

AGE *Concern* HEATHFIELD & DISTRICT NEWSLETTER

SERVICES

MINIBUS TRANSPORT..... Elizabeth Keating
01435 866960

MEDICAL CAR SERVICE Chris Clinch
01435 515090

UNION CHURCH SENIOR CITIZENS' LUNCH Jean Plummer
01435 883483

COUNTRY LUNCHES Ann Kenward
01435 862618

WEBSITE & NEWSLETTER Updates....Mandy Jarvis
01435 866293

For additional copies of the Newsletter or Website enquiries
please call Dawn Brock on 01435 863656
or email:- info@ageconcernheathfield.org.uk

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CONTACTS

AGE *Concern*

Newsletter

Spring 2018 Edition



Medical Car Service Team

Spring Newsletter

Welcome to the Spring edition of our Newsletter. This issue features all the latest news and as always, the regular events taking place in and around Heathfield.

To ensure that this publication continues to deliver what you want to see, please do let us know of any new or different services you learn about that might be of interest to others. We would also like to hear about any areas of interest or concern that you would like us to investigate which could be of benefit to our readers.

The Shed Project

As reported in the Christmas edition we are exploring the viability of opening a Men's Shed for the residents of Heathfield and outlying areas.

Much work has already been done, and to help move the project forward we have joined the UK Men's Shed Association to keep abreast of developments. We have visited Sheds in Eastbourne, Tunbridge Wells and Hellingly, and have had offers of help from various agencies including Action in Rural Sussex which has arranged a series of meetings attended by representatives of other areas who are looking at similar projects.

To date we have interest from a number of people who would like to become involved in Shed activities, but do need more before we can progress further, so if you or a family member would like to participate please do let us know by calling Bill Philps on 07837 809366 or Dawn Brock on 01435 863656. We continue to look for a potential site from which to operate, so again if anyone knows of a suitable vacant building in the area please do let us know.

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What do you think about volunteering?

How do you view Volunteers?

Would you ever consider volunteering?

What difference do Volunteers make in your life?

*Before you think "none", think of the drivers and helpers who
work for Age Concern!*

Members of our team work from the
Parish Council office, in the High Street,
on Monday mornings from 10-12 pm,
and on Wednesdays and Fridays from 1-3pm

to talk to people and to offer them the opportunity to make a
difference in one of 61 local charities on our books.

Why not come in and see us?

or contact 01435 571043 and leave a message

Meet two of our newer recruits to the minibus service – driving is not
their only talent.....



Mark Bostock regularly drives our bus for the fortnightly Union Church Lunch, although is always keen to fill in whenever he can. When asked why he had volunteered to help us Mark said 'I am 60 years old (so I thought I'd get some time in behind the wheel before I need a lift myself!). Seriously though, my mother is 89, lives in Hampshire and, whilst I try to see her as often as possible, we rely on help at her end and I think it's great to be able to repay that in some way by helping out here'.

Mark is a photographer by profession but these days he likes to spend time indulging his passions for cars and acting. He has been a "petrol head" since the age of three, loves driving, especially his old Jaguar and MG... and the bus of course!

Mark took to the amateur stage about nine years ago, when he was 51 and since then he has been in around seventeen productions, both at Rushlake Green and in Mayfield and many of you will have seen him last summer when he appeared in Sand Castles in an open-air performance on the Green.



Richard Evans-Thomas can regularly be seen driving for the Horam Shopping and Country Lunch bus runs. He moved, with his family to Turner's Green – a small hamlet between Three Cups and Rushlake Green four years ago, from Barcombe. His wife is Managing Director at Glyndebourne, which enables Richard to indulge in his passion for opera. He has two children – a son George and a daughter Flo, not forgetting the two horses, two Labradors and a large cat!

After many years in marketing and advertising, both in agencies and as a client, he took the plunge and embarked on a second career, as a professional actor, in 2015. To date he has appeared in a number of plays – most recently in the Brighton Fringe Festival, and a couple of short films

When asked why he had volunteered to support us Richard said 'having been so grateful for the care provided to my father in his later years, and mindful of the huge benefits to older people of independence, company and a change of scene, I had no hesitation in accepting Bill Philps' invitation to join Age Concern's team of minibus drivers.'

We have become Dementia Friends...



Many of our drivers and volunteers recently attended one of our sessions aimed at increasing awareness of Dementia and the ways in which this disease affects people. The sessions were lively, interactive and very thought provoking.

