

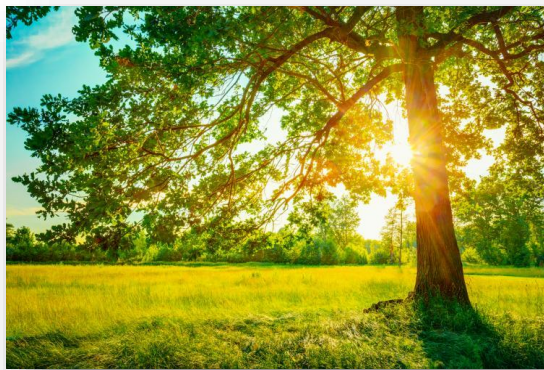
VOLUNTEERING  **MATTERS**

FOR OUR COMMUNITY

Primetime

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

Autumn 2018 - Nov



Telephone: 01273 688 117

lifelines@volunteeringmatters.org.uk

lifelinesbrightonhove.org.uk

Volunteering Matters ~ Primetime Calendar

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

The usual round-up of activities for the over 50's going on around our city, with a focus on older men. No highlight submissions this month, so it's a Volunteering Matters list this time:

- **International Men's Day Quiz - Tuesday 20th November**

*An afternoon of fun, food & drink, musical entertainment and a men only quiz with prizes. A great way to celebrate International Men's Day (though officially it's the day before). Bring a team or join one. **Limited spaces** so please **01273 729 603** or email thehop50@impact-initiatives.org.uk to book a spot.*

Tues 20th Nov 2018 - 2pm to 4:30 pm - @ Hop50+ Palmeira Square, Hove
Hosted by Impact Initiatives, Trust for Developing Communities,
Mind in Brighton and Hove, Volunteering Matters and other groups.

- **Seafront Stroll - Wed 28th November - 1:30 pm to 3:30 pm**

Another slow and gentle, guided walk from Patching Lodge, Kemptown, for a quick peek at the sea and a stop at Zona Rosa café for refreshments. A little sunshine maybe, a social time out. Suitable for those unsure about strolling outside without help.

Call **01273 688 117** or email lifelines@volunteeringmatters.org.uk to book.
** Can only go ahead when 5 people have booked, to a max of 10. So bring a friend!*

- **Lifeline Activities with Spaces Available**

- **Reminiscence Group** at Patching Lodge, Community Room on Wednesdays from 2pm to 3pm - come along and enjoy a cup of tea and a chat, sharing memories.
- Want to stay in touch with family and friends through email and/or Skype? Or learn more about your smart phone or the internet? Come and learn from our friendly **IT volunteer tutors**.
- Interested in improving your balance and flexibility? Try our men's only **chair based Pilates** class in Leach Court on Thursdays from 2pm to 3pm.
- **Dance of Awareness** - music and mediation - on Friday mornings in the community room at Patching Lodge from 10am to 11:30am.

Call **01273 688 117** or email lifelines@volunteeringmatters.org.uk to book.

Volunteering Matters ~ Primetime Calendar

Venue details are listed at the end.

Day	Start	End	Description	Venue
Mon	1:30	14:15	<p>Lifelines: Pilates for 50+ * Alternate Mondays <i>Standing & chair based exercise to help release tension in your back, neck and shoulders, realign your posture and help build strength.</i> <i>Call 01273 688 117 to book.</i> <i>Hosted by Volunteering Matters</i></p>	South Portslade Community Centre
Mon	9:30	10:30	<p>In Shape for Life <i>Circuit based exercise</i></p>	Hangleton Community Centre
Mon	9:30	13:30	<p>Alexander Technique Ayurvedic Therapies <i>Call 01273 729 603 for appointment</i></p>	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	11:30	<p>Lifelines: Meditation <i>Comfortable, chair based meditation</i> <i>Call 01273 688117 to book.</i> <i>Hosted by Volunteering Matters</i></p>	Patching Lodge
Mon	10:00	11:30	<p>Lifelines: Mickey's Crossword Club <i>Hav fun solving puzzles together, beginners welcome! Drinks available.</i> <i>Call 01273 688 117 to book</i> <i>Hosted by Volunteering Matters</i></p>	Hazelholt
Mon	10:00	16:00	<p>Men In Sheds (Women Welcome) <i>Hosted by Fabrica</i> medium.com/men-in-sheds</p>	Brighton Youth Centre
Mon	10:30	11:00	What's News ~ Discussion Group?	The Hop 50+
Mon	11:00	12:30	<p>Sing Healthy, Play Happy <i>Dementia friendly singing/ music group</i> <i>Email isabel@openstrings.co.uk to book</i></p>	Maycroft Manor
Mon	11:00	12:30	<p>Table Tennis <i>Free Weekly sessions run by the Brighton Table Tennis Club</i></p>	Patching Lodge

