

Courses and Activities



Saturday Club - With Jo & Jane at The Old Post Office 10-2pm
Film Night - Join Jo and friends for a film and a takeaway once a month on Thursdays. Call for dates.



Knit & Natter - Friendly knitting group at Sussex Crafts, 130 South Road, Haywards Heath, Tuesdays 12-4pm.

Social Outing Club (SOCS) Trips to garden centres, museums superstores & interesting places. Call for details.



Gardening at Signposts Sunshine Allotment - Plant and grow and eat you own! Mondays and Fridays 10.30am - 11.30am.

Arts & Crafts - Mondays 10:45-12:15 Get creative with paper, paint, glue, stickers, textiles, ink, sparkles, card, and more.

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

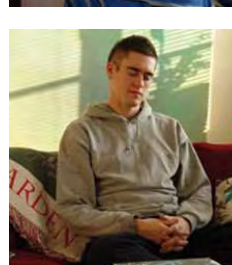
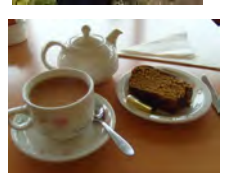
Pottery - Make fab things with Ken- Mondays 1.30pm to 3pm.

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

Rhyme Time - Write and listen and share your poetry, writing and jokes - Fridays 11am -11.45am

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

Mindfulness - Breathe and relax. Can help us feel less anxious & more positive. Monday & Friday 3pm-3.30pm.



Other clubs and services

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.

Gateway Club - Social group with programme of activities. Wednesdays 7-9pm at St Andrews Community Centre, Burgess Hill. Call Diane on 07592 609785.

Parents & Carers Support Service- Advice and information for parents and carers & drop-in coffee morning Wednesdays at Costa Coffee, South Road, Haywards Heath 10am-12pm. For 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

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

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

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.



Spring 2019



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

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

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

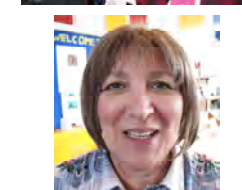
Call us on **01444 616232** or **07572 211509**

Email us at: info@signpostsmidsussex.org.uk

Website: www.signpostsmidsussex.org.uk



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



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



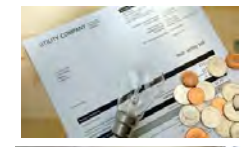
Job Advice - Work Aid staff can help with finding paid or voluntary work. Meetings by arrangement. You can also call Work Aid on 01243 546035



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. Call to make an appointment: 01273 322 940



Postal Checking & Form Filling- Bring in letters, bills or forms and we'll help you sort them out. Mondays and Fridays 10am- 3pm



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



Social Work Surgery - If you 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

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
<p><u>Drop-in Day</u> Old Post Office 10.00 to 3.30pm My Network Drop-in Postal Checking & Form Filling all day</p> <p>Start The Week 10.30-11am</p> <p>Arts & Crafts 10.45-12.15pm</p> <p>Social Outings Club SOCS Trip Out 11am</p> <p>Pottery 1.30-3pm</p> <p>Mindfulness 3pm 3:30pm</p> <p>Tiger Club All Saints Church, Lindfield Once a month 7.30-9.30pm</p> <p>Speak Up Big Meeting 7pm OPO Once a month- call for dates</p>	<p><u>My Network</u> <u>Drop-in</u> Sussex Crafts Haywards Heath 12pm-4pm</p> <p>Knitting and Crocheting Club Sussex Crafts 12pm-4pm (£2 entry, free hot drinks and biscuits)</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>Gateway Club St Andrews Community Centre 7-9pm Wednesday Term Time</p>	<p>Speak Up OPO 10am -4pm</p> <p>Film &Takeaway Night OPO 6pm-9.30pm Thursdays once a month</p> <p>Asperger's group OPO Last Thursday of the month 7pm-9pm</p>	<p><u>Drop-in day</u> Old Post Office 10am to 3.30pm My Network Drop-in Postal Checking& Form Filling all day</p> <p>Cardmaking 10:30 - 11:30am</p> <p>Rhyme Time - Poetry, puns & proverbs 11am -11.45am</p> <p>Health surgery First Friday of the month Call to make an appointment</p> <p>Counselling 1:30 - 3pm half hour appointments</p> <p>Painting class 1 - 2.30pm Mindfulness 3pm - 3:30pm</p>	<p><u>Saturday Club Drop-in</u> Old Post Office 10am to 2pm My Network Drop-in</p>