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**VOLUNTEERING**  **MATTERS**

# PrimeTime

What's on for the Over 50's  
in Brighton and Hove?

Spring 2018 – May



Telephone: 01273 688 117

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[lifelinesbrightonhove.org.uk/primetime](http://lifelinesbrightonhove.org.uk/primetime)

# Volunteering Matters ~ Primetime Calendar

Welcome to this month's **PrimeTime Calendar!**

The usual round-up of activities for the over 50's going on around our city, with a focus on older men. First, a few items of interest:

- **B&H CC Taxi Vouchers Scheme**

*If you live in Brighton & Hove and are unable to use your bus pass because of a disability, you may be eligible for taxi vouchers instead. If you're over 18 and willing to forgo your bus pass you can have £70 worth of taxi vouchers each year to April. (£35 if applying after 1st October). Visit [brighton-hove.gov.uk/content/parking-and-travel/travel-transport-and-road-safety/taxi-vouchers](http://brighton-hove.gov.uk/content/parking-and-travel/travel-transport-and-road-safety/taxi-vouchers) for details.*

- **B&H CCG Medication Reviews**

*If you or someone you know is having issues with medication, then the Brighton & Hove Clinical Commissioning Group are able to do medication reviews for you on behalf of your GP. This is particularly for older people on a lot of medications and unsure what their taking or who cannot easily get to a pharmacy. Please ask our GP for a referral.*

- **Seafront Stroll**

*A slow and gentle, guided walk setting out from Patching Lodge, Kemptown, for a quick peek at the sea, a stop at a local café or pub for refreshments before heading back to Patching Lodge. Suitable for those unsure about strolling outside without help. A little sunshine, a little exercise, a little time out. To book call **Will** on **01273 688 117** or email [lifelines@volunteeringmatters.org.uk](mailto:lifelines@volunteeringmatters.org.uk).*

- **Dancing, tea and fun, with not one, but **2** Tea Dances!**

*Firstly, on **Tuesday 29<sup>th</sup> May** from 2:30 pm to 4:30 pm at **Patching Lodge**, East Brighton. Led by the experienced Douglas Hann. Donations welcome. To book call **Marion** on **01273 688 117** or email [lifelines@volunteeringmatters.org.uk](mailto:lifelines@volunteeringmatters.org.uk).*

*Then on **Friday 6<sup>th</sup> July** from 1:30 pm to 3:30 pm with the fabulous Ragroof Players at **St Richard's Church**, Hangleton. £3 admission. To book contact Claire of the **H&K 50+ Steering Group** on **01273 410 858** or [Claire.hopkins@hkproject.org](mailto:Claire.hopkins@hkproject.org)*

# Volunteering Matters ~ Primetime Calendar

All activities specifically at older men are stated.  
Venue details are listed at the end.

Day	Start	End	Description	Venue
Mon	9:30	10:30	<b>In Shape for Life</b> <i>Circuit based exercise</i>	Hangleton Community Centre
Mon	9:30	13:30	<b>Alexander Technique</b> Ayurvedic Therapies <i>Call 01273 729 603 for appointment</i>	The Hop 50+
Mon	10:00	11:00	<b>Dancing for Health</b> ~ Fitness Class	St Luke's Church
Mon	10:00	11:00	<b>Healthwalks: Preston Park</b>	Meet @ Rotunda Café
Mon	10:00	11:30	<b>Crossword Club</b> Enjoy solving puzzles together, beginners welcome! Refreshments available. Will on 01273 688 117 to book <i>Hosted by Volunteering Matters</i>	Hazelholt
Mon	10:00	11:30	<b>Meditation</b> <i>Comfortable, chair based meditation</i> <i>Call Marion on 01273 688117 to book.</i>	Patching Lodge
Mon	10:00	16:00	<b>Men In Sheds</b> (Women Welcome) <i>Hosted by Fabrica</i>	Brighton Youth Centre
Mon	10:30	11:00	<b>What's News</b> ~ Discussion Group?	The Hop 50+
Mon	11:00	11:45	<b>Lifelines: Meditation</b>	Patching Lodge
Mon	11:00	12:30	<b>Sing Healthy, Play Happy</b> <i>Dementia friendly singing/ music group</i> <i>Email isabel@openstrings.co.uk to book</i>	Maycroft Manor
Mon	11:00	12:30	<b>Table Tennis</b> <i>Free Weekly sessions run by the Brighton Table Tennis Club</i>	Patching Lodge
Mon	11:00	13:00	<b>50+ Table Tennis Social League</b> <i>Brighton Table Tennis Club</i>	Fitzherbert's Centre
Mon	11:45	12:45	<b>Relax with Colouring</b> <i>Relaxing colouring sessions</i> <i>Call Marion on 01273 688117 to book.</i>	Patching Lodge

