

VOLUNTEERING  **MATTERS**

PrimeTime

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

Winter 2017



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lifelinesbrightonhove.org.uk/primetime

Volunteering Matters ~ Primetime Calendar

Hi all,

Welcome to the last **Winter PrimeTime Calendar of 2017!** Yes, it will still be winter in January 2018, but we can hope for a warmer one ☺. Here's your usual round-up of activities for the over 50's going on around our city, with a focus on older men.

First, few items that may be of interest ...

- **Free Eye Tests @ Home!**

*Community Care Opticians are Brighton-based mobile Opticians, specialising in **free** eye tests in your home. They supply spectacles to home and provide a free aftercare service for repairs and adjustments. They also sign post to other medical services as needed. If you know someone eligible for free eye tests who'd like to be seen at home then get in touch on **01273 220 588**.*

- **Sussex Armed Forces Network – Support Network**

SAFN bring together service personnel, public/healthcare professionals to improve the lives of the Armed Forces Community (Ex-service, Reservists, Regulars and their families/carers). With champions from organisations across Sussex with skills and knowledge to support through direct service provision, linking or signposting to where additional support could be received.

*If someone you know is or has served, or have a family member that is/has, they may be able to access a wide range of support services. Contact SAFN on **01273 403 693** or **scdt.admin@nhs.net**. Or visit **sussexarmedforcesnetwork.nhs.uk**.*

- **Men's Social Club – Patching Lodge**

*The Men's Social Group has been running at Patching Lodge every other Wednesday for a few years now. It's a friendly and relaxed group, chat or play games, all are welcome. Call **Will** on **01273 688 117** to book.*

- **Computer Club**

*Come January 2018 we have spaces available for our one-to-one support sessions to learn new skills or improve your computer skills with a tutor at Patching Lodge. Call **Marion** on **01273 688 117** to book a class.*

Volunteering Matters ~ Primetime Calendar

All the activities highlighted in **red** are aimed specifically at older men. Venue details are listed at the end.

Day	Start	End	Description	Venue
Mon	9:30	10:30	In Shape for Life <i>Circuit based exercise</i>	Hangleton Community Centre
Mon	9:30	13:30	Alexander Technique Ayurvedic Therapies <i>Call 01273 729 603 for appointment</i>	The Hop 50+
Mon	10:00	11:00	Dancing for Health ~ Fitness Class	St Luke's Church
Mon	10:00	11:00	Healthwalks: Preston Park	Meet @ Rotunda Café
Mon	10:00	16:00	Men In Sheds (Women Welcome) <i>Hosted by Fabrica</i>	Brighton Youth Centre
Mon	10:30	11:00	What's News ~ Discussion Group?	The Hop 50+
Mon	11:00	11:45	Lifelines: Meditation	Patching Lodge
Mon	11:00	13:00	50+ Table Tennis Social League <i>Brighton Table Tennis Club</i>	Fitzherbert's Centre
Mon	11:00	13:00	Sing Healthy, Play Happy <i>Dementia friendly singing/ music group</i> <i>Email isabel@openstrings.co.uk for dates</i>	Maycroft Manor
Mon	12:30	13:30	Tai Chi	The Level Community Rooms
Mon	12:30	15:00	Getting On ~ 50+ Lunch <i>Drop-in, activities and speakers for Moulsecoomb residents</i>	The Bridge
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

Volunteering Matters ~ Primetime Calendar

Day	Start	End	Description	Venue
Mon	18:30	20:00	Shape Up At The Stadium B&HFP & AITC * Men only <i>Call 01273 431 703 to book</i>	Amex Stadium
Mon	19:00	21:00	Over 50's Men Living With HIV * Men with HIV Only <i>Contact Alice Booth to book on 07769 239 295 or alice.booth@tht.org.uk</i>	Central Brighton
Tue	9:30	11:30	Silver Strings (Open Strings) <i>Learn to play a stringed instrument</i>	Brighthelm
Tue	9:30	14:00	Evergreen Strollers 55+ <i>4-7 mile walks every other Weds</i> <i>Call 01273 694 989</i>	Call for meeting point
Tue	9:30	15:00	Seated Massage ~ Full Body Massage <i>Aromatherapy, Reiki</i> <i>Call 01273 729 603 for app</i>	The Hop 50+
Tue	9:30	All Day	Brighton Conservation Volunteers <i>Minibus collects to take to site</i>	Meet by recycling bins north end of The Level
Tue	10:00	11:00	Healthwalks: Seafront	Meet @ entrance to Brighton pier
Tue	10:00	12:00	Active Forever: Boccia League <i>Call 01273 292 724 for details</i>	Patching Lodge
Tue	10:00	12:00	Tech Buddies <i>Laptops, Mobile Phones, iPad etc.</i>	The Hop 50+
Tue	10:00	13:00	Computer Drop In <i>Call Lulu 01273 881 446</i>	St Richards Community Centre
Tue	10:30	12:00	Healthwalks: Castle Hill, Woodingdean	Meet @ Falmer Rd car park, junction with Bexhill Rd
Tue	11:30	12:30	In Shape for Life <i>Low intensity exercise</i>	Manor Road Gym

