

The background is a vibrant teal color. In the top-left corner, there are overlapping geometric shapes: a green triangle, a pink triangle, and a yellow triangle. In the top-right corner, there is a large, stylized light blue snowflake and a smaller white snowflake. In the bottom-left corner, there is a large, stylized light blue snowflake and a smaller white snowflake. In the bottom-right corner, there are overlapping geometric shapes: a yellow triangle, a pink triangle, and a green triangle.

2025

BRIGHTON & HOVE FESTIVE DIRECTORY

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Ageing Well is a programme of activities and services for people aged 50+ living in Brighton and Hove. It is delivered by ten local community and voluntary sector organisations. Activities and services are designed to promote better health and wellbeing.

Ageing Well have put together this directory to provide people with information that could be useful over the Festive period, along with Christmas events and shared meals.

Please note: This is not intended to be a complete directory of all services.

Ageing Well will be updating this directory until the 19th of December.

Please keep checking the Resources page on our website for the most recent version, which can be found here:

<https://ageingwellbh.org/directories/>

If you would like anything added or updated in this directory, please call Ageing Well Information Help and Advice Team (IHAT) on 0808 175 3234 or email ageingwellbh@impact-initiatives.org.uk

Please Note: The information provided within this directory does not represent a recommendation or endorsement from Ageing Well for a service or organisation. Ageing Well will always endeavour to keep the information included in this directory accurate and up to date, but we will not be held responsible for any inaccuracies. Please use your own discretion when contacting or making use of the information provided here.

**Impact Initiatives
Food Access
Support**

Food access support for people 18+ who are struggling to access food-

- One-off small food shop in if no other options are available.
- If you are struggling with the rising cost of living, we can refer you to a food bank or other low-cost options.

The Food Access Support Service will be closed Dec 25 -1st Jan and opens again on Friday 2nd.

For a directory of Christmas opening hours for Food Banks and affordable food shops please click the following link which will take you to a timetable Brighton and Hove Food Partnership have created-

<https://airtable.com/appnh7kPQUvi6JofM/shrqlxicBTZmBdLjd?0Wzno=allRecords>

Website:

<https://impact-initiatives.org.uk/services/food-services/>

Call: 01273 322950

Text: 07593 817654

Email:

food.access@impact-initiatives.org.uk

Food - Telephone Shopping

Service	Overview	Contact Details and Christmas Operational Dates & Hours
Sainsbury's Assisted Shopping	<p>Sainsbury's Assisted Shopping scheme helps older and vulnerable customers to place orders over the phone. When calling for the first time you will be asked to set up an account, including registering your bank details, you will then need to provide the last 4 digits of your long card number every time you call to make an order – please do speak to the Customer Service Assistant for information on how your details are stored.</p> <p>You need to spend a minimum of £25 for delivery, but please note - if you spend under £40, you will be charged £7 automatically for the delivery of your shopping. If spending more than £40, the price for delivery will be cheaper than £7, but will depend on what delivery slot you choose.</p> <p>Delivery is arranged by booking a time slot for when the shopping will come. Next day delivery may be possible but cannot be guaranteed, so it is a good idea to call a few days in advance of when you need a delivery to make sure your shopping comes for when you need it. The price for delivery will depend on the time of the slot. Ask the Customer Service Assistant to tell you the times and prices of available delivery slots.</p>	<p>0800 917 8557 press option 1</p> <p>Usual operating times - Mon-Fri 9am-5pm.</p> <p>There are limited delivery slots available over the festive period. Get in contact to as soon as possible to secure delivery close to Christmas</p> <p>Closed on Christmas eve, Christmas day, Boxing Day and New Years Day.</p>

Food - Meal Delivery Services:

East Brighton Food Co-operative (EBFC)

The East Brighton Food Co-operative are a local volunteer led organisation who provide freshly home cooked meal deliveries to vulnerable people in Brighton and Hove. Delivery takes places on Tuesdays (3 meals per person) and Thursday (3 meals per person), deliveries also include soup, fresh fruit and dessert. You can choose to have meat or vegetarian meals delivered. Meals are stored in the fridge/freezer and then reheated when wanting to eat. This service costs £120 per month.

EBFC will also be doing an extra delivery this year on the 24th of December of Christmas Dinner for £12 per person.

EBFC normally have extra portions of meals prepared, so if you only manage to call them on the morning of a delivery day, they will always try to fit you in for a delivery that day. EBFC will be delivering as per their normal delivery schedule over the festive period.

