



# connect

The Age UK West Sussex, Brighton & Hove Newsletter

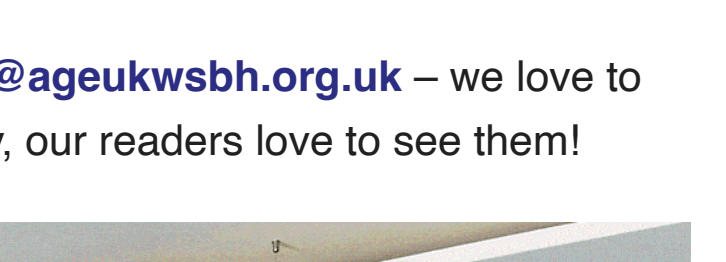
Find out more about what we've been up to this month!

## July 2023 issue

It has been busy month for us at Age UK West Sussex, Brighton & Hove and our main focus has been Volunteers Week. Read on and find out what we've been up to recently and enjoy the lovely pics from the Volunteer events.

Many thanks, from Vicki and the Connect team

### Community news



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



### Thank you to all our volunteers!

June marked the 39th year of Volunteers' Week and the theme was 'Celebrate & Inspire'. We held four events across some of our centres in Brighton, Horsham, Bognor Regis and Haywards Heath. Volunteer Manager Richard said... "Thanks to all of you who attended... what a fabulous week we had. It was lovely to see some familiar faces again and also to see some of you for the first time as well."

Richard, Fiona and Parul visited our centres throughout the week, celebrating our volunteers with gifts and kind words, and some were treated to Richard's famous quiz! Our volunteers were able to feedback on their experiences, which AUKWSBH will be acting on in the next few weeks too. We couldn't operate without all our volunteers, so once again THANK YOU!

### Crawley

#### A magical day!

We had a special guest 'appear' at our Maidenbower Lunch Club in Crawley last month... Craig the Magician came in to show us lots of tricks, and had us all amazed! 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



#### Out and about

We've been out and about in Horsham meeting our community this month. We visited the Friends of Park Surgery Coffee Morning at the Wesley Hall, London Road Methodist Church. And we had a fabulous time at The Cootes Farm Community Fayre (pictured) It was lovely to meet you all!

### Mid Sussex



#### The sky's the limit!

A huge thanks to Michael, Chris and the Sky team who volunteered in our Haywards Heath garden this month. It's so good to get back a lovely beautiful outdoor space for our clients to use. We can't thank you enough!

We're so proud that our fantastic partnership with Sky won the 'Community Impact' award at this year's Third Sector Business Charity Awards! In 2019, Sky launched their 'Sky Cares' volunteering programme with Age UK as their flagship loneliness charity.

Since then, Sky employees have been volunteering with local Age UKs across the country – last year alone, Sky delivered more than 4,500 hours of community volunteering. Together, we're helping to tackle loneliness and make a meaningful difference to the lives of so many older people.

### Adur & Worthing



#### Friday Club

Members of our Friday Club enjoyed a Chair Based Exercise class with Karen. Find us at the Church of Good Shepherd Hall in Shoreham every Friday from 2.30 – 4.30pm. Our members also enjoy a tea and a chat, plus a few games. Local transport is available too. [Call 0800 019 1310 for info.](tel:08000191310)

### Arun

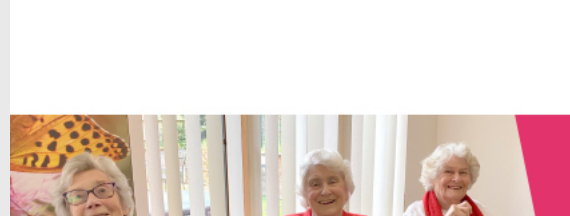
#### Blooming lovely!

We had a brilliant and vibrant theme for our Friday Fun Flower Class this month! We brought in cake stands, tea cups and anything relating to a tiered display to use. The flowers were donated (thank you Jackie) and we all made a stunning arrangement under the guidance of the very talented Teresa.

