

Crawley Older People's Directory



crawley.gov.uk/older

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- ◆ Dementia Care
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Bev Wainright, client

Call us for more information **01293 223303**

Or send an email to info.crawley@homeinstead.co.uk

Or visit our website homeinstead.co.uk/crawley

About this directory

The Crawley Older People's Directory includes information on services, support, activities and help available for older people in Crawley. The contents page will help you navigate the directory.

Every effort has been made to ensure the accuracy of information in this directory. At the time of going to press (winter 2023), all the entries are correct. However, over the life of the printed directory, things will change.

It is worth noting, there are a large number of physical activities for older people not included in this directory. If you would like help finding an activity class that might be right for you, contact Crawley Wellbeing (see pages 40 and 41).

West Sussex Connect to Support is an online directory that can also be used to find helpful information, advice and to browse for products and services. This directory is found at westsussexconnecttosupport.org

If you have any comments, suggestions or questions about this directory, please email Crawley Community Action: info@crawleycommunityaction.org

Please note that Crawley Borough Council and their partners who made this directory possible do not endorse any organisation, products or services contained within it.

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4Sight Vision Support

Telephone: 01243 828555

Email: enquiries@4sight.org.uk

Twitter: @4sightvs

Facebook: facebook.com/4SightVS/

Instagram: @4sightvs

Website: 4sight.org.uk

Address: 36 Victoria Drive, Bognor Regis, West Sussex PO21 2TE



We provide specialist support for blind and sight impaired people of all ages across West Sussex, enabling them to live life without limits.

As well as our services listed below we also run a Crawley Low Vision Clinic at Crawley Hospital, supporting people at the point of diagnosis and beyond.

Our services are available across West Sussex, in person at our centres, in the comfort of your home, over the phone or video conference call.

Our one-to-one support includes:

- Our caring and trusted team is here to listen, identify areas of need and work with you to live your life without limits
- Emotional and practical support after diagnosis at the eye unit, including help to understand the certification and registration process of having a visual impairment
- Help you to understand your eye condition, what support you can access, and promote good eye health
- Someone to talk to and help to connect with others, sharing experiences and supporting each other
- Dedicated assessments to identify magnification, techniques and products to help with everyday tasks such as reading, shopping, medication and preparing meals
- Support to access benefits and concessions, help completing forms, such as Personal Independence Payments (PIP), Attendance Allowance (AA) and Blue Badge
- With the help of technology, we can support you to develop new and existing skills, communicate effectively and remain independent
- Provide appropriate and up-to-date information, advice and guidance in formats accessible for you
- Support with education, training, learning and employment
- Enable you to access leisure, social, health and wellbeing activities within your community.

Anyone can contact us, you do not need to be referred. Additionally, our services are available for people who are supporting others living with sight loss. So if you're supporting someone with sight loss, we're here for you too – we can help you to support them.

Action for Deafness

Telephone: 01444 415582

Email: info@actionfordeafness

Website: actionfordeafness.org.uk

Address: 22 Sussex Road, Haywards Heath, West Sussex RH16 4EA

**Action for
Deafness** 



Action For Deafness provides advice, support information and services to enable deaf people to lead independent lives. Adult audiology services are delivered on behalf of the NHS from bases in Haywards Heath, Worthing, Steyning and Hailsham. A private audiology service is also available.

Age UK West Sussex Brighton and Hove

Telephone: 01293 544144

Email: crawley@ageukwestsussex.org.uk

Twitter: @ageukwsbh

Facebook: facebook.com/groups/ageukcrawley

Website: ageuk.org.uk/westsussexbrightonhove

 **West Sussex
Brighton & Hove
ageUK**



AGE UK offers a range of services for older people, their families and carers. In Crawley, we have a fantastic timetable of regular activities in the community, including tea and coffee mornings, lunch clubs, as well as a film club! We also organise one-off activities and opportunities to connect throughout the year. As well as groups, clubs and classes, Age UK WSBH also offers loneliness support and information and advice services.

Alzheimer's Society West Sussex



Telephone: 0333 1503456

Email: dementia.connect@alzheimers.org.uk

Twitter: @alzheimerssoc

Facebook: facebook.com/AlzheimersSocietySouthEastEngland

Website: alzheimers.org.uk

Address: Alzheimer's Society, Barclays House, 51 Bishopric,
Horsham RH12 1QJ



If you need dementia support, we're here for you. We know dementia affects everyone differently, so whether you, a loved one, a friend or neighbour is affected by dementia, we're here to support you. Alzheimer's Society's Dementia Advisers can support you directly by phone or face-to-face, as well as connect you to a range of local services.

Online support is available round the clock through our website. Anyone affected by dementia can find relevant information and advice and request a call from a Dementia Adviser for further support. You can also visit our online community Talking Point to connect with others, and search for local services on our Dementia Directory.

One-to-one support provided can include: advice on how to cope and live with dementia, tips for making a home dementia-friendly, support with everyday living, such as government benefits, help navigating social services, advice on lasting power of attorney and connection to dementia groups within local communities.

The Alzheimer's Society provides an extensive network of local support services for people with dementia and their carers within the Crawley area. These include:

- **The Crawley Dementia DeCafe** – Providing a supportive environment for people to meet where they can learn from the experiences of others and socialise with professionals in the field of dementia
- **The Crawley Carers' Support Group** – A safe environment to talk about dementia comfortably with others in similar circumstances
- **The Crawley Forward Thinking Group** – The Society promotes the involvement of people with dementia and their carers in planning and future development of dementia services

- **South Asian Families Peer Support Group** – Support and advice for carers of people with dementia from a South Asian background
- **Sangam Women's Open Day** – The meeting is for women from all communities to attend and discuss a wide range of topics around health and social care
- **The Carers Information and Support Programme (CrISP)** – Provides information on all aspects of caring for a person with dementia in a group learning environment. Carers can share their experiences and find out about local and national services that may be of help.

Shaw healthcare
wellness • happiness • kindness



Deerswood Lodge

Ifield Green, Ifield, Crawley RH11 0HG

Residential Care

Dementia Care

Respite Care

Whether your needs are Dementia or Residential Care, we will provide the care you deserve by tailoring your daily support around you.

Let us enable you to continue living a full and wholesome life. Whether you want to continue with your hobbies or try something new, develop new friendships or nurture existing ones or you just need to feel safe and secure in the knowledge that we will be with you 24 hours a day.



For more information call us or visit:

01293 561704

www.shaw.co.uk/deerswood

Visit our website



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We are the UK's largest employee-owned healthcare provider

[shawhealthcare](https://www.facebook.com/shawhealthcare)

www.shaw.co.uk

[@shawhealthcare](https://twitter.com/shawhealthcare)

Albion in the Community – Brighter Outlook Programme



Albion in the
Community



Telephone: 01273 668591

Email: brighteroutlook@albioninthecommunity.org.uk

Twitter: Albion in the Community (@albioninthecomm)/Twitter

Facebook: facebook.com/albioninthecommunity/

Website: Activity through cancer – Albion In The Community

Address: American Express Community Stadium, Village Way,
Brighton, East Sussex BN1 9BL

Albion in the Community are the official charity of Brighton and Hove Albion Football Club.

Albion in the Community's Brighter Outlook programme offers free physical activity support to help people to prepare for cancer treatments, help manage the side effects of treatment and support recovery.

Once we receive a referral, everyone receives a one-to-one initial assessment (either in person or online) with one of our specialist Cancer Rehab coaches, and follow-up support for up to 12 months.

Our goal is to support everyone to get more active in a way that is right for them – we offer:

- Group sessions in person across Sussex including Crawley
- A range of group sessions via Zoom (including strength and condition, seated class, yoga)
- One-to-one home programmes
- Referrals to local gyms
- Signposting to appropriate support and services.

For more information and to self-refer contact us or visit
brighteroutlook@albioninthecommunity.org.uk

The Brighter Outlook programme is free for anyone with a cancer diagnosis in Sussex.

Autism Support Crawley

Telephone: 07596 737741

Email: admin@autismsupportcrawley.co.uk

Twitter: @AutismSCrawley

Facebook: facebook.com/AutismSupportCrawleyInfo/

Website: autismsupportcrawley.co.uk

Address: C/O Richard Place Dobson, 1-7 Station Road, Crawley, West Sussex, RH10 1HT.



Autism Support Crawley is a voluntary carer-led charity supporting fellow carers caring for someone with an autistic mind, with or without a diagnosis. We host face-to-face coffee mornings and family events and online peer support meetings via Zoom. We have a closed Facebook platform just for carers to receive support, information and signposting. We sit on the Crawley Disability Forum, the Crawley Ambassadors Forum, the Crawley Pathfinders Forum, the Gatwick Accessibility Forum and the Sussex Police Neurodiversity Forum to promote Autism Acceptance, Inclusion and Participation.

Closed Facebook page just for carers which runs 24/7/365

Emailing list to send information out to members. Daily

Face-to-face coffee mornings. Term time, usually fourth Thursday of the month 10.30am-12 noon at The Coaching Halt, Maidenbower Business Park, Balcombe Road, Crawley, RH10 7NN.

Online peer support meetings via Zoom. Term time, usually first Thursday of the month from 7.30-9pm

We are considering restarting evening face-to-face meetings later in 2023 if there is demand.

No cost to join. Donations accepted, but not expected.



CAPITAL Project Trust

Telephone: 01243 869662

Email: enquiries@capitalproject.org

Twitter: @CAPITALProjectT

Facebook: [facebook.com/Capital-Project-Trust-114863848544733](https://www.facebook.com/Capital-Project-Trust-114863848544733)

Website: capitalproject.org

Address: Safe Haven, 32 Sudley Road, Bognor Regis PO21 1EL



We offer free membership to anyone who has lived experience of mental health services and is looking to get involved with, and join, our local activities across West Sussex.

We promote mutual support between members through groups, social events and various meetings including our monthly locality meeting in your area and our county wide meeting every three months.

We train and support volunteers to contribute in developing, planning, co-producing, delivering, evaluating and researching aspects of mental health care and improving health and social care services in West Sussex.

Monthly Northern West Sussex 'locality' meetings, usually fourth Friday of the month from 1-4pm at Langley Green Hospital, Martyrs Avenue, Langley Green, Crawley, West Sussex RH11 7EJ.

Occasionally during summer months, an outdoors 'locality' meeting may be held at a local park.

West Sussex quarterly meetings, to resume soon, usually held on a Thursday in Billingshurst between 10.30am-4pm.

Peer Support service to inpatients at Langley Green Hospital, Crawley, Tuesdays, Wednesdays and Thursdays.

Monthly Patients Viewpoint sessions at Langley Green Hospital, Crawley, usually the third Friday of the month from 10am-12 noon.

