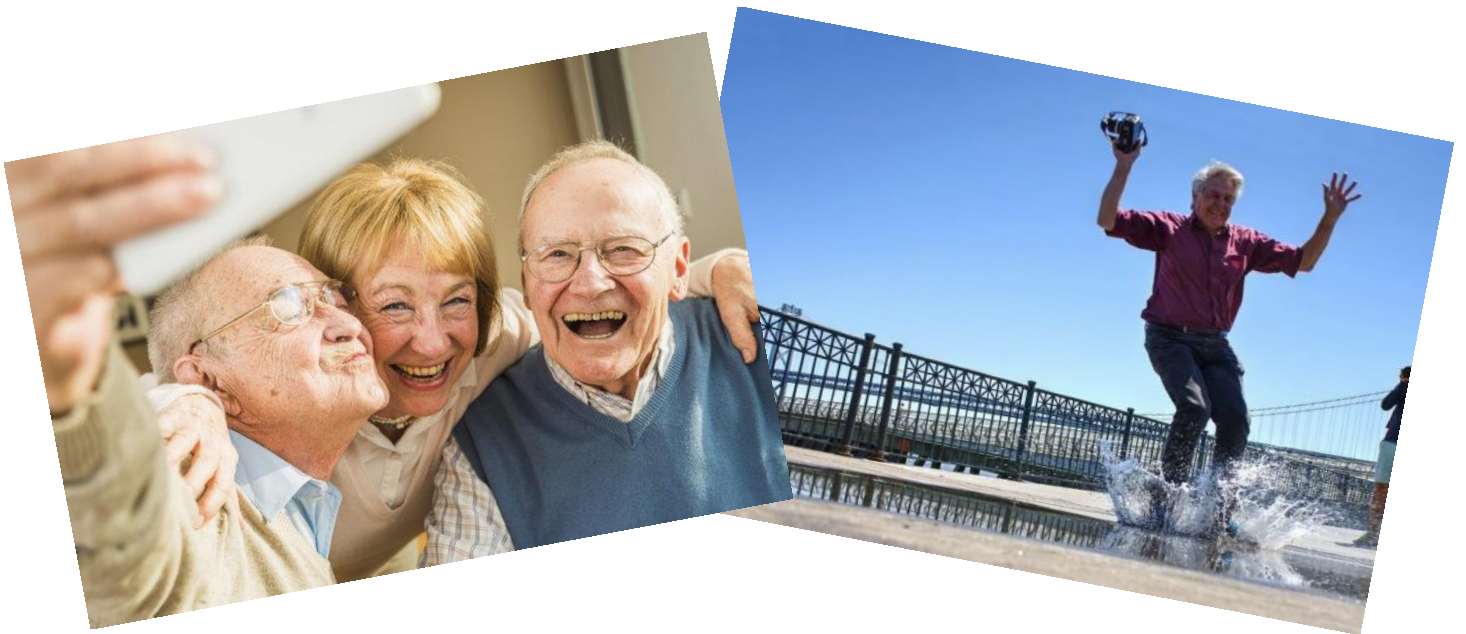


VOLUNTEERING **MATTERS**

Primetime

Ageing Well
in Brighton and Hove

Spring 2019



Telephone: 01273 688 117

lifelines@volunteeringmatters.org.uk

lifelinesbrightonhove.org.uk

Primetime Calendar - Spring 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:

- **Portslade Bowling Club - Now open!**

The 2019 bowling season has started and the Portslade club are welcoming new bowlers for taster sessions. They're holding Open Days from **4th to 6th May 10am to 3pm** and have regular sessions **Mondays from 2pm to 5pm**. Free tuition from registered coaches, equipment provided, a great way to start something new. Please wear flat-soled shoes to protect the green. For more info call Marion Whitney on **01273 410 555** email Marion197@btinternet.com or visit www.portsladebowlsclub.com

- **BHESCo offer free help to save energy and money**

Brighton & Hove Energy Services Cooperative (BHESCo) is a social enterprise and a free service to help people save money and energy. They do free visits to your homes, conduct energy surveys, install energy savings measures and help you switch energy supplier, advise on rights to benefits, help you get those benefits, resolve fuel debts and disputes with energy suppliers. Contact them on **0800 999 6671** or info@bhesco.co.uk for more info.

- **Healthy Living Team**

BHCC Healthy Living Team have some new activities to mention. A friendly walk in the park, suitable for those a learning disability or additional needs on Thursday at two venues:

- **1st & 3rd Thursdays** - Meet at Dyke Road Café
- **Other Thursdays** - Meet at St Ann's Well Gardens Café

And **Shape for Life Zumba**, improve strength, balance, coordination, flexibility and have fun - suitable for beginners. On Wednesdays 5:30 pm @ The Manor.

