

connect

*The Age UK West Sussex,
Brighton & Hove Magazine*

In this issue:

***Free Age UK
Rainbow Art
to put in your
window***
(While stocks last!)

***Volunteer's
Week***
***Spotlight on
our volunteers***

***Keep Calm and
Carry on!***
***75th Anniversary
of VE Day***

Living Well
***when social
distancing***



Get in touch:



01903 731800



information@ageukwestsussex.org.uk

In this issue:

- Page 2** Digital Spotlight
- Page 3** Putting the fun in Fundraising!
- Page 4** Health Focus
- Page 6** 24 ways you can live well when social distancing
- Page 8** Volunteer of a paw-fect kind!
- Page 10** Keep Calm and Carry on: 75th Anniversary of VE Day
- Page 11** Celebrity News and Young Supporters of Age UK
- Page 12** Fun corner
- Page 13** Sharing the love
- Page 14** More ways we can help...

How to receive Connect Magazine

If you are interested to regularly receive Connect or would simply like more copies, please let us know. We are always looking out for free distribution points at local businesses, shopping centres, cafes and coffee shops, doctor's surgeries and hospitals etc. If you can help, please contact us.

Read online

You can view the latest magazine on our website.

Write to the Editor

AUKWSBH Connect Magazine
Suite 2, Anchor Springs, Littlehampton,
West Sussex, BN17 6BP

If you see an article or picture you would like to copy or reproduce elsewhere, please contact the editor, Vicki Rayment by emailing information@ageukwestsussex.org.uk or calling 01903 731800

Love later life

-  www.ageukwestsussex.org.uk
-  www.ageuk.org.uk/brightonandhove
-   @AUKWS or @ageukbh
-  @age_uk_west_sussex
-  Age UK West Sussex
-  Age UK West Sussex, Brighton & Hove

Published by

Age UK West Sussex, Brighton & Hove
Head Office: Suite 2, Anchor Springs,
Littlehampton, West Sussex, BN17 6BP

Registered charity number: 1086323
Company number: 4146487

The information and articles in this magazine were correct at time of going to print based on data available at time of collation. Stock images have been used throughout and do not depict individuals featured in the editorial unless clearly stated.



Welcome!

Welcome to our new Connect Magazine, which has been written especially for our customers, supporters and friends across West Sussex, Brighton & Hove.

It gives me great pleasure to launch this publication right now as we strive to make ways to keep in touch with each other and the outside world during the current pandemic.

I wanted to take a minute to share some incredible facts. Since Lockdown began we have helped out over 3,500* people across West Sussex, Brighton & Hove which is truly amazing! Some 40% of these are new customers and demonstrates how vital our services are to the community in these challenging times.

We are running increased and enhanced services, largely including shopping services, welfare support, medication pick up and dog walking. We have also seen an increase in calls for our befriending services, whether it's a "stay in touch chat" or to support those who are at risk of social isolation, social exclusion and mental health problems. Another area we continue to deliver is our out of hospital crisis service and hospital discharge services.

Now, more than ever, it's vital that we reach out to each other in every way we can. So to help you stay in touch with us, your family and friends we've launched Connect Magazine. Over the coming weeks and months we'll be sharing an array of information and advice, activities and support, both on and offline. Watch this space!

Take care and stay safe.

Helen x

Helen Rice
CEO Age UK West Sussex, Brighton & Hove

*Includes Age UK Horsham District

Always here for you

During this difficult time, we have adapted the way we work, so we can continue to be there for you when you need us. It's times like this that can make you realise just how generous and empathetic people are and hundreds of people across West Sussex and Brighton & Hove have offered their time to support us to meet the needs of vulnerable people across our communities.

Thanks to their generous help we can support you with:

- Information and Advice**
 Including information on social care, housing and welfare benefits.
- Telephone befriending**
 A friendly chat if you're feeling lonely or isolated.
- Doorstep Deliveries**
 We can deliver meals, groceries and essential medication to your doorstep, as well as knitting kits, CDs/DVDs, books and jigsaws to stave off boredom.
- Welfare and Safety Support**
 Helping the most vulnerable with tasks such as cleaning, shopping and laundry, as well as offering respite for carers.
- Wellbeing advice**
 We can share information on healthy living, nutrition, hydration and exercises that can take place in the home or garden.

