



# connect

The Age UK West Sussex, Brighton & Hove Newsletter

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

## June 2023 issue

The past month has been a hype of activity at AUKWSBH with everything from Coronation parties at our centres, to Parul's bruised knees at a 'Tough Mudder' fundraising event! Find out what we've been up to and what we have planned in June. Thank you for your support for Connect, and we hope you find this an interesting read!

Many thanks, from Vicki and the Connect team

## Community news



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



## A celebration fit for a King!

We celebrated the Coronation in style at our centres, with music, singing, dancing, bingo, a raffle and themed food and drink! In Crawley, Adelaide from All Dance Abilities entertained our members with a very royal dance routine, followed by a dancing competition. We also wished Crawley member Marcia a Happy 90th Birthday! In Mid Sussex, guests were entertained by Rosie Retro Music and a fun time was had by all. A big thank you to all our staff and volunteers who helped with the Coronation celebrations.

## Crawley

### Curling fun!

We had a great time at our Maidenbower Lunch Club in Crawley with our 'Ultimate Curling Competition'! The grand play-off was between Team Clive and Team Ron, but the winning shot was by our star player Kathleen! Come and join us on Thursdays, 10.30am to 1pm. [Email us to book >](#)



## Horsham



## Summer Fête

Thank you to all those who came by the Horsham Summer Fête on the 20th May! It was so wonderful to see old faces and new. [A special thank you to all our lovely volunteers for their dedication and tremendous support.](#)

## Mid Sussex

### Can you support us?

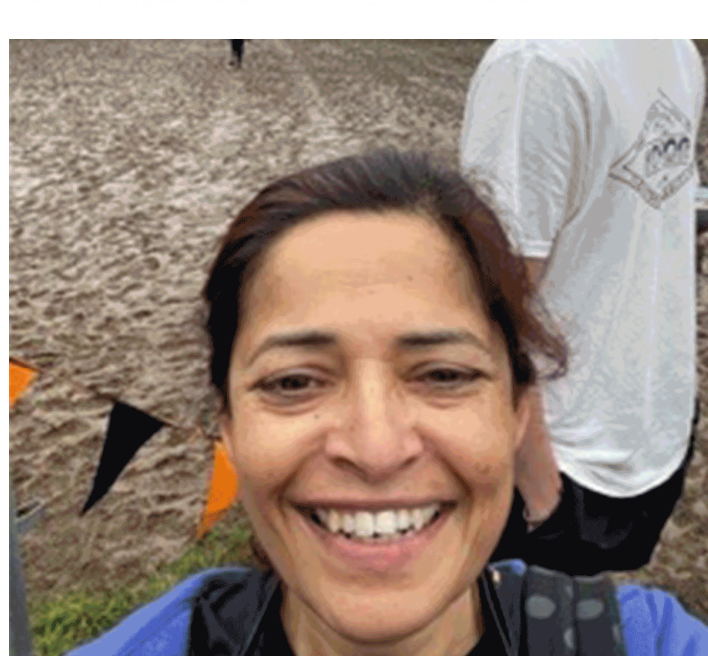
We have many events coming up throughout the year where we hold a monthly raffle, but our box of prizes is running very low. We're really grateful to all the local businesses and individuals who have made a donation so far. If you can help please contact **01444 450 248**. Thank you.



[Email us >](#)



## Campaigns & Fundraising



### Thank you Parul!

Earlier this month, our wonderful Director of People, Parul took on the 10km Tough Mudder challenge to raise money for us. We would like to wish Parul a huge congratulations and say thank you; she absolutely smashed it and has raised over £900 so far. [Click here to donate! >](#)

## 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 continue to offer a wide variety of services across Sussex, that help to support older people in our community. We help thousands of local older people every year, offering support services, information, activities and events.

[Our available services >](#)



## Room hire

AUKWSBH have a number of rooms to hire across Sussex ranging from small offices, Sussex space and meeting rooms, to large halls and activity spaces. Whether you want to host a party, business meeting or conference, we have the perfect space for you. [Click here to see the locations >](#)

## Sharing the love

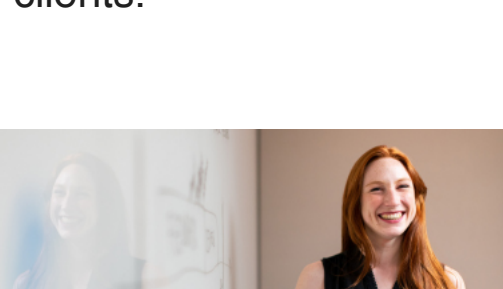


We're always delighted when we receive feedback from our customers and volunteers, so here's one we've received recently for you to read...

**Lucy volunteers as an Activity Assistant at our Adur Clubs. She started volunteering in November 2022.**

**Lucy says:** "I absolutely love volunteering with the bingo group I am working with. The group are a pleasure to be with and I feel privileged to be a part of it. I'm moved by the stories I hear from the clients."

## Recruitment and volunteering



### Volunteers' week... 1st - 7th June

Volunteers' Week is an annual celebration of the contribution millions of people make across the UK through volunteering in their communities. 2023 marks the 39th year of Volunteers' Week and the theme is 'Celebrate & Inspire'. One of the ways in which we are saying a BIG THANK YOU and celebrating with our volunteers is by hosting some coffee and cake events throughout the county and week. There are also some surprises in store!

[Volunteering vacancies >](#)

### 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 >](#)



## Love later life

[Facebook](#) [Twitter](#) [YouTube](#) [Instagram](#)

Our mailing address is:  
Age UK West Sussex, Brighton & Hove  
Age UK West Sussex, Brighton and Hove  
Laburnum Centre  
Bognor Regis, West Sussex PO21 1UX  
United Kingdom

[Add us to your address book](#)

Want to change how you receive these emails? You can [update your preferences](#) or [unsubscribe from this list](#).