

UPCOMING EVENTS AT THE HAYWARDS HEATH CENTRE JULY 2026

<u>DATE</u>	<u>TIME</u>	<u>EVENT</u>	<u>COST</u>
Every Monday in July and August	10am – 2pm	Summer Special ☺ Cream Tea Mondays You're welcome to bring a friend to our Cream Tea Mondays this summer. Our offer includes two scones with cream and jam, plus a tea or coffee for £6.50. Available throughout July and August 2026 To book, please call 01444 450248	Variable
Thursday 2 July	2pm – 3pm	Curling with Jackie & David: Curling is a fun, sociable activity for all abilities. No experience needed, just bring your enthusiasm and a sense of humour.	£3.50
Monday 6 July	11am - 11:30am	Mid Sussex Healthy Walks Mid Sussex District Council, in partnership with Glendale, will be leading a Healthy Walk on Monday 6 July, starting at 11am. We'll be walking over Beech Hurst, taking in the fresh air and beautiful surroundings. Get active, meet others and boost wellbeing.	FREE
Thursday 9 July	10am – 1.30pm	Meet Our Independent Living Services Team We're delighted to let you know that our Independent Living Services team will be at Lamb House throughout the day. Meet the team, learn more about the support available and ask any questions you may have about independent living.	Free

Thursday 16 July

1:30pm –
2:30pm

Speakers Corner

The UK's leading Cats Welfare Charity, Cats Protection, will be coming in to do an informative talk and share information on their vital work. This will be presented by Alan Carter.

Tea/coffee and cake are included

£3.50

Friday 17 July

NO PILATES – due to the School Summer Break Mariella will not be in for 6 weeks.

Tuesday 21 July

1:30pm –
3pm

Musical Bingo:

We're excited to welcome you to our next Musical Bingo afternoon. Filled with laughter, brilliant music and prizes.

This month's theme is all about the classic 60's hits, so get ready to sing along! 🎵

Thursday 23 July

2pm –
4pm

Memory Café:

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.

Free

Friday 24 July	10am – 12pm	Digital Support: 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
Thursday 30 July	10:30pm – 13:30pm	Beach Party Celebrate summer with a fun filled day in the Café and garden. A beach-themed quiz, raffle with great prizes, and some fun games. A delicious 2-course lunch – choose your main: • Quarter Pounder Beef Burger with Cheese & Bacon • BBQ Chicken & Vegetable Kebab • Large Hot Dog with Onions & Relish Plus, live music from The Sundown Ukulele Band.	£16.00
August events will be announced towards the end of July. Please note that the café will be closed for redecoration from Friday 21st August and will reopen on Tuesday 1st September.			
For more information on any of the above events and to book please contact: 01444 450248 or midsussex@ageukwsbh.org.uk Lamb House, 2 Kleinwort Close, Haywards Heath, West Sussex, RH16 4XG			