Carers' Health Team – Sussex Community NHS Foundation Trust



Telephone: 01243 623521

Email: sc-rt.carerwellbeing@nhs.net

Twitter: @scft_carers

Facebook: [facebook.com/scftcarers](https://www.facebook.com/scftcarers)

Website: sussexcommunity.nhs.uk/carers

Address: Colley House, Bognor Regis War Memorial Hospital,
Shripney Road, Bognor Regis PO22 9PP

We are a team of health care professionals that provide holistic assessments to enable us to support Crawley carers to maintain, or improve, their health and wellbeing. We offer health information and advice, and liaise with NHS, social and voluntary services to ensure appropriate support is in place.

We assess carers in their home, or an alternative setting of their choice.

We offer advice about how to keep healthy and manage any health issues you might have.

We work in partnership with other NHS specialist services, social and caring services as well as many other voluntary and community services.

This could include:

- Practical advice to help you in your caring role, such as safe moving and handling techniques and managing medication
- Information and advice on other services to help you in your caring role and lead a healthier lifestyle
- Advice and information to help plan the future and guide you through the complex health and social care system
- General health observations (blood pressure, pulse, temperature)
- Referral for further health screening if required.

We are a free service provided by Sussex Community NHS Foundation Trust for informal carers over the age of 18 registered with a West Sussex GP.

Carers Support West Sussex

Telephone: 0300 028 8888

Email: info@carerssupport.org.uk

Twitter: @CarersWSussex

Facebook: facebook.com/CarersWSussex

Website: carerssupport.org.uk

Address: The Orchard, Gleneagles Court, Brighton Road, Crawley
RH10 6AD



Here at Carers Support West Sussex, we look to provide unpaid carers with information and guidance along with practical and emotional support, so they feel valued and supported. We want to help solve financial concerns or alleviate the often-felt feelings of isolation and loneliness.

We welcome your contact, no matter what your caring role.

At Carers Support, we recognise that being a carer comes with many different challenges. We have a range of services that can help support you, from counselling and access to relaxation therapies to a Carer Wellbeing fund, Support Groups and Carer Response Line.

Our friendly and dedicated team are here to provide information, guidance, and support in your caring role. We also want to find ways for you to better manage your caring role while looking after your own health and wellbeing. If you would like to talk to one of the team, contact us to book into one of our dedicated phone surgeries and chose a date and time suitable to you.

We offer a variety of opportunities for carers to come together:

You can meet a member of our team for a face-to-face chat at one of our carer drop-ins. These offer an opportunity for you to meet informally to chat about how we can support you in your caring role.

For information about upcoming drop-ins, groups and events visit eventbrite.com/cc/crawley-765849

Carewise Care Funding Advice



Telephone: 0330 222 7000

Email: carewise@westsussex.gov.uk

Website: carewiseadvice.com

Address: Compass House, Worth Abbey, Paddockhurst Road,
Turners Hill RH10 4SB

The sole aim of Carewise is to provide impartial advice and support to those who may be choosing and planning care and wondering how to pay for long-term care costs. The scheme can help people to review different care options and make informed decisions about the most cost-effective way of paying for long-term care.

Carewise offers a panel of qualified, independent care fees specialists who will:

- **Review** your financial situation
- **Guide** you through the many products and options available to you
- **Provide** independent advice from across the whole financial market.

Carewise provides a free consultation with a care fees specialist. You can arrange this on the Carewise website by requesting a call back from a selected adviser or you can contact them directly.

Information and advice is free on the website and information booklet. The initial consultation is offered free of charge and the care fees specialist will explain the cost of any future advice.



The Cinnamon Trust

Telephone: 01736 - 757 900

Email: admin@cinnamon.org.uk

Twitter: @CinnamonTrust

Facebook: facebook.com/TheCinnamonTrust

Website: cinnamon.org.uk

Address: 10 Market Square, Hayle, Cornwall TR27 4HE



The Cinnamon Trust is the national charity whose wonderful volunteers help people over retirement age and those in the latter stages of a terminal illness by offering all kinds of pet care. Many elderly or ill pet owners worry about their ability to provide proper care for their animals and start looking to rehome what may be their only companion, this is where our national network of dedicated volunteers step in to offer support enabling them to stay together.

We will walk the dog for a housebound owner, foster pets when owners need hospital care, and even clean out the bird cage or litter trays. An owner can also make prior arrangements with the trust through our Pet Profiling service for the care of their pets should they pass away or go into residential care.

Life membership	£100	Annual subscription	£10
OAPs and under 16s	£5		

Citizens Advice in West Sussex

Telephone: 08082787969

Email: Cs.bureau@westsussexcab.org.uk

Twitter: @CAwestsussex

Facebook: facebook.com/CAWestSussex/

Website: Advicewestsussex.org.uk

Address: The Orchard, Gleneagles Court, Brighton Road, Crawley RH10 6AD



Free, responsible and honest advice in West Sussex.

- Debt and money advice
- Energy advice
- Universal Credit
- Benefits advice
- Employment issues
- Housing advice
- Legal advice.

YOU'LL LOVE OUR KIND OF CARE



BESPOKE LIVE-IN AND VISITING CARE IN SUSSEX

We are one of the leading home care providers in the south of England, providing high-quality live-in care and visiting care to vulnerable adults in the comfort of their own home.

With a strong history in care, we know the importance of getting to know our clients personally as individuals. Whether you choose live-in care or visiting care, we focus on ensuring peace of mind, dignity, and respect at all times. We can arrange your home care within 24 hours.

TYPES OF CARE WE CAN PROVIDE IN YOUR OWN HOME

- Complex care
- Palliative care
- Dementia care
- Disability care
- Couple care
- Post-operative care
- Overnight care
- Companionship care
- Respite care
- Personal care



 berkeleyhomehealth.com
 info@berkeleyhomehealth.com
 **01444 719 998**

Civil Service Pensioners Alliance, Crawley and District

Telephone: 01342 325245

Email: brian.sturtevant@cspa.co.uk

Website: crawley-cspa.co.uk

Address: c/o Crawley Community Action, The Orchard,
1-2 Gleneagles Court, Brighton Road, Crawley RH10 6AD



We meet monthly at the Orchard (see website for programme of meeting dates) to discuss issues of concern not only to Civil Service pensioners, but all pensioners, especially those in Crawley. After our business we have an entertaining speaker and then transfer to a local pub for lunch.

We campaign for protection of existing pensions, improvements in pensions, healthcare, the NHS, and protection and improvement in local services. We also provide help with personal pension cases. We produce a local newsletter three times a year. For further information about the provision of these services see the website for contact details. For further information about the national organisation visit cspa.co.uk

Members can contact the local officers of the group or attend the local meeting for help, information or assistance.

Membership of the Crawley group costs £10 per household per year and covers all members of the household. Membership of the national organisation costs £3 per month and a quarterly magazine is provided full of information helpful to pensioners. A meeting fee of £3 is charged to cover the cost of tea, coffee, biscuits and hire of the room.

West Sussex Connect to Support



Email: WestSussexConnectToSupport@westsussex.gov.uk

Website: westsussexconnecttosupport.org



Connect to Support provides free information and advice to support the residents of West Sussex to stay healthy and independent for longer. The website is organised into six sections to help users find the right support for them:

- Help staying safe
- Living independently
- How to live well with a health condition or disability
- Caring for someone
- Money advice
- Care options.

The website is an opportunity to discover tips on improving health and wellbeing, find the right equipment to enable independence, get support for carers and to learn about options for extra care and support.

The Cornerstone Café at St Andrew's Church



Telephone: 01293 526618

Facebook: facebook.com/cornerstonecafecrawley/

Address: St Andrew's Church, Weald Drive, Furnace Green, Crawley RH10 6NU



At The Cornerstone Café we love getting to know people and being there to have a chat. We also have some activities throughout the week, as well as serving tasty food, drink, cakes and snacks.

We are open Mondays, Wednesdays and Fridays 10am-3pm during school term time, so why not pop along and say hello and see what we have going on.

No charge other than if you are purchasing food and drinks.

Crawley Audio News

Crawley Audio News

Telephone: 01342 719337

Email: philpratt@btopenworld.com

Address: 1 Charlwood Close, Copthorne RH10 3TG

We record the local news and articles of general interest and send them out weekly to the blind and visually impaired in the Crawley area. Crawley Audio News is distributed on USB data sticks. We can provide players for the sticks for those who do not have a suitable machine.

There are no fees or costs and the data sticks are delivered and returned free of charge by Royal Mail. Email Phil Pratt to sign up for this service.

Crawley Borough Council



Telephone: 01293 438000

Email: comments@crawley.gov.uk

Twitter: @crawleybc

Facebook: facebook.com/crawleycouncil

Website: crawley.gov.uk

Address: Town Hall, The Boulevard, Crawley RH10 1UZ

Crawley Borough Council provides many services for the residents of Crawley. From getting involved in your local neighbourhood to housing, benefits and much more. Read on for information about just two of our services; to find out more about our other services, please visit crawley.gov.uk or call the number above.

Housing Benefit

Telephone: 01293 438611

Email: benefits@crawley.gov.uk

Website: crawley.gov.uk/benefits

Housing Benefit and/or the Council Tax Reduction Scheme can pay up to 100 per cent of your rent or Council Tax. The amount of benefit you may receive depends on the amount of money you have coming in, the savings you have and who lives with you. You and your partner's income and savings are compared with the amount the government says someone in your circumstances needs to live on.

Please note that if you are over the state pension age and your partner is not, or, if your partner is over state pension age and you are not, you may need to claim Universal Credit as ‘a mixed-age couple’ if you are not currently getting Pension Credit.

Sheltered Housing

Telephone: 01293 438608

Email: property.store@crawley.gov.uk

Website: crawley.gov.uk/housing and crawley-homechoice.org.uk/

Address: Sheltered Housing, Town Hall, The Boulevard, Crawley RH10 1UZ

Crawley Borough Council has nearly 600 homes in 10 sheltered housing schemes across the town. We have flats and bungalows and no two schemes are the same. Sheltered housing is all about independent living, as you get older. It’s designed to allow you to live independently with the reassurance of someone being there if you need support. Our homes are all self-contained, with their own front door, allowing you to come and go as you please, to have friends and family visit when you want and live life at your own pace. Pull cords around your home connect you to our 24 hour, seven day a week monitoring centre, who can get you the right help as quickly as possible. You also have the chance to socialise with others in the scheme community rooms if you want to. We provide social rented housing for people over 60 years of age, or over 55 if they have a disability. Our one or two bedroom self-contained flats and bungalows have their own front door leading to a lounge, bedroom(s), kitchen and bathroom.



Crawley Community Transport / Community Transport Sussex

Telephone: 01293 523764 (for enquiries)

01293 544985 (booking line)

Email: enquiry@crawleyct.org.uk

Twitter: @ct_sussex

Facebook:

facebook.com/CommunityTransportSussex/

Website: ctsussex.org.uk

Address: Crawley Community Transport @ The Charis Centre,
West Green Drive, Crawley RH10 7EL



We are a charitable community transport operator for Crawley and the surrounding area, providing a fully accessible minibus service for residents to help with transport needs for individual users unable to access other public transport services. This can be due to physical, sensory, or learning disabilities or no public transport service available to them because of geographic isolation.

