



**December 2017**



Red Heart

## **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](mailto:thehaven@impact-initiatives.org.uk)**

**Find us at: [www.henfieldhub.com](http://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

<b>OMELETTE* - 3 Egg</b>	5.45
Cheese, Mushroom, Ham, or Bacon	

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

<b>SANDWICH/BAGUETTE*</b>	3.45
<b>TOASTIE*</b>	3.95

**Fillings:** Cheese, Ham, Egg, Bacon, Houmous, Egg Mayo, Chicken Mayo, Tuna Mayo or Coronation Chicken

<b>PANINI*</b>	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

<b>PLOUGHMAN'S</b>	
Cheese, Pate, or Ham	5.95
Served with Salad, Coleslaw, Crusty bread & Pickles	

<b>SOUP OF THE DAY</b>	3.95
Served with crusty bread & butter	

<b>CAKES &amp; PASTRIES</b> from	50p - 2.00
Toasted Teacake with butter & jam	2.00
Savoury pastries	1.50

<b>MILKSHAKE</b>	2.45
Made with Fruit, Ice Cream & Cream Strawberry, Chocolate or Banana	

<b>BEVERAGES</b>	
Soya/almond milk available on request	

	<b>Reg/Large</b>
<b>Speciality coffees:</b> 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

<b>SOFT DRINKS</b>	1.00
Cans, Bottled drinks, Still & Sparkling water, Fruit Juice cartons	

<b>SET LUNCH MENU</b>	
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**



## **An Introduction to our High Needs and Dementia Daycare Days**

**Mondays, Wednesdays & Fridays 9.30am-3.30pm**

The Haven Day Centre is run by Brighton based charity Impact Initiatives to meet the needs of the community by offering a range of activities and services. It is supported by the Henfield Social Enterprise CIC, who regularly raises funds to provide the Haven with extra facilities and improvements to the building and garden for the community to enjoy.

Our High Needs and Dementia days offer specialist support and tailored activities in a safe, caring and friendly environment.

During the day customers have a choice of activities which are created for increased mental, social and physical activity. These include exercise and movement, arts and crafts, memory games, cooking, singing, poetry reading, music recitals. We also have areas for reading or quiet occupation and a beautiful garden where activities are held when the weather permits.

We provide a two course home cooked lunch using fresh produce and fruit snacks and refreshments throughout the day.

Our Staff are fully and regularly trained and we also have the support of a strong group of volunteers to enable an increased person to person ratio.

The Haven building has been adapted for disabled access and with dementia needs in mind for ease of use.

For pricing, any further information or if you would like to arrange a visit, please call 01273 494747 and speak with Lorette Mackie, the Centre Manager.

## December 2017

		<b><u>December 2017</u></b>		
Friday 1st	12.30pm - 3.00pm	<b>Friday Roast – All welcome.</b> <b>Booking advisable.</b>	The Café	£8.50 for 2 course
Monday 4th	2.00-4.00pm	<b>Creative Journal Making with Dena</b>	The Café	FREE
Tuesday 5th	9.00-12.00pm	<b>Action for Deafness – Hearing Aid Maintenance Clinic</b>	AFD Clinic	FREE
	11.00-12.00pm	<b>Extend – Gentle Exercise to Music with Carole</b>	The Lounge	£5
	1.00-4.00pm	<b>Ross the Osteopath</b>	The Therapy Room	£35-£60
	2.00-3.00pm	<b>Tai Chi with Ian</b>	The Lounge	£5
Wednesday 6th				
Thursday 7th	11.30-3.45pm	<b>Thursday Club – see enclosed notice for full details</b>	For full day of activities & lunch & transport	£22
	10.00-4.30pm	<b>Minibus Trip to Chichester Cathedral &amp; Christmas Market</b>	<b>SOLD OUT</b>	
	11.45-12.45pm	<b>Balance &amp; Exercise with Margaret</b>	The Lounge	£5
	2.15-3.15pm	<b>Haven Quiz with prizes</b>	The Lounge	£5
	3.00-5.00pm	<b>Get Connected Computer Club – price includes refreshments</b>	The Cafe	£5
Friday 8th	12.30-3.00pm	<b>Friday Roast – All welcome.</b> <b>Booking advisable.</b>	The Cafe	£8.50 for 2 course
Monday 11th	10.30-12.00pm	<b>CAMEO – Come and meet each other</b>	The Café	FREE

