



connect

The Age UK West Sussex,
Brighton & Hove Newsletter

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

May 2023 issue

Connect has gone digital! We want to keep our supporters up to date with what's going on at Age UK, so have started this monthly email which includes information about our appeals and fundraising events, plus news from our services across Sussex.

We hope that a monthly email will allow us to reach an even larger audience, bringing our success stories to more people and businesses. Thank you to everyone who has supported us this month, from the staff and volunteers and to our partners too...

Many thanks, from Vicki and the Connect team

Community news



If you haven't already, please send us your news and photos from your localities – we love to include them each issue, and more importantly, our readers love to see them!

Send them to connect@ageukwsbh.org.uk and we will try and include as many stories as possible in the next issue.

Adur & Worthing



Burning questions!

We had a lovely and informative visit from some of the crew from West Sussex Fire & Rescue, Shoreham Station in April. They came to do a 'Safe & Well Visit' with our members from the Senior Monday Club, and a fun time was had by all.

Crawley

Lunch Club

We had another great day at our Maidenbower Lunch Club in Crawley. This included a visit from Menshare Listening Group as well as some digital support from Independent Lives. Come and join us on Thursdays, 10.30 to 1pm (booking is essential)
[Email us to book >](#)



Horsham



Spreading some Easter cheer

Hayley, our Age UK Broadbridge Heath Village Agent gave out some beautiful Easter cards made by Skylarks Community Pre-school in April at her Cuppa & Chat group at The Shelley Arms Broadbridge Heath! These were very well received with smiles all round.



Campaigns & Fundraising



We raised £3,170!

In February, Team AUKWSBH took on the Brighton Half Marathon and absolutely nailed it! We are so incredibly proud of each and every one of them! We've also been blown away by the support and generous donations from family, friends and supporters. With offline giving and Gift Aid we have been able to reach just over £3,000!

Our Lifeline Appeal



LIFELINE APPEAL

Help us give older people a lifeline through this crisis.

By supporting the Lifeline Appeal you'll be ensuring that we can continue to provide vital information and advice to local older people who need us the most, helping them through these challenging times.

Right now times are tough and AUKWSBH are concerned for thousands of vulnerable older people locally who need our help.

[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 >](#)

Sharing the love

We're always delighted 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...

"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

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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