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Day	Start	End	Description	Venue
Mon	12:30	13:30	Tai Chi	Level Community Rooms
Mon	13:00	14:30	<b>Chess - Beginners for Older People</b> <b>* Starts 16th April for 10 weeks</b> <i>Keep your mind active and meet new people. Women especially welcome. To book contact Andrew Wallace on 07900 666 077 or <a href="mailto:ajwallace64@yahoo.es">ajwallace64@yahoo.es</a></i>	Age UK
Mon	14:00	15:00	Healthwalks: St Ann's Well Gardens	Meet by Garden Café
Mon	14:00	15:30	Scrabble	The Hop 50+
Mon	14:00	16:00	Lifelines: Learn to play Bridge	Patching Lodge
Mon	15:30	16:30	Yoga	Cornerstone
Mon	16:00	17:00	<b>Latin Line Dancing</b> <b>* Alternate Mondays</b> Fun and friendly dance class for Salsa, Rhumba, Cha Cha, Tango! Beginners welcome, no partner needed. Call Keira on 01273 688117 to book.	South Portslade Community Centre
Mon	18:30	20:00	<b>Shape Up At The Stadium</b> B&HFP & AITC <b>* Men only</b> Call 01273 431 703 to book	Amex Stadium
Mon	19:00	21:00	<b>Over 50's Men Living With HIV</b> <b>* Men with HIV Only</b> <b>1st Monday of the Month</b> Contact Alice Booth to book on 07769 239 295 or <a href="mailto:alice.booth@tht.org.uk">alice.booth@tht.org.uk</a>	Central Brighton
Tue	9:30	11:30	<b>Silver Strings (Open Strings)</b> <i>Learn to play a stringed instrument</i>	Brighthelm
Tue	9:30	14:00	<b>Evergreen Strollers 55+</b> <i>4-7 mile walks every other Weds</i> Call 01273 694 989	Call for meeting point
Tue	9:30	15:00	<b>Seated Massage ~ Full Body Massage</b> <i>Aromatherapy, Reiki</i> Call 01273 729 603 for app	The Hop 50+

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Day	Start	End	Description	Venue
Tue	9:30	All Day	<b>Brighton Conservation Volunteers</b> <i>Minibus collects to take to site</i>	Meet by recycling bins north end of The Level
Tue	10:00	11:00	<b>Healthwalks: Seafront</b>	Meet @ entrance to Brighton pier
Tue	10:00	12:00	<b>Active Forever: Boccia League</b> <i>Call 01273 292 724 for details</i>	Patching Lodge
Tue	10:00	12:00	<b>Tech Buddies</b> <i>Laptops, Mobile Phones, iPad etc.</i>	The Hop 50+
Tue	10:00	13:00	<b>Computer Drop In</b> <i>Call Lulu 01273 881 446</i>	St Richards Community Centre
Tue	10:30	12:00	<b>Healthwalks: Castle Hill, Woodingdean</b>	Meet @ Falmer Rd car park, Bexhill Rd junction
Tue	11:30	12:30	<b>In Shape for Life</b> <i>Low intensity exercise</i>	Manor Road Gym
Tue	11:30	12:30	<b>Mindful Yoga</b>	The Hop 50+
Tue	11:30	12:30	<b>Yahtzee, Dominoes &amp; Draughts</b>	The Hop 50+
Tue	11:30	13:00	<b>Working 50+</b> <b>* 1st and 3rd Tuesday of the month</b> <i>Aimed at pre/early retirement/redundancy</i>	Cornerstone
Tue	12:00	12:30	<b>In Shape for Life</b> ~ circuit based exercise	Moulsecoomb Hall
Tue	13:30	15:00	<b>Line Dancing</b> <i>Call for venue 01273 729 603</i>	The Hop 50+
Tue	13:30	15:30	<b>Coffee, Chess &amp; Cake Club</b> <b>* Starts 8th May</b> <i>Chat, play classic games, read paper, tea/cake and enjoy the park. Book at Park Café, call 07956 909 220 or email freshstartsussex@hotmail.com</i>	East Hill Park Café
Tue	14:00	17:00	<b>Men's Social Club</b> <i>Darts, Dominoes, Cribbage &amp; Chat</i>	Woodingdean Methodist Church
Tue	15:00	17:00	<b>50+ Table Tennis</b> <i>Brighton Table Tennis Club</i>	Fitzherbert's Centre