See inside for details or contact the Healthy Living Team on **01273 294 589** or healthylifestyles@brighton-hove.gov.uk

Primetime Calendar - Spring 2019

Venue details are listed at the end

| Day | Start | End | Description | Venue |
|-----|-------|-------|---|------------------------------|
| 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> <i>medium.com/men-in-sheds</i> | 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 Care Home |
| 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> <i>freshstartsussex@hotmail.co.uk</i> | 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+ |

Primetime Calendar - Spring 2019

| Day | Start | End | Description | Venue |
|-----|-------|---------|--|--|
| Mon | 14:00 | 17:00 | Portslade Bowls Club <i>* Late April to September</i> <i>Fun, very sociable, and could change your life. No need to book. Equipment provided, wear flat shoes. Near Portslade station and bus services</i> <i>Call Marion Whitney on 01273 410 555 or Marion197@btinternet.com for info</i> <i>www.portsladebowlsclub.com</i> | Portslade Town Hall (behind) |
| 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 |
| 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 <i>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</i> | 1st Central County Ground |
| 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 <i>Contact Anne to book on 01273 729 603</i> | 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 |

Primetime Calendar - Spring 2019

| Day | Start | End | Description | Venue |
|-----|-------|-------|---|--------------------------------|
| 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 | 11:00 | 12:00 | Pilates-based Fitness £4.50 session supported by Active for Life | The Manor |
| Tue | 11:15 | 12:15 | Mindful Yoga | 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 | 15:30 | Coffee & Cake Club <i>* Free to Portslade residents</i> <i>No need to book.</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 |
| 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 <i>A fun, community singing group with Annie Whittington.</i> | 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 |

Primetime Calendar - Spring 2019

| Day | Start | End | Description | Venue |
|-----|-------|-------|---|--|
| Wed | 10:00 | 12:00 | Crafty Adults *Fortnightly 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 |
| Wed | 10:00 | 16:00 | Men in Sheds (Women Welcome) <i>Hosted by Fabrica</i> <i>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.</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> <i>helen.bashford@switchboard.org.uk</i> <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 | | 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 |

Primetime Calendar - Spring 2019

| Day | Start | End | Description | Venue |
|-----|-------|-------|---|------------------------------|
| Wed | 12:00 | 13:00 | Cosy Community Café | Brighthelm |
| Wed | 12:00 | 13:00 | In Shape for Life @ Brighthelm A circuit based exercise session suitable for all abilities. £2/3. | 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 | The Manor |
| 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+ |
| 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 |
| Wed | 15:30 | 14:30 | Badminton for Adults with a Learning Disability A fun and friendly bat and ball session. Make friends, stretch and keep fit. £3 | King Alfred Leisure Centre |
| Wed | 17:30 | 18:15 | In Shape for Life Zumba Suitable for beginners. Improve your strength, balance, coordination, flexibility and have fun. Starts 24/04/2019 | The Manor |
| 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</i> <i>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+ |

Primetime Calendar - Spring 2019

| Day | Start | End | Description | Venue |
|-----|-------|-------|--|--|
| Thu | 10:00 | 12:00 | Tech Buddies <i>Laptops, Mobile Phones, iPad etc.</i> <i>Call 01273 729 603</i> | The Hop 50+ |
| Thu | 10:15 | 11:30 | Healthwalks: Hove Park | Meet @ Park Café |
| Thu | 10:45 | 12:00 | Health Walks <i>A friendly walk in the park, suitable for those a learning disability or additional needs.</i> * 1st & 3rd Thursdays <i>Meet at Dyke Road Café</i> * Other Thursdays <i>Meet at St Ann's Well Gardens Café</i> | Two venues on alternate weeks: Meet at Dyke Road Café Meet at St Ann's Well Gardens 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</i> <i>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.</i> <i>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 |
| Thu | 14:00 | 15:30 | Gardening Club <i>Help restore/replant historic walled garden at East Hill Park then tea & cake.</i> <i>Book at Park Café, call 07956 909 220 or email freshstartsussex@hotmail.com</i> | Easthill Park Community Café |

Primetime Calendar - Spring 2019

| Day | Start | End | Description | Venue |
|-----|-------|-------|--|--------------------------------------|
| Thu | 14:00 | 16:00 | Delightful De-Café <i>* Last Thursday of the month</i> Tea/coffee, cake, chat and live entertainment month for those with dementia or caring for them (£1 each). | 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> Chat, advice/info on issues affecting you, enjoy a brew with fellow! Call 03330 114 339 for more info Hosted by Royal British Legion & Age UK | 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+ |
| Fri | 10:45 | 12:15 | Sing Healthy, Play Happy <i>Dementia friendly singing/music group.</i> March 23rd Email isabel@openstrings.co.uk to book | Brooke Mead |
| Fri | 11:00 | 14:00 | Men in Sheds (Women Welcome) <i>Hosted by Fabrica</i> medium.com/men-in-sheds | 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> www.easthillpark.co.uk | Easthill Park Community Café |

Primetime Calendar - Spring 2019

| Day | Start | End | Description | Venue |
|-----|-------|-------|--|---------------------------------|
| Sat | 10:00 | 11:00 | Health Walks <i>A 45 minute stroll, followed by tea and bickies. Booking and info 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. 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 |
|---------------------------------|---|
| 1st County Cricket Ground | Eaton Road, Hove, BN3 3AN |
| 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 |
| 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 |

Venue Details

| Venue | Address |
|------------------------------|--|
| St Luke's Church | 64 Old Shoreham Rd, Brighton, BN1 5DD |
| St Richards Community Centre | Egmont Road, Hove, BN3 7FP |
| 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 Manor | Manor Road, East Brighton BN2 5EA |
| 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 corrections to make, or activities you would like to add, then please submit entries in the same format we use here and email them to **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

Please note, this work is no longer funded, it is a legacy community engagement that we continue to do.