

SOCIAL SUPPORT

Ritzy Tea and classy cabaret in Crawley,
Each three-and-a-half hour event is styled
as a 'posh' 1940's afternoon tea with three
live show, volunteer waiters in black tie,
vintage crockery and an in-house pianist.

Wear your poshest clothes for the event.

Broadfield Community Centre
T: 01293 451 056
E: annie@theposhclub.co.uk or
info@duckie.co.uk
The Last Tuesday of the Month
Time: 12noon – 3pm
Cost: Tickets £10

—THE—
**POSH
CLUB**

Crawley Library

Every Monday 10.45am–11.45am, let's chat
(for anyone with English as an additional
language)

Every Friday 2pm–4pm is relax and colour

Every Saturday 2pm–4pm is knit and Natter
Every Saturday 11.30am–3.30pm Board
Games for Families



Walking Football

The Foundation holds Walking Football every Friday afternoon at Broadfield Stadium as part of Extra Time Hubs. The session is light-hearted, with players of all abilities coming together to play. The principal goal is the social aspect of keeping fit, a team game with a friendly atmosphere. Turn up and play £3pp and each week.

[Click this link for booking](#)



This is a free telephone befriending service. And free pen pal service.

To get started go to
www.omega.uk.net/chatterbox and
complete an online form.

Or call 01743 245 088 or email
chatterbox@omega.uk.net

<https://www.westsussexwellbeing.org.uk/>

- Get Active free courses
- Tips on wellbeing at work
- Weight off workshops

Social Prescribing self referral link

Crawley Social Prescribing offers support for your non-medical needs, connecting you with the people or advice that matters to you. The service is free and confidential;

Finance, work, training, bereavement, feeling lonely, lifestyle and caring responsibilities.



Broadfield Library

Every Monday (monthly) 10.30am-11.30am is reading friends

Every Thursday (first and third of the month) 10.15am-11.15am is melody for the mind (a dementia-friendly singing group)

www.sistersharelisteninggroup.uk



Sistershare Listening Group is a voluntary support service for women 18+.

Helping to support women who may be going through a tough and challenging time in their lives.

<https://mensharelisteninggroup.co.uk/>



A popular Listening Group is a voluntary support service for men 18+.

<https://reengage.org.uk/>

Re-engage provides vital, life-enhancing social connections for older people at a time in their lives when their social circles are diminishing.



Befriending programme

Face-to-face befriending Regular visits from a befriender to help you build confidence and work toward personal goals.

Telephone befriending Friendly phone calls from your befriender for regular support - either as a follow-on from face-to-face visits or as a more suitable starting point.

Age 50 and over

Email:

befriending@ageukwsbh.org.uk

Telephone: 0800 019 1310