- **Dial a Ride (DAR)** Door-to-Door accessible minibus service providing journeys for Crawley residents to local medical appointments, shopping, visiting friends and family and attending social groups
- **Volunteer Car Scheme** our team of volunteers using their own cars help with the provision of journeys just outside of Crawley for example to medical appointments at East Surrey, Queen Victoria and Princess Royal Hospitals along with social trips for shopping and meeting friends. They may also help with journeys within Crawley when our Dial a Ride service is not available
- **Travel Buddy Scheme** is a CTS-led service which will empower those living with dementia to live as independently as possible in their community for longer through flexible and personalised travel support. The service will pair a person with dementia with a volunteer, who will assist them to get to social settings, activities, shopping, and wellbeing activities. It will allow them to get to meaningful activities of their choice whilst enabling carers to get a regular break, safe in the knowledge that the person with dementia is being supported
- **Group bookings** for not-for-profit organisations
- **Self-drive hire** for community groups with qualified drivers.

Our DAR services are available Monday to Friday (excluding bank holidays) journeys can be taken between 9.30am-2pm and our car scheme is between 8am-5pm. All booking enquiries are subject to availability and must be booked in advance, we are unable to take bookings on the day travel is required. Bookings are to be made by phone on 01293 523764 and the booking line is open 9.30am-12 noon, Monday-Friday.

We require a membership form to be completed by all our passengers, we do not charge to register as a member.

The fare for our Dial a Ride service, for trips within the Crawley area is £7 return. The car scheme costs are variable and based on the total number of miles travelled and calculated at 50p per mile (with a minimum charge of £5). Prices correct as of February 2023.

Crawley Neighbourhood Watch

Telephone: 07917 385213

Email: enquiries@sussexnwfed.org.uk

Facebook: facebook.com/crawleynhw/

Website: sussexnwfed.org.uk

Address: 191 Rusper Road, Ifield, Crawley RH11 0HT



The Sussex Neighbourhood Watch Federation, a registered charity, is the democratically elected umbrella organisation for Neighbourhood Watch (NW) across Sussex. We are affiliated to the Neighbourhood Watch Network (NWN), the largest voluntary movement within the UK, and the only national charity where communities protect themselves and others through sharing and delivering crime prevention advice.

Crime prevention is our core business, along with community and public safety.

Please go to our website for further information. sussexnwfed.org.uk

NHW is free to join.

Crawley Town Community Foundation

Telephone: 01293 410000 ex.2

Email: community@crawleytownfc.com

Twitter: @crawleytowncf

Facebook: facebook.com/ctcommunityfoundation/

Website: ctcommunityfoundation.com

Address: Crawley Town Football Club, Broadfield Stadium,
Winfield Way, Crawley RH11 9RX



Community Foundation
Positively changing lives through sport and football



We use the power of sport and football to engage, inspire and empower people. Working with participants and the community, together with local, regional and national partners, we aim to positively change lives and support people in health and wellbeing, sports participation, equalities and inclusion, education, enterprise, employment and skills, regeneration and community safety.

- **Cognitive Stimulation Therapy** – A reminiscence session for people with, or at risk of, dementia or any other cognitive illness. Discussing topics relevant to daily life. Held at Crawley Museum from 1-2.30pm every Monday
- **Virtual Extra Time Hubs** – A virtual coffee morning with discussion, check-ins, games, and quizzes held on Zoom with a weekly link sent to participants. From 11am-12 noon every Tuesday
- **Walk and Talk** – Held at various walking locations across Crawley from 10.30am every Wednesday
- **Sporting Memories** – A reminiscence session held around sport, talking about sporting legends and remembering sporting high lights in history. Held at Crawley Museum every Thursday
- **Extra Time Hubs** – Coffee morning held at The Broadfield Stadium every Friday between 11.30am-1.30pm open to all, with tea and biscuits, arts and crafts, games, seated exercises, pool, strength and balance classes, check-ins and visits from external partners. £3 a session
- **Walking Football** – Held between 12 noon-1pm in the Ballcourt at The Broadfield Stadium and refereed by a community coach. £3 a session.

All sessions are aimed at those aged 50+, or at a risk of loneliness, retired or semi-retired.

Cognitive Stimulation Therapy, Virtual Extra Time Hubs, Walk and Talk and Sporting Memories – **free of charge.**

Friday Extra Time Hubs, Walking Football – **£3 a session.**

Crawley u3a



Telephone: Access Coordinator 07775 583220

Secretary: 01293 514475

Email: Access Coordinator access.coordinator@crawleyu3a.org.uk
u3asites.org.uk/crawley/contact

Facebook: facebook.com/groups/CrawleyU3A

Website: u3asites.org.uk/crawley/home



Crawley u3a is part of the UK u3a movement, which provides educational, recreational and social activities for adults with increased leisure time once they have ceased working full time. The u3a motto is “Learn, Live and Laugh”.

Crawley u3a is a local group of currently around 560 people who no longer work full time. We are part of the national u3a and have over 40 interest groups which are run by the members for the members with everyone sharing their skills, knowledge, and experience in an informal, friendly environment. It is an excellent way to meet new people, make friends and, most of all, have fun.

Our groups cover a variety of interests such as gardening, walking, outings, music, art, history, theatre, and books. Activities such as bridge, quizzing, tennis, and table tennis are also represented. We hold monthly meetings, open to all members, with guest speakers, several coffee mornings and coach trips a year, the most recent being to the Tower of London.

The individual groups (and members can belong to several) meet weekly, fortnightly or monthly.

Full details are shown on the Groups page of our website, together with location details at u3asites.org.uk/crawley/groups

The indoor based activities take place at a number of locations across Crawley, the most used one being St Pauls church, in Northgate. The monthly meetings open to everybody take place at the Friary Hall in the town centre.

The annual subscription charge for 2022-2023 will be £10.15 (individual) or £15.60 for two members at the same address. There is a charge of £2 per group session for room-based group meetings to cover the cost of room hire. There is an annual charge of £3.80 per group for outdoor activity groups. Outings and trips are charged for on an actual cost per person basis.

Crawley Volunteers



Telephone: 07716 641409

Email: emily.thorpe@crawleycommunityaction.org

Website: crawleycommunityaction.org/volunteering/

Address: The Orchard, 1-2 Gleneagles Court, Brighton Road, Crawley West Sussex RH10 6AD

Crawley Volunteers supports individuals in Crawley with volunteering opportunities and support. Crawley Volunteers provides support to those looking to volunteer or those who are already volunteering. We work closely with the community to bring people and organisations together to share skills and knowledge; and to create a diverse range of activities in Crawley. Crawley Volunteers is looking to help those who have retired and want to use their skills, interests or hobbies to help others within the community.

We provide an online volunteer role search, where individuals can sign up and browse the opportunities in Crawley.

We also offer a volunteer match making service where our Crawley Volunteers Manager will support individuals looking for a volunteer position.

Crawley Writers' Circle



Email: crawleywriterscircle@gmail.com

Website: crawleycommunityaction.org/volunteering/

Facebook: facebook.com/groups/4635439533201651

Crawley Writers Circle

Website: crawleywriterscircle.wixsite.com/website

Address: c/o Crawley Museum, The Tree, 103 High Street, Crawley, West Sussex RH10 1DD

Crawley Writers' Circle, a small and friendly group of local writers who meet to discuss their stories, poems and other texts once or twice a month.

Crawley Writers' Circle meet on the third Wednesday of the month, except in December.

10am-12 noon at Crawley Museum.

Currently £10 per annum. Members buy their own teas and coffees at meetings for £1.50.

Cruse Bereavement Support



Telephone: 0300 311 9959

Email: westsussexarea@cruse.org.uk

Facebook: facebook.com/westsussexarea.cruse.org.uk/

Website: cruse.org.uk

Address: Unit 0.1, One Victoria Villas, Richmond, Surrey TW9 2GW



At present, Crawley, Horsham and Mid Sussex Cruse are able to offer up to six, 1:1 bereavement support sessions, either via phone or Zoom link. We also offer online structured group support (a closed group of up to 12 bereaved people, meeting online each week for six weeks to explore, remember and talk about their grief with experienced facilitators).

There is a waiting list, and this can vary from month-to-month but it is usually between two-three months. If you would like a call from one of our experienced telephone team, they can help you make sense of your feelings, and ensure that Cruse offers you the right service that will suit your needs. Visit westsussexarea@cruse.org.uk

Please either reply to this email giving the following details

- Full name
- Full address including postcode
- Contact telephone number and convenient times to call
- Name and address of GP
- Time since bereavement.

Or call **0300 311 9959** (free) and select option three for Crawley, Horsham and Mid Sussex. Leave your name and contact number and convenient times to call and one of our local telephone team volunteers will contact you within 72 hours. Please note that the call will be from a withheld number.

Cruse also has a national helpline on **0808 808 1677** which is open Monday and Friday from 9.30am to 5pm, Tuesday, Wednesday and Thursday 9.30am to 8pm, and Saturday and Sunday 10am to 2pm where you can speak directly to a bereavement volunteer.

Alternatively, you can visit our **website cruse.org.uk** where you can access lots of helpful information some of which may offer some reassurance to you at this difficult time. You can also find details of CruseChat, where you can chat online with an expert grief counsellor. If your need is urgent The Samaritans are available 24 hours a day on **116 123**. This is a free service but we do rely on client donations.

The Forget Me Nots (Crawley)



Telephone: 01293 427067 or 07486869939

Email: info@theforgetmenots.org

Facebook: facebook.com/Forgetmenotscrawley/

Website: forgetmenotclub.org

Address: 24 Clive Way, Pound Hill, Crawley, West Sussex RH10 7AH
(office/admin only)



We provide friendship, support, information, and signposting for anyone who has someone in their life with dementia, this can be a relative, a loved one or a friend. All our volunteers and staff have their own dementia story to tell so you will be in good company.

Our Dementia Carer Groups meet twice a week on a Tuesday evening from 5-7.30pm and on Fridays from 10.30am-2pm but please check our website or telephone prior to your first visit for venue and timings as things can change.

We have supper on Tuesdays but eating is not obligatory you can just pop along for a cuppa and a chat.

Fridays is our lunch club, we have refreshments, entertainment, quizzes, games and chat followed by a two-course lunch, Fridays is the day you can bring the person living with dementia with you if you wish, so you can enjoy some quality time together in a non-judgemental, safe environment where the people around you truly understand what your life is like.

We also eat out in a local dementia aware pub or restaurant as a group once a month and enjoy trips out.

There is no membership fee but we have subs payable each week.

Please call or look on our website for our up-to-date fees and meal costs.

