

VOLUNTEERING **MATTERS**

Primetime

Ageing Well
in Brighton and Hove

Spring/April 2019



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Primetime Calendar - April 2019

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. First, a couple of items that may be of interest:

- **Public Service Day - Do you have a story?**

The Progress Film Company is making a film to celebrate Public Service Day and are looking for people 40+ years old, whose life has been helped by the fire service or police force. If you've got a great story to tell about how your life has been positively affected, then please get in touch! They want to start the first 2 weeks of April so be quick. You can see their work at: <http://progressfilm.co.uk/work/charity>

Contact Sophie at sophie.broadbent@progressfilm.co.uk or 01273 205 640 or 07796 936 201 if you're interested.

- **Albion in the Community - Brighter Outlook**

In case you didn't know, AITC's Brighter Outlook projects support people to get and stay active through and beyond cancer. They offer free one-to-one support with their expert physical activity coaches, and help you access local activities that are suitable to you.

If you meet or know anyone diagnosed with cancer, please let them know about the Brighter Outlook project and help they can give.

For more info call them at brighteroutlook@albioninthecommunity.org.uk or 01273 668 591. Or just complete the online at: <http://www.brighteroutlook.org.uk>

- **MindOut Online Support**

MindOut are a Brighton based LGBTQ mental health charity. They offer a free, anonymous and confidential online service specifically for LGBTQ people, so they can get emotional support or just chat when going through a difficult time. Their trained online support workers can also signpost to support that is out there.

Primetime Calendar - April 2019

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	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> medium.com/men-in-sheds	Brighton Youth Centre
Mon	10:30	12:30	Drop-In Gardening	The Hop 50+
Mon	11:00	12:15	Chess for Beginners * Starts April 29th to July A free course aimed at older people. Please contact Andrew Wallace info on 07900 666 077 or ajwallace64@yahoo.es	Age UK
Mon	11:00	12:30	Sing Healthy, Play Happy <i>Dementia friendly singing/ music group</i> <i>Email isabel@openstrings.co.uk to book</i>	Maycroft Manor
Mon	11:00	12:30	Table Tennis <i>Free Weekly sessions run by the Brighton Table Tennis Club</i>	Patching Lodge
Mon	11:00	13:00	50+ Table Tennis - Social League <i>Brighton Table Tennis Club</i>	Fitzherbert's Centre
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	15:00	1970s Cookery Club <i>Booking and info at</i> freshstartsussex@hotmail.co.uk	Easthill Park Community Café
Mon	14:00	15:30	Drawn to Art	The Hop 50+
Mon	14:00	15:30	Scrabble Tournament	The Hop 50+
Mon	14:45	15:30	Chair Yoga	Cornerstone
Mon	15:40	16:40	Yoga	Cornerstone
Tue	9:30	11:30	Silver Strings (Open Strings) <i>Learn to play a stringed instrument</i>	Brighthelm

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Day	Start	End	Description	Venue
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	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	11:30	Sporting Memories A weekly meeting for older sports fans to share their love of sport in a relaxed environment. Call 07947 521836 or email lindabowen@sussexcricket.co.uk	1st Central County Ground
Tue	10:00	12:00	Active Forever: Boccia League <i>Call 01273 292 724 for details</i>	Patching Lodge
Tue	10:00	13:00	Computer Drop In <i>Call Lulu 01273 881 446</i>	St Richards Community Centre
Tue	10:00	14:30	Aromatherapy, Seated & Reiki Massages <i>Call 01273 729 603 for app</i>	The Hop 50+
Tue	10:15	11:15	OTAGO Strength & Balance Exercise Contact Anne to book on 01273 729 603	The Hop 50+
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	11:00	12:00	Silver Foxes <i>Share life stories, memories, and try new activities at this dementia friendly reminiscence group.</i> <i>Hosted by Strike-a-Light and English Arts & Heritage</i>	Brooke Mead
Tue	11:15	12:15	Mindful Yoga	The Hop 50+
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	13:00	Working 50+ <i>* 1st and 3rd Tuesday of the month</i> Aimed at pre/early retirement/redundancy	Cornerstone
Tue	12:00	12:30	In Shape for Life ~ circuit based exercise	Moulsecoomb Hall
Tue	13:30	15:30	Coffee & Cake Club <i>* Free to Portslade residents</i> No need to book.	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
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
Tue	15:15	16:00	Beginners Line Dancing <i>Call for venue 01273 729 603</i>	The Hop 50+
Wed	2:30	4:00	Sing Well A fun, community singing group with Annie Whittington.	Hazelholt
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	12:00	Crafty Adults <i>*Fortnightly</i> A friendly bunch doing a variety of crafts, knitting, patchwork, cards, etc. No fees. Contact Mary Mason on 01273 413 103 or email mariafour@talktalk.net	Churchill House
Wed	10:00	13:00	Computer Drop In <i>Call Lulu 01273 881 446</i>	St Richards Community Centre

