



connect

The Age UK West Sussex,
Brighton & Hove Newsletter

Find out more about what
we've been up to this month!

September 2023 issue

Welcome to our latest edition of Connect! The summer months have raced by and whilst the weather has been very changeable it hasn't stopped our new gardening club at Lamb House from getting out to make the outside space look beautiful! Looking ahead to autumn, we are also making plans for October and Older People's Day. You can find out about this and our other community news below!

Many thanks, from Vicki and the Connect team



Community news



Send your news and photos to connect@ageukwsbh.org.uk – we love to showcase them, and more importantly, our readers love to see them!

Crawley

A steal!

Our Maidenblower Club members had fun playing 'Steal' this month, where all players get the chance to steal a mystery prize from another member! It could be a bogus prize or something really special. If you would like to come along on Thursdays between 10.30 – 1pm, please get in touch and join in! [Email us to book >](#)



Mid Sussex



Green fingers

The weather was glorious for the start of our new gardening club at Lamb House in Haywards Heath recently. Christine, Philip and Louise tidied the front of the building, making it look so much nicer for all our members and visitors to enjoy. This new club will run every Thursday between 10am-12pm.

If you are interested in joining us, or you would like to support us in some way by donating tools or a mower, we would love to hear from you. Please call the centre for more details on **01444 450258** or come in and ask at reception. Anyone interested in gardening and being out in the fresh air is welcome!

Our Community Facebook pages

You can keep up with the AUKWSBH community news from your area by liking us on Facebook! The page links are below...

Adur & Worthing, Arun, Brighton & Hove, Chichester, Crawley, Horsham District, Kings Weald Community Centre and Mid Sussex



Campaigns & Fundraising



Older People's Month

Throughout the month of October, we are asking local organisations and businesses whether you **could offer a promotion on one of your products or services / or make a donation to support vital services for older people in your community?**

If you have any questions or would like anymore information please contact the Fundraising team by emailing fundraising@ageukwsbh.org.uk

Our Lifeline Appeal

Right now times are tough and AUKWSBH are concerned for thousands of vulnerable older people locally who need our help. **Take a look at our new video featuring Liz Ansell, our Information & Advice Manager.**



[Visit our Lifeline Appeal page >](#)

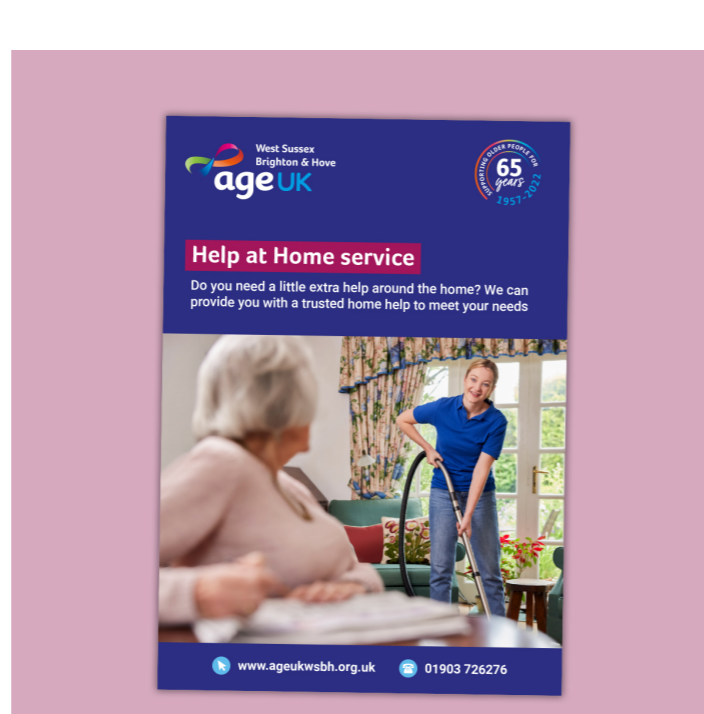
[Download the Lifeline Appeal poster >](#)



How we can help you

We are here for you... With the help of our amazing staff, volunteers and generous supporters, we offer a wide variety of services across Sussex, that help to support older people in our community.

[Our available services >](#)



Spotlight on our Help at Home service

Do you need a little extra help around the home? We can provide you with a trusted home help to meet your needs. We are a trusted charity with over 20 years of experience, offering a high-quality, domestic cleaning service to the over 50s. [View our new leaflet here >](#)



Sharing the love



We're always delighted when we receive feedback from our customers and volunteers, so here's some we've received recently for you to read...

A BIG THANK YOU to Rustington Parish Choir. You sang beautifully!
From our clients and the Daybreak Team



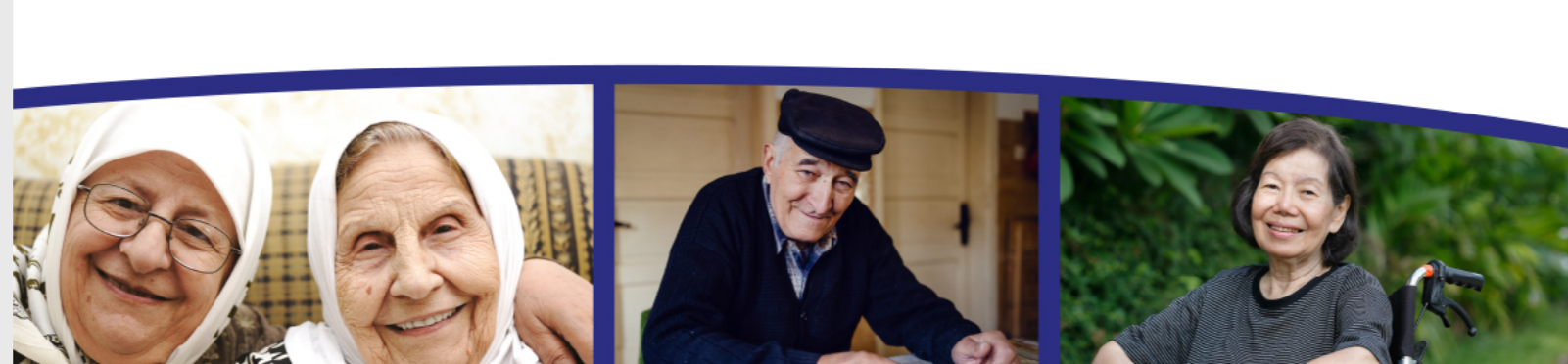
Recruitment and volunteering



Age UK West Sussex, Brighton and Hove is a great place to work. Could you bring your skills to our team? You don't always have to have previous experience to work with us, but you do need a desire to make a difference to people's lives, be passionate and really care.

[Recruitment vacancies >](#)

[Volunteering vacancies >](#)



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