

### **SASBAH RESIDENTIAL BREAKS 2022**

General enqs: [office@sasbah.org.uk](mailto:office@sasbah.org.uk) /01825 873045,

Lisa: [lisa@sasbah.org.uk](mailto:lisa@sasbah.org.uk)/07725433136,

Rom: [rom@sasbah.org.uk](mailto:rom@sasbah.org.uk)/07779038542

#### **Breakaway**

Friday 23<sup>rd</sup> September to Sunday 25<sup>th</sup> September 2022, Lodge Hill Outdoor Activity Centre, Pulborough  
Outdoor Activity residential break for which there will be no fee charged thanks to the generosity of the funders.  
Transport will be provided to leave Gun Hill Office on the Friday and to return there on the Sunday.

#### **Family Break**

Friday 21<sup>st</sup> October to Monday 24<sup>th</sup> October 2022  
This weekend will take place at Sefton Place Arundel\*.  
The aim of this break is to support families and a few individuals..  
Activities will take place over the weekend mainly to entertain any children that are there.  
Cost of this break is £50 per room that will cover accommodation, food and entertainment but not travel costs.

To book on either of these residential breaks please contact Rom on 07779038542 or [rom@sasbah.org.uk](mailto:rom@sasbah.org.uk) OR Lisa on 07725433136 or [lisa@sasbah.org.uk](mailto:lisa@sasbah.org.uk). Priority will be given to those that have not been before but hopefully we can accommodate everybody that shows an interest. If you want to visit any of the residential breaks as a day visitor you would be made to feel very welcome and you can book in the same way as above and the charge for day visitors on the Family Break is just £10 to cover the costs of food and refreshments.

\*Sefton Place is an accessible building but it has limited accessible rooms so if the demand is high than we can book accessible rooms at the Premier Inn which is about a mile away from Sefton Place but you would have to have transport to get there and back or use taxis. Alternatively if you do not want to stay residentially you can just visit as a day visitor on any of the dates above.

## **SOCIAL ACTIVITIES AND LOCAL COMMUNITY GROUPS**

**Contact Details: General Enquiries: [office@sasbah.org.uk/01825876045](mailto:office@sasbah.org.uk) Lisa: [lisa@sasbah.org.uk/07725433136](mailto:lisa@sasbah.org.uk),  
Rom: [rom@sasbah.org.uk/07779038542](mailto:rom@sasbah.org.uk)**

### **West Sussex**

#### **August**

**Fri 5<sup>th</sup>** Worthing fish and chips and seafront walk 4pm onwards

**Weds 10<sup>th</sup>** Crawley Support Group, 12-2pm Starbucks, Queen Square, Crawley.

**Thurs 11<sup>th</sup>** Pub Quiz at The North Star, Worthing. Quiz starts at 8.30pm and costs £1, join us from 7.30pm if you want to eat first.

**Mon 15<sup>th</sup>** coffee/lunch and a walk at Marine gardens, Worthing, midday onwards

**Thurs 18<sup>th</sup>** coffee/lunch Hassocks (at either Bake Out or Corner Cafe depending on which has most space) 11.30am-1.30pm

**Weds 24<sup>th</sup>** Mid Sussex Support Group, Cyprus Hall, Burgess Hill, 12.15-2.15pm. We meet in the Starford Hall at the front of the building. Tea and coffee are provided. Please feel free to bring your own packed lunch.

**Mon 30<sup>th</sup>** lunch Crawley, venue to be confirmed.

#### **September**

**Fri 2<sup>nd</sup>** Lancing coffee and walk. Meet outside the Perch at 2 30pm

**Mon 5<sup>th</sup>** Bowling, lunch and arcade games, Hollywood Bowl, Crawley 12 30 – 2 45pm

**Thurs 8<sup>th</sup>** Pub Quiz at The North Star, Worthing. Quiz starts at 8.30pm and costs £1, but join us from 7pm if you want to eat first.

**Mon 12<sup>th</sup>** Bowling at Out of Bounds, Angmering 12-2pm

**Weds 14<sup>th</sup>** Crawley Support Group, 12-2pm Starbucks, Queen Square, Crawley

**Fri 16<sup>th</sup>** Coffee, St John's Park, Burgess Hill 12-2pm

**Mon 19<sup>th</sup>** Lunch at Coast, Worthing 12-2pm

**Fri 23<sup>rd</sup>-Sunday 25<sup>th</sup>** Breakaway residential break for young people, Lodge Hill, Pulborough.

**Weds 28<sup>th</sup>** Mid Sussex Support Group, Cyprus Hall, Burgess Hill, 12.15-2.15pm. We meet in the Starford Hall at the front of the building. Tea and coffee are provided. Please feel free to bring your own packed lunch.

