



Crawley NHS Inclusion Engagement – Summer Programme

Session	Date & time	How can I join?
<p>How to make use of FREE interpreting services with Sussex Interpreters</p> <p>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>Monday 6th June 6pm – 7pm</p>	<p>To register your interest please scan the QR code below or email community.Engagement@westsussexcab.org.uk</p> 
<p>Keeping fit and healthy with Crawley Wellbeing</p> <p>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>Tuesday 21st June 4pm – 5pm</p>	<p>To register your interest please scan the QR code below or email community.Engagement@westsussexcab.org.uk</p> 

<p>Cost of living crisis and support available 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>Monday 4th July 12pm - 1pm</p>	<p>To register your interest, please scan the QR code below or email community.Engagement@westsussexcab.org.uk</p> 
<p>Income Maximisation 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>Tuesday 19th July 5pm - 6pm</p>	<p>To register your interest, please scan the QR code below or email community.Engagement@westsussexcab.org.uk</p> 
<p>Accessing Services: Community Transport Join us and our guest speaker from Community Transport who will share how people can make use of FREE transport services if they are unable to travel around themselves, for example due to a disability or cost.</p>	<p>Tuesday 2nd August 5pm - 6pm</p>	<p>To register your interest, please scan the QR code below or email community.Engagement@westsussexcab.org.uk</p> 

<p>Volunteering at Citizens Advice 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>(Week commencing 15th August) Keep an eye on our channels!</p>	<p>To register your interest, please email community.Engagement@westsussexcab.org.uk</p>
<p>Employability and Training Opportunities 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>(Week commencing 29th August) Keep an eye on our channels!</p>	<p>To register your interest, please email community.Engagement@westsussexcab.org.uk</p>
<p>Accessing Services: Registering with the GP Come along and learn more about registering with the GP, including what paperwork is needed, why and how that data is processed.</p>	<p>To be confirmed! Keep an eye on our channels!</p>	<p>To register your interest, please email community.Engagement@westsussexcab.org.uk</p>
<p>FREE health check with Crawley Wellbeing NHS Health Checks to help prevent Diabetes, Heart Disease, Stroke and other health risks. There is an eligibility criteria for this, however other FREE 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! Keep an eye on our channels!</p>	<p>To register your interest, please email community.Engagement@westsussexcab.org.uk</p>

<p>Identifying Domestic Abuse More information to come.</p>	<p>To be confirmed! Keep an eye on our channels!</p>	<p>To register your interest, please email community.Engagement@westsussexcab.org.uk</p>
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If you would have any questions or would like to hear more about our programme, please email Community.Engagement@westsussexcab.org.uk