Website: <https://www.eastbrightonfoodcoop.uk/>

Email: eastbrightonfoodcoop@gmail.com

Tel: 07539 635017

Cookmere Foods

Cookmere Foods are a meal delivery service that deliver restaurant quality meals to your door daily. These meals can either be delivered hot, or chilled so that you can heat them at home. Your order can be a one-off just to cover the festive period, the only criteria is that the order is a minimum of £15 and you will need to set up an account with Cookmere. Payment for meals is taken by card over the phone when you order. Generally, you can start receiving Cookmere meals 48 hours after you set up an account with them, but for Christmas meals, please call to arrange this by **Monday 9th December**.

Website: <https://cookmere.co.uk/>

Tel: 01323 884274 Mon-Sat 9am-3pm, closed Bank Holidays.

Food - Meal Delivery Services:

Oakhouse Foods:

Regular and reliable deliveries of frozen ready meals. There is an option to order groceries such as fresh food and cupboard items however it is a limited list of items available to select online and via brochure currently. Deliveries can be brought into your home on request. Payment by cash or cheque upon delivery possible or pay by card online or over the phone. Oakhouse Foods are offering frozen Christmas meals. Your order can be a one-off if the order is over £15. Free delivery on orders over £30, otherwise £1.

You can get in contact with Oakhouse to receive their Festive Ready Meals brochure. Deliveries in Brighton and Hove happen on Tuesdays and Wednesdays (depending on where you live), **if wanting a Christmas Meal delivered, you need to order by Monday 23rd December, for the last delivery which is the Tuesday 24th December.** Oakhouse Foods will be closed and no deliveries will take place on 25th, 26th and 27th of December as well as New Years Day.

Website: <https://www.oakhousefoods.co.uk/>

Telephone: 01273 582260 Mon-Fri 9am-4pm, closed Bank Holidays.

Wiltshire Farm Foods:

Over 300 delicious frozen ready meals and desserts, including gluten free and vegetarian options. Deliveries can be brought into your home on request. Payment by debit or credit card on the phone or online, or you can pay in cash or by cheque to your driver.

Wiltshire Farm are offering meals for Christmas. Your order can be a one off if the order is over £25. No delivery cost. **The last delivery date before Christmas is 24th December, but it could be earlier than this depending on where you live in Brighton and Hove.**

Telephone: 01903 206777 Mon-Fri 9am-5pm, closed 25&26 December

Website: <https://www.wiltshirefarmfoods.com/>

Ageing Well Information Health Advice Team (IHAT)	<p>Ageing Well's IHAT provides a central hub that can be contacted to get information about services and activities available to the 50+ community. IHAT advisers signpost and make referrals to local and national services.</p> <p>Call our number to talk to us about your needs and we will try to help you find solutions. If you have any questions about any of the services listed below, please do not hesitate to give us a call.</p> <p>Christmas Opening Hours 23rd Dec – OPEN 10am-4pm 24th Dec OPEN 10am-2pm 25th -28th Dec CLOSED 29th Dec-31st Dec OPEN 10am-3pm 2nd Jan OPEN 10am-4pm</p> <p>Then back to usual opening hours - Monday-Friday between 10am-4pm (closed on Bank Holidays).</p> <p>For directory with information on support, services, groups and activities, please visit: https://ageingwellbh.org/directories and select 'Support and Services Directory'</p>	<p>Website: https://ageingwellbh.org/</p>
		<p>Call: 0808 175 3234</p>
		<p>Text: 07770 061 072</p>
		<p>Email: ageingwellbh@impact-initiatives.org.uk</p>

Food Further Resources

Very Local Food Hubs: Christmas Fruit/Vegetable Box delivery.

Very Local Food Hubs (VLFH) are a not for profit community organisation, run by local volunteers, that provide an affordable fruit and vegetable delivery service for the residents of Moulsecoomb, Bevendean, Bates Estate and Coldean. Very Local Food Hubs aim to help local households in these areas access an affordable veg/fruit box this Christmas. The box includes all vegetables needed for a Christmas dinner plus more to keep you going over the holidays. Order by Friday 13th of December for delivery on Monday 23rd of December.

Cost: Pay as you feel prices are £5/£10/£18/£23- you decide how much to pay based on what you can afford.

Email: Get in contact to order by emailing verylocalfoodhubs@gmail.com. If you would like support to get in contact with Very Local Food Hubs, please contact the Ageing Well IHAT team on 0808 175 3234.

Website: www.verylocalfood.org

Brighton and Hove Food Partnership (BHFP).

BHFP a non-profit organisation helping people learn to cook, eat a healthy diet, grow their own food and waste less food.

