

prime  
time from **VOLUNTEERING** **MATTERS**

What's on for Men Aged 50+ in  
Brighton and Hove?

September 2017



**Telephone: 0300 303 2015**

**Email: [primetime@volunteeringmatters.org.uk](mailto:primetime@volunteeringmatters.org.uk)**

**Website: <http://www.meetup.com/PrimeTimeBrighton/>**

**SEE PAGE 7 FOR VENUE ADDRESSES**

<b>Mondays</b>	<b>0930-1300</b>	<b>Alexander Technique Ayurvedic Therapies</b> (Call 01273 729603 for appointment)	<b>The Hop</b>
	<b>0930-1030</b>	<b>In Shape for Life (circuit based exercise)</b>	<b>Hangleton Community Centre</b>
	<b>1000-1600</b>	<b>Men In Sheds, hosted by Fabrica</b>	<b>Brighton Youth Centre, 64 Edward Street</b>
	<b>1000-1100</b>	<b>Healthwalks: Preston Park</b>	<b>Meet at Rotunda Cafe</b>
	<b>1000-1145</b>	<b>Lifelines: Meditation</b>	<b>Patching Lodge</b>
	<b>1000-1100</b>	<b>Dancing for Health (fitness class)</b>	<b>St Luke's Church, BN2</b>
	<b>1030-1100</b>	<b>What's News (Discussion)?</b>	<b>The Hop</b>
	<b>1100-1300</b>	<b>50+ Table Tennis Social League (Brighton Table Tennis Club)</b>	<b>Fitzherbert's Centre</b>
	<b>1100-1300</b>	<b>Sing Healthy, Play Happy Dementia friendly singing/ music group. Email: <a href="mailto:isabel@openstrings.co.uk">isabel@openstrings.co.uk</a> for further dates</b>	<b>Maycroft Manor</b>
	<b>1230-1500</b>	<b>Getting On 50+ Lunch (Drop-in, activities and speakers for Moulsecoomb residents)</b>	<b>The Bridge</b>
<b>1230-1330</b>	<b>Tai Chi</b>	<b>The Level Community Rooms</b>	
<b>1400-1530</b>	<b>Scrabble</b>	<b>The Hop</b>	

<b>1400-1600</b>	<b>Lifelines: Learn to play Bridge</b>	<b>Patching Lodge</b>
<b>1400-1500</b>	<b>Healthwalks: St Ann's Well Gardens</b>	<b>Meet by Garden Café</b>
<b>1400-1600</b>	<b>Men's Table Football Group Gay 50 +Men's Group</b>	<b>New Larchwood, Coldean</b>
<b>1430-1630</b>	<b>(GEMS) – daytime meeting See website <a href="http://www.brightongems.com/">http://www.brightongems.com/</a> for dates</b>	<b>Dorset Gardens Methodist Church</b>
<b>1530-1630</b>	<b>Yoga</b>	<b>Cornerstone</b>
<b>1830-2000</b>	<b>Shape Up At The Stadium (Men only, call 01273 431703 to book)</b>	<b>Amex Stadium</b>

<b>Tuesdays</b>	<b>0930-all day</b>	<b>Brighton Conservation Volunteers – minibus collects to take to site.</b>	<b>Meet by recycling bins north end of The Level</b>
	<b>0930-1130</b>	<b>Silver Strings (Open Strings) - learn to play a stringed instrument.</b>	<b>Brighthelm</b>
	<b>1000-1100</b>	<b>Healthwalks: Seafront</b>	<b>Meet at entrance to Brighton pier</b>
	<b>1000-1200</b>	<b>Active Forever: Boccia League (call 01273 292724 for details)</b>	<b>Patching Lodge</b>
	<b>1000-1200</b>	<b>Tech Buddies (Laptops, Mobile Phones, iPad etc.)</b>	<b>The Hop</b>
	<b>1030-1200</b>	<b>Healthwalks: Castle Hill, Woodingdean</b>	<b>Meet car park Falmer Rd at junction with Bexhill Rd.</b>
	<b>1100-1330</b>	<b>Working 50 Plus (1<sup>st</sup> and 3<sup>rd</sup> Tuesday of the month, group aimed at pre and early retirement and redundancy)</b>	<b>Cornerstone</b>
	<b>0930-1500</b>	<b>Seated Massage Full Body Massage Aromatherapy, Reiki (Call 01273 729603 for appointment)</b>	<b>The Hop</b>
	<b>1100-1230</b>	<b>In Shape for Life (circuit based exercise)</b>	<b>Moulsecoomb Hall</b>
	<b>1130-1230</b>	<b>Mindful Yoga</b>	<b>The Hop</b>
<b>1130-1230</b>	<b>Yahtzee, dominoes &amp; draughts</b>	<b>The Hop</b>	

