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a family ice
skating ticket
for the Royal
Pavilion

connect

*The Age UK West Sussex,
Brighton & Hove Magazine*

In this issue:

**Ice Skating at
the Royal Pavilion**

We catch up with
volunteer Jane

Cost of living

Our Information
& Advice team
can help

Community news

What's been
happening in your
local area?

Winter Appeal

How you can
help support us



Get in touch:

 0800 019 1310

 connect@ageukwsbh.org.uk

About Connect

Connect Magazine is a beautifully designed news and lifestyle magazine for the over 50s, their friends, family and Sussex-wide community and is published by Age UK West Sussex, Brighton & Hove.

Advertise with us

Up to 7000 copies of Connect Magazine are printed and distributed across Sussex via our services and clubs – covering Chichester, Arun & Worthing across to Brighton, Burgess Hill, Haywards Heath, up to Horsham and Crawley. We also run a digital mailing for our online customers reaching around 2000 people.

To find out how to advertise in Connect, please request a media pack.

Distribution of Connect Magazine

Thank you to all of the businesses and local organisations that hold extra copies of the magazine. We would also like to thank our paid advertisers as without them, a printed version would not be possible.

This issue, we are so grateful to:

Carewise (page 5), WSCC (pages 6 and 9), Carers Support (page 11), The Vegan Street Food Company (page 19) and Outside Clinic (page 22).

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Get in touch with Connect Magazine

You can write to us at
AUKWSBH Connect Magazine, Suite 2, Anchor Springs, Littlehampton, West Sussex, BN17 6BP

You can also get in touch by emailing us at connect@ageukwsbh.org.uk or calling 0800 019 1310.

You can read all editions of Connect online at www.ageuk.org.uk/westsussexbrightonhove/about-us/connect-magazine/

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Love later life

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Welcome!

We're treading a balance in this issue, between giving you an uplifting read and acknowledging that for many, this will be an incredibly tough winter. We've been celebrating our 65th birthday this year and it's sobering to think that we're needed more than ever.

I know the cost of living crisis is really hitting hard so we're doing all we can to offer support. We can give practical help, enabling people to access benefits, grants, food banks and community warm places and we're urging older people not to sit at home worrying, but instead talk to us.

This Connect will see you right through until spring and we hope it will keep your spirits up during the colder months. As well as cost of living advice, it's got some fundraising news, our usual puzzles and a recipe to try out, if you're in need of some inspiration.

If you catch this issue early enough, I hope you're looking forward to the festive season. If you're near to one of our centres, please don't be lonely, come and join us for some mince pies and merriment!

We're holding a carol concert at our centre in Burgess Hill on 2nd December (*see page 12 for details*) which I'm really excited about. We're hoping to cover the generations, from school children to older people. Whether you're religious or not, there's something really special about coming together to belt out some classic carols. It will be absolutely joyful! **Wishing you joy and peace this festive season and into the New Year.**




Helen x

Helen Rice, CEO
Age UK West Sussex, Brighton & Hove

Ways to connect with us...

If you need support, or you are worried about a family member or friend AUKWSBH are here to help. Please get in touch.

 info@ageukwsbh.org.uk

 **0800 019 1310**

 www.ageukwsbh.org.uk

   [@ageukwsbh](https://www.instagram.com/ageukwsbh)

  **Age UK West Sussex, Brighton & Hove**

We are still here for you...

As we turn 65 we're supporting more people than ever. With the help of our amazing staff, volunteers and generous supporters, we continue to offer a wide variety of services across West Sussex, Brighton & Hove, that help to support older people in our community.

Call us on
**0800
019 1310**



Our Age UK Centres

Our centres are open and we'd love to welcome you. To find out what's on in your area, please call **0800 019 1310** or visit: www.ageukwsbh.org.uk.



Information & Advice (Pages 2-3)

Our team can help with a wide range of queries on a huge range of topics, including benefits and money advice.



Support at Home after Hospital (SaHaH)

(Page 5) This service is available for adults (65+) upon hospital discharge supporting people who live on their own and family friend carers.



Emergency Welfare and Safety Support

We provide urgent help for the most vulnerable or at-risk people as well as offering respite for carers.



Help at Home (Page 4)

We can support older people in their homes with services like cleaning, laundry and gardening. This is a paid for service.



Home visiting service

We can provide support and companionship with weekly visits. If you would benefit from a bit of company and are 50+, give us a call. This is a paid for service.



Social clubs and activities

We offer a wide variety of activities at our social centres and clubs across the area that bring people together to have fun in a welcoming environment.



Dementia support (Page 6)

We provide a range of services to help people live with dementia in older age in a social and friendly environment as well as supporting carers too.

We also highlight some other dementia support available with our partners.



Wellbeing support

We can share information on healthy living, nutrition, hydration and exercise.



Social Prescribing

Our team supports people to connect to services within their local community promoting their overall wellbeing.

..... BRIGHTON & HOVE ONLY SERVICES



Crisis Care (Page 4)

This is a free short term support service available following an illness, hospital discharge or domestic emergency.



NEW SERVICE 'Lets Get Digital' (Page 7)

This service supports people wanting more confidence getting online and using digital technology. We can even loan you a tablet if you need to get set up.



NEW SERVICE Bereavement (Page 7)

This service aims to offer free practical advice and emotional support to those who have lost a loved one.