BHFP have put together lots of information about food support available over the Festive period, you can find out about -

- **Food bank opening times**
- **Free and low-cost community meals**
- **How to help this Christmas**

Find full information from BHFP here: <https://bhfood.org.uk/how-to-help-at-christmas-2024/>

Tel: 01273 234810

BHFP's phonenumber will be closed on Christmas Day, Boxing Day and New Years Day.

Visit Brighton and Hove City Council's website for more information on Cost of Living Support:
<https://www.brighton-hove.gov.uk/cost-living-support>



Support with the cost of living

Help is available for Brighton & Hove residents struggling this winter

Find information on:

- help with food, money and energy bills
- indoor activities and warm places to go
- looking after your physical and mental wellbeing

www.brighton-hove.gov.uk/cost-living-support

Brighton & Hove City Council

Visit Sussex Health & Care website for more information on how to stay well this winter: <https://www.sussex.ics.nhs.uk/your-care/healthy-living/stay-well-this-winter/>



6 things you should do to stay well this winter

NHS Sussex

-  Keep active
-  Protect your mental health
-  Take advantage of financial schemes to help you pay for heating
-  Get help from the NHS as soon as you need it
-  Wash your hands regularly
-  Boost your immunity by getting vaccinated

Help us
help you
stay well
this winter

Brighton and Hove City Council (BHCC) – Useful Information

BHCC Local Discretionary Social Fund

If you are eligible for benefits and need emergency help with food, energy bills and other essentials, please phone 01273 293117 and select option 1. You will be directed to the Local Discretionary Social Fund. Or fill in the online form to request help for yourself or someone else: <https://www.brighton-hove.gov.uk/benefits/help-and-support/get-emergency-help-food-energy-bills-and-other-essentials>

Please note: This service runs Mon-Fri, 9.30am-1.30pm, it is closed on bank holidays.

BHCC Community Hub

There is extra help available this winter for households struggling to pay for food, fuel and other essential costs. This service does not provide cash but will issue vouchers or other suitable forms of support.

If you are not in receipt of benefits and need support, please get in contact on: 01273 293117, option number 2, and the Community Hub can help you explore the options available to you for help and support.

<https://www.brighton-hove.gov.uk/benefits-and-financial-advice/help-and-support/request-help>

Please note: This service runs Mon-Fri, 10am-4.30pm. Closed on bank holidays.

BHCC Adult Social Care (ASC)

If you need social care, whether that's home adaptations, equipment, care support, or a care home, a care needs assessment is a first step in looking into this. You can contact ASC on 01273 295555 to talk further about your social care needs. Find more information on Care Needs Assessments here - <https://www.ageuk.org.uk/information-advice/care/arranging-care/care-needs-assessment/>.

The Adult Social Care Hub provides more information on the support available through ASC and you can also complete an online referral form that could lead to a Care Needs Assessment and further support - <https://www.brighton-hove.gov.uk/adult-social-care-hub>



Brighton and Hove City Council (BHCC) – Useful Information

BHCC Adult Social Care Out of Hours Service

If you need assistance in an emergency outside office hours, at the weekend or on a Bank Holiday, contact the Adult Social Care Out of Hours Service on 01273 295555. For more information and opening hours head to their website:

<https://www.brighton-hove.gov.uk/council-and-democracy/emergency-information/social-care-out-hours-service>

Brighton & Hove Cost of Living Support

Find information on money advice, benefits, emergency help, free and low-cost food options, wellbeing support, energy advice and the cost of living crisis appeal.

<https://www.brighton-hove.gov.uk/cost-living-support>

Warm Welcome Directory

Find a list of indoor activities and warm places to go this winter

<https://www.brighton-hove.gov.uk/cost-living-support/warm-welcome-directory-indoor-activities-and-places-go>



Mental Health Support

UOK

UOK is a network of local community-based services working together to support good mental health and wellbeing in Brighton and Hove. Across Brighton and Hove, there is a range of mental health support available. They know that it can sometimes be difficult to find out information about services, know how to access them and know which ones are right for you. To help you navigate and access UOK services, they have a dedicated 'Central Access Point' team of Community Navigators to respond to your calls and emails. The Community Navigators are a friendly, caring bunch who understand that taking that first steps to make contact for support regarding your mental health can be challenging.

Lines open Mon-Fri, 9am-5pm. Closed Bank Holidays.

Website: <https://www.uok.org.uk/>

Tel: 0808 196 1768

Sussex Mental Health Crisis Line

A mental health crisis is when someone feels at 'breaking point'. It can disrupt usual thought patterns, mood, daily activities, and feelings. People in crisis will usually need support quickly. The Mental Health Crisis Line is a 24/7 service that is free and available to everyone who is concerned about their own mental health or that of a relative, friend or someone they care for. Call operators can offer general advice regarding managing mental health difficulties and suggest tools and coping strategies. They can give information about a range of services available that can support you and how to access them as well as details of a wide range of charitable and voluntary organisations, both local and national.

