







Lavinia House Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
<p>10.00am-3.00pm</p> <p>Age UK West Sussex, Brighton & Hove Daybreak Respite</p> <p>Please contact us 07753 879 779 / 01903 792015 for more information or email dementia@ageukwsbh.org.uk</p> <p>The Daybreak respite service provides day support for people living with dementia, which includes stimulating/meaningful activities to promote confidence and social interaction. The service also provides much needed respite to carers. All refreshments and a two-course lunch provided.</p> <p><i>Pre-book only</i></p>	<p>11.00am – 11.40am</p> <p>Chair Fitness with Sue</p> <p>£6</p> <p>NO need to pre-book</p> <div>   </div> <hr/> <div>  </div>		<p>12.30pm – 14.30pm</p> <p>Chatty Crochet</p> <p>£3</p> <p>All abilities welcome, includes a hot drink </p> <p><i>No need to pre-book</i></p> <hr/>	<p>10.00am- 2.00pm</p> <p>Friendship Fridays</p> <p>£18.25</p> <div>  </div> <p>Please contact us 07753879779 or email care@ageukwsbh.org.uk</p> <p>Come along to this mixed group for a 2-course lunch and fun activities</p> <p><i>Pre-book only</i></p> <div>  </div>