

Mid Sussex Activity Planner - March 2020

We love to inspire people to live life to the fullest, with an active and healthy lifestyle. So we created this guide to share the very best of what activities our local area has to offer.

- ° Socially connecting with others helps us stay young at heart
- ° Physically connecting with our community keeps us healthy and engaged
- ° Emotionally connecting with people keeps our hearts and minds strong

See what local support groups and activities you can get involved with:

Monday 2nd March	Forget Me Not Café	<i>St John's Church, Spire Café, Lower Church Road, BH</i>	2.00 - 4.30pm
Tuesday 3rd March	Dementia Friendly Screening - Calamity Jane	<i>Depot Cinema, Lewes</i>	2pm - 4pm
Tuesday 3rd March	Coffee Stop	<i>Centenary Hall, St Wilfrids Way, Haywards Heath</i>	10am - 12pm
Tuesday 3rd March	Burgess Hill Shed	<i>The Burnside Centre, Victoria Road, Burgess Hill</i>	9.30am - 3.30pm
Wednesday 4th March	Burgess Hill Shed	<i>The Burnside Centre, Victoria Road, Burgess Hill</i>	9.30am - 3.30pm
Thursday 5th March	Dementia Friendly Community Sing Along	<i>St Andrews Church, Junction Road, Burgess Hill</i>	2pm - 4pm
Thursday 5th March	Sally Anne's Memory Lane Café	<i>Salvation Army Hall, Cyprus Road</i>	10.45am - 12.15pm
Thursday 5th March	Memory Moments Café	<i>Court Bushes Community Centre, Willow Way, Hurstpierpoint</i>	2pm - 4pm
Saturday 7th March	Memory Moments	<i>St Richards Church Hall, Sydney Road, HH</i>	2.30 - 4.30pm
Saturday 7th March	Meeting Point	<i>United Reform Church, Junction Road, BH</i>	10am - 12pm
Monday 9th March	Sapphire Stroke Club	<i>St John's Church, Spire Café, Lower Church Road, BH</i>	2.00 - 4.30pm
Tuesday 10th March	Coffee Stop	<i>Centenary Hall, St Wilfrids Way, Haywards Heath</i>	10am - 12pm
Tuesday 10th March	Burgess Hill Shed	<i>The Burnside Centre, Victoria Road, Burgess Hill</i>	9.30am - 3.30pm
Wednesday 11th March	Burgess Hill Shed	<i>The Burnside Centre, Victoria Road, Burgess Hill</i>	9.30am - 3.30pm
Saturday 14th March	Meeting Point	<i>United Reform Church, Junction Road, BH</i>	10am - 12pm
Monday 16th March	Forget Me Not Café	<i>St John's Church, Spire Café, Lower Church Road, BH</i>	2.00 - 4.30pm
Tuesday 17th March	Coffee Stop	<i>Centenary Hall, St Wilfrids Way, Haywards Heath</i>	10am - 12pm
Tuesday 17th March	Memory Moments Café	<i>St Richards Church Hall, Sydney Road, HH</i>	2.30 - 4.30pm
Tuesday 17th March	Burgess Hill Shed	<i>The Burnside Centre, Victoria Road, Burgess Hill</i>	9.30am - 3.30pm
Wednesday 18th March	De Café	<i>Pauline Thaw Centre, Dale Avenue, Hassocks</i>	6pm - 8pm
Wednesday 18th March	Handcross Rosemary Club	<i>Handcross Village Hall</i>	2.30pm
Wednesday 18th March	Burgess Hill Shed	<i>The Burnside Centre, Victoria Road, Burgess Hill</i>	9.30am - 3.30pm
Saturday 21st March	Meeting Point	<i>United Reform Church, Junction Road, BH</i>	10am - 12pm
Monday 23rd March	Sapphire Stroke Club	<i>St John's Church, Spire Café, Lower Church Road, BH</i>	2.00 - 4.30pm
Tuesday 24th March	Coffee Stop	<i>Centenary Hall, St Wilfrids Way, Haywards Heath</i>	10am - 12pm
Tuesday 24th March	Burgess Hill Shed	<i>The Burnside Centre, Victoria Road, Burgess Hill</i>	9.30am - 3.30pm
Wednesday 25th March	Dementia Friendly screening - Mary Poppins	<i>Picture House, Uckfield</i>	11am
Wednesday 25th March	Burgess Hill Shed	<i>The Burnside Centre, Victoria Road, Burgess Hill</i>	9.30am - 3.30pm
Saturday 28th March	Meeting Point	<i>United Reform Church, Junction Road, BH</i>	10am - 12pm
Monday 30th March	Forget Me Not Café	<i>St John's Church, Spire Café, Lower Church Road, BH</i>	2.00 - 4.30pm
Tuesday 31st March	Coffee Stop	<i>Centenary Hall, St Wilfrids Way, Haywards Heath</i>	10am - 12pm
Tuesday 31st March	Burgess Hill Shed	<i>The Burnside Centre, Victoria Road, Burgess Hill</i>	9.30am - 3.30pm

Please contact Right at Home Mid Sussex on 01444 686060 if you know of any future events we could include in this list



Further Information:

Memory Moments

Join for an informal café including tea, coffee and cake, a little fun and laughter with games, talks, music, dance etc run by www.knowdementia.co.uk

Forget Me Not Café

for people living with dementia and their carers - activities include 'jog your memory' time listening to music, chair keep-fit, reminiscing with pictures and art all taking place in a safe, relaxed environment with light refreshments

Coffee Stop

A community café that welcomes people with dementia, although there is no

Sapphire Stroke Club

A community café welcoming people with Vascular Dementia

Handcross Rosemary Club

A friendship group meeting for tea, sandwiches and entertainment

Meeting Point

welcome people living with dementia and their carers to drop in for refreshments and chat !

Burgess Hill Shed

A place for older people to pursue their own practical interests, with access to space, tools and equipment, to improve well-being and a more fulfilling, socially engaging life.

Sally Anne's Memory Lane Café

A community café that welcomes people with dementia, although there is no dementia specific support

De Café

This evening dementia café provides a safe environment with light bites and sometimes live entertainment, as well as support and

Mid Sussex Group

A friendship group meeting for tea, sandwiches and entertainment

If you would like further information about any of these activities, please do not hesitate to call Right at Home Mid Sussex on 01444 686060