

connect

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

In this issue:

Our new service

Read more about
our new Home
Wellbeing Service

Bluebell Railway

A day out with
a difference!

**Put a 'Spring'
in your step**

Our top health
and wellbeing tips

Happy Birthday!

We introduce our
65th celebration
plans for this year!



Get in touch:

 0800 019 1310

 connect@ageukwsbh.org.uk

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How to receive Connect Magazine

If you would like to receive Connect regularly or simply want more copies, please let us know. We are always looking out for free distribution points at local businesses, shopping centres, cafés 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 connect@ageukwsbh.org.uk or calling 0800 019 1310

 www.ageukwsbh.org.uk

   @ageukwsbh

 Age UK West Sussex, Brighton & Hove

 Age UK West Sussex, Brighton & Hove

Love later life

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Welcome!

I hope you're well as we head into some much needed longer, warmer days. Our Spring issue offers a round-up of all our latest news, information on how we can help and some features, including one on Social Prescribers. They are a fantastic team who work to help people make the most of life, connecting them to services and activities in their area. Their local knowledge and personal, tailored approach often means people are able to feel better, more involved and more connected in their community. Read on to find out more.

You'll find we also have a lot to celebrate in 2022 as our charity is marking its 65th birthday! Formed in 1957, we've changed names and venues over the years, but we've always been dedicated to improving the lives of older people. It makes me incredibly proud to see how we've expanded – we're there for more people than ever 65 years on. Keep an eye out for our birthday plans, we'll have celebrations in our centres and we're also hoping to hit the streets and meet people in a birthday roadshow. There'll be plenty of birthday cake, so we hope you'll join us at some point! **Best wishes,**

Helen x

Helen Rice
CEO Age UK West Sussex, Brighton & Hove

Update as of March 2022

I'm adding this note as we go to press because this month, events in the World have overtaken our production process. Our entire magazine was written before the conflict in Ukraine began so you won't find any reference to it inside. However, my team and I have been deeply moved by what has unfolded and we are sending our love and support to the Ukrainian people. Our thoughts are with all those affected at this devastating time. We are committed to supporting local action so please do get in touch if there is anything we can do to help.

Help Age International provide life-saving support to older people and their families

www.ageinternational.org.uk/donation/ukraine-appeal

If you need help we are here

With the help of our amazing staff, volunteers and our generous supporters we continue to meet the needs of vulnerable people across our communities in West Sussex, Brighton & Hove.

Call us on
**0800
019 1310**

Please get in touch if you need any support:



Our Age UK Centres

Our centres are open and we'd love to welcome you. To find out what's on in your area, please call us on **0800 019 1310** or visit our website: www.ageukwsbh.org.uk.



Information & Advice

Our team can help with a wide range of queries on a huge range of topics, including benefits and money advice.



Support at Home after Hospital (SaHaH)

This service is available for adults (65+) upon hospital discharge supporting people who live on their own and family friend carers.



Telephone Befriending

We have a team of befrienders ready to make calls to anyone feeling lonely or isolated.



Doorstep deliveries

We can deliver groceries and essential medication to your doorstep as well as provide meal support.



Tech advice and online support

For help using your tech equipment, like computers, tablets or smartphones.



Help at Home

We can support older people in their homes with services like cleaning, laundry and gardening.



Social clubs and activities

We offer a wide variety of activities at our social centres and clubs across the area that bring people together to have fun in a warm and welcoming environment.



Dementia support

We provide a range of services to help people live with dementia in older age in a social and friendly environment as well as supporting carers too.



Emergency Welfare and Safety Support

We provide urgent help for the most vulnerable or at-risk people as well as offering respite for carers.



Crisis Care

This is a free short term support service available following an illness, hospital discharge or domestic emergency.



Wellbeing support

We can share information on healthy living, nutrition, hydration and exercise.

Contact us for support:

If you need support, or you are worried about a family member or friend AUKWSBH are here to help. Please visit our website for more information, or get in touch.

Contact us:



0800 019 1310



info@ageukwsbh.org.uk



www.ageukwsbh.org.uk



Never miss an issue!

Our monthly 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 read Connect online at:**



www.ageukwsbh.org.uk

Introducing our new Home Wellbeing Service

NEW

Helping you stay happy and well at home

If you've ever felt that you need a little bit of extra support and advice at home then help is at hand. AUKWSBH have recently launched a new Home Wellbeing Service providing wellbeing checks for people at home to help keep them safe and well this season.

Working in partnership with NHS Health Services in Sussex, our team's home visits can check for warmth or safety issues and can identify if any adaptations or equipment would be helpful.

This initiative ensures people can stay well in their own home, avoiding often preventable conditions. We aim to provide people with the help they need so that they feel supported, well and safe at home.

It is for anyone over 18 when one of their healthcare professionals feel they might find the service useful. The wellbeing check will consist of:

- A practical home safety check
- A chat to see how else help might be given



How it can help you...



? What can the service offer?

At the wellbeing check we may suggest and help with accessing several services.

Following this, people may be able to receive a range of support including home help, meal support, shopping services, a lifeline pendant, footcare, mobility aids and home adaptations, social groups or befriending services and advice on keeping warm.

? Who will benefit?

Over 18s who professionals feel could benefit from wellbeing checks at home.

? How much does it cost?

This service is currently being run free of charge in West Sussex, Brighton & Hove.



The referral process

To access this service a referral should be made via the NHS.

