



connect

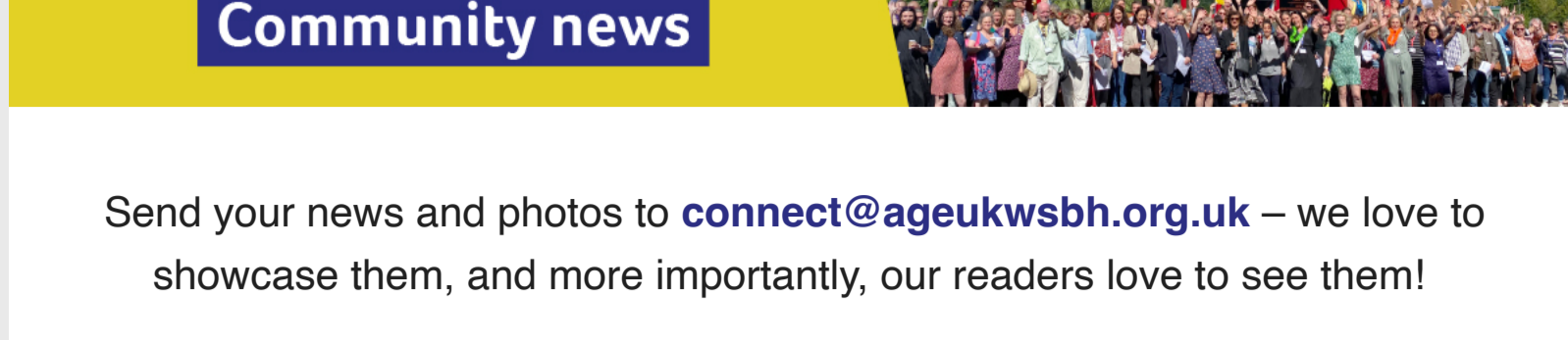
The Age UK West Sussex, Brighton & Hove Newsletter

Find out more about what we've been up to this month!

August 2023 issue

Welcome! This issue is packed full of community news and lovely photos as we head out to connect with our customers, supporters and friends. Do take the time to read and also look out for details of the Age UK Raffle as there's some lovely prizes up for grabs! **Many thanks, from Vicki and the Connect team**

Photo above: Neandercool Photography



Community news

Send your news and photos to connect@ageukwsbh.org.uk – we love to showcase them, and more importantly, our readers love to see them!

Brighton & Hove



Community Day

Our team had a great time at the **Annual Community and Charity Day** in the Royal Pavilion Gardens, and loved getting to meet Councillor Jackie O'Quinn, our Mayor for Brighton & Hove. Big thanks to the Pavilion Gardens Café & North Laine Community Association, and in particular, Mitch Egan for inviting us!

Crawley

Having a ball!

We celebrated the start of Wimbledon at our Maidenbower Lunch Club in Crawley last month... We even had strawberries and cream! If you would like to join us on Thursdays between 10.30 – 1pm, please get in touch. We'd love you to join us.

[Email us to book >](#)



Horsham



Silver Bullet Club

We had a wonderful turn out for our first Silver Bullet Men's Group. Join us on the 1st Thursday of every month, 10am - 12pm at The Coot Cafe, Cootes Avenue, Horsham for a friendly chat. No booking required, just turn up!

Mid Sussex



Life's a beach

We had an amazing time at our Beach Party at Lamb House, Haywards Heath. A big thank you to the Sundown Ukulele Band for performing for us – our members, volunteers and staff really enjoyed it! Congratulations to Mary too who won the raffle and went home with a lovely hamper!

Adur & Worthing



Knot a bad day!

At the start of the month, we took some members on a boat trip to Chichester Canal Wharf. Captain Keith and First Mate Jenny were great! We even stopped off at Brick Kiln Garden Centre for lunch. A fabulous sunny day was had by all. Thank you to Jill & Emma from Sompting Big Local for organising.

Arun

Bognor boogie!

We had fantastic time at the Dinner and Disco at the Laburnum Centre this month.

Guests were treated to a sit-down meal and drinks, and a boogie afterwards. If you're interested in our events at the Laburnum Centre in Bognor Regis, give us a call on 01243 827 185.



Campaigns & Fundraising

The choice is yours this summer...

Top Raffle Prizes to choose from

£25,000 OR A luxury holiday for 2 +£20,000 OR A relaxing holiday for 4 +£15,000

2nd Prize £5,000 OR 3rd Prize £2,500

PLUS 4,997 other cash prizes!

ONLY £1 PER ENTRY

Our Summer Raffle!

Take part in the Age UK Summer charity raffle to be in the chance of winning some incredible prizes including:

- £25,000 cash or...
- A luxury holiday for 2 + £20,000 or
- A relaxing holiday for 4 + £15,000
- £5,000 cash or a 4 person Hot Tub Spa
- £2,500 cash or Deluxe Summer House
- Plus lots more cash prizes!

And not only that, you'll be helping to provide vital support, advice and friendship to older people in West Sussex, Brighton & Hove.

Tickets are for sale at all of our centres until 3 September and cost £1 per entry and the draw date is 15 September 2023.

If you have any questions or would like anymore information please contact the Fundraising team by emailing fundraising@ageukwsbh.org.uk

Cost of living report

Age UK National have created a report: **Tackling the Cost of Living Crisis for Older People**. It outlines the terrible impact the cost of living crisis is having on many older people and shows exactly why the Government has to provide further support.

[Read the report here >](#)



Our Lifeline Appeal

Right now times are tough and AUKWSBH are concerned for thousands of vulnerable older people locally who need our help. **Take a look at our new video featuring Liz Ansell, our Information & Advice Manager.**



[Visit our Lifeline Appeal page >](#)

[Download the Lifeline Appeal poster >](#)

How we can help you



We are here for you... With the help of our volunteer staff, volunteers and generous supporters, we offer a wide variety of services across Sussex, that help to support older people in our community.

[Our available services >](#)



Spotlight on our Dementia Services

We believe that with the best care and support, people can live well with dementia and 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.

[View our new leaflet here >](#)

Sharing the love



We're always delighted when we receive feedback from our customers and volunteers, so here's some we've received recently for you to read...

Some of our JustGiving donations feedback...

Huge thanks to you all for looking after Janie with such care, respect and consideration and really helping her on the road to recovery. You are literally lifesavers. Can't thank you enough.

The Thomas Family

Recruitment and volunteering



Age UK West Sussex, Brighton and Hove is a great place to work. Could you bring your skills to our team? You don't always have to have previous experience to work with us, but you do need a desire to make a difference to people's lives, be passionate and really care.

[Recruitment vacancies >](#)

[Volunteering vacancies >](#)



Love later life

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Our mailing address is:
Age UK West Sussex, Brighton & Hove
Age UK West Sussex, Brighton and Hove
Laburnum Centre
Bognor Regis, West Sussex PO21 1UX
United Kingdom

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