



The Big Lottery Fund supports World War 2 veterans to revisit the places where they saw action. The Fund will make grants towards travel and accommodation costs. They will pay for someone to

travel with you. Widows and widowers of veterans can also apply. You will need to travel before December 2010, but grants can be awarded even if you have already paid for your trip.

For more information call **0845 0000 121** or visit www.biglotteryfund.org.uk/heroesreturn

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Older Persons Information Day

7th June at the Hawth

10am to 2pm

Why not drop in and have a cup of tea and a chat

JULY & AUGUST DAY-BREAK EXCURSIONS



The following Day-Break Excursions are available for booking. Bookings will be on a first come first served basis and payment must be received by us no later than 14 days before the departure date.

- Departures will be from several central locations.
- Costs do not include any entrance fees or other expenditure (e.g. drinks, snacks), unless otherwise stated below.
- All excursions are on a best endeavour basis and subject to cancellation by CCT.

Full day excursions will leave Crawley at about 10.00 am and the return journey time will be timed to arrive back in Crawley about 4.00 pm.

DATE	VENUE	COST per person
29 th July	Brighton	£15
3 rd August	Polhill Centre near Sevenoaks	£15
9 th August	Eastbourne	£16
18 th August	Chichester	£16
23 rd August	Worthing	£15
31 st August	Royal Tunbridge Wells	£15

Half day excursions will leave Crawley about 1.00 pm and return about 4.00 pm.

DATE	VENUE	COST per person
27 th July	Dial Post Garden Centre	£8
4 th August	Greyhound Racing at Hove (leave at 1.00 pm return at 6.00 pm)	£11 Free entry to stadium
11 th August	Camelia Botnar Centre and Bis-tro	£8
17 th August	Garden Pride Garden Centre, Ditchling	£10
26 th August	Burgess Hill	£9
30 th August	Horsham	£7

PLEASE TELEPHONE 01293 657080 TO BOOK
BETWEEN 10.00 AM AND 12.00 NOON
MONDAY TO FRIDAY

WSSSEN Annual Event

Changing with the times and making the most of opportunities

1st July

WSSSEN's annual **free event** taking place at Billingshurst Village Hall. The event will give attendees the opportunity to speak to Commissioners from WSCC and the

NHS West Sussex, learn more about funding, green business practices to save money, volunteer management and what is happening locally on Social Impact Measurement initiatives.

Places will be allocated on a first

come, first served basis upon receipt of a completed booking form.

Deadline to confirm attendance: **15th June**.

For further details visit:

www.wssen.org.uk

Keeping active

Active Crawley

holds chair-based exercises

Brunswick Court,

Furnace Green sheltered housing Mondays 10.30-11.15am

Contact Helen Dixey for further details on 07827 951966

Swallows over 50's

hold Line Dancing at Broadfield Community Centre. Last Thursday each month from 2pm to 4.30pm.

Cinema Club if you are interested in either hosting or attending a club

Contact either

Christel on 01293 544144 or Helen on 07827 951966

Age UK are holding chair-based exercise sessions at

Dobbins Place

Ifield West on Thursdays 2.30-3.15pm

Gossops Green

St. Albans church hall, Mondays 10-10.45am

Holy Trinity Church,

Tilgate, Thursdays 9.30-10.15am

All costing £1.50 per session.

Contact Christel on 01293 544144

Community Transport

Excursions - please refer to page 2 of this newsletter for details of the destinations and pricing.

Contact on 01293 657080 to book places.

Bingo - The Friends and Neighbours group meets every Wednesday at the **WRVS building**, opposite Crawley Hospital, from 1.30-3.30pm. It is aimed at people 55 years and over. The cost is £2.50 per month although the first week is free of charge

Keep your mind and body healthy and have lots of fun too

**Crawley
Council for
Voluntary
Service**

Membership

**Call 01293
657000 for
more
information**

POPP Project

As you may be aware the POPP Project is due to end on the 30th September 2010. As a member of the Crawley Neighbourhood Network you may be wondering how this may affect you.

Do you have any funding requirements - have you contacted us to assist you to find available funding? If not call [Stephen John](#) or [Holly Reeves](#) on **01293 657159**.

The POPP project is only one project delivered through Crawley Council for

Voluntary Service (CCVS), and although the project will end CCVS will still be here to assist you with any requirements you might have in the future.

