



Courses and Activities

Saturday Club - Open to everyone. Every week with Jo and Jane at The Old Post Office 10am -2pm.

Film Night - Join Jo and friends for a film and a takeaway once a month on Thursdays.

Knit & Natter - Friendly knitting group at Sussex Crafts, High Street, Haywards Heath, Tuesdays 12-4pm.

Gardening Club - grow your own vegetables at our Sunshine Garden allotment! Fridays 11am-12pm

Lunch club- Join us all for a tasty cut-price sandwich or soup on Mondays and Fridays at The Old Post Office. Orders by 11.30.

Arts & Crafts - Make wonderful crafts with Jane on Monday 10:45-12:15

Painting - Have a go at watercolours on Fridays 1:30pm to 2.30pm.

Card Making - Make handmade greetings cards Fridays 10-12.30pm.

Computers and the Internet - Help and training available with Robin on our 6 computers. Monday 10 to 3.30pm and Friday 10-2.30pm

Mindfulness - Half an hour to breathe and relax. Mindfulness can help us feel more positive & less anxious. Every Monday & Friday 2.45-3.15pm.

Togetherness Walks - Fortnightly healthy walks for all abilities. Meet at Signposts at 11am for a local walk with friends.

Other clubs and services

Circles Network run **My Network Plus** - supporting people at home and the **Mid-Sussex Time Bank**. Contact Claire Oak claire.oak@circlesnetwork.org.uk

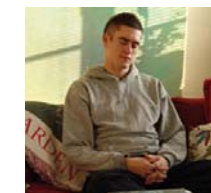
Out There - Sports at the Triangle Leisure Centre- Every Wednesday 10am-12pm. Swimming, table tennis, badminton, gym, boccia. Call Ian 01293 544773 or 07940 267355.

Summerhaven - Social club for anyone who has experienced mental health problems. At the Old Post Office Resource Centre Sundays 1 - 5pm

Gateway Club - Wednesdays 7-9pm at St Andrews Community Centre, Burgess Hill. Call Diane on 07592 609785.

Parents & Carers Support Service- advice and information to parents and carers and a Carers Support Group drop-in coffee morning Wednesdays at Costa Coffee, South Road, Haywards Heath 10am-12pm. More information call 0300 028 8888.

Tiger Club - Shared meal & Christian worship monthly on Monday 7.30-9.30pm. All Saints Church, Lindfield. Call Jim Stone on 01444412134 jimstone@talktalk.net



Spring 2018



Information, advice, support & activities for people with learning difficulties, their parents, carers and friends

At: **The Old Post Office Resource Centre** 32 Station Road, Burgess Hill on **Monday & Friday** 10am - 3.30pm & on **Saturday** 10am - 2pm

At: **Sussex Crafts**, 130 High Street, Haywards Heath on **Tuesdays** 12-4pm

Call us on **01444 616232**

Email us at: info@signpostsmidsussex.org.uk

website: www.signpostsmidsussex.org.uk

Services



Drop In Days & My Network (information, advice and support) at The Old Post Office Monday, Friday and Saturday. At **Sussex Crafts** in Haywards Heath on Tuesdays .

Counselling - A private space to share any worries or if you have been upset. With Charlene on Fridays 1.30-3 pm.

Job Advice - Work Aid staff can help with finding paid or voluntary work. Meetings by arrangement. You can also call Work Aid on 01243 546035



Health Surgery - If you are worried about your health or a visit to the doctor, Daisy the nurse can answer questions & support you. First Friday of the month 11am -12pm.



Advocacy Service - If you have a legal, housing, or benefits problem you would like help with, Impact Advocacy may be able to support you. Fridays fortnightly 10.30am to 12.30pm



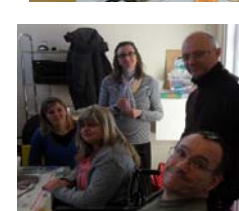
Carers Support - Lisa is available to support parents & carers with information, advice and a time to talk. Call 0300 028 8888 to make an appointment.



