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## Arts & Crafts

### Chat & Craft group

This free group meets every Thursday morning 10am-12pm at Stanford Avenue Methodist Church for a friendly time of 'craft', chat and a cuppa (biscuits and/or cake available!). Bring yourself and any project you are interested in. Some come just for the cuppa and natter. For more information see the website: [www.stanfordavenuemeth.co.uk](http://www.stanfordavenuemeth.co.uk) or telephone: 01273 555036

### Creative Workshops at Brooke Mead

Come along to these free, friendly creative workshops on Tuesdays 11am -12.30pm in the communal space at Brooke Mead. This will return to the communal lounge at Rose Hill Court once it has been redecorated. Bring your own art project to work on, or take part in an artist-led activity. No artistic experience needed for these fun accessible workshops and all art materials are provided. Book via eventbrite [www.eventbrite.com/e/creative-workshops-at-brooke-mead-tickets-430937835667](http://www.eventbrite.com/e/creative-workshops-at-brooke-mead-tickets-430937835667) or email: [rosehillrebels@gmail.com](mailto:rosehillrebels@gmail.com)

### Draw Draw

Flexible drawing, painting and printmaking classes, aiming to be accessible to everybody. They run sessions both in-person (at a couple of different venues) and online. Some sessions are free. To see what's on offer and costs of sessions check out their timetable: [www.draw-brighton.co.uk/timetable](http://www.draw-brighton.co.uk/timetable)

### Good News Shed

Good News Shed is a place of skill-sharing and informal learning, of individual pursuits and community projects in Moulsecoomb. Members work together on projects of their own choosing, at their own pace and in a safe, friendly and inclusive environment. It is open to anyone of any age, although the majority of people who attend are older men. It runs on Tuesday and Fridays 10am-4pm. Find more information on their website: [www.goodnewsbrighton.com/project/shed/](http://www.goodnewsbrighton.com/project/shed/) or telephone: 01273 918297

## **Knit and Natter**

Knit and socialise in Waitrose Cafe on Nevill road every Tuesday between 2pm and 4pm. To book, or for more information: website: [www.brighton-hove.gov.uk/stay-strong-events/knit-and-knatter](http://www.brighton-hove.gov.uk/stay-strong-events/knit-and-knatter) telephone: 0800 019 1310 or email: [Brighton.Info@ageukwsbh.org.uk](mailto:Brighton.Info@ageukwsbh.org.uk)

## **ONCA Barge**

ONCA Barge at Brighton Marina is a community-centred learning space that supports artist development and offers a programme of creative activities in East Brighton. On Fridays between 2.30-4.30pm, the ONCA Barge becomes a free, warm and inviting space. Expect some friendly faces from your local community. A cuppa or two (for a small donation) and an engaging activity for you to take part in – something arty or crafty. Or if you'd prefer to read a book in the corner there's a space for that too. For more information see their website: [onca.org.uk/community-mornings/](http://onca.org.uk/community-mornings/) or get in touch by telephone: 01273 607101 or email: [info@onca.org.uk](mailto:info@onca.org.uk)

## **Sewing For All Drop In**

Come and repair your clothes and work on any sewing or knitting, crochet and hand sewing projects in the supported studio environment at Sew Fabulous. This runs Fridays during term time, 1-3pm. This is a drop in group, payment welcome by donation. Sew Fabulous run various courses and workshops throughout the year as well. For more information see their website: [sew-fabulous.org/product/friday-drop-in-sewing-sessions/](http://sew-fabulous.org/product/friday-drop-in-sewing-sessions/) or get in touch by telephone: 07897275200 or email: [info@sew-fabulous.org](mailto:info@sew-fabulous.org)

## **Art, cinema, museums & theatre**

### **Age is a Stage Theatre Royal Brighton**

Age is a Stage fun filled weekly sessions are for anyone aged 50+. Exploring the art of play, creativity and dramatic arts, no experience is necessary - just step through the door and the spirit of the Theatre will energise you! Chris Cresswell has worked in theatre, performance and teaching for over 20 years; in these popular workshops he creates a safe space where you can enjoy some precious time outside of the norm and experience the joy of just letting go.

Drop in for a session and we guarantee you'll book for more! Theatre Royal Brighton 11am-12:30pm every Friday (running Fri 3 Mar - Fri 30 Jun 2023) For more information see their website:

[www.atgtickets.com/shows/age-is-a-stage/theatre-royal-brighton/](http://www.atgtickets.com/shows/age-is-a-stage/theatre-royal-brighton/)

or call 0844 871 7627

## **Brighton & Hove Museums**

Visit the Royal Pavilion & Garden, Brighton Museum & Art Gallery, Hove Museum of Creativity, Preston Manor & Gardens and Booth museum of Natural History. For more information see their website:

[brightonmuseums.org.uk/visit/](http://brightonmuseums.org.uk/visit/) or call: 03000 290 900

or email [info@rpmt.org.uk](mailto:info@rpmt.org.uk)

## **Fabrica**

Fabrica is a visual arts organisation based in a former Regency church in the heart of Brighton, which commissions contemporary visual art installations specific to the building. Fabrica is a place where artists come to make new work. Fabrica supports and encourages the artists with whom it works to be adventurous and to test the boundaries of their practice. It encourages an open dialogue between artists and visitors within the gallery space and produces an integrated programme of education and audience development activity that strives to remove barriers to access, engagement and understanding.

For more information see their website: [www.fabrica.org.uk/whats-on](http://www.fabrica.org.uk/whats-on)

call: 01273 778646 or email: [office@fabrica.org.uk](mailto:office@fabrica.org.uk)

## **Phoenix Art Space**

Phoenix Art Space is a unique arts organisation providing a range of creative opportunities in the heart of the City. Alongside their exhibition programme, they also put on a range of regular community events and courses which are open to everyone. See their website or give them a call for current courses.

Website: [www.phoenixbrighton.org/learn/](http://www.phoenixbrighton.org/learn/) telephone: 01273 603700

or email: [info@phoenixbrighton.org](mailto:info@phoenixbrighton.org)

## **Silver Screen at Duke of York's and Dukes at Komedia cinemas**

Silver Screen is a free-to-join club for the over-60s at Duke of York's and Dukes at Komedia cinemas. Enjoy discounted tickets and a free tea or filter coffee at the Silver Screen shows. For more information see their websites: [www.picturehouses.com/cinema/duke-of-york-s-picturehouse](http://www.picturehouses.com/cinema/duke-of-york-s-picturehouse) and [www.picturehouses.com/cinema/duke-s-at-komedia](http://www.picturehouses.com/cinema/duke-s-at-komedia) or telephone: 0207 294 7908

## **Food & Eating Out**

### **Age UK WSBH coffee mornings**

Coffee mornings hosted by volunteers in three locations in Brighton and Hove, offering a relaxed environment to meet new people, chat and catch up. Coffee Morning @ Dyke Road Park Café 10am 12:00pm on alternate Mondays, Coffee & Board Games @ The Grenadier, Hangleton 10:30am 12:00pm third Tuesday of the Month and Coffee Morning 10:30am 12:00pm alternate Tuesdays The Old Boat Community Centre. For enquiries and to book telephone: 0800 019 1310 or email: [Brighton.Info@ageukwsbh.org.uk](mailto:Brighton.Info@ageukwsbh.org.uk)

### **Ascension Church Friendship Lunches**

Once a month Ascension Church in Westdene hosts a friendship lunch for older people in the community. It is a two-course meal with tea/coffee for £4 and runs on the fourth Thursday of the month at 1pm. The meal starts at 1pm and lasts to about 2.15pm. It is best to get in touch before going along to make sure it's running and so there will be enough food for everyone. Everyone is welcome. Please contact Olive [office@ascensionbrighton.org](mailto:office@ascensionbrighton.org) first to book your meal and order transport if you need it. Please see website and call for more information website: [www.ascensionbrighton.org/?page\\_id=3841](http://www.ascensionbrighton.org/?page_id=3841) telephone: 01273 002641

### **Brighton and Hove Food Partnership (BHFP) Community Kitchen**

BHFP offer a range of community cookery classes - including sessions on low energy cooking, batch cooking, Time for Tea and Food Foundations. Check out their website or give BHFP a call to see the current courses they are offering. Website: [bhfood.org.uk/events/?filtered=](http://bhfood.org.uk/events/?filtered=) telephone: 01273 234810 or email: [info@bhfood.org.uk](mailto:info@bhfood.org.uk)