**SOCIAL ACTIVITIES AND LOCAL COMMUNITY GROUPS cont...**

Contact Details: General Enquiries: [office@sasbah.org.uk](mailto:office@sasbah.org.uk)/01825876045 Lisa: [lisa@sasbah.org.uk](mailto:lisa@sasbah.org.uk)/07725433136,  
Rom: [rom@sasbah.org.uk](mailto:rom@sasbah.org.uk)/07779038542

**East Sussex****August**

**Fri 5<sup>th</sup>** Hastings & Rother LSG, the Pelham 12 30 – 2 30pm

**Sat 6<sup>th</sup>** Lunch at Sovereign Harbour – Midday

**Weds 10<sup>th</sup>** Bourne Free, Ratton School 6 – 8pm

**Sat 13<sup>th</sup>** Cuckoo Trail walk and lunch. Meet Polegate Community Centre 11am

**Sat 20<sup>th</sup>** Lunch at Rodmill, Midday

**Weds 24<sup>th</sup>** Bourne Free, Ratton School 6-8pm

**September**

**Fri 2<sup>nd</sup>** Hastings & Rother LSG, the Pelham 12 30 – 230pm

**Sat 3<sup>rd</sup>** Dotto Train & lunch at Holywell. Meet at E/B Pier 11am

**Weds 7<sup>th</sup>** Bourne Free, Ratton School 6-8pm

**Sat 10<sup>th</sup>** Lunch at The George Hotel, Hailsham. Midday

**Sat 17<sup>th</sup>** Lunch at Rodmill, Midday

**Weds 21<sup>st</sup>** Bourne Free, Ratton School 6-8pm

**Sat 24<sup>th</sup>** Day visitors to Lodge Hill Outdoor Activity Centre, Pulborough 10 – 4pm

Wherever possible, please let us know if you're planning to join us on any of these events. (Lisa for West Sussex events or Rom for East Sussex). This is to make sure we have the right resources in place which should make your visit more comfortable and enjoyable. Although we try our best to avoid this, if we think an event is not going to be attended, we may cancel it and we would hate for anyone to turn up and find they are alone. You can contact us by phone or text on the above numbers, email Lisa or Rom, or message us on Facebook, messenger or WhatsApp.

Please note that Lisa works part time, and much of that time is spent out and about at activities, so if you can't get hold of her, make sure you leave a message and she'll get back to you as soon as she can, but it may not be the same day. If your message is urgent, you can contact our office during the daytime on 01825 873045. We welcome anyone connected with SASBAH, including service users, family members, carers, volunteers and friends. All the venues we use are accessible to the best of our knowledge at the time of printing.

### DIGITAL ACTIVITIES

Virtual Adviser sessions are hosted by Zoe who can be contacted at [zoe@sasbah.org.uk](mailto:zoe@sasbah.org.uk) For queries about any other activities please email office [@sasbah.org.uk](mailto:@sasbah.org.uk). Please also check our Facebook page for any additional activities

AUGUST		
DATE	ACTIVITY	TIME
Mon 1 <sup>st</sup>	Virtual Advisors	1pm
Tues 2 <sup>nd</sup>	Time to Talk	1pm
Tues 2 <sup>nd</sup>	Swoove	6pm
Weds 3 <sup>rd</sup>	Bingo	5pm
Thurs 4 <sup>th</sup>	Art With Hilary	5pm
Mon 8 <sup>th</sup>	Virtual Advisors	1pm
Tues 9 <sup>th</sup>	Swoove	6pm
Thurs 11 <sup>th</sup>	Art With Hilary	5pm
Mon 15 <sup>th</sup>	Virtual Advisors	1pm
Tues 16 <sup>th</sup>	Swoove	6pm
Weds 17 <sup>th</sup>	Bingo	5pm
Thurs 18 <sup>th</sup>	Art with Hilary	5pm
Mon 22 <sup>nd</sup>	Virtual Advisors	1pm
Tues 23 <sup>rd</sup>	Swoove	6pm
Thurs 25 <sup>th</sup>	Ladies that Lunch	1pm
Thurs 25 <sup>th</sup>	Art With Hilary	5pm
Sat 27 <sup>th</sup>	Quiz	5pm
Tues 30 <sup>th</sup>	Swoove	6pm
Weds 31 <sup>st</sup>	Bingo	5pm

SEPTEMBER		
Thurs 1 <sup>st</sup>	Art With Hilary	5pm
Mon 5 <sup>th</sup>	Virtual Advisors	1pm
Tues 6 <sup>th</sup>	Time to Talk	1pm
Tues 6 <sup>th</sup>	Swoove	6pm
Thurs 8 <sup>th</sup>	Art With Hilary	5pm
Mon 12 <sup>th</sup>	Virtual Advisors	1pm
Tues 13 <sup>th</sup>	Swoove	6pm
Weds 14 <sup>th</sup>	Bingo	5pm
Thurs 15 <sup>th</sup>	Art With Hilary	5pm
Mon 19 <sup>th</sup>	Virtual Advisors	1pm
Tues 20 <sup>th</sup>	Swoove	6pm
Thurs 22 <sup>nd</sup>	Art With Hilary	5pm
Mon 26 <sup>th</sup>	Virtual Advisors	1pm
Tues 27 <sup>th</sup>	Swoove	6pm
Weds 28 <sup>th</sup>	Bingo	5pm
Thurs 29 <sup>th</sup>	Ladies that Lunch	1pm
Thurs 29 <sup>th</sup>	Art With Hilary	5pm