	<b>1200-1230</b>	<b>In Shape for Life (low intensity exercise)</b>	<b>Manor Road Gym</b>
	<b>1330-1500</b>	<b>Line Dancing (Call for venue 01273 729603)</b>	<b>The Hop</b>
	<b>1400-1600</b>	<b>Men's Social Club (Darts, dominoes, cribbage chat)</b>	<b>Woodingdean Methodist Church</b>
	<b>1500-1700</b>	<b>50+ Table Tennis (Brighton Table Tennis Club)</b>	<b>Fitzherbert's Centre</b>
	<b>1500-1900</b>	<b>Bicycle workshop</b>	<b>Cranks</b>

<b>Wednesday</b>	<b>0930- 1400</b>	<b>Evergreen Strollers (4-7 mile walks every other Weds for over 55s – call 01273 694989)</b>	<b>Call for meeting point</b>
	<b>1000-1600</b>	<b>Men in Sheds, hosted by Fabrica</b>	<b>Brighton Youth Centre, 64 Edward St.</b>
	<b>1000-1300 &amp; 1500-1700</b>	<b>Computer Drop In (Call Lulu: 01273 881446)</b>	<b>St Richards</b>
	<b>1000-1200</b>	<b>Lifelines: Men’s Social Group – every other Weds Call 01273 688177 for details.</b>	<b>Patching Lodge Lounge</b>
	<b>1000-1300</b>	<b>Reflexology</b>	<b>The Hop</b>
	<b>1330-1500</b>	<b>Indian Head Massage</b>	
		<b>Chiropody (Call 01273 729603 for appointment)</b>	
	<b>1000-1100</b>	<b>Pilates</b>	<b>Manor Road Gym</b>
	<b>1015-1200</b>	<b>Healthwalks: Sheepcote Valley</b>	<b>Meet at East Brighton Park café</b>
	<b>1030-1200</b>	<b>Mental Wellbeing Football</b>	<b>Preston Park, next to Central Cafe</b>
<b>1030-1200</b>	<b>LGBT Social Meet Up (First Weds – call 01273 729603 to confirm))</b>	<b>Modelo Lounge Café, Church Road</b>	
<b>1030-1200</b>	<b>Active Forever: Table/Short Tennis for over 50s</b>	<b>King Alfred’s</b>	
<b>1100-1230</b>	<b>Healthwalks: Hollingbury Hill Fort</b>	<b>Meet at Sure Start Centre.</b>	

			<b>Brentwood Rd</b>
	<b>1200-1300</b>	<b>In Shape for Life (exercise)</b>	<b>Brighthelm</b>
	<b>1230-1730</b>	<b>Cosy Community Café</b>	<b>Phoenix Community Centre</b>
	<b>1400-1600</b>	<b>New Men's Group, started 7<sup>th</sup> June</b>	<b>Vallance Centre, Sackville Rd, Hove</b>
	<b>1430-1630</b>	<b>Conversation Cafes (monthly) – to book, call 01273 778646 or email <a href="mailto:office@fabrica.org.uk">office@fabrica.org.uk</a></b>	<b>Hosted by Fabrica</b>
	<b>1430-1600</b>	<b>B&amp;H Osteoporosis Support Group (NOT AUGUST)</b>	<b>Brighthelm</b>



<b>Thursdays</b>	<b>1015-1130</b>	<b>Healthwalks: Hove Park</b>	<b>Meet at park cafe</b>
	<b>1030-1130</b>	<b>Gardening</b>	<b>The Hop</b>
	<b>1100-1300</b>	<b>Older LGBT Meet Up (third Thursday of each month)</b>	<b>Emmaus Cafe</b>
	<b>1300-1400</b>	<b>“Belmont Group” : snooker, cheap bar, discussion. See Facebook page for further events: <a href="https://www.facebook.com/Railway-Club-Brighton-129870610360892/">https://www.facebook.com/ Railway-Club-Brighton- 129870610360892/</a></b>	<b>Railway Club</b>
	<b>1345-1600</b>	<b>Short Mat Bowls</b>	<b>Hangleton Community Centre</b>
	<b>1400-1600</b>	<b>Chess Club (call 01273 688117 to book a game)</b>	<b>Patching Lodge</b>
	<b>1500-1600</b>	<b>Tech Buddies (call 01273729603)</b>	<b>The Hop</b>