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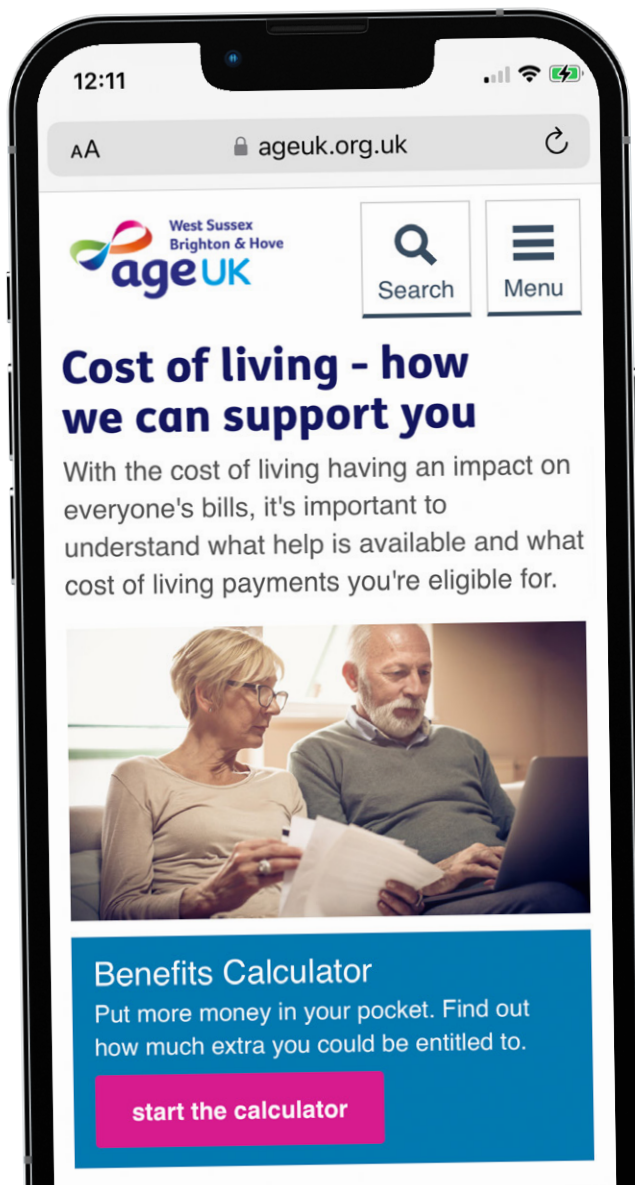
Cost of living update

How our Information & Advice team can help you this winter

With the cold weather just setting in we're announcing a package of support to help older people cope with the cost of living crisis this winter. We'll be helping people access benefits, grants, food banks and community warm places and we're urging older people not to sit at home worrying but instead talk to us.

Our Information and Advice team (I&A) will be on hand to give individual advice and can help those eligible access things like benefits, winter fuel payments, cheaper water tariffs, grants for white goods, plus food bank vouchers.

If you haven't already, check out our website which has a dedicated space for cost of living crisis including a benefits calculator, so those online can easily establish if they are entitled to additional financial support.



Helen Rice, Chief Executive at AUKWSBH said: "Many older people are still incredibly frightened about the increase in the cost of living and the effect that it will have on them this winter. It's shocking that no matter how frugal people are being, many pensions are just not enough to cover the essentials to keep people warm, healthy and well fed.

Despite feeling the squeeze ourselves, we are doing everything we can to help vulnerable older people and we're calling on local businesses or individuals to support our vital work if at all possible.

This would help us keep our doors open longer if there's demand from people who simply can't afford to heat their homes.

I'd urge anyone worried to get in touch with us before they take drastic measures, like keeping their heating off or limiting their food.

We know this is an incredibly tough time, but we are here to help."

If you need information or advice on any other topics:

We can help advise our customers on an incredibly wide range of subjects. Our team of advisors and experienced volunteers can help with queries regarding topics such as:

- Housing needs and care planning
- Health and social care and advice for carers
- Family and personal matters
- Money advice including welfare benefits
- Leisure and social activities
- Advising on rights





Focus on our I&A team

Our I&A team are supporting more people than ever during the cost of living crisis. Our Information & Advice Manager, Liz Ansell explains how the team have been helping...

During the late spring, the I&A team saw a big increase in the amount of calls from people whose incomes were unable to keep up with the cost of living and energy price increases. People over pensionable age on fixed incomes were particularly affected. The I&A team found these calls difficult as the reason we do our job is to provide advice to people in difficulty and at times it was very hard for the team as there was not much support available initially.

As more support became available, we worked alongside our partners at Citizens Advice to deliver part of the Household Support Fund and in just over seven weeks accessed over £65,000 in energy grants. (At the time of writing the latest round of Household Support Fund is open until March 2023 – so please get in touch if you think this would benefit you).

The team have worked incredibly hard on accessing support for clients and have listened to many heart breaking stories of people in difficulty. Despite this, we have had some really positive feedback which makes it all worthwhile.

One happy I&A customer said:

“I was over the moon. I felt a little emotional because I have never had help like that and I could feel myself getting a little desperate.”

I would like to thank the team for all their hard work over the summer and know that they will continue to work hard to achieve positive outcomes for all our clients over the coming winter months.

Do you need any information or advice?

Our Information & Advice team are here to help with any queries you may have – either supporting you, or someone you may know. We're here to help!

 0800 019 1310

 info@ageukwsbh.org.uk



Information & Advice hot topics

This issue: Loneliness

Our Information & Advice team get a lot of calls from people who are feeling lonely, particularly over the winter months, when getting out and about can be more of a challenge. There are all sorts of reasons why people feel lonely, from losing a loved one, to moving away from friends and family or health problems making it difficult to keep up with hobbies or interests.

We have a range of paid for and free activities and services which can make life less lonely...

...and we can help connect you to community groups and activities. Our centres are also a great place to relax and make new friends, and if leaving the house is a challenge, we can also signpost to telephone befriending services.