- 1 Healthcare Professional identifies over 18s who:**
 - are at risk of falls
 - might have difficulty with everyday household tasks e.g. cleaning, shopping
 - might be at risk of loneliness or isolation

- 2 Refers to Home Wellbeing Service (HWS) which calls client within 24 hours to arrange a wellbeing check and home appraisal.**

- 3 Wellbeing check and home appraisal take place.**

- 4 Support is put in place e.g.**

- home help, shopping services or meal support
- a lifeline pendant, mobility aids or home adaptations
- footcare
- social groups or befriending services
- energy saving advice and equipment
- referral to a specialist service



How do I get this service?

Patients will either be invited by their practice to receive the service, or an NHS health professional in the community or hospital team will make a referral. AUKWSBH will then contact the patient by telephone, usually within 24 hours.

To find out more about this service, visit our website: www.ageukwsbh.org.uk

 01903 738 305

 hws@ageukwsbh.org.uk

Celebrate Spring!

At last, it seems the days are getting longer and the sun is shining, so now is the time to put a spring in your step!

1 Get some sunlight and fresh air

Open the windows and curtains, step outside – even for a few minutes!

2 Make plans for good things

Make some future plans – they don't have to be extravagant, just something to look forward to.

3 Read a few pages of an inspiring or fun book

If you feel like you don't have time to read a whole chapter today, just aim for a couple of pages or even just one. Even if it's slow, you'll soon finish the book!

4 Grow spring flowers inside

If Mother Nature won't play nice, bring the bulbs inside. During the dreary start of spring, you can enjoy the hyacinths, daffodils, tulips and other spring bulbs or treat yourself to a little bunch of spring flowers from your local florist or supermarket.

5 Add a touch of yellow

Whether it's adding a yellow scarf, jumper or even socks to your outfit, or adding a bunch of yellow flowers to your home this beautiful colour will add an instant touch of spring, regardless of the temp outside.

6 Take a walk or work out

Find a workout routine that you actually enjoy, even if you're just walking around the house, dancing, or stretching... get moving!

7 Put on some uplifting music

Whether you like classical music (try Vivaldi's 'Four Seasons') or something a bit more contemporary, put on some music you love whilst you spring clean, or just get ready for the day – it's bound to put a smile on your face.



8 *Cook or bake something you love*

Then enjoy with a lovely warm drink – if you can, maybe invite a friend round to join you.

9 *Go on a Spring walk*

Get outside (the garden is also fine) and celebrate spring with your family, friends or even by yourself. Connect with nature – there's lots to appreciate in the way of wildlife and flowers at this time of year.

10 *Call or text a friend or family*

Don't wait for them to be the ones who text first, pick up the phone and have a chat.

11 *Have a spring clean*

A spring clean is a great way to push out the old season and bring in the new. Pick a nice sunny day, keep the spring cleaning manageable and remember to open windows and let some fresh air in – even if only for a few minutes.

12 *Do a small task that you've been avoiding*

Even if it's just one simple thing, you'll feel better to know that you took care of that and don't have to keep it in your mind anymore.

13 *Practice a hobby or try a new one*

There are so many creative and inspiring hobbies that you can do – you might discover that you have a skill you didn't know! And even if you're not the best at it, if it makes you happy, then it's worth it.

Why not Join our online Art Club to get creative and have fun? Art projects are emailed to you every other week along with a video providing instructions and inspiration. Designed for anyone to join in and have fun! Email us for more details or to receive a FREE art pack!
artclubonline@ageukwsbh.org.uk



14 *Do something nice for someone else*

Say hello to your neighbour, send a little card to someone you haven't spoken to in a while, let someone know you care about them. Making them smile will also make your day better.

15 *Do something nice for yourself*

Do something to take care of yourself and to have fun, even if it's just using a nice face cream, treating yourself to a cake, or even allowing yourself to take a break.

How we can support you...

If you need information or advice:

We offer information and advice to the 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
- Health and Social Care
- Family and Personal Matters
- Leisure and Social Activities
- Money Advice
- Care Planning and Care at Home
- Advice for Carers
- Advising on rights

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 info@ageukwsbh.org.uk

Combatting loneliness: Our Befriending & Connecting service

Our Befriending & Connecting service provides friendship and support for older people who are experiencing feelings of loneliness or social isolation. Regular befriending phone calls are carried out by volunteers and are often of mutual benefit to both people.

We can also help with next steps in building confidence and linking up older people to activities and like-minded people in the local area – our connecting service! We fully understand how daunting it might feel walking into an activity for the first time and we're here to help every step of the way. We can support with transport advice, too. Do get in touch to find out more, we'd love to help.

 **01444 801 088**

 befriending@ageukwsbh.org.uk



Information & Advice hot topics

This month: Saving your energy this Spring

You'll probably have seen the news about higher prices for gas and electricity recently, as energy firms can increase bills by 54% when a new 'price cap' is introduced in April. While this won't affect everyone straight away, we're all looking at our energy usage and thinking about how we can reduce it.

Here are some quick tips:

- Turn lights off if you aren't in the room.
- Change to energy saving light bulbs.
- Switch off appliances when not in use, rather than leaving them on standby.
- Run the washing machine at a lower temperature (washing at 30 degrees uses less electricity than washing at higher temperatures).
- Make sure doors and windows are draught proof.
- If there are rooms you don't use, turn off the radiators in them and close the doors.
- Keep radiators and heaters clear so hot air can circulate. Draw your curtains and tuck them behind radiators to minimise heat loss.

Are you worried about your energy bills?

We can offer information, advice and practical support. You may be entitled to some benefits or payments that you're not aware of and we could help you claim. Please don't suffer in silence – we're here to help!