<b>Fridays</b>	<b>1030-1530</b>	<b>“The Hop Stop”: Dementia friendly activities</b>	<b>The Hop</b>
	<b>0930-1030</b>	<b>In Shape for Life: circuit based exercise</b>	<b>Portslade Sports Centre</b>
	<b>1015-1200</b>	<b>Healthwalks: Portslade, Walk &amp; Read</b>	<b>Meet at Portslade Library</b>
	<b>1030-1200</b>	<b>Healthwalks: Patcham</b>	<b>Meet opp. Co-Op, Old London Rd</b>
	<b>1045-1215</b>	<b>Sing Healthy, Play Happy Dementia friendly singing/ music group. Email: <a href="mailto:isabel@openstrings.co.uk">isabel@openstrings.co.uk</a> for further dates</b>	<b>New Larchwood</b>
	<b>1100-1400</b>	<b>Men in Sheds, hosted by Fabrica</b>	<b>Leach Court, Eastern Road</b>
	<b>1100-1300</b>	<b>Healthwalks: Saltdean/Undercliff - last Friday of the month</b>	<b>Meet outside Saltdean library</b>
	<b>1100-1300</b>	<b>50+ Table Tennis Social Session (Brighton Table Tennis Club)</b>	<b>Fitzherbert’s Centre</b>
	<b>1100-1700</b>	<b>Bicycle Workshop</b>	<b>Cranks</b>
	<b>1300-1500</b>	<b>Age UK Information &amp; Advice Surgery (third Friday in each month)</b>	<b>The Martlets</b>
<b>1900-2100</b>	<b>Gay Older Men’s Society (GEMS) – see website for</b>	<b>Dorset Gardens</b>	

		<b>date of evening meeting:</b> <a href="http://www.brightongems.com/newsletter/">http://www.brightongems.com/newsletter/</a>	<b>Methodist Church</b>
<b>Saturdays</b>	<b>1100-1700</b>	<b>Bicycle Workshop</b>	<b>Cranks</b>
	<b>1100-1330</b>	<b>Healthwalks: Benfield Valley (3-3.5 miles)</b>	<b>Meet by Sainsbury's, 361 Old Shoreham Rd</b>
	<b>1430-1700</b>	<b>Easthill Park Football Club Over 50s Group</b>	<b>Café east of Emmaus</b>
	<b>1515-1615</b>	<b>“Sing Like No One is Listening”</b>	<b>The Hop</b>
<b>Sundays</b>	<b>1030-1445</b>	<b>Sunday at The Hop: Breakfast Quiz, Sunday Lunch then Bingo</b>	<b>The Hop</b>
	<b>1045-1300</b>	<b>Healthwalks: Stanmer Park (range of walks)</b>	<b>Meet outside Village Tea Rooms</b>
	<b>1100-1300</b>	<b>Healthwalk on Sunday June 11<sup>th</sup> to explore the urban fringe</b>	<b>Black Lion, Patcham</b>
	<b>1400-160</b>	<b>50+ Table Tennis Social League</b>	<b>Fitzherbert's Centre</b>

**Activities highlighted in this colour are aimed specifically at older men.**

## **GENERAL NON DATE SPECIFIC ACTIVITIES/ADDITIONAL INFORMATION**

Brighton & Hove City Council Senior Housing Schemes run a wide range of activities at their schemes across the city. See link below for details:

<https://www.brighton-hove.gov.uk/content/housing/council-housing/social-events-seniors-housing>

The Royal British Legion, Hyperion House, 100-101 Queens Road, Brighton, BN1 3XF, 0808 8028080 The “Pop In” advice and information centre is a welcoming space for Service personnel and veterans to get practical help and advice, and for members of the

public to find out more about the wide range of services and community activities provided by the Legion and is open Monday – Friday 1000-1600.

<http://www.britishlegion.org.uk/>

Brighton and Hove Food Partnership – run a range of classes, talks films, screenings, exercise groups covering healthy eating, food wastage.