GamCare

Telephone: The National Gambling Helpline
0808 8020 133

Treatment Services (Breakeven)

Email: kerri.rustell@gamcare.org.uk

Twitter: @gamcare

Website: gamcare.org.uk

Address: 91-94 Saffron Hill, London EC1N 8QP



GamCare provide free information, advice, treatment and support for anyone affected by gambling related harm in the Crawley area.

We also work with public sector and third sector organisations in Crawley and the surrounding area to help staff and volunteers identify, support and signpost anyone presenting with gambling harms, whether that's the person who's gambling or an affected other.

The National Gambling Helpline (freephone **0808 8020133**) for anyone affected by gambling harms including affected others.

Treatment Services: We provide a range of support options for problem gamblers and affected others using a stepped care approach. We offer various stages of interventions depending on the clients need such as gambling specific information and advice, triage assessment, group and peer support.

Free CPD Accredited Gambling Related Harm Awareness staff training at request either onsite or online for anyone working in the public or third sector.



Glaucoma UK

Telephone: 01233 64 81 64

Email: info@glaucoma.uk

Twitter: twitter.com/glaucoma_uk

Facebook: facebook.com/glaucomauk

Website: glaucoma.uk

Address: Woodcote House, 15 Highpoint Business Village, Henwood, Ashford, Kent TN24 8DH



Glaucoma UK is the charity for people with glaucoma. We campaign to raise awareness so that glaucoma is detected early and can be treated, we support people to live well with the disease and we fund sight-saving research.

We provide a range of free services to help people living with glaucoma, and everyone who cares for them.

If you'd like to talk about glaucoma, our helpline is here to answer your questions. Our advisors are available Monday to Friday from 9.30am to 5pm on **01233 648170** and at **helpline@glaucoma.uk**

The Glaucoma UK website glaucoma.uk has lots of advice and resources if you're looking for support. We produce a range of information resources covering all aspects of living with glaucoma. All our publications are free to order or download through our website.

We run a membership scheme for anyone who would like to keep up to date with the latest news about glaucoma. The cost is £17.50 per year, and membership benefits include receiving our quarterly magazine with all the latest updates on glaucoma research.

Gurjar Hindu Union



Telephone: 07833 252551

Email: ashel@hotmail.co.uk

Facebook: facebook.com/AppleTreeCentre

Website: crawleyhindu.com

Address: Apple Tree Centre, Ifield Avenue, Crawley RH11 0AF

We have a lovely facility and large car park. We provide networking, welfare, yoga, dietary information, exercise (chair based) classes and outings.

We meet on Mondays, Wednesdays and Fridays from 10.30am to 12 noon.

Light lunch is also provided at 12 noon.

Charge £10 per month.

We work closely with the AGE UK, Crawley Wellbeing, GP surgery and any other organisation happy to work and support us.

All activities take place in our beautiful centre.

All are welcome to come. Just contact Ashwin Soni (**07833 252551**).



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What makes us different?

Qualified Professionals dealing with you matter throughout.

Family owned and run high street practice offering clients a caring, reliable and personal service.

For those with mobility issues we offer local home visits across Crawley and Horley at no extra charge to the client.

www.ferndownsolicitors.co.uk [@Ferndownsolicitors](https://www.facebook.com/Ferndownsolicitors)

83 Victoria Road, Horley, Surrey, RH6 7QH

Tel: 01293 978048

(Meeting rooms also available at Orega, The Beehive, Beehive Ring Road, Crawley, West Sussex, RH6 0PA)

Headway Sussex

Telephone: 01825 724323

Email: info@headwaysussex.org.uk

Twitter: @headwaysussex

Facebook: facebook.com/HeadwaySussex/

Website: headwaysussex.org.uk

Address: Headway Sussex, Headway House, Jackies Lane, Newick, East Sussex BN8 4QX

Headway Sussex supports people with an acquired brain injury to thrive within their communities and provides support to their family Carers. A brain injury can be the result of many different causes including stroke, accident, tumour, infection, sporting injury or assault.

In Crawley, we run a monthly support group which meets on the second Wednesday of each month from 2-4pm at The Orchard, Brighton Road. Anyone affected by an acquired brain injury is welcome to attend.

We offer a hospital liaison service, counselling – either in person or remotely, an outreach service (mainly focused around Brighton and Hove at present, a response and call back service, day centres in Newick, Eastbourne and Brighton and support groups in Brighton, Eastbourne, Bognor Regis, Worthing, Crawley and online.

Our support groups are free to attend but we ask if you are able to make a donation of £5 towards the cost of running the group, we would be very grateful. For prices for other services, please get in touch so we can understand your needs.

Healthwatch West Sussex



Telephone: 0300 012 0122

Email: cheryl.berry@healthwatchwestsussex.co.uk

Twitter: @healthwatchws

Facebook: [Facebook.com/HealthwatchWestSussex](https://www.facebook.com/HealthwatchWestSussex)

Website: healthwatchwestsussex.co.uk

Address: Healthwatch West Sussex, PO Box 1360, Crawley RH10 0QS



For help, advice, and information or to share your experience.

We are the independent champion for people who use health and social care services. We are here to find out what matters to people and help ensure their views shape the support they need.

We record what people tell us and share this anonymously with those who make decisions about our health and care services. Not only do we collect the experiences of local people, but we can also provide free information and guidance.

Healthwatch is transparent and independent, with the authority to demand action. Together we speak louder.

Our helpdesk help's people find the information they need about health, care and community and voluntary health and care support services in West Sussex.

Telephone: 0300 012 0122

Email: helpdesk@healthwatchwestsussex.co.uk

You can also call the helpdesk number to access our free Independent Health Complaints Advocacy if you need guidance on an NHS complaint or practical support.

All services provided free of charge.

Holy Trinity Church

Telephone: 07856 657594 (vicar)

01293 547261 (office, including hall bookings)

Email: vicar@holytrinitytilgate.co.uk (vicar)

saintmaryssouthgate@gmail.com (office)

Facebook: facebook.com/holytrinitytilgate

Website: holytrinitytilgate.co.uk

Address: Titmus Drive, Tilgate, Crawley RH10 5EU (no post)

Postal Address: The Rectory, Forester Road, Southgate,

Crawley RH10 6EH



Holy Trinity is a Bible-based and friendly Church of England Church. We actively encourage the participation of all members, whatever their age, in church life. We meet to worship Jesus Christ and to share his love by serving others.

We have services in church at 9am and 10.30am on Sundays. (alternating Holy Communion and Morning Prayer/Sunday Worship) and at 10am on Tuesdays (Holy Communion). The Tuesday and 10.30am Sunday services are followed by coffee and chat – a time to build friendships. Midweek groups meet to pray and to learn from the Bible together.

Holy Trinity church hall hosts the u3a art group on Tuesday afternoons and Wobble (seated exercises and coffee) on Friday mornings (see separate entries).

No fees or charges. Members are encouraged to contribute as appropriate for them.

Horsham and Crawley Counselling Group

Telephone: 01403 217900

Email: enquiries@hccounselling.org.uk

Twitter: @hccounselling

Facebook: facebook.com/hccounselling/

Website: hccounselling.org.uk

Address: Alphacom House, 8A Oakhill Road, Horsham RH13 5SB



We're a team of qualified and experienced counsellors based at Alphacom House, Oakhill Road, Horsham providing counselling services to residents of Crawley, Horsham and the surrounding villages.

Our team can support you if you are experiencing anxiety, depression, stress, bereavement, relationship difficulties or simply if you want to make some changes in your life.

We support older people, but also adults, young people and children. We are committed to working at your pace – so we can offer both short and long-term therapy.

We also offer wellbeing and reflective practice services and employee support.

Face to Face counselling is offered at our premises in Horsham and we also offer counselling by Zoom, Google Meet and over the phone. We offer morning, afternoon and evening sessions.

We don't have wheelchair access at our premises but are able to arrange counselling at other premises.

We have a sliding scale of fees. Please see our website for details.

Ifield Park Care Home

Telephone: 01293 594200

Email: reception@ifieldparkcarehome.co.uk

Website: ifieldparkcarehome.co.uk

Address: Rusper Road, Crawley RH11 0JE



We provide modern, high-quality accommodation for older people within our purpose-built residential accommodations which are designed to give our residents the highest level of care in friendly, safe, and familiar surroundings. Our staff are fully trained and dedicated to providing the very best support and care to our residents.

The services provided are:

Permanent and respite stays for both residential and dementia residential residents.

We also provide daily sessions within our Day Centre (Monday to Friday between 10am and 3pm) which includes our minibus (for Crawley residents) activities, snacks and beverages and a hot, two-course meal.

Our fees for permanent and respite stays are:

Residential £1,200 per week

Dementia residential £1,300 per week

Day centre £70 per session

Independent Age



Telephone: 020 7605 4200 – for any general enquiries. If someone over 65 needs support, information and advice: Helpline team – 0800 319 6789 (freephone)

Email: For any general enquiries: charity@independentage.org

If someone over 65 needs support, information and advice: advice@independentage.org

Website: independentage.org

Address: Independent Age, 18 Avonmore Road, London W14 8RR

Independent Age is a national charity which provides a range of services for older people, their families and carers in England, Wales and Scotland. Our vision is for everyone to live a happy, connected

and purposeful later life. Our mission is to ensure that as we grow older, we all have the opportunity to live well with dignity, choice and purpose.

Alongside community services and a strong campaigning voice, Independent Age provides older people and their families with clear, free and impartial information and advice on care and support, money and benefits, health and mobility.

Registered charity number 210729 (England and Wales SC047184 (Scotland)

In Crawley we have a helpline and advice service, as well as free advice guides on a range of subjects. There is also a lot of information for older people, their families and carers available on our website on subjects such as money, support and care, housing options, health, planning for the future.

Our services:

- Helpline
- Information and advice service
- Community services
- Digital and phone services
- Grants.

Helpline:

The helpline team provides free and impartial information and advice on any issues affecting older people. Our particular areas of expertise include:

- Care and support
- Money and benefits
- Health and mobility.

Other ways the helpline can help:

- Sending out copies of our free advice guides or leaflets
- Gateway to other services provided by Independent Age
- Signposting to external agencies or community organisations when such need is identified.

The helpline team can be contacted on freephone **0800 319 6789**, Monday to Friday 8.30am to 5.30pm, or via the webchat option on our website. A telephone translation service can be used if this is needed.

Information and advice service:

- **Advice service**
Free confidential telephone service for people that are aged 65+, their families and carers and who require specialist advice.

This support is provided by our team of specialist advisers through telephone appointments. The service covers our specialist knowledge areas so appointments can range from a discussion around the assessment process for moving into care, how a hospital discharge should take place, to a full welfare benefit check to maximise the person's income.

A telephone translation service can be used for the appointment if this is needed.

The advice service can also provide advice through email if this is preferred.

The advice service can be contacted via our helpline team on **0800 319 6789** or by emailing advice@independentage.org

- **Information service**

Independent Age publishes free printed and downloadable guides and factsheets on a range of subjects, such as money, support and care, health, housing options etc.