If you need support

If you are practicing social distancing or self-isolation and need support, or you are worried about a family member or friend Age UK West Sussex, Brighton & Hove are here to help.

Contact us

- 01903 731800
- information@ageukwestsussex.org.uk
- www.ageukwestsussex.org.uk
- www.ageuk.org.uk/brightonandhove

To ensure that you are receiving our live updates follow us here:

- @AUKWS or @ageukbh
- @age_uk_west_sussex



Food Deliveries across West Sussex, Brighton & Hove

We are offering a range of food delivery services across our areas including Emergency Deliveries for those most in need, a Basics Box which includes items like bread, milk & tinned foods, a Fresh Meals delivery with heating instructions; a Necessity shop (available in selected areas) and a Personalised Isolation Shopping Service.

AUKWSBH will work with each individual, to assess their circumstances and which method of support is most suitable for them.

We are here for you! – If you need support with food deliveries at this time, please don't hesitate to call us on **01903 731 800** or email information@ageukwestsussex.org.uk

How we are helping



Digital Spotlight

Introducing The Techno Team!

Staying home and staying safe has given rise to lots of new initiatives and ways to virtually access shows, art collections, nature and open spaces – all from the comfort of your home!

If you need digital help to take advantage of this online surge The Techno Team are here for you. They are a group of volunteers which can offer a free telephone service arranged at a time and day that is mutually convenient. Whatever your question, we will have a volunteer who can help.

Our friendly and experienced team of volunteers will help you to learn and improve your skills whether you are a beginner or someone with computer experience.

If you want to find information on the internet, organise online shopping, send and receive emails, organise to Skype and Facetime for your family and friends we can help you.

Our help is free, but should you wish to make a donation please contact us on the details below or go to our Just Giving Pages:

www.justgiving.com/ageukwestsussex
www.justgiving.com/ageukbrightonhove

Call us on: **01903 731800** or
email: thetechnoteam@ageukwsbh.org.uk



Meet Techno John...

What volunteer work you do for AUKWSBH?
I provide IT help and advice "normally" from the Computer Room upstairs at the charity's Brighton Centre.

What do you like most about your volunteer work with us?
I love helping people use technology to hopefully make life easier.

Favourite place in Sussex and why?
The seafront on a lovely day watching the world go by.

Favourite piece of music/desert island disc?
Beyond the sea, George Benson

What did you want to be when you grew up?
Still waiting to grow up!

Favourite hobby?
Tennis

First thing you will do when lockdown is over.
Catch up with everyone "in person" even if still at a distance.

Staying Connected

You can follow us daily to find the latest news and advice as well as other ways to enjoy living while social distancing.

Facebook and Twitter

  @AUKWS or @ageukbh

Instagram

 @age_uk_west_sussex

Youtube

 Age UK West Sussex, Brighton & Hove



Connect magazine

Our Connect magazine is full of information, advice and great stories to help people across West Sussex, Brighton & Hove to live well, independently.

Stay connected by subscribing to our magazine, and we'll send you our latest edition.

You can register by visiting our website: ageukwestsussex.org.uk or ageuk.org.uk/brightonandhove or emailing events@ageukwestsussex.org.uk

Putting the fun in Fundraising!

Fun runs and bake sales seem a distant memory at the moment however we've been keeping busy and linking up with you all "virtually" to support your fundraising efforts!



Thanks to The Body Shop

Thanks to staff at The Body Shop International, who organized the delivery of 2000 cotton eco bags that were kindly donated to us. The lovely bright bags will aid our food and essentials deliveries across West Sussex, Brighton & Hove.

The Big Knit

Since 2003 Age UK and innocent's iconic partnership, The Big Knit, has raised over £2 million for national and local services that combat loneliness.

The partnership sees the nation knitting millions of hats every year and raising millions of pounds too. Each little hat is placed on an innocent smoothie bottle and for each be-hatted smoothie sold, Age UK receives 25p. Locally, AUKWSBH has benefited greatly thanks to the partnership.



Could you help us make a difference by knitting some mini hats to keep older people warm this winter? There are plenty of patterns online to inspire you... go to: www.thebigknit.co.uk/knitting-patterns

If you are interested to take part and help us by knitting some cute little hats please contact events@ageukwestsussex.org.uk or call us on 01903 731800.



