

# Portslade Activities



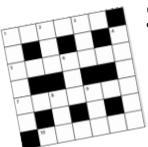
## Free activities for the over 50's



Crossword Club, Pilates,  
Latin Dancing, Tea Club  
Social Groups, Painting Group,  
Card Bingo and More!

Have fun, meet people, enjoy yourself.

**LifeLines** are happy to announce  
we're starting free local activities for  
older people. Try something new, or  
share a hobby you already have!



**See inside for details!**



# VOLUNTEERING MATTERS LifeLines

Relaxed and friendly groups for the 50+,  
with refreshments - beginners welcome.

***Venue: South Portslade Community Centre***

## **Latin Dance Class**

Fun dance classes, where you don't need a partner!

*Alternate Mondays - 4 pm to 5 pm*

## **Pilates for 50+**

Friendly standing and chair-based exercise.

*Alternate Mondays - 1:30 pm to 2:15 pm*

*Church Rd, Portslade BN41 1LB*

*Next door to the Portslade Health Centre*

***Venue: Evelyn Court***

## **Knitting Group**

Knit/crochet or tea & a chat! Help raise donations.

*2nd Monday each month - 2 pm to 4 pm*

*Windlesham Close, Portslade BN41 2AA*

*Opposite allotments near Southern Cross (1/1A)*

***Venue: Hazelholt***

### **Tea Club**

Tea/coffee, biscuits and chat.

*Weekdays - 11 am & 3pm*

### **Crossword Club**

Help solve puzzles, with clues and good humour.

*Mondays - 10 am to 11:30 am*

### **All Together Social**

Chat, quiz, meals out.

*Tuesdays - 3:30 pm to 5:30 pm*

### **Singing**

Sing yourself well - everyone can, including you!

*Thursdays 2:30 to 4:00 pm*

*Chalky Road, Portslade, BN41 2WF*

*The 1 bus stops outside and the 1a nearby*

All **LifeLines** activities are donation based to cover costs.

For info or to book please call **01273 688 117**

or email [lifelines@volunteermatters.org.uk](mailto:lifelines@volunteermatters.org.uk)

### **Upcoming Activities**

**Gentle Yoga & Creativity Circle - Days/times TBC**

## Can you help?

**LifeLines** have organised volunteer-led activities for older people in East Brighton for years and now with Big Lottery funding are working in Portslade.

We're also looking for volunteers to start their own groups. If you can spare **a few hours a month** then we'll support you to set up and run your own group in something you're passionate about.

Or join our **Healthlink** project and accompany an older person to a health appointment.

If you'd like try any of these activities or want to know more about leading your own then please call us on **01273 688 117** or email **[lifelines@volunteeringmatters.org.uk](mailto:lifelines@volunteeringmatters.org.uk)**