



January 2018



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.

www.impact-initiatives.org.uk/henfield-haven/



Café Menu

BREAKFAST – served until 12pm

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|---------|------|
| 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

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

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

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

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| SANDWICH/BAGUETTE* | 3.45 |
| TOASTIE* | 3.95 |

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

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| 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

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| PLOUGHMAN'S | |
| Cheese, Pate, or Ham | 5.95 |
| Served with Salad, Coleslaw, Crusty bread & Pickles | |

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| SOUP OF THE DAY | 3.95 |
| Served with crusty bread & butter | |

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| CAKES & PASTRIES from | 50p - 2.00 |
| Toasted Teacake with butter & jam | 2.00 |
| Savoury pastries | 1.50 |

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| MILKSHAKE | 2.45 |
| Made with Fruit, Ice Cream & Cream Strawberry, Chocolate or Banana | |

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| BEVERAGES | |
| Soya/almond milk available on request | |

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| | 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 |

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| SOFT DRINKS | 1.00 |
| Cans, Bottled drinks, Still & Sparkling water, Fruit Juice cartons | |

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| 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



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.

January 2018

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| | | <u>January 2018</u> | | |
| Monday 1st | | CLOSED – BANK HOLIDAY | | |
| Tuesday 2nd | 9.30-12.30pm | Action for Deafness – Hearing Aid Maintenance Clinic | AFD Clinic | FREE |
| | 11.00-12.00pm | NO EXTEND THIS WEEK | The Lounge | £5 |
| | 1.00-4.00pm | Extend – Gentle Exercise to Music with Carole Ross the Osteopath | The Therapy Room | £35-£60 |
| Wednesday 3rd | | | | |
| Thursday 4th | 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 |
| | 2.15-3.15pm | Bingo with Roy | The Lounge | £5 |
| | 3.00-5.00pm | Get Connected Computer Club – price includes refreshments | The Cafe | £5 |
| Friday 5th | 12.30-3.00pm | Friday Roast – All welcome. Booking advisable. | The Cafe | £8.50 for 2 course |
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| Monday 8th | 10.30-12.00pm | CAMEO – Come and meet each other | The Café | FREE |
| | 2.00-4.00pm | Illustrated Journal Sharing with Dena | The Café | FREE |
| Tuesday 9th | 9.30-12.30pm | Action for Deafness – Hearing Aid Maintenance Clinic | AFD Clinic | FREE |

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| | 10.00-1.00pm | 1:1 sessions with Carers Support – Please call 0300 028 8888 to book | Carers Support Room | FREE |
| | 11.00-12.00pm | Extend – Gentle Exercise to Music with Carole | The Lounge | £5 |
| | 1.00-4.00pm | Ross the Osteopath | The Therapy Room | £35-£60 |
| | 2.00-4.00pm | U3A Mah Jong Group | The Cafe | |
| Wednesday 10th | | | | |
| Thursday 11th | 11.30-3.45pm | Thursday Club – see enclosed notice for full details | For full day of activities & lunch | £22 |
| | 11.45-12.45pm | Balance & Exercise with Margaret | The Lounge | £5 |
| | 2.15-3.30pm | Target & Board Games | The Lounge | £5 |
| | 3.00-5.00pm | Get Connected Computer Club – price includes refreshments | The Lounge The Café | £5 £5 |
| Friday 12th | 12.30pm - 3.00pm | Friday Roast – All welcome. Booking advisable. | The Café | £8.50 for 2 course |
| Sunday 14th | 12.30pm > | Sunday Community Lunch | 2 courses | £8.50 |
| Monday 15th | 2.00-4.00pm | Illustrated Journal Sharing with Dena | The Café | FREE |
| Tuesday 16th | 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 |
| | 2.30-3.30pm | Dementia Friends Information Session with Lorette – See poster for more details | The Lounge | FREE |

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

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| Wednesday 17th | 10.00-1.00pm | 1:1 sessions Support Sessions for Dementia Carers – Please call 0300 028 8888 to book | Carers Support Room | FREE |
| | 2.00-4.00pm | U3A Mah Jong Group | The Café | |
| Thursday 18th | 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 | Haven Quiz with prizes | The Lounge Inc. refreshments | £5 |
| | 3.00-5.00pm | Get Connected Computer Club – price includes refreshments | The Lounge | £5 |
| 4.15-5.15pm | Bereavement Support Group – Please contact St Peter’s Church office on 01273 495532 | The Café | FREE | |
| Friday 19th | 12.30-3.00pm | Friday Roast – All welcome. Booking advisable. | The Cafe | £8.50 for 2 course |
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| Monday 22nd | 2.00-4.00pm | Illustrated Journal Sharing – with Dena | The Cafe | FREE |
| Tuesday 23rd | 9.30-12.30pm | Action for Deafness – Hearing Aid Maintenance Clinic | AFD Clinic | FREE |
| | 10.00-1.00pm | 1:1 sessions with Carers Support – Please call 0300 028 8888 to book | Carers Support Room | FREE |
| | 11.00-12.00pm | Extend – Gentle Exercise to Music with Carole | The Lounge | £5 |
| | 1.00-4.00pm | Ross the Osteopath | The Therapy Room | £35-£60 |