 **0800 019 1310**

 info@ageukwsbh.org.uk

If you need help at home:

Our Help at Home service specialises in supporting the over 50s in their homes and includes services like:

- **Weekly or fortnightly cleaning including:**
 - Hoovering, dusting and general housework
 - Cleaning of hygiene areas and floors
 - Laundry and ironing
 - Bed making and curtain/net changing
- **Dog walking**
- **Gardening service**
- **Handyperson service** (odd jobs/minor repairs)

Could you be a Home Help?

If you enjoy helping people and are looking for work in Horsham and rural areas across Sussex then please get in touch with our Help at Home service!

This is a really rewarding role and your help could be vital in assisting an older or vulnerable person to stay at home. We especially need Home Helpers in the more rural areas. We are finding that our customers in these areas can feel isolated and lonely, so seeing a friendly face once a week could really make their day!

If you are interested in becoming a home help please check out our website: www.ageuk.org.uk/westsussexbrightonhove/get-involved/work-for-us/home-helpers



Contact the team:

☎ 0800 019 1310

@ helpathome@ageukwsbh.org.uk



Emergency care support

Our Crisis Care service provides temporary emergency support (in the Brighton and Hove area) when other services are not available.

It is a free short term support service available for up to 14 days following an illness, hospital discharge or if you are finding it impossible to cope in a domestic emergency. The service can help support with various tasks including personal care, shopping for essential items and collecting prescriptions, quick/light meal preparation and 'comfort' calls after an emergency or bereavement.

Contact our Crisis Care team:

All Crisis carers are carefully selected, trained and supported. The service is CQC registered with a good Standard. For more information call us on:

☎ 0800 019 1310

Please note: Our Crisis Care services are available in the Brighton & Hove area only.

Support for people living with dementia


If you or someone you care for or know has mild to moderate dementia you maybe interested to find out more about our programme for Cognitive Stimulation Therapy.

We provide the opportunity for people living with Dementia to maximise their cognition, independence, and wellbeing – in addition to reducing social isolation.

Our programs provide weekly activity sessions specifically aimed at promoting mental and physical stimulation helping to keep the mind and body active.

CST is the only non-drug intervention recommended by NICE (National Institute for Health and Care Excellence)

Contact us for more information:

 07563 382 806

 cst@ageukwsbh.org.uk



Working in partnership with:



Daybreak Respite for Carers



Daybreak provides the opportunity for carers of people with dementia to take some time for themselves, knowing the people they care for are in a safe, stimulating environment.

For those who are frail or have dementia, our social days involve group activities, cognitive stimulation games, a delicious lunch and all refreshments.

For carers, there is a relaxing space at the centre where they may gather together, chat and share experiences.

There is a two-hour free trial and assessment which you stay with your loved one – meaning that you can be perfectly sure Daybreak is right for you both.

To discuss membership for Daybreak, please contact **Charlie Rayner** on:

 07904 977 251 or 01903 792 015

 daybreak@ageukwestsussex.org.uk

Daybreak runs at the following locations, but please contact us on 01903 792 015 for the most up to date information.

Bognor Regis – The Laburnum Centre

Littlehampton – The Woodlands Centre

Haywards Heath – The Age UK Haywards Heath Centre

Burgess Hill – The MSVA Cherry Tree Centre

Horsham – The Age UK Centre

Storrington – The Trinity Centre

Crawley – The Tilgate Community Centre

We also have other dementia services currently being provided in West Sussex:

Bognor Regis – The Holy Cross Church Hall

Crawley – The Friary (Southgate) and The Tilgate Community Centre

Rustington – The Samuel Wickens Centre

Please get in touch to find out how we can help you and your loved ones who may be living with dementia.

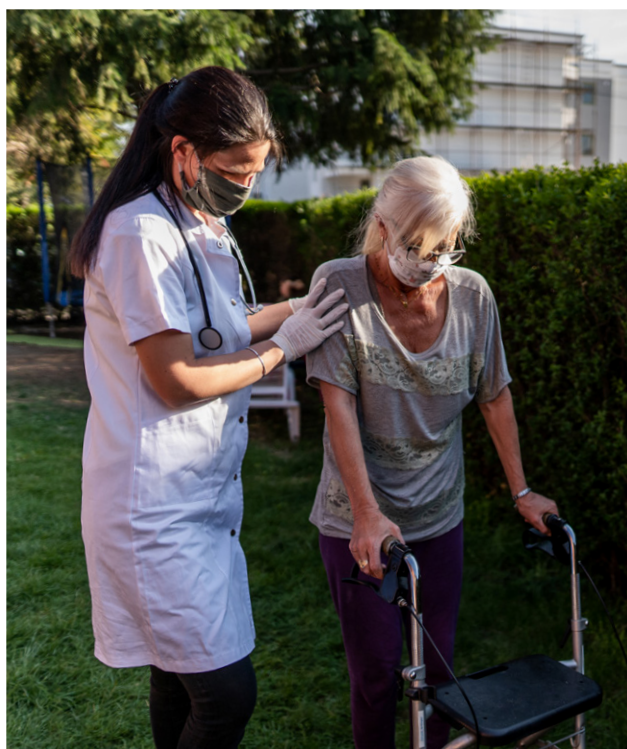
Support at Home after Hospital (SaHaH)

Are you worried about coming home after hospital? Will you be going into hospital soon? Are you worried about being alone and coping when you return home? Do you have a friend or relative who is being discharged from hospital and will they be able to manage for those first few weeks?

Our Support at Home after Hospital service is available for vulnerable adults with low level support needs.

You can have an over the phone assessment or we can visit you to make sure you are safe within your first week home from hospital. We can arrange for one of our volunteer co-ordinators to visit for up to 6 weeks following your discharge from hospital. We will support you to regain your confidence and independence.

There is no charge for this service as it is supported by West Sussex County Council.



Contact the team

Call us now to book this free service. Or visit our website to find out more about our Support at Home after Hospital service.