## **Deans Senior Tea Club**

Tea club with entertainment, arts & crafts, quizzes and games running in Saltdean, Telscombe and Peacehaven. Their aim is to combat loneliness in older age whilst having a jolly good time. The clubs are free to attend, please just turn up or call to enquire. The group in Saltdean runs on Fridays between 2-4pm at St Nicholas Church. For more information see their website: [www.thedeansseniorteclub.org/](http://www.thedeansseniorteclub.org/) or telephone: 01273 304173

## **Food And Friendship Lunch Club**

This lunch club meets on Tuesdays and Thursdays between 12-2pm at Hove Methodist Church. They have a 3-course lunch including homemade soup and tea and coffee. It is £5 per person. Door to door transport available if required. For more information or if you require transport or have any dietary requirements please get in touch with the group. Website: [foodandfriendship.org.uk/](http://foodandfriendship.org.uk/) telephone: 07813 667 857 email: [cookingcaroline@outlook.com](mailto:cookingcaroline@outlook.com)

## **Lunch Positive 50+ Supper Group**

Every month they are running a special over 50s Supper Group on the second Wednesday of the month. This is a space for people with HIV aged 50 and over to meet in a friendly and supportive atmosphere, socialise, and also to share and access support and activities relevant to the group. The supper group is run by others with HIV, and everyone has input into how the group progresses. Doors open at 5pm, supper from 6.30pm. Please come along at any time of the evening. Please get in touch to find out more by emailing [supper@lunchpositive.org](mailto:supper@lunchpositive.org) or calling 07846 464384. For more information see website: [lunchpositive.org/what-we-do/over-50s-supper-group/](http://lunchpositive.org/what-we-do/over-50s-supper-group/)

## **Manor Gym**

On Tuesdays between 12-2pm, there is a Boccia and Lunch Club. Boccia (pronounced bot-cha) is a Paralympic sport with no Olympic equivalent and is similar to bowls but in a seated position. Check their website for more information: [themanorbrighton.com/whats-on/](http://themanorbrighton.com/whats-on/) or telephone: 01273 676828

## **Over 50's Social Club**

Over 50s social club at the Vestry St Philip's Church. A friendly group who enjoy coffee, cakes, books, crafts and a good natter! Come and join us to make new friends and learn new crafts. Every first Thursday of the month at 2:30pm for 2 hours [www.achurchnearyou.com/church/5000/service-and-events/events/486145/](http://www.achurchnearyou.com/church/5000/service-and-events/events/486145/) contact form [www.achurchnearyou.com/church/5000/get-in-touch/](http://www.achurchnearyou.com/church/5000/get-in-touch/) 07786 366220

## **Ralli Hall Lunch Club**

A friendly Jewish lunch club which serves kosher food and is open to all individuals in the local community. They meet every Thursday from 12-4.30pm. A three-course lunch and drinks are served for £11.50, and you can partake in some gentle exercises, a quiz and a speaker may join the group from time to time. The venue is wheelchair accessible and there are accessible toilets on site. Limited transport is available upon request, however it is not guaranteed. Get in touch with them to find out more. [lunchandsocialclub@gmail.com](mailto:lunchandsocialclub@gmail.com) 01273 739999

## **Real Junk Food Project**

The Real Junk Food Project Brighton is a Community Interest Project that intercepts food destined for landfill to turn into healthy meals to serve to the community on a 'Pay As You Feel' basis. As well as yummy food, the lunches are also social spaces and a great chance to meet new people, with customers sitting together to eat the meals. The project runs out of different venues on different days of the week - please check their homepage. [www.realjunkfoodbrighton.co.uk/locations/](http://www.realjunkfoodbrighton.co.uk/locations/)

## **Luncheon Club**

The Luncheon Club meets on Wednesdays from 12:30-2pm at Stanford Avenue Methodist Church. It is open to all over 60, who would like a yummy lunch and some company. The cost for a 2-course meal is £4. For more information see website: [www.stanfordavenuemeth.co.uk/calendar/](http://www.stanfordavenuemeth.co.uk/calendar/) Please telephone if you would like to come along: Ann 01273 887843, Josie 01273 276123 and Christine 01273 500871

## **Stoneham Bakehouse**

Stoneham Bakehouse is a Community Supported Bakery based in Hove. They run the Bread Shed, a fortnightly baking group for people aged 55+. They also have a fortnightly Baking and Bereavement group. Both these groups are free. For more information see website: [stonehambakehouse.org.uk/](http://stonehambakehouse.org.uk/) telephone: 07743 705609 or email: [paula@stonehambakehouse.org.uk](mailto:paula@stonehambakehouse.org.uk)

## **TDC 50+ Lunch at Hawks Café**

Come along for a free light lunch and meet others in the local Whitehawk community. A health and wellbeing focused group for over 50s, providing a sociable and inclusive space for people to meet and discuss positive approaches to their wellbeing. This group meets fortnightly on Wednesdays, 11.30am-1pm, at the Hawks Café (next to Whitehawk Library). For more information call Cal: 07378 253122 or Anita: 07307 681963

## **Winter Warmers**

This is a reminiscence group meeting to share memories, enjoy good company, free tea, coffee, cake and fun. Meetings are held at Holy Cross Church in Woodingdean on the second Wednesday of each month 2-4.00 pm. All welcome. You can just drop in or if feeling unsure you can call them. Website: [www.woodingdeanholycross.org.uk/our-community](http://www.woodingdeanholycross.org.uk/our-community) Telephone: 01273 300490 or Email: [ruth.sennett@virginmedia.com](mailto:ruth.sennett@virginmedia.com)

# **Dementia**

## **Ageing Well service**

Early Interventions for People Living with Dementia as part of our single point of contact (SPOC) service, we offer signposting for those in the early stages of dementia. This includes for anyone who suspects they may have dementia or for those looking for groups and activities in the city. Call: 01273 322947 Text: 07770 061 072

Mon – Fri: 9am – 5pm or email: [ageingwellbh@impact-initiatives.org.uk](mailto:ageingwellbh@impact-initiatives.org.uk)



## **Age UK Dementia Peer Support Groups**

Age UK facilitates two monthly peer support groups for people living with dementia and their loved ones. This group provides an opportunity to meet people in similar situations, share thoughts and experiences, and receive guided support from their facilitators on how to access other services within Brighton & Hove. For more information see their website: [www.ageuk.org.uk/westsussexbrightonhove/](http://www.ageuk.org.uk/westsussexbrightonhove/)  
Telephone: 01903 792015 or Email: [info@ageukwsbh.org.uk](mailto:info@ageukwsbh.org.uk)

## **Brighton and Hove Food Partnership Dementia Friendly Food Project**

BHFP offer a dementia-friendly cooking class called 'Time for Tea' club for people living with dementia in their community kitchen. The club runs fortnightly on the first and third Wednesday of every month from 2-4pm . They also run a supportive gardening group (May to October) with weekly sessions providing gentle, regular activity. Find more information on their Website: [bhfood.org.uk/get-involved/dementia-friendly-food-project/](http://bhfood.org.uk/get-involved/dementia-friendly-food-project/), Telephone: 01273 234810  
or Email: [tash@bhfood.org.uk](mailto:tash@bhfood.org.uk)

## **Dementia Arts Support Hub DASHbrighton**

DASHbrighton (Dementia Arts Support Hub) is a new initiative in partnership with St Luke's Prestonville and The Junk Food Cafe. They provide meaningful Arts and other stimulating creative activities delivered by professionals in a warm and welcoming space. They aim to support carers as well as those with a diagnosis of dementia or young onset dementia by offering advice, relaxation and a space to talk and relax. Above all DASH is about being creative, laughing, singing and living in the moment. They have only been running since January but already guests are describing it as: 'the highlight of the week' and 'a literal lifesaver'. You can see what we do on Facebook DASHbrighton. Too often dementia is seen in terms of what people CAN'T do. At DASH they celebrate what people CAN do, based on the latest scientific research which shows the positive effect creative activity has on the brain. They ask for a voluntary donation of £7 per person which includes a three-course cooked lunch provided by Junk Food Cafe. To find out more and to join please email Lindsay MacRae at [DASHbrighton@hotmail.com](mailto:DASHbrighton@hotmail.com)