Many of us will experience Dementia in our lives, either because we may develop it ourselves or because we have a family member or close friend who has the disease.



Our Dementia Champions - Vicki and Owen, gave us the opportunity to imagine how people living with Dementia experience things and the difficulties they face, especially as the disease becomes more advanced. However, despite the frightening statistics that one in fourteen people over 65 have or will go on to develop Dementia, we all learnt to see

the person first and not the illness – and to remember that people living with Dementia can live a happy and fulfilled life with the right support. We can all make a huge difference to



someone just by the way we react, or speak, or listen to them and we all now feel better equipped to help, support and understand people living with Dementia. We hope we will be able to make a difference in helping Heathfield to become a Dementia Friendly Community.

Many of us have become Dementia Friends and you will now see us proudly wearing our badges. To find out more and also become a Dementia Friend please visit their website:-

dementiafriends@alzheimers.org.uk or call 0300 222 5855.



**Sussex
Police & Crime
Commissioner**



Hello,

As your elected Police and Crime Commissioner, one of my responsibilities is to set the budget for policing in Sussex and ensure that, what local people tell me matters most to them, is reflected in the delivery of policing.

The public tell me that they want to see their financial contributions fund more visible, local policing. They rightly want to feel safe at home, in public spaces, at night time and on the roads. They also expect their police force to be easily contactable when they need to reach them.

I am delighted to announce that Sussex Police has re-opened officer recruitment which I'm sure, is very welcome news to people across our county.

Sussex Police is aiming to attract 200 police officers each year for the next four years and I am pleased that this has been made possible by the public's support to pay more for local policing.

The majority of Sussex residents who responded to my precept consultation said they were prepared to pay more and I want to see their contributions going into visible and effective local policing.

I have always maintained that protecting neighbourhood policing is a top priority because it matters so much to local people. It's about keeping the community in policing and the police in the community, providing a reassuring police presence.

The additional funding that the rise in the police precept gives us also means the force has to save less money over the coming years so we can protect 476 police posts that would otherwise have been lost.

As your PCC I will continue to listen to your concerns and ensure you can see the difference that your contributions to policing will make.

To watch my video on officer recruitment, please visit: www.sussex-pcc.gov.uk/about/our-videos/

To find out more about how your police budget is spent, visit: www.sussex-pcc.gov.uk/about/transparency/what-we-spend-how-we-spend-it/

To sign up to my weekly newsletter, visit: www.sussex-pcc.gov.uk/about/pcc-newsletter/

REMINDERS REMINDERS REMINDERS

The Alzheimer's Society Dementia Support

If you care for a person who is suffering from Dementia, the North Wealden Dementia Support Service offers information, advice and support to people with dementia and those who care for them.

For the few who wish to receive advice and support there is a support group operating in Crowborough. For further information about this and other activities please contact Sarah Burchett, the Dementia Support Worker, on 07525 403854 or email sarah.burchett@alzheimers.org.uk

The Silver Line aims to combat loneliness in the over 65s by providing friendship, information and advice through calls to trained volunteers. Chairwoman Ms Rantzen said she hoped the phone line number,

0800 470 8090

would be remembered by all older people.

Dementia Supper Clubs For Carers and People with Dementia (Supported by East Sussex County Council).

Would you like to get out and meet other people with dementia and their carers across East Sussex. Share experiences, increase your support network, get together, meet new friends, have a meal or just a drink and a chat.

Dementia Supper Clubs as part of the Carers Breaks Dementia Engagement Service - The only charge is the cost of the meal.

All enquiries regarding Heathfield/Surrounding areas & Uckfield/Crowborough clubs, please call: Lynn Leeves 07749 338120 or 01323 432340



If you live in the TN21 postcode area, are over 60, like to meet people and enjoy going out this could be the thing for you! All our trips will include a stop for tea/coffee and cake!

Tuesday 24 April 2018 – Spring Countryside run & afternoon tea

Thursday 24 May 2018 – Scenic drive & Sussex Country Gardens

Tuesday 19 June 2018 – Eastbourne Seafront Pier & Esplanade

Thursday 12 July – Sussex Villages & afternoon tea

Tuesday 21 August – Village drive & Millbrook Garden Centre

Thursday 27 September – Seaside Ride & afternoon tea

Monday 22 October – Ashdown Forest & Llama Park

Thursday 15 November – Tunbridge Wells – Christmas Shopping

Monday 3 December – Eastbourne - Christmas Shopping

New for 2018

Explore Sussex with our new programme of ½ day trips out

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Chairman's Chat

Bill talks to Frank (Dickie) Bird



Dickie Bird, is a familiar face on the Thursday Heathfield Shopping Bus where he always has a cheery smile for the passengers.