 0800 019 1310



Long term care and the Carewise Scheme

Choosing long-term care could be one of the most expensive decisions you make.

West Sussex residents could expect to pay up to £1500 per week for their care (actual cost will vary depending on the provider and your needs). Good financial planning is vital to ensure the funding is in place for as long as it's needed.

Carewise, set up by West Sussex County Council, Age UK West Sussex, West Sussex Partners in Care and the Society of Later Life Advisers (SOLLA) is designed to help people through this financial minefield. It provides information and advice about care and support options, guiding you to the most suitable way of paying for long-term care.

There is also access to the general money advice service at AUKWSBH – providing advice in a range of areas including pensions, benefits, managing debt and budgeting.

Book your consultation:

Your first consultation with a care fees specialist is FREE, and they will explain the cost of any further advice. For more information on the Carewise scheme and to arrange your consultation, visit the Carewise website or get in touch.

 **Adults' CarePoint – 01243 642121**

 **socialcare@westsussex.gov.uk**

 **www.carewiseadvice.com**


WEST SUSSEX | Care Funding Advice

 **SOLLA**
Society of Later
Life Advisers

A day in the life of Social Prescribing

You may not have heard of Social Prescribing, but it's a one to one service, linking people with organisations who can support them and helping them find solutions to their problems.

The team tackle everything from loneliness and isolation, to money issues, addictions or abuse. This month, we are celebrating Social Prescribing Awareness Week (4-11 March), by catching up with one of our Senior Social Prescribers, Claire Hall, to get an idea of a day in her life, where even a simple phone call can make a massive difference...

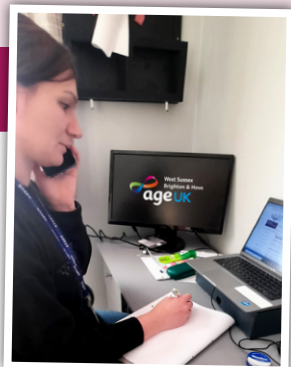
Claire's day



9.00am
Diary check

There is no such thing as a standard day in Social Prescribing.

We work with people on a one-to-one basis and each person is facing a completely different set of circumstances. I start by checking the phone calls and meetings I have planned and make sure I read up on any background information about the clients we're supporting.



10.00am
Meeting at the local GP surgery

Today I have a meeting with the multidisciplinary team at the local GP surgery. Made up of a key group of professionals including GPs, social workers, practice paramedics and community nurses, we usually discuss how we can meet the health and social needs of around 15-20 people who need some additional support. We work with anyone over 18 who might benefit.



11.00am
Phoning a client

I make a call to a man in his late 50s to try and arrange help to fix his boiler. When he was first referred he had no money, no heating, no hot water and barely had any food.

Health issues meant he couldn't work and he wasn't accessing any benefits. Since then we've arranged emergency food parcels, helped him claim benefits which means he can now buy food, arranged payment plans with utility companies and connected him with local charities who have been able to give small grants to help him live better.

Recently, we also linked him with an organisation who has helped him clear his house as he was hoarding. That was preventing anyone being able to access the boiler to fix it. It feels like we've made incredible progress towards changing this man's life and getting the heating sorted is one of the last pieces of the jigsaw.



11.15am
Taking a client to an appointment

I jump in the car to take one of my clients to a mental health appointment. Suffering severe anxiety, the client needed specialist help, but was too nervous to attend the appointment on her own. I had already spent time building up trust with her, so she felt confident enough to go with me by her side.



12.30pm
Checking my emails over lunch

I tend to grab some food at my desk as I check my emails for new referrals. I also make an initial call to a client, to find out their situation. Sometimes they have been referred because of one issue, but when you chat to them, you find out there's much more to it. It's like detective work, establishing a picture of their life, what it is they are facing and working out how to help.



1.30pm Another client phone call

A quick phone call now, which is resolved within 5 minutes. Someone felt they might be entitled to Attendance Allowance, so it involved a referral to our Information & Advice team. They are benefits experts and can help the caller make a claim.



2.00pm Networking with other charities

I do some networking with other charities and organisations who we refer people to. We constantly need to review what is available to people locally and which services, groups and activities are running. Keeping our ears to the ground like this ensures that we can help our clients as much as possible when they turn to us.



1.35pm Checking in with a client

I contacted one of my younger clients, a man in his mid-twenties who had been homeless, fell into the wrong crowd and had drug and alcohol issues. We'd already helped to get him a place in a hostel and mental health and addiction support. We'd set him up with some volunteering and my call now was because another organisation we had connected him to had found him some paid work. I rang to make sure he now felt positive and supported enough for us to discharge him. He agreed and I wished him well. Clients always know they can come back if they need to and I think that's a reassurance.



2.20pm Supporting others

My working day finishes at 2.30pm but I quickly check in on a colleague who had dealt with a particularly upsetting call that day. Sometimes we're working with people who are in desperate situations and very distressed, so supporting each other is a key part of the job.



2.30pm Checking the diary

A quick diary check to see what's coming up tomorrow. It can be very challenging, but I love my job. When I get to see the difference our team makes on a daily basis, it's incredibly rewarding.



1.45pm Calling a lonely client

I call a female client in her 70s who is incredibly lonely and isolated. I've been trying to link her up with some social groups to attend, as things slowly begin to re-open following Covid restrictions. Even just the phone call brightened her day, she said.

Find out more about Social Prescribing...

Social Prescribing helps people to connect to services within their local community which helps support their overall wellbeing. Support can be given for a range of issues but housing problems, finances (including debt or benefit support) and social isolation are the top three.

