

## Volunteer opportunities

Got an idea for a new group? Call us on 01273 688117 and volunteer!

If you're over 18 and have some time in the week to spare, you could make a real difference in one of the following roles:

- **Activity Organiser:** share your hobby, 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.

We have flexible volunteer opportunities for people who are unable to commit on a weekly basis as well as regular volunteering roles too.

## How to contact us:

Call: 01273 688117

Email:

[lifelines@volunteermatters.org.uk](mailto:lifelines@volunteermatters.org.uk)

[www.Volunteermatters.org.uk](http://www.Volunteermatters.org.uk)

## About LifeLines:

LifeLines is part of Volunteering Matters, the UK's leading volunteering charity which runs a wide range of volunteering and social action programmes.

LifeLines is a volunteer led, health and well-being project for the over fifties. LifeLines volunteers run groups in:

- East Brighton
- Woodingdean & Rottingdean
- Portslade

And in 2018 we are developing groups in Patcham and Withdene too.

## 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



## Spring 2018

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

**01273 688117**



## Activities at Patching Lodge:

**Call 01273 688117 to book.**

### Mondays:

**Meditation 10.00-11.30** Comfortable and chair based.

**Colouring for Grown-ups 11.45-12.45**  
Relaxing colouring sessions.

**Games Afternoon 14.00-16.00**  
Scrabble & Board games in the lounge.

**Club Style Bridge 13.00-16.00** Learn to play bridge.

**Craft and Card making 14.30-15.30**  
3rd Monday of the month in the lounge.  
(21st May)

### Tuesdays:

**Knitting Club 10.00-12.00** (3rd Tuesday of the month).

**Club Style Bridge 12.30-15.30**

### Wednesdays:

**Men's Social Group 10.00-12.00** every other Wednesday

**Art Class 10.00-12.00** Call to join waiting list

**Tai Chi (Beginners) 12.30-13.30**  
Graceful exercise to help reduce stress.

**Reminiscence 13.45-15.00** Weekly get-togethers to share memories.

**Tai Chi (Intermediate). 3.15—4.30** Call to join waiting list

### Thursdays:

**(chair based) Exercise-Pilates 12.30-13.30** Join our Chair based Pilates class in the Community Room. **Call to book a place.**

**Intermediate Spanish 14.00-15.00**

Friendly conversation class for near beginners and those wanting to improve. Call to join waiting list.

**Chess Club 14.00-16.00**

Please call 01273 688117 beforehand to arrange a game. Other days and times may be available.

### Fridays:

**Dance of Awareness 10.00-11.30**

Connect with your inner self or just move with the music!

**Tea Dance:** Coming again on the 29th May at Patching Lodge!  
**Call 01273 688117 for more information.**

### COMING SOON:

**New Art class** coming soon!—call for more information

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

### Computer Club

One to one support to learn new skills or improve your computer skills with a tutor at Patching Lodge, Portslade & Woodingdean Library.

## Activities at other venues:

**Call 01273 688117 to book**

### Mondays & Wednesdays:

**Exercise group 12.00-13.00** at The Edge Community Centre, 87 Pankhurst Ave, BN2 9AF.

### Wednesdays:

**Knitting Group:** meets fortnightly at Ravensbourne Court, Woodingdean.

### Thursdays:

**Exercise—Pilates for Men: 2.00pm—3.00pm** at Leach Court, Park St BN2 0DE. Call to book your place

**Ballroom Dance Classes:** second Thursday of the month at Woodingdean Methodist Church.  
**2.30-4pm Please call to book a place.**

### Drop In Knitting Clubs:

**Dorset Gardens Methodist Church 10.00-12.00** every 1<sup>st</sup> Friday of the month.

**Leach Court, Park Street 10.00-12.00** every 1<sup>st</sup> Tuesday of the month in Activity Room

**Evelyn Court, Portslade 14.00-16.00** every 2<sup>nd</sup> Monday of the month. In the Lounge.

**These details can change from time to time. If you are planning to come along to a group for the first time, please call 01273 688117 before setting out.**