

# Lavinia House Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
<p>10.00am-3.00pm</p> <p><b>Age UK West Sussex, Brighton &amp; Hove Daybreak Respite</b></p> <p>Please contact us 07753 879 779 / 01903 792015 for more information or email <a href="mailto:dementia@ageukwsbh.org.uk">dementia@ageukwsbh.org.uk</a></p> <p>The Daybreak respite service provides day support for people living with dementia, which includes stimulating/meaningful activities to promote confidence and social interaction. The service also provides much needed respite to carers. All refreshments and a two-course lunch provided.</p> <p><b>Pre-book only</b></p>	<p>11.00am – 11.40am</p> <p><b>Chair Fitness with Sue</b></p> <p><b>£6</b></p> <p>NO need to pre-book</p>  <hr/> <p><b>Community café</b> open 11.40am to 12.45pm</p> 		<p>10.30am -11.15am</p> <p><b>Stretch and Tone (Together Fitness)</b></p> <p><b>£5</b></p> <p>Please contact Michelle on 07813 791098 or <a href="http://info.strongertogetherfitness.co.uk">info.strongertogetherfitness.co.uk</a></p> <p><b>Pre-book only</b></p> <hr/> <p><b>Community café</b> open 11.15am to 12.30pm</p> <hr/> <p>12.30pm – 14.30pm <b>Chatty Crochet</b> <b>£3</b></p> <p>All abilities welcome, includes a hot drink</p> <p><b>No need to pre-book</b></p> 	<p>10.00am- 2.00pm</p> <p><b>Friendship Fridays</b> <b>£17</b></p>  <p>Please contact us 07753879779 or email <a href="mailto:care@ageukwsbh.org.uk">care@ageukwsbh.org.uk</a></p> <p>Come along to this mixed group for a 2-course lunch and fun activities</p> <p><b>Pre-book only</b></p> 

# Age UK WSBH Community Agents

Community Agents work in the community to help, support and signpost older people to services, information and guidance that reduces their social isolation and loneliness, and help improve their wellbeing

Are you a Crawley or Horsham resident?

Do you feel lonely or socially isolated?

Would you like someone to talk to?

Would you like to know what's going on in your area?

Do you need information or advice?

Are you worried about returning home after a hospital stay?

Do you require help with household chores/gardening or need a handyperson?

## CRAWLEY DISTRICT RESIDENTS CONTACT

COMMUNITY AGENT :  
EMMA FINISTER

RING :  
07857 299 185

EMAIL :  
EMMA.FINISTER@AGEUKWESTSUSSEX.ORG.UK

## HORSHAM DISTRICT RESIDENTS CONTACT

COMMUNITY AGENT :  
MEGAN GALLON

RING :  
01403 260560

EMAIL :  
MEGAN.GALLON@AGEUKWSBH.ORG.UK

Hold your camera over the QR code to find out what we have on offer over on our website

