

VOLUNTEERING **MATTERS**

LifeLines

Activity Calendar

Aging Well in Brighton and Hove.

Spring 2019



01273 688 117

lifelinesbrightonhove.org.uk

lifelines@volunteeringmatters.org.uk

All of our activities across the city

Welcome to the **Lifeline Activity Calendar!**

LifeLines is a local project run by the national charity, **Volunteering Matters**, helping to set-up and support volunteer-led activities for older people across Brighton & Hove. All of our activities are free, we only ask for donations to cover the cost of venues or for materials/refreshments.

Some activities you can drop in at, others you will need to book. All are subject to change, so please check before attending your first class.

To book or for more info, please call **01273 688 117**
or email lifelines@volunteeringmatters.org.uk.

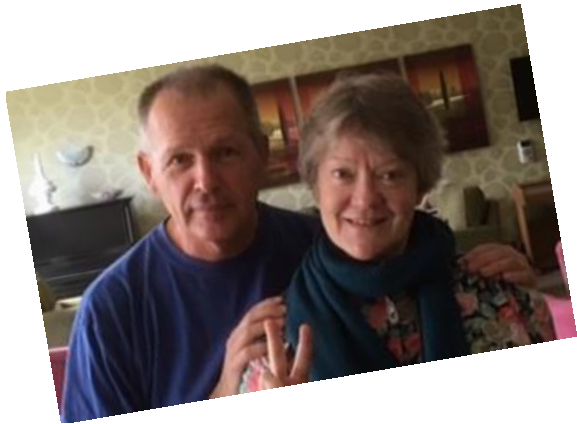
Did you know,
Lifelines has been
running for over 9 years!

Latest News

The **Pilates for 50+** class at the South Portslade Community Centre will be taking a break in April. The last class will be on Monday **1st April** and they will resume on Monday **13th May**.

Snapshots

Terry Conway and Darina Gowen, who run the **Dance of Awareness** group at Patching Lodge every Friday.



Tech Tutor

Our friendly and experienced IT tutors can give you 1-to-1 help on any technical issues you have with your computers, laptops, tablets and smart phones.



Week days from 9am to 5pm. **Call to book**

Lifelines Activity Calendar - February 2019

The venue details are listed at the end.

Day	Times	Activity	Venue
Week Days	09:00 to 17:00 Weekly	Tech Tutor Get 1-to-1 technical help with your IT issues. Computers, tablet, phones. Call to book.	Patching Lodge, BN2 0AQ
Week Days	11:00 to 12:00 Weekly	Tea Club (Mornings) Join us for tea, biscuits and chat.	Hazelholt, BN41 2WF
Week Days	15:00 to 16:00 Weekly	Tea Club (Afternoons) Join us for tea, biscuits and chat. * Except Fridays	Hazelholt, BN41 2WF
Mon	10:00 to 11:30 Weekly	Crossword Club Have fun solving puzzles together, beginners welcome! Drinks available.	Hazelholt, BN41 2WF
Mon	12:00 to 13:00 Weekly	Exercise @ The Edge A friendly, relaxed exercise class to improve your strength, balance and fitness!	The Edge Community Centre, BN2 9AE
Mon	13:00 to 16:00 Weekly	Club Style Bridge Come along and enjoy a game of Bridge. Call to book.	Patching Lodge, BN2 0AQ
Mon	13:30 to 14:15 Fortnightly	Pilates for 50+ Standing/chair based exercise to help release tension in your back, neck and shoulders, realign your posture and help build strength.	South Portslade Community Centre, BN41 1LB

Lifelines Activity Calendar - February 2019

Day	Times	Activity	Venue
Mon	14:00 to 16:00 2nd of the Month	Knitting Club Friendly group, learn, share skills, have fun and support worthwhile causes. All materials provided.	Evelyn Court, BN41 2AA
Mon	14:30 to 15:30 3rd of the Month	Craft & Card Making A friendly art class, come and be creative.	Patching Lodge, BN2 0AQ
Tue	10:00 to 12:00 1st of the Month	Knitting Club Friendly group, learn, share skills, have fun and support worthwhile causes. All materials provided.	Leach Court, BN2 0DE
Tue	10:00 to 12:00 3rd of the Month	Knitting Club Friendly group, learn, share skills, have fun and support worthwhile causes. All materials provided.	Patching Lodge, BN2 0AQ
Tue	13:00 to 16:00 Weekly	Club Style Bridge Come along and enjoy a game of Bridge.	Patching Lodge, BN2 0AQ
Tue	15:30 to 17:30 Weekly	All Together Now A friendly social group to chat, quizzes and days out.	Hazelholt, BN41 2WF
Wed	10:00 to 12:00 Weekly	Art Class A friendly art class, come and be creative. * FULL - CALL FOR WAIT LIST.	Patching Lodge, BN2 0AQ

