



**POSTCODE
SUPPORT
TRUST**



**ROYAL
VOLUNTARY
SERVICE**

WELCOME TO THE VIRTUAL VILLAGE HALL



Exercise & Dance



Health & Wellbeing



Cooking & Baking



**Gardening &
Outdoors**



Skills & Learning



Crafts & Making



**Scan to
find out
more**

**Free online activity
sessions & community**

WELCOME

TO THE

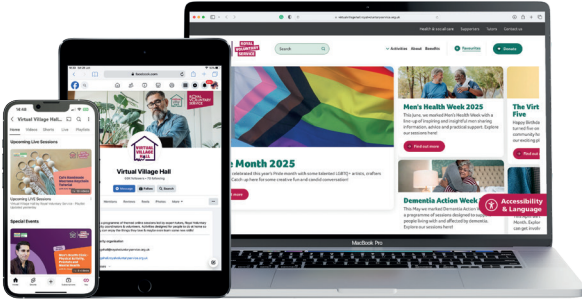
VIRTUAL VILLAGE HALL

A free online activity hub and community to help people stay mentally and physically active, socially connected, and having fun.

Who is it for?

- Anyone, including people facing challenges getting out and about, or that experience loneliness.
- People needing support to better manage their health, including long-term health conditions.
- Health & social care professionals, like GPs, social prescribers, hospital teams and activity co-ordinators in residential care settings.





What does it offer?

- ✓ More than 3,000 FREE activity sessions, from exercise and dance, yoga and meditation to crafts, cooking and creative writing.
- ✓ Live weekday sessions, an online activity library, and bite-sized activities too.
- ✓ New sessions added regularly.
- ✓ No sign up or subscription required.
- ✓ Inclusive website with assistive technology. Choose your style!
- ✓ FREE to all, thanks to support from players of People's Postcode Lottery.

There's something for everyone

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

WHAT'S ON...

Weekly timetable

Find the weekly activity timetable every Monday morning on our social media channels and on our website under 'Live sessions'.

Straight to your inbox

To receive the weekly timetable by email, contact: virtualvillagehall@royalvoluntaryservice.org.uk, using the subject header: **Timetable request**.

What's coming up?

Stay in the loop with our monthly newsletter. Subscribe at: virtualvillagehall.royalvoluntaryservice.org.uk/newslettersign-up.



EXPLORE THE WEBSITE

Have a look around

- **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 for easy session sharing.

Find activities that help

- For **physical wellbeing**, there are exercise, dance and movement classes, including gentle, seated and adapted sessions.
- For **mental health and wellbeing**, there are coaching sessions, yoga, meditation and music, arts and crafts, and writing workshops.
- For **nutrition and a balanced diet**, there are cooking, baking and advice sessions.
- Find a **new hobby** or rediscover an old one.
- Join the chat to build **social connections and a sense of belonging**.

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 2025 survey:

90%

said the VVH has a positive impact on their mood & emotional wellbeing

69%

said they enjoy the community aspect of the live sessions/classes

62%

said it helps them feel less lonely/isolated

68%

of those with a long term health condition felt the VVH helped them to better manage their condition

84%

said it has had a positive impact on their physical health

74%

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

*March-July 2025 findings. 256 respondents.

How to join in



YOU TUBE

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

SEE WHAT'S ON

- 2** You'll find upcoming live sessions listed on the homepage.

JOIN IN LIVE

- 3** To join a session **LIVE**, head to the playlist of upcoming live sessions at the scheduled date and time. Click on the session video and you're in! Remember to like and comment while you take part.

- 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! Search for sessions using the search function.
- 6** You can also **SAVE** sessions to your own playlist and/or share them with friends.

How to join in

WEBSITE



1 Head to the Virtual Village Hall website...

 virtualvillagehall.royalvoluntaryservice.org.uk

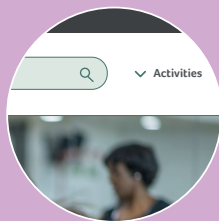


2

You'll find featured upcoming sessions at the top of the homepage and on the What's On Page.

3

Search the VVH archive of 3,000+ 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.

Here's what

VIRTUAL VILLAGERS 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

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

Male, age not specified





"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

"Thank you for sharing this practice Stella! From a previously sporty active person learning to live with and recover from the limitations of fatigue. Really enjoyed it."

Male, age not specified

"Love the easiness of it, it's professional, easy to read and follow, free, don't feel pressured."

Anon, Health & Social Care professional

"I've never come across anything similar to the Virtual Village Hall to refer patients to. It's great to be able to share a link with patients and encourage them to try something new. There's something for everyone, no matter what their age or interests. The most helpful sessions for us are the arts and crafts, yoga and mindfulness as we have very little provision of those kinds of activities locally. I've recommended the Virtual Village Hall to other social prescribing colleagues too and we have it listed it as one of our key signposting resources."

**Sarah B, Social Prescribing
Link Worker, North Lincs**

"If feeling below par they can participate as much or as little as they want. Rurally isolated can access sessions without worrying about transport difficulties. Clients with anxiety access classes without pressure of being looked at."

Anon, Social Prescriber



**To find the Virtual Village Hall,
Search @VirtualVillageHall**

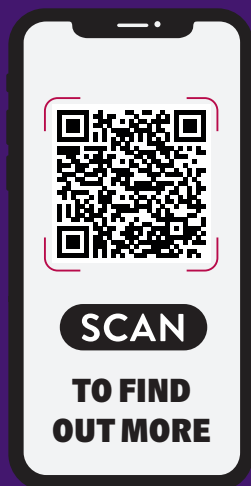


Or find us at...



**virtualvillagehall.
royalvoluntaryservice.org.uk**

And at...



All statistics and data correct at time of publication.
Registered charity 1015988 (England and Wales) & SC038924 (Scotland).

CS4844_0825