



November 2017: Locations, times & contact details for **My Network**.

| Location | Contact | Mon | Tues | Weds | Thurs | Fri | Sat | Please note |
|--|---|----------------|---|---------------------|----------------|----------------------------|---|--|
| Bognor Regis Number 73 Aldwick Road PO21 2NW | Aldingbourne Trust Martina Reed & Debbie Allsopp 01243 838 530 dropin@aldingbourne.org | 10-2 | | | 5 - 9 | 2-3:30 (OP) | 10-11 travel tr & Budgeting 11 - 2 | Venue is open Mon to Fri 9-4. Visitors are welcome to pop in. |
| Burgess Hill The Old Post Office Resource Centre, 30-32 Station Road RH15 9DS Older People's Group | Signposts (Mid Sussex) Ltd Beth Little 01444 616 232 mynetwork@signpostsmidsussex.org.uk | 10 - 3.30 | | | | 10-3.30 2-3.30 (OP) | 10 - 2 | |
| Haywards Heath Drop-in, Saltworkz Café, 34 America Lane RH16 3QB | 07572 211 509 | | 10 - 2 | | | | | |
| Chichester New Park Centre, New Park Road, PO19 7XY | Hillcrest Care - Sally Racey 07795 642 271 Office: 01243 792 354 mynetwork@options.co.uk | 10 - 4 | | 9 – 1 1 – 4 (OP) | | | 10 - 2 (alternate Saturdays) | |
| Crawley Bewbush Community Centre Dorsten Square, Bewbush RH11 8XW | Outreach 3 Way / Dimensions Simon Churcher 0300 303 9032 ext 2756 | | 11 – 3 | | 10 - 2 | | 10 - 3 (alternate Saturdays) | |
| The Hub on The High St 31-32 High St Crawley RH10 1BQ | Toni Sagnia 07860 923414 mynetwork@dimensions-uk.org | | | | | 10 - 12 (OP) | | |
| East Grinstead Jubilee Hub, Jubilee Community Centre Charlwood Road East Grinstead RH19 2HL | | | | 11 – 2 | | | | |
| Horsham BEC, The Forest School. Comptons Lane, Horsham RH13 5NW | | | | | 5 - 9 | | | In the Youth Wing |
| Horsham Library Lower Tanbridge Way, Horsham, RH12 1PJ | | 9.30 – 1.30 | | | | | | In the library |
| Littlehampton Dove Lodge, 49 Beach Road, BN17 7JG | Worthing Mencap Emma Wallace 01903 202 030 | | | | 9.30 - 1.30 | | | |
| Worthing Buddys Café, 121 South Farm Road, BN14 7AX | Richard DeNiese 07503 177 100 mynetwork@worthingmencap.org | | 10 – 4 drop in 2 – 4 friendship group | | 3 - 5 (OP) | 2 - 4 | 11 - 1 (alternate Saturdays) | Venue is open Weds to Sat 10 - 2 |

These details may be subject to change, so please call before your first visit. OP = Older People Club.