Postal Checking & Form Filling- Bring in letters, bills or forms and we'll help you sort them out. Mondays and Fridays 10am-2.30pm.



Speak Up - Self-advocacy group supports people to speak up for their rights. Monthly Monday evening meetings. Call James on 07776 072603.



Asperger's Voice - Self advocacy group for people with Asperger's Syndrome. Last Thursday of each month at The Old Post Office 7-9pm. Call James 01903 730044.



Social Work Surgery - If you or your carers have any questions about getting a service like My Network Plus or if you feel you may be eligible for funded support from WSCC Social Services come and speak to Helen the Social Worker. First Monday of each month 1:30pm-3pm.

Signposts gratefully receives support from West Sussex County Council, Lloyd's TSB, The Bailey Thomas Charitable Fund, Sussex Community Foundation, Mid-Sussex Mencap, Mid-Sussex District Council, Burgess Hill Town Council, The Co-operative Group and Burgess Hill Lions.



	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
Morning	<p><u>Drop-in Day</u> Old Post Office 10.00 to 3.30pm</p> <p>My Network Drop-in all day</p> <p>Postal Checking & Form Filling all day</p> <p>Current Affairs 10.30-11am</p> <p>Arts & Crafts 10.45-12.15pm</p>	<p><u>My Network</u> <u>Drop-in</u> Sussex Crafts Haywards Heath 12pm-4pm</p>	<p>Speak Up OPO 10.00am- 2.00pm</p> <p>Sports at The Triangle Out There project 10am-12pm</p> <p>Carers Support Group - Coffee morning Costa Coffee, South Street, Haywards Heath 10am-12pm</p>	<p>Speak Up OPO 10-4pm</p>	<p><u>Drop-in day</u> Old Post Office 10am to 3.30pm</p> <p>My Network Drop-in all day</p> <p>Postal Checking & Form Filling all day</p> <p>Cardmaking 10:30-11:30am</p> <p>Health surgery Monthly- call for dates</p> <p>Advocacy Service Fortnightly 10.30 to 12.30pm</p> <p>Gardening Club 11am-12pm</p> <p>Film Making 11-12.30pm</p> <p>Counselling 1:30-3pm half hour appointments</p> <p>Painting class 1-2.30pm</p> <p>Mindfulness 2:45-3:15pm</p>	<p><u>Saturday Club</u> <u>Drop-in</u> Old Post Office 10am to 2pm My Network Drop-in</p> <p>Togetherness Walk Fortnightly 11am-1pm</p> <p>Time Bank Coffee Morning Call Time Bank for details</p>
Afternoon	<p>Mindfulness 2:45-3:15pm</p> <p>#Tiger Club All Saints Church, Lindfield Once a month 7.30-9.30pm</p>	<p>Knitting and Crocheting Club Sussex Crafts 12pm-4pm (£2 entry, free hot drinks and biscuits)</p>	<p>Gateway Club St Andrews Community Centre 7-9pm Every Wednesday</p>	<p>Film Night (&Takeaway) OPO 6pm-9.30pm Thursdays once a month, 8th September 6th October</p> <p>Asperger's group OPO Last Thursday of the month 7pm-9pm</p>	<p>Health surgery Monthly- call for dates</p> <p>Advocacy Service Fortnightly 10.30 to 12.30pm</p> <p>Gardening Club 11am-12pm</p> <p>Film Making 11-12.30pm</p> <p>Counselling 1:30-3pm half hour appointments</p> <p>Painting class 1-2.30pm</p> <p>Mindfulness 2:45-3:15pm</p>	<p>Sundays</p> <p>Summerhaven mental health social club OPO 1pm - 5pm.</p>
Evening	<p>Speak Up Big Meeting 7pm OPO Once a month- call for dates</p>					