Website: <https://www.sussexpartnership.nhs.uk/your-mental-health/getting-help/sussex-mental-health-crisis-line>

Tel: 111 (NHS) and select the mental health option

(If you require support with physical health symptoms, please call 111 and select option 1, and if your situation is a health emergency, please call 999.)



AGEING
WELL



impact
INITIATIVES



Mental Health Support

Samaritans Helpline

Samaritans are available to talk at any time of the day or night if you are feeling unable to cope with any situation. Whatever you're going through, a Samaritan will face it with you.

Website: <https://www.samaritans.org/>

Tel: 116 123

The Silver Line

The Silver Line Helpline run by Age UK is a free, confidential telephone service for older people. We provide friendship, conversation, and support 24 hours a day, 7 days a week.

Website: <https://www.thesilverline.org.uk/>

Tel: 0800 4 70 80 90



Our lines are open Monday to Friday, 8am to 6pm

Feeling low?

Are you struggling with low mood or anxiety?

Our friendly NHS team can talk to you
about the help we can offer.

Take that first step.
We've got time for you.



brightonandhovewellbeing.org



0300 002 0060



BrightonWellbeing@spft.nhs.uk



**Brighton
and Hove
Wellbeing
Service**

Southdown

YMCA

YMCA
DOWNSLINK GROUP

NHS

Sussex Partnership
NHS Foundation Trust

Christmas and New Year **Pharmacy Services**

We are currently waiting for the pharmacy opening times for 2025. This will be updated once we have this information.

Brighton & Hove Christmas Bus Timetable 2025

For further info visit: Christmas & New Year Holiday Bus Services - Brighton & Hove Buses

Christmas Eve - Wednesday 24th December

Most buses will finish operating by about 2200; the last departure on each service is listed below:

<p>For further info visit: Christmas & New Year Holiday Bus Services - Brighton & Hove Buses</p>	<p>Route 5B 2120 Hollingbury to Hangleton 2127 Hangleton to Hollingbury</p> <p>Route 6 2137 Downs Park to Brighton Station 2150 Brighton Station to Downs Park Service 7 2145 George Street to Marina 2145 Marina to George Street</p> <p>Routes 12/12A 2055 Brighton Station to Eastbourne 2115 Brighton Station to Chyngton Gardens 2140 Brighton Station to Denton Corner 2100 Eastbourne to Brighton Station 2115 Eastbourne to Newhaven Station only</p> <p>Route 14 2135 Brighton Station to Newhaven Station 2130 Peacehaven to Brighton Station</p> <p>Route 18 2154 Brighton Station to Queens Park 2132 Queens Park to Brighton Station</p>
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Christmas Eve - Wednesday 24th December

Route 21

2124 Goldstone Valley to Marina
2132 Marina to Churchill Square

Route 22

2145 Churchill Square to Woodingdean
2138 Woodingdean to Churchill Square

Route 23

2123 Sussex University to the Marina
2110 Marina to Sussex University

Route 24

2111 Churchill Square to Hollingbury
2125 Hollingbury to Churchill Square
2155 Hollingbury to Lewes Road Garage only

Route 25

2135 Old Steine to Sussex University
2138 Sussex University to Old Steine

Route 26

2126 Churchill Square to Hollingbury
2153 Hollingbury to Churchill Square

Route 27

2113 Westdene, Withdean Stadium to Saltdean
2125 Saltdean to Westdene, Withdean Stadium

Routes 28/29/29A

1952 (29) Tunbridge Wells to Churchill Square
1945 (29) Churchill Square to Tunbridge Wells
2045 (29) Churchill Square to Uckfield
2015 (28) Churchill Square to Eastbourne
2115 (28) Churchill Square to Malling Church Lane
2023 (28) Eastbourne to Churchill Square
No change to the 29A

Route 46

2027 Southwick to Hollingbury
2127 Southwick to Old Steine only
2110 Hollingbury to Southwick
2140 Hollingbury to Churchill Square only

Route 48

2121 Lower Bevendean to Churchill Square
2151 Lower Bevendean to Lewes Road Bus Garage only
2119 Churchill Square to Lower Bevendean

Route 49

2117 East Moulsecoomb to Portslade
2136 East Moulsecoomb to Churchill Square
2125 Portslade to East Moulsecoomb

Route 50

2154 Churchill Square to Lewes Road Garage
2140 Hollingdean to Churchill Square

Route 54

2010 Eastbourne to Uckfield
2135 Uckfield to Eastbourne

Christmas Day - Thursday 25th December

This Christmas, we are excited to announce that we will be operating route 28 to Lewes. Hop on board our special Christmas Day services on routes:

1, 5B, 7, 12, 28 and 49. Night buses will not operate.
Route 1, Route 5B, Route 7, Route 12, Route 28, Route 49

Boxing Day - Friday 26th December

Night buses will not operate. Boxing Day special timetable on routes:

1/1X, 2, 5/5A, 5B, 6, 7, 12/12A, 13, 14/14A, 18, 22/22B, 25, 26, 27, 28, 29B, 48, 49, 50, 77, 78 and 79.