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Day	Start	End	Description	Venue
Tue	15:00	17:00	<b>Computer Drop In</b> <i>Call Lulu 01273 881 446</i>	St Richards Community Centre
Tue	15:00	19:00	<b>Bicycle Workshop</b>	Cranks Bicycle Workshop
Wed	9:30	14:00	<b>Evergreen Strollers</b> <i>4-7 mile walks every other Weds for 55+</i> <i>Call 01273 694 989</i>	Call for meeting point
Wed	10:00	11:00	<b>Healthwalks: Sheepcote Valley</b>	Meet @ East Brighton Park Café
Wed	10:00	12:00	<b>Lifelines: Men's Social Group</b> <b>* Every other Weds</b> <i>Call 01273 688 177 for details</i>	Patching Lodge
Wed	10:00	13:00	<b>Computer Drop In</b> <i>Call Lulu 01273 881 446</i>	St Richards Community Centre
Wed	10:00	13:00	<b>Reflexology, Indian Head Massage &amp; Chiropody</b> <i>Call 01273 729 603 for app</i>	The Hop 50+
Wed	10:00	16:00	<b>Men in Sheds (Women Welcome)</b> <i>Hosted by Fabrica</i>	Brighton Youth Centre
Wed	10:15	12:00	<b>Mental Wellbeing Football</b>	Preston Park, next to Central Café
Wed	10:30	12:00	<b>Active Forever:</b> Table/Short Tennis for 50+	Kings Alfred's
Wed	10:30	12:00	<b>Carers Peer Support Group</b> <b>*Last Wed of the month</b> <i>Friendly space to chat and connect with other carers of those with dementia.</i> <i>Call 01273 726 266 for details</i> <i>Please Note: June 27th moved to June 20th and 26th Sept to Oct 3rd.</i>	St Richards Community Centre
Wed	10:30	12:00	<b>LGBT Social Meet Up</b> <b>* First Weds</b> call 01273 729 603 to confirm	Modelo Lounge Café

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Day	Start	End	Description	Venue
Wed	11:00	12:00	<b>Gentle Yoga</b> A gentle, chair based yoga class to help keep you active. <a href="#">Call Will or Keira on 01273 688117 to book.</a>	Hazelholt
Wed	11:00	12:30	<b>Healthwalks: Hollingbury Hill Fort</b>	Meet @ Hollingdean Sure Start Centre
Wed	11:00	12:30	<b>In Shape for Life</b> <i>Exercise</i>	Brentwood Road
Wed	11:00		<b>Men's Walking Group * Men only</b> <i>Weekly hiking group for men suffering from depression and PTSD</i> <i>Contact Stephen on 01273 234 868</i>	Meet in town, head off by mini bus to Sussex Downs
Wed	12:00	13:00	<b>Cosy Community Café</b>	Brighthelm
Wed	13:30	15:00	<b>Pilates</b>	Manor Road Gym
Wed	13:45	15:00	<b>Reminiscence Group</b> <i>A weekly, friendly tea and chat group sharing memories.</i> <i>Call Marion on 01273 688117 to book</i>	Patching Lodge
Wed	14:00	16:00	<b>Dementia Café</b> <i>3rd Wednesday of the month</i> <i>Open to the community for people living with dementia and their carers</i>	Maycroft Manor Care Home
Wed	14:00	16:00	<b>Men's Social Group ~ Women Welcome</b> <b>* Last Wed of the month</b> <i>Call 07934 351 867 for details</i>	Vallance Centre
Wed	14:30	16:00	<b>B&amp;H Osteoporosis Support Group</b>	Brighthelm
Wed	14:30	16:00	<b>Conversation Cafes (Monthly)</b> <i>Call 01273 778 646 to book</i> <i>or email office@fabrica.org.uk</i>	Hosted by Fabrica
Wed	15:00	17:00	<b>Computer Drop In</b> <i>Call Lulu 01273 881 446</i>	St Richards Community Centre
Thu	2:30	16:00	<b>Lifelines: Ballroom Dance Class</b> <b>* 2nd Thursday of the month</b> Beginners welcome!	Woodingdean Methodist Church
Thu	10:15	11:30	<b>Healthwalks: Hove Park</b>	Meet @ Park Café

