

Map of Services in Arun

Key

- Laburnum Centre & gym
- ▲ Community social clubs
- Dementia respite service
- Age UK West Sussex Head Office
- Hospital Services

Information and Advice

free information and advice on any topic including benefits, debts, care packages and social activities

Hospital Services

Support on discharge and up to six weeks' free practical and social support by trained volunteers to prevent readmission

Community Clubs across Littlehampton

Everything from sit to get fit to walking football, Tai Chi, jewellery making, carpet bowls, creative writing and choir
Monday to Friday, various locations
Call 01903 792050 to find out more

Dementia carer respite service 07904 977251

The Elderberry club meets every 1st and 3rd Saturday at the Laurels providing respite day care for those suffering from dementia

Help at Home Service -

hassle free hiring of vetted, caring home helps

Home Visiting Service -

a paid for service for those in need of company

ACROSS ARUN

Information and Advice **0800 019 1310**

Help at Home Service **01903 726276**

Home Visiting Service **01903 726276**

Hospital Services **01903 717130**



The Laburnum Centre & Gym

01243 827 185

Open 8.00am-4.00pm

Monday to Friday

80 activities under one roof

Beauty salon services, hairdressers, podiatrist, holistic therapy and hypnotherapy

Popular café with take away