 every 1st Friday of the month.

Leach Court, Park Street 1000-1200 every 1st Tuesday of the month in Activity Room

Evelyn Court, Portslade 1400-1600 every 2nd Monday of the month. In the Lounge. .

Coming soon at other venues:

Bridge for complete Beginners

Call Stewart for details on 01273 682439.

Men's Cookery Course

Learn to cook simple tasty meals in a small group using microwaves and simple recipes.

Celebrate Your Life (in writing)

Coming in 2017 at Patching Lodge:

Mindfulness: learning to live in the moment.

Mini Lego: making models out of tiny pieces!

Yoga: starting early 2017.