Have you considered becoming a member of the CCVS? Benefits are shown below

- Members are able to nominate individuals to become CCVS Trustees. Vote at our AGM.

- Members receive a 10% discount on many fees such as

room hire, photocopying, some training course fees etc.

- Some equipment, such as our laptop computer and projector are only available for hire by members.

- Members receive a FREE copy of our Community Information Directory (normal cost £5).

- We are happy to advertise job vacancies and members events FREE of charge.

Call us on 01293 657000 for more information.

Crawley Festival Charity Event

Charity Dinner in aid of Crawley Open House

This event will be hosted by Ex-Mayor of Crawley [Cllr. Brenda Burgess](#) and will be held at The Copthorne (Gatwick) Hotel on **Friday 25th June** at 7pm for 7-30pm 'til 11pm.

Tickets cost £25. per head and include a 2 course dinner with after dinner coffee.

Wine/drinks will cost extra. A cash bar is available

There will be a guest speaker and a raffle will be held in aid of [Open House](#).



For further details please email brenda.burgess@crawley.gov.uk

Save water ... Save energy ... Save money

Did you know that saving water saves you energy and saves you money!

Between 2010 and 2015 Southern Water will begin a programme of metering across Crawley.

The majority of customers who do not already have a meter will be provided with one free of charge.

Southern Water have teamed up with the Design Council and the Energy Saving Trust to help end-users understand water use in the home and how they can save water, save energy and save money.

Tips:

- Kettle - only boil enough for your immediate requirement.
- By replacing 1 bath for 1 shower you could save money.
- Dishwashers and washing machines -always run when you have a full load.
- Cleaning your teeth - don't leave the tap running.
- Fix dripping taps as soon as possible.
- Use a bucket and sponge to wash your car as this will use about a tenth of the water if you would use with a hosepipe.
- Don't use hot water when cold will do. E.g. washing vegetables.

For more information visit:

www.southernwater.co.uk / www.designcouncil.org.uk /
www.energysavingtrust.org.uk

Funding ...

The **deadline** for Longley Trust applications are:

11th June
10th Sept
26th Nov

Please submit applications in letter format and send to

Mr P Longley,
The Orchard,
1-2 Gleneagles
Court, Brighton
Road, Crawley
RH10 6AD.

**Concertina
Charitable Trust**
Concertina makes

grants to charitable bodies which provide musical entertainment and related activities for the elderly.

For more information go to:
www.concertinamusic.org.uk

By 2015 all homes in Crawley will have a Water Meter

Crawley Neighbourhood Network aims to:

- Promote the health, wellbeing and independence of older people
- Reduce the need for 'higher-level' statutory services
- Prevent unplanned acute hospital admissions and delay admissions to residential care
- Enable people to live in their own homes with choice and control over how they live their lives.

To achieve these aims, Crawley Neighbourhood Network working together with local groups to develop the following:

Befriending services - Home from Hospital service - Community Transport scheme - Services to offer care for people suffering from Dementia - Services to help older people with gardening and shopping - Opportunities for older people to socialise and interact with each other - Awareness among older people with regard to crime prevention.

The Orchard
1-2 Gleneagles Court
Brighton Road
Crawley RH10 6AD
Phone: 01293 657160

Charity Number: 1094699
Company Number: 4488714



Diary Dates

June 2010

7th Older Persons Forum Information Day at the Hawth 10am - 2pm
Tel: 01293 657160

14th Crawley Older Persons Forum at The Orchard, Brighton Rd 10am-12pm.
Tel: 01293 585317

8th 15th 22nd 29th

Creative Dance at Friary Hall, Haslett Avenue 11.30am to 12.15pm
Tel: 01293 585317

24th Line dancing with Swallows Over 50's at Broadfield Community Centre. Last Thursday every month. 2pm to 4.30pm.

July 2010

6th 13th 20th 27th Creative Dance at Friary Hall, Haslett Avenue

11.30am to 12.15pm
Tel: 01293 585317

26th Crawley Older Persons Forum at The Orchard, Brighton Rd 10am-12pm.
Tel: 01293 585317

29th Line dancing with Swallows Over 50's at Broadfield Community Centre. Last Thursday every month. 2pm to 4.30pm.