The 2.6 Challenge

At the end of April we called out to home heroes across our communities to help raise emergency funds for AUKWSBH.

The Covid-19 pandemic has had a catastrophic effect on charities with the cancellation of many fundraising events and as a result we asked superheroes everywhere to get involved with the challenge.

From running 2.6 miles, to hula hooping for 26 minutes or being water-bombed 26 times in the garden our fundraisers did an amazing job!

Sussex Ironman Champion Daphne Belt got on her Turbo Trainer and rode 260 minutes for us whilst staff member Svetlana Dinkovski, hula hooped around her back garden for 26 minutes. That's truly amazing! We'd like to say a huge thank you to everyone who got involved. THANK YOU.



Health Focus

Be active!

Although it's been difficult to stay active when you have to stay at home it's important to do so by eating well, drinking enough water, doing what exercise you can and avoiding smoking and alcohol.

Staying active does not just mean completing a high intensity workout; it could be completing chair based exercises, stretching or even gardening.

Types of activity can include a light activity like getting up to make a cup of tea, cleaning and dusting, making the bed or standing up. More moderate activity could be pushing the lawn mower, dancing in your living room or doing some chair based exercises. A more vigorous activity would be jogging or energetic dancing.

Exercise with us on YouTube

To help you keep active and healthy we are launching some YouTube videos on our new site. We've got everything covered from low intensity chair Pilates; seated exercise, standing with weights or Thera Bands to a strength and cardio circuit. We're also featuring our two most popular dance classes – Beginner to improver Line Dance and a Moderate to High Dance Class so you can have a try at home. Check it out and watch the videos by searching on YouTube for 'Age UK West Sussex, Brighton & Hove'



Looking after your mental health

Looking after your mental health and staying connected to family, friends and the outside world have never been so important.

Even though staying at home might mean you don't see as many people as you used to, there are other ways for you to stay connected with the people you care about. As well as giving them a ring, why not try a video call, message online or even connect over social media?

Staying connected with others and having a chat can keep your spirits up and help with feelings of loneliness. Now might even be the perfect opportunity to reach out to an old friend you haven't spoken to in a while? Or you could share ideas and fun things with friends, such as crafts you're working on.

If you need some help brushing up on your digital skills check out our feature on 'The Techno Team' on page 2 of the magazine and give them a call for some advice.

Tips for carers to look after your mental health

There are many carers living with a person with dementia who are having a difficult time during the coronavirus pandemic. To help you, Alzheimer's Society has put together five tips to benefit your wellbeing during the COVID-19 lockdown. These include staying connected; making time for yourself; keeping a daily routine, staying healthy and active and limiting how much news you read, watch or listen to. **More information is available on their website: www.alzheimers.org.uk**

Healthy at home

Our Executive Chef, Richard shares some of his favourite recipes that offer some healthy alternatives and old fashioned favourites, cutting down on those shopping queues and making use of ingredients you might already have in your cupboards.



Meat and potato hash

Ingredients

- Large onion, sliced
- 250g potatoes roughly chopped but not too big
- 100g butter
- 150g of meat, any would do but leftover roast or bacon works best, chop it into slices

Method

1. Melt the butter in the pan add the onion and cook for 2 minutes on a moderate heat
2. Add the potatoes and cook for a further few minutes
3. Add the meat in to the pan and turn up the heat and stir
4. Keep everything cooking until it goes nice and crispy and browned in colour... Then serve and enjoy!

Welsh Rarebit

Ingredients

- | | |
|--|--|
| ● Bread any will do but the thicker the better | ● 1 teaspoon of Worcestershire sauce |
| ● 125g butter or margarine | ● 250ml of Guinness or ale (if not available use milk) |
| ● 125g flour | ● 1 teaspoon of mustard (wholegrain is best) |
| ● 100g grated cheese | |
| ● 1 egg | |

Method

1. Melt the butter and stir in the flour and make a roux
2. Add the Guinness\Ale or milk until it makes a thick sauce, then add the Worcestershire sauce and mustard
3. Add the cheese until its melted
4. Take off the heat and leave for a few minutes
5. Add the egg and chill until cold
6. Toast the bread and cover the toast with the Rarebit and place under the grill until glazed
7. Leave to cool for a few minutes as the mix will be very hot



Meet Richard...