The son of an engine driver from Tonbridge, Dickie was born on the 11th February 1931. After attending school in Tonbridge he went on to complete a five year apprenticeship in carpentry and joinery at a firm in Southborough. Those uncomfortable early days of cycling from Tonbridge to Southborough in all weathers are now engraved on his memory.

In 1944 he joined Tunbridge Wells ATC and upon completing his apprenticeship was called up for National Service in 1951 when he joined the RAF Air Sea Rescue.

Before this, something that was to become a large part of his future life occurred when he was introduced to small-bore rifle shooting by a great friend of his parents. At the age of eight he and his elder brother were given the opportunity of firing a rifle on a range, and what started as a bit of fun remains with him until this day. Over the coming years



he became heavily involved in competitive shooting and was a 'dab hand' participating in many prestigious competitions at Bisley and many overseas venues. He has more than 200 medals to his name including the Queen's prize, and he was an Official at the 1990 Commonwealth Games in Auckland.

As a youngster Dickie had a passion for athletics, and in 1949 when 18, joined the Tonbridge Athletic Club. This led to him becoming a member of the RAF team from his barracks in Calshot, and he recalls that on one occasion he was asked to compete in Uxbridge. He was issued with a train ticket to get to Uxbridge, but no further. The kit he needed was at his home in Tonbridge, so he had to forge the train ticket by altering the destination shown from Uxbridge to Tonbridge. Miraculously his ticket was not inspected and he got away with it!

REMINDERS REMINDERS REMINDERS

The Wealden and Eastbourne 'Lifeline'

Emergency Response System is a combined telephone and alarm unit which is programmed to call a Control Centre automatically when a red emergency button is pressed. Once alerted, Control Centre staff quickly summon assistance. The system is ideal for those living alone who may occasionally need help. Ring Control Centre in Eastbourne on 01323 644422 for details.

The Wealden Senior Citizens' Partnership is a member of ESSA - The East Sussex Seniors' Association - "The Voice of Older People"

See website: www.essaforums.org.uk or telephone Linda Graham on 01892 770487 for more information or to get involved. If you are aged 65 or over **STEPS** can support you to **stay living independently**. **STEPS** can visit you at home and help you work out what support you personally need to keep living independently. **STEPS** is funded by East Sussex County Council and provides a free, confidential, short-term service. If you want to find out more about **STEPS** -Call 01323436414.

East Sussex Hearing Resource Centre in Eastbourne

provide information on aids and equipment that can help you with your daily life. They can offer a variety of advice and training for coping with deafness. Telephone: 01323 722505.

East Sussex Association of Blind & Partially Sighted People

provide information on aids and equipment that can help you with your daily life. They can offer a 'Try before you Buy' scheme for some equipment. Contact Steve Saunders on 01323 832252.

Wealden Talking News provides a weekly memory stick of local news plus one magazine memory stick per month for the blind or partially sighted. The memory sticks are free and are also mailed at no charge. The organisation is a registered charity and is entirely staffed by volunteers.

A memory stick player can be supplied on loan. Call 01435 862304 for details.

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It was athletics that led Dickie into romance and through a chance meeting at the club in Tonbridge he was introduced to a girl who was later to become his wife. Love blossomed, and he and Janette were married in 1956.

After completing his National Service Dickie returned to the carpentry job in Southborough, but because of a lack of work he left after six months and found a new position in Hildenborough. There he spent the next two years, following his marriage to Janette.

A more senior position then beckoned in Letchworth and they moved there and a daughter was born, followed two years later by a son. By now Dickie's parents were elderly and frail and he yearned to be closer, so he found a job based in Uckfield and moved to live in Crowborough so that he could keep an eye on them.

In 1974 after losing both parents, Dickie and Janette decided that a better life might be found in New Zealand, so the family packed their belongings and left the UK. Once in New Zealand Dickie's background stood him in good stead and he soon found a job as a Carpenter. He then joined the construction team at a local authority, and spent his final working years with Wellington Council, before retiring.

When he thought his working life was over, suddenly at the age of 61 things took a strange turn. He was approached and asked if he would like to act in TV commercials. He gladly agreed, and his face became familiar to TV viewers across New Zealand advertising toothpaste, lager and insurance products, to name but a few.