Volunteering Matters ~ Primetime Calendar

Day	Start	End	Description	Venue
Mon	11:00	13:00	50+ Table Tennis - Social League <i>Brighton Table Tennis Club</i>	Fitzherbert's Centre
Mon	11:45	12:45	Lifelines: Relax with Colouring <i>Relaxing colouring sessions</i> <i>Call 01273 688117 to book.</i> <i>Hosted by Volunteering Matters</i>	Patching Lodge
Mon	12:00		50+ Lunch Club	The Bevy
Mon	12:30	13:30	Tai Chi	Level Community Rooms
Mon	14:00	15:00	Healthwalks: St Ann's Well Gardens	Meet by Garden Café
Mon	14:00	15:30	Lifelines: Craft & Card-Making * 3rd Monday of the month (Oct 15th) <i>Call 01273 688117 for info or to book.</i> <i>Hosted by Volunteering Matters</i>	Patching Lodge
Mon	14:00	15:30	Scrabble	The Hop 50+
Mon	14:00	16:00	Lifelines: Bridge <i>Call 01273 688117 to book.</i> <i>Hosted by Volunteering Matters</i>	Patching Lodge
Mon	15:30	16:30	Yoga	Cornerstone
Mon	16:00	17:00	Lifelines: Latin Dance Class * Alternate Mondays <i>Fun and friendly dance class for Salsa, Rhumba, Cha Cha, Tango!</i> <i>Beginners welcome, no partner needed.</i> <i>Call 01273 688117 to book.</i> <i>Hosted by Volunteering Matters</i>	South Portslade Community Centre
Mon	19:00	21:00	Over 50's Men Living With HIV * Men with HIV Only * 1st Monday of the month <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

Volunteering Matters ~ Primetime Calendar

Day	Start	End	Description	Venue
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, Bexhill Rd junction
Tue	10:30		Coffee Morning, Singing for Better Health & Lunch Club	Salvation Army
Tue	11:30	12:30	In Shape for Life <i>Low intensity exercise</i>	Manor Road Gym
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+ * 1st and 3rd Tuesday of the month <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	13:30	15:30	Coffee, Chess & Cake Club <i>Chat, play classic games, read paper, tea/cake and enjoy the park.</i> <i>Book at Park Café, call 07956 909 220 or email freshstartsussex@hotmail.com</i>	Easthill Park Community Café
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

Volunteering Matters ~ Primetime Calendar

Day	Start	End	Description	Venue
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	Lifelines: Larches Men's Club * Men Only <i>Weekly men's club. Games, quizzes, films, chats, pool table, trips out. Something different each week 3 minutes from 5B & 24 bus stop Don't book, just drop in. Hosted by Impact Initiatives and the Trust for Developing Communities</i>	Larches Café
Wed	10:00	13:00	Reflexology, Indian Head Massage & Chiropody <i>Call 01273 729 603 for app</i>	The Hop 50+
Wed	10:00	16:00	Men in Sheds (Women Welcome) <i>Hosted by Fabrica medium.com/men-in-sheds</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	Carers Peer Support Group *Last Weds of the month <i>Friendly space to chat and connect with other carers of those with dementia. Call 01273 726 266 for details</i>	St Richards Community Centre
Wed	10:30	12:00	LGBT Social Meet Up * First Weds of the month call 01273 729 603 to confirm	Modelo Lounge Café

Volunteering Matters ~ Primetime Calendar

Day	Start	End	Description	Venue
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 <i>* Men only</i> <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	Cosy Community Café	Brighthelm
Wed	13:30	15:00	Pilates	Manor Road Gym
Wed	13:30	15:30	Lifelines: Seafront Stroll <i>* 28th Nov</i> <i>Gentle, guided walk from Patching Lodge to sea front, refreshments at local café or pub and then back. Suitable for those unsure of strolling outside without help.</i> <i>Call 01273 688117 to book.</i> <i>Hosted by Volunteering Matters</i>	Meet @ Patching Lodge
Wed	13:45	15:00	Lifelines: Reminiscence Group <i>A weekly, friendly tea and chat group sharing memories.</i> <i>Call Marion on 01273 688117 to book.</i> <i>Hosted by Volunteering Matters</i>	Patching Lodge
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
Wed	14:30	16:00	B&H Osteoporosis Support Group	Brighthelm
Wed	14:30	16:00	Conversation Cafes (Monthly) <i>Call 01273 778 646 to book</i> <i>or email office@fabrica.org.uk</i>	Hosted by Fabrica
Wed	15:00	17:00	Computer Drop In <i>Call Lulu 01273 881 446</i>	St Richards Community Centre
Thu	10:15	11:30	Healthwalks: Hove Park	Meet @ Park Café
Thu	10:30	11:30	Gardening	The Hop 50+