## **Dementia Connect**

Dementia Connect provides lifelong support and advice, before, during and after diagnosis. Alzheimer's Society's dementia advisers can support you directly by phone or face to face, as well as connect you to a range of local services. For more information see their website: [www.alzheimers.org.uk/get-support/dementia-connect](http://www.alzheimers.org.uk/get-support/dementia-connect) or telephone: 0333 150 3456

## **Dementia Friendly screenings: Duke of York's Cinema, Brighton**

Dementia Friendly screenings on the fourth Friday of the month 11am- 1pm. The screenings are slightly adapted to ease the sensory impact - the lights in the screen are left on low, and guests are free to walk around, take a break, and sing along to any familiar songs. They provide free tea, coffee and biscuits from 10:30am, so that people can get settled into the space before the screening begins at 11am. £4 for guests and free for carers. For more information see their website: [www.picturehouses.com/blog/dementia-friendly-screenings](http://www.picturehouses.com/blog/dementia-friendly-screenings) or call: 0207 294 7908

## **Dementia Lived Experience Group**

This group meets on the third Friday of every month 11am-12:30pm at Cornerstone Community Centre. The group offers a friendly space to meet others and share experiences, while also supporting one another. It also provides an opportunity for group members to guide the work of the Dementia Friendly Strategy for the city by letting us know what we need to be doing. Fran is available to chat if you need more information. Fran's details are email: [franhamilton\\_ot@yahoo.co.uk](mailto:franhamilton_ot@yahoo.co.uk) or telephone: 07838 719519

## **Growing Together at Plot 22**

A gardening group welcoming older people, people living with dementia, and carers. Whether you are a seasoned gardener or new to growing, our hope for the group is that we will enjoy quality time together while completing gentle, seasonal gardening tasks. During our time together we will also prepare and enjoy a seasonal snack. The group runs on two Wednesday mornings a month, from 10.30am to 12.30pm. Currently guests are invited to attend once a month. For more information see their website: [www.plot22.org/growing-together](http://www.plot22.org/growing-together) or telephone: 07717 467 862

## **Hangleton & Knoll Memory Cafes**

Hangleton & Knoll Memory Cafes are held on Mondays 2:30-4:30pm on 3rd April, 5th June and 3rd July at St Richard's Community Centre. They offer a supportive and friendly space for everyone living with dementia and memory loss, befrienders and carers. Includes hand massage, jigsaws, word searches, books, raffle, live music and information and signposting. For more details and to book a place contact Clare Hopkins email: [clare.hopkins@hkproject.org.uk](mailto:clare.hopkins@hkproject.org.uk) telephone: 07422 692845/01273 410858

## **Home Instead Love to Move & Time to Chat**

Seated exercise for all, especially older adults and their carers. Southwick Community Centre 10-11:30am Term time only session dates: March 28, April 4, May 2, 9, 16, 23, June 6, 13, 20, 27, July 4, 11, 18 and 25. Sessions include movement, fun and improved health and wellbeing. There are refreshments and time to chat after the class. Cost £5. For more information contact Linda telephone: 01273 284090 or email: [admin.brighton@homeinstead.co.uk](mailto:admin.brighton@homeinstead.co.uk)

## **Home Instead Read & Reminisce**

Home Instead's free dementia friendly book club. Having a dementia diagnosis doesn't mean you can longer enjoy reading. Join us to enjoy reading in a supportive environment. 45 minute sessions at 10:30am on Fridays at Hangleton library. 6 participants per session. For more information see website: [homeinstead.co.uk/brighton/news-events](http://homeinstead.co.uk/brighton/news-events) or telephone: 01273 284090

## **Hop Stop at the Hop 50+**

The Hop Stop takes place on Friday and is specifically for people living with dementia, with activities taking place that promote good health and wellbeing and offering a supportive space to individuals living with dementia. Currently the Hop Stop is full, but the Hop does have a waiting list in place if people would like to attend. For more information or to join the waiting list telephone: 01273 729603 or email: [thehop50@impact-initiatives.org.uk](mailto:thehop50@impact-initiatives.org.uk)

## **Hop 50+ The Pit Stop**

The Pit Stop is open every Wednesday 9.30 – 11.30am and offers a dedicated and safe meeting place exclusively for people living with the early stages of dementia and carers. It's at the Hop 50+ café where you can meet people in similar situations and have a chat over coffee or a cup of tea. It's an informal session and on a drop-in basis, so no need to book. Staff are not able to offer personal care. For more information telephone: 01273 729603

## **In Mind Dementia Café**

A new weekly group for those with early onset and mild to moderate dementia and their carers and family. Every Monday excluding school holidays 1-3pm at The Old Boat Community Centre. Cost £10 for guests and free for carers. Lunch and drinks can be bought from 12pm in the cafe. The weekly group sessions provide a welcoming safe space for social interaction whilst building a supportive community. With arts-based activities flexible to the needs of guests. There is music, chat, relaxation, fun and laughter. Contact us for referrals and more information email: [inmindbrighton@gmail.com](mailto:inmindbrighton@gmail.com) and telephone: 07754177662. Find us on Facebook: InMind

## **Maycroft Manor memory café**

Memory Café at Maycroft Manor to encourage those living with memory issues and dementia and their carers to get together and support each other, as well as take part in interactive activities. It will be held at the Maycroft Manor Station Café on the last Thursday of each month from 2pm until 4pm and will be hosted by Customer Relationship Manager, Emma Weller. If you have any questions about dementia or would like to register your interest in attending the café, please contact Emma telephone: 01273 859790 or email: [emma.weller@hallmarkcarehomes.co.uk](mailto:emma.weller@hallmarkcarehomes.co.uk).

## **Melody for the Mind**

Come to this informal singing group, open to all and designed to boost mood and wellbeing at Southwick Library on the first Friday of every month 10.30-11.30 am. Enjoy refreshments and a chat, followed by singing in a relaxed environment. All sessions are dementia friendly. There is no charge for this activity. Carers are asked to remain on the premises during this activity. For more information see their website: [arena.westsussex.gov.uk/-/southwick-library#/?location=Southwick%20Library](https://arena.westsussex.gov.uk/-/southwick-library#/?location=Southwick%20Library) telephone: 01273 592150 or email: [southwick.library@westsussex.gov.uk](mailto:southwick.library@westsussex.gov.uk)

## Memory Matters

This peer support group runs at The Holy Cross Church in Woodingdean on the second Monday of each month at 1.30-3pm. It is a monthly drop-in group, offering a positive, safe, and friendly space for those who themselves have Dementia, are living in the same home as someone with Dementia or who have a loved one who has Dementia. For more information see their website: [www.woodingdeanholycross.org.uk/events](http://www.woodingdeanholycross.org.uk/events) telephone: 01273 681593 or email: [holycross.woodingdean@gmail.com](mailto:holycross.woodingdean@gmail.com)

## Music for Connection

This group runs dementia-friendly music sessions called Music and Motion. It's a music and dance-themed session with an opportunity to meet others from the community in a friendly and welcoming group. Please get in touch with them for more information website: [musicforconnection.co.uk/events-list](http://musicforconnection.co.uk/events-list) telephone: 01273 569 096 or email: [hello@musicforconnection.co.uk](mailto:hello@musicforconnection.co.uk)

## Patient and Public Involvement in Dementia Research group

A group of people with experience of living with dementia. Some with a diagnosis of dementia and some with experience of caring for a loved one who has dementia. The group works with the Research Department at Sussex Partnership NHS Foundation Trust. Their role is to talk to researchers about their research and to advise them from their lived experience perspective. Their experience of having dementia in their lives can make a real difference to the way research is planned and carried out. Their meetings are friendly and informal. You do not need to have prior knowledge of research - it is your lived experience that is so important in shaping research. They offer a mix of face to face and online meetings. There is no pressure for you to attend more meetings than you are happy to do so. You will be paid for your time. If you would like to know more, please get in touch by email: [Julia.Fountain@spft.nhs.uk](mailto:Julia.Fountain@spft.nhs.uk) or telephone: 07423 302940