# What's On - December 2017

	2.00-4.00pm	<b>Creative Journal Making with Dena</b>	The Café	FREE
Tuesday 12th	9.00-12.00pm	<b>Action for Deafness – Hearing Aid Maintenance Clinic</b>	AFD Clinic	FREE
	9.30-10.30pm	<b>Dementia Friends Information Session</b> with Lorette – See poster for more details	The Lounge	FREE
	10.00-1.00pm	<b>1:1 sessions with Carers Support – Please call 0300 028 8888 to book</b>	Carers Support Room	FREE
	11.00-12.00pm	<b>Extend – Gentle Exercise to Music with Carole</b>	The Lounge	£5
	1.00-4.00pm	<b>Ross the Osteopath</b>	The Therapy Room	£35-£60
	2.00-3.00pm 2.00-4.00pm	<b>Tai Chi with Ian –LAST CLASS</b> <b>U3A Mah Jong Group</b>	The Lounge The Cafe	£5
Wednesday 13th				
Thursday 14th	9.30-12.00pm	<b>OuiBead Workshop</b>	The Café	£10
	10.00-4.30pm	<b>Minibus Trip to Christmas Panto and market at Horsham</b> – See Poster for further details	<b>SOLD OUT</b>	
	11.30-3.45pm	<b>Thursday Club</b> – see enclosed notice for full details	For full day of activities & lunch	£22
	11.45-12.45pm	<b>Balance &amp; Exercise with Margaret</b>	The Lounge	£5
	2.15-3.30pm	<b>Arts &amp; Crafts with Judy</b>	The Lounge	£5
	2.15-3.30pm	<b>Bingo with Roy</b>	The Lounge	£5
	3.00-5.00pm	<b>Get Connected Computer Club</b> – price includes refreshments	The Lounge The Café	£5 £5

Henfield Haven is part of Impact Initiatives. Impact Initiatives is a registered charity, no 276669.

Company Limited by Guarantee no 1402692.

We will be closed from 4.30pm on Friday 22<sup>nd</sup> December and will re-open on Tuesday 2<sup>nd</sup> January at 9.30am (apart from Christmas Day Lunch).

Friday 15th	12.30pm - 3.00pm	<b>Friday Roast – All welcome. Booking advisable.</b>	The Café	£8.50 for 2 course
<b>ALL WEEK</b>	<b>12.30-2.30PM</b>	<b>CHRISTMAS LUNCH MENU</b>	The Cafe	£12-18
Monday 18th	2.00-4.00pm	<b>Creative Journal Making with Dena</b>	The Café	FREE
Tuesday 19th	9.00-12.00pm	<b>Action for Deafness – Hearing Aid Maintenance Clinic</b>	AFD Clinic	FREE
	11.00-12.00pm	<b>Extend – Gentle Exercise with Carole</b>	The Lounge	£5
	1.00-4.00pm	<b>Ross the Osteopath</b>	The Therapy Room	£35-£60
Wednesday 20th	10.00-1.00pm	<b>1:1 sessions Support Sessions for Dementia Carers – Please call 0300 028 8888 to book</b>	Carers Support Room	FREE
Thursday 21st	9.00-11.00am	<b>Action for Deafness – Communication Tactics Training – Please call 01444 415582 to book</b>	The Lounge	FREE
	11.30-3.45pm	<b>Thursday Club – see enclosed notice for full details</b>	For full day of activities & lunch & transport	£22
	11.45-12.45pm	<b>Balance &amp; Exercise with Margaret</b>	The Lounge	£5
	2.15-3.30pm	<b>Sing Out Sister Ladies Choir singing Festive Tunes.</b>	The Lounge Inc. refreshments	£5
	3.00-5.00pm	<b>Get Connected Computer Club – price includes refreshments</b>	The Café	£5
	4.15-5.15pm	<b>Bereavement Support Group – Please contact St Peter’s Church office on 01273 495532</b>	The Lounge	FREE
Friday 22nd	12.30-3.00pm	<b>Friday Roast – All welcome. Booking advisable.</b>	The Cafe	£8.50 for 2 course

# What's On - December 2017

Monday 25th	Doors open 1pm	<b>Christmas Day Lunch</b> – please see poster for further details	The Lounge Booking required	£29.50
Tuesday 26th		<b>CLOSED FOR THE HOLIDAYS</b>		
Wednesday 27th		<b>REOPENING ON TUESDAY 2<sup>ND</sup> JANUARY 2018</b>		
Thursday 28th		<b>MERRY CHRISTMAS AND A</b>		
Friday 29th		<b>HAPPY NEW YEAR</b>		



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

## 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	7 <sup>th</sup> Quiz with prizes
	14 <sup>th</sup> Bingo with Roy
	21 <sup>st</sup> Sing Out Sister Ladies Choir
3.45pm	Minibus departs

**The cost is £22 for the whole day incl. transport.  
To book transport please call 01273 494747**

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## 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

**New to the Haven...Psychotherapist & Counsellor Linda Keen**



Cognitive Behavioural Therapy, Solution-Focused  
Brief Therapy, Sports & Performance Mind Coach  
Available for bookings. Please call on 07745 121790  
for further information.