About Richard: I have been a Chef for the last 24 years working my way up the ladder in several establishments from 5 star hotels, Country house hotels, independent restaurants and Gastro pubs.

My role at the moment: My main job at the moment is to cook, put together and organise distribution of the ready meals for the Arun area, but as soon as they are ready to be delivered I then assist in any way I can which could mean shopping, delivering or helping to organise the shopping to be delivered as quickly as possible, although the situation is difficult for everyone at the moment it's nice to be able to help in whatever capacity I can and working as part of a fantastic and friendly team makes everything a bit easier.

My favourite celebrity chef: My favourite chefs have to be Marco Pierre White and Gordon Ramsay.

Advice about cooking at this time: My advice at this time is just to cook what makes you happy and the meals you enjoy eating, anything positive you can do in this currant climate will help take your mind off being on lockdown and also keep you busy and make the time go past a little quicker.

24 ways you can live well when social distancing

When life gives you lemons, make lemonade. Or at least, that is one approach to social distancing, to see it as an opportunity, a chance to spend time at home doing the things you don't normally get time to do and to do it without the 'guilty' feeling that you get when you could be doing something else. To help you come up with some ideas of how to spend the time, we've made a list of 24 things you can do to live well during social isolation:

1

Look after your mental health

Checking the news? Read the good stories too

2

Have a duvet day

The joy of everyone socially isolating, there is no fear of missing out!

3

Crochet or Knit

Maybe even knit or crochet hats for the Age UK Big Knit?

4

Get active indoors

Climb your stairs, exercise from your chair or watch work out videos online

5

Spring clean!

Dust the skirting boards, polish your mirrors. All the stuff you don't normally have time to do!

6

Embrace your inner artist!

You only need a pen and paper to get drawing!

7

Keep your mind active

Have you filled in the puzzles from any magazines you have lying around?

8

Keep in contact

Regularly phone your family and friends. At least you don't have to worry about them not being home!

9

Spend time in the garden

Sow seedlings, get weeding or start the vegetable patch you've always wanted!



10

Relax in the bath or shower

Break out the scented candles and smellies you got for Christmas!

11

Get reading

Read or re-read a book or two!

12

Declutter

Clear your shelves, cupboards and wardrobes and save any items to donate or sell at a later date

13

Learn a new skill

Start drawing, get singing, pick up the guitar you keep in the loft!

14

Get creative with your cooking

Sites such as **foodcombo.com** or **supercook.com** will give you recipes based on ingredients in your cupboards



15

Listen to music

And dance like no one is watching!

16

Potter in the Shed

Maybe even build a bug hotel or bird box to donate to Age UK

17

Spend time with your pets

Teach your budgie to talk or your dog to roll over

18

Tend to your indoor plants

Do they need watering?
Pruning?
Repotting?

19

Break out a pack of cards

For a game of Solitaire, or a magic tricks. It's dealers' choice!

20

Write a bestseller!

Or not... maybe just a journal, or a poem or two

21

Get crafty

Make origami or collages with old magazines



22

Try something new with your hair or make up

Finally find out what you'd look like with winged eye liner or plaits



23

Get decorating

Hang some pictures, touch up some paint work

24

Take an online fieldtrip

Many museums, zoos or landmarks offer online tours



Volunteer of a paw-fect kind!

We're celebrating Volunteers Week UK by saying a huge 'THANK YOU' to all of our amazing volunteers across our communities and what better way to do this than by sharing some of their stories!

One of our fabulous volunteers, Brighton's Matt Rood came to the rescue to volunteer his services, when the Coronavirus hit the UK by offering free dog walking to our clients who are unable to leave home.

Matt owns local dog-walking business **ROODDOG** which covers Brighton, Hove and Shoreham, so decided to put his experience to good use during lockdown.

Matt, who started up his doggie walking business around the time of winning Mr Gay Europe said: "I had to close my business down the day after the Covid19 lockdown started in the UK so we weren't walking any dogs until the restrictions were eased."

While in lockdown Matt was happy to help AUKWSBH by offering his doggie walking services free of charge. "I jumped at the chance to be buddied up with Chris who can't leave his flat. So I do his shopping for him and take his dog, Tyson, for walks every day" he said.