Our advice guides are full of information to help older people find the care they need, boost their income, remain independent, choose the right place to live, stay connected with others, and more.

The guides can be ordered or downloaded through our website or by calling our helpline on **0800 319 6789** at no cost.

How to contact us:

If someone over 65 needs support, information and advice:

Helpline team – **0800 319 6789** (freephone)

E advice@independentage.org

To order our free guides and factsheets, visit our website:

independentage.org/adviceguides or call the helpline on freephone **0800 319 6789**.

For any general enquiries:

T **020 7605 4200**

E charity@independentage.org

Crawley Wellbeing offers a free, friendly and impartial service to support you in making positive improvements to your physical and mental health and wellbeing. Individual appointments are available at K2 Crawley and on our mobile vehicle which will be visiting different neighbourhoods in Crawley to allow greater access to our service. We can also talk to you over the phone or virtually.



To find out what advice we can give you, please see overleaf.

crawley wellbeing

Nutrition and weight management

To support you with eating a healthier diet or reducing weight, we offer nutritional advice with an advisor and weight management courses. These courses offer both advice and physical activity to help you in making sustainable changes.



Being active

We have access to a library of exercise options in the town to suit all abilities. We also have a programme of health walks which are free and fun to attend and make friends.



Preventing falls

Falls represent the most frequent and serious type of accident in the over 65s and can have a major impact on a person's life. Crawley Wellbeing runs regular strength and balance courses which are designed to help prevent falls and encourage stability for longer.

Smoking cessation

If you want to quit smoking you are four times more likely to be successful with professional support and the right medication nicotine replacement therapy. Our advisors are trained to motivate and guide you to quit for good.



Reducing your alcohol intake

If you feel that you are drinking a bit too much and would like to cut back, we offer one-to-one appointments to help you find a route to sensible drinking.

NHS health checks

We offer NHS health checks, which are check-ups for adults between 40 and 74. They're designed to spot early signs of stroke, kidney disease, heart disease, type 2 diabetes or dementia. As we get older, we have a higher risk of developing one of these conditions. This check helps find out your cardiovascular risk score and offers advice on lowering your risk.

Contact us

We also have links with many organisations who are available to ensure you get the right support for you.

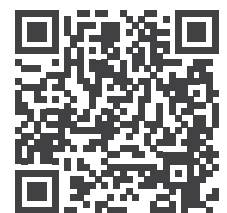
Whether you are looking for ways to take more control of your health, be more active or increase your social contact, we can help.

For information about our services, contact us on:

☎ 01293 585317

🌐 crawley.westsussexwellbeing.org.uk

🗨 [facebook.com/CrawleyWB](https://www.facebook.com/CrawleyWB) (Facebook)
@crawleywb (Twitter)



Contact form: my.crawley.gov.uk/service/wellbeing_support_request

Emotional wellbeing

We can support with low level emotional wellbeing and offer advice and support with making small lifestyle changes to improve mood, including advice on sleep and relaxation techniques.





crawley wellbeing



Everyone Active

everyone
ACTIVE



Telephone: 01293 585300

Email: [everyoneactive.com/enquiries/?siteid=0202](https://www.everyoneactive.com/enquiries/?siteid=0202)

Twitter: <https://twitter.com/everyoneactive>

Facebook: [facebook.com/K2Crawley/](https://www.facebook.com/K2Crawley/)

Address: Pease Pottage Hill, Crawley RH11 9BQ

We manage a number of Leisure facilities in Crawley, on behalf of Crawley Borough Council – these include K2 Crawley, Bewbush Leisure Centre and the Broadfield 3G pitches.

Our organisation is the biggest and longest-established leisure operator in the UK, having been founded in 1987. We now operate more than 200 leisure and cultural facilities throughout the country, in partnership with 60 different local authorities.

We offer:

- Gym (more than 150 stations) – seven days a week
- Over 50s badminton – Mondays/Wednesdays/Fridays – 9am-12 noon
- Aqua aerobics – Tuesdays 12.30-1.15pm and 7.15-8pm, Wednesdays 8.30-9.15am, Fridays 12.15-1pm
- Aerobics – Mondays/Wednesdays/Fridays 9.30-10.30am
- Pilates – Mondays/Fridays 10.30am and 11.30am, Wednesdays 9.30am, Saturdays 9am
- Yoga – Tuesdays/Wednesdays 9.30am, Thursdays 9.30 and 11.30am
- Swimming – seven days a week (subject to galas and events)
- Bowls – anytime seven days a week (subject to bookings)
- Walking cricket – Thursdays 12 noon-1pm
- Walking football – Mondays 6-7pm and Wednesdays 12 noon-1pm.

Our concession membership is £24.99 and includes access to gym, swimming, exercise classes and seven-day advance priority booking rights.

LEAP – Local Energy Advice Partnership

Telephone: 0800 060 7567

Email: support@applyforleap.org.uk

Twitter: @LEAPService

Facebook: facebook.com/LEAPService/

Website: applyforleap.org.uk

Address: Walker House, George St, Aylesbury HP20 2HU



LEAP is a free service that is helping people keep warm and reduce their energy bills without costing them any money. We provide energy efficiency advice, benefit checks, free easy energy saving measures such as low energy light bulbs, radiator panel and draught proofing and help and support to improve the energy efficiency of your home.

Home energy advice visits

Replacement white goods

Boiler repair/replacement

Please note residents must meet our eligibility criteria.

Brighton & Hove LGBT Switchboard

Telephone: 07934 345120

Email: jack.mason@switchboard.org.uk

Twitter: @LGBTSwitchboard

Facebook: facebook.com/LGBTswitchboard/

Website: switchboard.org.uk/

Address: Community Base, 113 Queens Road, Brighton BN1 3XG



Brighton & Hove LGBT Switchboard is a by and for charity that connects and supports LGBTQ+ people to feel a sense of community. We run a range of frontline projects in Brighton and Hove, such as the Older People's Project and Domestic Abuse Project. Our Dementia Support Project supports LGBTQ+ people living with dementia and/or their caregivers, and this operates in both East and West Sussex.

As well as monthly meetups in Worthing and Brighton, our Dementia Support Project offers online caregivers Zooms, home visits and one-to-one chats. Anyone living in Crawley who is LGBTQ+ and living with dementia/supporting someone living with dementia can benefit from this service.

All of our groups and activities are free of charge.

Lifeline Emergency Alarm Service



Telephone: 01293 438468

Email: lifeline@ Crawley.gov.uk

Twitter: Crawley Council (@crawleybc) / Twitter

Facebook: [facebook.com/crawleycouncil](https://www.facebook.com/crawleycouncil)

Website: Crawley.gov.uk/lifeline

Address: Town Hall, The Boulevard, Crawley RH10 1UZ



We are Crawley Borough Council's Lifeline service; we provide easy to use personal alarm equipment, to help keep you safe and well at home, providing peace of mind for you, your family and friends.

The Lifeline unit comes with a red button that you wear whilst at home, either on the wrist or around your neck. In an emergency, simply press the red button and you'll be connected to our Alarm Receiving Centre, 24 hours a day, seven days a week. Operators are always there, waiting to take your call and get you the help you need, providing a link between you and the people you can rely on.

We offer two types of Lifeline unit; our traditional Lifeline unit plugs into an analogue phone line or an internet router, and our digital Lifeline uses mobile phone technology, so needs an electric plug only.

At the free installation, our friendly team allow plenty of time to make sure you understand how to use the equipment and what to do in an emergency.

Our Lifeline units support additional equipment, such as smoke detectors. We can also provide a GPS tracker for use out of the house too.

The Lifeline service is open to anyone living in Crawley or the surrounding towns and villages in West Sussex. To request a Lifeline or free demonstration, fill in our online form form at Crawley.gov.uk/lifeline or call us on **01293 438468** to speak to a team member.

There is a small weekly charge that covers the cost of monitoring, an annual service visit, all call outs to check and/or replace the equipment when necessary and an annual newsletter.

Why is a power of attorney an essential part of **planning for your future?**

Having powers of attorney in place is an important part of planning for the future, particularly when considering moving into a retirement or care home. They help ensure that those who you trust can help make the right decisions about your financial and healthcare needs should you lose the capacity to make those decisions yourself.

Indeed, several care home providers are now insisting that residents either already have powers of attorney in place when they enter the home or require them to take steps to put them in place as part of their residency. For those who already lack mental capacity, to make a lasting power of attorney an application must be made to the Court of Protection for a deputy to be appointed instead.

How does a power of attorney benefit care home residents?

1. If it has been established that a resident does not have the required capacity to take the decision, only a properly appointed legal representative (an attorney or deputy) can take a financial decision on behalf of the resident.
2. If the decision relates to health and welfare, the family and any other relevant others (for example close friends, general practitioner, social worker etc.) will be involved in taking such a decision in the resident's best interests. A family member would not have authority to take the decision on their own.
3. If a power of attorney in place, someone is authorised to take decisions on behalf of the resident which can reduce the administrative process and prevent delays in best interests decisions being taken.
4. The care home knows who a resident would like them to deal with if they are unable to express this wish themselves.
5. If no power of attorney is in place and an application to the Court of Protection is required, it can take several months before a third party can take a decision on behalf of a resident.



The team at Morr & Co help clients with all aspects of setting up a lasting power of attorney, including choosing and appointing attorneys, and ensuring that your wishes are accurately reflected in any documentation, particularly in relation to finance and healthcare.

As well as leading the Private Client team at Morr & Co, Holly Chantler is a Director of Solicitors for the Elderly (SFE) and the Professional Deputies Forum (PDF), and is a panel deputy for the Office of the Public Guardian and the Court of Protection.

Holly is also a registered STEP Trust and Estate Practitioner and she was recognised at the 2021 Surrey Law Society Awards as both "Private Client Lawyer of the Year", and "Lawyer of the Year".

Contact our expert solicitors on:

 01737 854 500

 info@morrlaw.com

Offices across Surrey, Hampshire & South West London

MORR
&
CO

Crawley Men's Shed

Telephone: 01293 585317 or 07826 896903

Email: shed@crawley.gov.uk

Facebook: facebook.com/crawleymensshed

Website: crawleymensshed.com

Address: Hut 4 Tilgate Forest Recreation Centre,
Crawley RH11 9BP



Crawley Men's Shed is a free workspace where men can work on practical projects and socialise with likeminded people. Equipped with tools and materials donated by the public or local businesses, the Shed is run by members, with the support of a coordinator.

We make and mend things together and undertake projects, which are of benefit to individuals, groups and the Crawley community.

Open Monday and Friday from 10am-4pm.

Free membership and refreshments.

Mycare matters 2020 CIC

Telephone: 01403 210485

Email: info@mycarematters.org

Twitter: @mycarematters

Facebook: facebook.com/mycarematters

Website: myfuturecare.org

Address: Horsham



We provide support to people wishing to make and record plans for later life, future care, end of life and beyond, including the creation of an advance care plan. The My Future Care Handbook is a one-stop-shop for all things related to later life and beyond, and the My Future Care Buddy Service helps people use the handbook to develop their action plan and see it through.