## **Pedal People**

Accessible Cycle Rides Charity year-round, wind-in-hair wellbeing. Side-by-side cycling is lots of fun. Easy to use electric-assist cycles. Pedal & non-pedal options. For anyone living with disability or health challenges. Suitable for participants living with complex needs, visual impairment & dementia too. We train carers, friends, PAs or family to Cycle Pilot rides. Enjoy the seafront & green spaces throughout Brighton together. No-cost donations very welcome. Book easily, direct online via [www.pedalpeople.org.uk](http://www.pedalpeople.org.uk)

## **Rise and Shine**

Rise and Shine a free South East Dance project meets once or twice per month at the Dance Space. It is a combination of body conditioning, dance and of course play and fun activities. There is time to socialise at the end with tea and cake and plenty of laughter too. These fun and friendly sessions led by Dr Rosaria Gracia are open to anyone over the age of 60, and will focus on supporting participants to build strength, physical confidence and prevent falls. Booking is required. For more information and how to book see their website: [southeastdance.org.uk/whats\\_on/spring-term-rise-and-shine-dance-class/](http://southeastdance.org.uk/whats_on/spring-term-rise-and-shine-dance-class/) telephone: 01273 696844 or email: [hello@southeastdance.org.uk](mailto:hello@southeastdance.org.uk)

## **Sporting Memories**

Using the rich history and heritage of sport, Sporting Memories clubs are open to any people over the age of 50 who enjoy reminiscing about their experiences of watching or playing it. The clubs take place each week and are a friendly, welcoming environment that is open to all. There are a number of different clubs; Brighton Club in St George's Church on Mondays 10-11:30am, Polegate Club in Polegate Community Centre Wednesdays 10-11:30am, Hove Club in Central United Reformed Church 10-11:30am and a Zoom Club on Friday 10-11:30am. For more information see their website: [sussexcricket.co.uk/sporting-memories](http://sussexcricket.co.uk/sporting-memories) or telephone: 01273 827104 / 07718 492529 or email: [emma.brooke@sussexcricket.co.uk](mailto:emma.brooke@sussexcricket.co.uk)

## Story Chaplain

At Home with the Seasons is a series of free informal online workshops, where together as a group you will reflect on and share what you enjoy about each season. There will be four workshops across the year, one for each season. You are welcome to attend one, several, or all workshops. Workshops FREE, donations welcome.

[www.dementiapathfinders.org/at-home-with-the-seasons](http://www.dementiapathfinders.org/at-home-with-the-seasons)

## Switchboard LGBTQ+ dementia project

Switchboard LGBTQ+ dementia project is for LGBTQ+ people living with dementia or concerned about memory loss. They are currently offering one-to-one telephone and online support (Call us: 01273 204050 or Email us: [helpline@switchboard.org.uk](mailto:helpline@switchboard.org.uk)), as well as group peer support session in-person 1:30pm - 3:30pm on the third Monday of every month. This group is held at Arcobaleno in Kempe Town in the colder months and Plot 22 once it gets warmer. They also provide online meetups over Zoom for LGBTQ+ carers of people living with dementia, on the third Tuesday of each month from 1:30 - 2:30pm. Speak Out With Dementia is their weekly Zoom group for LGBTQ+ people living with dementia every Thursday from 5pm - 6pm on Zoom. For more information see their website: [www.switchboard.org.uk/what-we-do/dementia-support/](http://www.switchboard.org.uk/what-we-do/dementia-support/) telephone: 07783 760249 / 01273 234009 or email: [info@switchboard.org.uk](mailto:info@switchboard.org.uk)

## Time for Dementia

Time for Dementia is a training programme pairing students with a family affected by dementia. The students visit the family at home as a unique learning opportunity for the students but also a chance for the family to share their experiences of living with the condition. For more information see their website: [www.alzheimers.org.uk/get-involved/time-dementia-programme](http://www.alzheimers.org.uk/get-involved/time-dementia-programme) telephone: 07562 430 204 or email: [timefordementia@alzheimers.org.uk](mailto:timefordementia@alzheimers.org.uk)

## Education

### **Aldridge Adult Learning**

Offering a wide range of full and part-time adult learning courses, including a programme of hobby courses on topics such as out and about sketching, creative writing, floristry for beginners, mindful movement and meditation, and tai chi. For more information see their website: [aldridgeadultlearning.com/](http://aldridgeadultlearning.com/) telephone: 01273 422632 or email: [info@aal.org.uk](mailto:info@aal.org.uk)

### **Free University Brighton (FUB)**

FUB is a cooperative, community-led organisation that provides and promotes free educational events across the City of Brighton & Hove. They offer free courses, practical workshops, introductory taster sessions, lectures, talks, film screenings discussion and debate in a wide variety of subjects. They also offer validated, degree-level courses, made up of subjects such as sociology, criminology, psychology, politics, economics, social history, feminism, gender and sexuality. Anyone can do these courses, regardless of educational background . Due to the Coronavirus pandemic, they started running a lot of their degree-level courses online using Zoom classrooms and the learning platform, Ryver. Whilst they are running face to face courses again, they hope to continue to provide online options for courses as well. For more information see their website: [freeuniversitybrighton.org/](http://freeuniversitybrighton.org/)

### **Greater Brighton Metropolitan College (MET)**

Brighton MET run a variety of part-time daytime and evening courses throughout the year. These courses are just for fun, they are a great way to learn new skills, develop existing talents and meet people with similar interests. Classes include arts, design and crafts, cookery, computing, creative writing, fashion, sewing and textiles, filmmaking, floristry, history, languages, photography, music and singing, and sign language. Course run in Brighton and Worthing. For more information see their website: [www.gbmc.ac.uk/courses-for-adults/leisure-hobby](http://www.gbmc.ac.uk/courses-for-adults/leisure-hobby) or telephone: 01273 667788



## **WEA**

This voluntary sector provider of adult education offers in-person groups all over the UK, including groups in Brighton and Hove, and also have a huge amount of courses running online. The online courses are not generally locally-run, rather it will be a course open to people from across the UK (please note: some online courses are limited to people within a certain geographical area of the UK and aren't available nationally. If interested in a course, do get in touch with WEA to confirm whether the course is available nationally or not, as this is not always clear on the website). WEA describe their offer as friendly, accessible and enjoyable courses for adults from all walks of life. For more information see their website: [www.wea.org.uk/](http://www.wea.org.uk/) telephone: 0300 303 3464 or contact form: [www.wea.org.uk/contact-us](http://www.wea.org.uk/contact-us)

## **u3a**

The u3a is an international movement which provides life-enhancing and life-changing opportunities for retired and semi-retired people who come together to follow their interests, not for qualifications, as none are given, but for the sheer joy of discovery! Generally, you pay a yearly membership fee to the branch you wish to join, and then you are able to join as many groups as you like (capacity dependent). Some groups may have supplementary charges associated with them. There are a number of u3a branches in Brighton and Hove. Initial contact with these groups generally happens via their websites, but often it is also possible for people who aren't online to go along to the branch's social group or general meeting to find out more. For more information see their websites: Brighton & Hove: [brightonandhoveu3a.org/](http://brightonandhoveu3a.org/) , Brighton Five Deans: [u3asites.org.uk/brighton5deans/home](http://u3asites.org.uk/brighton5deans/home), Preston Park: [u3asites.org.uk/prestonpark/home](http://u3asites.org.uk/prestonpark/home), Patcham: [u3asites.org.uk/patcham/welcome](http://u3asites.org.uk/patcham/welcome) and Brunswick, West Hove & Portslade: [u3asites.org.uk/brunswick-westward/welcome](http://u3asites.org.uk/brunswick-westward/welcome)

## **Varndean College**

Adult & Community Learning Offering a wide variety of leisure courses for people looking to learn a new hobby or to spice up their social life. Why not take up a new language or craft, or get fit with one of their many health and fitness classes? Courses they offer include acrylic painting, creative writing, flower arranging, gentle yoga, meditation for wellbeing, social history and many more. Check out their website for full list of courses: [varndean.ac.uk/adulted/](http://varndean.ac.uk/adulted/) 01273 546602

## **Rottingdean Whiteway Centre**

This centre is a Hub for Adult Education, Leisure Courses and Community Organisations. The Centre stands at the heart of Rottingdean village and is open to all. Local clubs and associations meet there, while the Centre's other important activity is its programme of adult education and leisure courses, as well as occasional talks by visiting speakers and study days. See website for information on current courses and community groups: [www.rwc.org.uk/courses](http://www.rwc.org.uk/courses)

