

November brings a chill and a definite feel that winter is around the corner here at Headway East Sussex in Newick.

Haywards Heath Lions Club

Haywards Heath Lions Club has chosen us as their charity for their Annual Swimathon on 19th April 2019 at the Dolphin pool in Haywards Heath. We are looking for teams of 6 to swim in relay for a period of 55 minutes. If you would like to take part in this and raise funds for Headway East Sussex, then please contact Sarah.

Christmas at Headway East Sussex

As usual, we will be celebrating Christmas for a whole week from 17th – 21st December. Details of activities on offer can be found overleaf, make dates for your diary. If you would like to book a Christmas Lunch at Newick during the week of 17th – 21st December, could you please let your support worker

or coordinator know by 12th December. Traditional Christmas Lunch and Pudding for £5.

Brighton Art Group

HEADSCAPES was successful and created a life-size Elvis collage by the group. The energy and enthusiasm was infectious and everyone got involved with the project. For some, trying something new can be challenging but with the warm welcome from the museum and the group, people were encouraged to come back. The general feeling is that everyone would like the art group to continue.



Important Information:

Thursday 13th December – services closed for staff training

Booking deadline for Christmas Lunch by Wednesday 12th December

24th & 31st December – Closed

Brighton Marathon Weekend – 2019

We are fortunate enough to be able to offer 3 full marathon places on 14th April, 2019. We have also secured 5 places on the 50k bike ride of the same morning. If you are interested in any place, then please contact Yvonne.

The Headway East Sussex Team

“I have really enjoyed meeting other like-minded people and have gained a friend or two in these few weeks & I really felt like I am part of life again.”

Volunteers needed

We are now having a stall at Newick Village Market on a Friday, once a month. We are looking for volunteers to man the stand. It involves picking up the boxes from the Centre, setting up the stall at Newick at 9.45 and manning the stall from 10.00 to 11.00. Then afterwards, returning the boxes to the Centre. Anyone interested, please contact Yvonne.

Dates for the future are: -

14th December, 2018
18th January, 2019
15th February, 2019
15th March, 2109
12th April, 2019

Christmas cards

Now on sale - £3.75 for a pack of 10

Postcards

Cards of our Brighton Jubilee art work - £2.50 for a pack of 5 postcards

A4 Prints

A4 prints are now available of our Brighton Jubilee art work - £10.00 each

DATES FOR YOUR DIARY

14th December – Newick Village market

7th – 9th December – St Mary's Church, Newick, Christmas Tree Festival

7th – 9th December – Holy Cross Church, Uckfield, Christmas Tree Festival

13th December – **Services closed for staff training**

Christmas week at Headway, Christmas dinner and activities every day!

17th December – Karaoke, Christmas games

18th December – Christmas Quiz

19th December – Christmas Film

20th December – Carol Singers

21st December – Pantomime time! "Oh no it isn't, Oh yes it is!"

CLOSED –

24th, 25th & 26th December, 31st December & 1st January.

HES Christmas cards

These will be on sale at Headway East Sussex in Newick, and also at the Cards for Good Causes shop in Lewes from Saturday 20th October until Tuesday 18th

December – Lewes House, 32 High Street, up the hill and on the left-hand side before the war memorial. They always need volunteers, so if anyone is interested, please contact us.

USEFUL E-MAIL ADDRESSES

Claire Benson – Rehab & Reablement Services:

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Yvonne Summers - Administrator:

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Fiona McHugh- Advice & Support:

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