

# What is on in our area?

## Wanting some company? Try some new activities!

**Yoga** every Wednesday 9.30 am- 10.30 am at Sompting Village Hall, Call Sally 0788974311 or email [sally@yogapace.co.uk](mailto:sally@yogapace.co.uk) or drop into the Harriet Johnson Centre every Monday at 6.30 pm

**WI Social Support** for women every second Wednesday 1 pm to 5 pm of the month at Sompting Village Hall, Just turn up!

Have a boogie at a **contemporary dance class** every Tuesday 7.15 pm at Sompting Village Hall, Call Michaela 0787 664 011

Are you into modeling? Not runway - but joining the **Model Railway club** every Wednesday 6pm-11pm, Friday 6 pm-11pm at Sompting Village Hall, Just turn up!

Want to **master the art of swords**? Join the group every Monday @ 7-9pm, Saturday @ 9.45-11.45 am at Sompting Village Hall, Contact Andrew Thrower 0796 7332418

**Connect @ the café** Every Tuesday 10 am to 12 pm free tea, coffee, toast at Sompting Big Local Hub, Just drop in.

**BINGO** at Harriet Johnson Centre every Monday at 2 pm, Just drop in.

## Feeling low? Need some support?

**Mindfulness Drop in**, Monday 11:30am, Sompting Parish Hall

**Low cost counseling** with As You Are at The Corner House, Southwick, 01273 871 576

## Want to get active? Learn a new skill? Or lose weight?

**Rainbow Line Dancing** at 9am – 12pm Rainbow Line Dancing on Sundays, Harriet Johnson Centre.

**Lancing Beach Green Park Run** every Saturday at 9 am, Register online

**Gentle circuit training** every Saturday @ 8.30 am - 9.30 am; contact Magda Bonnin 07977039397, Sompting Village Hall

## Is there something you need help with?

**Do you have housing worries?**

**What about financial issues?**

**Why not ask your GP for a referral to 'Going Local' - Our community referrer Emma can assist you with many concerns through her connections with local organisations**