We offer small group introductory sessions online and thereafter one-to-one Zoom sessions or phone calls to provide further support and encouragement to develop and complete an action plan. See next dates and how to book at myfuturecare.org

Face-to-face support may be available via local partner organisations. Call **01403 210485** or email info@mycarematters.org

The Buddy Service is free and includes a free copy of the My Future Handbook. Handbooks are available to buy for those not wishing to use the Buddy Service.

Nuffield Health Crawley Central



Telephone: 01293 608000

Email: CrawleyWestFW.management@nuffieldhealth.com

Facebook: facebook.com/NuffieldHealthCrawleyCentral

Website: nuffieldhealth.com/gyms/crawley-central

Address: Crawley Central Gym, West Green, Unit 3, Crawley Leisure Park, Ifield Avenue, Crawley RH10 8LR



We're specialists in you

Our modern club is more than just a gym, offering you the best facilities, services and wellbeing experts so that you can enjoy an exceptional fitness experience.

- Large gym
- Huge variety of classes including Les Mills classes
- Swimming pool, sauna and steam room
- Free parking
- Onsite experts, including physiotherapists
- Joint Pain Programme is offered at the club
- Stamina Programme is offered at the club.

Joint Pain Programme

This free programme is designed to help you to self-manage your chronic joint pain.

It's delivered with the expert guidance of a Rehabilitation Specialist, using a combination of education and physical activity, as well as psychosocial support. This will equip you with the knowledge and practical experiences to better manage your pain long term and achieve your goals.

Joint Pain Programme is free of charge.

Stamina Programme

To help men who have been prescribed Androgen Deprivation Therapy (also known as hormone therapy) for prostate cancer.

The STAMINA lifestyle intervention comprises 12 months of supported exercise training that has been individually tailored and is delivered by purpose-trained clinical exercise specialist at a Nuffield Health gym.

This Programme is free of charge, a referral is necessary.

A membership to the club is chargeable. Both the above offer complimentary membership for the period that the programme runs.

OneVoice Community Choir Crawley



Telephone: 01293 546177 (Church phone)

Email: Onevoice@crawleybaptistchurch.org.uk

Twitter: @OneVoiceCrawley

Facebook: facebook.com/OneVoiceCrawley/

Instagram: @OneVoiceCrawley

Website: onevoicecrawley.org.uk

Address: Crawley Baptist Church, Crabtree Road, West Green, Crawley, West Sussex RH11 7HJ



OneVoice Community Choir Crawley started in January 2018 and is based in Crawley Baptist Church. We sing a wide range of songs and perform at charity events each year. So far, we've raised money for charities Step with Kyra, Antibiotic Research UK, Relate West Sussex and Sullivan's Heroes. At Christmas, we have also supported the St. Catherine's Hospice Tree of Light Memorial Service at K2 Crawley by singing at the service. Anyone is welcome to join the choir, with no singing experience or audition needed, just turn up and join in!

We are a community choir, anyone is welcome to come along and join in, we don't have auditions for joining. You can see the kinds of songs we sing on our YouTube channel, by searching for OneVoice-Crawley.

We practice at Crawley Baptist Church, and there is always a member of the team just inside the main front door to welcome people in and show new members where to go.

Practices are fortnightly on a Monday evening from 7.30pm until 9.15pm, during school term times. Up-to-date practice dates can be found at onevoicecrawley.org.uk/practice-dates

We ask for a contribution of £5 per term per person attending, this is to cover the cost of music folders, OneVoice t-shirts and printing out music and words for people. We don't charge people the first time they attend in case it's not for them and they don't want to come back!

Paracise with Sadie

Telephone: 07960 644473

Email: sadiesouthgate@me.com

Facebook: facebook.com/paracisewithsadie/

Paracise provides people with an entry level class for fitness and looking for a more gentle class with no floor work. It's suitable for people who are new to exercise, are returning to exercise after some time away or after an injury (subject to medical clearance).

Paracise is a 45 minute gentle on the joints, low-impact exercise to music class with no floor work. We will work on improving balance, co-ordination and flexibility. The class is set to fabulous music and is great for both physical and mental wellbeing.

Tuesday 10am St Paul's Church, Woodfield Road, Northgate.

£5 pay as you go.



Prevention Assessment Team (PAT)

Telephone: 03302224222

Email: prevention@westsussex.gov.uk

Facebook: facebook.com/sussexcommunitynhs

Instagram: @OneVoiceCrawley

Website: westsussexconnecttosupport.org

Address: WSCC, Parkside, Chart Way,
Horsham RH12 1XH



There are three Prevention Assessment Team Hubs (PAT's) in West Sussex: They work to cover the three adult services' localities across West Sussex including Crawley. The team works with adults aged 18 and over who are able and want to act on our information advice and signposting or have someone in their close network willing to do this on their behalf.

The team have close links with numerous statutory, voluntary and community services.

The team comprise of West Sussex County Council Community Prevention Officers, Nurse Advisors from the Sussex Community Foundation Trust and Social Care Staff working for Guild Care and Age UK West Sussex Brighton and Hove.

- PAT workers undertake a holistic overview of the household and help identify what outcomes people want to achieve to enable their own and their carers independence, aiming to prevent/delay the need for more intensive services
- PAT provide information and advice to customers about what services/resources are available to support them to help retain independence
- Provide assistance to access practical and emotional support
- PAT has nurse advisors working in every hub who can support customers to access health pathways such as falls prevention, cardiovascular care, medication management etc.

Probus Club Of the Crawley Hawth Wood



Telephone: 07961222446

Email: norman.dilworth@blueyonder.co.uk

Facebook: facebook.com/probuscrawleyhawth/

Website: hawthprobus.co.uk

Address: The Hawth Theatre, Hawth Avenue, Crawley RH10 6YZ

We are a social club for retired and semi-retired men living in or near Crawley. We hold meetings at 10.30am on the first Wednesday of each month at the Hawth with speakers. The meetings enable members to get together and socialise over lunch and plan future events and outings which can include:

- Walk followed by a pub lunch
- Two weekly bowls matches
- Weekly golf matches on a variety of courses
- Frequent day visits to places of interests
- Annual holiday abroad
- Quiz nights, skittles evenings and 10-pin bowling.

There is no pressure on members to take part in all or any of these activities.

RAF Association

Telephone: 08000182361

Email: volunteers@rafa.org.uk

Twitter: @RAFAssociation

twitter.com/RAFAssociation

Website: rafa.org.uk

Address: Royal Air Forces Association, Atlas House,
Wembley Road, Leicester LE3 1UT



Military charity providing welfare and support to serving and ex-serving members of the RAF community and their families. to help you or someone you care for. We are open Monday to Friday, except on bank holidays.

Services include advice/information/advocacy and legal for health and social welfare including independent living and friendship telephone calls to our beneficiaries. Our services are not limited to the Crawley area, our services are offered UK and worldwide.

Membership of RAF Association starts at £17 per annum to raise funds for the charity. However, please note as a charity, the services we provide to our beneficiaries are free.



Re-engage

Telephone: +44 20 7420 5810
Email: ed.nash@reengage.org.uk
Twitter: @reengageuk
Facebook: facebook.com/reengageuk/
Website: reengage.org.uk



As we get older, our social circles diminish, and we find ourselves with fewer and fewer people to turn to. Imagine realising one day that all your friends and family have gone from your life. Loneliness can be cruel, and it affects millions of people over 75 who live in social isolation.

Re-engage is making life less lonely for thousands of older people every year. Older people tell us that our volunteer-led activities make them happier and more able to trust others.

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

Our tea parties are monthly social groups open to people aged 75 and over, and give older people regular afternoons of conversation and laughter with friends of all ages. These are hosted at volunteer's houses or at a local community space.

"Something to look forward to each month"

Call companions is our telephone befriending service ensuring older people stay connected to the outside world. Call companions is available to anyone aged 75 and over who's socially isolated and would like a regular chat over the phone with a friendly volunteer.

"Before this, I used to feel so lonely"

Rainbow call companions is an award-winning free service for older LGBT+ people who are lonely, isolated or in need of companionship and feel they would enjoy a friendly phone call every week or two with a volunteer who is also LGBT+.

You can find more information or refer yourself or a loved one at reengage.org.uk

All our services are free to older people.

Relate



Telephone: 01293 657055

Email: reception@relatesussex.org

Twitter: @Relate_charity

Facebook:

facebook.com/Relate-North-South-West-Sussex-100194658328405/

Website: relate.org.uk/sussex

Address: The Orchard, 1-2 Gleneagles Court, Brighton Road, Crawley RH10 6AD

Relate West Sussex offers a range of counselling services, including individual counselling, couples counselling, psychosexual therapy, family counselling and children and young people's counselling. Our team of experienced counsellors can offer you space to talk, and support you with a range of issues. Many of our clients are older people looking for emotional support, bereavement support and help with their relationships.

We provide counselling services face to face at our Crawley office, online or over the phone. Counselling is available Monday to Thursday from 9am-9pm, and Friday from 9am-4pm. Simply call or email our office team to make that first appointment.

We are a paid service and each counselling session costs:

- Individual and relationship counselling – £65
- Family counselling – £70
- Psychosexual therapy – £70
- Children and young people's counselling – £40.

However, if you would struggle to pay those fees, please do get in touch as we have a range of options available to support you to access free or subsidised counselling with us.

SAGE Counselling

Telephone: 07585 141599

Email: admin@sagecounselling.org.uk

Facebook: facebook.com/SAGECounsellingWestSussex

Website: sagecounselling.org.uk

Address: Official Charity address is 60 Stockbridge Road, Chichester PO19 8QF



We provide counselling which is a confidential time for clients to talk about the issues that are concerning them which might be depression, anxiety, bereavement, relationship difficulties, loss of independence and loneliness.

We also partner with Crawley Community Action with their prescription plus program through Marian Stapley who manages the clients and allocations for Sage Counselling.

A home visiting counselling service for adults with limited mobility. We visit in client's own homes, residential and nursing homes, hospitals, hospices or warden controlled homes.

We charge an affordable fee per session and this will be discussed at the first point of contact and during the assessment session.

Social Prescribing

- Crawley Care Collaborative Primary Care Network (PCN) – network of 4 surgeries. Southgate Medical Group, Leacroft Medical Practice, Langley Corner Surgery and Bridge Medical Centre.
- South Crawley Primary Care Network – network of 4 surgeries. Bewbush Medical Centre, Coachmans Medical Practice, Gossops Green Medical Centre and Saxonbrook Medical
- Crawley Social Prescribing (part of Crawley Community Action) – working alongside Social Prescribing Link Workers attached to the above mentioned PCNs and with surgeries forming the Healthy Crawley PCN, linking patients with non-medical support to improve their physical and mental wellbeing.

