

VOLUNTEERING MATTERS

Lifelines Calendar

February 2023



Group Activities and 1-to-1 Services for those 50+.
In person, online, by phone and post.

01273 688 117
lifelines@volunteeringmatters.org.uk

Lifelines. For growing old, however you want to.

Lifelines Calendar

Welcome to the **Lifelines Calendar!**

LifeLines is a local project run by the national charity, **Volunteering Matters**, helping to set up and support volunteer-led activities for those 50+ in Brighton & Hove.

We host group activities and 1-to-1 services that are free to attend, or donation to cover venue costs. Some activities can be attended in person, and others remotely - training and support can be provided to help you attend.

You can also access **Getting Together Matters** activities that can be accessed online, by phone and post.

For details or to book your spot contact us on **01273 688 117** or lifelines@volunteeringmatters.org.uk

1-to-1 Services

Tech Tutors

Our volunteers can provide support people with 1-to-1 sessions to learn how to connect digitally with other people, services and online activities.

Tablet Loan & Support Service

You can loan one of our free digital tablets to learn on, which includes a SIM and everything you need to get started – all supported by one of our Tech Tutors.

Healthlink *

Volunteers can accompany people to health appointments when they cannot - or are unable to - rely on friends/family. They can also help them book/attend remote appointments.

*** Restarting January 2023 but with limited capacity**

Lifelines Calendar

Activity Details	When
Monday	
Crossword Club	10 am
<p>Have fun solving puzzles together, beginners welcome! Drinks available. * Residents Only</p> <p>Hazelholt Chalky Road, Portslade BN41 2WF</p>	<p>Monday at 10 am (90 mins)</p>
Knitting	2 pm
<p>Join us for chatting and knitting over refreshments. Beginners welcome.</p> <p>Evelyn Court Windlesham Close, Portslade, BN41 2AA</p>	<p>Monthly - 2nd Monday at 2 pm (2 hours)</p>
Tuesday	
EXTEND Exercise (F2F)	10.30 am
<p>EXTEND help and encourage people of all shapes and sizes to improve their general health and maintain independence and mobility in an enjoyable atmosphere.</p> <p>Evelyn Court Windlesham Close, Portslade, BN41 2AA</p>	<p>Tuesday at 10.30am (60 mins)</p>
The Big Quiz (Online)	11 am
<p>A fun, light-hearted quiz delivered on-line. Have a paper and pen ready.</p> <p>Zoom</p>	<p>Tuesday at 11am (45 mins)</p>
The Big Quiz (F2F)	11 am
<p>A fun, light-hearted quiz linked to the on-line quiz hosted via the internet in the Residents Lounge at Lavender House. Have a paper and pen ready.</p> <p>Lavender House Lavender Street, Kemp Town, BN2 1LG</p>	<p>Tuesday at 11am (45 mins)</p>

Lifelines Calendar

Activity Details	When
Tea & Tech	12.00 pm
<p>Get help with your digital devices - with tea/coffee and snacks! Get some give quick help or book 1-to-1 sessions to learn more. Or come for the chat and refreshments. Bring a device, try ours, or use our free tablet loan service. Lavender House Lavender Street, Kemp Town, BN2 1LG</p>	<p>Tuesday at 12.00 pm (60 minutes)</p>
Competitive Bridge (F2F)	12:45 pm
<p>Come and join other friendly players for regular competitive games of club style duplicate pairs Bridge for experienced players. Patching Lodge Park Street, Brighton, BN2 0AQ</p>	<p>Tuesday at 12:45 pm (2 Hrs 15 mins)</p>
Poetry & Things (F2F)	11.00 am
<p>Come and join a fun, creative group to discuss poems and many other things! This is not poetry presented in the normal way and we aim to avoid boredom above all. All welcome, from readers and writers of poems to those with no background in it. New Larchwood, Waldron Avenue, Coldean, BN1 9EZ</p>	<p>Monthly - 1st & 3rd Tuesday at 11.00 am (60 mins)</p>
Wednesday	
Art Class (F2F)	10.00 am
<p>We are offering informal, fun sessions where you can express yourself through your drawing or painting. Beginners Welcome. Leach Court, Park Street, Brighton, BN2 0DE</p>	<p>Wednesday at 10.00 am (2hours)</p>
Chair Based & Seated Pilates for Beginners (Online)	11.00 am
<p>Gentle exercise to stretch and strengthen your muscles, hosted by John, an experienced Pilates teacher in supporting older adults and those with health issues that may make exercise a challenge. Zoom</p>	<p>Wednesday at 11 am (45 mins)</p>