Please contact your GP Surgery if you wish to be referred to a Social Prescriber. Alternatively, you can give Age UK a call to find out more information.

 0800 019 1310

 info@ageukwsbh.org.uk

A day out with a difference!

Imagine travelling through 11 miles of glorious Sussex scenery behind a steam engine. Bluebell Railway offers that and so much more as our Connect cover star and Development Manager, Jenny King discovered recently...

Bluebell Railway was one of the first heritage lines in the country, resulting in one of the finest collections of vintage steam locomotives and carriages – many of which were preserved straight out of service from British Railways. The Railway began train services in August 1960 and now runs steam trains between Sheffield Park and East Grinstead, stopping at Horsted Keynes and Kingscote.

Visitors travel from miles around to experience the thrill of getting up close to a working steam locomotive and luxuriate in the comfort and style of a bygone era, meeting railway staff in period clothing, seeing original working signal boxes, and stepping back in time to board the vintage carriages. All four stations are styled in different periods of history including Victorian, 1930s and 1950s.

They also run various events throughout the year including visiting engines, family fun days and Santa Specials. Dining trains are also in operation on selected dates including services for Afternoon Tea and Silver Service dining, Supper Specials and Rail Ale evenings.

Jenny said: **"It was an honour to be invited to visit the Bluebell Railway to see some of the finest collections of steam trains – it's a real step into the past and a great piece of our heritage and history. I'm delighted we were able to present one of our centre members, Beryl with tickets for a day out here too."**



Find out more about the Bluebell Railway

To visit or find out more, please contact:

☎ 01825 720800

@ bookings@bluebell-railway.com

Your keeping healthy checklist

Put a 'Spring' in your step this season!

Our bodies were made to move, and it's a myth that getting older means an end to being active.

This handy checklist shows you, at a glance, the key things you can do to stay healthy, physically and mentally.



Stay active

Make sure you exercise regularly, whether it's a hobby such as gardening or playing bowls, or joining an exercise class. And to help you keep active and healthy at home, why not take a look at the videos on our YouTube channel too? We've got everything covered from seated exercises, to line dancing! Watch the videos by searching on YouTube for '**Age UK West Sussex, Brighton & Hove**'

Eat a variety of foods

Check food labels before you buy and try to eat five portions of fruit and vegetables each day. Aim to have fish twice a week, making sure that one portion is oily fish.

Keep a healthy weight

It's not good to be overweight or underweight. If you're concerned about your weight, make sure you talk to your GP.

Visit your doctor

Get your blood pressure and cholesterol checked regularly. Book your seasonal flu jab as well as the COVID-19 vaccinations and booster. Follow up invitations for NHS cancer screenings. If you're aged 70 to 79, ask your doctor about the shingles vaccination.

Drink in moderation

Keep a note of how much alcohol you're drinking and make sure you stick to the safe limit of no more than 14 units spread out over the week.

Get your eyes tested

Get your eyes tested for free every two years, or annually if you're over 70.

Give up smoking

It's never too late to get help quitting and enjoying the benefits.

Get enough sleep

If you have persistent sleep problems, talk to your GP to see if they can help.

Care for your feet

Make sure to cut your toenails regularly, wear supportive shoes and get any problems checked by your GP.

Take care of your mental wellbeing too

Stay in touch with friends, do things that you enjoy and perhaps try some new things too. They can all help you feel good in body and mind.

Community news across our centres

Across all our locations!



Happy Birthday to us!

In 2022 we are going to be celebrating a very special birthday and we'd like you to join us on the way!

As we go to press, plans are aplenty and we very much look forwards to sharing these with you shortly so watch this space!

If you haven't noticed already, we've added our new 65th logo to the front cover of Connect...

This will be embellished with some fun and decorative ideas throughout our events season which will also partially coincide with the Queen's Jubilee.

More details will be launched via our social media channels and website but if you aren't on digital, don't worry as we will be putting up information at our local centres too.

www.ageukwsbh.org.uk

[f](#) [t](#) [i](#) @ageukwsbh

Crawley



Tee-riffic fundraising!

The Ladies Section of Ifield Golf Club kindly nominated us to be their chosen charity for 2021 and they have raised a whopping **£1575.31** to help us to develop our Community services in Crawley.

The photo above shows Christine being presented the cheque by Clair Milton – the Captain of the golf team. Clair chose Age UK West Sussex, Brighton & Hove as her nominated charity, because her Mother was supported by us before she sadly passed away last year.

Thank you very much to Clair and everyone else involved!



Arun

Blooming brilliant!

Pictured above are a number of beautiful bouquets from our flower arranging mornings at the Laburnum Centre.

The group make the most wonderful displays every week. The theme for the bouquets featured here was dinner party arrangements.

Brighton & Hove



Recruitment opportunities

Richard and Parul were about and about recently at the Recruitment Fair, at Jurys Inn, Brighton. Thanks to everyone that came to see us to find out what opportunities are available.



Brighton & Hove... We want your suggestions!

We're working hard to bring you some exciting social activities and events across Brighton & Hove in 2022. We are interested to hear from you. What would you like to see from us in the next year? We'd love to hear your suggestions. Please remember to include your name and contact details. You can get in touch by:

Social media: Facebook page
Age UK West Sussex, Brighton & Hove

Email: The Brighton Development Team
info@ageukwsbh.org.uk

Write to: The Brighton & Hove Development Team
at 29-31 Prestonville Road, Brighton, BN1 3TJ.

We look forward to hearing from you!



Burgess Hill

Our new community centre

Meet Sammy and Adam who have joined us recently, along with Julia as the new staff for the Kings Weald Community Centre in Burgess Hill.

They've been busy making plans for the centre opening and are looking forward to welcoming the local community in and finding out what activities we can offer in the future.