Many things affect your health and wellbeing. We can all sometimes feel isolated, lonely, depressed or stressed out by work or money or trying to deal with a long-term condition. Social Prescribing Link Workers are able to support you in unpicking challenging issues affecting your wellbeing and aim to empower you to have more control over your life. A Link Worker will spend time with you

exploring what matters to you and then connecting you with practical, social and emotional support within the community. If you feel you need a little extra support and guidance, ask your GP practice to refer you into a Social Prescriber. The service is free and can make a real difference to your life.

SSAFA, The Armed Forces Charity

Telephone: 08002606767

Email: sussex.branch@ssafa.org.uk

Twitter: @SSAFA_Sussex

Facebook: facebook.com/ssafasussex

Website: ssafa.org.uk/sussex

Address: Head Office: SSAFA, 4 St. Dunstan's Hill, London EC3R 8AD



SSAFA, the Armed Forces charity, is a trusted source of support for serving personnel, veterans and their families in their time of need. We work closely with organisation's in Crawley and surrounding areas.

Once we have been contacted by a military veteran or serving personnel, we will find out what the help or assistance they need, this is either done by discussing on the phone or a face to face visit. We then work closely with military charities/medical OHP to facilitate the individual's needs.



St Catherine's Hospice

ST CATHERINE'S
HOSPICE

Telephone: 01293 447333

Twitter: @stchospice

Facebook: facebook.com/stcatherineshospicecrawley

Website: stch.org.uk

Address: St Catherine's Hospice, Malthouse Road, Crawley RH10 6BH



At St Catherine's Hospice, we're there for people in Sussex and East Surrey, with expert hospice care, when and where they need us most. Our skilled teams are on hand to support people living with terminal illness in their homes, at our day hospice and on our wards.

We care for a majority of people from the comfort of their own homes but there is also an 18-bed inpatient unit at the hospice, plus day hospices offering people complementary therapies and the chance to socialise with others who understand. There is counselling, practical advice and support available to patients and their families and carers.

As a local charity, all our services are free of charge.

TRUSTED CARE AND SUPPORT IN YOUR OWN HOME



Our clients are important to us. We tailor our care plans to your needs and introduce suitable Care Givers in advance to ensure that you are well supported. We operate a no stranger policy.

LIVE AT HOME INDEPENDENTLY

Our services include:

- Personal Care
- Specialist Dementia Support
- Medication Assistance
- Hospital Discharge Recovery
- 24/7 Live in Care
- Companionship
- End of Life Care
- Meal Preparation
- Light Housekeeping
- Community Visits

Call us today for a care assessment



CHECK OUT OUR
9.9 RATING AND REVIEWS ON
HOMECARE.CO.UK AND SEE HOW
WE CAN HELP YOU!

01737 906012

www.rightathome.co.uk/reigatecrawley

Areas Covered: Redhill / Reigate / Crawley / Oxted / Godstone / Bletchingley / Charlwood / Horley / Dorking

St Mary's Church

Telephone: 01293 547261

Email: saintmaryssouthgate@gmail.com

Website: stmaryscrawley.org.uk

Address: The Rectory, Forester Road, Southgate, Crawley RH10 6EH

St Mary's is a lively, Bible-based and friendly Church of England Church. We actively encourage the participation of all ages in church life and have a good number of children and young people connected to the church.

The Gate, our community café, offers great tea and coffee and good company every Thursday from 9.30am-1pm. We run a 'Wriggle & Roll' group for babies under 14 months and their carers during term-time only. We have social gatherings on Wednesdays from 1.30pm and our Sunday services of worship offer a warm welcome to all.

Sussex Cricket Foundation

Telephone: 01273 827104 / 07718 492529

Email: emma.brooke@sussexcricket.co.uk

Twitter: @SussexCricketFd

Facebook: facebook.com/sussexcricketfoundation/

Website: sussexcricket.co.uk

Address: The 1st Central County Ground, Eaton Road, Hove BN3 3AN



Sussex Cricket Foundation are the charitable arm of Sussex Cricket and look after all the community projects in Sussex. With the Support of Crawley Town Community Foundation and Crawley Council we run a Sporting Memories Club on a Thursday morning 11am-12.30pm which is aimed at ages 50+.

Crawley Sporting Memories Club is held at Crawley Museum. It is a chance for like minded people to get together, reminisce and share a love of Sport. Aiming to reduce isolation and loneliness in the community and dementia friendly.

Sussex Interpreting Services

Telephone: 01273 702005

Email: info@sussexinterpreting.org.uk

Twitter: @sussexinterpret

Website: sussexinterpreting.org.uk

Address: Community Base, 113 Queens Road, Brighton BN1 3XG

sussexinterpretingservices



SIS exists to enable full access, for people with language needs, to publicly funded services in order to improve health, education and overall quality of life.

SIS aims to provide Community Interpreting services to meet the appropriate communication needs of all clients. We believe clients have the right to equality of access to public services and to informed consent.

We work with 160 trained and accredited, freelance locally based linguists in 65 different languages.

SIS works with 500+ public service/community sector departments across Sussex delivering social care and health equality for vulnerable Service Users. We uniquely offer a self-referral for:

- Community interpreting
- Community translation
- Bilingual social prescribing
- Bilingual advocacy
- Bilingual telephone befriending.

As a registered charity SIS has transparent working practices and is accountable to a membership drawn from stakeholder groups; public services, freelance linguists, services users and local BME communities.

Sussex Prisoners' Families



Telephone: 01273 499843

Email: info@sussexprisonersfamilies.org.uk

Twitter: @sussexprisonfam

Facebook: facebook.com/sussexprisonersfamilies

Website: sussexprisonersfamilies.org.uk



Sussex Prisoners' Families provide practical and emotional support for family members of people involved in the criminal justice system. We run monthly support groups and activities throughout the year, we also can do home visits. We are able to assist with advocacy around prisons, courts and resettlement too.

First Stop Helpline on **01273 499843** is open Tuesdays and Thursdays for free confidential advice. Any other time you can leave a message and we will get back to you as quickly as we can.

Website and social media provides helpful information and resources for anyone struggling with a loved one in prison.

We run monthly support groups and activities for children through half terms.

The Easter Team

Telephone: 07940900948

Email: office@theeasterteam.org

Website: theeasterteam.org

Address: Tilgate Park, Tilgate, Crawley RH10 5PQ

We provide crisis food parcels along with occasional utility top ups.

Crisis food parcels can be collected from our hub in the town centre. Parcels are designed to last three or four days and contain mainly dried and tinned food. Extras including fresh food are available according to what has been donated. Parcels can be given out not more than fortnightly up to 10 in any six-month period.

Utility top ups can be done for clients receiving food parcels, on a monthly basis, not more than five times in any six months.

Time to Talk

Telephone: 01403 620434

Email: Sc-tr.pcmhs-north@nhs.net

Twitter: @nhs_sct

Facebook: facebook.com/sussexcommunitynhs

Website: sussexcommunity.nhs.uk

Address: Sussex community NHS Foundation Trust, Brighton General Hospital, Elm Grove, Brighton, West Sussex BN2 3EW

Time To Talk is part of a national programme called Improving Access to Psychological Therapies (IAPT). It helps people with mild to moderate symptoms of anxiety or depression as well as PTSD and are motivated to work collaboratively with therapists to change the problem.

We provide psychological therapy.

We provide webinars; one-to-one guided self-help, one-to-one therapy on the phone, video and face-to-face in Cross Keys, Crawley and Horsham and Mid Sussex.

Free on the NHS.



West Sussex Fire and Rescue Service



Telephone: 0345 8729 719

Email: safeandwell@westsussex.gov.uk

Twitter: @WestSussexFire

Facebook: [facebook.com/wsfrs/](https://www.facebook.com/wsfrs/)

Website: [westsussex.gov.uk](https://www.westsussex.gov.uk)

Address: Crawley Fire Station, Ifield Avenue, West Green, Crawley RH11 7AJ

A Safe and Well Visit is a free service carried out by West Sussex Fire & Rescue Service. It involves a pre-arranged visit to your home to offer advice on how to make it safer and, where appropriate, fit smoke alarms or other specialist fire detection equipment free of charge.

Visits are tailored to the specific needs of the household – they normally last between 30-45 minutes. The fire service personnel who visit always carry identification.

If you're concerned that your home may be at risk of fire, or you know someone who you think needs our help, you can request a Safe and Well Visit.

Use the phone number or email address above to request a visit.

Advice on fire safety in the home, including smoke detection, kitchen safety, electrical and heating appliance safety, can cover smoking and e-cigarettes, emollient and paraffin-based creams, open fires, and all aspects of safer living.

Specialist advice regarding evacuation and any additional needs is also available.

Information is available in many formats including languages.

West Sussex Libraries

Telephone: Broadfield library – 01293 543298

Crawley library – 01293 651751

Email: Broadfield.library@westsussex.gov.uk

Crawley.library@westsussex.gov.uk

Twitter: @WSCCLibraries

Facebook: facebook.com/westsussexlibraries

Website: arena.westsussex.gov.uk/welcome

Address: Broadfield library, 46 Broadfield Barton, Broadfield, Crawley
RH11 9BA

Crawley library, Southgate Avenue, Crawley, RH10 6HG



Library services, providing books, resources, activities, computers and services for residents.

- Regular activities such as Knit and Natter in Crawley and Melody for the Mind dementia-friendly singing group in Broadfield
- Reminiscence Packs available to borrow
- Digital support either remotely or in the library
- A Business Intellectual Property Centre in Crawley Library.

Please see our website for full details.

- Lending of books, audiobooks and other resources including reminiscence packs
- An eLibrary of eBooks, eAudiobooks, eNewspapers
- Free use of computers
- Free Wi-Fi
- Home Library Direct delivery service for customers unable to come to the library
- Regular activities
- Digital support.

It is free to join the library, to borrow most of our resources and for the majority of our services and activities.

We charge for printing, photocopying, to reserve fiction titles and for overdue items.

Please see our website for full details.

Wobble

Telephone: 07960644473

Email: sadiesouthgate@me.com

Facebook: facebook.com/paracisewithsadie/

Seated exercise to music, starting and ending in a chair with optional standing exercises. Suitable for anyone who cannot stand for the duration of a 45 minute class. Exercises will help improve strength, mobility and confidence. What's more, for the last 45 minutes of the session, we have a group social with hot refreshments and biscuits. Cost £3 including exercise and refreshments.

Gentle seated exercise to music. Sociable and fun. Hot refreshments and biscuits. Friday 10.30am-12 noon at Holy Trinity Church Hall, Titmus Drive, Tilgate. 45 minutes of exercise, followed by a 45-minute coffee morning. £3 per class covers the exercise and includes a hot drink and biscuits.



