



November 2017



Tim Parkinson

What's On & When Classes, Activities and Entertainment

Henfield Haven & Haven Café,

Hewitts, Henfield, BN5 9DT Tel: 01273 494747

Opening Hours 9.30am – 4.30pm Monday to Friday

Café Open from 10.00am to 4.00pm

Email: thehaven@impact-initiatives.org.uk

Find us at: www.henfieldhub.com

Henfield Hub.



Café Menu

BREAKFAST – served until 12pm

6 items	4.95
7 items	5.45
8 items	5.95

Choose from: Egg, Sausage, Bacon, Toast, Mushrooms, Black Pudding, Tomatoes or Beans. Mug of tea or coffee included in price

Beans on Toast	2.95
Fried/Poached/Scrambled egg on Toast	2.95

OMELETTE* - 3 Egg	5.45
Cheese, Mushroom, Ham, or Bacon	

JACKET POTATO*	
Cheese, Beans or Tuna Mayo	5.45
Coronation Chicken or Prawns Marie-Rose	5.95
Extra Filling	1.00

SANDWICH/BAGUETTE* TOASTIE*	3.45
	3.95

Fillings: Cheese, Ham, Egg, Bacon,

Houmous, Egg Mayo, Chicken Mayo, Tuna Mayo or Coronation Chicken

PANINI*	3.95
Mozzarella, Tomato, Olive & Pesto - Ham,	

Cheese & Tomato - Brie, Bacon & Cranberry - Sweet Chilli Chicken – Tuna & Cheese Melt or choose your own filling

*served with a side salad & homemade coleslaw

PLOUGHMAN'S	
Cheese, Pate, or Ham	5.95

Served with Salad, Coleslaw, Crusty bread & Pickles

SOUP OF THE DAY	3.95
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Served with crusty bread & butter

CAKES & PASTRIES from 50p - 2.00

Toasted Teacake with butter & jam 2.00

Savoury pastries 1.50

MILKSHAKE 2.45

Made with Fruit, Ice Cream & Cream

Strawberry, Chocolate or Banana

BEVERAGES

Soya/almond milk available on request

Reg/Large

Speciality coffees: Cappuccino, 1.95/2.45
Macchiato, Americano or Espresso

Hot Chocolate 2.45

Latte 2.45

Mocha 2.45

Instant Coffee 1.25

Tea 1.25

Speciality/Herbal Teas 1.50

SOFT DRINKS 1.00

Cans, Bottled drinks, Still & Sparkling water,

Fruit Juice cartons

SET LUNCH MENU

Please see board for details

1 Course 6.45

2 Courses 8.50

3 Courses 9.95

Vegetarian, Vegan and Gluten free options available – Free Wi-Fi

Telephone orders welcome 01273 494747

November 2017

Wednesday 1st				
Thursday 2nd	9.30-12.00pm 11.30-3.45pm 11.45-12.45pm 2.15-3.30pm 3.00-5.00pm	OuiBead Workshop Thursday Club – see enclosed notice for full details Balance & Exercise with Margaret Bingo with Roy Get Connected Computer Club – price includes refreshments	The Café For full day of activities & lunch & transport The Lounge The Lounge The Café	£10 £22 £5 £5 £5
Friday 3rd	12.30-3.00pm	Friday Roast – All welcome. Booking advisable.	The Cafe	£8.50 for 2 course
Monday 6th	2.00-4.00pm	Creative Journal Making with Dena	The Café	FREE
Tuesday 7th	9.30-12.30pm 11.00-12.00pm 1.00-4.00pm 2.00-3.00pm 2.00-4.00pm 3.30-4.30pm	Action for Deafness – Hearing Aid Maintenance Clinic Extend – Gentle Exercise to Music with Carole Ross the Osteopath Tai Chi with Ian U3A Mah Jong Group Dementia Information Session with Lorette– See poster for more details	AFD Clinic The Lounge The Therapy Room The Lounge The Café The Lounge	FREE £5 £35-£60 £5 FREE
Wednesday 8th				