By 2000 Dickie's daughter had married and returned to the UK and he now had two grandsons, so he and Janette came back and settled in Heathfield. Sadly, Dickie lost Janette in 2005 and following this, while his passion for competitive shooting was still there, he found himself needing something else, so at the age of 74 he embarked on a new career, making garden furniture for a firm in Hadlow Down, which he did until 2015 when it was time to hang up his tool bag. He now lives in Risingholme Court with his memories and surrounded by some magnificent pieces of furniture and wooden ornaments he has made over the years.

Thank you Dickie, for sharing your life with us.

Donations & Legacies

In addition to some generous personal donations over the past months we were fortunate to be included once more in the Waitrose Community Giving Token Scheme in January when we received the sum of £164.50. We would like to thank all those Waitrose customers in Heathfield who supported us.

As a charity we are always glad to receive additional donations to help maintain our services, and we are sometimes asked how either a donation or legacy might be made.

In the case of legacies, we are not able to advise, as the financial circumstances for each individual will be different. We would therefore recommend that professional legal advice be sought as to the proper way to do this.

Alternatively, if you would like to make a donation, the simplest ways are either to give cash for small amounts, write a cheque or request a bank transfer; we can supply our bank details to anybody who wishes to donate in this way.

We are registered for Gift Aid so that we can claim tax relief on donations that are made, so if you wish help us increase any donation you make, we will provide you with a Gift Aid form to sign.

The important thing to remember when either donating or making arrangements to leave a legacy is that it is made in favour of **Age Concern Heathfield & District**, to distinguish us from Age UK. Legacies made out to Age UK and given with the intention of benefiting us could be legally contested, with an outcome that might not accord with your wishes.

If you have any doubts about the best way to support us then please feel free to seek our help.

Every Friday Morning

1. **Equipment for the disabled** is available on loan from the British Red Cross in Streatfield Road Heathfield, between 10.00am and 12.00 noon. Items include, wheelchairs, commodes etc. Telephone 0800 0280831 for further information.

Also available is a Carers Support Service

A free, short term service that supports unpaid carers, support their cared for. Whether that's providing a sitting service, enabling the carer to have some respite. Some support with light housework or some help shopping, the British

Red Cross would like to support you if you are a Carer. We do not support with personal care. For further information please call 01435 866270

2. **Chair-based exercises** in the lounge at Mary Burfield Court, Heathfield, from 11.00am to 12.00 noon, £3 per person including refreshment. Open to non-residents. Everybody welcome, but please call us to let us know you are coming. For more information please call Ann on 01424 774764.

3. **Art and Craft Coffee Morning** at Kings Church Heathfield 10.00am to 12.00 noon. Enjoy art, knitting, quilting, card making, etc. All welcome. For more information contact 01435 863786.

Every Friday

Age UK East Sussex run a day club at the new venue at Christchurch Hall, Horbee Lane, Horam, 10.00am to 15.30pm. The club aims to help over 65s enjoy their day and continue to live independently, whilst also providing valuable respite care for carers and their families. It offers companionship, support, activities, fun, information/advice and freshly cooked lunches and is run by trained staff and volunteers. The daily cost is £35.00 with a discount for more than one day a week. Door to door transport can be arranged by Age Concern Heathfield for local residents. For more information or a taster day please contact Maureen 07850 987130, Andrea 07469 147671 or the head office in Lewes on 01273 476704

Every Friday

Citizens' Advice sessions are held at the Parish Council Offices, High St, Heathfield from 10.00am to 12.00 noon. No prior appointment is necessary.

Every Thursday

For residents of Heathfield, Broad Oak, Old Heathfield, Cross-In-Hand and now Horam, the Age Concern Heathfield Shopping Bus is on the road morning and afternoon. It will pick you up at your door and deliver you to Heathfield.

You may like to do your shopping and then make your way to the Union Church 'Do Pop Inn' where you will receive a warm welcome any time between 10.00am and 2.00pm. You can enjoy a cup of what you fancy, a snack or light lunch and a chat. Call 01435 866960 to book a seat on the minibus.

Every First Thursday of the month

Carers Clinic run by Care for the Carers – come and chat with one of our Carer Support Workers and find out what support and services are available. From 2.00pm to 5.00pm at Heathfield Health, next to the High Street Surgery. Ring 01323 738390 to book an appointment.