## **Exercise & Sport**

### **Brighton & Hove Ramblers**

Brighton & Hove Ramblers are a walking and social group based in Brighton & Hove with over five hundred members. They have two active sub-groups which are loosely based on which days walks they take place. For more information see their website: [bahr.org.uk/membership@bahr.org.uk](http://bahr.org.uk/membership@bahr.org.uk)

### **Good Gym Brighton & Hove**

Join a group of local residents who run, walk, or cycle to help out community projects and older people in Brighton. Activities can include, planting trees in local parks, cleaning a community centre, gardening, sorting cans for a food bank, helping an older person with maintenance around their house or moving furniture for an older person. To find out more and for information on current group activities see their website: [www.goodgym.org/v3/areas/brighton](http://www.goodgym.org/v3/areas/brighton) or email: [stefania@goodgym.org](mailto:stefania@goodgym.org)

### **Home Instead Love to Move & Time to Chat**

Seated exercise for all, especially older adults and their carers.  
Southwick Community Centre 10-11:30am Term time only session dates: March 28, April 4, May 2, 9, 16, 23, June 6, 13, 20, 27, July 4, 11, 18 and 25. Sessions include movement, fun and improved health and wellbeing. There are refreshments and time to chat after the class. Cost £5. For more information contact Linda telephone: 01273 284090 or email: [admin.brighton@homeinstead.co.uk](mailto:admin.brighton@homeinstead.co.uk)

## **Movement for Health**

Weekly movement for health classes on the lawns at One Garden Brighton with an osteopath on Fridays 12.15-1.30pm . Please bring your own matt and water for your class. Each session is by donation, based on your circumstances, guide price £5-10. For more information see their website: [www.onegardenbrighton.com/regular-events/movementforhealth/](http://www.onegardenbrighton.com/regular-events/movementforhealth/) If you have any questions or concerns about the class please contact Astra at [astragrayland@gmail.com](mailto:astragrayland@gmail.com).

## **Nordic Walking for Health and Wellbeing**

From March to May 2023 there are free Nordic Walking beginner courses for health and wellbeing for Brighton & Hove residents in Stanmer Park. Courses consist of four 1.5 hour sessions and will run over two days usually a week apart. If you decide to take up Nordic walking having successfully completed a course, you will be supplied with a pair of poles free of charge. For more information on dates and times and how to book on to the course see their website: [nordicwalkingforhealth.co.uk/free-beginner-courses-for-health-wellbeing-for-brighton-hove-residents/](http://nordicwalkingforhealth.co.uk/free-beginner-courses-for-health-wellbeing-for-brighton-hove-residents/) email: [peter@nordicwalkingforhealth.co.uk](mailto:peter@nordicwalkingforhealth.co.uk) or telephone/text 07813 524587.

## **Nordic Walking for long-term health conditions**

From April to September 2023, a free programme of taster sessions, beginner courses and weekly instructed Nordic walks/refresher sessions in Stanmer Park, Brighton, are available for booking if you live in Sussex with a long-term health condition. Specialist Nordic walking poles are provided for free on the course. They will then be available to buy at a subsidised price. For mor information see their website: [www.onegardenbrighton.com/regular-events/free-nordic-walking/](http://www.onegardenbrighton.com/regular-events/free-nordic-walking/). To book a place or make an enquiry, visit: [nordicwalkingforhealth.co.uk/contact/contact-us/](http://nordicwalkingforhealth.co.uk/contact/contact-us/) Email: [peter@nordicwalkingforhealth.co.uk](mailto:peter@nordicwalkingforhealth.co.uk) or text/ telephone: 07813 524587.

## **Rise and Shine**

Rise and Shine a free South East Dance project meets once or twice per month at the Dance Space. It is a combination of body conditioning, dance and of course play and fun activities. There is time to socialise at the end with tea and cake and plenty of laughter too. These fun and friendly sessions led by Dr Rosaria Gracia are open to

anyone over the age of 60, and will focus on supporting participants to build strength, physical confidence and prevent falls. Booking is required. For more information and how to book see their website: [southeastdance.org.uk/whats\\_on/spring-term-rise-and-shine-dance-class/](https://southeastdance.org.uk/whats_on/spring-term-rise-and-shine-dance-class/) telephone: 01273 696844 or email: [hello@southeastdance.org.uk](mailto:hello@southeastdance.org.uk)

### **Sussex Cricket's Walking Cricket Club**

Fun and friendly Walking Cricket Clubs for people aged 55+. Played at a slower pace, Walking Cricket can be a great way to do more exercise whilst meeting new people and having some fun. Southwick Leisure Centre ridays 11.30am - 12.30pm £3 per session. For more information see their website: [sussexcricket.co.uk/walking-cricket](https://sussexcricket.co.uk/walking-cricket) or email: [alex.king@sussexcricket.co.uk](mailto:alex.king@sussexcricket.co.uk)

### **Three Score Dance Three**

Three Score Dance's purpose is to enable older people to create and perform contemporary dance – work that engages, entertains and captures the imagination. With professional choreographers, they explore the potential for artistic expression by older people through contemporary dance. They aim to change perceptions and expectations about ageing. Three Score Dance recognises the wellbeing and social benefits of dancing for older people. We offer regular classes, one-off workshops and other opportunities for participation. For more information see their website: [www.threescoredance.co.uk/classes/](http://www.threescoredance.co.uk/classes/) or contact form: [www.threescoredance.co.uk/contact/](http://www.threescoredance.co.uk/contact/)

For more exercise and sport opportunities see [ageingwellbh.org/strength-and-balance/](https://ageingwellbh.org/strength-and-balance/)

For support to be active, including the Active for Life programme and Health Walks please see [www.brighton-hove.gov.uk/health-and-wellbeing/support-be-active](http://www.brighton-hove.gov.uk/health-and-wellbeing/support-be-active) and [www.brighton-hove.gov.uk/directories/activity-providers](http://www.brighton-hove.gov.uk/directories/activity-providers)

## Gardening & Upcycling

### Brighton Repair Café

Every month (except December) we bring people together\* to give the objects we share our world with a second lease of life and to chat and have a cuppa whilst we're at it (\*currently online) For more information see their website: [brightonrepaircafe.wordpress.com/](https://brightonrepaircafe.wordpress.com/) or email: [brightonrepaircafe@gmail.com](mailto:brightonrepaircafe@gmail.com)

### 'Friends of' Groups - Brighton & Hove Green Spaces Forum

There are many green spaces volunteer groups based across Brighton & Hove. They undertake an array of conservation type activities. If you are interested in volunteering then please select and contact one of the groups on the list found here [bhgreenspaceforum.org.uk/friends-of-groups/](https://bhgreenspaceforum.org.uk/friends-of-groups/). If you have any questions or feedback please use our 'Contact Us' link [bhgreenspaceforum.org.uk/contact-us/](https://bhgreenspaceforum.org.uk/contact-us/).

### Hove Gardening Club

A group of keen gardeners in Hove who meet every month to hear speakers on gardening-related subjects, have friendly competitions, go on outings to gardens and other places of interest and generally indulge and enjoy their interest in growing plants. Meetings are held at St Leonard's church hall, Hove, on the third Monday of each month. The annual subscription for the membership is £15 For more information see their website: [hovegardeningclub.co.uk/events/](https://hovegardeningclub.co.uk/events/) telephone: 01273 770631 or email: [hgcenquiries@gmail.com](mailto:hgcenquiries@gmail.com)

### Plot 22

Offering the opportunity to be with nature in community at Plot 22 (Weald Allotments). A range of sessions available including Dementia Inclusive Gardening, Women only, families with children and adults only. Please get in touch for more information, booking essential. For more information see their website: [www.plot22.org/](https://www.plot22.org/) or telephone: 07717 467 862

## Health & Support Groups

### Age UK WSBH bereavement support

Bereavement walking group 1:30pm 3:30pm on the second Thursday of the month. Contact Mark at [bereavement.service@ageukwsbh.org.uk](mailto:bereavement.service@ageukwsbh.org.uk) to find out more information.