Saturday 27th December

Saturday service.

Sunday 28th December

Sunday service.

Monday 29th December

Saturday service, except routes 77 & 79 will not operate.
Buses on route 5A will stop at Hove Polyclinic.

Tuesday 30th December

Saturday service, except routes 77 & 79 will not operate.
Buses on route 5A will stop at Hove Polyclinic.

New Year's Eve - Wednesday 31st December

Saturday service, except routes 77 & 79 will not operate.
Buses on route 5A will stop at Hove Polyclinic.

Night services will operate with additional journeys on routes **N1, N5, N7, N12 & N25.**

New Years Eve Night Buses
Route N1, Route N5, Route N7, Route N12, Route N14, Route 25

New Year's Day - Thursday 1st January
Sunday service.

Friday 2nd January
Monday to Friday service and school holiday timetable resume.

Saturday 3rd January
Saturday service.

**For further info on Brighton & Hove Buses Christmas & New Year
Holiday Bus Services visit:
www.buses.co.uk/Christmas**

Online and Telephone Activities

Royal Voluntary Service - Virtual Village Hall

The Virtual Village Hall is an online activity hub and community, designed to help people stay physically and mentally active, connected and having fun. Sessions are led by expert tutors and some well-known faces and require very little space or equipment. You'll find over 1400 sessions available to take part in, like creative arts and crafts, music and singing, cooking and baking, dance and exercise, and technology skills. Join in with live sessions or catch up on demand later at a time that suits you. All sessions are free.

Their live sessions are hosted on the Virtual Village Hall Facebook page. You do not need to have a Facebook profile if you wish to view any of the live sessions, however to comment and/or share the sessions you will need to join Facebook. In the lead up to Christmas, live events include sock snowmen making, gingerbread baking, a harp request session, mindful mobility Pilates and creative writing.

Website: <https://virtualvillagehall.royalvoluntaryservice.org.uk/>

Volunteering Matters - Getting Together Matters

Getting Together Matters is a project that provides free, fun online/telephone/postal activities for older people across the UK. From creative writing to seated exercise and weekly quizzes, the aim is to bring older people from across the UK together online, to have fun and take part in a range of free events and activities. The group started during the pandemic and is still going strong! Get in touch with the team for their timetable and virtually join others across the UK.

Website: <https://volunteermatters.org.uk/getting-together-matters/>

Tel: 0808 196 6831

Email: gtm@volunteermatters.org.uk



Online and Telephone Activities

WEA - Christmas Courses

WEA's mission is to bring adult education within reach of everyone who needs it. This could be in a local venue near you, or online via your computer, tablet or phone.

And this year, you can get into the holiday spirit with WEA's special Christmas-themed courses.

Add a festive touch to your skills and creativity and experience the joy of the festive season with WEA's thoughtfully selected Christmas courses. From enjoyable crafts to delicious recipes and more, their courses cover everything that makes any Grinch feel merry. Embrace the pleasure of learning and create lasting memories this holiday season! Discover a variety of courses beyond Christmas themes. Dive into subjects of your interest and make the most out of your holidays.

Some courses listed are happening in-person in locations across the UK, but you can refine your search to show courses taking place online only.

Website: <https://www.wea.org.uk/campaigns/createyourchristmas>



Festive Activities

**Tuesday
16th
December**

Music For Connection- Silver Strings Winter Performance

Seasonal melodies with a sing-a-long

Date: Tuesday 16th December.

Times: 10.45am–11.15am

Location: Brighthelm Centre, North Road, Brighton, BN1 1YD

Cost: Free for anyone aged over 50 (funded by BHCC's Third Sector Partnership fund) / donation if under 50

Booking required? : No

Website: <https://musicforconnection.co.uk>

Email: hello@musicforconnection.co.uk

Tel: 01273 569096

**Tuesday
16th
December**

The Hop 50+ Christmas Dinner with entertainment

Come along to the Hop50+ café and community centre for people aged 50+. The Hop 50+ runs a timetable of daily groups and activities for the over 50 community.