Lifelines Activity Calendar - February 2019

Day	Times	Activity	Venue
Wed	12:00 to 13:00 Weekly	Exercise @ The Edge A friendly, relaxed exercise class to improve your strength, balance and fitness!	The Edge Community Centre, BN2 9AE
Wed	12:30 to 13:30 Weekly	Tai Chi - Beginners Graceful exercise to help reduce stress. Call to book. * FULL - CALL FOR WAIT LIST.	Patching Lodge, BN2 0AQ
Wed	14:00 to 15:00 Weekly	Reminiscence Friendly tea and chat group sharing memories.	Patching Lodge, BN2 0AQ
Wed	15:15 to 16:30 Weekly	Tai Chi - Intermediate Graceful exercise to help reduce stress. Call to book. * FULL - CALL FOR WAIT LIST.	Patching Lodge, BN2 0AQ
Wed	17:15 to 19:30 Weekly	Movie Night Watch a movies, with drinks, cake and good company. * Dementia friendly	Brooke Mead, BN2 9PY
Wed		Knitting Club Friendly group, learn, share skills, have fun and support worthwhile causes. All materials provided.	Ravensbourne Court, BN2 6PR

Lifelines Activity Calendar - February 2019

Day	Times	Activity	Venue
Thu	11:00 to 12:00 Weekly	<p>Pilates (Chair Based) Chair based exercise helps release tension in back, neck and shoulders, realigning posture and builds strength. Call to book.</p> <p>* Dementia friendly</p>	Brooke Mead, BN2 9PY
Thu	12:00 to 13:00 Weekly	<p>Fish & Chips Lunch Join us for a delicious Fish & Chips lunch, ordered in on the day (£5). Call to book.</p>	Hazelholt, BN41 2WF
Thu	12:30 to 13:30 Weekly	<p>Pilates (Chair Based) Chair based exercise helps release tension in back, neck and shoulders, realigning posture and builds strength. Call to book.</p> <p>* FULL - CALL FOR WAIT LIST.</p>	Patching Lodge, BN2 0AQ
Thu	14:00 to 15:00 Weekly	<p>Pilates (Chair Based) Chair based exercise helps release tension in back, neck and shoulders, realigning posture and builds strength. Call to book.</p>	Leach Court, BN2 ODE
Thu	14:00 to 15:00 Weekly	<p>Spanish - Intermediate Friendly conversation class for near beginners and those wanting to improve.</p> <p>* FULL - CALL FOR WAIT LIST.</p>	Patching Lodge, BN2 0AQ

Lifelines Activity Calendar - February 2019

Day	Times	Activity	Venue
Thu	14:30 to 15:30 Weekly	Reminiscence Friendly tea and chat group sharing memories. *Residents Only	Patching Lodge, BN2 0AQ
Fri	10:00 to 11:30 Weekly	Dance of Awareness Connect with your inner self or just move with the music.	Patching Lodge, BN2 0AQ
Fri	10:00 to 12:00 1st of the Month	Knitting Club Friendly group, learn, share skills, have fun and support worthwhile causes. All materials provided.	Dorset Gardens Methodist Church, BN2 1RL
Fri	10:30 to 11:30 Fortnightly	Reminiscence Friendly tea and chat group sharing memories.	Clare Walk, BN2 0YT
Fri	14:30 to 16:00 Monthly (Varies)	Coffee Afternoon Dementia friendly afternoon coffee session, with snacks and good company. Next sessions on: 22 nd February & 29 th March	Brooke Mead, BN2 9PY

Lifelines Activity Calendar - February 2019

Healthlink

On the following pages we list our activities alphabetically and grouped by venue, but first we want to tell you about our other local project.

Our **HealthLink** volunteers accompany people living in Brighton and Hove City that are 50+ to GP, hospital, dentist and other important routine health appointments.



“It’s good to have someone with you, it gives me a bit of confidence.”

Moira, HealthLink Member

The project aims to improve the well-being of older people who are isolated or whose friends and family cannot help them get to their healthcare appointments. As well as reducing cancellations, missed health appointments and the need for unplanned visits. There is no charge.

