

Silver Circles

A friendly volunteer can show you how to use a tablet to follow your interests, play pastimes, connect with others, join our group activities - and have a bit of fun along the way!

Whatever you want to do, our free tablet loan and support service gives you everything you need to get started. It even includes a SIM - so no internet service required. Come on!

For more info call 01273 688 117
or email lifelines@volunteeringmatters.org.uk



Lifelines have been creating and supporting volunteer-led activities in Brighton & Hove for almost 15 years.



Our volunteers can teach Silver Circle participants to:

- Learn to search the internet safely for topics or activities they're interested in.
- Play favourite pastime, or a game against another friend or one of our Lifelines Members.
- Connect to friends, family or one of our volunteers, to chat, share a meal or even watch TV together.
- Join one of our group activities, which include quizzes, exercise groups, singing or just chatting.
- Send and receive emails, or join social media.
- Host their own event, inviting others to join them for a particular event or just for chat and company.

Participants can join with their own equipment or loan one of our tablets with free internet connection included.

Are you interested? Or do you know someone who might be?
Then what are you waiting for - give us a call!

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