Date: Tuesday 16th, Wednesday 17th & Thursday 18th December

Time: 12pm

Location: Hop 50+ (within St John's Church building), Palmeira Square, Hove, BN3 2FL

Website: <https://impact-initiatives.org.uk/services/adults-and-older-people/hop50/>

Tel: 01273 729603

Email: thehop50@impact-initiatives.org.uk

Booking: Book through the cafe to reserve your place

Cost: £20

**Wednesday
17th
December**

The Real Junk Food Project - Christmas Lunch

All are welcome at this community event, run by the Real Junk Food Project, who intercept food waste destined for land fill and use it to feed people who need it, on a 'pay as you feel' basis. Sit in as well as takeaways available and there will be vegan, vegetarian, meat options available, plus goodies from the top table.

Date: Wednesday 17th December

Times: 10.00pm-2:00pm

Location: Fitzherbert Community Hub, 2 Bristol Rd, BN2 1AP

Cost: Pay-as-you-feel

Booking required? No

<p>Wednesday 17th December</p>	<p><u>Hove Salvation Army Festive Lunch</u> Hove Salvation Army is hosting a special Christmas themed lunch at their regular lunch club on Wednesdays. All are welcome to attend.</p> <p>Date: Wednesday 17th December Times: 11.45am-2.00pm Location: Hove Salvation Army, Conway Street, Hove, BN3 3LA Cost: Free Booking required? Yes Website: https://www.salvationarmy.org.uk/hove Email: hove@salvationarmy.org.uk Tel: 01273 323072</p>
<p>Thursday 18th December</p>	<p><u>The Real Junk Food Project - Christmas Lunch</u> All are welcome at this community event, run by the Real Junk Food Project, who intercept food waste destined for land fill and use it to feed people who need it, on a 'pay as you feel' basis. Sit in as well as takeaways available and there will be vegan, vegetarian, meat options available, plus goodies from the top table.</p> <p>Date: Thursday 18th December Times: 12.30pm-1.45pm Location: Hollingdean Community Centre, Thompson Rd, BN1 7BH Cost: Pay-as-you-feel Booking required? No</p>
<p>Monday 15th December</p>	<p><u>Festive Batch Cooking (Community Cookery) at the Community Kitchen</u> This course has been created for people who can attend an in-person cookery session. Attendees must be either social housing residents, on means-tested benefits, have a long-term physical or mental health condition or be older people living alone (50+). Come along and enjoy cooking in pairs, the Community Cookery Leader will show you how to batch cook and portion your meals so that they can be properly stored/frozen; allowing you to have a ready-cooked homemade dinner available whenever you need it. This session will focus on making festive dishes to take home. You will make a variety of vegetarian side dishes and a centrepiece.</p> <p>Date: Monday 15th December Time: 10.00am -12.30pm Cost: Pay by donation - £5 suggested Booking required? Yes, for more information and to apply: Festive Batch or call 01273 234810 Website: https://bhfood.org.uk/events/batch-cooking-community-cookery-dec25/ Tel: 01273 234810 Email: info@bhfood.org.uk Location: The Community Kitchen, 113 Queens Road, Brighton BN1 3XG</p>

<p>Friday 19th December</p>	<p><u>Exeter Street Hall: Soup Club</u> Exeter Street Hall is a vibrant community centre situated in the heart of Prestonville, Brighton. Join the Soup Club at Exeter Street Hall for a warming bowl of homemade soup and some lovely tea and cake. All are welcome to attend.</p> <p>Date: Friday 19th December Times: 12.45pm-2.00pm Location: Exeter Street Hall, 16-17 Exeter Street, Brighton, BN1 5PG Cost: Free, donations welcome Booking required: Drop in Website: https://exeterstreethall.org/whats-on/ Tel: 01273 561149</p>
<p>Saturday 20th December</p>	<p><u>Vida Foundation Christmas Party</u> Join Vida Foundation at this year's Vida Christmas Party. Absolutely everyone is welcome - young or old, member or non-member. Just bring a dish for the buffet table.</p> <p>Date: Saturday 20th December Times: 5.00pm - until late Location: Vida Active 74 Blatchington Road, Hove BN3 3YH Cost: Free Booking required: No Website: https://www.vidaactive.club/?cid Email: admin@vidaactive.club Tel: 07766744871</p>
<p>Saturday 20th December</p>	<p><u>Brighton Unitarian Church – Candlelit Carol Service</u> Join this intergenerational service of stories and singing, followed by mulled wine, juice and mince pies. Everyone is welcome.</p> <p>Date: Saturday 20th December Times: 4.00pm Location: Brighton Unitarian Church, New Road, Brighton, BN1 1UF Cost: Donations welcome Booking required? No Website: https://www.brightonunitarian.org.uk/ Email: buc@brightonunitarian.org.uk Tel: 01273 696022</p>

