



the community house
25 Dominion Road, Worthing, BN14 8JZ



Worthing Homes

Daily Food Provision

Community House offers a daily pop-up foodbank on the front drive from 9:30am.

Surplus fresh food is donated by local supermarkets and is available for anyone to take. All we ask is that you take just what you need. Once it's gone - it's gone.



#workingtogetherforthegreatergood

Games Afternoon

Every Friday 1pm-4pm

Worried about putting your heating on? Why not pop over to Community House and join us for an afternoon of board games in a warm cosy environment. Tea and coffee provided.

All welcome!



GAMES AFTERNOON

Community house is happy to offer a safe and warm space for our community members this winter. So come into the warm, play some games and enjoy a warm drink too!

Every Friday
Starting
Friday, October 28
1:00pm-4:00pm
at Community House



BOARD GAMES & CARD GAMES OR BRING YOUR OWN GAMES

For more information: 01903 215 799 or
ch@worthing-homes.org.uk



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Well-being Wednesday

Would you like to let go of negative thoughts and behaviours? Would you like to feel refreshed and relaxed? Then try Access Bars Therapy with Eileen.

**PHONE 01903 215 799
TO BOOK YOUR
SPACE**



Access Bars Therapy is a **hands on energy healing process**. It uses energy centres or bars which are located on the head, and unlocks them.

It will help de-clutter your mind, remove judgement, create a sense of calm and finally step into ease and joy.

Every Wednesday at Community House

20 minute sessions from 10am until 2pm

Phone Alison on 01903 215 799

**Splat'n'chat
Paint Morning**

**FRIDAY 4TH NOVEMBER
10-12
@COMMUNITY HOUSE, WORTHING**

Come and join us for a fun and relaxed painting morning!
Step-by-step with Chloe (your tutor)
No previous experience or artistic talent needed!
All materials & equipment provided
a FREE hot drink included

To book: Call Alison Brett on
01903 215 799

**MONTHLY
ON
A FRIDAY
10 -12PM**



Fancy a Splat & Chat experience? Learn to paint your own acrylic picture and have a good old chat too! Join Chloe for her monthly sessions at Community House. Expect to have a good time and come away with your own painted canvas.

Booking essential!

COMMUNITY COFFEE AFTERNOON



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Pop in and have a coffee and a chat in friendly surroundings - bring a friend too! All welcome.



Every Monday
1:30 to 3:00pm
At Community House
No need to book - just turn up
Warm welcomes a speciality.

Coffee Afternoon

Every Monday, 1:30-3pm
Join us in the kitchen for free tea or coffee in a warm friendly atmosphere.
All welcome.



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Computer Basics Course

We are looking to run a free course with Aspire in January 23. If you are interested in taking part, please send your name and a contact number to ;
ch@worthing-homes.org.uk , call Alison on 01903 215 799 or message via our Facebook page.



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Hypnotherapy

Jeff is able to offer community members upto 4, free 90 minute sessions. Please telephone Community House for more information.

Activities @ Community House

Please note:
all activities provided by Community House are completely free of charge. We also offer free activities for children during school holidays. See our Facebook page.

HYPNOTHERAPY AT COMMUNITY HOUSE

As you know, Worthing Homes Community House is a very special place where people can meet up informally, take part in activities or drop in for help/ advice when needed and over the years, we have adapted or expanded our services to respond to the evolving challenges faced by the local community.

Today, we are happy to announce that we are continuing this trend by offering to you the services of a local hypnotherapist (Jeffrey Glick) who has kindly offered to volunteer his time to those who are interested in releasing unhelpful emotions and limiting beliefs, rediscovering personal resources and capabilities, and defining new ways of being.

CAN THIS HELP ME?

Hypnotherapy is a powerful tool, which many people find helpful, but it's not suited for everyone, specifically individuals suffering with Epilepsy or serious mental illness such as: Schizophrenia, Bipolar Disorder (aka Manic Depression) or Clinical Depression. If you are interested, please contact Alison on 01903 215799 or at abrett@worthing-homes.org.uk in the first instance and she will pass your details on to Jeffrey who will give you a call for a quick chat. If it feels like a good fit for the both of you, hell book your 1st session.



WHAT'S ON OFFER AND WHEN?

Jeffrey is offering you four, 60-90 minute sessions, at no cost. Additional sessions would need to be arranged independently between yourself and Jeffrey.

At present, two session slots will be available each Monday evening between 17:00 and 20:00 as shown below:
Session 1: 17:00 to 18:30
Session 2: 18:30 to 20:00

WHERE?

All sessions will take place in the little meeting room at Worthing Homes Community House.

These sessions will be between you and Jeffrey alone. Nothing you discuss will be shared by Jeffrey with Worthing Homes Community House.



ODDS AND ENDS

It's important to note that this is a pilot project and as such will be assessed after a period of time to determine if it is working for us, for you and for Jeffrey alike. With that in mind, it would be really helpful for us to gain your feedback should you decide to partake.

FOR MORE INFORMATION ABOUT JEFFREY AND HYPNOTHERAPY PLEASE VISIT HIS WEBSITE AT WWW.LIVWELLCOGHYP.CO.UK



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Volunteers Wanted



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We need volunteers for the following roles;

- Drivers to collect from supermarkets
- Food bank hosts

Are you interested in joining us?

Please send a covering email to Alison on ch@worthing-homes.org.uk explaining which role you are interested in and why.



STUDY WITH



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Community House has a number of free online courses available for you to study.

Choose from;

Care certificate

L2 Safeguarding Children

L2 Safeguarding Adults

Understanding Young Minds

L2 Food Safety and Hygiene

Manual Handling in the Workplace

Mental Health Awareness



For more information, please contact Alison on 01903 215 799 or email : ch@worthing-homes.org.uk

▶ BOOK NOW



New activities @ Community House

If you have any ideas for new activities or would like to run a session at Community House, please get in touch. We are always looking for new ideas.

Money Advice

Worried about paying your rent or other bills? Struggling with debts? Universal Credit or general money worries? Why not chat to one of our money advisers, - we will be working alongside Alison at Community House on Monday mornings from November 2022, 10.00-12.00. You can just turn up or book a specific time and if you can't be here, we can also give advice or information over the phone, via email or video call. Ask or phone Alison on 01903 215 799 if you want to book an appointment or if you would like one of the Money Advisers to call you.

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For more information, please contact Community House on 01903 215 799 or email: ch@worthing-homes.org.uk

Watch out!



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More activities @ Community House

We are looking into the possibility of running these activities in the near future.

- Pottery & pottery painting
- Dance
- Belly dancing
- Garden SOS Team
- Cooking sessions
- Crafting
- Circus skills workshops
- Homework club



ch@worthing-homes.org.uk



[CommunityHouseWorthing](https://www.facebook.com/CommunityHouseWorthing)



01903 215 799

**Get in touch if you'd
like to be involved or
join in any activities.**