Finally, if you're missing the social connections you used to have through work, why not consider volunteering? You could join our amazing team! Find out more about volunteering on page 21.

If you're feeling a bit lonely this winter, then please take that first step of calling us on **0800 019 1310**. Calls are free and confidential and lines are open 9am – 2pm on weekdays.

You're not alone... Our Information & Advice team can help connect you to your community.



Other services we offer..

If you need help at home

Our Help at Home service specialises in supporting the over 50s in their homes and includes services like:

- **Weekly or fortnightly cleaning including:**
 - Hoovering, dusting and general housework
 - Cleaning of hygiene areas and floors
 - Laundry and ironing
 - Bed making and curtain/net changing
- **Dog walking**
- **Gardening service**
- **Handyperson service** (odd jobs/minor repairs)

Could you be a Home Help?

If you enjoy helping people and are looking for work in Horsham and rural areas across Sussex then please get in touch with our Help at Home service!

This is a really rewarding role and your help could be vital in assisting an older or vulnerable person to stay at home. We especially need Home Helpers in the more rural areas. We are finding that our customers in these areas can feel isolated and lonely, so seeing a friendly face once a week could really make their day!

If you are interested in becoming a home help please check out our website: www.ageuk.org.uk/westsussexbrightonhove/get-involved/work-for-us/home-helpers



Contact the team

☎ 01903 726276

@ helpathome@ageukwsbh.org.uk



If you need emergency care support

Our Crisis Care service provides temporary emergency support (in the Brighton and Hove area only) when other services are not available.

It is a free short term support service available for up to 14 days following an illness, hospital discharge or if you are finding it impossible to cope in a domestic emergency.

The service can help support with various tasks including personal care, shopping for essential items and collecting prescriptions, quick/light meal preparation and 'comfort' calls after an emergency or bereavement. All Crisis carers are carefully selected, trained and supported. Our Crisis Service is also CQC registered, and was last inspected in June 2022. A rating of 'GOOD' was awarded for all aspects of the service following this inspection. **For more information call us on:**

☎ **0800 019 1310** Please note – our Crisis Care services are available in the Brighton & Hove area only.



Long-term care and the Carewise Scheme

Choosing long-term care could be one of the most expensive decisions you make.


Whether that's care in a residential or nursing home, or in your own home, good financial planning is vital to ensure the funding is in place for as long as it's needed.

Carewise, set up by West Sussex County Council, Age UK West Sussex, Brighton & Hove (AUKWSBH), the Society of Later Life Advisers (SOLLA) and West Sussex Partners in Care, is designed to help people through this financial minefield.

The scheme provides information and advice about care and support options, guiding you to the most suitable way of paying for long-term care. There is also access to the general money advice service at AUKWSBH which provides advice in a range of areas including pensions, benefits, managing debt and budgeting.

Book your consultation:

Your first consultation with a care fees specialist is FREE, and they will explain the cost of any further advice. For more information and to arrange your consultation, visit the Carewise website or get in touch.

 0330 222 7000

 carewise@westsussex.gov.uk

 www.carewiseadvice.com

 **carewise**
WEST SUSSEX | Care Funding Advice

 **SOLLA**
Society of Later Life Advisers

If you need support at home after hospital

Are you worried about coming home after hospital? Will you be going into hospital soon? Are you worried about being alone and coping when you return home? Do you have a friend or relative who is being discharged from hospital and will they be able to manage for those first few weeks?

Our Support at Home after Hospital (SaHaH) service is available for vulnerable adults with low level support needs.


You can have an over the phone assessment or we can visit you to make sure you are safe within your first week home from hospital. We can arrange for one of our volunteer co-ordinators to visit for up to 6 weeks following your discharge from hospital. We will support you to regain your confidence and independence.

There is no charge for this service as it is supported by West Sussex County Council.



Contact the team

Call us now to book this free service. Or visit our website to find out more about our Support at Home after Hospital service.

 0800 019 1310

If you need support for someone living with dementia

There are lots of ways we can help support the lives of people living with dementia. Our Daybreak club offers activities for individuals and their carers too.

In addition to our services, we partner with other enterprises such as our friends at Tapestry Day Club, who host outings and help those experiencing early dementia feel less isolated.

Finally, West Sussex Libraries have a collection of reminiscence packs which help with recalling memories and experiences. So please get in touch to find out how we can help you and your loved ones who may be living with dementia.

Reminiscence Packs



Did you know West Sussex Libraries has a collection of over 25 reminiscence packs?

Reminiscence can help reawaken people's memories of their lives and experiences and is particularly helpful for older people and people living with dementia.

The packs contain objects to handle and look at, books, music CDs, photos, jigsaws or replica items on over 25 different topics, including baking, 1960s, gardening, sports and hobbies and many more.

There are more details about the Reminiscence Collection on the Library Service website, where you can also find links to some short reminiscence sessions with library staff using the packs. The packs are free to borrow for library members.

Not a member? Join for free in person at your local library or on the Library service website.

01243 642111

arena.westsussex.gov.uk/reminiscence



Daybreak Membership

To discuss membership for Daybreak, please contact **Charlie Rayner** on:

07753 879 779

daybreak@ageukwestsussex.org.uk

At Daybreak we believe that with the best care and support, people can live well with dementia in older age.

We aim to help people maintain their skills and independence in a social and friendly environment, while allowing carers a relaxing break. Our social days involve group activities, stimulating games, a delicious lunch, and all refreshments. We are also on hand to offer information for carers and point you in the right direction for other services and activities.