<http://bhfood.org.uk/whats-on>

Weight Management Coaching Service – free bespoke coaching sessions in groups or in your won home. Call 01273 431700 or email [healthyweigfht@bhfood.org.uk](mailto:healthyweigfht@bhfood.org.uk)

Brighton Table Tennis sessions are £4.00 each, £2.00 unwaged, first session free.

<http://www.brightontabletennisclub.co.uk/>

Eventbrite – online listing

<https://www.eventbrite.co.uk/d/united-kingdom--brighton/events/>

Grow – a free nature connection course running for 8 weeks at Saddlescombe Farm, 07557 501557

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

Healthwalks – there are further “one off” walks throughout the year.

<https://www.brighton-hove.gov.uk/content/leisure-and-libraries/sports-and-activity/healthwalks-programme>

Park Run - Runs take place every Saturday across a range of locations and older people are encouraged to participate at their own pace. Clare Ryan is link volunteer:

<http://www.parkrun.org.uk/bevendeandown/>

Digital Brighton & Hove - Find free places in Brighton and Hove to get online or improve your skills like searching, security, email, social media, form-filling, finding jobs, shopping and paying bills.

<http://digitalbrightonandhove.org.uk/>

## **ADDRESSES FOR CALENDAR EVENTS**

The Bridge, Lucraft Road, Moulsecoomb, Brighton, BN2 4PN, 01273 687053

<http://www.thebridgebrighton.com/>

Brighthelm, North Road, Brighton, BN1 1YD, 01273 821 512

<http://www.brighthelm.org.uk/>

Cornerstone, Church Road Hove, BN3 2FL, 01273 327757

<http://www.cornerstone-hove.org.uk/>

Cranks Bicycle Workshop, 22 Chapel Street, Kemp Town, BN2 1RQ, 01273 693477

<http://cranks.org.uk/>

Emmaus Café, Drove Road, Portslade, BN41 2PA, 01273 426476

[http://www.emmaus.org.uk/brighton\\_hove](http://www.emmaus.org.uk/brighton_hove)

Fitzherbert’s Centre, 36 Upper Bedford Street, Kemp Town, BN2 1JP, 07985 141788

<http://www.brightontabletennisclub.co.uk/>

Hangleton Community Centre, Harmsworth Crescent, Hove, BN3 8BW, 01273 292962  
<http://hangletoncommunitycentre.org.uk/>

Hollingdean Community Centre, Thompson Road, BN1 7BH  
<https://hollingdeancommunitycentre.org.uk/>

The Hop 50+, St John's Church, Palmeira Square, Hove, BN3 2FL, 01273 729603  
<http://impact-initiatives.org.uk/hop-50/>

King Alfred's Leisure Centre, Kingsway, Hove, BN3 2WW, 01273 290290  
<http://www.freedom-leisure.co.uk/centres.asp?section=657>

Manor Road Gym, Manor Road, Whitehawk, BN2 5EA, 01273 676828  
<http://www.themanorbrighton.com/>

The Martlets, Wayfield Avenue, Hove, BN3 7LW, 01273 273400  
<http://www.themartlets.org.uk/home/index.html>

Maycroft Manor, 2-8 Carden Avenue, BN1 8NA  
<https://www.hallmarkcarehomes.co.uk/care-homes/brighton-and-hove/maycroft-manor/>

Moulsecomb Hall, Moulsecomb Place, Lewes Road, BN2 4GA, 01273 690245  
<https://en-gb.facebook.com/MoulsecombHall/>

New Larchwood, Waldron Avenue, BN1 9EZ  
<http://www.hanover.org.uk/properties/estates/new-larchwood-brighton/>

Patching Lodge, Park Street, East Brighton, BN2 0AQ, 011273, 0870 600 3074  
<http://www.hanover.org.uk/properties/estates/patching-lodge-brighton/>

Railway Club, 4 Belmont, Seven Dials, BN1 3TF  
<https://www.facebook.com/Railway-Club-Brighton-129870610360892/>

Portslade Sports Centre, Chalky Road, BN41 2WS, 01273 411100  
<http://www.freedom-leisure.co.uk/centres.asp?section=1715>

St Richards Community Centre, Egmont Road, Hove, BN3 7FP, 01273 414483  
<http://www.sthelensandstrichards.org/st-richards-community-centre.php>