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Day	Start	End	Description	Venue
Thu	10:30	11:30	<b>Gardening</b>	The Hop 50+
Thu	11:00	13:00	<b>Older LGBT Meet Up</b> <i>* 3rd Thursday of the month</i>	Emmaus Revival Café
Thu	13:00	16:00	<b>Belmont Group</b> <i>snooker, cheap bar, discussion</i> Call 01273 328 682 or visit <a href="https://www.facebook.com/Railway-Club-Brighton-129870610360892">facebook.com/Railway-Club-Brighton-129870610360892</a>	Railway Club
Thu	13:45	16:00	<b>Short Mat Bowls</b>	Hangleton Community Centre
Thu	14:00	15:00	<b>Pilates for Men * Men only</b> <i>Call Marion on 01273 688117 to book.</i>	Leach Court
Thu	14:00	15:30	<b>Gardening Club</b> <i>Help restore/replant historic walled garden at East Hill Park then tea &amp; cake. Book at Park Café, call 07956 909 220 or email <a href="mailto:freshstartsussex@hotmail.com">freshstartsussex@hotmail.com</a></i>	East Hill Park Café
Thu	14:00	16:00	<b>Chess Club</b> <i>Call 01273 688 117 to book a game</i>	Patching Lodge
Thu	14:00	16:00	<b>Delightful De-Café</b> <i>* Last Thursday of the month</i> Tea/coffee, cake, chat and live entertainment month for those with dementia or caring for them (£1 each).	Patching Lodge
Thu	14:30	16:00	<b>Ballroom Dance Classes</b> Beginners welcome! <i>* 2nd Thursday of the month</i> Call 01273 688 117 to book a place	Woodingdean Methodist Church
Thu	15:00	16:00	<b>Tech Buddies</b> <i>Call 01273 729 603</i>	The Hop 50+
Fri	9:30	10:30	<b>In Shape for Life:</b> <i>Circuit based exercise</i>	Portslade Sports Centre
Fri	10:15	12:00	<b>Healthwalks: Portslade, Walk &amp; Read</b>	Meet @ Portslade Library



## Volunteering Matters ~ Primetime Calendar

Day	Start	End	Description	Venue
Fri	10:30	12:00	<b>Healthwalks: Patcham</b>	Meet opp. Co-op on London Rd
Fri	10:30	15:30	<b>The Hop Stop</b> <i>Dementia friendly activities</i>	The Hop 50+
Fri	10:45	12:15	<b>Sing Healthy, Play Happy</b> <i>Dementia friendly singing/music group.</i> <i>Email isabel@openstrings.co.uk to book</i>	Brooke Mead
Fri	11:00	14:00	<b>Exercise Group</b> <i>A range of exercises to improve strength and balance, tailored to your ability.</i> <i>Call Marion on 01273 688117 to book.</i>	The Edge Community Centre
Fri	11:00	14:00	<b>Men in Sheds (Women Welcome)</b> <i>Hosted by Fabrica</i>	Leach Court
Fri	12:00	15:00	<b>Coffee, Cake &amp; Games Club</b> <i>Enjoy a cuppa, chat and play some classic board games.</i>	Easthill Park Café
Fri	12:00	15:00	<b>Posh Club Brighton</b> <i>Tongue-in-cheek 'posh' 1940's afternoon tea with entertainment. Dementia friendly and wheelchair accessible.</i> <i>Fridays up to 15th June. Call 07848 828 806 or brighton@theposhclub.co.uk</i>	Ralli Hall
Fri	12:00	15:00	<b>Veterans' Tea &amp; Toast Club</b> <i>Join us for chat, advice and info on issues affecting you, meet fellow veterans and enjoy a brew! 25th May &amp; 22nd June. Call 03330 114 339 for info.</i>	All Bar One