We offer a service with activities planned around the needs of the individual, for those living with dementia and frail older people. In addition, our extra carer services are set up with trained staff to support clients who may have additional needs, for example helping with medication administration, eating, and drinking and supporting personal care needs.



Tapestry Day Club Social Outings

Tapestry Day Club are a not-for-profit social enterprise offering support across West Sussex. They host outings for those experiencing social isolation and symptoms associated with early dementia and provide critical respite for their carers. Get in touch!

01403 791 020

support@tapestrydayclub.co.uk

www.tapestrydayclub.co.uk

If you need tech support

Our free 'Lets Get Digital' service supports people wanting more confidence getting online and using digital technology.

You will be able to

- Borrow a tablet device using our loan scheme
- Join group and personalised 1:1 sessions to improve your digital skills and confidence
- Organise a personal support session

We know using digital technology can be challenging, but we hope we can make it that little bit easier and get you digitally connected. We'll focus on security and safety as well as other essential tools to keep you informed, independent, connected and healthy! We can even loan you a tablet if you need to get set up.

Contact the team

📞 0800 019 1310

@ digital.inclusion@ageukwsbh.org.uk



How does it work?

Anyone aged 50+ in the Brighton & Hove area is welcome to access our service by calling or emailing us. We'll then organise an initial chat with you to understand your individual needs, your experience of using digital technology and what you would like to achieve with us. We can then invite you to a group in your local area or arrange a 1:1 session with our Digital team.

This is a service that we can tailor to your needs, so if you want to shop online, speak to family across the globe or send an email – get in touch!



If you need support after the loss of a loved one

Our bereavement service aims to offer free practical advice and emotional support to those who have lost a loved one.

The service can help people navigate the paperwork, cope with their grief and live independently. We will be able to give advice on funeral grants and benefits, make referrals to bereavement counselling and signpost on to additional services to help people remain connected during a difficult time. We will help re-engage you with your community and support you to connect socially.

Our Bereavement Navigators will support people (aged 50+ and living in Brighton and Hove) who are experiencing loss, by providing practical advice as well as emotional support to help through this difficult time.

The service is for anyone who needs it, regardless of time passed since their bereavement.

📞 0800 019 1310

@ bereavement.service@ageukwsbh.org.uk

Please note, these 2 new services are available in the Brighton & Hove area only

Keeping warm and well

Here are some simple ways to stay warm, healthy and well during the colder weather months.

Keeping warm

- Make sure your home is heated to a steady and comfortable temperature, around 18°C, you might prefer your living room to be slightly warmer.
- Wrap up warm and wear non-slip footwear both indoors and out. Wearing more loose layers of clothing helps to trap in warm air, keeping you warm.
- Have hot meals and drinks to keep you warm.
- Be prepared for cold weather – have enough food and prescription medicines at home.
- Don't put off getting your winter vaccines, like the flu jab and covid booster. If you're eligible, make sure you get them.
- Have your boiler checked.
- Ensure doors and windows are draught proof.
- If there are rooms you don't use, turn off the radiators in them and close the doors.
- Keep radiators and heaters clear so hot air can circulate. Draw your curtains and tuck them behind radiators to minimise heat loss.
- Use an electric blanket or hot water bottle.
- Keep moving. Try not to sit still for very long periods, keeping moving will keep you warmer and help with strength and mobility.
- Contact our Information & Advice team to check you are getting all the help you are entitled to, such as benefits schemes.

For more support on keeping warm...

There are lots of ways we can help keep you warm and well this winter – including help with your energy bills. Please get in touch with our helpful Information & Advice team and find out what support is available.

☎ 0800 019 1310

@ info@ageukwsbh.org.uk



Getting a good night's sleep

Our sleeping patterns naturally change as we get older, so it's not unusual to have trouble sleeping. Everyone is different, but on average, adults need between 7 and 9 hours of sleep.

We need the same amount of sleep as we get older, but many of us can struggle to get to sleep or stay asleep as we age.

Experts agree that practising good 'sleep hygiene' can make an important contribution to a good night's rest.

This is just another way of saying that you need to get into good sleeping habits. Here are our top tips on how to get a good night's kip!

- #1 Go to bed and get up at the same time every day and avoid lying in where you can.
- #2 Establish a bedtime routine – relax by reading a book or having a bath.
- #3 Make sure that your bed and bedding are comfortable and your bedroom is cool and dark – the ideal temperature is 18°C.
- #4 Avoid caffeine, nicotine and alcohol in the evening, and try not to eat a heavy meal late at night.
- #5 Avoid exercise in the evening.
- #6 Ban TV and computers from the bedroom – the bright light can make you more awake.
- #7 Try to avoid napping during the day. If you do enjoy a daytime nap, schedule this for roughly the same time each day.
- #8 Ensure you get some natural sunlight during the day – this helps keep your circadian rhythm healthy which helps regulate sleep.

If you are experiencing chronic sleep problems, (more than a month) and self-help measures don't seem to be working, it's a good idea to see your doctor. Chronic sleep problems should not be regarded as either an inevitable, or a normal part of the ageing process.

Looking after each other this winter

This season, more than ever, let's come together and look out for each other. There are plenty of simple, practical things we can do to help each other this winter. Here are just a few ideas...

Encourage everyone to look after their health – As we get older, we need to take a bit more care of our health – even if we're fit as a fiddle.

Encourage people to get the healthcare they need – check in with the people in your life and make sure if they have any health concerns, they speak to the relevant healthcare professional.

Make time for relatives, friends and neighbours – calling for a chat, popping in for a cuppa or even sending a card in the post can really help let someone know you're thinking about them.



Ask if people have everything they need – popping out to run a few errands or helping with an online shop could be a big help to someone.

