

# UPCOMING EVENTS AT LAMB HOUSE

## July & August 2025

<u>DATE</u>	<u>TIME</u>	<u>EVENT</u>	<u>COST</u>
Thursday 24 <sup>th</sup> July	13.00 – 16.00	<b>Memory Café:</b> Is a warm and safe environment for adults living with dementia and their family or friend carers. Our cafés are a place to share experiences, connect with others, and receive valuable support from peers, compassionate staff, and dedicated volunteers. Together, we build a supportive community, enjoy engaging activities, and welcome guest speakers and entertainers to enhance your experience.	
Friday 25 <sup>th</sup> July	10.00 – 12.00	<b>Digital Support:</b> Sky will be running another Digital Support session in the café. Please bring your device (Mobile phones, Tablets etc.) with you to the session.	Free
Tuesday 29 <sup>th</sup> July	09.30 – 13.30	<b>The Barclays Bus</b> will be here offering support to individuals with their banking needs such as: <ul style="list-style-type: none"> <li>• Cost-of-living crisis</li> <li>• Budgeting and money saving tips</li> <li>• Digital guidance</li> <li>• Fraud and scam awareness.</li> </ul> This is not specifically for customers of Barclays, and is open to all members of the general community.	Free
Thursday 31 <sup>st</sup> July	13.30 – 14.30	Join us for a joyful and uplifting <b>Laughter Therapy Afternoon</b> with <b>Sam Rehan</b> Laughter is a great way to relieve stress, boost your mood, and connect with others <b>A drink and cake are included</b>	£3
Monday 4 <sup>th</sup> August	11.00 – 11.45	<b><u>MID SUSSEX HEALTHY WALKS</u></b> We're excited to announce that Mid Sussex District Council, in partnership with Glendale, will be leading a Healthy Walk on Monday, 4 <sup>th</sup> August, starting at 11:00 AM. We'll be enjoying a lovely walk over Beachhurst, taking in the fresh air and beautiful surroundings. It's a great way to get active, meet others, and boost your wellbeing.	Free
Monday 11 <sup>th</sup> August	9.00 – 16.00	<b>Mid Sussex Wellbeing</b> will be offering NHS Health Checks and Wellbeing MOTs. To book an appointment and check your eligibility. Please click the link below: <a href="https://www.eventbrite.co.uk/e/1469475604089?aff=oddttdtcreator">https://www.eventbrite.co.uk/e/1469475604089?aff=oddttdtcreator</a>	Free
Mondays from  21 <sup>st</sup> July to  1 <sup>st</sup> September		<b>Summer Special – Meet Up Mondays!</b> ☺ Come along and see what is on offer join us at Lamb House for a warm welcome and a delicious deal! Enjoy a hearty main meal Treat yourself to a cheeky choc ice Sip on a comforting cup of tea or coffee All for just £5.50! Prefer something lighter? Swing by for a hot drink and a slice of cake instead!	£5.50

	Bring a friend and share the experience. For Members and Non Members whilst offer the offer is on	
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For more information on any of the above events and to book please contact:

**01444 450248 or [midsussex@ageukwsbh.org.uk](mailto:midsussex@ageukwsbh.org.uk)  
Lamb House, 2 Kleinwort Close, Haywards Heath, West Sussex, RH16 4XG**

**You can also visit our website at [www.ageuk.org.uk/westsussexbrightonhove/](http://www.ageuk.org.uk/westsussexbrightonhove/) for information on all of our services.**

**Stay connected with us on Facebook at [Age UK West Sussex, Brighton & Hove - Mid Sussex](#) for the latest news and events.**

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