Paw-fect Lockdown Activities

As well as exercising your active dog during lockdown, Matt has created some simple tricks to keep your furry friend's minds active. You can watch these videos on his Instagram page.

 [@rooddog_](https://www.instagram.com/rooddog_)





Helen Rice, Chief Executive said:

“Since lockdown, we’ve had a huge amount of support from the general public, offering their different skills and experience to support older people across our area. We’re so grateful to Matt at ROODDOG and everyone who has come forward to help.”

If you need support

If you’re struggling due to self-isolation or you know someone who is, then please get in touch. We might be able to get your dog out and about and we can also help with shopping, delivering essential medication and tackling loneliness through befriending phone calls.

Contact us

 01903 731800

 information@ageukwestsussex.org.uk

 www.ageukwestsussex.org.uk

 www.ageuk.org.uk/brightonandhove

Befriending mentoring and peer support

We are delighted that some of our volunteers have come forwards to help us with befriending during the lockdown. Through our telephone befriending service we’ve been able to support and stay in touch with many people across our towns and villages. As well as having a positive impact on the health and wellbeing it’s a great way to support those who are at risk of social isolation, social exclusion and mental health problems. We have been able to provide help in the following ways:

- one-to-one support from someone who may have similar life experiences or share a similar condition
- befriending focusing on a particular outcome such as successful hospital-to-home transitions
- peer support that can help people to build and sustain local connections and activity-based support.

Would like to volunteer for Age UK?

Almost anyone can be a volunteer! We have a wide range of roles which suit different people and different skills. You can choose to volunteer as much time as you can – some people give an hour a week, other people do more. To find out more call: **01903 731800** or email **volunteering@ageukwsbh.org.uk**



Keep Calm and Carry on: 75th Anniversary of VE Day

Friday 8th May marked the 75th anniversary of VE Day and whilst gatherings and events weren't possible, the date was commemorated in many other ways.

As part of the celebrations West Sussex County Council Record Office and Library teams have created a resource bank that can be used to educate, enjoy and participate in the celebrations.

These include:

- eBooks about VE Day and World War Two, which can be borrowed for free from the online library.
- digitised resources about the Home Front in West Sussex, including diary accounts and newspaper reports on VE Day and VJ Day.
- audio clips of veterans who served in WW2.
- archive material from the West Sussex Record Office, which can be found by exploring their online catalogue and photo database.

West Sussex Record Office is also the repository and conservation centre of Screen Archive South East (SASE), who have created a short seven minute archive film called 'War & Peace'.

The film gives an impressionistic view of the Home Front and the original VE Day, as seen through the eyes of film makers across the South East of England at that time. You can watch the video by visiting the SASE website: screenarchive.brighton.ac.uk/detail/13714/

Residents can find all the resources provided by the Record Office and Library Service on the West Sussex Libraries' Current Offer page: <https://arena.westsussex.gov.uk/web/arena/currentoffer/>

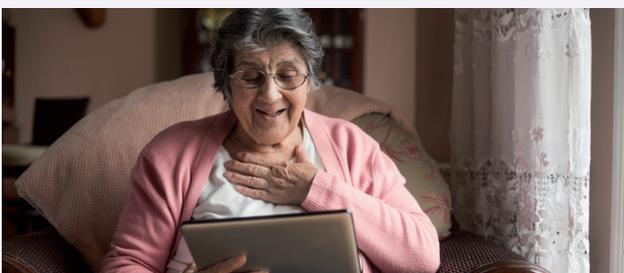
WW2 in Brighton & Hove

Brighton Museums have marked VE Day with a new online display about WW2 in Brighton & Hove. The display features photographs, oral histories and activities you can do to take part at home. Take a closer look at photos, listen to personal stories and discover other items from the collections of Royal Pavilion & Museums to look at how the war affected local people. More information is available on their website: <http://ww2.brightonmuseums.org>



What did you do on VE Day?

How did you show your appreciation and support? If you are on social media please share your stories and pictures tagging our Facebook, Twitter and Instagram. You can also email or post pictures to us.



What were your ancestors doing on VE Day?