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| Wednesday 24th | 2.00-4.00pm | U3A Mah Jong Group | The Café | |
| Thursday 25th | 11.30-3.45pm | Thursday Club – see enclosed notice for full details | For full day of activities & lunch | £22 |
| | 11.45-12.45pm | Balance & Exercise with Margaret | The Lounge | £5 |
| | 2.15-3.30pm | Musical Entertainment | The Lounge | £5 |
| | 3.00-5.00pm | Get Connected Computer Club – price includes refreshments | The Lounge The Café | £5 £5 |
| Friday 26th | 12.30pm - 3.00pm | Friday Roast – All welcome. Booking advisable. | The Café | £8.50 for 2 course |
| | | | | |
| Monday 29th | 2.00-4.00pm | Illustrated Journal Sharing with Dena | The Café | FREE |
| Tuesday 30th | 9.30-12.30pm | Action for Deafness – Hearing Aid Maintenance Clinic | AFD Clinic | |
| | 9.30-10.30am | Dementia Friends Information Session with Lorette – See poster for more details | The Lounge | FREE |
| | 11.00-12.00pm | Extend – Gentle Exercise to Music with Carole | The Lounge | £5 |
| | 1.00-4.00pm | Ross the Osteopath | The Therapy Room | £35-60 |
| Wednesday 31st | 10.30-12.00pm | Henfield Parkinson's Cafe | The Café | FREE |



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

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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 treatment

What's On – January 2018



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 16th January at 2.30pm and Tuesday 30th January at 9.30am, lasting approximately one hour. Please call 01273 494747 to book your place.

Name

Address

Telephone

Email

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Computer Club



01273 494747

“Get Connected” Computer Classes take place in the Lounge at the Henfield Haven every Thursday afternoon from 3pm until 5pm, and everyone is welcome to attend irrespective of experience and ability. Bring your own computer/tablet and you can receive one to one tuition during the session. Some tablets & lap tops are available for general use if you don't have your own.



We will endeavour to answer all of your questions regarding computing, with advice available on how you can get the best from your desk top/lap top (Apple & Windows), iPad, android tablet, and smart phone. Classes take place in a friendly, stress free atmosphere, which you will enjoy.

From time to time the Computer Club runs themed workshops that are well attended. These have included “Staying Safe using the Internet”, “Being Confident using the Internet”, “Retail & Banking Online”, “Social Media”, “The Editing & Storage of Photographs”, plus many more...



A charge of £5.00 per person per session is made, which includes refreshments and workshop notes when issued. All money received goes towards the Henfield Haven.

**Free Wi Fi is available for those using the Henfield Haven Cafeteria during opening hours, 10am until 4pm.*

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**Sunday
Community
Lunch**

In partnership with St. Peters Church, Henfield

On Sunday 14th January at 12.30pm



£8.50 for 2 courses Children under 12 eat for free

This month's menu is...

Roast Chicken, Roast Lamb or Roasted Vegetable Lasagne

Fresh Fruit Salad or Apple Crumble

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

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Happy New Year

Upcoming events for 2018

Our next Minibus trips will be in February 2018

Thursday 1st February - Grab some winter bargains at WoolOvers Factory Shop then lunch at the Woolpack Pub, Burgess Hill.

Thursday 15th February – Try a bracing walk along Ferring Beach (weather permitting) then warm yourself up at The Woodsman Arms Pub, Angmering.

Friday 9th February – Henfield Haven Quiz Night

Friday 23rd March – Grand Silent Auction in aid of the Haven and Henfield Hall

Tickets for these events will be available in the New Year.

How to find us: At the end of Hewitts, Henfield, West Sussex, BN5 9DT



Both the Stagecoach No. 17 bus Brighton to Horsham route and the Compass No. 100 Burgess Hill to Horsham stop at Henfield High Street. Please call 01273 494747 if you need any further information.