





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





showcase them, and more importantly, our readers love to see them!

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!



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.



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 Care Association. If you'd like to get involved, **please call 07563 382 942**

Wonderful news! A big thank you to Brenda. Her heartfelt

Adur & Worthing

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. If you would like to support AUKWSBH please get in touch on **01444 450 248** or

Our Community Facebook Pages

email midsussex@ageukwsbh.org.uk



us on Facebook! The page links are below...

Adur & Worthing, Arun, Brighton & Hove, Chichester, Crawley, Horsham

You can keep up with the AUKWSBH community news from your area by liking

District, Kings Weald Community Centre and Mid Sussex

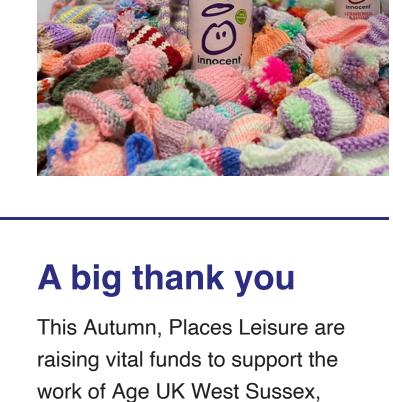


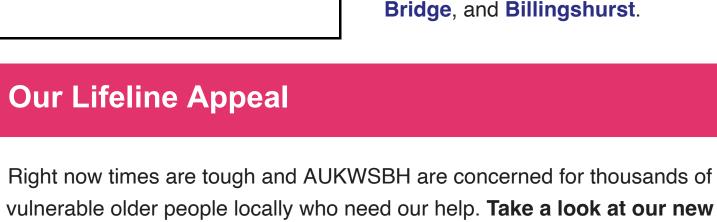


Campaigns & Fundraising



so we're asking interested people





Help us give older

people a lifeline

through this crisis.

Places

eisure.

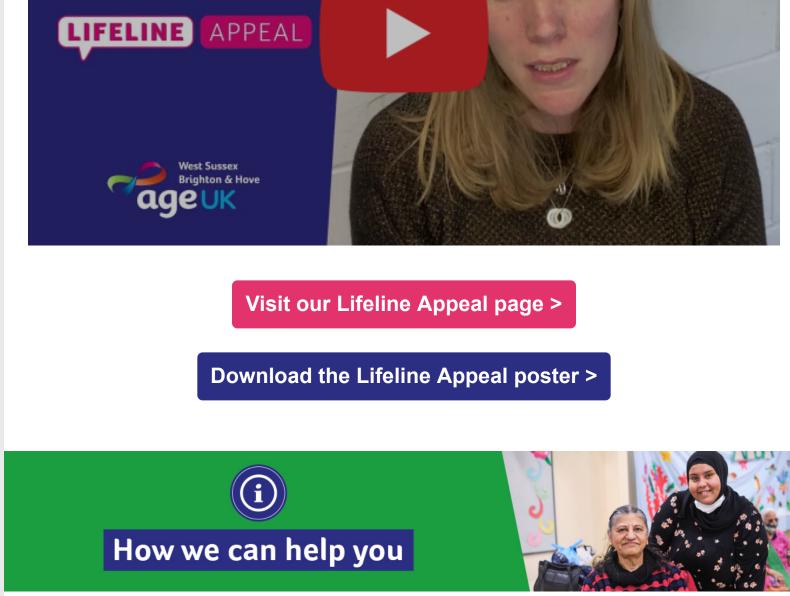
Part of Places for People

are 4 Leisure Centres taking part, which are; Pavilions in the Park, Steyning, The

Brighton & Hove (AUKWSBH)

across the local community. There

Bridge, and Billingshurst. video featuring Liz Ansell, our Information & Advice Manager.



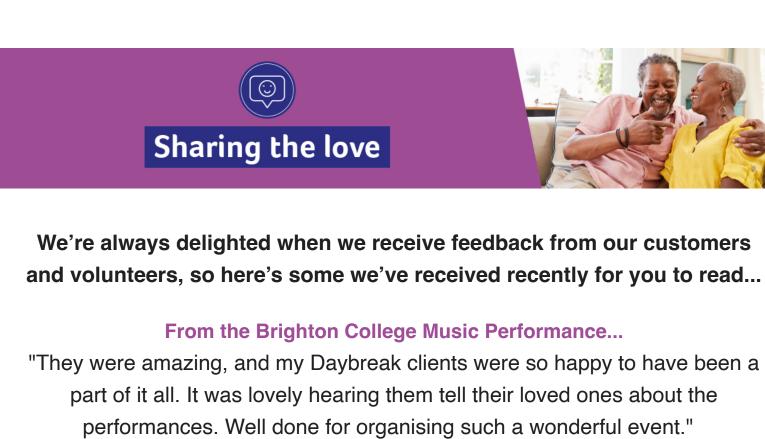
Spotlight on our Bereavement service Our bereavement service aims to

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 >



lost a loved one. The service can help people navigate the paperwork, cope with their grief and live independently.

emotional support to those who have

offer free practical advice and

View our new leaflet here >

"They were amazing, and my Daybreak clients were so happy to have been a

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

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 >**

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

Community Support Link Workers - Horsham >

Senior Community Support Link Workers - Worthing >

Chief Operating Officer > Welfare Benefits Advisor > Crisis Carer > Recruitment vacancies >







Our mailing address is: Laburnum Centre **United Kingdom**

Age UK West Sussex, Brighton & Hove Age UK West Sussex, Brighton and Hove Bognor Regis, West Sussex PO21 1UX Add us to your address book

Community news

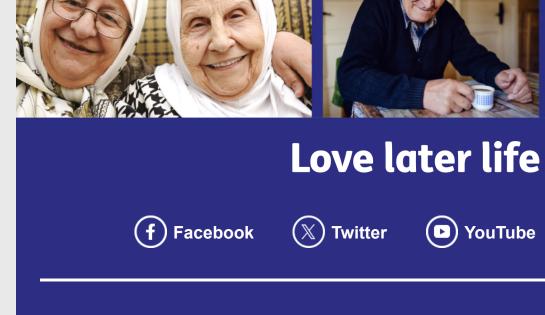
Send your news and photos to connect@ageukwsbh.org.uk - we love to

Older People's Day – 1st October **Mid Sussex**

Horsham

Fun at Lavinia House

Volunteering vacancies >



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