Our Chief Operating Officer, Sarah Watson, said: "We've got big plans and we're working closely with the council to get everything up and running as soon as possible. We can't wait to welcome people and see the place buzzing with activity."

If you are interested in finding out more about our plans for the building or getting involved please email: info@ageukwsbh.org.uk with the title 'Keymer'. **Watch this space!**





Haywards Heath

Valentine's Lunch Raffle

Members of our Haywards Heath Centre were in for a treat on Valentine's Day thanks to the staff at Lamb House who organised a fantastic raffle!

The prizes were amazing, including a top raffle prize of tickets to visit Bluebell Railway. Here's some pictures of the lucky winners including Beryl, who is very much looking forward to her day out with her family soon to the Railway. A special thanks to everyone who donated prizes for the raffle.

.....
The Haywards Heath Art Club also had some Valentine's fun creating these fantastic decorated hearts!



Horsham

We love Chef Nicky!

Don't these look delicious! Gorgeous Valentine's cakes made by our incredible chef, Nicky, for our Monday Dementia Club at Lavinia House. If you'd like to try Nicky's yummy creations for yourself head to our cafe at Lavinia House (open Tues - Fri, 11am to 1.30pm) to enjoy some tea and cake in our beautiful garden this spring.

Adur



Knit & Natter

Here are some of our lovely Knitters from the Eastbrook Manor Knit & Natter group. The group meets on a Thursday afternoon. If you'd like to join please contact the Adur & Worthing team on **01273 911 900** or email eastbrookcentre@ageukwsbh.org.uk



Mid Sussex

A big leap for Lamb House

In February we were delighted to welcome LEAP (Local Energy Advice Partnership) to Lamb House to offer our members advice on how to save money and keep your home warm and cosy in Winter.

LEAP have very broad eligibility requirements and want to be able to help as many people as they can by extending the service to anyone that either is already in, or is at risk of falling into fuel poverty. It is open to all types of householders – homeowners, private renters and social housing tenants. You can read more information by visiting applyforleap.org.uk.



Chichester

Staying fit in West Wittering




We have started some brand new exercise classes in the West Wittering area, and lots of people came to enjoy our class at the West Wittering Memorial Hall recently. Classes are available all over the Sussex area, so give us a call on **0800 019 1310** or look on our website for more information and class timetables – **we will find one suitable for you!**

Want to know more about our activities?

For more information on all our centres, please visit the **Activities and Events** section on our website, or follow us on social media. Alternatively, you can give us a call and find out what's on in your area. We look forward to seeing you soon.

 **0800 019 1310**

 **www.ageukwsbh.org.uk**

   **@ageukwsbh**

Sharing the love

We're always so happy when we receive such lovely feedback from our customers, so here's a few of the comments we've received recently for you to read...

Hi to all at Daybreak Club

We would like to thank Age UK for the super Goody Bag that was delivered at Christmas time to our home at Homestream House. It was so lovely for Colin to receive and it brought back so many lovely memories for him. I was very impressed with the contents of the bag which had been very well thought out with the photos, activity pack and colouring of a dog, and Colin thoroughly enjoyed eating the chocolate muffin! Thank you to everyone and to all who donated items.

Eve and Colin x

Dear Svetlana,

Just a short note to thank you for the opportunity to visit the dementia group with my Mum on Monday. It was for me a really happy experience, you and your staff clearly enjoy what you do which reflects positively on the Ladies and Gentlemen you look after. From your smiley welcoming greeting and throughout the time we were with you Mum was clearly engaged, safe and in a happy caring environment. I particularly liked the way in which there was a gently, caring proactive approach towards inclusion and to see the faces of all the Ladies and Gentlemen that you look after participating in activities which encouraged movement and social interaction was inspirational.

Grant (son of Elaine)



Hello Peter,

I have just been speaking with June who was thrilled with yesterday's lunch club, she had a wonderful time and couldn't sing everyone's praises highly enough - thank you for organising!

Holly, Community Referrer,
Adur & Worthing Councils

Thank you so very much for your magazine and the paperwork, I really do enjoy a good read, your 'Connect' is just that. My apologies for not have been in touch before this, but old age and arthritis has made me housebound. The hairdresser is coming tomorrow so she will post this for me. I am sending a small donation to you, I hope it will help. I have ordered your magazine and thank you very much for getting in touch. Best wishes to you, Joyce

Do you need our support?

Over 50s who need advice or support at this time can contact us on: 0800 019 1310 or email us at info@ageukwsbh.org.uk

An update on

Our Winter Appeal

Thank you to everyone who has donated to our 'Keep Connected' fundraising appeal to help us provide vital support throughout winter including – Bags of Support, Connect magazine and befriending.

Your donations have enabled us to help people like Olleen, a 92-year-old widow who lives alone, is visually impaired, and has limited mobility which has caused her to become housebound. We have been supporting her with regular befriending phone calls, doorstep visits, and a Bag of Support to keep her connected within her community and to feel less isolated and lonely.

“The catch-ups are reassuring and gives me something to look forward to. I’m so thankful for the support I’ve received.”

With continued anxiety over the pandemic and resulting poor health, and now current surging fuel prices, we want to be there for any older person that may need our help. Your support is helping us to do that. If you feel you would like to make a donation in support of our work, please use the information on this page.

How your money helps support older people

Donating **£5**

helps us provide a **Bag of Support** which contains items that offer support to an older person in need.



Donating **£15**

could help us offer befriending support and regular **Connect** magazines.



Donating **£65**

allows us to make a **home visit** to support a vulnerable older person in their home and provide them with information and advice.



