



As at August 2023: Locations, times & contact details for **My Network**.

Location	Mon	Tues	Weds	Thurs	Fri	Sat	Please note	Contact
Bognor Regis Number 73 Aldwick Road PO21 2NW	10 - 2		Every 1 st Wednesday of every month 7– 11 pm Living Out Loud Club Night at TAO Bar, Bognor Regis.	Week B, 10 – 12 MN Drop-In at Number 73 with Claire Mant.	Week B, 10 – 12 MN Drop-In at Number 73 with Debbie Allsopp	Alternate Saturdays, 10 – 2 at Number 73 or off- site.	The Drop-In as a venue will be open Monday – Friday, 9am – 4pm. Visitors are welcome to drop in.	Aldingbourne Trust Casper Rioseco, Debbie Allsopp 01243 838 539 dropin@aldingbourne.org
				Socials: Every Thursday, 1 - 4pm, at Bognor Regis Community Garden				
Burgess Hill The Cherry Tree Centre Fairfield Road Burgess Hill West Sussex RH15 8QB	10 –2		10 –2		10 –2			Signposts (Mid Sussex) Ltd 01444 616 232 mynetwork@signpostsmidsussex.org.uk Amy Hickman - 07399 054 757 Jane Russell - 07572 211 509
Haywards Heath Yews Community Centre 55 Boltro Road RH16 1BJ				2 – 4				
Chichester New Park Centre New Park Road PO19 7XY	9 – 2		9 – 2					Aldingbourne Trust Sally Racey 07795 642 271
Chichester Gate Jobcentre Units 2&3 Southern Gate Office Village Chichester PO19 8GR		Social coffee morning once a month out and about 10-12		10– 12.30 monthly			My Job Centre - held once a month on the 3rd Tuesday of each month.	Office: 01243 544 607 sallyr@aldingbourne.org
Midhurst The Grange Bepton Road Midhurst GU29 9HD		9 -1 monthly					Second Tuesday	

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Crawley Bewbush Community Centre Dorsten Square Bewbush RH11 8XW		10 – 2		10 - 2		10 - 2		Outreach 3 Way / Dimensions Sue Irshad - 07789 272910 sue.irshad@dimensions-uk.org
East Grinstead Jubilee Hub Jubilee Community Centre Charlswood Road RH19 2HL			11-3					Jill Constable - 07939 570512 Jill.Constable@dimensions-uk.org
Horsham Forrest Youth Wing Comptons Lane Horsham RH13 5NT Contact Emma 07736 453478				5 – 9				
Horsham Quakers Meeting Hall Worthing Road Horsham RH12 1SL	10 – 2				10 - 2			
Littlehampton Dove Lodge 49 Beach Road BN17 7JG			10 – 2					Worthing Mencap 01903 202 030 Richard DeNiese 07503 177 100 mynetwork@worthingmencap.org
Worthing Buddys Café 121 South Farm Road BN14 7AX	10 – 2	10 – 2 3 - 5	10 – 2	10 – 2 3 – 5	10 - 2			
Shoreham Shoreham Centre 2 Pond Way BN43 5WU		10 - 2						