

NHS App: Free one-to-one support sessions

Did you know that with the NHS App you can:

- Get your COVID Vaccination pass
- Order repeat prescriptions from your chosen pharmacy
- View your GP health record

A Link Worker can talk you through everything you need to know including how to download, sign in and navigate the app.

Where? St Richard's Community Centre or Hangleton Library

When? Friday mornings between 9am - 12noon

How do I book?

Email socialprescribing.togetherco@nhs.net

DADS GROUP

Fathers & Male Carers of Children/Adults with SEND in Brighton & Hove

Venue: Stoneham Pub Portland Road, Hove BN3 5QJ

Every last Thursday of each month.

For further information, please contact **Darren Walker**, Dads Group Coordinator via emailing dazmonkey72@googlemail.com

Calling all Knitters!

The Knitting Group is back in Hangleton Library on Thursdays from 10.30am-12.30pm. It is a sociable drop-in group and everyone is welcome. Please bring some knitting with you and join in and chat. If you are struggling with a particular pattern or stitch, we will do our best to troubleshoot! We look forward to meeting you.

Hangleton Library (Opening Hours)

Monday - Staffed - 9am-5pm ;
Tuesday - Libraries Extra - 9am-7pm;
Wednesday - Libraries Extra - 9am-7pm;
Thursday - Staffed - 9am-5pm;
Friday - Staffed - 9am-5pm;
Saturday - Libraries Extra - 9am-5pm;
Sunday - Staffed - 11am-5pm.

Address: **West Way, Hove, BN3 8LD**
Telephone: **01273 290 800**
Email: libraries@brighton-hove.gov.uk

Come and join us in your 'third age' and enjoy life !

u3a
learn, laugh, live



Brunswick, West Hove and Portslade u3a

We are a unique and inspiring organisation providing life-enhancing opportunities through learning and sharing, so why not grow and flourish with us? If you're retired or semi-retired, living in Hove, Portslade or surrounding area, want to make new friends and share interests, want to acquire new skills and develop different aspects of your personality through fun and shared learning...

then u3a is for you!

- We meet in small groups to explore and enjoy special interests such as music including jazz, history, film, books, plays, art, science, languages, creative writing, discussion, board games, yoga and tai chi, wine appreciation, outdoor activities - to name but a few.
- We have a programme of stimulating monthly talks of general interest given by noteworthy speakers and held at Ralli Hall in Hove.
- We share ideas and experiences. We offer walks and sports, visits to theatres and places of interest, meetings for coffee and chat.
- AND MUCH MORE!

Groups are run by members for members, so the members themselves can suggest group ideas and are given help to get new groups underway.

There is a small annual subscription.

To find out more: Come to our Open Day afternoon on Wednesday, 17th August from 2.15pm at Ralli Hall, 81 Denmark Villas, Hove, BN3 3TH or contact our Membership Secretary, Pam Hansford, on email pamhansfordu3a@gmail.com or 01273 773219 or visit our website at: <https://u3asites.org.uk/Brunswick-westward>

*by Jackie Fuller
Brunswick, W Hove & Portslade u3a)*