Volunteering Matters ~ Primetime Calendar

Day	Start	End	Description	Venue
Thu	11:00	13:00	Older LGBT Meet Up <i>* 3rd Thursday of the month</i>	Emmaus Revival Café
Thu	13:00	16:00	Belmont Group <i>snooker, cheap bar, discussion</i> Call 01273 328 682 or visit facebook.com/Railway-Club-Brighton-129870610360892	Railway Club
Thu	13:30	14:30	Lifelines: Pilates for Men <i>* Men only</i> Call 01273 688117 to book. <i>Hosted by Volunteering Matters</i>	Leach Court
Thu	13:45	16:00	Short Mat Bowls	Hangleton Community Centre
Thu	14:00	15:30	Gardening Club <i>Help restore/replant historic walled garden at East Hill Park then tea & cake. Book at Park Café, call 07956 909 220 or email freshstartsussex@hotmail.com</i>	Easthill Park Community Café
Thu	14:00	16:00	Delightful De-Café <i>* Last Thursday of the month</i> <i>Tea/coffee, cake, chat and live entertainment month for those with dementia or caring for them (£1 each).</i>	Patching Lodge
Thu	14:00	16:00	Lifelines: Chess Club Call 01273 688117 to book. <i>Hosted by Volunteering Matters</i>	Patching Lodge
Thu	15:00	16:00	Tech Buddies Call 01273 729 603	The Hop 50+
Fri	9:30	10:30	In Shape for Life <i>Circuit based exercise</i>	Portslade Sports Centre
Fri	9:30	11:00	Veterans Breakfast Club <i>* Last Friday of the month (Nov 30th)</i> <i>Chat, advice/info on issues affecting you, enjoy a brew with fellow!</i> Call 03330 114 339 for more info <i>Hosted by Royal British Legion & Age UK</i>	Community Kitchen, Community Base

Volunteering Matters ~ Primetime Calendar

Day	Start	End	Description	Venue
Fri	10:00	11:30	Lifelines: Dance of Awareness <i>Call 01273 688117 for info or to book.</i> <i>Hosted by Volunteering Matters</i>	Patching Lodge
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>March 23rd</i> <i>Email isabel@openstrings.co.uk to book</i>	Brooke Mead
Fri	11:00	14:00	Exercise Group <i>A range of exercises to improve strength and balance, tailored to your ability.</i> <i>Call Marion on 01273 688117 to book.</i> <i>Hosted by Volunteering Matters</i>	The Edge Community Centre
Fri	11:00	14:00	Men in Sheds (Women Welcome) <i>Hosted by Fabrica</i> <i>medium.com/men-in-sheds</i>	Leach Court
Fri	12:00	15:00	Coffee, Cake & Games Club <i>Enjoy a cuppa, chat and play some classic board games.</i>	Easthill Park Community Café
Fri	12:30		Friday Friends Lunch Club	The Bevy
Fri	14:30	16:00	Lifelines: Ballroom Dance Class <i>For beginners</i> * 2nd Friday of the month (Nov 9th) <i>Call 01273 688 117 to book.</i> <i>Hosted by Volunteering Matters</i>	Woodingdean Methodist Church
Sat	10:00	10:35	Open-Air Exercise Classes <i>Shape-up for summer with our popular free classes, suitable for all ages and levels of fitness. No booking required</i> <i>Every Saturday from June 2nd to July 7th</i> * Kids must be with an adult	Easthill Park Community Café

Volunteering Matters ~ Primetime Calendar

Day	Start	End	Description	Venue
Mon - Fri	11:00	12:00	<p>Tea Club <i>Tea/Coffee & biscuits. Sometimes cake!</i> <i>Come for refreshments and company.</i> <i>Call 01273 688 117 to book</i> <i>Hosted by Volunteering Matters</i></p>	Hazelholt
Mon - Fri	3pm	4pm	<p>Tea Club <i>Tea/Coffee & biscuits. Sometimes cake!</i> <i>Come for refreshments and company.</i> <i>Call 01273 688 117 to book</i> <i>Hosted by Volunteering Matters</i></p>	Hazelholt
Mon- Fri	9:00	12:00	<p>Lifelines: Board Games - Upwords or Scrabble <i>Book a morning slot to play Upwords or</i> <i>Scrabble with Helen.</i> <i>Call 01273 688117 to book.</i> <i>Hosted by Volunteering Matters</i></p>	The Java Community Café