Every 2nd Thursday of the Month

There is a market every 2nd Thursday of the month between 11.00am and 1.00pm at Holy Cross Priory, Cross in Hand. The Priory is situated on B2102 Lewes Road between Cross in Hand and Blackboys. There is free, easy parking. The Market incorporates a drop in centre offering free coffee and biscuits and the opportunity to purchase homemade cakes, biscuits, crafts, preserves and knitware. For more information contact: Roy Wilkinson at 01435 812931.

A minibus could be provided for a minimum of 8 people. If you would like to put your name forward and if enough people are interested, we will consider providing transport. Please contact Elizabeth Keating on 01435 866960.

Every 3rd Thursday of the Month

Welcome Baptist Church, Alexandra Road, Heathfield. Cedars are offering an afternoon of live music and chat, plus a free tea normally every 3rd Thursday of the month from 2.00pm to 4.00pm. Come along and join in the fun. For more information please call Phil Brierley on 01435 864646.

Warm Homes Fund for Owner Occupiers

Wealden District Council has teamed up with National Grid and Affordable Warmth Solutions CIC to provide funds for the installation of first time central heating. The award can only help 20 owner occupiers install oil central heating where a full central heating system does not currently exist.

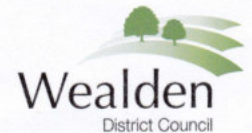
*** Those that own their own property can access the funding if:**

- ✓ The home is located in a rural area that is not part of the gas network
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- ✓ The property has an Energy Performance Certificate rating of F or G
- ✓ The home does not have a full central heating system

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Warm Homes Fund for Private Landlords

Wealden District Council has teamed up with National Grid and Affordable Warmth Solutions CIC to provide funds for the installation of first time central heating. The award can only help 20 landlords install oil central heating where a full central heating system does not currently exist.

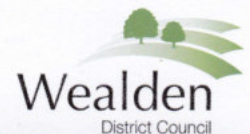
*** Private landlords can access the funding if:**

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- ✓ The property has an Energy Performance Certificate rating of F or G
- ✓ The home does not have a full central heating system

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First & Third Wednesday of the Month

East Sussex Hearing Resource Centre volunteers undertake maintenance of hearing aids and provide new batteries at Heathfield Fire Station on the first & third Wednesday of every month, between 10.00 am and 12 noon. For further help or information please telephone them on 01323 722505.

Please Note. Parking is not permitted on Fire Station property

Every Other Wednesday

The established and very popular Country Lunches at the lovely Punnett's Town Village Hall, £4.00 for 2 courses followed by tea or coffee. An Age Concern minibus is available to pick you up to get you there for a 12.15pm start and take you home at 2.00pm. To book a place please contact Ann Kenward on 01435 862618 or call 01435 866960 for the minibus.

Every Third Wednesday of the Month

Volunteers from the Rest Christian Centre in Punnett's Town welcome visitors to a cooked lunch - £4 for 2 courses including tea or coffee. For the lunch please call Barbara Lovett 01435 882241. A minibus may be provided if sufficient people are interested.

Every Thursday

Free hearing aid maintenance, cleaning and re-tubing can be carried out at the Action for Deafness Clinic. 92 High Street, Heathfield (adjacent to Heathfield Surgery) from 10.00 am to 12.00 noon.

Every Thursday

1. Another session of 'Extend' (gentle movement to music) exercise sessions is held at the West End Room, Christ Church Centre, Horam between 2.00pm and 3.00pm. The cost is £2.50 per person, which includes tea and biscuits, plus a 50p donation towards the upkeep of the Hall. For more information, ring Jane Morris on 01323 483529.

2. The 'Out and Abouters' are looking for some new players to come and enjoy a friendly game of Whist at Mary Burfield House, Thorny Close, Heathfield. Starting at 7.00pm, the cost is £3.00 per head. It doesn't matter what standard of play, everyone is welcome. For further information, ring Sue on 01435 862577.

Every Other Tuesday

Tuesdays Together From 2.00pm to 4.00pm you are invited to the Union Church Hall, Heathfield, for coffee or tea and cake and to have a chat, play a board game, and meet people of all ages. Pop in for a while, or stay for the whole two hours. Door to door transport can be arranged thanks to Welcome Baptist Church and volunteer drivers. For further information call Sue Fletcher on 07940 627285.

