



ROYAL
VOLUNTARY
SERVICE

WELCOME TO THE

Virtual Village Hall



Health & Wellbeing



Exercise & Dance



Cooking & Baking



Gardening & Outdoors



DIY Workshops



Crafts & Making

FIND
OUT
MORE...



FREE ACTIVITY
SESSIONS

WELCOME TO THE

Virtual Village Hall

The Virtual Village Hall is a popular free online activity hub and community, designed by Royal Voluntary Service and supported by players of People's Postcode Lottery to help people stay physically and mentally active, connected and having fun.

COME AND JOIN US

There is a wide range of sessions to take part in. Categories include:

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

Sessions are available to access 24 hours a day, 7 days a week, are led by expert tutors and some well-known faces, and require very little space or equipment.

How to use it:



YOU TUBE

- 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 of our upcoming events, updated each week, in the community tab at the top of our page.

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.



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.



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



Get in touch

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

6



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

"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

"I love the flexibility that I can watch the sessions when convenient to me. The variety is brilliant and when I struggle with mental health I find the sessions really help. I donate where I can and I do the lottery as I feel I am paying back that way too. The people who run the sessions are all brilliant too."

Female, aged 35-44

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

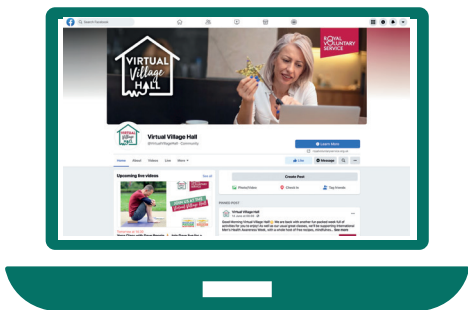
Female, aged 35-44

"Really enjoy the sessions and look forward to them each week. Great teachers."

Male, 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



EASY TO USE

The Virtual Village Hall is free to join and take part with no sign up required. All sessions are live-streamed daily on Facebook, YouTube and Twitter. Followers can take part in activities in real time or view more than 1,500 sessions on-demand. Search @VirtualVillageHall.

FIND OUT MORE

 [facebook.com/VirtualVillageHall](https://www.facebook.com/VirtualVillageHall)

 [@VirtualVillHall](https://twitter.com/VirtualVillHall)

 royalvoluntaryservice.org.uk/vvh

 [YouTube: search 'virtual village hall'](#)

Why not try something new today?



EXPLORE ALL ACTIVITY SESSIONS AT THE VIRTUAL VILLAGE HALL ON...



facebook.com/VirtualVillageHall



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royalvoluntaryservice.org.uk/vvh



YouTube: search 'virtual village hall'