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Day	Start	End	Description	Venue
Wed	10:00	16:00	Men in Sheds (Women Welcome) <i>Hosted by Fabrica</i> medium.com/men-in-sheds	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.</i> <i>Call 01273 726 266 for details</i>	St Richards Community Centre
Wed	10:30	12:00	LGBT Social Drop-In * First Weds of the month <i>For more info please contact</i> helen.bashford@switchboard.org.uk <i>Hosted by LGBT Switchboard</i>	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, head off by mini bus to Sussex Downs
Wed	12:00	13:00	Cosy Community Café	Brighthelm
Wed	12:00	16:00	Chiropody * Fortnightly <i>Call 01273 729 603 for app</i>	The Hop 50+
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
Wed	14:00	16:00	Brushstrokes Materials supplied	The Hop 50+

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Day	Start	End	Description	Venue
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 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	10:00	11:30	LGBT Social Drop-In * 4th Tuesday of the month <i>For more info please contact helen.bashford@switchboard.org.uk Hosted by LGBT Switchboard</i>	The Breakfast Club
Thu	10:00	12:00	Massage, Manicures, Indian Head & Facials * Fortnightly <i>Call 01273 729 603 for app</i>	The Hop 50+
Thu	10:00	12:00	Tech Buddies <i>Laptops, Mobile Phones, iPad etc. Call 01273 729 603</i>	The Hop 50+
Thu	10:15	11:30	Healthwalks: Hove Park	Meet @ Park Café
Thu	11:00	13:00	LGBT Social Drop-In * 3rd Thursday of the month <i>For more info please contact helen.bashford@switchboard.org.uk Hosted by LGBT Switchboard</i>	Emmaus Revival Café
Thu	13:00	16:00	Belmont Group <i>snooker, cheap bar, discussion, dinners, bingo day and trips. Call 01273 328 682 or visit facebook.com/Railway-Club-Brighton- 129870610360892</i>	Railway Club
Thu	13:45	16:00	Short Mat Bowls	Hangleton Community Centre

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Day	Start	End	Description	Venue
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	15:00	17:00	Info & Advice Drop-In @ Hazelholt <i>* 4th Tuesday of the month</i> A free drop-in advice and help service hosted by Age UK & Hazelholt	Hazelholt
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+D80</i> <i>Chat, advice/info on issues affecting you, enjoy a brew with fellow!</i> <i>Call 03330 114 339 for more info</i> <i>Hosted by Royal British Legion & Age UK</i>	Community Kitchen, Community Base
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+

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Day	Start	End	Description	Venue
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	Men in Sheds (Women Welcome) <i>Hosted by Fabrica</i> <i>medium.com/men-in-sheds</i>	Leach Court
Fri	12:30		Friday Friends Lunch Club	The Bevy
Sat	10:00	11:00	IT Training <i>On various dates. Info at</i> <i>www.easthillpark.co.uk</i>	Easthill Park Community Café
Sat	10:00	11:00	Health Walks <i>A 45 minute stroll, followed by tea and</i> <i>bickies. Booking and info</i> <i>freshstartsussex@hotmail.co.uk</i>	Easthill Park Community Café
Sat	10:00	11:00	Barista Training <i>Be a barista in an hour. Various dates.</i> <i>Info at www.easthillpark.co.uk</i>	Easthill Park Community Café
Sat	10:00	12:00	Massage, Manicures, Indian Head & Facials * Fortnightly <i>Call 01273 729 603 for app</i>	The Hop 50+
Sat	10:30	11:00	Strength & Flexibility Exercise	The Hop 50+
Sat	13:45	14:45	Sing Like No One is Listening	The Hop 50+

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>

Other Group Activities without specific Dates

Organiser	Information
Brighton and Hove Food Partnership	<p>bhfood.org.uk/whats-on</p> <p>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</p> <p>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</p> <p>Brighton Table Tennis sessions are £4.00 each, £2.00 unwaged, first session free.</p>
Craven Vale Community Centre	<p>cravenvale.org.uk/the-vale-community-centre.html</p> <p>17a Hadlow Close, BN2 0FH</p> <p>01273 571 573</p>
Digital Brighton & Hove	<p>digitalbrightonandhove.org.uk</p> <p>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.</p>
EventBrite	<p>eventbrite.co.uk/d/united-kingdom--brighton/events</p> <p>Information on free events around the city and surrounding area</p>
Fabrica	<p>Going to See Culture Together, mthly outings, exhibitions.</p> <p>https://www.fabrica.org.uk/gtsct</p> <p>https://www.fabrica.org.uk/events</p> <p>Monthly Daytime Arts Events for Adults, join newsletter by emailing office@fabrica.org.uk</p>