Please call 01273 494747 to book for any of these treatments



What's On - December 2017



## **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 12<sup>th</sup> December at 9.30am, lasting approximately an hour. Please call 01273 494747 to book your place.**

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Name

Address

Telephone

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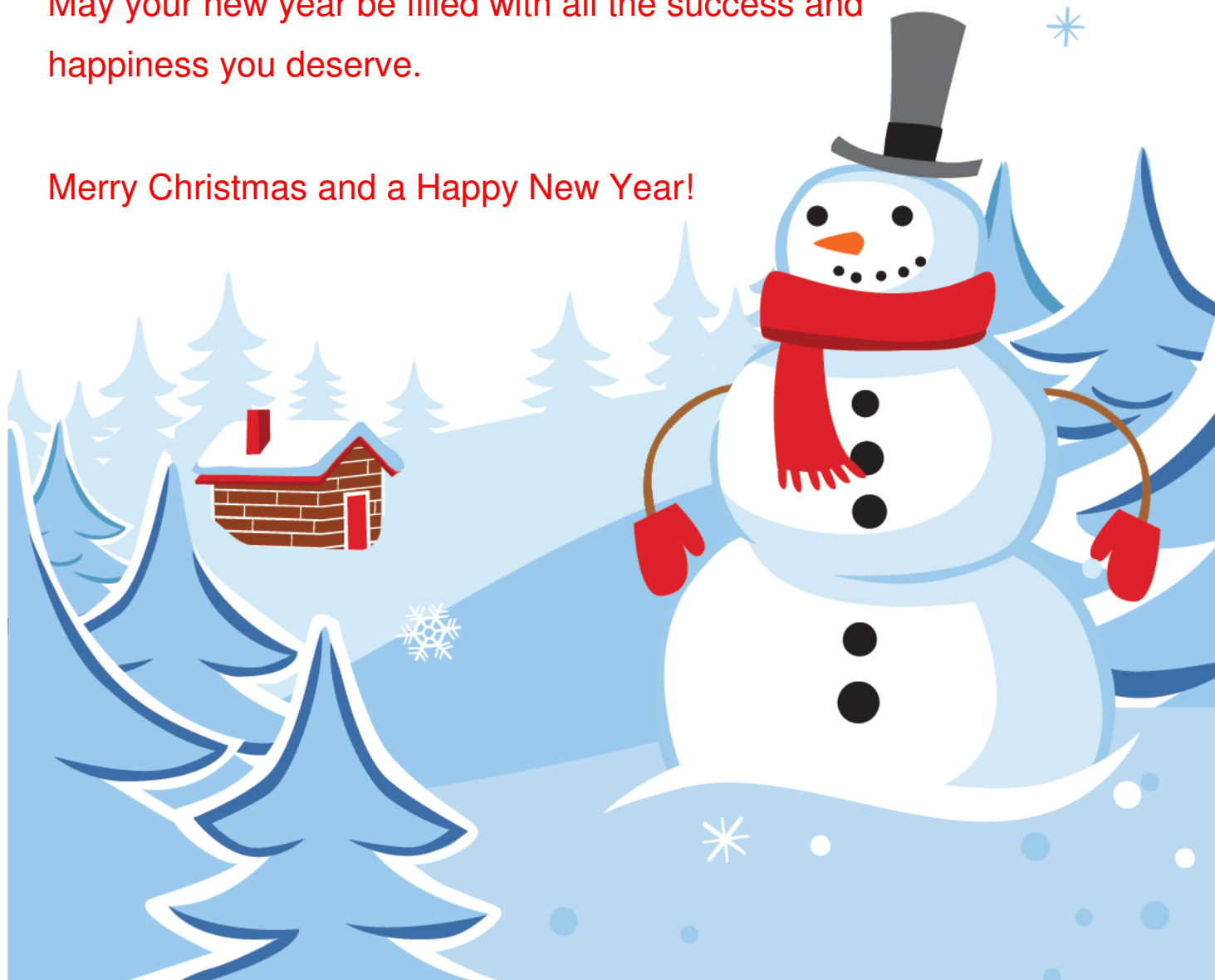
We will be closed from 4.30pm on Friday 22<sup>nd</sup> December and will re-open on Tuesday 2<sup>nd</sup> January at 9.30am (apart from Christmas Day Lunch).

To all who visit and support Henfield Haven,

Christmas and the New Year is a wonderful time for us to remember the friends and customers who support Henfield Haven and make our jobs a pleasure all year long.

So we'd like to take this moment to say thank you and send our best wishes to you and your families. May your new year be filled with all the success and happiness you deserve.

Merry Christmas and a Happy New Year!





## Christmas Lunch Booking Form

Starters

Quantity

Prawn Cocktail	
Spiced Parsnip Soup	
Pâté	

Mains

Roast Turkey	
Roast Beef	
Nut Roast	

Desserts

Christmas Pudding	
Banoffee Pie	
Cheese & Biscuits	

Name: .....

Contact telephone:.....

Deposit amount payable (£10 per person)

£
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Limited availability - Booking essential. Please use the form overleaf and book by 13<sup>th</sup> December.



## 2017 Festive Christmas Menu



**Monday 18<sup>th</sup> to Friday 22<sup>nd</sup>  
December from 12.30pm  
2 Courses for £12 – 3 Courses  
for £18**

**Christmas Day - Doors open  
at 1pm. 3 course lunch  
including a glass of Prosecco  
& a gift £29.50**

### Menu Options

#### 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.

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