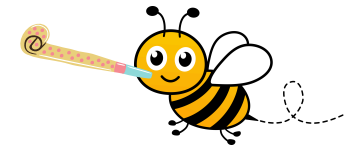




WHATS ON LANCING



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

Wed 1st PARTY . The Lancing Hive is officially one! Help us celebrate with an evening of live music, dancing and a buffet dinner at the Lancing Parish Hall 5.30-8pm. Booking essential.

Wed 1st LGBTQ peer support group. 10.30-12.30pm. For those living with dementia and/or carers/families.

Thurs 2nd At the D-Café

Steering Group Meeting 1.30. We'd love you to join us and share your ideas, thoughts, and opinions about the Lancing Hive. Your feedback is invaluable in helping us improve and ensure we're meeting the needs of our community.

AND Bernie from The NHS Carers Health Team will be here to help reduce any strain in your caring role. Appointments available 10-1 pm. Contact Kim to book.

Wed 8th An afternoon at the Beach Huts 2-4pm. Courtesy of Lancing Parish Council.



Thurs 9th At the D-Café 1-4pm. Audiologist. Come along for a free ear health check with the lovely Patricia.

Fri 10th Join us for an inclusive cycling session at Brooklands with Cycall. 10.00-11.15 Booking essential.



Wed 15th 2-4pm Carers Coffee and Chat

Thurs 16th at the D-Café

Seated Sports with RISE 1-2pm. 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 29th *NEW ROUTES*** SOCIAL GROUP FOR PEOPLE LIVING WITH YOUNG ONSET DEMENTIA 1-4pm**.

This month we will take a stroll to the beach and get a cuppa/ice cream.

Thurs 28th Free Finance Clinic with Bennett Griffin who provide expert information about Power of Attorney and Deputyships.

To book a free appointment between 1-3pm, contact Kim.

To book or for further info contact Kim on 07730 571986

JULY 2026