

VOLUNTEERING MATTERS

LifeLines

Activity Calendar

Ageing Well in
Brighton and Hove
Summer 2019



All of our activities across the city

01273 688 117

lifelinesbrightonhove.org.uk

lifelines@volunteeringmatters.org.uk



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.

If you would like to book onto a group/activity,
to get more information,
or get on our mailing list,
then please call **01273 688 117**
or email lifelines@volunteeringmatters.org.uk.

Latest News

We have some new classes for you;

- **Ballroom Line Dancing**
@ Woodingdean Methodist Church
1st & 3rd Thursday of the month - 2pm to 3.30 pm.
- **Beginners Bridge * Starts Sept 2nd**
@ Patching Lodge
Mondays 12pm to 1pm.

Taster Sessions

We also have **five** new activity taster sessions. All sessions include refreshments - all abilities welcome:

- Snacking on Shakespeare
- What do we call this?
- Silver Gaming
- Singing for Life
- Dungeons & Dragons

Please call for details and to register your interest.

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 01273 688 117 to book

Lifelines Activity Calendar - Summer 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, etc. 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 |

Lifelines Activity Calendar - Summer 2019

| Day | Times | Activity | Venue |
|-----|---------------------------------------|--|------------------------------------|
| Mon | 12:00 to 13:00 Weekly | Gentle Exercise A friendly class to improve strength, balance and fitness! | The Edge Community Centre, BN2 9AE |
| Mon | 12:00 to 13:00 Weekly | Beginners Bridge Come learn to play Bridge, in friendly company. * Starts Sept 2nd Call to book. | Patching Lodge, BN2 0AQ |
| 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 | 14:00 to 16:00 2nd of the Month | Knitting Club Friendly, learn/share skills, support worthwhile causes. 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 |

Lifelines Activity Calendar - Summer 2019

| Day | Times | Activity | Venue |
|-----|--|---|-----------------------------------|
| Tue | 10:00 to 12:00 1st of the Month | Knitting Club Friendly, learn/share skills, support worthwhile causes. Materials provided. | Leach Court, BN2 0DE |
| Tue | 10:00 to 12:00 3rd of the Month | Knitting Club Friendly, learn/share skills, support worthwhile causes. 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 Fortnightly | Knitting Club Friendly, learn/share skills, support worthwhile causes. Materials provided. | Ravensbourne Court, BN2 6PR |

Lifelines Activity Calendar - Summer 2019

| Day | Times | Activity | Venue |
|-----|-----------------------------|--|---|
| Wed | 10:00 to 12:00 Weekly | Art Class A friendly art class, come and be creative. * FULL - CALL FOR WAITING LIST. | Patching Lodge, BN2 0AQ |
| Wed | 10:30 to 12:30 Weekly | Collage Club Be creative making collages. ** RESIDENT ONLY. | The Dene, BN2 7HA |
| Wed | 11:00 to 12:30 Weekly | Pegasus Puppets Entertaining puppetry, a chance to get up close. ** RESIDENT ONLY. | Brooke Mead, BN2 9PY |
| Wed | 12:00 to 13:00 Weekly | Gentle Exercise A friendly class to improve strength, balance an 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 WAITING LIST. | Patching Lodge, BN2 0AQ |

Lifelines Activity Calendar - Summer 2019

| Day | Times | Activity | Venue |
|-----|-----------------------------|---|-------------------------------|
| Wed | 14:00 to 16:00 Weekly | Creative Circle Have fun making and creating: art, cards, jewellery, decorative boxes, All in good company with tea and gossip. | Evelyn Court, BN41 2AA |
| 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 WAITING LIST. | Patching Lodge, BN2 0AQ |
| Wed | 17:15 to 19:30 Weekly | Movie Night Watch movies, with drinks, cake and good company. * Dementia friendly. | Brooke Mead, BN2 9PY |

Lifelines Activity Calendar - Summer 2019

| Day | Times | Activity | Venue |
|-----|--|--|-------------------------------|
| Thu | 10:30 to 11:30 Weekly | Reminiscence Friendly tea and chat group sharing memories. | Lavender House, BN3 4FE |
| Thu | 11:00 to 12:00 1st of the Month | Mindful Colouring Peaceful colouring, not just for kids. ** RESIDENT ONLY. | The Dene, BN2 7HA |
| Thu | 11:00 to 12:00 Weekly | Pilates (Chair Based) Chair based exercise helps back, neck and shoulders, posture and builds strength. * Dementia Friendly Call to book. | Brooke Mead, BN2 9PY |
| Thu | 12:00 to 13:00 Weekly | Steve's Lunch Club Join us for a delicious Fish & Chips lunch, ordered in on the day (£5). Call to book. | Hazelholt, BN41 2WF |

Lifelines Activity Calendar - Summer 2019

| Day | Times | Activity | Venue |
|-----|--|--|---------------------------------------|
| Thu | 12:30 to 13:30 Weekly | Pilates (Chair Based) Chair based exercise helps back, neck and shoulders, posture and builds strength. * FULL - CALL FOR WAITING LIST. | Patching Lodge, BN2 0AQ |
| Thu | 14:00 to 15:30 1st & 3rd Thursday | Line Dancing Line/Sequence dance to Ballroom music - no partner needed. | Woodingdean Methodist Church, BN2 6PL |
| Thu | 14:00 to 15:00 Weekly | Pilates (Chair Based) Chair based exercise helps back, neck and shoulders, posture and builds strength. * Call to book. | Leach Court, BN2 0DE |