Thursday 9th	10.00-5.30pm 11.30-3.45pm 11.45-12.45pm 2.15-3.30pm 2.15-3.30pm 3.00-5.00pm	Minibus Trip to ‘My Fair Lady’ Devonshire Theatre, Eastbourne – SOLD OUT Thursday Club – see enclosed notice for full details Balance & Exercise with Margaret Arts & Crafts with Judy Haven Quiz with prizes Get Connected Computer Club – price includes refreshments	Transport Entry For full day of activities & lunch The Lounge The Lounge The Lounge The Lounge The Café	£22 £5 £5 £5 £5
Friday 10th	12.30pm - 3.00pm	Friday Roast – All welcome. Booking advisable.	The Café	£8.50 for 2 course
Monday 13th	10.30-12.00pm 2.00-4.00pm	CAMEO – Come and meet each other Creative Journal Making with Dena	The Café The Café	FREE FREE
Tuesday 14th	9.30-12.30pm 10.00-1.00pm 11.00-12.00pm 1.00-4.00pm 2.00-3.00pm	Action for Deafness – Hearing Aid Maintenance Clinic 1:1 sessions with Carers Support – Please call 0300 028 8888 to book Extend – Gentle Exercise with Carole Ross the Osteopath Tai Chi with Ian	AFD Clinic Carers Support Room The Lounge The Therapy Room The Lounge	FREE FREE £5 £35-£60 £5
Wednesday 15th	10.00-1.00pm 2.00-4.00pm	1:1 sessions Support Sessions for Dementia Carers – Please call 0300 028 8888 to book U3A Mah Jong Group	Carers Support Room The Café	FREE
Thursday 16th	9.30-11.30am	Action for Deafness – Communication Tactics	The Lounge	FREE

What's On - November 2017

		Training – Please call 01444 415582 to book		
	9.30-12.00pm	OuiBead Workshop	The Café	£10
	11.30-3.45pm	Thursday Club – see enclosed notice for full details	For full day of activities & lunch & transport	£22
	11.45-12.45pm	Balance & Exercise with Margaret	The Lounge	£5
	2.15-3.30pm	Target & Board Games	The Lounge	£5
	2.15-3.30pm	Arts & Crafts with Judy	The Lounge	£5
	3.00-5.00pm	Get Connected Computer Club – price includes refreshments	The Café	£5
	4.15-5.15pm	Bereavement Support Group – Please contact St Peter's Church office on 01273 495532	The Lounge	FREE
Friday 17th	12.30-3.00pm	Friday Roast – All welcome. Booking advisable.	The Cafe	£8.50 for 2 course
Sunday 19th	12.30pm	Sunday Community Lunch – see poster for more details		£8.50 for 2 course
Monday 20th	2.00-4.00pm	Creative Journal Making with Dena	The Café	FREE
Tuesday 21st	10.00-12.00pm	Action for Deafness – Hearing Aid Maintenance Clinic	AFD Clinic	FREE
	11.00-12.00pm	Extend – Gentle Exercise to Music with Carole	The Lounge	FREE
	1.00-4.00pm	Ross the Osteopath	The Therapy Room	
	2.00-3.00pm	Tai Chi with Ian	The Lounge	£5
				£35-£60
				£5

Wednesday 22nd	1.00-4.00pm 2.00-4.00pm	Chiropody with Anita U3A Mah Jong Group	Treatment Room The Cafe	£15 +
Thursday 23rd	10.30-3.30pm	Minibus Trip to Mayberry Garden Centre & Emmaus, Portslade – See Trips page for further details	Transport cost Entrance	£ 15
	11.30-3.45pm	Thursday Club – see enclosed notice for full details	For full day of activities & lunch & transport	£22
	11.45-12.45pm	Balance & Exercise with Margaret	The Lounge	£5
	2.15-3.30pm	Arts & Crafts with Judy	The Lounge	£5
	2.15-3.30pm	Musical Entertainment	The Lounge	£5
	3.00-5.00pm	Get Connected Computer Club – price includes refreshments	The Café	£5
Friday 24th	12.30pm - 3.00pm	Friday Roast – All welcome. Booking advisable.	The Café	£8.50 for 2 course
Monday 27th	2.00-4.00pm	Creative Journal Making with Dena	The Café	FREE
Tuesday 28th	9.30-12.30pm	Action for Deafness – Hearing Aid Maintenance Clinic	AFD Clinic	FREE
	11.00-12.00pm	Extend – Gentle Exercise with Carole	The Lounge	£5
	1.00-4.00pm	Ross the Osteopath	The Therapy Room	£35-£60
	2.00-3.00pm	Tai Chi with Ian	The Lounge	£5
Wednesday 29th	10.30-12.00pm 1.00-4.00pm 2.00-4.00pm	Henfield Parkinson's' Café Chiropody with Anita U3A Mah Jong Group	The Café Treatment Room The Cafe	FREE £15 +