Worth Parish

Telephone: 03001118150

Email: office@worthparish.org

Twitter: @worthparish

Facebook: [Facebook.com/worthparish](https://www.facebook.com/worthparish)

Website: Worthparish.org

Address: Worth Parish Office, St Barnabas Church,
Worth Road, Crawley RH10 7DY



Worth Parish has two churches, St Nicholas in Worth and St Barnabas in Pound Hill. There are sung services at both churches on Sundays and spoken Eucharist at St Barnabas's on Tuesdays at 10.30am and St Nicholas's on Thursdays at 10.30am. St Nicholas is the fourth oldest Saxon Church in England and is open every day to explore and visit for private prayer and reflection. The Churchyard was extended in 2021 with a new memorial garden for burial of ashes.

Worth Parish has a friendly and vibrant community. Most of our social events are based at St Barnabas which has better facilities and after a large scale refurbishment in 2020, has level access available for wheelchair users.

Knit 'n' Natter every Wednesday from 2.30-4.30pm at St Barnabas Café Friday Lunch Club – delicious two-course, home-made lunch for £7 at St Barnabas 12.30pm. Please book in advance on **0300 111 8150**.

Last Wednesday of each month Scrabble and Cake at 2.30pm. £3.50, turn up and play.

The Older People's Directory has been produced in partnership with Crawley Community Action, Age UK West Sussex and Crawley Borough Council.



With funding provided by
Crawley Borough Council
Crawley Wellbeing
The Longley Trust
West Sussex County Council and NHS Joint
Dementia Strategy

Herbert Protocol form

People with dementia sometimes get lost and go missing. If you care for someone with dementia you can fill in this form containing information to give to the police if the person goes missing.

This means you don't have to remember the information when you are under stress if someone goes missing. And it saves time, so the police can start the search sooner.

You can fill in this form on your computer or print it out and fill it in by hand. Keep it somewhere safe where you can easily find it if the person goes missing. You could give a copy to friends, family and neighbours. Keep this information up to date whenever something changes. You only need to give the form to the police if the person goes missing.

Details are helpful, but don't worry if you can't answer every question. There is space at the end of the form to tell us more if you run out of space for any of the questions. And you can always add another page to a printout or add something to an email.

The person's basic details

First name(s)

Surname

Other names they go by (for example nicknames or aliases)

Date of birth

Gender

Is their gender the same as at birth?

Nationality

Ethnicity

Husband, wife or partner's first name

Husband, wife or partner's surname

Their contact details

Main home address, or best contact address

Any other addresses they might go to (for example a second home)

Mobile phone number(s)

Email address(es)

Social media account details

Do they have a tracking system, or wear or carry medical alert or ID information? Please give details

Physical description

Height

Build (for example tall, short, athletic, stocky)

Hair colour, length and style

Complexion

Facial hair

Identifying marks

Any distinguishing physical characteristics

Anything else about their physical appearance that would be useful for us to know

Health

Their type and symptoms of dementia

Any other medical conditions like diabetes, asthma, heart problems, including symptoms

What medication do they take?

What happens in the short term if they don't take their medication?

[Redacted area]

What happens in the long term (over time) if they don't take their medication?

[Redacted area]

Do they have any problems walking?

[Redacted area]

Do they use a stick or other walking aid?

[Redacted area]

Can they move between furniture without help?

[Redacted area]

How far can they walk before getting tired?

[Redacted area]

Do you think they might behave in a way that causes conflict or puts them or other people at risk?
If yes, please give details

[Redacted area]

Any phobias they have (for example fear of water or of heights)

[Redacted area]

How might they react to being upset or scared?

[Redacted area]

Any other health information you think is important

[Redacted area]

Money

How much money do you think they have access to?

[Redacted area]

Bank name

Bank account number

Bank sort code

Travel and transport

Travel passes they have (and numbers, if you know them)

Nearest local bus stop to where they live

Nearest train station to where they live

Any regular journeys they take by bus or train

Can they drive?

Details of any vehicles (including bicycles) they have access to, including make, model, colour, registration number and anything distinctive about the vehicle

Anyone else who provides transport for them, like friends and neighbours, including details of the vehicles they use

Communication

Is English their first language? If no, what is their level of spoken English?

What other languages do they speak?

Any communication issues we should know about (for example are they deaf or autistic)?

Please give us any tips for communicating with them (for example calming them down if they are upset)

Jobs and education

Do they currently have a job, or are they currently studying or volunteering? If yes, please tell us what they are currently doing, including job title or role, employer or school

Address of work or school

Phone number and email address

Places of interest

Anywhere they regularly go on holiday

Any important past addresses including childhood addresses or past jobs. If you only know partial addresses or locations, don't worry, please tell us everything you know

Any close family or friends that they could go to. Please give names, addresses and contact details if you can

Church, mosque, synagogue or temple they go to, including address if you know it

Favourite cafes, restaurants or pubs

Shops they regularly visit

Chemists they regularly use

Clinics or hospitals they regularly attend

Any other significant places (for example a favourite walk, an allotment, a sports ground or a cemetery they visit)

Interests

Interests or hobbies, past and present

Favourite indoor activities, for example going to the library or cinema

Favourite outdoor activities (for example bowling, fishing, cricket)

Community groups or weekly events they attend

Routine

Please tell us about their weekly routine or things that they do routinely

	Morning	Afternoon	Evening
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Previous times they went missing

If they have gone missing before, please tell us:

What happened?

Where were they found?

Why were they there?

Other people we might need to talk to

GP contact details, including surgery name, address and phone number

Social worker contact details, including address and phone number

Details of any other professionals we should know about (for example dentist or other medical professional, counsellor or therapist)

Anyone else we should be talking to (for example family or close friends, anyone with lasting power of attorney or court-appointed deputies)



Photograph

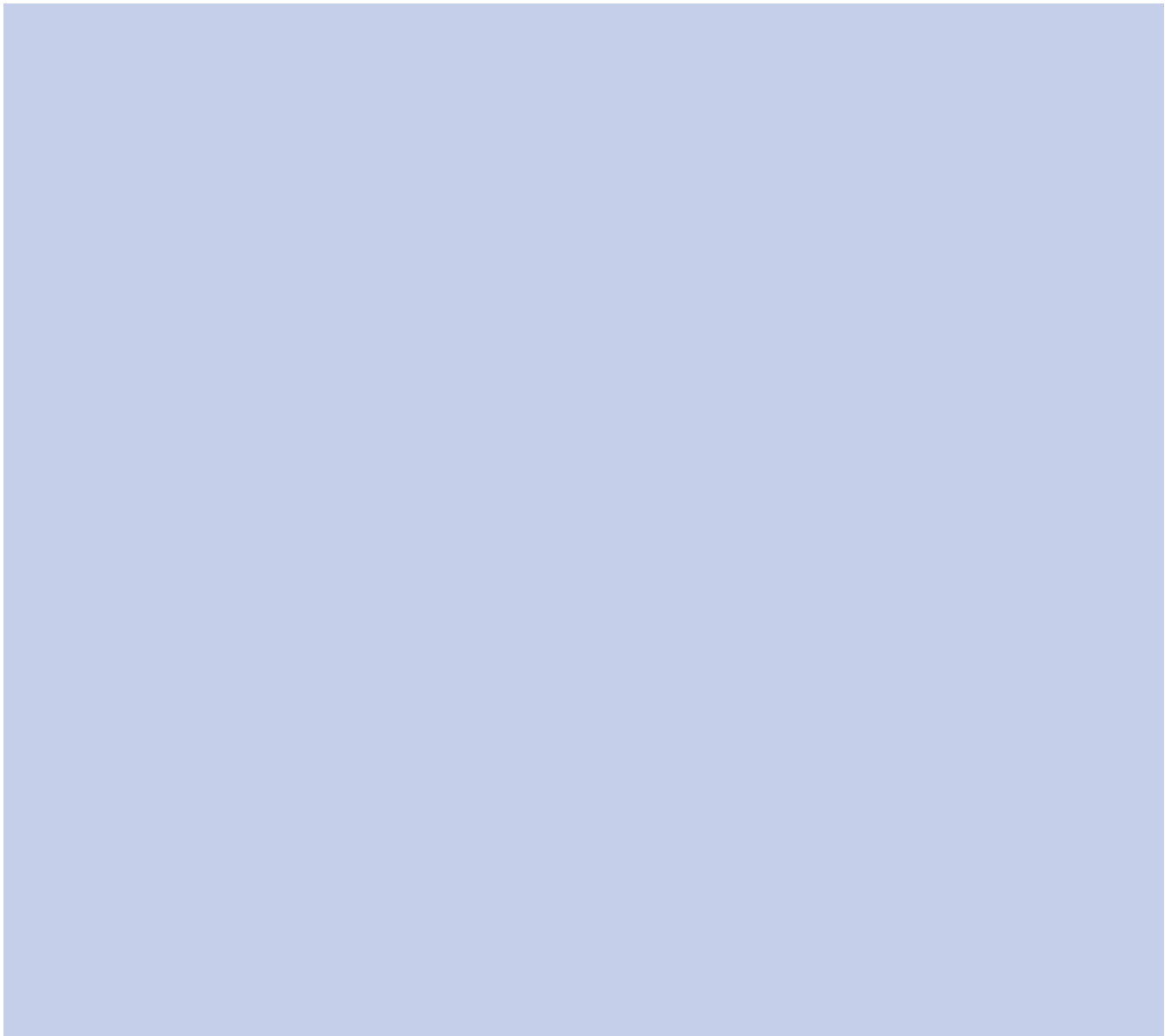
Please attach a recent photo

If you are printing this form out, please attach a recent photograph here

If you are emailing this form, please attach a recent photograph to the email

Further information

If there are any other details we haven't asked about that you think we ought to know about, please tell us here



The person filling out this form

Your first name(s)

Surname

Your relationship to the person this form is about

Phone number

Email address

Address

Any other ways we can contact you

Date this form was last updated

Safeguarding Vulnerable Adults Team

We offer support to individuals, families and local authority clients, who are struggling to find their way through the maze in this complex area of law.

- Bringing questions before the Court of Protection about financial and property matters, or health and welfare matters.
- Applying to the Court of Protection for an Order that a Will be drafted
- Gifts be made on behalf of someone who lacks the capacity to do this themselves
- Disputes about mental capacity and associated decision making
- Supporting families in securing financial provision for their loved ones
- Provide advice about the role and conduct of attorneys appointed under an Enduring Power of Attorney (EPA) or a Lasting Power of Attorney (LPA) or the role and conduct of a deputy appointed by the Court
- Challenge decisions made by Social Services about a vulnerable adult, whether or not the adult has mental capacity.
- Advising about and challenging funding decisions such as applications for Continuing Care Funding

Erica Pearce-Howard

Head of Private Client & Safeguarding Vulnerable Adults Teams

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Pete Beesley

Chartered Legal Executive

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Private Client Team

We provide advice and guidance ensuring you and your loved ones wishes are given legal effect both now and in the future.

- Wills
- Lasting Powers of Attorney
- Tax Planning and Trusts
- Administration of Estates
- Contentious Probate and Trusts