



# What's on Guide

Welcome to the Age and Dementia Friendly  
Brighton & Hove What's on Guide





**Age and Dementia Friendly Brighton & Hove** is a local programme working to build a city where everyone can be supported to age well and keep doing the things they enjoy.

We hope that you enjoy reading about the fantastic range of things to do in Brighton & Hove and are inspired to join in, you will be warmly welcomed.

To find out about the activities listed in this guide and many other available activities and services please contact **Ageing Well Brighton & Hove**. Many sessions are free and in-person and online options are available.

**Ageing Well** is a programme of services and activities for people living in Brighton and Hove aged 50+.

If you are looking for information and advice, social activities, befriending, health and wellbeing and volunteering opportunities, they can help you find the right support and activities for you.

All sessions run by Ageing Well partners are Dementia Friendly.

Ageing Well can also connect you with independently-run services, groups and activities.

To get in touch with their friendly team call **0808 175 3234** (freephone)  
text **07770 061072** Monday to Friday, 9am to 5pm  
email **ageingwellbh@impact-initiatives.org.uk**



Scan the QR code for a list of activities, or go to:  
**[www.ageingwellbh.org/directories/](http://www.ageingwellbh.org/directories/)**



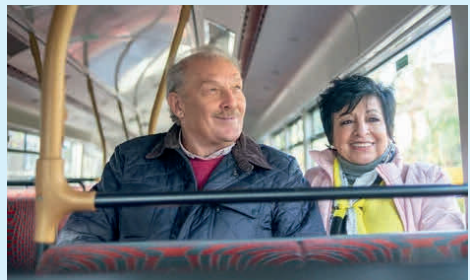
The Healthy Lifestyles Team provide free **Active for Life sessions** to support residents to be more active. To contact the Healthy Lifestyles Team, call **01273 294 589** or **email [healthylifestyles@brighton-hove.gov.uk](mailto:healthylifestyles@brighton-hove.gov.uk)**



You can join a volunteer led guided Healthwalk; a great way for people of all ages and abilities to be active. There are also lots of strength and balance classes to help you stay strong and steady.

## Get out and about using your free Bus Pass

You are eligible for an older person's bus pass at retirement age. For more information on how to get your free bus pass visit:



**[www.brighton-hove.gov.uk/older-persons-bus-pass](http://www.brighton-hove.gov.uk/older-persons-bus-pass)**  
or call **01273 296 622**

To find out about the activities listed below and many other opportunities call Ageing Well 0808 175 3234 (freephone), text 07770 061072 Monday to Friday, 9am to 5pm, or email [ageingwellbh@impact-initiatives.org.uk](mailto:ageingwellbh@impact-initiatives.org.uk)



**Arts & Craft** From knitting and sewing, to painting, woodwork and craft, there is something for everyone.



**Befriending** Volunteers are trained to provide friendship and company, go for a walk, visit a cafe or to help you find activities you would like to get involved in.



**Carers** The Carers Hub provides information and support for carers in Brighton & Hove [www.carershub.co.uk](http://www.carershub.co.uk) or Call **01273 977 000**



**Culture** There are many cultural opportunities, from art galleries, museums, and drama groups to discounted cinema screenings with free tea and coffee.



**Community Centres** Visit a friendly community centre to meet others and try a wide range of activities such as table tennis, book clubs, yoga and tai chi.



**Dementia** There are many groups for people living with dementia, including peer support, cooking, gardening, art, cinema, music and movement sessions.



**Digital** There are many digital support groups in the city if you are wanting help with basic digital skills or support getting online.



**Education** Local colleges and universities provide adult learning courses. U3A provides opportunities to come together for the joy of discovery.



**Exercise & Sport** There are lots of fun ways to keep active, including dance, bowls, seated exercise, table tennis, running groups and walking cricket.



**Food & Eating Out** From coffee mornings, tea clubs, lunch and supper clubs to cookery and baking classes. There are lots of friendly groups.



**Gardening & Upcycling** Visit Brighton Repair Café and have a chat and a cup of tea while you wait or join a gardening or conservation group.



**Health & Support** There are welcoming groups for people experiencing bereavement, Parkinson's, Aphasia, Osteoporosis, Stroke and Dementia.



**LGBTQ+** There are a range of groups for LGBTQ+ people who meet regularly for discussion, good company, activities and trips. All welcome new members.



**Libraries** There are 11 libraries in the city providing warm spaces, events, community notice boards, computers and internet, large print books, audio books and reading well and essential skills books for people with dementia. Visit [www.brighton-hove.gov.uk/libraries](http://www.brighton-hove.gov.uk/libraries) or call **01273 290 800**



**Music** Join one of the many choirs or music sessions for all abilities.



**Multicultural** There are a range of groups across the city who meet regularly and who welcome new members.



### **Online and telephone support**

Rest Less is an online activities club that brings people together over shared interests:

[www.events.restless.co.uk/](http://www.events.restless.co.uk/)

The Silver Line **0800 4 70 80 90** and

Independent Age helplines **0800 319 6789**

are charities providing friendship and support.



**Social** There are many social groups bringing people together for a chat and a cup of tea or coffee, including an afternoon cabaret.



**Volunteering** Volunteer with the libraries, youth offenders, as a school governor, with livestock or local charities. There are lots of different options.



BRIGHTON & HOVE  
**AGEING WELL  
FESTIVAL**

**The Ageing Well Festival** is an annual two-week celebration of events and activities, taking place at various venues across the city at the end of September and start of October. Look out for the Festival programme over the Summer.



[www.ageingwellfestival.org](http://www.ageingwellfestival.org)