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Day	Start	End	Description	Venue
Tue	11:30	12:30	Mindful Yoga	The Hop 50+
Tue	11:30	12:30	Yahtzee, Dominoes & Draughts	The Hop 50+
Tue	11:30	13:00	Working 50+ <i>* 1st and 3rd Tuesday of the month</i> <i>Aimed at pre/early retirement/redundancy</i>	Cornerstone
Tue	12:00	12:30	In Shape for Life ~ circuit based exercise	Moulsecoomb Hall
Tue	13:30	15:00	Line Dancing <i>Call for venue 01273 729 603</i>	The Hop 50+
Tue	14:00	17:00	Men's Social Club <i>Darts, Dominoes, Cribbage & Chat</i>	Woodingdean Methodist Church
Tue	15:00	17:00	50+ Table Tennis <i>Brighton Table Tennis Club</i>	Fitzherbert's Centre
Tue	15:00	17:00	Computer Drop In <i>Call Lulu 01273 881 446</i>	St Richards Community Centre
Tue	15:00	19:00	Bicycle Workshop	Cranks Bicycle Workshop
Wed	9:30	14:00	Evergreen Strollers <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	Healthwalks: Sheepcote Valley	Meet @ East Brighton Park Café
Wed	10:00	13:00	Computer Drop In <i>Call Lulu 01273 881 446</i>	St Richards Community Centre
Wed	10:00	13:00	Reflexology, Indian Head Massage & Chiropody <i>Call 01273 729 603 for app</i>	The Hop 50+

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Day	Start	End	Description	Venue
Wed	10:00	14:00	Lifelines: Men's Social Group <i>* Every other Weds</i> <i>Call 01273 688 177 for details</i>	Patching Lodge
Wed	10:00	16:00	Men in Sheds (Women Welcome) <i>Hosted by Fabrica</i>	Brighton Youth Centre
Wed	10:15	12:00	Mental Wellbeing Football	Preston Park, next to Central Café
Wed	10:30	12:00	Active Forever: Table/Short Tennis for 50+	Kings Alfred's
Wed	10:30	12:00	LGBT Social Meet Up <i>* First Weds</i> call 01273 729 603 to confirm	Modelo Lounge Café
Wed	11:00	12:30	Healthwalks: Hollingbury Hill Fort	Meet @ Hollingdean Sure Start Centre
Wed	11:00	12:30	In Shape for Life <i>Exercise</i>	Brentwood Road
Wed	11:00		Men's Walking Group * Men only <i>Weekly hiking group for men suffering from depression and PTSD</i> <i>Contact Stephen on 01273 234 868</i>	Meet in town and head off by mini-bus to Sussex Downs
Wed	12:00	13:00	Cosy Community Café	Brighthelm
Wed	13:30	15:00	Pilates	Manor Road Gym
Wed	14:00	16:00	Dementia Café <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