Check their home is warm enough – if someone is saying their home is very cold or they are worried about heating their home please call us to see if we can help on **0800 019 1310**.

Help make sure everyone can get out and about safely – helping to keep paths and driveways clear and salting steps and slopes could make a big difference.

The best things in life are free!

westsussex.gov.uk/FreeBusPass
0330 222 6222

Bus it! You know it makes sense.



Free off-peak travel for residents of state pension age anywhere in England.



5 ways to boost your mood



Actively helping yourself to feel more positive is a great thing to do, no matter how tough life can be.

It may be that something as simple as singing along to a favourite piece of music or watching an episode of a classic comedy does the trick. Or, if you're feeling lonely, spending time with others – especially children or animals – can help to bring some light back into your life.

Here are 5 top tips from psychologist Susan Quilliam on how to lift your spirits...

#1

Smile

When you smile it triggers mood-boosting hormones in the brain. So even if you don't feel happy, put a smile on your face and you may soon start to feel more positive.

#3

Talk to someone

It doesn't matter whether you meet up face to face, talk on the phone, chat online or use Skype, connecting with other people helps to bring you out of yourself.

Did you know that February is international friendship month – the perfect excuse to meet up for tea and cake, catch up over the phone or even send a card to someone you haven't spoken to in a while!

Reach out when things are tough

If you're not feeling very motivated to do things, you aren't alone. You might find that you start to enjoy things more as you get more into the habit of doing them. But if you've been feeling low for some time then it's a good idea to speak to your GP about how you're feeling, it's important to get support when you need it.

#2

Live in the moment

If you're feeling low, try mindfulness.

Regulate your breathing and pay attention to what you can see, hear and feel at the present moment. This will help you to feel calm and bring you back into emotional balance.

#4

Help others

Research shows that helping other people will help to lift your mood.

So do a favour for a friend, donate to charity or volunteer. More ideas on the previous page!

#5

Keep busy

It doesn't matter whether you tidy up the garden, wash the dishes or go for a walk – any activity that helps to break up your routine and gives you a sense of achievement will do the trick.

If you fancy trying something creative to pass the time, why not join our free Online Art Club! Anyone can join in; you don't need to have any experience – you just need access to emails. Every fortnight we will set a project, providing simple instructions to create your own art piece. We then share all your creations by email. To find out more or to join please email us!

@ artclubonline@ageukwsbh.org.uk



We're here

to help unpaid carers
this winter

No matter what your caring circumstance, we can help with emotional, practical and financial support.

Boost your immunity

Stay up to date on recommended vaccinations and find ways to keep yourself well this winter.

Make time for you

Take a break from your caring role to maintain your wellbeing and enable you to continue to care.

Help with the cost of living

Get information and support to help you to manage the rising cost of caring.

Are you an unpaid carer?

The situation for carers is not just about the financial pressures. It's also about self care, taking time out for yourself and having the tools to cope with the daily challenges of caring.

Find out how we can help you

carerssupport.org.uk / info@carerssupport.org.uk
0300 028 8888



**Carers
Support**
West Sussex

Community news across our localities!

Adur & Worthing

A paw-some visit!

Our Welcome Club in Shoreham enjoyed a wonderful visit from the Dog's Trust.

Members really enjoyed having gorgeous Wooster the dog come and visit!

Our Welcome Club is every Wednesday from 10am to 12pm at the Shoreham Centre on Pond Road. Please do come along and say hello.



Burgess Hill

Feeling festive?

We're looking forward to a seasonal sing-song at our Kings Weald Community Centre on the 2nd of December!



Come and join us for mince pies and festive cheer as we celebrate with staff, volunteers and partners to welcome in the local community to our lovely new centre building in Burgess Hill.

As well a grand light switch on, there will be singing from local choirs as well as a special appearance from Richard Hadfield who originally hails from Sussex. Richard found fame winning ITV's Britain's Got Talent with musical theatre group Collabro. In addition we'll be celebrating the official handover of the Kings Weald Community Centre from the council to us and we're delighted the developers Croudace have sponsored the event! **For more information please contact:**

📞 0800 019 1310

@ kingswealdbookings@ageukwsbh.org.uk

Thanks to their generous support, Croudace have been able to sponsor our event to make Christmas special this year in the local area.

Croudace is a well-established, family owned residential developer that was founded in 1946. Kings Weald is a housing development on the former site of Keymer Tile Works in Burgess Hill. Croudace Homes have created a welcoming new community with a local supermarket, sport facilities, art installation, open space and conservation area, market square and community centre. The Kings Weald Community Centre is a specially created space with a public café and has quickly established a busy calendar of clubs and activities on offer.



croudacehomes

Chichester



Chatting in Chichester

We had a wonderful time at the Chichester Farmers Market. We enjoyed being able to have a chat with people and let them know about the services we offer.

Crawley



Community healing

The wonderful Angie and Fiona run our group at Maidenbower Park Community Club every Thursday 10.30am to 1pm. Each week they have something different going on, recently we've had Reiki by Sherri (pictured above).

If you have a service or activity, you think our clients might enjoy, please get in touch! Or, if you or a friend/relative would like to come along to our Thursday club, please get in touch!

☎ 07563 382 942

@ crawley@ageukwestsussex.org.uk

Brighton & Hove

Sharing stories

We had an absolute blast at our intergenerational story share as part of the Ageing Well Festival. A BIG thank you to St Matthias for having us, Jess and Helena at Spun Glass Theatre for providing incredible stories for us to listen to, and to Ellen and Jane at Release Counselling for supporting the event – it was so special seeing everyone coming together.