## Volunteering Matters ~ Primetime Calendar

Day	Start	End	Description	Venue
Fri	13:30	15:30	<p><b>Seafront Stroll</b>  <b>* 1st June</b>  <i>Gentle, guided walk from Patching Lodge to sea front, refreshements at local café or pub and then back. Suitable for those unsure of strolling outside without help.</i>  <i>Call Will on 01273 688117 to book.</i></p>	Meet @ Patching Lodge
Mon-Fri	9:00	12:00	<p><b>Board Games - Upwords or Scrabble</b>  <i>Book a morning slot to play Upwords or Scrabble with Helen.</i>  <i>Call Marion on 01273 688117 to book.</i></p>	The Java Community Café

## Other Group Activities without specific Dates

Other groups and organisation providing activities without specific dates.

Organiser	Information
Albion In The Community / Brighton & Hove Food Partnership	<a href="http://albioninthecommunity.org.uk/health-3/adulthealth">albioninthecommunity.org.uk/health-3/adulthealth</a> As well as their "Shape Up at the Stadium" keep fit course for men, they are offering 1:1 weight management coaches to come out to you and help. This activity is run in conjunction with Brighton & Hove Food Partnership
Bevendean Community Garden	<a href="http://bevendeancommunitygarden.blogspot.co.uk">bevendeancommunitygarden.blogspot.co.uk</a> Heath Hill Avenue, Bevendean, BN2 4TR 01273 431 700
Brighton & Hove City Council	<a href="http://activeforlife.org.uk">activeforlife.org.uk</a> Activity finder provided by the council
Brighton & Hove City Council	<a href="http://brighton-hove.gov.uk/content/housing/council-housing/contact-your-resident-association#BECA">brighton-hove.gov.uk/content/housing/council-housing/contact-your-resident-association#BECA</a> A list of all community and residents associations across the city who can give more info on local events.
Brighton & Hove City Council	<a href="http://brighton-hove.gov.uk/content/leisure-and-libraries/sports-and-activity/healthwalks-programme">brighton-hove.gov.uk/content/leisure-and-libraries/sports-and-activity/healthwalks-programme</a> Healthwalks – there are further "one off" walks throughout the year.
Brighton & Hove City Council Senior Housing Scheme	<a href="http://brighton-hove.gov.uk/content/housing/council-housing/social-events-seniors-housing">brighton-hove.gov.uk/content/housing/council-housing/social-events-seniors-housing</a> Brighton & Hove City Council Senior Housing Schemes run a wide range of activities at their schemes across the city.
Brighton and Hove Food Partnership	<a href="http://bhfood.org.uk/whats-on">bhfood.org.uk/whats-on</a> Brighton and Hove Food Partnership run a range of classes, talks films, screenings, exercise groups covering healthy eating, food wastage.
Brighton Gems	<a href="http://brightongems.com">brightongems.com</a> Have provided a safe and friendly environment for gay men over fifty to meet and make friends. Various events are held each month.