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Please help us support older people like Olleen

Your donations and support make a significant difference to the high level of services and help we provide. You can donate in the following ways:

➤ Visit www.justgiving.com/campaign/Keep-Connected

☎ Call 01903 792 211

✉ Send a cheque to us
Keep Connected Appeal, Suite 2,
Anchor Springs, Littlehampton, BN17 6BP
Made payable to Age UK West Sussex
Brighton & Hove

➤ Visit our donation page
Scan the QR code with
your phone or tablet.
Just open up your camera
and hover over the code
to open the donation link.



Fundraising news

As a charity, we rely heavily on the generosity and kindness of your donations to enable us to carry on providing vital services and resources each day to older people.

Thank you!

We'd like to say a huge thank you to the volunteers at Christ's Hospital Covid Vaccine Clinic. They held a collection for us before Christmas, so thank you to all those who made a generous donation towards our work. They raised a fantastic **£403.95**. We sent them a certificate to display at the centre and share across their social media.

In it to win it

If you would like to be in it to win it, you can join our weekly lottery, with draws on a Saturday and guaranteed winners. Sign-up to play for only £1 a week! You get the chance to win cash prizes up to £25,000 every week! We receive 50p from every £1 ticket. Simply visit: www.horshamdistrictcommunitylottery.co.uk/support/ageukwsbh

Don't forget to look out for our Age UK Spring Raffle too. Tickets will be on sale soon.

Supporting us online

If you do online shopping, you can use these organisations and directly support our charity:

www.smile.amazon.co.uk

Use the www.smile.amazon.co.uk website directly, and each time you shop, Amazon donates a percentage of the price of eligible products to us.

www.easyfundraising.org.uk

If you download their link, each time you visit a shop and make a purchase, they will make a donation, at no extra cost to you. It really is that easy, and its safe and secure.

www.ebay.co.uk

When selling an item on eBay you can choose to donate a percentage of the sale price to us. Sell, shop, support.

Challenge 65 Calling all fundraisers!

This year is our 65th anniversary and we would like to ask people to join in by participating in our 'Challenge 65'!

It's an opportunity to have fun and to help everyone feel healthier and happier by getting involved in doing something '65' and to raise funds for us. You could... get sponsored to complete an activity like a run or cycle 65 miles, swim 650 metres, do 6,500 steps (over 65 days or all in one go!), hula hoop 65 times in a row, or sing for 65 minutes! Alternatively, you could raise money by baking and selling 65 cakes, or giving something up like biscuits, for 65 days. Or by holding any fundraising event with the aim of raising £65, or why not aim higher to £650. Simply find something that will make you healthy or happy and help us celebrate 65 years of supporting older people to live well.

To donate, visit our 65th anniversary appeal website ageukwsbh.enthuse.com/cf/65years

Our AUKWSBH Challenge 65 team:

Richard

Our Age UK Executive Cook is skydiving for Challenge 65!
Donate to Richard's page at:



ageukwsbh.enthuse.com/pf/skydive65

Daphne

Inspirational athlete Daphne Belt is taking on an Ironman!
Donate to Daphne's page at:



ageukwsbh.enthuse.com/pf/daphne-belt

Team Bognor

A team from the Laburnum Centre are taking on the Bognor 10K!



ageukwsbh.enthuse.com/pf/laburnum-bognor-10k

Could you fundraise for us?

If you would like to run an event, or fundraise for AUKWSBH in any way, please do get in touch with us – we'd love to hear from you.

01903 792 211

fundraising@ageukwsbh.org.uk

The Big Knit update



Thank you for your continued support with the Innocent Big Knit. Each little hat makes a BIG difference to us – we receive 25p for each hat we send to Innocent!

Here are just some of the amazing little hats you've knitted for us so far...



Our Knit and Natter group in Haywards Heath have so far made a whopping 300 hats!

If you know of anyone who would like to knit hats for us please tell them all about The Big Knit and how to get in touch with us. Please also note, that we have wool available if required for you or a friend.

So far, we have received 26,845 hats and raised over £6,500 from these amazing little hats!

We can now carry on collecting your wonderful woolly creations until **24 June 2022!** So please get them to us before then.

To find out more about the Big Knit head to our website www.ageukwsbh.org.uk

Could you help with us with The Big Knit?

If you can help make a difference to older people by knitting some mini hats then please get in touch, as we'd love to hear from you!

☎ 01903 792211

@ fundraising@ageukwsbh.org.uk

Calling all volunteers!

If you think you can make an invaluable contribution to your local community and are interested in the work we do we'd love to hear from you.

We welcome a diverse range of volunteers from all backgrounds, abilities and ages. If you have some spare time and would like to make a difference to older people in the community then Age UK West Sussex, Brighton and Hove would love to hear from you! Many activities that we run would not be possible without the support of volunteers.


Volunteer Manager, Richard Harris says:

"As well as the satisfaction of knowing you are giving something back it can provide you with a feel good factor, adding to life's many achievements, and will really make a difference to those whose lives you enrich."



Find out more about volunteering for us!

Contact Richard, our Volunteer Manager to find out more, or to join our amazing army of volunteers:

 07841 662564

 richard.harris@ageukwsbh.org.uk

Urgently needed volunteer roles

We are always on the lookout for volunteers in a wide range of areas, but this month we are in real need of the following... can you help, or do you know someone who can?

Community Neighbour Volunteer

Chichester

This role involves working as part of our Chichester Locality Team to assist older people across the Chichester District (City & rural) to re-engage with their local community post pandemic.

The role is designed to connect older people with their local neighbourhood, activities, support and services available and help them to make social connections. The main aim is to reduce social isolation by connecting people and to improve physical and emotional wellbeing.

