

# VOLUNTEERING MATTERS

## Brighton Lifelines

For growing old, however you want to.



Online, telephone and postal activities  
for older people across the city.

01273 688 117

[lifelines@volunteeringmatters.org.uk](mailto:lifelines@volunteeringmatters.org.uk)

[lifelinesbrightonhove.org.uk](http://lifelinesbrightonhove.org.uk)



## Brighton Lifelines - Activity Calendar

Welcome to the **Lifelines 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.

As a result of the Coronavirus pandemic we have changed our activities to be accessed remotely: online, by telephone and even by post.

All activities free and training/support provided.

For details or to book your spot contact us on **01273 688 117** or [lifelines@volunteeringmatters.org.uk](mailto:lifelines@volunteeringmatters.org.uk)

### Postal Activities

#### The Big Quiz - by Post

All the fun of the Big Quiz, posted to you to complete at your leisure, and we'll post you the answers too!



#### Writing for Pleasure

We help you to write the story you always love to tell, or of a favourite memory - and if you want we can also share it in our weekly newsletter.












#### Lifelines Pen Pals






Get letters from our volunteers with news, views and stories. You don't even have to reply - but if you our volunteers can help you.



## Brighton Lifelines - Activity Calendar

Day	Time	Online Activities - Online and/or Phone	Venue
Mon	10am 30 mins	<b>Seated Pilates</b> Gentle exercise to stretch and strengthen your muscles	 Zoom
	12pm 1 hour	<b>Bridge Club</b> Come join us for tips and advice	 Skype
Tue	10am 30 mins	<b>Seated Pilates</b> Gentle exercise to stretch and strengthen your muscles	 Zoom
	11am 30 mins	<b>The Big Quiz - with Sue</b> A fun, light-hearted, quiz - have a pad and pen ready	 Zoom & Phone
Wed	10am 30 mins	<b>Seated Pilates</b> Gentle exercise to stretch and strengthen your muscles	 Zoom
	11am 1 hour	<b>Hangleton Mutual Aid Bingo with Martin.</b> All the fun of Bingo in your own home - with prizes.	 Zoom & Phone
	12pm 1 hour	<b>Absolute Beginners Bridge</b> Don't be shy, we'll show you newbies how to play	 Skype
	2pm 1 hour	<b>Past &amp; Present</b> A friendly reminiscence group, of tea and chat. * FULL	 Group Call
	3pm 1 hour	<b>Body &amp; Breath</b> Breathing exercises to improve your singing and health	 Zoom & Phone

## Brighton Lifelines - Activity Calendar

Thu	<b>10am</b> 30 mins	<b>Seated Pilates</b> Gentle exercise to stretch and strengthen your muscles		Zoom
	<b>11am</b> 45 mins	<b>The Big Quiz - with Colin</b> A fun, light-hearted, quiz - have a pad and pen ready		Zoom & Phone
	<b>3pm</b> 1 hour	<b>Creative Expression</b> Music, expression, poetry, images - on a different theme each week.		Zoom & Phone
Fri	<b>10am</b> 30 mins	<b>Seated Pilates</b> Gentle exercise to stretch and strengthen your muscles		Zoom
	<b>11am</b> 1 hour	<b>Coffee Morning</b> Make your own coffee, but join us for the chat and gossip		Phone
	<b>2pm</b> 75 mins	<b>Sing Well with Lifelines</b> Have fun belting out classic songs with Annie		Zoom & Phone

You can join all these fun activities securely on Zoom or Skype for **free**, but basic call charges may apply if calling by phone (or may be included in your call plan).

**Thank You**

We owe a huge debt of thanks to our team of volunteers who regularly give their time and energy to host these activities, especially during the current time. We would not be able to help 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](mailto:lifelines@volunteeringmatters.org.uk)**

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