



MARCH 2026



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



Mon 2nd, 9th, 16th, 23rd, 30th - 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.

Tues 3rd at the D-Café - Audiologist Patricia will be here giving free ear checks and independent advice about hearing and hearing aids.

Wed 4th- LGBTQ peer support group. 10.30-1.30pm. For those living with dementia and/or carers.

Thurs 5th at the D-Café - GUEST SPEAKERS FROM SUSSEX POLICE talking about FRAUD PREVENTION AND SCAMS and **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.

Wed 18th 2-4pm Carers coffee and chat

Thurs 19th 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.**
AND Audiologist Patricia will be here giving free ear checks and independent advice about hearing and hearing aids.

Thurs 26th Free Finance Clinic with Stanford Legal who provide expert information about wills and trusts. To book a free appointment between 1-3pm, contact Kim.

For further info contact Kim on 07730 571986