Support at Home after Hospital Volunteer

Across West Sussex but particularly in the Adur and Worthing area

This role involves supporting older people through weekly visits to their home. It helps provide short term practical support to vulnerable adults including those recently discharged from hospital. You would be assisting with low level support like basic shopping, light snacks, and escorting the client to hospital and/or GP appointments.

The role also helps with companionship and supporting the client to rebuild confidence to regain or develop independence.

For more information on either of these roles, please contact Richard Harris, our Volunteer Manager

Would you like to volunteer with us?

Do you have a few hours spare a week to volunteer for AUKWSBH? We are currently looking for volunteers to help us in these areas:

- Doorstep support and deliveries
- Dementia Daybreak services
- Gardening
- Kitchen assistant
- First point of contact community navigator
- Attendance Allowance form filler
- Community support volunteer
- Volunteer hall assistant
- Community group volunteer leaders
- Centre group volunteer leaders
- Activity assistants
- Receptionists
- Telephone befriending
- Walking football volunteer

Say hello to Richard!



Richard will be visiting some of our centres soon – so if you are interested in volunteering, do pop in for a coffee and a chat. To find out more, give Richard a call on **07841 662564**.

**AUKWSBH Centre,
Haywards Heath**
Tuesday 10th May

**Eastbrook Manor,
Fishersgate**
Friday 22nd April
Thursday 23rd June

**Lavinia House,
Horsham**
Tuesday 17th May

**Laburnum Centre,
Bognor Regis**
Tuesday 24th May

Welcome Fiona!

Fiona Sabine has joined us as an office administrator. Welcome Fiona, it's great to have you with us!



Keeping you safe at our centres...

Contactless payments

In order to continue to keep our customers and staff safe we have updated our contactless payment systems throughout our centres. This means that payment for all our activities and services can be made using a contactless debit or credit card. Payments can also be taken by our trusted staff over the phone. Customers can also pay for their regular activities and services by direct debit from their bank account. For more information please contact accounts@ageukwsbh.org.uk

Working hard to keep you safe

We're keeping enhanced hygiene, cleaning and safety measures in place. Hand sanitiser is available and we're keeping restrictions on numbers in place for the use of confined spaces. **Thank you for your help with this – we hope to see you at one of our centres and out in the community very soon!**



Take a break!

Why not grab a cuppa, put your feet up and have some fun with our brain-teasing puzzles!

Can you name the artist?

Can you name the artist or band who made these weather-themed songs famous?

1. House Of The Rising Sun
2. Beautiful Day
3. Summer Wind
4. Mr Blue Sky
5. Good Day Sunshine
6. Somewhere Over The Rainbow
7. Walking On Sunshine
8. Riders On The Storm
9. Ain't No Sunshine When She's Gone
10. Sunshine Of Your Love
11. Raindrops Keep Falling On My Head
12. Sun Is Shining
13. Don't Let The Sun Go Down On Me
14. Purple Rain
15. Singin' In The Rain

Want more puzzles?

We have a range of activity sheets available to anyone who needs them! If you are in need of some fun activities to pass the time, please get in touch with your local AUKWSBH centre, or alternatively, call us on **0800 019 1310** or email connect@ageukwsbh.org.uk

Name the artist answers

1. The Animals, 2. U2, 3. Frank Sinatra, 4. ELO, 5. The Beatles, 6. Judy Garland, 7. Katrina And The Waves, 8. The Doors, 9. Bill Withers, 10. Cream, 11. BJ Thomas, 12. Bob Marley, 13. Elton John, 14. Prince, 15. Gene Kelly

Word scramble answers

1. tulips, 2. daffodils, 3. bluebells, 4. primrose, 5. snowdrops, 6. crocus, 7. wallflowers, 8. hyacinth, 9. heather, 10. foxgloves



Beginner Sudoku

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

Advanced Sudoku

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

Spring Word Scramble!

Can you unscramble these 10 Spring flowers?

1. *plusti*

2. *ildsdofaf*

3. *llsbueble*

4. *rorpisem*

5. *sdspowonr*

6. *succro*

7. *llslewwroaf*

8. *hacthyni*

9. *tehhare*

10. *egvlfsxoo*

This month's recipe: Lemon Drizzle Cake

This easy Lemon Drizzle Cake recipe is amazing and easy to make. It's a classic bake and so simple and delicious.

Cake ingredients

- 250g unsalted butter (plus a bit extra for greasing your tin)
- 250g caster sugar
- 4 eggs medium
- 250g self raising flour
- 3 lemons – zest only (reserve the zested fruit for the juice for the drizzle)

For the drizzle

- 100g icing sugar

Method

1. Preheat the oven to 160°C and grease your loaf tin and line it with baking paper.
2. Put all of the cake ingredients into a large bowl and beat until smooth.
3. Spoon into the prepared tin and smooth out. Bake for 40–50 minutes or until a skewer comes out clean.

For the drizzle

4. Whilst the cake is still warm in the tin, use a skewer or thin sharp knife to poke holes all over it.
5. Mix the icing sugar with enough of the juice of the lemons to make a thin paste. Add the liquid gradually so it stays nice and smooth. (This is normally 1 and half lemons but will depend on how big and juicy they were!)
6. Pour all over the cake and allow to sink in. And enjoy! Keep cake stored in an airtight container for up to 5 days.

We'd love to hear your recipes!

Email us at connect@ageukwsbh.org.uk



We'd love your support

Our goal is to inspire and enable people in our communities to love later life. You can help AUKWSBH in so many ways



Donate





Volunteer





Fundraise


 www.ageukwsbh.org.uk

 0800 019 1310

 info@ageukwsbh.org.uk

   @ageukwsbh

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