

# JULY 2024

## MID SUSSEX NEWSLETTER

Lamb House, 2 Kleinwort Close, Haywards Heath, RH16 4XG Tel: 01444450248

### WELCOME

Welcome to the July Newsletter! There is lots happening this month as you will see below, so please remember to book for activities, lunches, and events in advance so not to miss out.

To book a space for any activity or lunch please speak to someone at reception or call the centre on **01444 450248**.

### MEMBERSHIP

Thank you to those who have paid for their membership or given in your Direct Debit forms, you should have now received your membership card, if you haven't, please speak to Emily or ask at reception. For those who are yet to pay or have not received any information regarding the membership please speak to Emily.

### POP UP SHOP JJ FASHIONS

JJ Fashions will be here on **Friday 5<sup>th</sup> July** in the Café at Lamb House from 10.00am – 12.00pm with their new summer range. You will be able to purchase from them by cash, card or cheque.

### MUSICAL BINGO AFTERNOON

Come and join us for our 80's Musical Bingo event, which will be held on **Tuesday 9<sup>th</sup> July** in the Café at Lamb House from **1.30pm – 3.00pm**. Cost £4.00 includes a Tea/Coffee.

### SPEAKER'S CORNER - Free to attend.

Held on **Thursday** afternoons in the café from **1.30pm – 3.00pm** with refreshments available to buy.

**Thursday 4<sup>th</sup> July:** We have another very special visit from our four-legged friends from **Therapy Dogs Nationwide** and their owners to tell us all about the work they do.

**Thursday 11<sup>th</sup> July:** Elaina from Wakehurst Place will be here to give a talk exploring the work of the Wakehurst Place and many plants.

**Thursday 18<sup>th</sup> July West Sussex Fire & Rescue:** The operational crew will be here to give a talk on fire safety in your home.

**Thursday 25<sup>th</sup> July Mid Downs Hospital Radio:** Wendy, Ann and Mavis will be here to tell you all about the years they have supported local Mid Downs Hospital radio and its history.

### MOVIE AFTERNOON

Our next movie afternoon is on **Tuesday 16<sup>th</sup> July 1.30 – 3.45pm**. We will be showing **Mamma Mia. Bride to be Sophie** (Amanda Seyfried) is on a quest to find her father before her big day. There is just one problem...she's just not sure who he is.

£5.50 includes tea/coffee and cake.

## **SUMMER BEACH PARTY EVENT**

It's party time again, celebrate with us at our Summer Beach Party on **Tuesday 23<sup>rd</sup> July 10.30am – 1.30pm**. There will be a quiz, raffle and retro summer games followed by a 2-course lunch and entertainment from The Sundown Ukulele Band. We have local business CSL Behring attending to join in with the fun.

## **PARKING REMINDER**

Please do not use the parking bays at Bupa Goldbridge or park on anyone's drive on the Kleinwort Estate. There is ample parking along Bolnore Farm Road, or you can park in the car park at Beech Hurst Gardens for up to 4 hours free of charge, both with a short distance to walk through to the Centre. Thank you for your consideration of local residents.

## **IPAD MINI LOAN SCHEME**

If you want to get online and don't know where to start Sky has given us 5 iPad minis to loan out to help you get online. Through this loan scheme, you will be receiving an iPad mini with 6 months' worth of free internet. Sky will be here to get you started and set up. At the end of the loan if you want to continue your journey online, we want to help, and can support you to purchase the equipment from us or support you to apply for a grant. This will enable you to purchase your equipment for good.

## **DIGITAL SUPPORT GROUPS**

Sky will be running another Digital Support Group on **Friday 26<sup>th</sup> July**, the session will run from **10.00am - 12.00 noon** in the Café at Lamb House. Please bring your device (Mobile phones, Tablets etc.) with you to the session. To help us with numbers please book with Emily in the office or call 01444 450248.

## **BINGO AND FISH AND CHIPS SUPPER**

On **Wednesday 31<sup>st</sup> July** we have our popular bingo, fish, and chip supper evening at the centre with prizes to be won. **4.00pm - 6.00pm**. Cost £13.50 includes the bingo, fish and chips and a tea/coffee. See Emily or a member of the reception team to book a space.

## **CLASS CARD**

Great News! If you sign up and pay for 6 classes, you will get the 7<sup>th</sup> free. The class card has an expiry date of 3 months. For further information and to sign up please speak to a member of the reception team or call 01444 450248

## **AUGUST**

We hope you are enjoying the summer season so far despite the weather!

The centre is having a quiet August due to staff, volunteers and service users being away. We will however be running our normal timetable of classes and lunches, but our party days and extra activities will resume in September.

**Thursday 8<sup>th</sup> August Speakers** Corner continues with Tracy Shaw from Dame Vera Lynn Children Charity joining us to give a talk on the charity.

**Friday 30<sup>th</sup> August** Digital Support continues don't forget to bring your devices.