## Other Group Activities without specific Dates

Organiser	Information
Brighton Table Tennis Club	<a href="http://brightontabletennisclub.co.uk">brightontabletennisclub.co.uk</a> Brighton Table Tennis sessions are £4.00 each, £2.00 unwaged, first session free.
Craven Vale Community Centre	<a href="http://cravenvale.org.uk/the-vale-community-centre.html">cravenvale.org.uk/the-vale-community-centre.html</a> 17a Hadlow Close, BN2 0FH 01273 571 573
Digital Brighton & Hove	<a href="http://digitalbrightonandhove.org.uk">digitalbrightonandhove.org.uk</a> 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.
EventBrite	<a href="http://eventbrite.co.uk/d/united-kingdom--brighton/events">eventbrite.co.uk/d/united-kingdom--brighton/events</a> Information on free events around the city and surrounding area
Growing Wellbeing	<a href="http://GrowingWellbeing.org.uk">GrowingWellbeing.org.uk</a> Grow – a free nature connection course running for 8 weeks at Saddlescombe Farm 07557 501 557
Hanover Community Centre	<a href="http://hanovercommunity.org.uk">hanovercommunity.org.uk</a> 33 Southover Street, BN2 9UD 01273 694 873
Hove Music & Record Society	<a href="http://bh-arts.org.uk/members_all/hove-music-record-society">bh-arts.org.uk/members_all/hove-music-record-society</a> Avenue Bridge Club 15 Third Avenue, Hove, BN3 2PB 01273 672 718
Manna Arts	<a href="http://veggieheaven.com/restaurant/manna-arts-music-community-cafe_6501">veggieheaven.com/restaurant/manna-arts-music-community-cafe_6501</a> Music & Community Café, 24 Coombe Road, BN2 4EA 01273 277 286
Meadow Community Centre	Meadowview, Brighton BN2 4NF 01273 687 563
Metamorphosis Art Group	<a href="http://hucklepickleberry.wordpress.com/2010/05/08/metamorphosis-art-group">hucklepickleberry.wordpress.com/2010/05/08/metamorphosis-art-group</a> 99 Widdicombe Way, Bevendean, BN2 4TH 01273 694 456

## Other Group Activities without specific Dates

Organiser	Information
Millwood Community Centre	facebook.com/millwoodcommunitycentre Nelson Row, Kingswood Street, Carlton Hill, BN2 9QG 01273 293 792
Old Boat Corner Community Centre	obccc.co.uk Carden Hill, Stanmer Heights, BN1 8GN 01273 540 779
Park Run	www.parkrun.org.uk Park 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:
Possability People	itslocalactually.org.uk/activity-search Search for activities in your area
Rottingdean Whiteway Centre	rwc.org.uk Whiteway Lane, Rottingdean, BN2 7HB 01273 307 431
Somerset Day Centre	somersetdaycentre.org.uk 62 St James's Street, Kemp Town, BN2 1PR 01273 699 000
South Portslade Community Centre	cap-s.org.uk/Index.htm Church Road, Portslade, BN41 1LB 01273 420 909
St George's Hall Community Centre	halls-eastsussex.businesspages.uk/brighton/st-georges-hall-community-centre Newick Road, Moulsecomb, BN1 9JG 01273 679 908
St Michael's Community Centre	saintmichaelsbrighton.org/communityhall.htm St Michael's Place, Brighton, BN1 3FU 01273 822 284
The Bevy	thebevy.co.uk A community owned estate pub 50, Hillside, Bevendean, BN2 4TF 01273 281 009

## Other Group Activities without specific Dates

Organiser	Information
The Hop 50+	<a href="http://impact-initiatives.org.uk/hop-50">impact-initiatives.org.uk/hop-50</a> The Hop 50+, Palmeira Square, Hove BN3 2FL 01273 729 603
The Phoenix Community Centre	<a href="http://whatson.brighton.co.uk/at/Phoenix_Community_Centre">whatson.brighton.co.uk/at/Phoenix_Community_Centre</a> 2 Phoenix Place, Hanover, BN2 9ND 01273 621 794
The Royal British Legion	<a href="http://britishlegion.org.uk">britishlegion.org.uk</a> The Royal British Legion “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. Open Monday – Friday 1000-1600 @ Hyperion House, 100-101 Queens Road, Brighton, BN1 3XF 0808 802 8080
Vallance Community Centre	<a href="http://vallancecommittee.wordpress.com">vallancecommittee.wordpress.com</a> 2 Conway Road, Hove, BN3 3WR
Valley Social Centre	<a href="http://valleysocialcentre.org.uk">valleysocialcentre.org.uk</a> Whitehawk Way, Brighton, BN2 5HE 01273 673 792
Weight Management Coaching Service	Offer free bespoke coaching sessions in groups or in your won home. Call 01273 431700 or email <a href="mailto:healthyweigfht@bhfood.org.uk">healthyweigfht@bhfood.org.uk</a>
Woodingdean Community Centre	<a href="http://escis.org.uk/community-and-living/woodingdean-community-association">escis.org.uk/community-and-living/woodingdean-community-association</a> Warren Road, BN2 6BA 01273 685 940

## Venue Details

The venues listed in our calendar.

