

## UPCOMING EVENTS AT THE HAYWARDS HEATH CENTRE FEBRUARY 2026

<u>DATE</u>	<u>TIME</u>	<u>EVENT</u>	<u>COST</u>
Thursday 5 <sup>th</sup>	14.00 – 15.30	<p><b>Curling with Jackie &amp; David:</b> Give It a Go!</p> <p>Come and try your hand at curling—a fun, social activity that's perfect for all abilities! No experience needed.</p>	£2.50
Monday 9 <sup>th</sup>	10.00 – 12.00	<p><b>Card Making:</b> join us for <b>card making</b> with <b>Julie</b>. There will be a variety of options to choose from, including <b>Birthday cards, Valentine's cards, Easter cards</b>, and many more.</p>	£5.00
Tuesday 10 <sup>th</sup>	11.00 – 12.00	<p><b>Age UK West Sussex, Brighton &amp; Hove – Help at Home Services Talk</b></p> <p>The team from Age UK West Sussex, Brighton &amp; Hove will be joining us to share helpful information about the wide range of Help at Home services available.</p> <p>Come along to find out how these services can support you to stay safe, independent and comfortable at home.</p>	Free
Tuesday 10 <sup>th</sup>	13.30 – 14.30	<p><b>Speakers Corner:</b> We will be joined by Sophie Goodall-Smith from the Waste Prevention team at West Sussex County Council, to talk about recycling and waste in Mid Sussex and across the county. She will also be giving us some more information on the new food waste collections, as well as waste prevention tips and information on what happens to the materials collected in West Sussex.</p>	£2.50
Friday 13 <sup>th</sup>	10.30 – 13.30	<p><b>Valentine's Party:</b></p> <p>Join us for a fabulous Valentine's Party. Enjoy a quiz, raffle and lunch, followed by live entertainment from Tania Rodd.</p>	£16.00

		Limited tickets available – book early to avoid missing out.	
Tuesday 17 <sup>th</sup>	13.30 – 15.00	<b>Musical Bingo:</b> This month's theme is classic <b>70s hits</b> .	£2.50
Thursday 19 <sup>th</sup>	13.30 – 15.00	<b>Therapy Dogs Visit:</b> Come along and meet four amazing volunteers and their wonderfully trained furry friends from <b>Nationwide Therapy Dogs</b> .	Free
Friday 20 <sup>th</sup>	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
Thursday 26 <sup>th</sup>	14:00 – 16:00	<b>Memory Café:</b> Is a 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 27 <sup>th</sup>	11:30 – 13.00	<b>Friday Special</b> A delicious 2-course Roast Dinner Lunch	£9.00
<p>For more information on any of the above events and to book please contact:  <b>01444 450248 or <a href="mailto:midsussex@ageukwsbh.org.uk">midsussex@ageukwsbh.org.uk</a></b>  <b>Lamb House, 2 Kleinwort Close, Haywards Heath, West Sussex, RH16 4XG</b></p>			