

# Mid Sussex Community Champions – Summer Programme

Session	Date & time	How can I join?
<p><b>Filling benefits forms DLA</b> Come along to our webinar session to build your knowledge on the eligibility criteria and how to fill the form for the disability allowance for parents and carers of Special Educational Needs and Disabilities.</p>	<p>Various dates available from <b>12pm – 1:30pm:</b></p> <ul style="list-style-type: none"> <li>• Wednesday 27<sup>th</sup> April</li> <li>• Wednesday 4<sup>th</sup> May</li> <li>• Wednesday 18<sup>th</sup> May</li> </ul>	<p><a href="#">Please click here</a> to register your interest!</p>
<p><b>Drop in Session</b> Come along to find out more about the Champions network! Feel free to introduce yourself and ask questions about the network.</p>	<p>Thursday 12<sup>th</sup> May</p> <p>2pm – 3pm</p>	<p><a href="#">Please click here</a> to register your interest!</p>
<p><b>Cost of living crisis</b> Come along to share your insights on the cost of living crisis. We will also discuss how we can overcome the difficulties. Is there anything you're struggling with in particular and would like more information on? Share them in this session!</p>	<p>To be confirmed</p> <p><b>Keep an eye on our channels!</b></p>	<p>To register your interest, please email <a href="mailto:community.Engagement@westsussexcab.org.uk">community.Engagement@westsussexcab.org.uk</a></p>

<p><b>Local Foodbanks</b>  Did you know that you can get support with food if you are struggling to feed your family? Join us to find out more information!</p>	<p>To be confirmed  <b>Keep an eye on our channels!</b></p>	<p>To register your interest, please email <a href="mailto:community.Engagement@westsussexcab.org.uk">community.Engagement@westsussexcab.org.uk</a></p>
<p><b>Income maximisation</b>  With the current cost of living crisis, it is important to be aware of the support that is available to you and what you may be entitled to. Come along to increase your knowledge on how you can maximise your income!</p>	<p>To be confirmed  <b>Keep an eye on our channels!</b></p>	<p>To register your interest, please email <a href="mailto:community.Engagement@westsussexcab.org.uk">community.Engagement@westsussexcab.org.uk</a></p>
<p><b>Energy saving</b>  Come along to learn useful tips on how to save money on your energy bills, as well as any financial support you may be entitled to.</p>	<p>To be confirmed  <b>Keep an eye on our channels!</b></p>	<p>To register your interest, please email <a href="mailto:community.Engagement@westsussexcab.org.uk">community.Engagement@westsussexcab.org.uk</a></p>
<p><b>Drop in session</b>  Join us to find out more about how our Champions network works! Are there any topics you missed on our programme? Join this session to keep updated!</p>	<p>To be confirmed  <b>Keep an eye on our channels!</b></p>	<p>To register your interest, please email <a href="mailto:community.Engagement@westsussexcab.org.uk">community.Engagement@westsussexcab.org.uk</a></p>

<p><b>Volunteering at Citizens Advice</b>  Volunteering with us is a great way to increase your employability, widen your skills, and update your CV! Increasing you skill set  Come along to learn how you can widen your skills while being a valued member of the team.</p>	<p>To be confirmed  <b>Keep an eye on our channels!</b></p>	<p>To register your interest, please email <a href="mailto:community.Engagement@westsussexcab.org.uk">community.Engagement@westsussexcab.org.uk</a></p>
<p><b>Employability Opportunities</b>  Are you interested in updating your skills through FREE training opportunities? Come along to increase your knowledge on how you can increase your employability!</p>	<p>To be confirmed  <b>Keep an eye on our channels!</b></p>	<p>To register your interest, please email <a href="mailto:community.Engagement@westsussexcab.org.uk">community.Engagement@westsussexcab.org.uk</a></p>
<p><b>How to write your CV workshop</b>  After upskilling yourself, it is important to have a good CV to share with employers. Come along to our workshop to help improve your CV and find out how you can get 1 -1 help!</p>	<p>To be confirmed  <b>Keep an eye on our channels!</b></p>	<p>To register your interest, please email <a href="mailto:community.Engagement@westsussexcab.org.uk">community.Engagement@westsussexcab.org.uk</a></p>
<p><b>Drop in session</b>  Come along to find out more about how our Champions network works! Are there any topics you missed on our programme or any other topics you want to increase your knowledge in? Join us today!</p>	<p>To be confirmed  <b>Keep an eye on our channels!</b></p>	<p>To register your interest, please email <a href="mailto:community.Engagement@westsussexcab.org.uk">community.Engagement@westsussexcab.org.uk</a></p>

<p><b>FREE health check with Mid Sussex Wellbeing</b>  NHS Health Checks to help prevent Diabetes, Heart Disease, Stroke and other health risks. There is an eligibility criteria for this, however other <b>FREE</b> checks are available. Come along to find out more about how to get access to this! If you have other questions about health you can put them forward.</p>	<p>To be confirmed  <b>Keep an eye on our channels!</b></p>	<p>To register your interest, please email <a href="mailto:community.Engagement@westsussexcab.org.uk">community.Engagement@westsussexcab.org.uk</a></p>
<p><b>Keeping fit and healthy with Mid Sussex Wellbeing</b>  Keeping healthy is very important for your body and will have positive outcomes in your life. Come along to learn about healthy eating habits and more! If you have other questions about health you can put them forward!</p>	<p>To be confirmed  <b>Keep an eye on our channels!</b></p>	<p>To register your interest, please email <a href="mailto:community.Engagement@westsussexcab.org.uk">community.Engagement@westsussexcab.org.uk</a></p>
<p><b>How to make use of FREE interpreting services with Sussex Interpreters</b>  Our speaker will share how people can make use of FREE services if they have a language barrier when accessing support, including booking your GP appointment.</p>	<p>To be confirmed  <b>Keep an eye on our channels!</b></p>	<p>To register your interest, please email <a href="mailto:community.Engagement@westsussexcab.org.uk">community.Engagement@westsussexcab.org.uk</a></p>

If you would have any questions or would like to hear more about our Community Champions network, please email [Community.Engagement@westsussexcab.org.uk](mailto:Community.Engagement@westsussexcab.org.uk)

