

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



Latest Activities



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 10.00-11.30 Comfortable and chair based. *Restarts 8 January 2018*

Colouring for Grown-ups 11.45-12.45 Relaxing colouring sessions. *Restarts 8 January 2018*

Games Afternoon 14.00-16.00 Board and card games in the lounge.

Club Style Bridge 13.00-16.00 Learn to play bridge *starting 8 January 2018*. Call Stewart for details on 01273 682439.

Craft and Card making 14.30-15.30 3rd Monday of the month in the lounge. *Restarts 15 January*

Tuesdays:

Knitting Club 10.00-12.00 (3rd Tuesday of the month). *Restarts 21 January 2018*

Club Style Bridge 12.30-15.30 call Stewart for details on 01273 682439. *Restarts 9 January 2018*

Wednesdays:

Men's Social Group 10.00-12.00 every other Wednesday

Art Class 10.00-12.00 Call to join waiting list *Restarts 17 January 2018*

Tai Chi (Beginners) 12.30-13.30 Graceful exercise to help reduce stress. *Restarts 17 January 2018*

Reminiscence 13.45-15.00 Weekly get-togethers to share memories. *Restarts 10 January 2018*

Tai Chi (Intermediate) 15.15-16.30 *restarts 17 January 2018*. Call to join waiting list

Thursdays:

Intermediate Spanish 14.00-15.00

Friendly conversation class for near beginners and those wanting to improve *Restarts 11 January 2018*. Call to join waiting list

Chess Club 14.00-16.00

Please call beforehand to arrange a game. Call Kris on 01273 684384. 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! *Restarts 5 January 2018*

COMING SOON:

Bridge for complete Beginners

Starting 8 January. Call Stewart for details on 01273 682439.

Men's Cookery Course

Coming soon at Leach Court every other Friday.

Pilates: coming soon!

Line Dancing: coming soon.

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 12.30-13.30 (re starting 7 February (Wed) at The Edge Community Centre, 87 Pankhurst Ave, BN2 9AF

Wednesdays:

Knitting Group: meets fortnightly at Ravensbourne Court, Woodingdean.

Thursdays:

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 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.