



ROYAL
VOLUNTARY
SERVICE

WELCOME TO THE

Virtual Village Hall



Health & Wellbeing



Exercise & Dance



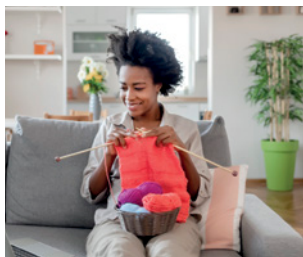
Cooking & Baking



Gardening & Outdoors



Skills & Learning



Crafts & Making

FIND
OUT
MORE...



FREE ACTIVITY
SESSIONS

WELCOME TO THE

Virtual Village Hall

The Virtual Village Hall is a free online activity hub and community, designed by Royal Voluntary Service to help people stay mentally and physically active, socially connected, and having fun.

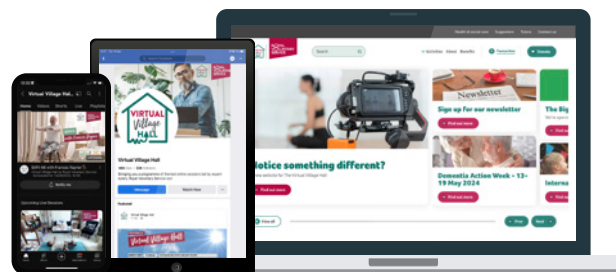
It also helps people that face challenges getting out and about, experience social isolation or loneliness, or need support to better manage their health, including long-term health conditions.

There are more than 2,500 sessions to try, from exercise and dance, yoga and meditation to crafts, cooking and creative writing. Sessions take place live on weekdays on Facebook and YouTube and are led by expert tutors and some well-known faces. You will also find us on X, Instagram and TikTok! Followers can take part in real time or view on-demand online. New sessions are added regularly and a timetable is shared every week.

The VVH is free to all, thanks to support from players of People's Postcode Lottery.

Where activities require equipment, ingredients or materials, these are low-cost and easy to source.

No sign in or subscription required.



THERE'S SOMETHING FOR EVERYONE

- ✓ Exercise & Dance
- ✓ Music & Singing
- ✓ Crafts & Making
- ✓ Entertainment
- ✓ Cooking & Baking
- ✓ Books & Writing
- ✓ Skills & Learning
- ✓ Special Events
- ✓ Health & Wellbeing
- ✓ Gardening & Outdoors

Our website uses assistive technology to make it digitally inclusive. This enables visitors to customise their experience by choosing the language, font style, size and colour, zoom, keyboard navigation, audio description and screen reader, all based on individual needs.

Click the Accessibility & Language tab to find out more.



AN EASY TO USE WEBSITE

Visit our website and try something new today!

- **Menu** of themed activity categories
- Match activities to individual need and desired benefits
- Upcoming live sessions and feature events
- **Search** and **filter** to find sessions easily e.g. search “seated exercise” or “needle craft”
- **Save, Favourite** and **Share** buttons to save sessions, mark favourites and share with others who may enjoy taking part!
- To support **physical wellbeing**, there are exercise, dance and movement classes, including gentle and adapted sessions for those with mobility challenges.
- To support **mental health and wellbeing**, there are coaching sessions, yoga, meditation and music, arts and crafts and writing workshops.
- To **promote nutrition** and a balanced diet, there are cooking, baking and advice sessions.
- To develop **new hobbies, interests and skills** or to rediscover old ones, there’s something for everyone to try, including regular weekly sessions.
- To promote **social connection** and **a sense of belonging**, there are live sessions every day where people can exercise or join activities together, share comments, chat, and meet the session tutors.

IMPACT OF THE VIRTUAL VILLAGE HALL

Every year, we survey VVH users to get their feedback*.

Followers feel that the VVH has many health and wellbeing benefits. Here’s what they said in our 2024 survey:

92%

agree that the VVH offers something different from other online activities/ classes

92%

of those waiting for treatment/surgery agreed that the VVH helped them stay active while they were waiting

91%

said it had a positive impact on their mood and emotional wellbeing

83%

felt that the VVH had a positive impact on their physical health

78%

said it has enabled them to stay active despite cost of living challenges

68%

of those with a Long Term Health Condition felt the VVH enabled them to better manage their health condition(s)

67%


said it helps them feel less lonely/ isolated; 75% for those with health conditions

How to use it:

WEBSITE



1 Head to the Virtual Village Hall website...

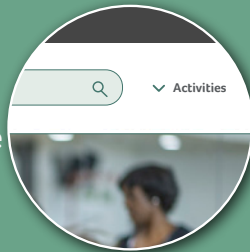
 virtualvillagehall.royalvoluntaryservice.org.uk



2 You'll find featured upcoming sessions at the top of the homepage.



3 Search the VVH archive of 2,500+ sessions via the main menu by clicking on '**Activities**', or type in your search term at the top of the page e.g. 'Yoga'.



