

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

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

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	12pm 1 hour	Bridge Club Come join us for tips and advice 	Skype
Tue	11am 45 mins	The Big Quiz - with Sue A fun, light-hearted, quiz - have a pad and pen ready 	Zoom & Phone
	2:30pm 45 mins	Sporting Chance Sheffield 5 rounds of 5 questions, with one round on Sports 	Zoom
Wed	11am 1 hour	Hangleton Mutual Aid Bingo with Martin. All the fun of Bingo in your own home - with prizes. 	Zoom & Phone
	11:30am 1 hour	Seated Pilates for Beginners Gentle exercise to stretch and strengthen your muscles 	Zoom
	12pm 1 hour	Absolute Beginners Bridge Don't be shy, we'll show you newbies how to play 	Skype
	12pm 1 hour	Body & Breath Breathing exercises to improve your singing and health 	Zoom & Phone
	12:45am 1 hour	Seated Pilates for Intermediate Gentle exercise to stretch and strengthen your muscles 	Zoom
	2pm 1 hour	Mat-Based Pilates for Confident For those able to get down and up from the floor	Zoom

Brighton Lifelines - Activity Calendar

Thu	11am 45 mins	The Big Quiz - with Avril A fun, light-hearted, quiz - have a pad and pen ready		Zoom & Phone
	11:30am 1 hour	Seated Pilates for Beginners Gentle exercise to stretch and strengthen your muscles		Zoom
	12:45am 1 hour	Seated Pilates for Intermediate Gentle exercise to stretch and strengthen your muscles		Zoom
	2pm 1 hour	Mat-Based Pilates for Confident For those able to get down and up from the floor		Zoom
	3pm 1 hour	Creative Expression Music, expression, poetry, images - on a different theme each week.		Zoom & Phone
Fri	11am 1 hour	Coffee Morning Make your own coffee, but join us for the chat and gossip		Phone
	2pm 75 mins	Sing Well with Lifelines 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

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