

# 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)



LOTTERY FUNDED

## 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.












#### Mindful Colouring








Relaxing & fun. Get regular sheets to colour in posted to your home. Colouring pencils & sharpener included when you sign up. All at no cost.



## Brighton Lifelines - Activity Calendar

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

## Brighton Lifelines - Activity Calendar

Thu	<b>11am</b> 45 mins	<b>The Big Quiz - with Avril</b> A fun, light-hearted, quiz - have a pad and pen ready		Zoom & Phone
	<b>11:30am</b> 1 hour	<b>Seated Pilates for Beginners</b> Gentle exercise to stretch and strengthen your muscles		Zoom
	<b>12:45am</b> 1 hour	<b>Seated Pilates for Intermediate</b> Gentle exercise to stretch and strengthen your muscles		Zoom
	<b>2pm</b> 1 hour	<b>Mat-Based Pilates for Confident</b> For those able to get down and up from the floor.		Zoom
	<b>3pm</b> 1 hour	<b>Creative Expression</b> Music, expression, poetry, images - on a different theme each week.		Zoom & Phone
Fri	<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**

c/o Community Base, 113 Queens Rd, Brighton, BN1 3XG

**01273 688 117**

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