### Bereavement Peer Support Group

Bereavement Peer Support Group @ Prestonville Road, 1:30pm 3:30pm on the third Thursday of the month in partnership with the bereavement centre. Telephone: 0800 019 1310 or email:

[Brighton.Info@ageukwsbh.org.uk](mailto:Brighton.Info@ageukwsbh.org.uk) for enquiries and to book

### Brighton Women's Menopause Group

A monthly group to share experiences around the menopause. You may be premature menopausal, perimenopausal, menopausal or postmenopausal. Based on the principles of peer support like empathy, equality and empowerment this space is to share in an open, honest and non-judgemental way. It's not about advice or experts but about a mutual exchange of shared experience. They seek to create a supportive and caring space where you can be yourself and know that you are not alone in this time of your life. We have limited space. For more information and to register a place please contact: Jane Moore Women's Peer to Peer Support Manager email: [janemoore@womenscentre.org.uk](mailto:janemoore@womenscentre.org.uk) or telephone: 07762 893 931

### Dance for Parkinson's

Dance classes for people with Parkinson's. Everyone welcome - friends, family and partners. No dance experience needed. Monday 2-4pm and Wednesdays 10:30am-12:15pm at Dorset Gardens Methodist Church. To book contact Lynn email: [dfpdbrighton@outlook.com](mailto:dfpdbrighton@outlook.com) or telephone: 07939040014

### Grief Encounters

Grief Encounters is a monthly peer support group for LGBTQ+ people who have experienced a bereavement. The groups explore a particular theme each month, usually using a creative outlet, and are an opportunity to meet with others and explore our grief. For more information see their website: [www.switchboard.org.uk/what-we-do/grief-encounters/](http://www.switchboard.org.uk/what-we-do/grief-encounters/) telephone: 01273 234009 or email: [info@switchboard.org.uk](mailto:info@switchboard.org.uk)

## **Parkinson's UK Brighton & Hove support group**

Our group offers friendship and support locally to people with Parkinson's, their families and carers. For information about our group's activities, contact Paul Stockwell email [p\\_stockwell@hotmail.com](mailto:p_stockwell@hotmail.com) or telephone: 01273 726988. For more information see their website: [localsupport.parkinsons.org.uk/](http://localsupport.parkinsons.org.uk/)

## **Pedal People**

Accessible Cycle Rides Charity year-round, wind-in-hair wellbeing. Side-by-side cycling is lots of fun. Easy to use electric-assist cycles. Pedal & non-pedal options. For anyone living with disability or health challenges. Suitable for participants living with complex needs, visual impairment & dementia too. We train carers, friends, PAs or family to Cycle Pilot rides. Enjoy the seafront & green spaces throughout Brighton together. No-cost donations very welcome. Book easily, direct online via [www.pedalpeople.org.uk](http://www.pedalpeople.org.uk)

## **Royal Osteoporosis Society support group**

The Brighton and Hove support group is a team of volunteers who offer people affected with osteoporosis the chance to meet other people in the area similarly affected, get information, support and ask questions about osteoporosis treatment and care. We meet on the first Wednesday of the month 2.30pm at Unitarian Church, New Road. Admission: £1 charge for tea, coffee and biscuits. For further information, please see their website: [theros.org.uk/information-and-support/support-in-your-area/find-your-local-support-group/](http://theros.org.uk/information-and-support/support-in-your-area/find-your-local-support-group/) telephone: 01761 473112 or 01761 473113 or email: [Brightonvolunteers@theros.org.uk](mailto:Brightonvolunteers@theros.org.uk)

## **Say Aphasia groups**

Say Aphasia is a charity that helps people with aphasia adapt to their new way of life and regain their independence. The Woodingdean group meets every four weeks on a Thursday 10:30am-12pm Church of the Holy Cross, Woodingdean email: [woodingdean@sayaphasia.org](mailto:woodingdean@sayaphasia.org). The Hove group meets every Friday 10:30am - 12:30pm at the Central United Reformed Church in Hove email: [colin@sayaphasia.org](mailto:colin@sayaphasia.org) For more information see their website: [www.sayaphasia.org/Pages/Category/drop-in-groups](http://www.sayaphasia.org/Pages/Category/drop-in-groups)

## Stroke Clubs

Local social clubs offering outings, exercise, talks and the opportunity to meet others who have been affected by stroke. There's one held in Hove and one in Woodingdean. If you're interested, please get in touch with them. Hove group website: [www.stroke.org.uk/finding-support/clubs-and-groups/friends-hove-stroke-club](http://www.stroke.org.uk/finding-support/clubs-and-groups/friends-hove-stroke-club) or telephone: Daail Goodson 07763 206091 and Four Deans group website: [www.stroke.org.uk/finding-support/clubs-and-groups/four-deans-stroke-club](http://www.stroke.org.uk/finding-support/clubs-and-groups/four-deans-stroke-club) or telephone James Lynch 07957 220652

## Music

### Free Brighton Choir

The Free Brighton Choir is a volunteer-run singing group, held at Brighton Youth Centre, 7- 8pm every Thursday. It is completely free to attend. The group tends to steer clear of traditional choir music, opting instead for classic pop and rock numbers (old and new!) that everyone should know. They are always looking for new recruits to their very jolly group of singers. There are no audition and no age or ability restrictions. For more information see their website: [freebrightonchoir.wordpress.com/](http://freebrightonchoir.wordpress.com/) or email: [brightonsonglab@gmail.com](mailto:brightonsonglab@gmail.com)

### Music for Connection

A social enterprise which has been running community music projects in the city and beyond since 2013. They offer participatory music as a tool for connection in a variety of community-based settings. They run a number of sessions every month, including Silver Strings (first Tuesday of the month, 9:30-11:30am, The Brighthelm Centre, first session is free), Musical Box scheme (free bespoke session on the phone, online or on doorstep to support older people that are isolated due to their health to make music) and Tea and Jam 50+ jam session, Hollingdean (fortnightly jam session in Hollingdean 12-1pm. Free / £1 donation. For more information and to book onto a session see their website: [musicforconnection.co.uk/events-list](http://musicforconnection.co.uk/events-list) telephone: 01273 569096 or email: [hello@musicforconnection.co.uk](mailto:hello@musicforconnection.co.uk)



## **Silver Sounds Senior Samba**

Silver Sounds Senior Samba is a community band for over 50s that meets at the Crypt St George's Kemptown every Friday 3-5pm. The group perform at festivals, marathons, Care Homes and other celebrations in and around Brighton & Hove. They also run workshops for small or large groups. It is a friendly group of people who welcome newcomers whatever their experience, ethnicity, sexual orientation or ability. If you're interested in joining then just turn up or telephone Nancy on 07926 534613. The first session is free. For bookings and related information phone Sue on 07786219438 or Val on 07453072615. For more information see their website: [www.silversounds.org/](http://www.silversounds.org/)

## **Sing for Better Health**

Uplifting singing sessions for older people, helping to improve health and wellbeing. Four groups per week, meeting via Zoom and telephone. It's fun and supportive with friendly and welcoming members. No singing ability is required. See group times on their website: [www.singforbetterhealth.co.uk/](http://www.singforbetterhealth.co.uk/)

## **Sofa Singers**

Set up by vocal leader James Sills as a response to global self-isolation during the Coronavirus outbreak, The Sofa Singers bring together hundreds of people in real time for simultaneous singing, learning classic songs with some optional harmonies/backing parts. Sing as if no-one is listening... because they won't be - due to latency (delay) it is not possible to synchronise and hear all of the singers the same time. So you will hear the session leader, whilst you and the rest of the participants remain on mute. But you will be able to see each other so sing with a smile! After 45 mins of singing, there is a short break followed by an open mic session where participants are encouraged to share songs, stories, poems and more! For more information see their website: [www.thesofasingers.com/about](http://www.thesofasingers.com/about) or contact form: [www.thesofasingers.com/contact-1](http://www.thesofasingers.com/contact-1)

## Other groups/activity hubs

### Ageing Well service

Ageing Well Service Ageing Well is a programme of services and activities for people living in Brighton & Hove aged 50+. If you are looking for information and advice, social activities, health and wellbeing, and volunteering opportunities, they have a range of options for you. All Ageing Well services are inclusive of people living with dementia. Telephone: 01273 322947 or text: 07770 061072 or email: [ageingwellbh@impact-initiatives.org.uk](mailto:ageingwellbh@impact-initiatives.org.uk)

### Age UK WSBH digital support

The free 'Let's Get Digital' service supports everyone 50+ wanting more confidence getting online and using digital technology. Get in touch to find out more telephone: 0800 019 1310 or email: [digital.inclusion@ageukwsbh.org.uk](mailto:digital.inclusion@ageukwsbh.org.uk)