Woodingdean Methodist Church, The Ridgway, Woodingdean, BN2 6PA, call Terry, 01273 887618 or Mike, 01273 380302  
[http://www.gnomonhosting.co.uk/woodingdean/woodingdean\\_main.htm](http://www.gnomonhosting.co.uk/woodingdean/woodingdean_main.htm)

**COMMUNITY VENUES/ACTIVITIES WITH NO DATES/VENUES ON THE CALENDAR**

**50+ Thai Chi Group, 01273 679514**  
<http://www.activeforlife.org.uk/bigresults.php?orgID=1611>

**Bevendean Community Garden, Heath Hill Avenue, Bevendean, BN2 4TR, 01273 431700**  
<http://bevendeancommunitygarden.blogspot.co.uk/>

**The Bevy (community owned estate pub), 50, Hillside, Bevendean, BN2 4TF, 01273 281009**  
<http://www.thebevy.co.uk/>

**Bristol Estate Community Association, Community Room, Donald Hall Road, Whitehawk, BN2 5DY, 01273 272767**  
<http://www.thefedonline.org.uk/services/out-and-about/its-local-actually/listings/722-bristol-estate-community-association>

**Craven Vale Community Centre, 17a Hadlow Close, BN2 0FH, 01273 571573**  
<http://www.cravenvale.org.uk/the-vale-community-centre.html>

**Hanover Community Centre, 33 Southover Street, BN2 9UD, 01273 694873**  
<http://hanovercommunity.org.uk/>

**Hove Music & Record Society, Avenue Bridge Club 15 Third Avenue, Hove, BN3 2PB, 01273 672718**  
[http://www.bh-arts.org.uk/members\\_all/hove-music-record-society/](http://www.bh-arts.org.uk/members_all/hove-music-record-society/)

**Manna Arts, Music & Community Café, 24 Coombe Road, BN2 4EA, 01273 277286**  
[http://veggieheaven.com/restaurant/manna-arts-music-community-cafe\\_6501/](http://veggieheaven.com/restaurant/manna-arts-music-community-cafe_6501/)

**Meadowview Community Centre, Meadowview, Brighton BN2 4NF, 01273 687563**  
<http://www.thefedonline.org.uk/services/out-and-about/accessible-city-guide/results/1167-meadowview-community-centre>

**Metamorphosis Art Group, 99 Widdicombe Way, Bevendean, BN2 4TH, 01273 694456**  
<http://www.thefedonline.org.uk/services/out-and-about/its-local-actually/listings/788-metamorphosis-art-group>

**Millwood Community Centre, Nelson Row, Kingswood Street, Carlton Hill, BN2 9QG, 01273 293792**  
<http://www.thefedonline.org.uk/services/out-and-about/its-local-actually/listings/684-millwood-community-centre>

**Old Boat Corner Community Centre, Carden Hill, Stanmer Heights, BN1 8GN, 01273 540779**  
<http://www.obccc.co.uk/>

**The Phoenix Community Centre, 2 Phoenix Place, Hanover, BN2 9ND, 01273 621794**  
[http://whatson.brighton.co.uk/at/Phoenix\\_Community\\_Centre](http://whatson.brighton.co.uk/at/Phoenix_Community_Centre)

**St George's Hall Community Centre, Newick Road, Moulsecoomb, BN1 9JG, 01273 679908**  
<http://halls-eastsussex.biznesspages.uk/brighton/st-georges-hall-community-centre/>

**St Michael's Community Centre, St Michael's Place, Brighton, BN1 3FU, 01273 822284**  
<http://www.saintmichaelsbrighton.org/communityhall.htm>

**Somerset Day Centre, 62 St James's Street, Kemp Town, BN2 1PR, 01273 699000**  
<http://somersestdaycentre.org.uk/>

**South Portslade Community Centre, Church Road, Portslade, BN41 1LB, 01273 420909**  
<http://www.cap-s.org.uk/Index.htm>

**Vallance Community Centre, 2 Conway Road, Hove, BN3 3WR**  
<https://vallancecommittee.wordpress.com/>

**Valley Social Centre, Whitehawk Way, Brighton, BN2 5HE, 01273 673 792**  
<http://www.valleysocialcentre.org.uk/>

**Whiteway Centre, Whiteway Lane, Rottingdean, BN2 7HB, 01273 307431**  
<http://www.rwc.org.uk/>

**Woodingdean Community Centre, Warren Road, BN2 6BA, 01273 685940**  
<https://escis.org.uk/community-and-living/woodingdean-community-association/>