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Day	Start	End	Description	Venue
Wed	14:00	16:00	<p>Men's Social Group ~ Women Welcome * Last Wed of the month <i>It's Christmas on Wed 20th. Ray Mayes talks/displays humorous postcards and Steve Andrews gives illustrated talk on World Art. Bring Mince Pies and Festive Approach! Suggestions for future discussion welcome. Contact Steve Andrews on 07480 113 773.</i></p>	Vallance Centre
Wed	14:30	16:00	B&H Osteoporosis Support Group	Brighthelm
Wed	14:30	16:00	<p>Conversation Cafes (Monthly) <i>Call 01273 778 646 to book or email office@fabrica.org.uk</i></p>	Hosted by Fabrica
Wed	15:00	17:00	<p>Computer Drop In <i>Call Lulu 01273 881 446</i></p>	St Richards Community Centre
Thu	2:30	16:00	<p>Lifelines: Ballroom Dance Class For beginners 2nd Thur of the month</p>	Woodingdean Methodist Church
Thu	10:15	11:30	Healthwalks: Hove Park	Meet @ Park Café
Thu	10:30	11:30	Gardening	The Hop 50+
Thu	11:00	13:00	<p>Older LGBT Meet Up * 3rd Thursday of the month</p>	Emmaus Revival Café
Thu	13:00	16:00	<p>Belmont Group <i>snooker, cheap bar, discussion</i> <i>Call 01273 462 977 or visit</i> <i>facebook.com/Railway-Club-Brighton-129870610360892</i></p>	Railway Club
Thu	13:45	16:00	Short Mat Bowls	Hangleton Community Centre

Volunteering Matters ~ Primetime Calendar

Day	Start	End	Description	Venue
Thu	14:00	16:00	Chess Club <i>Call 01273 688 117 to book a game</i>	Patching Lodge
Thu	14:30	16:00	Ballroom Dance Classes Beginners welcome! * 2nd Thursday of the month <i>Call 01273 688 117 to book a place</i>	Woodingdean Methodist Church
Thu	15:00	16:00	Tech Buddies <i>Call 01273 729 603</i>	The Hop 50+
Fri	9:30	10:30	In Shape for Life: <i>Circuit based exercise</i>	Portslade Sports Centre
Fri	10:15	12:00	Healthwalks: Portslade, Walk & Read	Meet @ Portslade Library
Fri	10:30	12:00	Healthwalks: Patcham	Meet opp. Co-op on London Rd
Fri	10:30	15:30	The Hop Stop <i>Dementia friendly activities</i>	The Hop 50+
Fri	10:45	12:15	Sing Healthy, Play Happy <i>Dementia friendly singing/music group.</i> <i>For dates email</i> <i>isabel@openstrings.co.uk for</i>	New Larchwood, Coldean
Fri	11:00	14:00	Men in Sheds (Women Welcome) <i>Hosted by Fabrica</i>	Leach Court

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	albioninthecommunity.org.uk/health-3/adulthealth 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 in conjunction with Brighton & Hove Food Partnership
Bevendean Community Garden	bevendeancommunitygarden.blogspot.co.uk Heath Hill Avenue, Bevendean, BN2 4TR 01273 431 700
Brighton & Hove City Council	activeforlife.org.uk Activity finder provided by the council
Brighton & Hove City Council	brighton-hove.gov.uk/content/housing/council-housing/contact-your-resident-association#BECA A list of all community and residents associations across the city who can give more info on local events.
Brighton & Hove City Council	brighton-hove.gov.uk/content/leisure-and-libraries/sports-and-activity/healthwalks-programme Healthwalks – there are further “one off” walks throughout the year.
Brighton & Hove City Council Senior Housing Scheme	brighton-hove.gov.uk/content/housing/council-housing/social-events-seniors-housing Brighton & Hove City Council Senior Housing Schemes run a wide range of activities at their schemes across the city.
Brighton and Hove Food Partnership	bhfood.org.uk/whats-on Brighton and Hove Food Partnership run a range of classes, talks films, screenings, exercise groups covering healthy eating, food wastage.
Brighton Gems	brightongems.com 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	brightontabletennisclub.co.uk Brighton Table Tennis sessions are £4.00 each, £2.00 unwaged, first session free.
Craven Vale Community Centre	cravenvale.org.uk/the-vale-community-centre.html 17a Hadlow Close, BN2 0FH 01273 571 573
Digital Brighton & Hove	digitalbrightonandhove.org.uk 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	eventbrite.co.uk/d/united-kingdom--brighton/events Information on free events around the city and surrounding area
Growing Wellbeing	GrowingWellbeing.org.uk Grow – a free nature connection course running for 8 weeks at Saddlescombe Farm 07557 501 557
Hanover Community Centre	hanovercommunity.org.uk 33 Southover Street, BN2 9UD 01273 694 873
Hove Music & Record Society	bh-arts.org.uk/members_all/hove-music-record-society Avenue Bridge Club 15 Third Avenue, Hove, BN3 2PB 01273 672 718
Manna Arts	veggieheaven.com/restaurant/manna-arts-music-community-cafe_6501 Music & Community Café, 24 Coombe Road, BN2 4EA 01273 277 286
Meadow Community Centre	Meadowview, Brighton BN2 4NF 01273 687 563
Metamorphosis Art Group	hucklepickleberry.wordpress.com/2010/05/08/metamorphosis-art-group 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, Moulsecoomb, 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 Phoenix Community Centre	whatson.brighton.co.uk/at/Phoenix_Community_Centre 2 Phoenix Place, Hanover, BN2 9ND 01273 621 794
The Royal British Legion	britishlegion.org.uk 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	vallancecommittee.wordpress.com 2 Conway Road, Hove, BN3 3WR
Valley Social Centre	valleysocialcentre.org.uk 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 healthyweigfht@bhfood.org.uk
Woodingdean Community Centre	escis.org.uk/community-and-living/woodingdean-community-association Warren Road, BN2 6BA 01273 685 940

