

Mid-Sussex News

Summer 2026

Hello

We hope you're keeping well. In this edition, you'll find fitness inspiration and news about upcoming events in Mid-Sussex.

If you need support with benefits advice, help at home or anything else, we're here for you. Speak to our Information and Advice team on freephone: **0800 019 1310**

Happy reading,
The Mid-Sussex team

Cream Tea Specials at Lamb House

📍 Lamb House,
2 Kleinwort Close,
Hayward's Heath,
RH16 4XG

Our Cream Tea Mondays are the perfect way to catch up with friends and enjoy a cream tea this summer.

For £6.50 per person, you can enjoy two scones, fresh jam and cream and a choice of tea or coffee.

Reserve a space by calling: **01444 450 248**



Top tips to keep cool this summer

After the heatwaves recently, we've collated some of our favourite ideas to keep cool:

- Close curtains and blinds on south and west-facing windows during the day.
- Place a bowl of ice in front of a fan to circulate cold air.
- Avoid dehydrating drinks with caffeine and sugar.
- Soak feet in a basin of cool water and keep socks in the fridge (if you have to wear socks that is).
- Put ice cubes in sandwich bags and place under your armpits.

Act Now, Age Better

New research from Age UK shows that negative early PE experiences have put many people off being active. If you ever dreaded sports at school, you're not alone, but it doesn't have to stop you now.

Regular movement and connecting with others are the best things you can do for your health today and in the future, it's like investing in a "physical pension." What will your next move look like?



In your 50s

Hormonal changes, especially for women during menopause, can affect bone health. Strength training, brisk walking and yoga can keep bones strong and boost your mood. Staying socially connected and trying new hobbies also supports mental wellbeing and creates opportunities for the future.

In your 60s

Focus on maintaining strength and independence. Gentle strength and balance exercises can help prevent falls, while activities like swimming and learning new skills keep your body and mind active. Cultivating community, hobbies, volunteering and travel opportunities can fuel wellbeing and life satisfaction.



In your 70s

Keep moving in ways that feel good like Tai Chi, water aerobics, or gentle yoga. Regular movement and social activities can help you stay mobile, connected and feeling your best. Building social engagements and finding ways to meet people can have a hugely positive impact. It's not too late to develop interests you may have postponed.

There are lots of classes and social events taking place near you. If you need support, call **0800 019 1310** and ask about our social prescribing service.

Upcoming events at Lamb House



Beach Party



Thursday 30 July from 10:30am to 1:30pm



Lamb House, 2 Kleinwort Close, Butlers Green Road, Hayward's Heath, RH16 4XG

Celebrate summer with a beach-themed quiz and raffle with fantastic prizes and games. Plus, there will be live music from The Sundown Ukulele Band and a delicious two-course lunch.

To book, call: **01444 450 248**

or email: midsussex@ageukwsbh.org.uk



Other events coming soon at Lamb House include:

- Curling
- Musical bingo
- A bingo and fish & chips evening
- A Spanish-themed party
- Speakers' corner
- Afternoon Tea - *Saturday 19 September*
- Sunday Roast - *Sunday 27 September*

Activities available at Lamb House

★ Arts Club ★ Chairobics ★ Pilates ★ NEW Tai Chi ★ NEW Low Impact Zumba
★ NEW Body Alignment ★ Knit and Natter ★ Respite Group

Become a member

For £5 per month, you can become a member of Age UK WSBH and access all the social events and activities at Lamb House, we even have a hairdresser on-site. Membership also gives you access to our paid for services including at home services like cleaners, gardeners and digital skills support.

Contact us on **01444 450 248**

or midsussex@ageukwsbh.org.uk to find out more.



Support in Mid-Sussex



Reach out to Emma, our Mid-Sussex Senior Community Developer, if any of the following questions strike a chord:

- Would you like to meet new people?
- Are you nervous about going out?
- Would you like to know about local events?
- Do you know someone who needs help?
- Do you need information or advice?

Emma can help you get out and about, meet new people, and enjoy more of your local community.

Get in touch with Emma by emailing:

emma.larkins@ageukwsbh.org.uk

or call: **07563 383 045**

Volunteering opportunities

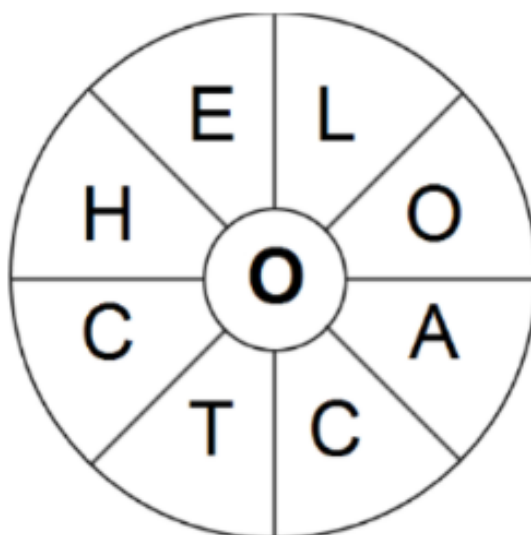
Volunteering is a wonderful way to share your skills, knowledge and life experience while making a difference in your local community. In Mid Sussex, we currently have a variety of volunteer opportunities available, including gardening, befriending, home visiting and kitchen assistant roles.

Email volunteering@ageukwsbh.org.uk or visit our volunteering page on our website: www.ageukwsbh.org.uk to find out more.

Can you solve it?

If you have some spare time, why not see how many words you can find in our word wheel and whether you can solve our anagrams of famous music bands.

The anagrams are also revealed at the bottom of page two.



1. Table these
2. Pig Slicers
3. Pelled Zen
4. Longer Tonsils
5. Mad Hooter