

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 18 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 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.

Call:
01273 688117

Email:
lifelines@volunteeringmatters.org.uk

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

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



SEPTEMBER 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.

Mondays:

Meditation 1000-1130

Re-starts 4th September.

Colouring for Grown-ups 1145-1245

Re-starts 4th September.

Games Afternoon 1400-1600

Board and card games in the lounge.

Club Style Bridge 1300-1600

A group to accommodate new players

Call Stewart for details on 01273 682439.

Craft and Card making 1430-1530

3rd Monday of the month in the lounge.

Tuesdays:

Knitting Club 1000-1200

Just drop in to knit and chat.

(3rd Tuesday of the month).

Club Style Bridge 1230-1530

Call Stewart for details on 01273 682439.

Talking about Loss 1400-1530

Peer support group.

Wednesdays:

Men's Social Group 1000-1200

6th 7 20th September

Art Class 1000-1200

Re-starts 13th September

Tai Chi (Beginners) 1230-1330

Re-starts 13th September

Reminiscence 1345-1500

Re-starts 6th September.

Tai Chi (Intermediate) 1515-1630

Re-starts 13th September.

Thursdays:

Beginners Spanish 1230-1330

Re-starts September (tba)

Intermediate Spanish 1400-1500

Re-starts 7th September.

Chess Club 1400-1600

Please call beforehand to arrange a game.

Call Kris on 01273 684384. Other days and

times may be available.

Fridays:

Dance of Awareness 1000-1130

Re-starts 1st September.

COMING SOON:

Bridge for complete Beginners

Call Stewart for details on 01273 682439.

Men's Cookery Course

Coming soon at Leach Court every other Friday.

Mindfulness: 12 week course starting in the Summer.

Yoga

Line Dancing: coming in the Autumn.

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

Computer Club

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

Activities at other venues:

Call 01273 688117 to book

Monday-Friday:

Board Games: book a morning slot to play Upwords of Scrabble with Helen at The Java Café, Woodingdean.

Mondays & Wednesdays:

Gentle Exercise 1230-1330

The Edge Community Centre,
87 Pankhurst Ave, BN2 9AF

Mondays:

Craft group: meets fortnightly at Ravensbourne Court, Woodingdean.

Wednesdays:

Knitting Group: meets fortnightly at Ravensbourne Court, Woodingdean.

Thursdays:

Ballroom Dance Classes: second Thursday of the month at Woodingdean Methodist Church.

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.