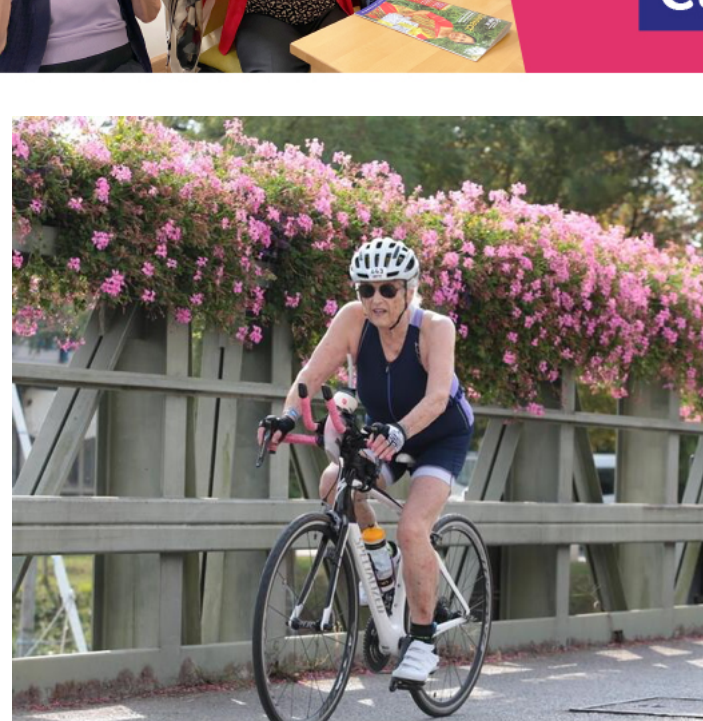


#### Fantastic artists

Our Daybreak members in Rustington have been creating some fan-tastic pieces of art! Daybreak club provides day support for people living with dementia, which includes stimulating and meaningful activities to promote confidence and social interaction. The service also provides much needed respite to carers. All refreshments and a two-course lunch are provided. [Call us on 07753 879 779 for more information.](tel:07753879779)



### Campaigns & Fundraising



#### Superstar Daphne

Our celebrity supporter, Daphne Belt has smashed it again... In her last year in the 80-84 age group, she triumphed at the European Sprint Triathlon Championships in Madrid – and was featured in **Sussex World** magazine. Go Daphne 🏆

### 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 amazing staff, volunteers and generous supporters, we continue to offer a wide variety of services across Sussex, that help to support older people in our community. We help thousands of local older people every year, offering support services, information, activities and events.

[Our available services >](#)



#### Cost of living update

Millions of households are means-tested benefits, including tax credits, will receive up to three Cost of Living Payments over 2023 to 2024. Please get in touch to find out if you are eligible for financial support – often our clients don't realise that help is available. [Click here to read more on the Government website.](#)

### Sharing the love

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



One of our fabulous volunteers Jane was sent flowers from a grateful client whose benefit application was successful and backdated. The flowers coincidentally arrived on Jane's birthday, and of course she was thrilled!

You may recognise Jane, as she was on the front cover of our Xmas Connect Magazine too!

Katy volunteers in one of our Adur clubs...

She says: "I got a lovely card and key ring from AUKWSBH – I just loved getting the words from the wonderful Friday coffee group and I love coming along! Long live AUKWSBH and all the wonderful work it does."

### Recruitment and volunteering



"Loneliness is devastating. It feels like having a prison sentence for 30 or 40 years. You've got no one to talk to or say anything to. It's absolutely devastating."

Michael, Age 73

#LonelinessAwarenessWeek

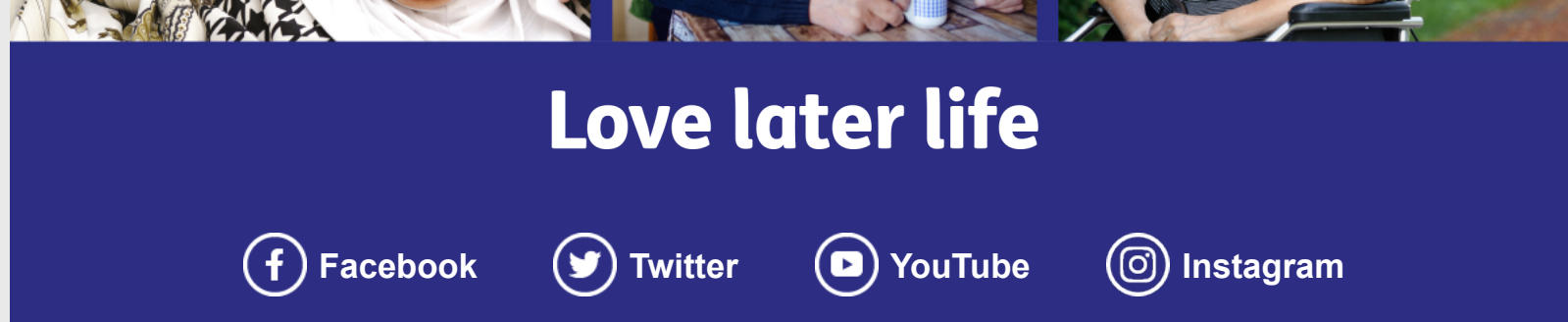
This month, we're spotlighting loneliness and its impact on the older community during #LonelinessAwarenessWeek. Often we can support older people by providing a listening ear. We know that a gesture as simple as this can be hugely beneficial for the over 50s, as illustrated by Michael, age 73.

If you could help alleviate loneliness by supporting older people in our community, please get in touch.

[Volunteering vacancies >](#)

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 >](#)



### Love later life

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