Lifelines Calendar

Activity Details	When
Body, Breath & Voice (Online)	Midday
Have fun belting out classic songs with Annie! This session also includes breathing exercises and techniques to help you feel good and improve your singing. Zoom	Wednesday at 11 am (45 mins)
Learn to play Bridge (Online)	Midday
Come and join us to learn to play club style duplicate pairs Bridge. Bridge Base Online	Wednesdays at Midday (1 hour)
Mat Seated Pilates (Online)	1.00 pm
Gentle exercise to stretch and strengthen your muscles, hosted by John, an experienced Pilates teacher in supporting older adults and those with health issues that may make exercise a challenge. Zoom	Wednesdays at 1 pm (45 mins)
Thursday	
Card Making (F2F)	2.00 pm
Elaine is back with more card making ideas, now based at Lavender House. Lavender House Lavender Street, Kemp Town, BN2 1LG	Monthly - 1st Thursday at 2 pm (1.5 hours)
BINGO @ Hazelholt (F2F)	2.00 pm
Eyes Down, here we go! Come and join Emma for fun playing - and grocery prizes. No experience necessary. Hazelholt Chalky Road, Portslade BN41 2WF	Monthly - 2nd Thursday at 2 pm (2 hours)
BINGO @ Evelyn Court (F2F)	2.00 pm
Eyes Down, here we go! Come and join Emma for fun playing - and grocery prizes. No experience necessary. Evelyn Court Windlesham Close, Portslade, BN41 2AA	Monthly – 4th Thursday at 2 pm (2 hours)
Line Dancing (F2F)	2.00 pm

Lifelines Calendar

Activity Details	When
A fun and friendly dance class where you don't need a partner. Line and sequence dancing to ballroom music, Salsa, Rhumba, Cha Cha, Foxtrot, Quickstep! £3 donation for venue cost. * Beginners session starts at 1:30 pm <i>The Ridgway, Woodingdean BN2 6PA</i>	Monthly - 1st & 3rd Thursday at 2 pm (90 mins)
Friday	
Dance of Awareness (F2F)	10.00 am
This enjoyable and creative dance session can be as low or high energy as you feel - and you can't get it wrong! Come and have some fun whilst improving your health, fitness and wellbeing. Suitable for those with limited mobility. <i>Patching Lodge Park Street, Brighton, BN2 0AQ</i>	Friday at 10 am (90 Mins)
Games with Zena (F2F)	10.30 am
Come and join other keen players for a fun board games session, a variety of games available. Beginners welcome <i>Evelyn Glennie Court, Somerset Street, Brighton, BN2</i>	Friday at 10am (2 hours)
Singwell with Lifelines (Online)	Midday
Have fun belting out classic songs with Annie, a singer / songwriter passionate abouts singing and music for all. Annie is Director and founder of Sing Well , for more information visit www.singwellmusic.co.uk . <i>Zoom</i>	Friday at 2pm (75 mins)
Movie Night (F2F)	5.30 pm
Come and enjoy a movie with other film fans, and chat about it after with refreshments. * Residents Only <i>Brooke Mead, 40 Albion Street, Brighton BN2 9AJ</i>	Monthly – 1 st , 2 nd & 3 rd Friday at 5:30 pm (2 hrs)

Lifelines Calendar

Coming Soon

New activities we're working on - venues/dates tbc:

Communal Zoom - Pilates (Portslade / Hove)

DISCO Dancing (East Brighton)

Getting Together Matters

A national project by **Volunteering Matters**
that also host online activities such as:

- **Ridwan's Armchair Travel** – virtual tours of the world
- **Coffee & Catch-up** – virtual coffee morning
- **Together Today with Corrina**
– a bi-weekly discussion group with visiting guests
- **Sunday Sounds** – relaxed chat on different topics

Contact them on **0808 196 6831**

or gtm@volunteeringmatters.org.uk for their full list
of online, phone and postal activities.

Ageing Well



A council funded coalition of organisations
offering activities and services for those 50+
- from art to Zumba and everything in between.

Call **01273 322 947** or text **07770 061 072**

Lifelines Calendar – January 2021

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 COVID-19 outbreak. We could not help the many people we do without them.

Thank You



Photos of volunteers, activity attendees and staff.

Volunteering Matters – Lifelines

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

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lifelines@volunteeringmatters.org.uk

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lifelinesbrightonhove.org.uk

We are grateful to be supported by players of the People's Postcode Lottery.

