



connect

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

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

October 2023 issue

October is always a special time of year as we celebrate on the first day of the month with International Day of Older People. This year it also happened to fall on Silver Sunday so we took the opportunity to celebrate with all our fantastic older residents of West Sussex, Brighton & Hove during the weekend too! Read on for all our community, services, fundraising updates and more.

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!

Older People's Day – 1st October

Mid Sussex

We hosted a delicious Sunday dinner and held a quiz in honour of Older People's Day, and were thrilled to see so many of you join us. A big THANK YOU goes out to all our incredible volunteers and staff members, and Fred from **CT Sussex** for providing transport. Your support means the world to us!



Adur & Worthing

We had a fabulous afternoon at Avon Court in celebration of Older People's Day. Lots of people joined us for afternoon tea and we enjoyed some quizzes and card bingo. Thank you to all our volunteers who helped make the day so special, and thanks to **Sompting Big Local** for funding this event, we really appreciate it.

Horsham



Fun at Lavinia House

We've had so much happening at Lavinia House this month! From Chatty Crochet Thursdays, to Friendship Fridays. We also had a fabulous Virtual day out to Horsham Park in partnership with Pulborough & District Community Care Association. If you'd like to get involved, **please call 07563 382 942**

Adur & Worthing

Wonderful news!

A big thank you to Brenda. Her heartfelt donation of £230 to buy raffle prizes for our Christmas events at Lamb House is a touching gesture, and it will make the Christmas season even more special for our services users. Brenda's raised £1,500 through a cake sale in locally. Her friend battled with dementia and but sadly passed away and this inspired Brenda to organise a fundraiser on behalf of several charities.

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If you would like to support AUKWSBH please get in touch on **01444 450 248** or email midsussex@ageukwsbh.org.uk



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

A big ask!

We will be starting another Innocent Big Knit Campaign in the New Year so we're asking interested people or knitting groups to get in touch and start knitting for AUKWSBH! 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



Places Leisure
Part of Places for People

A big thank you

This Autumn, Places Leisure are raising vital funds to support the work of Age UK West Sussex, Brighton & Hove (AUKWSBH) across the local community. There are 4 Leisure Centres taking part, which are; **Pavilions in the Park, Steyning, The Bridge, and Billingshurst.**

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 Bereavement service

Our bereavement service aims to offer free practical advice and emotional support to those who have lost a loved one. The service can help people navigate the paperwork, cope with their grief and live independently.

[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 the Brighton College Music Performance...

"They were amazing, and my Daybreak clients were so happy to have been a part of it all. It was lovely hearing them tell their loved ones about the performances. Well done for organising such a wonderful event."

Lynn Harwood, Dementia Service Coordinator, AUKWSBH

Did you know?

International Day of Older People was initiated by the United Nations in 1990 to honour the efforts of the elderly and the value they bring into our society.



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.

Some current roles at AUKWSBH are:

- Community Support Link Workers – Mid Sussex >**
- Community Support Link Workers – Bognor or Arundel >**
- Community Support Link Workers - Horsham >**
- Senior Community Support Link Workers - Worthing >**
- Chief Operating Officer >**
- Welfare Benefits Advisor >**
- Crisis Carer >**

[Recruitment vacancies >](#)

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Our mailing address is:

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