Venue Details

The venues listed in our calendar.

Venue	Address	Phone
Amex Stadium	Village Way, Brighton, BN1 9BL	0845 504 1901
Brighthelm	North Road, Brighton, BN1 1YD	01273 821 512
Brighton Youth Centre	64 Edward St, Brighton, BN2 0JR	01273 681 368
Cornerstone Community Centre	Church Road Hove, BN3 2FL	01273 327 757
Cranks Bicycle Workshop	22 Chapel Street, Kemp Town, BN2 1RQ	01273 693 477
Dorset Gardens Methodist Church	Dorset Gardens, Brighton, BN2 1RL	01273 605 502
Emmaus Revival Café	Emmaus, Drove Road, Portslade, BN41 2PA	01273 426 476
Fabrica	40 Duke St, Brighton, BN1 1AG	01273 778 646
Fitzherbert's Centre	36 Upper Bedford Street, Kemp Town, BN2 1JP	07985 141 788
Hangleton Community Centre	Harmsworth Crescent, Hove, BN3 8BW	01273 292 962
Hollingdean Community Centre	Thompson Road, BN1 7BH	01273 236 160
King Alfred's Leisure Centre	Kingsway, Hove, BN3 2WW	01273 290 290
Leach Court	Park Street, Kemp Town, Brighton, East Sussex, BN2 0DE	01273 293 030
Manor Road Gym	Manor Road, Whitehawk, BN2 5EA	01273 676 828
Maycroft Manor	2-8 Carden Avenue, BN1 8NA	01273 859 790
Rotunda Café	Preston Park Ave, Brighton, BN1 6HN	01273 554 161
Hollingdean Sure Start Centre	Brentwood Rd, Brighton, BN1 7DY	01273 295 623
East Brighton Park Café	Brighton, BN2 5TS	01273 292 929
Portslade Library	Old Shoreham Rd, Portslade, Brighton, BN41 1XR	01273 296 914
Modelo Lounge Café	145 Church Rd, Hove, BN3 2AE	01273 749 559
Moulsecoomb Hall	Moulsecoomb Place, Lewes Road, BN2 4GA	01273 690 245
New Larchwood	Waldron Avenue, Coldean, BN1 9EZ	0800 280 2575
Patching Lodge	Park Street, East Brighton, BN2 0AQ	0870 600 3074

Venue Details

Venue	Address	Phone
Phoenix Community Centre	2 Phoenix Pl, Brighton, BN2 9ND	01273 621 794
Portslade Sports Centre	Chalky Road, BN41 2WS	01273 411 100
The Railway Club	4 Belmont, Seven Dials, BN1 3TF	01273 462 977
St Luke's Church	64 Old Shoreham Rd, Brighton, BN1 5DD	01273 557 772
St Richards Community Centre	Egmont Road, Hove, BN3 7FP	01273 414 483
The Bridge	The Bridge, Lucraft Road, Moulsecoomb, BN2 4PN	01273 687 053
The Hop 50+	St John's Church, Palmeira Square, Hove, BN3 2FL	01273 729 603
The Martlets	Wayfield Avenue, Hove, BN3 7LW	01273 273 400
Vallance Centre	Unit 2 Conway Court, Sackville Road, Hove, BN3 3WR	07934 351 867
Woodingdean Methodist Church	The Ridgway, Woodingdean, BN2 6PA	01273 309 283

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** with details.

We aim to distribute the calendar in the 1st 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