

Burgess Hill

Signposts

The Old Post Office
Station Road

9am-3:30pm Monday
and Friday

10am-2pm Saturday

Haywards Heath

Saltworkz Café, America Lane
10am-2pm Tuesdays

Will, Diana, Jane
or Beth:

01444616232

info@signpostsmidsussex.org.uk



for
people
with learning
disabilities



Funded by



Network West Sussex: A Drop-in and Support Service for people with learning disabilities and their carers



- **Friendly, helpful staff**
- **Fun sessions**
- **Free information and advice**



My Network:

- For people with learning disabilities aged 16 and over & their carers
- Somewhere safe and welcoming for adults with learning disabilities to meet others
- Friendly staff offer information, advice, guidance on housing, leisure, learning and much more
- Activities and workshops designed to help people live independent lives
- Priority will be given to people not eligible for social care services

My Network Plus:

- A referral only service by West Sussex County Council's Community Learning Disability Teams
- Helping people to remain independent in their homes
- Available to people who have been assessed as not being eligible for social care services
- 1 to 1 & group support



- **Cookery**
- **Social events**
- **Safety talks**
- **Workshops**
- **Activities**