Arun

Fun flower arranging Breast Cancer Awareness Day



We had a fabulous fun flower day and get together to support Breast Cancer Awareness Day. We all wore an item of pink clothing to mark the day. Our arrangements were made using both fresh and artificial flowers. Thank you to Creative Heart for a lovely day – such a great way to come together and be creative!

Laburnum Singers Autumn Concert

We enjoyed a lovely afternoon singing along to old and new songs with our very own Laburnum Singers and Arthur Faithfull. We're looking forward to the next one already!



Mid Sussex



The party bus comes to town!

We were thrilled to have the lovely Brighton Regency Routemaster bus join us for more of our 65th birthday celebrations at Haywards Heath. Our members had a lovely time, heading out for a ride on the beautiful vintage bus before going back to the centre for a gala lunch and dancing. In true birthday style members enjoyed a glass of fizz and took home a goodie bag!



Co-op Community Fund

We are excited to have been accepted as part of the Co-op Community Fund for the next year. We're raising money to set up a new coffee and company café for older people in Haywards Heath. The café will be for people aged 65+ that live alone and are socially isolated. To help, simply register for a reward card and select us as your chosen charity. Membership costs £1. You will also earn cash back and have access to special deals. For every £1 you spend, 1p donation comes to us. We rely heavily on fundraising so please register and swipe your card each time you shop. Sign up: membership.coop.co.uk/register

Giving thanks at Harvest

We had a lovely day celebrating harvest festival thanks to Sussex and Surrey Police who volunteered recently at our Haywards Heath Centre. Their help was so gratefully received from peeling the veg, pouring the wine, providing and selling raffle tickets – we are so grateful!



A huge transformation

A BIG thanks to the Sky volunteers, who recently came and helped us lay a new woodland path at the Haywards Heath centre. It just goes to show, the sky's the limit with this fabulous bunch!

A special thank you also goes out to the **10th Haywards Heath Scout Group** for their help and support. You have helped to give older people a beautiful space where they can potter and enjoy the garden. We can't thank you enough!



Horsham



Scam prevention

A big thank you to the Horsham District Neighbourhood Wardens (Maria and Charlie) for giving a scam talk to our clients – everyone found it really helpful.

Across our locations



Getting ready for winter

We held a number of 'Winter Ready' sessions across Sussex. Our Information & Advice team discussed the help and support available this winter to everyone that came along.

Come and join in the fun!

Come and join the social activities at your local centre or club – it's a great way to make friends. From exercise classes to knit and natter there's something for everyone!

For more information, please visit the [Activities and Events](#) section on our website, or follow us on social media.

www.ageukwsbh.org.uk

[f](#) [t](#) [i](#) @ageukwsbh



2023 Brighton Half Marathon

Could you run on behalf of AUKWSBH?

AUKWSBH are delighted to have charity places available for the fantastic Brighton Half Marathon, taking place on Sunday 26th February 2023. We'd love to hear from you if you are interested in running for us with one of our places, or if you have your own.

If you have own place, there is no sponsorship target, but if you join our team, we'll support you to raise as much as you can. If you would like a charity entry, there will be a small registration fee of £30 to secure your place and we ask you to raise a minimum sponsorship of £200 to help us support local older people.

We'll provide full fundraising support and a Team AUKWSBH running vest or t-shirt!

All the money you raise will enable us to continue providing vital support to local older people, including helping those feeling isolated and lonely, living with dementia or needing essential information and advice.

Join Team AUKWSBH!

Will you join Team AUKWSBH?
We'd love to hear from you!

[01903 792 211](tel:01903792211)

fundraising@ageukwsbh.org.uk



Our 2022 Winter Appeal

Cost of living crisis

For many people, the festive season can be a difficult and lonely time.

This year it's set to be even harder as some of the most vulnerable are faced with unmanageable energy prices and escalating costs of food and other essentials.

We are receiving heart-breaking phone calls from local older people, some of whom are finding they have to make the difficult choice between heating their home or eating properly. We want to help as many as we possibly can.

This is why we're highlighting our latest fundraising appeal, for those of you who might be in a position to support others in the months ahead.

Our team are on hand to give advice that is urgently needed and to help those eligible to access benefits, winter fuel payments, cheaper water tariffs, grants for white goods and food bank vouchers. Donations to our appeal support this vital work, ensuring those facing poverty, cold and hunger have somewhere to turn when they feel desperate.





You can donate to us in any of the following ways:

Donations, big and small, all help. Whatever you're able to give, you can help us make all the difference this winter, and beyond.

 **Visit our donation website**
www.justgiving.com/campaign/COLC-Appeal

 **Call 01903 792 211**

 **Send a cheque to us**
COLC Appeal,
Suite 2, Anchor Springs,
Littlehampton, BN17 6BP
Made payable to Age UK
West Sussex Brighton & Hove

 **Scan the QR code to donate**
Use your phone or tablet to donate...
Just open the camera and hover over the code to open the donation link.



We need Friends like you

Could you give the charity a monthly donation, to help us plan ahead and provide the essential support local older people need?

If you are able to afford a small regular gift, we'd love to have you as a Friend of Age UK West Sussex, Brighton & Hove. To set up a monthly donation, visit www.ageukwsbh.org.uk/get-involved/make-a-donation or call the Fundraising team on **01903 792 211**.

Every individual can make a difference – please become a Friend today for however much you feel able to donate.

Other ways to support us

Whether it's taking part in one of our organised events like the Big Knit, playing the Community Lottery or perhaps putting on your own activity like a bake sale, coffee morning or quiz night... there's something that everyone can do and our Fundraising team are here to support you to reach your goal!