### The Barn @ Westdene Green

Community centre with options such as yoga, tai chi, art club, board games club, ukelele club, book club and learning opportunities such as calligraphy and bee keeping. Go to their homepage for further information: [www.westdenegreen.org.uk/whats-on.html](http://www.westdenegreen.org.uk/whats-on.html)

### Brighton & Hove Libraries

Libraries across Brighton and Hove have a varied selection of events and regular groups running at them, including a mindful colouring group as well as a knitting group at Jubilee Library, a local history group at Patcham Library, Job Club at Moulsecoomb Library, a poetry group at Rottingdean Library, and a textiles group at Hangleton Library. Many libraries also have book groups: [www.brighton-hove.gov.uk/libraries-leisure-and-arts/libraries/find-book-groups-and-writing-groups](http://www.brighton-hove.gov.uk/libraries-leisure-and-arts/libraries/find-book-groups-and-writing-groups). Check out their online events calendar to find out more: [www.brighton-hove.gov.uk/libraries-leisure-and-arts/events-libraries](http://www.brighton-hove.gov.uk/libraries-leisure-and-arts/events-libraries) [libraries@brighton-hove.gov.uk](mailto:libraries@brighton-hove.gov.uk) or telephone: 01273 290 80

## **Cornerstone Community Centre**

This community centre is in the same building (St John's Church) as the Hop 50+. Various activities running here, including gentle exercise classes, u3a sessions, and a tai chi group for people aged 60+. For more information see their website: [cornerstonecommunitycentre.com/classes/](https://cornerstonecommunitycentre.com/classes/) or telephone: 01273 327757  
[cornerstonecommunitycentre@hotmail.com](mailto:cornerstonecommunitycentre@hotmail.com)

## **Dorset Garden Methodist Church**

The Dorset Garden Methodist Church runs different groups open to people of all faiths. For more information see their website: [www.dgmc.org.uk/community/church-activities/](http://www.dgmc.org.uk/community/church-activities/) telephone: 01273 605502 or email: [office@dgmc.org.uk](mailto:office@dgmc.org.uk)

## **Exeter Street Hall**

Exeter Street Hall is a vibrant community centre situated in the heart of Prestonville, Brighton. The Hall is owned by Exeter Street Community Hall Ltd, a community benefit society, and is led and managed by volunteers. Please see their website for information on all they have going on there, including tai chi, table tennis and yoga. Website: [exeterstreethall.org/whats-on/](http://exeterstreethall.org/whats-on/) telephone: 01273 561149 or email: [manager@exeterstreethall.org](mailto:manager@exeterstreethall.org)

## **Hangleton and Knoll Project (HKP)**

HKP and the Hangleton & Knoll 50+ Steering Group produce a timetable of community groups and activities on offer in the local area for people aged 50+, including Tai Chi, Film Club, Coffee and CHat, Lunch Club, Singing, Dance, Bingo and Pilates. See their website: [www.hk50plus.co.uk/](http://www.hk50plus.co.uk/) for the latest list of what is on. HKP also offer a range of activities for people from multi-cultural communities. For more information see their website: [www.hk50plus.co.uk/](http://www.hk50plus.co.uk/) email: [clare.hopkins@hkproject.org.uk](mailto:clare.hopkins@hkproject.org.uk) or telephone: 07422 692845 / 01273 410858

## **Getting Together Matters**

From creative writing to seated exercise and weekly quizzes, Getting Together Matters brings older people from across the UK together online to have fun and take part in a range of free events and activities. Groups take place online, by phone and by post. For more information see their website: [volunteeringmatters.org.uk/project/getting-together-matters/](http://volunteeringmatters.org.uk/project/getting-together-matters/) telephone: 0808 196 6831 or email: [gtm@volunteeringmatters.org.uk](mailto:gtm@volunteeringmatters.org.uk)

## **The Hop 50+**

This café and community centre for people aged 50+ is a very sociable space. The Hop 50+ runs a timetable of daily groups and activities for the over 50 community. People can pop in for coffee and a chat, stop by for lunch, or go to the centre just to attend an activity. They also organise trips out for lunch in the surrounding Brighton and Hove areas. For more information see their website: [impact-initiatives.org.uk/services/the-hop50/](https://impact-initiatives.org.uk/services/the-hop50/) telephone: 01273 729603 or email: [info@impact-initiatives.org.uk](mailto:info@impact-initiatives.org.uk)

## **The Joy Club**

The Joy Club is an online activities club that brings people together over shared interests and provides inspiration for a joyful retirement. Members can try something new at professionally facilitated live online events, connect with a community of like-minded people in our forums and enjoy new interviews, features and stories with our daily blog. Whether you'd like to learn a new skill, put the world to rights with new friends or settle in to read our latest interview - there's something to bring you joy at The Joy Club. Members enjoy access to over live online 100 talks, classes and activities every month, including Tai Chi and Qigong, Solo dancing, Pilates, Chair Yoga, Creative writing class, Watercolour class, Book club, Live concerts, Mindfulness sessions, Listening ear support group, Face Yoga, Expert talks from historians, health professionals and academics. For more information see their website: [thejoyclub.com/](https://thejoyclub.com/)

## **Lifelines**

Volunteer-led activities for older people in community venues across the city with a focus on social connections, health and wellbeing and having fun. The volunteers run groups and activities where people get together to chat, make things, to exercise, and often try something new. The activities are all low-cost. For more information see their website: [lifelinesbrightonhove.org.uk/](https://lifelinesbrightonhove.org.uk/) telephone: 01273 688 117 or email: [lifelines@volunteeringmatters.org.uk](mailto:lifelines@volunteeringmatters.org.uk)

## **Manor Gym**

There are a few groups running at the Manor Gym, such as a relaxed arts and crafts session on Mondays between 11.30am-2.30pm - where people have an opportunity to relax and learn to make things such as drawing, sewing and macramé. On Tuesdays between 12-2pm, there is a Boccia and Lunch Club. Boccia (pronounced bot-cha) is a Paralympic sport with no Olympic equivalent and is similar to bowls but in a seated position. Check their website for more information: [themanorbrighton.com/whats-on/](http://themanorbrighton.com/whats-on/) or telephone: 01273 676828

## **The Older People's Council (OPC)**

The Older People's Council (OPC) exists to serve older people in Brighton & Hove. The OPC works to ensure that all older people in Brighton & Hove are treated with respect and dignity and have access to services, support and opportunity to lead a fulfilling life. The group meets approximately every 6-8 weeks. If you are interested in helping to improve the experience of older people in Brighton and Hove please email: [brightonhoveopc@gmail.com](mailto:brightonhoveopc@gmail.com)

## **South Portslade Community Centre**

There are a few different groups that might be of interest here as Tone Rangers Choir and a fortnightly Art For All group, which is a friendly and sociable art group for all levels. For more information see their website: [portsladecommunitycentre.org/Activities/](http://portsladecommunitycentre.org/Activities/) telephone: 01273 420909 or email: [hello@portsladecommunitycentre.org](mailto:hello@portsladecommunitycentre.org)

## **Woodingdean Methodist Church**

The church has various groups that run at their venue throughout the week, including Film Club, Zumba, Tai Chi, Yoga, Men's Club, Male Voice Choir and Coffee Shop, which is an informal time to chat, share issues and meet up with friends. Check out their website for further information on the groups that run here: [woodingdeanmethodistchurch.co.uk/diary/](http://woodingdeanmethodistchurch.co.uk/diary/) telephone: 01273 303641 or email: [office@woodingdeanmethodistchurch.co.uk](mailto:office@woodingdeanmethodistchurch.co.uk)

## **Whitehawk Inn**

This venue runs a variety of free and low-cost activities, such as Knitting Club, meditation, creative writing, Drama Club and a computer drop-in. If you want to find out more, please get in touch with them. For more information see their website: [www.bht.org.uk/services/work-learning-employment/whitehawk-inn/](http://www.bht.org.uk/services/work-learning-employment/whitehawk-inn/) telephone: 01273 682222 email: [whitehawk.inn@bht.org.uk](mailto:whitehawk.inn@bht.org.uk)