Other Group Activities without specific Dates

Organiser	Information
Growing Wellbeing	<p>GrowingWellbeing.org.uk Grow – a free nature connection course running for 8 weeks at Saddlescombe Farm 07557 501 557</p>
Hanover Community Centre	<p>hanovercommunity.org.uk 33 Southover Street, BN2 9UD 01273 694 873</p>
Hove Music & Record Society	<p>bh-arts.org.uk/members_all/hove-music-record-society Avenue Bridge Club 15 Third Avenue, Hove, BN3 2PB 01273 672 718</p>
Manna Arts	<p>veggieheaven.com/restaurant/manna-arts-music-community-cafe_6501 Music & Community Café, 24 Coombe Road, BN2 4EA 01273 277 286</p>
Meadow Community Centre	<p>Meadowview, Brighton BN2 4NF 01273 687 563</p>
Metamorphosis Art Group	<p>hucklepickleberry.wordpress.com/2010/05/08/metamorphosis-art-group 99 Widdicombe Way, Bevendean, BN2 4TH 01273 694 456</p>
Millwood Community Centre	<p>facebook.com/millwoodcommunitycentre Nelson Row, Kingswood Street, Carlton Hill, BN2 9QG 01273 293 792</p>
Old Boat Corner Community Centre	<p>obccc.co.uk Carden Hill, Stanmer Heights, BN1 8GN 01273 540 779</p>
Older and Out for OLGBTQUI	<p>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</p>

Other Group Activities without specific Dates

Organiser	Information
Park Run	<p>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:</p>
Possability People	<p>itslocalactually.org.uk/activity-search Search for activities in your area</p>
Rottingdean Whiteway Centre	<p>rwc.org.uk Whiteway Lane, Rottingdean, BN2 7HB 01273 307 431</p>
Somerset Centre, for older people	<p>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</p>
Somerset Day Centre	<p>somersetdaycentre.org.uk 62 St James's Street, Kemp Town, BN2 1PR 01273 699 000</p>
South Portslade Community Centre	<p>cap-s.org.uk/Index.htm Church Road, Portslade, BN41 1LB 01273 420 909</p>
St George's Hall Community Centre	<p>halls-eastsussex.businesspages.uk/brighton/st-georges-hall-community-centre Newick Road, Moulsecoomb, BN1 9JG 01273 679 908</p>
St Michael's Community Centre	<p>saintmichaelsbrighton.org/communityhall.htm St Michael's Place, Brighton, BN1 3FU 01273 822 284</p>
The Bevy	<p>thebevy.co.uk A community owned estate pub 50, Hillside, Bevendean, BN2 4TF 01273 281 009</p>

Other Group Activities without specific Dates

Organiser	Information
The Hop 50+	<p>impact-initiatives.org.uk/hop-50 The Hop 50+, Palmeira Square, Hove BN3 2FL 01273 729 603</p>
The Phoenix Community Centre	<p>whatson.brighton.co.uk/at/Phoenix_Community_Centre 2 Phoenix Place, Hanover, BN2 9ND 01273 621 794</p>
The Royal British Legion	<p>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</p>
Vallance Community Centre	<p>vallancecommittee.wordpress.com 2 Conway Road, Hove, BN3 3WR</p>
Valley Social Centre	<p>valleysocialcentre.org.uk Whitehawk Way, Brighton, BN2 5HE 01273 673 792</p>
Weight Management Coaching Service	<p>Offer free bespoke coaching sessions in groups or in your won home. Call 01273 431700 or email healthyweigfht@bhfood.org.uk</p>
Woodingdean Community Centre	<p>escis.org.uk/community-and-living/woodingdean-community-association Warren Road, BN2 6BA 01273 685 940</p>

Venue Details

Venue	Address
Age UK	29-31 Prestonville Rd, Brighton, BN1 3TJ
All Bar One	2-3 Pavilion Buildings, Brighton BN1 1EE
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
Churchill House	Hangleton Road, Hove, East Sussex, BN3 7SG
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
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

Venue Details

Venue	Address
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
St Luke's Church	64 Old Shoreham Rd, Brighton, BN1 5DD
St Richards Community Centre	Egmont Road, Hove, BN3 7FP
Sussex Museum at the County Cricket Ground	Eaton Road, Hove, BN3 3AN
The Bevy	Higher Bevendean, 50 Hillside, BN2 4TF
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

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