

News Update

November 2018

Dates for your diaries

As well as all the regular groups and activities that occur during the week we also have the following events;

Tues 27th Nov – Lynda Lyne Entertains

Sun 2nd Dec – Northbrook Concert Band

Tues 11th December – Jim Carter

Christmas Quiz

Wednesday 19th December – Carol Singing
with Sandra

Thurs 20th December – Christmas Party

Please note the offices will be closed from

12.30pm on Monday 24th December until

9.30am on Wednesday 2nd January 2019

Fri 28th Dec – Christmas activity day

2019

Monday 28th January – Members Forum

Weds 30th January – Rotary Bingo

Thurs 31st January – Burns Event

Weds 13th February – St. Valentines Event

We would like to apologise for the inconvenience caused recently while we underwent some emergency pipe and building repairs.

As with most things of this nature it turned out to be a much larger job than anyone had anticipated but hopefully now we are all sorted and back to business as usual!

Tuesday 27th November –

Lynda Lyne Entertains. Please come along and join us for an afternoon of music and song! The event price will be £6 which includes the transport contribution (£3.00 if transport is not required).

Sunday 2nd December 2pm to 4pm –

We have been invited to bring a group along to: **Northbrook Concert Band's Christmas Concert** at East Worthing Baptist Church in Pendine Avenue.

This is a very friendly event with nice cake and music. During the afternoon there is a 20 minute interval for refreshments. Entry is free but the usual transport contribution of £3 will apply. You would also need money for your refreshments!

Tues 11th December
Jim Carter Christmas
Quiz for members and
volunteers.



We would love to see
you all there to join in
with the members for this seasonal quiz.
Specially composed by Jim Carter who is
also one of our members, the quiz will
start at 2pm.

Please let us know if you're planning on
coming along so that we can be sure to
have enough tables out!

Everybody get a small prize for joining in!

Wednesday 19th
December –
Christmas Carol
singing with Sandra

Please come and join us
for a Christmas sing-a-
long with Sandra one of

our wonderful volunteers who many of you
will know from other events.

Refreshments will be available and
transport can be arranged.





Thurs 20th December – Christmas Party.

Invitations are enclosed with your news update.

Please return the reply slip (even if you have already put your name down) with your payment as soon as possible but no later than Monday 10th December as the food needs to be ordered in advance!

Trustees and Volunteers will be opening the Centre for one day during the Christmas break on

Friday 28th December

from **10.30am to 3.30pm.**

Transport will be available and a light lunch will also be provided.

Activities will depend on the number of members attending but may include: a quiz, games, music, films, triobike rides, a walk on the prom or other “challenges”. If you are interested please contact the office as soon as possible. This will be a free event.

More details of the 2019 events will be available in the December issue of the News Update.

2019 Diaries and Calendars can now be ordered so please let us know as soon as possible if you would like either or both so that we can place all orders before the stocks run out.

Free Memory Café 2pm – 4pm.

Home Instead Senior Care Worthing and Steyning are delighted to be running a **Memory Cafe on the 4th Wednesday of each month (except December)**

at West Worthing Baptist Church,
45 South Street, Worthing, BN14 7LU.

The Memory Cafe provides a safe and relaxing place for people with Dementia or age related memory issues and their families and carers.

The team at Home Instead will be there to offer advice on what support is available to enable older people to remain at home and be happy.





Guild Care's Singing for Fun group,

which helps combat isolation and poor health, is looking for more members.

The Group meet at Methold House, North Street, Worthing every Tuesday from 3.15pm – 4.45pm. Anyone aged over 50 is welcome. You can call Guild Care on 01903 327327 for more information.

Theatre trips and one off events.

Please remember: the booking of any special event (eg theatre trips) can only be confirmed once we have received your full payment. In line with booking any event directly with a venue, all payments should be made at the time of booking either in person or by post.

Welfare Calls

We are currently making courtesy calls to all of our members just for a chat to make sure you are well and to see if there is anyway at all that we can be of more help to you. We are definitely not trying to sell you anything! These calls may be made by staff or volunteers and any information you give will remain confidential.

One to One service. Please remember that if you need help getting to an appointment, we may be able to find a volunteer who can take you. All you need to do is contact us in the office on 01903 235782 (**please do not approach volunteers directly**) with the details of your appointment and we will do our best to find a volunteer who is available and can help. All you pay for this service is 45p per mile and any other incurred expenses such as parking. This should be paid directly to the volunteer when they return you to your home.

Home Visiting Service.

We have some Volunteers who will visit members in their homes for a chat, help with correspondence, read newspapers etc; this can be weekly, fortnightly or monthly by mutual arrangement between the volunteer and the member.



Please be aware that this is not a home help service though, our Home Visitor Volunteers DO NOT do housework, odd jobs or shopping. Please contact the office for more information.

Please remember that if you have any ideas for activities that you'd like to try, you should contact the office and talk to a member of staff and we will see what we can arrange!

Do you take part in our monthly draw? Why not sign up in 2019 it could be your lucky year!



The monthly prize draw winning numbers for September 2018 were 78, 42, 45 and 98. Congratulations to our winners who were Miriam Osborne, Sue Gillespie, Connie Ballard and Frances Brown respectively. Many thanks to all members of the monthly prize draw for their continued support.

To contact us about any of the events or items included in this publication you can telephone on: **01903 235782**

SIGHT SUPPORT



(If we are not available please leave a message and we'll get back to you as soon as we can)

email: info@sightsupportworthing.org.uk

visit: 48 Rowlands Road Worthing BN11 3JT
between 9.30am and 4pm Monday to Friday.

Due to space and resources some items in this newsletter may have been edited accordingly.

The information it contains was accurate to the best of our knowledge at the time of going to print.