



connect

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

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

November 2023 issue

Autumn is well and truly here and for the Connect Team there's always so much news to bring you at this time of the year. When you have a minute, take a look at our latest appeal and new charity leaflet on our website. Our community Facebook pages are bursting with news about our events and activities across Sussex and if you are starting to feel festive then we have a treat in store at our Kings Weald Community Centre coming soon. Whatever you are doing this month remember to check our social media to stay in touch!

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!

Horsham

Safety first

Thank you to Ben, Harry and Zoe from The Prevention Team at West Sussex Fire & Rescue who joined us at Friendship Fridays recently. They spoke to all our members and gave some great fire safety advice. Our Friendship Fridays run each week at Lavinia House. **Find out more by calling 01403 260 560.**



Arun



Thank you Sky!

We had a fabulous and large team of Sky volunteers helping us at the Laburnum Centre. The team tidied up around the building, dropped off leaflets, collected raffle prizes, created quizzes and helped us put up the Halloween decorations! **Thanks everyone - you're amazing!**

Mid Sussex

A deep breath

A big thank you to James, founder of Breathe Men for visiting us and sharing the important work you do to support men's mental health. It brought up lots of important conversation around our members own experiences and how we can help support others. We are excited to work more with James, so do keep your eyes peeled for this!



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



easyfundraising

Donate as you shop with easyfundraising!

Use easyfundraising when you buy online, and choose Age UK West Sussex Brighton & Hove to benefit, and we'll receive a donation each time you shop, at no cost to you.

[Find out more >](#)

A big thank you

Thanks to everyone who has been in touch so far regarding the Big Knit! In case you are new to Connect - we will be starting another Innocent Big Knit Campaign in the New Year! If you'd like to get involved, or know someone who may be interested, please email us for more info on: fundraising@ageukwsbh.org.uk



FESTIVITIES AT KINGS WEALD...

Shop with friends, family and the community, browsing stalls brought to you by local businesses.

Date: 2nd December 2023

Time: 10am - 2pm

Venue: Kings Weald, Wyvern Way, Burgess Hill, RH15 0XY

Stay tuned for Kings Weald events via their [Facebook page](#).

Lifeline Appeal

Help us create a community where older people feel supported, connected and never alone.

**LIFELINE
APPEAL**



Our Lifeline Appeal helps ensure we can be there for older people when they need us the most.

[Donate to our Lifeline Appeal >](#)

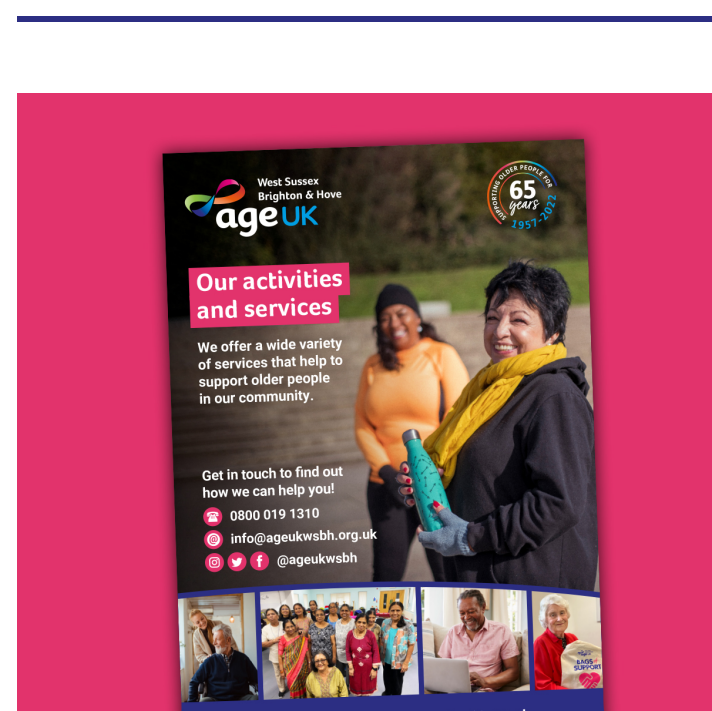


How we can help you



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 Activities & Services

Our new leaflet lists the wide variety of services we offer that help to support older people in our community including; Information and advice, Help at home, Social clubs, Dementia and carers support and Wellbeing support.

[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...

From our customers...

Keep up the great work! Very impressed with your kind and friendly services 🙏
June Whiting

A big thank you to Sandy for driving me safely home from a hospital appointment.

Mike Collingbourne

Thank you for taking me home from hospital in comfort, helping me with some shopping and seeing me safely inside.

Support at Home after Hospital customer



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. Check out the jobs and volunteer pages on our website.

[Recruitment vacancies >](#)

[Volunteering vacancies >](#)



Love later life



Facebook



Twitter



YouTube



Instagram

Our mailing address is:

Age UK West Sussex, Brighton & Hove
Age UK West Sussex, Brighton & 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](#).