Bake for us and support an older person this winter

By having a coffee morning, afternoon tea or bake sale at your home, place of work or in your community, you could provide local older people with a social event and raise money for our vital work at the same time.

Why not hold a Jingle Bakes event this winter and invite family, friends, neighbours or work colleagues to enjoy a mince pie and a cuppa in return for a small donation?

It doesn't have to be Christmas themed of course, you could simply hold a coffee morning, afternoon tea or bake sale with cakes and biscuits of your choice, at any time, and raise funds for our vital work.

For more information, take a look at our Jingle Bakes page at: www.ageukwsbh.org.uk/get-involved/fundraise-for-us



Donate your old items to us

Save the stamps you receive on your post for us and we can recycle them to raise funds. Simply send them to us at **AUKWSBH, Fundraising team, Lavinia House, Dukes Square, Horsham, RH12 1GZ** or drop them in to one of our centres.

We also recycle other items, such as...

- ✔ **Jewellery**
Gold and silver including damaged items, costume jewellery and watches.
- ✔ **Coins and currency**
Banknotes and coins of any currency (UK or foreign) and of any age.
- ✔ **Small electrical items**
Mobile phones and tablets, iPods and MP3 players, all types of cameras and games consoles and accessories.
- ✘ **We can't recycle...**
Ink or toner printer cartridges.

Join our Community Lottery and WIN up to £25,000!

Join our Community Lottery for your chance to win up to £25,000 every single week!

Tickets cost just £1 per week and if you choose to support us, we receive 50% of this, with another 10% going to other local good causes.

The odds are better than many other lotteries and buying a ticket for AUKWSBH means we'll benefit from a donation every week.

Find out more and buy your tickets at:

👉 www.horshamdistrictcommunitylottery.co.uk/support/ageukwsbh



Take a break

Why not grab a cuppa, put your feet up and have some fun with our Sudoku challenges! Plus, we've also got a lovely festive poem from a Connect reader.

	3			4		9		
6				9		8		
	8			6	1		2	
2	7				3	4	8	
		6	7		2	1		
	1	8	4				7	9
	9		8	7			1	
		2		3				7
		1		2				4

			1	5				
3	1	5	2			9		
4				6				7
	5						2	
	6		4		3		1	
	8						3	
8				7				3
		1			4	2	7	8
				2	5			

Want more puzzles?

We have a range of activity sheets available to anyone who needs them! Please visit our website where you can download and print them off: www.ageuk.org.uk/westsussexbrightonhove/about-us/connect-magazine



Spirit of Christmas

A festive poem by Connect reader **Nell Quinn**. Talented Nell has written almost 500 poems over the years!

Sprinkle, spangle, speckle, sparkle
Reds, whites, silver, greens and gold
Laughing, choosing, getting, giving
Gift wrapped fun and dreams are sold

Christmas: the premonitions
Cannot stem the spirits hold
As faster giving, pleasing, loving
Send hearts melting that had grown cold

From Scrooges' sage philosophy
Prudence wriggles uncontrolled
Love and joy and generosity
Are the truths that set you free
Happy hearts once more behold
The presents round the Christmas tree



Never miss an issue!

Connect Magazine is full of information, advice and great stories to help people across West Sussex, Brighton & Hove to live well, independently.

Stay connected by subscribing to our magazine, and we'll send you our latest edition each time it is published – call 0800 019 1310 for more information.

You can also read Connect online at:

 www.ageukwsbh.org.uk

This season's recipe: Veggie Shepherds Pie with Sweet Potato Mash

This recipe has been created by our friends at The Vegan Street Food Company. It's a super filling meat-free winter warmer recipe. It makes 4 portions which can be frozen for up to a month or kept in the refrigerator for two days. Alternatively invite some family or friends over to enjoy!

Ingredients (Serves 4)

- 1 tablespoon olive oil
- 1 large onion, halved and sliced
- 2 large carrots, cut into sugar-cube size pieces
- 2 tablespoon thyme chopped
- 200ml red wine
- 1 can chopped tomatoes
- 1 can of green lentils
- 2 veg stock cubes
- 1kg sweet potatoes, peeled, cut into chunks
- 25g Flora (or butter alternative)
- 85g vegan cheese (we use Plant Based Cathedral City)

1. Heat olive oil in pan and fry onions until golden. Then add chopped carrots and thyme and stir.
2. Add the red wine, (this is only to enhance the flavour but not essential as it will still taste great) add vegetable stock cubes to the boiling water then chopped tomatoes. Simmer for around 10 mins.
3. Add the can of lentils including the liquid, cover and simmer for another 10 mins. You can add sweetcorn or peas if you prefer. Pour the mixture into a oven proof pie dish and let them settle.
4. Peel the sweet potatoes, cut into small chunks, boil for around 15 mins until tender, drain well, then mash with Flora, and add some seasoning to taste.
5. Spoon the mash on top, then sprinkle with grated vegan cheese and the remaining thyme.
6. Heat the oven to gas mark 5 (190c/170c fan). Cook for 20 minutes if cooking immediately (or for 40 minutes if cooking from chilled) until golden and heated throughout. Defrost thoroughly before cooking from frozen.



Spotlight on...

Gary and Anna Hardley opened The Vegan Street Food Company in August 2020.



The inspiration came after Anna was diagnosed with dairy and wheat intolerances and was advised to change to a plant-based diet.

They have now introduced a menu which, along with being plant-based, is 100% free from the 14 main allergens in food.



Gary said: "Becoming accredited by the Coeliac Society has made us even more aware of people with allergens. We even have customers with EpiPens for banana allergies – so people use us because they feel safe."

