

# MARCH 2024

## MID SUSSEX NEWSLETTER

Lamb House, 2 Kleinwort Close, Haywards Heath, RH16 4XG Tel: 01444450248

### WELCOME

Welcome to the March Newsletter! There is lots happening this month as you will see below, so please remember to book for activities, lunches, and events in advance so not to miss out. To book a space for any activity or lunch please speak to someone at reception or call the centre on **01444 450248**.

### CAFÉ OPEN ON A WEDNESDAY

The café is now open on a Wednesday, where you can get a 2-course lunch for £7.50. Prior to lunch we will be holding an activity which could be bingo, a quiz, card making, or we are open to suggestions from you, so do let us know. This will run from **11.00am – 12 noon** with a cost of £2.00.

### CURLING AFTERNOON

Come and join us for a fun packed curling afternoon in the café on **Tuesday 5<sup>th</sup> March 1.30pm – 3.00pm**. Cost £4.50, includes a tea/coffee.

### SPEAKER'S CORNER

On **Thursday 7<sup>th</sup> March** A representative from The Lindfield Repair Café will be here to give a talk all about this fantastic local service. This will be a very enjoyable session for anyone that enjoys the BBC 1 show The Repair Shop. Free to all. **1.30pm – 3.00 pm**.

On **Thursday 28<sup>th</sup> March** David Spear will be in the café from **1.30pm – 3.00pm** to give a talk on his experiences of travelling David is quite widely travelled. He has led treks and cultural tours in Tibet, Bhutan, Nepal, Kazakhstan & Kyrgyzstan. He has also explored remote parts of Peru. David led a month-long trek along the Tibetan border, in to a seldom visited area of Nepal. He has also climbed Kilimanjaro, the highest mountain in Africa, and trekked to Mt Everest Base Camp.

### MUSICAL BINGO AFTERNOON

Come and have some fun and a laugh at our 80's Musical Bingo event this will be held on **Tuesday 12<sup>th</sup> March**. In the café at Lamb House from **1.30pm – 3.00pm**. Cost £4.00 includes a Tea/Coffee.

### POP UP SHOP

Christine and Pauline will be in the café on **Tuesday 12<sup>th</sup> March from 10 – 12pm** selling their knitted creations with some being Easter themed, which would make a great present for family and friends. Please bring cash with you to make a purchase.

### BREATHE MEN

We have partnered with local Haywards Heath enterprise, Breathe Men to offer free group support for men suffering with their mental health.

Breathe Men specialises in helping men with their mental health through informal, relaxed group sessions, men are able to open up and talk about their feelings with like-minded individuals in a safe space.

The next session will be taking place on **Wednesday 13<sup>th</sup> March from 10.30am – 12.00 noon** at Lamb House.

## **SOUTH DOWN EAR CARE**

Louise will be in the café **Tuesday 19<sup>th</sup> March 10.00 – 12 noon** to give free ear-health checks to see if you may have wax that could be affecting their hearing or causing discomfort. Sussex Down Ear Care can offer 10% discount off the usual rate if an appointment is booked within a 3-month period.

## **DIGITAL SUPPORT GROUPS**

Sky will be running another Digital Support Group on **Friday 22<sup>nd</sup> March** the session will run from **10.00am – 12.00 noon** in the café at Lamb House. Please bring your device (Mobile phones, Tablets etc.) with you to the session. To help us with numbers please book with Emily in the office or call 01444 450248.

## **IPAD MINI LOAN SCHEME**

If you want to get online and don't know where to start Sky has given us 5 iPad minis to loan out to help you get online. Through this loan scheme, you will be receiving an iPad mini with 6 months' worth of free internet. Sky will be here to get you started and set up. At the end of the loan if you want to continue your journey online, we want to help, and can support you to purchase the equipment from us or support you to apply for a grant. This will enable you to purchase your equipment for good.

## **SUNDAY PUB LUNCH**

If you would like to meet up with others at the weekend once a month there will be a pub meet-up. We have linked up with The Wheatsheaf Pub in Cuckfield they have space for 8 on **Sunday 17<sup>th</sup> March at noon** for a Sunday Lunch. They do a smaller dinner for £9.00 and have a selection of desserts for you to purchase. You will need your own transport. For further information and to book a space please speak to Emily or call 01444450248

## **APRIL - SPEAKERS CORNER**

On **2<sup>nd</sup> and 4<sup>th</sup> Thursday** of the month we will be inviting speakers and people of interest to Lamb House to share their life's work, an unusual hobby, or to share information, these sessions will be in the form of a talk followed by a question-and-answer session. We will be in the café from **1.30pm – 3.00pm**. You will be able to purchase tea/coffee and cake whilst you're here. **The sessions are free to attend.**

**Thursday 11<sup>th</sup> April** Carly will be in the café from **1.30pm – 3.00pm** to talk and give demonstrations on Massage, Reiki Healing and Reflexology.

**Thursday 25<sup>th</sup> April** Shaun and the team from West Sussex Fire & Rescue Service will be in the café from **1.30pm – 3.00pm** to talk and give a presentation Home Safety Advice.

## **CLASS CARD**

Great News! If you sign up and pay for 6 classes, you will get the 7<sup>th</sup> free. The class card has an expiry date of 3 months. For further information and to sign up please speak to a member of the reception team or call 01444 450248

There are many more activities to join in with, look out for next month's newsletter.

Registered Charity no: 1086323