



APRIL 2026

 **D-Café every Monday & Tuesday 10-1pm and Thursday 1-4pm** 

Mon 13th, 20th & 27th - 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 your first session.

Wed 1st- LGBTQ peer support group. 10.30-1.30pm. For those living with dementia and/or carers.

Thurs 7th at the D-Café - Bernie from The NHS Carers Health Team will be here to help reduce any strain in your caring role. Appointments available 1-4pm. Contact Kim to book.

Thurs 9th at the D-Café - GUEST SPEAKER - Megan the Paramedic

Mon 13th Community Dementia Liaison Nurses. Appointments available 10-2pm. Providing guidance and information to make life a little easier while living with dementia or supporting someone with dementia. Contact Kim to book.

Wed 15th 2-4pm Common Grounds Cafe - Carers Coffee and Chat

Thurs 16th 1pm at the D-Café Seated Sports with RISE. Come and join the fun and games! Suitable for EVERYONE! AND **Carers Support West Sussex.** Clare will be here **helping low income households access explore funding options.**

Wed 22nd Social Evening at Lancing Parish Hall with music and Fish 'n' Chips. 5.30-8pm. £10 per person. Booking required. Contact Kim.

Wed 29th 1-4pm*NEW ROUTES*** SOCIAL GROUP FOR PEOPLE LIVING WITH YOUNG ONSET DEMENTIA**

Thurs 30th Free Finance Clinic with Bennett Griffin who provide expert information on Power of Attorney and Deputyships. To book a free appointment between 1-3pm, contact Kim.

For further info contact Kim on 07730 571986
kim.wiggett@beehivecare.org.uk