Venue	Address
Age UK	29-31 Prestonville Rd, Brighton, BN1 3TJ
All Bar One	2-3 Pavilion Buildings, Brighton BN1 1EE
Amex Stadium	Village Way, Brighton, BN1 9BL
Brighthelm	North Road, Brighton, BN1 1YD
Brighton Youth Centre	64 Edward St, Brighton, BN2 0JR
Brooke Mead	Brooke Mead, Albion St, Brighton BN2 9PY
Cornerstone Community Centre	Church Road Hove, BN3 2FL
Cranks Bicycle Workshop	22 Chapel Street, Kemp Town, BN2 1RQ
Dorset Gardens Methodist Church	Dorset Gardens, Brighton, BN2 1RL
East Brighton Park Café	Brighton, BN2 5TS
Easthill Park Café	Easthill Park, BN41 2FA
Emmaus Revival Café	Emmaus, Drove Road, Portslade, BN41 2PA
Fabrica	40 Duke St, Brighton, BN1 1AG
Fitzherbert's Centre	36 Upper Bedford Street, Kemp Town, BN2 1JP
Hangleton Community Centre	Harmsworth Crescent, Hove, BN3 8BW
Hazelholt	Chalky Road, Portslade, Brighton, BN41 2WF
Hollingdean Community Centre	Thompson Road, BN1 7BH
Hollingdean Sure Start Centre	Brentwood Rd, Brighton, BN1 7DY
King Alfred's Leisure Centre	Kingsway, Hove, BN3 2WW
Leach Court	Park Street, Brighton, East Sussex, BN2 0DE
Manor Road Gym	Manor Road, Whitehawk, BN2 5EA
Maycroft Manor	2-8 Carden Avenue, BN1 8NA
Modelo Lounge Café	145 Church Rd, Hove, BN3 2AE
Moulsecomb Hall	Moulsecomb Place, Lewes Road, BN2 4GA
New Larchwood	Waldron Avenue, Coldean, BN1 9EZ
Patching Lodge	Park Street, East Brighton, BN2 0AQ
Phoenix Community Centre	2 Phoenix Pl, Brighton, BN2 9ND
Portslade Library	Old Shoreham Rd, Portslade, BN41 1XR
Portslade Sports Centre	Chalky Road, BN41 2WS
Ralli Hall	81 Denmark Villas, Hove, East Sussex, BN3 3TH
Rotunda Café	Preston Park Ave, Brighton, BN1 6HN
South Portslade Community Centre	Church Rd, Portslade BN41 1LB

## Venue Details

Venue	Address
St Luke's Church	64 Old Shoreham Rd, Brighton, BN1 5DD
St Richards Community Centre	Egmont Road, Hove, BN3 7FP
The Edge Community Centre	83 Pankhurst Avenue , Brighton , BN2 9AE
The Hop 50+	St John's Church, Palmeira Square, Hove, BN3 2FL
The Java Community Café	23 Warren Way, Brighton BN2 6PH
The Martlets	Wayfield Avenue, Hove, BN3 7LW
The Railway Club	4 Belmont, Seven Dials, BN1 3TF
Vallance Centre	Unit 2 Conway Court, Sackville Road, Hove, BN3 3WR
Woodingdean Methodist Church	The Ridgway, Woodingdean, BN2 6PA
Level Community Rooms	



## Updates & Corrections

The information listed here is provided to help promote activities to older people, especially men, across the city.

Our apologies for any errors.

If you have any activities you would like to add or corrections to make then please email **[primetime@volunteeringmatters.org.uk](mailto:primetime@volunteeringmatters.org.uk)** with details.

We aim to distribute the calendar in the 1<sup>st</sup> week of each month, so please let us know of any changes by the month end to be included in the next release.

Thanks in advance.

**The PrimeTime Team**