

VIDA FOUNDATION

England & Wales · Charity number 1215561

Details

Other names	VIDA ACTIVE
Status	Registered
Legal form	CIO
Registered	2025-10-30
Register	View on the Charity Commission register

Contact

Address	74 Blatchington Road Hove BN3 3YH
Phone	07359167212
Email	admin@vidaactive.club
Website	www.vidaactive.club

Activities

Objects: TO PROMOTE FOR THE BENEFIT OF THE INHABITANTS OF BRIGHTON AND HOVE AND SURROUNDING AREAS, THE PROVISION OF FACILITIES FOR RECREATION OR OTHER LEISURE TIME OCCUPATION OF INDIVIDUALS WHO HAVE NEED OF SUCH FACILITIES BY REASON OF THEIR AGE IN THE INTERESTS OF SOCIAL WELFARE AND WITH THE OBJECT OF IMPROVING THEIR CONDITIONS OF LIFE.

Activities: We offer varied exercise sessions for seniors that include: Strength Training, Chair Exercises, Floor Exercises, Dance Fitness, Tai-Chi and Pilates. All classes work on balance, strength, stability and flexibility, and have a social element. Separate Social Events are also organised monthly and include: Disco nights, Bingo, Sing-along etc. These are aimed at reducing loneliness and isolation.

Classification

- **How:** Provides Services
- **What:** The Advancement Of Health Or Saving Of Lives, Disability, Recreation
- **Who:** Elderly/old People

Geography

- Brighton And Hove

Trustees

Name	Role	Appointed
Merril Haeusler	Chair	
Claire Margaret Whyley		
Lucy Alison Palmer		
