

APRIL 2024

MID SUSSEX NEWSLETTER

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WELCOME

Welcome to the April 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**.

CURLING AFTERNOON

Come and join us for a fun packed curling afternoon in the café on **Tuesday 9th April 1.30pm - 3.00pm**. Cost £4.50, includes a tea/coffee.

SPEAKER'S CORNER - Free to attend.

On **Thursday 11th April** Carly Beck our very own Reiki/Massage Therapist will be here to talk about reflexology, reiki healing and massage, she will also be giving some free demo's.

1.30pm - 3.00 pm.

On **Thursday 25th April** Shaun Beales and his team from West Sussex Fire and Rescue will be with us to give a presentation on home safety and many other things. **1.30pm - 3.00pm** in the café. Drinks and cakes available to purchase from the café.

POP UP SHOP - JJ FASHIONS

JJ Fashions will be with us on **Friday 12th April in the café from 10.00am – 12 noon**. They have their new spring/summer collection. You can pay by card, cheque, or cash.

MUSICAL BINGO AFTERNOON

Come and have some fun and a laugh at our 60's Musical Bingo event which will be held on **Tuesday 16th April** in the café at Lamb House from **1.30pm – 3.00pm**. Cost £4.00 includes a Tea/Coffee.

ENTERTAINMENT FROM THE ELDERLY BROTHERS

On **Friday 19th April** new to Lamb House and highly recommended to us 'The Elderly Brothers' are joining us at 11.00am to give a performance in the cafe. If you would like to stop for lunch this day, please pre book.

MOVIE AFTERNOON

Our next movie afternoon is on **Tuesday 23rd April**, we will be showing The King's Speech. The story of King George VI, his unexpected ascension to the throne of the British empire in 1936, and the speech therapist who helped the unsure monarch overcome his stammer.

Film starts at 1.30pm 3.45pm costs £5.50 and includes tea/coffee and cake.

DIGITAL SUPPORT GROUPS

Sky will be running another Digital Support Group on **Friday 26th April**, 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.

BINGO AND FISH AND CHIPS SUPPER

On **Wednesday 24th April** we have a fun packed evening at the centre with bingo and a fish and chip supper. There will be prizes to be won!

Cost £13.50 includes the bingo, fish and chips and a tea/coffee. See Emily or a member of the reception team to book a space.

INTERGENERATIONAL WEEK

We are celebrating Global Intergenerational Week together, a week to celebrate the power of connection. Relationships between older and younger people are not just 'nice' but essential, and to encourage these relationships we have a few local schools and colleges visiting to help out and get involved with some activities.

Monday 23rd April - Lindfield Primary School will be with us to do some card making to celebrate St George's Day. **10.30am - 12.00 noon**

Wednesday 24th - Ardingly College will be with us to assist at the bingo fish and chips event **4.00pm - 6.00pm** in the café.

Thursday 25th April - Ardingly College will be in the café to assist us from **10.30am - 12.00 noon**

Friday 26th April - Warden Park School will be in the café from **10.30am - 12.00 noon** to join in with some card making.

SATURDAY SOCIAL

Don't stay at home on your own on **Saturday 27th April** come & be sociable here at Lamb House. We are open between **11.00am - 2.00pm** for company, board games, cards, puzzles, and other activities.

Cost £8.00 which includes soup & a roll, dessert and tea/coffee.

CLASS CARD

Great News! If you sign up and pay for 6 classes, you will get the 7th 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