Brighton & Hove Library are providing people with an opportunity to access their past at home. Usually this ancestry service is only available in libraries with your library card. To find out more email: libraries@brighton-hove.gov.uk



Celebrity News

Actress Emma Barton recorded a special message for us, to encourage people to help with our 'doorstep deliveries'. Here's what Emma had to say in her video:

"Age UK West Sussex, Brighton & Hove are working extremely hard around the clock delivering medicine, food and other essentials to our vulnerable older people. So, this is where I would like you to help if you are in the West Sussex, Hove and Brighton area... you can help by dropping off any essentials like food, non perishables, long life milk, tins... bread would be great as that can be popped in the freezer. Also, anything like board games, jigsaws, crosswords, some knitting patterns, some CDs, DVDs just to stave off the boredom. Many Age UK charities' are doing this. Just pop onto the website; you can find out where your local drop off points are and that would be amazing because our older people could really do with our support at this current time. Thank you very much, lots of love, stay well and stay safe."

David promotes Age UK's work

Age UK national were lucky enough to take over David Beckham's Instagram recently to highlight the work we've been doing through our Coronavirus Appeal. Visit Age UK's Instagram story to find out about our work and how the Beckham's have been helping their community.

 @age_uk



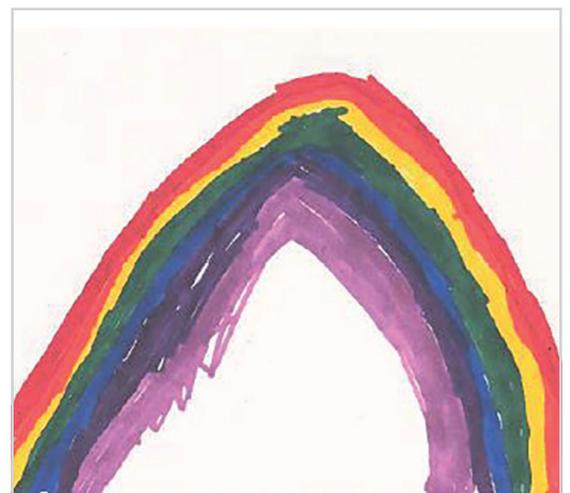
Young Supporters of Age UK

Our customers were delighted to receive some 'Happy post' from Glebe Primary School in Southwick!

Thanks to Oliver, Mariella and everyone else who made a special effort to create these lovely pictures and messages. These have now been put into bags with our shopping deliveries so that everyone can see them. Here's just a few of the ones we received!



I have painted this picture for you because I love dogs and they make me happy. So I thought my picture could make you happy too. Her name is Dora, she is 2 years old and I am taking her for a walk. She is a Goldendoodle. Thinking of you during coronavirus, from Mariella, aged 6



Hello, I'm writing to you to make you feel better and to make you feel happy. I hope you are well and this will all be over soon. At least we can enjoy the sun! Stay safe, from Oliver

Fun corner

While you're social distancing why not grab a cuppa, put your feet up and have some fun with our Sudoku challenges!

Beginner Sudoku

	2							8
		9			6	2		1
8		6	7					
2	9		8	6		1	5	
		1	2	3	4	9		
	7	8		5	1		2	6
					2	7		5
6		2	3			4		
1							6	

Advanced Sudoku

7		1		4	5		2	3
4			1		7			5
					6	4		
		4				3		9
	7						6	
5		9				7		
		7	4					
2			5		3			7
3	8		7	6		2		4

Want more puzzles?

We have Activity Packs, DVDs and CDs available for delivery to anyone who needs them! If you are isolated and in need of some fun activities to pass the time, please don't hesitate to call us on 01903 731 800 or email information@ageukwestsussex.org.uk



A Sailor's Tale

A touching poem by Ray Illman, who attends our Methodist Church Club in Shoreham. Ray spent his career in the Navy and eventually a clerk to the purser on the ships in the Merchant Navy, this is when he travelled to many different countries.

I used to be a Sailor
And sailed the Seven Seas
Well, not all actually
(was a regular route, you see)

I travelled all round Africa
East, West, North and South
My best time was in Kenya
And in Tanzania, no doubt

I made so very many friends
Black and white and mixed
And stayed out there for several years
On a contract that was fixed

Alas, at last I had to leave
And return to England's shore
And though I tried to move again
I'm stuck here evermore

In my dreams I see those days
And the faces that I loved
But as I am now ninety two
I really can't be moved

So to all those friends of long ago
Who I shall see no more
I say farewell, adieu, goodbye
But I'll love you evermore.