4 Use the handy filters to tailor your search and find what you need.



5 You can **SAVE** your favourite sessions by clicking on the star and email them as a list to yourself or to someone else.

6 Are you a Health & Social Care professional? Search for VVH activities by category or benefit.

How to use it:

YOUTUBE



1 Search Virtual Village Hall. **SUBSCRIBE** to stay up to date with latest news and events.

See what's on...

2 Find a timetable of all upcoming events in the community tab at the top of the page. It's updated every week.

Join in Live

3 Head to the Homepage, find the session date and time, click on the event, like and comment while you watch!

4 You can also set a reminder for the session by selecting '**Notify Me**' in advance!

Catch up

5 Head to the channel homepage. You can re-watch any session, any playlist, anytime!

6 You can also **SAVE** the session to your own playlist and/or share it with your friends.

How to use it:

FACEBOOK



1

Search Virtual Village Hall, **LIKE** and **FOLLOW** to stay up to date with the latest news, sessions and events.



Join in Live

Set a reminder:
select '**Interested**'
or '**Going**' to set up
notifications before
sessions start

3



4



Head to the Events page, find the session date and time, click on the event, like and comment while you watch.

Catch up

Head to the videos tab at the top of the page to re-watch any session, any playlist, anytime.

5



See what's on...

2

Find the weekly timetable pinned at the top of the VVH page every Monday for a list of all upcoming sessions.



Get in touch

Drop us a message, we're here to help!

6



HERE'S WHAT SOME VIRTUAL VILLAGERS HAD TO SAY...

"I just want to thank everyone for providing these sessions, especially as they are free of charge, as they have built my confidence in times when it's been difficult. I especially enjoy April's Pilates classes. They are something I had never tried before and wouldn't have had the nerve to go to a class, but the regular sessions have helped my flexibility and mindfulness enormously. Thank you so much."

Female, aged 55-64

"I found out about it when I was accepting my recovery from [long] covid ... I have enjoyed the gentler things (qigong, yoga, harp meditation, chair fit, EFT tapping) and like accessing it on YouTube as I can watch on the television as I participate in my own time. But I also like it on Facebook to keep up to date."

Female, aged 55-64

"I think the VVH is a godsend. It has helped me prepare for surgery and accompanied me as I heal. It has helped me manage physical ailments... It is creative and exciting (I now do burlesque and have been introduced to the stunning beauty of harp meditations) and this has opened up my rather limited world as I don't go out too much. The VVH hosts and the class tutors are all fantastic and create such a warm, welcoming environment, I feel part of something even though I've never met you. I can't believe I didn't discover you earlier, but now I have, I feel more hopeful for an active, accompanied future. I can't thank you enough."

Female, aged 45-54

"The Virtual Village Hall is a wonderful idea for helping those in isolation stay connected to those outside of their homes."

Male

"Please keep it going, wonderful teachers and such enjoyable classes. I have anxiety and depression and it's really helped me to exercise and helped with my mental health. Thank you so much for providing such a fantastic resource for us all"

Female, aged 35-44

WHAT'S ON?

Weekly timetable

A weekly activity timetable is posted on Facebook, YouTube and the VVH website every Monday at 8am. To receive the weekly timetable by email, contact: **virtualvillagehall@royalvoluntaryservice.org.uk**, using the subject header: **Timetable request**.

Monthly Newsletter

Stay in the loop with our monthly Virtual Village Hall eNewsletter for exclusive updates on upcoming events, special weeks, tutor spotlights, and heartwarming stories from Virtual Villagers.

To subscribe visit: **virtualvillagehall.royalvoluntaryservice.org.uk/newsletter-sign-up**



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OR VISIT...**



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virtualvillagehall.royalvoluntaryservice.org.uk



YouTube search: 'virtual village hall'



Tik Tok search: @virtualvillagehall