Lifelines Activity Calendar - Summer 2019

| Day | Times | Activity | Venue |
|-----|-----------------------------|---|----------------------------|
| 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 WAITING LIST.</p> | Patching Lodge, BN2 0AQ |
| Thu | 14:30 to 15:30 Weekly | <p>Reminiscence Friendly tea and chat group sharing memories.</p> | Patching Lodge, BN2 0AQ |
| Thu | 15:00 to 17:00 Weekly | <p>Creative Circle Have fun making and creating: art, cards, jewellery, decorative boxes, All in good company with tea and gossip.</p> | Laburnum Grove, BN1 7HX |

Lifelines Activity Calendar - Summer 2019

| Day | Times | Activity | Venue |
|-----|--|--|---|
| 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, learn/share skills, support worthwhile causes. 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 16:30 Monthly (Varies) | Coffee Afternoon Dementia friendly afternoon coffee session, with snacks and good company. | Brooke Mead, BN2 9PY |

Lifelines Activity Calendar - Summer 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 - Summer 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 |
| Collage Club | Wed | The Dene |
| Craft & Card Making | Mon | Patching Lodge |
| Creative Circle | Wed | Evelyn Court |
| Creative Circle | Thu | Laburnum Grove |
| Crossword Club | Mon | Hazelholt |
| Dance of Awareness | Fri | Patching Lodge |
| Gentle Exercise | Mon | The Edge Community Centre |
| Gentle Exercise | Wed | The Edge Community Centre |
| 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 |
| Line Dancing | Thu | Woodingdean M Church |
| Mindful Colouring | Thu | The Dene |

Lifelines Activity Calendar - Summer 2019

| Activities listed Alphabetically | | |
|---|-----------|----------------|
| Movie Night | Wed | Brooke Mead |
| Pegasus Puppets | Wed | Brooke Mead |
| Pilates (Chair Based) | Thu | Somerset Point |
| Pilates (Chair Based) | Thu | Leach Court |
| Pilates (Chair Based) | Thu | Patching Lodge |
| Pilates (Chair Based) | Thu | Brooke Mead |
| Reminiscence | Fri | Clare Walk |
| Reminiscence | Thu | Lavender House |
| Reminiscence | Thu | Patching Lodge |
| Reminiscence | Wed | Patching Lodge |
| Spanish - Intermediate | Thu | Patching Lodge |
| Steve's Lunch Club | Thu | Hazelholt |
| Steve's Lunch Club | Thu | Hazelholt |
| 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 - Summer 2019

| Activities Grouped by Venue | | |
|------------------------------------|-----|-----------------------|
| Brooke Mead | Wed | Movie Night |
| Brooke Mead | Wed | Pegasus Puppets |
| Brooke Mead | Thu | Pilates (Chair Based) |
| Brooke Mead | Wed | Movie Night |
| Brooke Mead | Wed | Pegasus Puppets |
| 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 |
| Evelyn Court | Wed | Creative Circle |
| Hazelholt | Mon | Crossword Club |
| Hazelholt | Tue | All Together Now |
| Hazelholt | Thu | Steve's Lunch Club |
| Hazelholt | Wee | Tea Club (Afternoons) |
| Hazelholt | Wee | Tea Club (Mornings) |
| Laburnum Grove | Thu | Creative Circle |
| Lavender House | Thu | Reminiscence |
| Leach Court | Tue | Knitting Club |
| Leach Court | Thu | Pilates (Chair Based) |
| Patching Lodge | Mon | Club Style Bridge |
| Patching Lodge | Mon | Craft & Card Making |

Lifelines Activity Calendar - Summer 2019

| Activities Grouped by Venue | | |
|------------------------------------|-----|------------------------|
| Patching Lodge | Tue | Club Style Bridge |
| Patching Lodge | Tue | Knitting Club |
| 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 |
| Patching Lodge | Wee | Tech Tutor |
| Ravensbourne Court | Wed | Knitting Club |
| Somerset Point | Thu | Pilates (Chair Based) |
| The Dene | Wed | Collage Club |
| The Dene | Thu | Mindful Colouring |
| The Edge Community Centre | Mon | Gentle Exercise |
| The Edge Community Centre | Wed | Gentle Exercise |
| Woodingdean Methodist Church | Thu | Line Dancing |

Lifelines Activity Calendar - Summer 2019

| Venue | Address | Contact |
|------------------------------------|------------------------------------|----------|
| 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 |
| Laburnum Grove | Burstead Close, Brighton | BN1 7HX |
| Lavender House | Lavender Street, Kemptown | BN2 1LG |
| Leach Court | Park Street, Kemptown | BN2 0DE |
| Patching Lodge | Park Street, Kemptown | BN2 0AQ |
| Ravensbourne Court | Warren Way, Brighton | BN2 6PR |
| Somerset Point | | |
| The Dene | Rottingdean | BN2 7HA |
| The Edge Community Centre | 83 Pankhurst Avenue, Brighton | BN2 9AE |

Lifelines Activity Calendar - Summer 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.

We are grateful to be funded by our national lotteries, so thank you to Players of People's Postcode Lottery and the Big Lottery Fund.