Founders of the UK's first Plant-Based School caterers, the Gluten Free Food Co started as the retail arm which distributed to pub chains – so people with allergies to wheat would be able to have a meal out with others without feeling excluded. **Now they are now offering meals delivered direct to your door, so you can enjoy their 'Free from all 14 allergen food' in a variety of ways:**

Finish @ Home Meals

The food is part cooked and delivered to you with heating instructions. This even includes delicious meals such as Roast Dinners!

Ready & Made (Heat 'n' Eat Range)

Perfectly produced meals for you to just heat up. It includes some classic dishes, with a plant based twist just like the Lentil Shepherds Pie!

Meal Planning Recipe Cards

If cooking is your thing and you love following recipes this meal option is perfect for you. We delivery raw ingredients with recipe cards delivered to you for 3, 5 or 7 days.

How to contact...

The meals are available for in-store shopping and in-store pick-up, or delivery.

✉ 2 Field Row, Worthing BN11 1TD

☎ 07888 197 007

THIS IS AN ADVERTISING PROMOTION

Winter angels at the Royal Pavilion

Britain's best-loved seasonal attraction has returned for another year!

There's nothing quite like skating on ice in one of the most beautiful settings in the South East, or indeed the UK. We caught up with one of our amazing volunteers (and cover star) at the ice rink. **Jane, who helps our Information & Advice customers says:**

"I get so much out of being a volunteer and I really love it. Everyone is so humble, and I feel passionately we can help people to receive the vital benefits and support they need.

Winter can be a lovely time of year for some, but for others it can be terrifying.

There are also so many people who are scared to put the heating on at the moment, so we need to let people know we are here this winter and help them to get what they are entitled to. I often get phone calls from people saying, 'thank you' and that is what being a volunteer, for me, is all about. It's very rewarding."



Our 'winter angel' and cover star Jane, with our Volunteer Manager Richard at the Royal Pavilion.

**Enter our
competition!**

We've got a family ice skating ticket for the Royal Pavilion up for grabs!

To enter, please answer the following:

What city is the Royal Pavilion Ice Rink based in?

Please send us your answer, along with a telephone number so we can contact the winner! You can post or email your entry:

✉ Connect Competition, AUKWSBH, Suite 2 Anchor Springs, Littlehampton, West Sussex, BN17 6BP

@ connect@ageukwsbh.org.uk

The winner will be picked at random and notified on 12th December. One entry per person. Family ticket to be used during 2022-23 skate season. Terms and conditions apply, please check website for details.

WIN!
a family ice
skating ticket
for the Royal
Pavilion



Could you volunteer?

If you have some spare time and would like to make a difference to older people in our community then please get in touch!

Many activities that we run would not be possible without the support of our volunteers. We welcome a diverse range of volunteers from all backgrounds, abilities and ages. Could you help us fill one of these roles?

- Doorstep support and deliveries
- Dementia Daybreak services
- Gardening
- Kitchen assistant
- First point of contact community navigator
- Attendance Allowance form filler
- Community support volunteer
- Volunteer hall assistant
- Community group volunteer leaders
- Support at Home after Hospital volunteer
- Centre group volunteer leaders
- Walking football volunteer
- Activity assistants
- Receptionists



Find out more...

Contact Richard, our Volunteer Manager to find out more about volunteering!

📞 07841 662564

@ richard.harris@ageukwsbh.org.uk

🖱️ Visit the 'Get involved' page on our website: www.ageukwsbh.org.uk

We need Trustees!

We're looking for trustees who can help us make a positive impact on the lives of people in our localities.

We're especially looking for people from minority communities as well as broadening the age profile of our trustees to better reflect the younger people we provide services to.

Visit www.ageuk.org.uk/westsussexbrighton-hove/get-involved/become-a-trustee to find out more, and download the Trustee Recruitment Information Pack.



New Year, New You!

Make a resolution to start the new year by taking care of yourself – here are 4 ideas to get you started...



#1 – Take care of your eyes

It's so important to have regular eye checks. OutsideClinic are a dedicated home visiting opticians service, providing FREE NHS Eye Tests at home to those who cannot visit a High-Street Optician without assistance.

To arrange an appointment, call them on **0800 915 6227** or visit www.outsideclinic.co.uk

#2 – Exercise with us online

If you haven't had the chance yet then check us out on YouTube as we've got some exercise videos to keep you healthy and active. We've got everything from seated exercise, chair pilates, cardio circuits and more!

Search for **Age UK West Sussex, Brighton & Hove** on YouTube

#3 – Take up a new hobby

Studies have found learning a new skill boosts brain power – and it's even better if it's something unfamiliar to you! We'll be focussing on this topic in the next issue, but until then, why not have a look at the adult courses available with our friends at Chichester College www.chichester.ac.uk

#4 – Try a plant-based meal

Adding more fruit and veg to your diet can help improve your overall health and wellbeing. If you haven't tried before, why not give a vegan plant-based recipe a go, like the Veggie Shepherds Pie on page 19?



EYE TESTS AT HOME

NHS-funded eye tests brought to you at home

An eye test at home is not only convenient - your optician can also see how you like to read and watch TV, to make sure you're getting the best help for your eyes.

Your test is carried out using smart portable equipment and includes everything you'd expect, including digital retinal photography.

You can try on a wide range of frames from the comfort of your sofa. It's easy to find a pair that look great, feel comfortable and fit your budget.

Your sight is precious



**A truly personal
optical service**



**Wide range of
glasses to try on**



**Trusted for
over 30 years**

Book your home eye test
Call 0800 915 6227



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Excellent ★★★★★ Rated 4.6 on ★ Trustpilot