Other Group Activities without specific Dates

Organiser	Information
Albion In The Community	<p>albioninthecommunity.org.uk/health-3/adulthealth Albion in the Community offer activities to promote health and wellbeing. Currently offering a free physical activity programme for anyone 18+ living in the city, living with and beyond cancer. Call 01273 668 591 or email brighteroutlook@albioninthecommunity.org.uk for info.</p>
Bevendean Community Garden	<p>bevendeancommunitygarden.blogspot.co.uk Heath Hill Avenue, Bevendean, BN2 4TR 01273 431 700</p>
Brighton & Hove City Council	<p>activeforlife.org.uk Activity finder provided by the council</p>
Brighton & Hove City Council	<p>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.</p>
Brighton & Hove City Council	<p>brighton-hove.gov.uk/content/leisure-and-libraries/sports-and-activity/healthwalks-programme Healthwalks – there are further “one off” walks throughout the year.</p>
Brighton & Hove City Council Senior Housing Scheme	<p>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.</p>
Brighton and Hove Food Partnership	<p>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.</p>
Brighton Gems	<p>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.</p>
Brighton Table Tennis Club	<p>brightontabletennisclub.co.uk Brighton Table Tennis sessions are £4.00 each, £2.00 unwaged, first session free.</p>

Other Group Activities without specific Dates

Organiser	Information
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
Fabrica	Going to See Culture Together, mthly outings, exhibitions. https://www.fabrica.org.uk/gtsct https://www.fabrica.org.uk/events Monthly Daytime Arts Events for Adults, join newsletter by emailing office@fabrica.org.uk
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
Millwood Community Centre	facebook.com/millwoodcommunitycentre Nelson Row, Kingswood Street, Carlton Hill, BN2 9QG 01273 293 792

Other Group Activities without specific Dates

Organiser	Information
Old Boat Corner Community Centre	obccc.co.uk Carden Hill, Stanmer Heights, BN1 8GN 01273 540 779
Older and Out for OLGBTQUI	Older and Out, Somerset Centre Safe networking space for the OLGBTQUI Community 2nd Friday of the month lunch and talks / entertainment. With support and referral line Mon-Thursday 9.30-4pm based at Somerset Centre 01273 699000 info@olderandoutbrighton.org.uk
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 Centre, for older people	Somerset Centre for Older people with transport (for those living in East Brighton). Provides lunch and wide range of activities / talks and trips and personal care. Monday to Thursday 01273 699000 info@somersetcentre.org.uk
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

Other Group Activities without specific Dates

Organiser	Information
The Bevy	thebevy.co.uk A community owned estate pub 50, Hillside, Bevendean, BN2 4TF 01273 281 009
The Hop 50+	impact-initiatives.org.uk/hop-50 The Hop 50+, Palmeira Square, Hove BN3 2FL 01273 729 603
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	Address
Age UK	29-31 Prestonville Rd, Brighton, BN1 3TJ
All Bar One	2-3 Pavilion Buildings, Brighton BN1 1EE

Venue Details

Venue	Address
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
Community Kitchen	Community Base, 113 Queens Rd, Brighton BN1 1YD
Cornerstone Community Centre	Church Road Hove, BN3 2FL
Cranks Bicycle Workshop	22 Chapel Street, Kemptown, BN2 1RQ
Dorset Gardens Methodist Church	Dorset Gardens, Brighton, BN2 1RL
East Brighton Park Café	Brighton, BN2 5TS
Easthill Park Community 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, Kemptown, 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
Larches Café	Waldron Avenue, Coldean BN1 9EZ
Leach Court	Park Street, Brighton, East Sussex, BN2 0DE
Level Community Rooms	The Level, Old Steine
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
Moulsecoomb Hall	Moulsecoomb 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
Portslade Town Hall	Victoria Road, Portslade, BN41 1YF
Ralli Hall	81 Denmark Villas, Hove, East Sussex, BN3 3TH
Rotunda Café	Preston Park Ave, Brighton, BN1 6HN
Salvation Army	Leybourne Road, Bevendean, BN2 4LT
South Portslade Community Centre	Church Rd, Portslade BN41 1LB
St Luke's Church	64 Old Shoreham Rd, Brighton, BN1 5DD
St Richards Community Centre	Egmont Road, Hove, BN3 7FP

Venue Details

Venue	Address
The Bevy	Higher Bevendean, 50 Hillside, BN2 4TF
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

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 **lifelines@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 Lifelines Team

Volunteering Matters

Montague House

Montague Place

Brighton

BN2 1JE

01273 688 117

lifelinesbrightonhove.org.uk

volunteeringmatters.org.uk