If you, or someone you know, is interested in our support then please get in touch on **01273 688 117** or email **healthlink@volunteeringmatters.org.uk**

Lifelines Activity Calendar - February 2019

Activities Listed Alphabetically		
All Together Now	Tue	Hazelholt
Art Class	Wed	Patching Lodge
Club Style Bridge	Mon	Patching Lodge
Club Style Bridge	Tue	Patching Lodge
Coffee Afternoon	Fri	Brooke Mead
Craft & Card Making	Mon	Patching Lodge
Crossword Club	Mon	Hazelholt
Dance of Awareness	Fri	Patching Lodge
Exercise @ The Edge	Mon	The Edge Community Centre
Exercise @ The Edge	Wed	The Edge Community Centre
Fish & Chips Lunch	Thu	Hazelholt
Knitting Club	Fri	Dorset Gardens Methodist Church
Knitting Club	Mon	Evelyn Court
Knitting Club	Tue	Patching Lodge
Knitting Club	Tue	Leach Court
Knitting Club	Wed	Ravensbourne Court
Movie Night	Wed	Brooke Mead
Pilates (Chair Based)	Thu	Patching Lodge
Pilates (Chair Based)	Thu	Leach Court

Lifelines Activity Calendar - February 2019

Activities Listed Alphabetically		
Pilates (Chair Based)	Thu	Somerset Point
Pilates (Chair Based)	Thu	Brooke Mead
Pilates for 50+	Mon	South Portslade Community Centre
Reminiscence	Fri	Clare Walk
Reminiscence	Thu	Patching Lodge
Reminiscence	Wed	Patching Lodge
Spanish - Intermediate	Thu	Patching Lodge
Tai Chi - Beginners	Wed	Patching Lodge
Tai Chi - Intermediate	Wed	Patching Lodge
Tea Club (Afternoons)	Week Days	Hazelholt
Tea Club (Mornings)	Week Days	Hazelholt
Tech Tutor	Week Days	Patching Lodge

Lifelines Activity Calendar - February 2019

Activities Grouped by Venue		
Brooke Mead	Wed	Movie Night
Brooke Mead	Thu	Pilates (Chair Based)
Brooke Mead	Fri	Coffee Afternoon
Clare Walk	Fri	Reminiscence
Dorset Gardens Methodist Church	Fri	Knitting Club
Evelyn Court	Mon	Knitting Club
Hazelholt	Week Days	Tea Club (Afternoons)
Hazelholt	Week Days	Tea Club (Mornings)
Hazelholt	Mon	Crossword Club
Hazelholt	Tue	All Together Now
Hazelholt	Thu	Fish & Chips Lunch
Leach Court	Tue	Knitting Club
Leach Court	Thu	Pilates (Chair Based)
Patching Lodge	Week Days	Tech Tutor
Patching Lodge	Mon	Club Style Bridge
Patching Lodge	Mon	Craft & Card Making
Patching Lodge	Tue	Club Style Bridge
Patching Lodge	Tue	Knitting Club

Lifelines Activity Calendar - February 2019

Activities Grouped by Venue		
Patching Lodge	Wed	Art Class
Patching Lodge	Wed	Reminiscence
Patching Lodge	Wed	Tai Chi - Beginners
Patching Lodge	Wed	Tai Chi - Intermediate
Patching Lodge	Thu	Pilates (Chair Based)
Patching Lodge	Thu	Reminiscence
Patching Lodge	Thu	Spanish - Intermediate
Patching Lodge	Fri	Dance of Awareness
Ravensbourne Court	Wed	Knitting Club
Somerset Point	Thu	Pilates (Chair Based)
South Portslade Community Centre	Mon	Pilates for 50+
The Edge Community Centre	Mon	Exercise @ The Edge
The Edge Community Centre	Wed	Exercise @ The Edge

Lifelines Activity Calendar - February 2019

Venue Information		
Brooke Mead	Albion St, Brighton	BN2 9PY
Clare Walk	Slinfold Close, Brighton	BN2 0YT
Dorset Gardens Methodist Church	Dorset Gardens, Brighton	BN2 1RL
Evelyn Court	121 Windlesham Close, Portslade	BN41 2AA
Hazelholt	Chalky Road, Portslade	BN41 2WF
Leach Court	Park Street, Kemptown	BN2 0DE
Patching Lodge	Park Street, Kemptown	BN2 0AQ
Ravensbourne Court	Warren Way, Brighton	BN2 6PR
South Portslade Community Centre	61 Church Rd, Portslade	BN41 1LB
The Edge Community Centre	83 Pankhurst Avenue, Brighton	BN2 9AE

Lifelines Activity Calendar - February 2019

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

Our apologies for any errors.

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 owes a huge debt of thanks to our team of volunteers who regularly give their time and energy to support older people across the city in our **Lifelines** and **Healthlink** projects. We would not be able to support the many people we do without them.

Thank you.

Volunteering Matters

Montague House, Montague Place, Brighton BN2 1JE

01273 688 117

lifelines@volunteeringmatters.org.uk

lifelinesbrightonhove.org.uk

volunteeringmatters.org.uk

If you're interested in starting your own group/activity, want to help one of ours or help older people get to health appointments, please get in touch.

LifeLines and **Healthlink** are local projects run by the national charity, Volunteering Matters.