## **Social**

### **The Bevy**

This is a community, co-op estate pub which acts as a 'hub' in Bevendean. Besides the more traditional activities of socialising, darts and real ales, they provide decent food for families at affordable prices, social events and a place for everyone from pensioners to mums with toddlers to meet and get involved in. The Community Kitchen runs cookery courses and they grow food in the pub gardens. A place to eat, drink and meet, their aim is to provide a venue that is inclusive, accessible, safe and welcoming. Events run here and community groups use the space to meet, including the Friendly Friday Lunch Club and an arts and crafts groups. For more information see their website: [www.thebevy.co.uk/](http://www.thebevy.co.uk/) telephone: 01273 281009 or email: [contact@thebevy.co.uk](mailto:contact@thebevy.co.uk)

### **BMECP 50+ group**

The BMECP 50+ Group, is a multicultural club for people aged 50 years and over. The aim of the group is to reduce social isolation and bring people together. The group hold free, friendly sessions on Thursdays, 12 noon to 3pm at the BMECP Centre at 10a fleet street in Brighton. (Under 50 are also very welcome) For more information see their website: [bmeccp.org.uk/community-services/](http://bmeccp.org.uk/community-services/) telephone: 0300 303 1171 or email: [contact@bmeccp.org.uk](mailto:contact@bmeccp.org.uk)

### **BMECP Chinese Elders Group.**

The Chinese Elders group meets at the BMECP Centre, 10A Fleet Street, Brighton, BN1 4ZE (Fridays 12.00 noon to 3.30pm) There are various activities people can take part in both groups such as: Boccia, Table games, Outings, Light exercise, Talks, arts and crafts, films show, a monthly cooked meal (for a smallcharge) and information on other

services and signposting to appropriate services and other BME Elders Groups. About 30 to 40 diverse elders attend the Thursday and Friday sessions at any one time. Both groups are self-funded, but they are subsidised by the BMECP with the meeting room and refreshment (The Centre helps with funding when permitted) For more information see their website: [bmeccp.org.uk/community-services/](https://bmeccp.org.uk/community-services/) telephone: 0300 303 1171 or email: [contact@bmeccp.org.uk](mailto:contact@bmeccp.org.uk)

### **The Dorset Garden Methodist Church**

A social space to meet others from the local community every Thursday 2-4pm called OpenHouse@DG. For more information see their website: [www.dgmc.org.uk/community/church-activities/](https://www.dgmc.org.uk/community/church-activities/) telephone: 01273 605502 or email: [office@dgmc.org.uk](mailto:office@dgmc.org.uk)

### **Somerset Centre Day centre services**

Somerset Centre are available to older people (over 50 years or where there is a need) who welcome some support during the day and benefit from meeting with others from within their local community. They run activities, provide lunch, go out on trips as well as offering service users support with personal care as needed. There is a charge for attendance / membership which is assessed according to your means, a minimum of £5 and a maximum of £33.00 per day. In addition each member is charged £4.80 for lunch, £3.00 for transport (£1.50 each way), and £2 for entertainment. To find out more or to become a member see their website or give them a call. Website: [somersectcentre.org.uk/](https://somersectcentre.org.uk/) email: [info@somersectcentre.org.uk](mailto:info@somersectcentre.org.uk) or telephone: 01273 699000

### **Brighton Women's Centre 50+ Group**

This group offers a safe, inclusive and non-judgemental space for women to share creative ideas, conversation and plan for future group activities. The aim is that the group is yours and will adapt to meet the needs and expectations of those who participate. The group meets fortnightly at the Cornerstone Community Centre. To find out more contact the 50+ Group Facilitator, Tracey on [traceywaters@womenscentre.org.uk](mailto:traceywaters@womenscentre.org.uk) 07463 288 007. For more information see their website: [womenscentre.org.uk/services/womens-peer-to-peer-support/](https://womenscentre.org.uk/services/womens-peer-to-peer-support/)

## **Fitzherbert Community Hub**

At the Fitzherbert Community Hub, their mission is to reduce food poverty and loneliness, by offering a space where our community can come together. All are welcome, where all will be nourished with food, friendship and fun. It hosts The Real Junk Food Project Brighton's Community Cafe and table tennis club. The Cafe at St John the Baptist parish hall is open Tuesday, Wednesday & Thursday 11am-3pm. Join them for a delicious lunch made from food that would otherwise go to landfill on a 'pay as you feel' basis. For more information see their website: [fitzherbertcommunityhub.org.uk/whats-on/](https://fitzherbertcommunityhub.org.uk/whats-on/) telephone: 01273 087 839 or email: [info@fitzherbertcommunityhub.org.uk](mailto:info@fitzherbertcommunityhub.org.uk)

## **Feminine Focus**

A group of ladies who meet on the 2nd & 4th Tuesday of every month from 3-5pm in Stanford Avenue Methodist Church. Group enjoys interesting speakers, members' afternoons, and the occasional meals out and tea and biscuits. You will get a warm welcome and a good cup of tea! For more information see their website: [www.stanfordavenuemeth.co.uk](http://www.stanfordavenuemeth.co.uk) or telephone: Jean 01273 557693

## **The La Di Da Society (previously the Posh Club)**

The La Di Da Society is a registered charity that runs daytime cabaret and dance events for people of 60 years old at The King Alfred Ballroom in Hove. At each event, with up to 240 guests, they create a friendly, sociable and lively atmosphere where people can easily make friends and let their hair down! For £10, guests receive an afternoon tea served on vintage crockery, a glass of bubbly and a raffle ticket, as well as getting entertained by some top quality cabaret performers and their resident DJ. For more information see their website: [www.ladidasociety.co.uk/about](http://www.ladidasociety.co.uk/about) and telephone Becca 07848 827806 or email [becca@theladidasociety.co.uk](mailto:becca@theladidasociety.co.uk)

## **Meetup**

Meetup is an online platform allowing people to find groups that are happening related to interests and hobbies - these groups are self-run by people who want to create a community to do with their interests. Join a group to meet people, make friends, find support, grow a business, and explore your interests. It is used primarily to find groups in-person, but some groups are also running events online. There are a



number of over 50s groups, including social, dinner and walking clubs  
For more information see their website: [www.meetup.com/topics/over-50s/gb/e2/brighton/](http://www.meetup.com/topics/over-50s/gb/e2/brighton/)

### **Older and Out**

A social group for older LGBTQUI people in Brighton. They are fully inclusive and provide a space to meet others, make friends and have some lunch. They also offer occasional trips and provide advice and support on social care needs and issues, and signpost or refer to other services. This groups takes place on the last Friday of the month at Somerset Centre. If you would like to go along, please contact Somerset Centre to let them know to expect you.

Website: [somersetcentre.org.uk/older-and-out/](http://somersetcentre.org.uk/older-and-out/)

email: [info@somersetcentre.org.uk](mailto:info@somersetcentre.org.uk) telephone: 01273 69900

### **Sporting Memories**

Using the rich history and heritage of sport, Sporting Memories clubs are open to any people over the age of 50 who enjoy reminiscing about their experiences of watching or playing it. The clubs take place each week and are a friendly, welcoming environment that is open to all. There are a number of different clubs; Brighton Club in St George's Church on Mondays 10-11:30am, Polegate Club in Polegate Community Centre Wednesdays 10-11:30am, Hove Club in Central United Reformed Church 10-11:30am and a Zoom Club on Friday 10-11:30am. For more information see their website: [sussexcricket.co.uk/sporting-memories](http://sussexcricket.co.uk/sporting-memories) or telephone: 01273 827104 / 07718 492529 or email: [emma.brooke@sussexcricket.co.uk](mailto:emma.brooke@sussexcricket.co.uk)

### **Switchboard LGBTQ+ Older People's Project**

They are currently offering one-to-one telephone and online support (Call us: 01273 204050 or Email us: [helpline@switchboard.org.uk](mailto:helpline@switchboard.org.uk)). Their Older People's Project is for LGBTQ people aged 50+ who would like to meet others in their community for support or information. They provide those aged 50+ with a number of regular social activities, meet ups and trips. They also provide information and host workshops about services for older people and make connections for people within the community and to other services. To find out more email [helen.bashford@switchboard.org.uk](mailto:helen.bashford@switchboard.org.uk) or [jack.mason@switchboard.org.uk](mailto:jack.mason@switchboard.org.uk). For more information please see their website: [www.switchboard.org.uk/what-we-do/older-lgbt-project/](http://www.switchboard.org.uk/what-we-do/older-lgbt-project/)