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Thursday 30th	11.30-3.45pm	Thursday Club – see enclosed notice for full details	For full day of activities & lunch & transport	£22
	11.45-12.45pm	Balance & Exercise with Margaret	The Lounge	£5
	2.15-3.30pm	Arts & Crafts with Judy	The Lounge	£5
	2.15-3.30pm	Haven Quiz with prizes	The Lounge	£5
	3.00-5.00pm	Get Connected Computer Club – price includes refreshments	The Café	£5



*For any **Action for Deafness** enquiries or to book audiology or training, please call 01444 415582

In the Therapy Room

Osteopathy with Ross every Tuesday afternoon

Straighten out those kinks



Chiropody with Anita

Last Wednesday of the month

Look after your feet with a lovely treatment

Please call 01273 494747 to book for any of these treatments



en is part of Impact Initiatives. Impact Initiatives is a registered charity, no 276669.
Company Limited by Guarantee no 1402692.

Haven Thursday Club

Schedule of activities

10.30-11.30am	Minibus to collect from the community
11.45-12.45pm	'Balance and Exercise' with Margaret
1.00-2.00pm	Lunch
2.15-3.30pm	2 nd Bingo with Roy
	9 th Haven Quiz with prizes
	16 th Target and Board games
	23 rd Musical Entertainment
	30 th Haven Quiz with prizes
2.15-3.30pm	Art and Craft with Judy
3.45pm	Minibus departs

The cost is £22 for the whole day incl. transport.

To book transport please call 01273 494747



Thursday Minibus Trips

Date	Time	Trip	Cost
9 th November	10.00-5.30pm	"My Fair Lady" Devonshire Theatre, Eastbourne	SOLD OUT
23 rd November	10.30-4.30pm	Visit to Mayberry Garden Centre and Emmaus, Portslade	Transport £15

Pick up and Drop off at The Haven Café. Trips are subject to a minimum number of passengers. Please book in advance. To book your place on a trip call 01273 494747.

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Dementia Friendly Henfield

At Henfield Haven we pride ourselves in being Dementia Friendly.

We are now committed to making Henfield a Dementia Friendly Community.

The chances are we will all know or encounter somebody with dementia at some point in our lives.

What can you do? Become a Dementia Friend.

Learn more about what it is like to live with dementia and turn that understanding into action. Attend a FREE information session at Henfield Haven.

This month we are offering an information session on Tuesday 7th November at 3.30pm and Tuesday 21st November at 6.30pm, lasting approximately an hour. Please call 01273 494747 to book your place.

Name

Address

Telephone

Email

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Sunday Community Lunch

**In partnership with St. Peters Church,
Henfield**

On Sunday 19th November at 12.30pm



£8.50 for 2 courses Children under 12 eat for free

This month's menu is...

Chicken Chasseur, Cottage Pie or Broccoli & Cauliflower Bake

Fresh Fruit Salad or Banoffee Pie

including a tea, coffee or juice

Gluten free option available upon request

Book now on 01273 494747

Parking, easy access for wheelchairs and child friendly



Festive Christmas Menu Booking Form

<u>Starters</u>	<u>Number</u>
Prawn Cocktail	
Spiced Parsnip Soup	
Pâté	

<u>Mains</u>	
Roast Turkey	
Roast Beef	
Nut Roast	

<u>Desserts</u>	
Christmas Pudding	
Banoffee Pie	
Cheese & Biscuits	

Date & Time:.....

No. of people – 2 course menu

No. of people – 3 course menu

Amount payable £

Name:.....

Contact telephone:.....

To book fill in this form then post, call 01273 494747 or hand into the Haven.



2017 Festive Christmas Menu
For Monday 18th to Friday 22nd December

from 12.30pm

2 courses £12 – 3 courses £18

For Christmas Day

Doors open at 1pm

Includes a glass of Prosecco & a gift £29.50
 (£10 non-refundable deposit required)

Starters

Prawn Cocktail, Spiced Parsnip Soup or Pâté

Mains

Roast Turkey, Roast Beef or Nut Roast
 Served with roast pots, veg and all the trimmings

Desserts

Christmas Pudding, Banoffee Pie or
 Cheese & Biscuits

All courses served with tea, coffee or juice.
 Booking required, please use form overleaf.