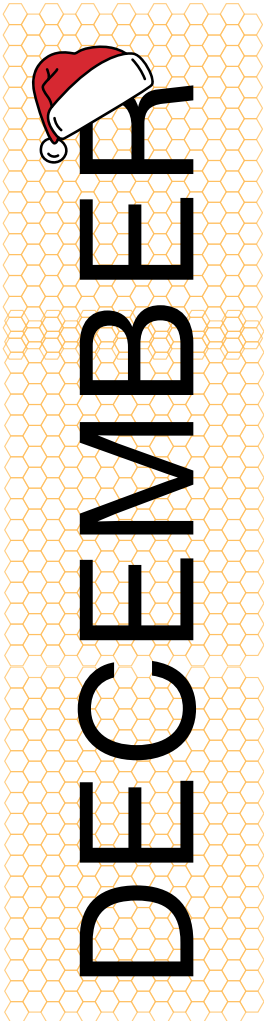


WHATS ON LANCING



D-Cafe every Tues 10-1pm & Thurs 1-4pm 

Mon 8th & 22nd - Adur & Worthing Wellbeing Clinic, with Alyson. Take small steps towards feeling better. Support with weight, alcohol, or smoking – at your pace. Contact Kim to book.

Mon 1st December - Community Dementia Liaison Nurses. Providing guidance and information to make life a little easier while living with dementia or supporting someone with dementia. Appointments available 10-2pm. Contact Kim to book.

Wed 3rd - LGBTQ peer support group. 10.30-1.30pm. For people living with dementia and/or carers.

Thurs 4th - The NHS Carers Health Team. Book a slot with Bernie who will work directly with you to help reduce any strain in your caring role. Appointments available 1-4pm. Contact Kim to book.

Thurs 4th - £Free Seated Sports session with Rise 3pm. Come and have some fun and games!

Mon 8th - Christmas Craft Event 2-4pm. Christmas Card making with Adur Voluntary Action (AVA). All materials and refreshments provided.

Wed 10th - December Christmas Carol Concert 11.30am. - With Beehive and The Alzheimer's Society at St Symphorian's Church in Durrington. Light refreshments will be served after the concert.

Thurs 18th & Fri 19th - Lancing Beehive Christmas Parties 2-4pm with live music from The Chalkhill Blue. **FULLY BOOKED**

Mon 22nd - Christmas Craft Event 11-1pm. Gingerbread House Decorating with Electric Storm Youth!

Tues 23rd D-Cafe 10-1pm

For further info contact Kim on 07730 571986

Lancing Opening Times

Wed 24th CLOSED
Thurs 25th CLOSED
Fri 26th CLOSED
Mon 29th OPEN

Tues 30th OPEN
Wed 31st CLOSED
Thurs 1st CLOSED
Fri 2nd CLOSED