Every Other Tuesday

There is a Senior Citizens' Lunch at the Union Church Hall, Station Road, Heathfield, from 12.30pm, £4.00 for 2 courses followed by tea or coffee, there's always lots of "friendly chat". For a place at the lunch please call. Jean Plummer on 01435 883483. Minibus transport from and to your door is also available, please ring: Call 01435 866960 to check availability.

Every Other Tuesday

The Heffle Tea Group in amalgamation with St. Richard's Craft Group meet at St. Richard's Church Hall, Park Road, Heathfield from 1.30pm to 3.30pm. Why not come along and bring a friend for a cup of tea, a piece of cake and a chat. You can also join the ladies and gentlemen in the Craft Group to learn or practice a craft: knitting, crochet decoupage, quilting, cross-stitch, painting etc. Open to all. For further information, please contact Lorraine on 01435 865789.

Every Third Tuesday of the Month

The University of the Third Age (U3A) have launched a new group in Heathfield, meeting in the Community Centre, Sheep Setting Lane. For more info contact: Lyn Plant on 01435 862449.

The idea is that people meet and exchange their knowledge. Sometimes you may be the student and another time the teacher. Cost £15.00 p.a.

Every 4th Tuesday of the month

Care for the Carers Heathfield Group meets at 2.00pm in the Heathfield Community Centre. Come along and meet other carers, exchange ideas, get information, support and help from Susanna (from Care for the Carers). There are speakers most months and tea, coffee and biscuits are provided. For more information, please ring Susanna Wallace on 01323 738390.

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For more information,
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☎ 01444 415582 ☎ 01444 415587 ☎ 01444 415593

✉ info@actionfordeafness.org.uk

www.actionfordeafness.org.uk



22 Sussex Road, Haywards Heath
West Sussex RH16 4EA

Charity No. 1122879 Company No. 0281688

Heathfield Physiotherapy & Sports Injury Clinic

Tel 01892 785095

92 High Street, Heathfield TN21 8JD

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Email : info@wadhurst-physio.co.uk

Website : www.wadhurst-physio.co.uk

*Part of Wadhurst & Crowborough
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One Step at a Time at Chanctonbury Healthcare

What is 'One Step at a Time'?

Join us for a couple of days of day care, on us

Then, stay with us for a week to meet our staff, residents, and get a feel for our homes

When you're ready, you can move in to our home, knowing you are comfortable with who we are and what we do

At **Chanctonbury Healthcare** we understand how difficult it is for you and your loved one to make the move into long term care, and we want to do what we can to help.

We offer something called **One Step at a Time**, a way to make your move in to a care home **easier**. Over as long a period as you want, you can visit our home for day care - first couple of days are on us! - then try staying for a week or so.

This means that when you choose to move in to a home permanently, you know our staff, the other people who live with us, and you will feel more **comfortable** and **secure** in your new home.

For more information, call us on **01435 813 030** visit our website www.chanctonbury-care.com

Alfriston



Horam



Polegate



REGULAR EVENTS

PLEASE NOTE

Items for publication in our next issue, or updates relating to, dates, times, venues and fees for services shown in the Regular Events section, should be submitted by Friday 15th June 2018

Every Monday

Extend exercises (gentle movements to music) are held at the State Hall, Station Road, Heathfield, courtesy of the Kings Church, between 11.15am and 12.00 noon. These classes are run by Alison Salters, a qualified Instructor. Please call 01825 766293 or 07774 543645. The cost is £5 per person and includes refreshments.

Every Tuesday

Age UK East Sussex run a day club at the new venue at Christchurch Hall, Horbeech Lane, Horam, 10.00am to 15.30pm. The club aims to help over 65s enjoy their day and continue to live independently, whilst also providing valuable respite care for carers and their families. It offers companionship, support, activities, fun, information/advice and freshly cooked lunches and is run by trained staff and volunteers. The daily cost is £35.00 with a discount for more than one day a week. Door to door transport can be arranged by Age Concern Heathfield for local residents. For more information or a taster day please contact Maureen 07850 987130, Andrea 07469 147671 or the head office in Lewes on 01273 476704

Every Tuesday HEATHFIELD SOCIAL GROUP

10am to 12 Noon, Heathfield Fire Station, High St. Heathfield. Please come along and join a new group meeting in Heathfield on Tuesdays aimed at people experiencing mental health difficulties such as anxiety and depression. We would like this to be YOUR group so please come along and tell us what you'd like to see from such a service. For more information call 01323 849524 or email: sharon.mcintosh@sussexoakleaf.org.uk