<p>Sunday 21st December</p>	<p><u>Manor Road Gym Free Seasonal Event</u></p> <p>Manor Road Gym are hosting a free seasonal event with various festive activities. Come along and enjoy arts and crafts, a lantern parade, fire-eating show, wreath making and hot food. All are welcome.</p> <p>Date: Sunday 21st December Times: 12.00pm-5.00pm Location: The Manor Gym, Manor Rd, BN2 5EA Cost: Free event Booking required? No Website: https://themanorbrighton.com/holiday-activities/ Email: the.manor@btconnect.com Tel: 01273 676828</p>
<p>Monday 22nd December</p>	<p><u>Seniors Lunch Club Christmas Party</u></p> <p>Date: Monday 22nd December Times: 12 - 2pm Location: The Bevy, 50 Hillside, Brighton BN2 4TF Cost: Free Booking required? Yes Website: https://www.thebevy.co.uk/ Tel: 01273 281009 Email: contact@thebevy.co.uk</p>
<p>Tuesday 23rd December</p>	<p><u>Sing for Better Health - Christmas sessions</u></p> <p>Celebrate the festive season with Udit who will be leading a Sing for Better Health session which will include joyful Christmas songs and carols.</p> <p>Date: Tuesday 23rd December Times: 3-4pm Location: The Vineries Residential Home, Nizells Avenue, Hove, BN3 1PY, next to St Ann's Well Gardens Cost: £5 Booking required: email to register interest beforehand, pay on the day Website: https://www.singforbetterhealth.co.uk/ Email: uditamusic@protonmail.com Tel: 01273 712 175</p>

<p>Thursday 25th December</p>	<p><u>Hove Salvation Army Christmas Service and Christmas Lunch</u> Hove Salvation Army is hosting a Christmas Day service followed by Christmas Lunch, which will include quizzes and games and a chance to connect with the community. People can attend for both the service and lunch or just the lunch.</p> <p>Date: Thursday 25th December Times: 10.30am Church Service, Refreshments served at 11:30am, 12.30pm arrival Christmas Lunch. Event finishes at 3:00pm Location: Hove Salvation Army, Conway Street, Hove, BN3 3LA Cost: Free Booking required? Yes Website: https://www.salvationarmy.org.uk/hove Email: hove@salvationarmy.org.uk Tel: 01273 323072</p>
<p>Thursday 25th December</p>	<p><u>Hove Methodist Church Christmas Day Lunch</u> Hove Methodist Church is hosting a Christmas Lunch for those who would like to spend Christmas with others. The day will include Christmas dinner and festive entertainment.</p> <p>Date: Thursday 25th December Times: Lunch is served at 1:00pm. Guests may arrive from 12:00pm. The event will finish by 4:00pm. Location: Hove Methodist Church, Portland Rd, Hove BN3 5DR Cost: No cost but donation welcome for the church charity of the year Booking required? Yes Website: https://www.hovemethodistchurch.co.uk Email: office@hovemethodistchurch.co.uk Tel: 01273 324600</p>
<p>Thursday 25th December</p>	<p><u>The Parish Church of the Holy Cross Woodingdean - Christmas Lunch</u> If you are alone this Christmas and live in Woodingdean, join The Parish Church of the Holy Cross for a free Christmas lunch.</p> <p>Date: Thursday 25th December Times: arrive from 12:00pm Location: The Parish Church of the Holy Cross, Downsway, Brighton BN2 6BD Cost: Free Booking required? Yes Website: http://www.woodingdeanholycross.org.uk/ Email: holycross.woodingdean@gmail.com Tel: 01273 681593</p>