Sharing the love

Over the past few weeks we've been in touch with thousands of people across West Sussex, Brighton & Hove and during that time we have received some amazing feedback. Here's what some of our customers had to say:

"Thank you, once again, for my shopping and for the goody bag. I think the organisation is fantastic and I'm very grateful for all the rallying around that has been done for me."

Shopping Delivery Service customer

"I would like to pass on my thanks to those that have provided me with meals, and I was touched by the extras I received, apples/books and Easter Egg and this week some juice. You should be "congratulated" on the work you are all doing. I really look forward to the befriending calls, and having the ability to chat to somebody, so thank you."

Burgess Hill customer

"May I take this opportunity to thank you for your assistance with this matter as I believe you have gone over and above the call of duty for us by having this application scanned directly to WSCC Blue Badge Unit. It is a refreshing change when people go out of their way to help you and also take a pride in their work, thank you again."

Information & Advice customer

"I just wanted to thank you so much for checking in with my parents on a regular basis. They let me know when you ring and it's great to know if they do have any problems with food or prescriptions there's a support system in place. You and your team are doing an amazing job at this challenging time. I hope you are looking after yourself and that you are well."

Satisfied family member

Customer Survey

If you have used our services during the Coronavirus Pandemic your feedback is really important to us. We would be delighted if you could tell us about your experience.

Please call **01903 731800** or email information@ageukwestsussex.org.uk

Share our Rainbow

Using the colours from our Age UK ribbon we've created some bright and pretty rainbow window art for you to display in your front window.

Not only are you making our streets brighter but you are letting our communities know that their local charity is here to help should they need it.

You can download and print the poster from our website, but, if you don't have a printer at home drop us an email and we'll try and get one sent out to you: events@ageukwestsussex.org.uk



More ways we can help...



Do you need information and advice?

Age UK West Sussex, Brighton & Hove offers information and advice to over 50s on an incredibly wide range of subjects. A team of advisors and experienced volunteers can help with queries regarding:

- Welfare Benefits
- Housing Needs
- Finding Help at Home
- Health and Social Care
- Family and Personal Matters
- Leisure and Social Activities
- Money Advice
- Care Planning
- Care at Home
- Advice for Carers
- Advising on rights
- Most other things that affect the quality of life

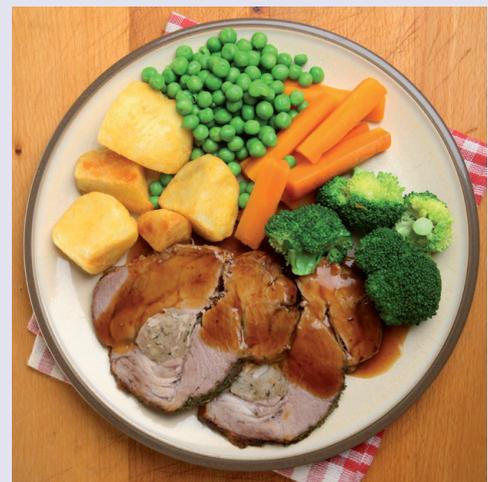
In the last financial year the team has supported people to claim over £5.2 million in extra benefits. This has allowed people to afford to pay for care in their own homes, help around the home, transport to hospital or shopping and to keep warm in winter.

Might we be able to help you or someone you know? If so, please contact the Information and Advice Team on **0800 019 1310** or email information@ageukwestsussex.org.uk

Do you need help with food or meal deliveries?

We are offering a range of food delivery services across West Sussex, Brighton & Hove. These include:

- **Fresh Meals delivery** with heating instructions
A freshly prepared home cooked main meal with vegetables and a pudding for just £5.50 delivered to your door.
- **Emergency Deliveries** for those most in need
- **Basics Box** which includes items like bread, milk and tinned foods
- **Necessity shop** (available in selected areas)
- **Personalised Isolation Shopping Service**



We are here for you!

If you need support with food deliveries at this time, please don't hesitate to call us on **01903 731 800** or email information@ageukwestsussex.org.uk