



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

Wed 6th- LGBTQ peer support group. 10.30-12.30pm. For those living with dementia and/or carers.
Herbert Protocol - Support to complete form Mon 11th 10-11am, Tue 12th 10-11am, Thurs 14th 12pm

Thurs 7th at the D-Cafe 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.

Mon 11th & 18th - 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 13th SING A LONG with the Chalkhill Blue. 2-4pm

Tue 19th DOUBLE DECKER TRIP to celebrate Dementia Action Week. Booking essential. Contact Kim to book.

Wed 20th 2-4pm Carers coffee and chat

Thurs 21st at the D-Café

1-2pm **Seated Sports with RISE.** Come and join the fun and games! Suitable for EVERYONE!

2-2.45 **Steering Group meeting**

AND Carers Support West Sussex. Clare will be here **helping low income households access explore funding options.**

Wed 27th *NEW ROUTES*** SOCIAL GROUP FOR PEOPLE LIVING WITH YOUNG ONSET DEMENTIA**

Thurs 28th Free Finance Clinic with Carpenter Box who provide expert information about paying for care. To book a free appointment between 1-3pm, contact Kim.

MAY 2020

For further info contact Kim on 07730 571986