<p>Thursday 25th December</p>	<p><u>Sing for Better Health Christmas Carols (ONLINE)</u> Join Sing for Better Health online to practise breathing and posture exercises, and then sing joyful Christmas carols & songs. No singing ability required.</p> <p>Date: Thursday 25th December Times: 11.30pm to 12.30pm Location: Online - Zoom Cost: Free, but donations welcome via https://localgiving.org/charity/singforbetterhealth Website: https://www.singforbetterhealth.co.uk Email: uditamusic@protonmail.com for zoom link</p>
<p>Thursday 25th December</p>	<p><u>St Mary's Church, Kemp Town, Drop-In Christmas Lunch</u> Join St Mary's Church, Kemp Town, this Christmas Day with their drop in Christmas Lunch for anyone isolated or without a meal at Christmas time.</p> <p>Date: Thursday 25th December Times: arrive at 12.30pm Location: St Mary's Church, 61 St James Street, Kemp Town, Brighton, BN2 1PR Cost: Free Booking required? No Website: www.stmaryschurchbrighton.org.uk Email: info@stmaryschurchbrighton.org.uk Tel: 01273 698601</p>
<p>Thursday 25th December</p>	<p><u>St Mary Magdalen, Coldean, Christmas Lunch</u> If you live in the Coldean or the surrounding area, join St Mary Magdalen Church for Christmas Lunch. They can only offer some transportation if you live in Coldean, similarly, those in Coldean who cannot attend this event in person can request to have the meal delivered.</p> <p>Date: Thursday 25th December Times: 1:30pm-4.30pm Location: St Mary Magdalen Church, Selham Drive, Coldean, Brighton, BN1 9EL Cost: Free Booking required? Yes Email: revbetsy@btinternet.com Tel: 07842 608911</p>

**Friday 26th
December**

Food and Friendship Lunch Club

Join the Food and Friendship Lunch club for individuals with learning disabilities in the area around Hove, Portslade and Hangleton. On Thursdays, they offer a 2-course lunch for £4.

Date: Thursday 26th December

Times: 11.30am-2.00pm

Location: Hove Methodist Church, Portland Road, Hove BN3 5DR.

Cost: £4.00

Booking required? pre-booking is essential if you are a new guest. For more information, if you require transport, or have any dietary requirements, please contact Caroline (details below).

Website: <https://foodandfriendship.org.uk/>

Tel: 07813 667 857

Email: cookingcaroline@outlook.com

Location: Hove Methodist Church, Portland Rd, Hove BN3 5DR

<p>Monday 29th December</p>	<p><u>Seniors Lunch Club Fish & Chips</u></p> <p>Date: Monday 29th December Times: 12 - 2pm Location: The Bevy, 50 Hillside, Brighton BN2 4TF Cost: Free Booking required? Yes Website: https://www.thebevy.co.uk/ Tel: 01273 281009 Email: contact@thebevy.co.uk</p>
<p>Wednesday 31st December</p>	<p><u>Food and Friendship Lunch Club</u></p> <p>All are welcome to Food and Friendship Lunch club for older people in the area around Hove, Portslade and Hangleton. Tuesday is a three-course lunch including homemade soup, tea and coffee.</p> <p>Date: Wednesday 31st of December Times: 11.30am-2.00pm Location: Hove Methodist Church, Portland Road, Hove BN3 5DR. Cost: £6.00 Booking required? pre-booking is essential if you are a new guest. For more information, if you require transport, or have any dietary requirements, please contact Caroline Website: https://foodandfriendship.org.uk/ Tel: 07813 667 857 Email: cookingcaroline@outlook.com Location: Hove Methodist Church, Portland Rd, Hove BN3 5DR</p>

<p>Thursday 1st January</p>	<p><u>Hove Salvation Army Lunch Club</u> Join the Hove Salvation Army regular lunch club on Wednesday. All are welcome to attend. Offering food, warmth, friendship and fun. Date: Thursday 1st January Times: 11.45am-2.30pm Location: Hove Salvation Army, Conway Street, Hove, BN3 3LA Cost: Free Booking required? Yes Website: https://www.salvationarmy.org.uk/hove Email: hove@salvationarmy.org.uk Tel: 01273 323072</p>
<p>Saturday 3rd January</p>	<p><u>The Hop 50+</u> Come along to the Hop50+ café and community centre for people aged 50+. 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. Date: Saturday 3rd of January Time: 9.30am-4.00pm Location: Hop 50+ (within St John's Church building), Palmeira Square, Hove, BN3 2FL Website: https://impact-initiatives.org.uk/services/adults-and-older-people/hop50/ Tel: 01273 729603 Email: thepop50@impact-initiatives.org.uk</p>

Please Note: The information provided within this directory does not represent a recommendation or endorsement from Ageing Well for a service or organisation. Ageing Well will always endeavour to keep the information included in this directory accurate and up to date, but we will not be held responsible for any inaccuracies. Please use your own discretion when contacting or making use of the information provided here.



AGEING WELL

Are you 50+ and looking for:

- activities & social groups?
- information & advice?
- befriending?
- support for undernutrition?
- tailored services for people living with dementia?

You can contact Ageing Well to find out about what is on offer in Brighton & Hove and through the Ageing Well partnership – we will support you to find the right options.

- **Freephone: 0808 175 3234**
- **Text: 07770 061072**
- **Email: info@ageingwellbh.org**
- **Visit: ageingwellbh.org**

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