

Age Concern Heathfield & District

NEWSLETTER

Spring 2019



Combatting loneliness in Heathfield and surrounding area

AGE Heathfield
Concern & District

Welcome to the Spring Edition of Our Newsletter

The dark, cold days of winter are almost behind us and there is clear evidence of the start of Spring - a time of year that symbolises new beginnings and there are lots of new things happening with Age Concern Heathfield and District. Our exciting Men's Shed project is now progressing well, with the first phase of building about to start. We have new members to our Executive Team who have volunteered to take on new roles and responsibilities, a new programme of minibus trips for the Spring and Summer months and the start of a new challenge for me personally, as the newly elected Chairman of Age Concern Heathfield & District.

I feel very privileged to be leading this wonderful team of dedicated Volunteers and to play my part in ensuring that we continue to provide the elderly members of our community with the well-respected, high level of services they require to enable them to maintain their independence. I look forward to the exciting challenges ahead, but am all too aware that this is very much a team effort and I am so very thankful to all those involved in our organisation – from the members of the Executive Team who ensure the smooth day to day running of our services, to our Volunteers for all their hard work and commitment in giving so generously of their time and to each of you for the kind and generous support you always give to us. Helping us to help you will ensure our success - so together we can all look forward to good times ahead!

Happy reading...

Dawn Brock

Chairman

Age Concern Heathfield & District



Hello and Welcome to our New Executive Team

Along with some familiar names from before, we are delighted to welcome some new members to our committee:



Dawn Brock
Chairman, minibus passenger lists and information, policies and procedures, training and social events, minibus driver



Peter Brock
Men's Shed Project Leader, bus maintenance and cleaning, minibus driver



Mandy Jarvis
Deputy Chairman, newsletter, website and marketing.



Ken Jarvis
Men's Shed Project Deputy Leader, bus tail lift servicing, minibus driver



Elizabeth Keating
Secretary and also responsible for the minibus maintenance schedules, fuel returns, bus donations and trips.



Carol Ewart
Minibus admin to include monthly rotas, trips, catering support at events and minibus escort.



David Robinson
Treasurer



Annabel Williams
Volunteer recruitment, minibus driver

Our grateful thanks also go to Natasha Read and Chris Clinch who continue to manage our Medical Car Service so ably. We also welcome Mary Hough who has offered to provide practical support with things such as escorting clients on trips and catering at social events. Mary will also assist Carol with admin tasks.

Farewell and Thank You



Whilst welcoming new members to the team, we also said goodbye to Bill Philps, Malcolm McKelvie and Mike Hepworth, who between them have served as Chairman, Trustees and Executive Team members for many years. They have made an invaluable contribution to the organisation and we thank them all for their dedication and hard work.

We wish them a well-earned rest, and hope they enjoy spending more time with their families. Whilst standing down from their roles on the committee, we are pleased that we shall still see Bill and Malcolm out on the road driving the minibus for the Thursday shopping run and at social and training events.

A User's Guide to Our Services

Medical Car Service

Tel 01435 515090

This service is available to provide transport to clients wishing to attend any kind of medical appointment – doctors, dentists, opticians, chiropodist, audiology, hospitals and clinics etc. throughout Sussex, Surrey, Kent and London.

Clients should use the telephone number above to ring and request transport. A recording machine will ask for details of your journey, together with your name, address and telephone number.

Having left the information, your journey request will be entered onto our electronic calendar system, and one of our administrators will then ring you to confirm the details of your appointment, together with any special requirements you may have, such as mobility aids or a relative or friend who may accompany you. Our administrator will then allocate a driver and will confirm with you the name of that driver.

The drivers themselves will also make contact just before the day of your appointment to confirm your pick-up time. On the day, you will be charged 45p per mile plus a £1.50 admin fee for your journey.

Minibus Transport

Tel 01435 866960

We run a number of regular routes on different days of the week to the Union Church Lunch and Punnetts Town Country Lunches, together with shopping in Heathfield High Street and visits to the Day Centre at Horam. Our fully accessible buses are also available for groups to book to take them out on trips and outings. We also operate our own programme of half day trips throughout the year.

If you would like to book a place on one of our minibuses, or you have a place booked but are unable to travel, we ask that you ring and let us know in good time to save a wasted trip to pick you up, or to enable us to offer your seat to someone else. If you have any enquiries regarding our minibus service please ring the number above. This service is financed by the donations passengers give us for their journey each time they travel.

Spring & Summer Trips Programme

The new programme of Spring and Summer trips is now available – please pick up a flyer from one of our buses or view our website for further information. Alternatively please phone 01435 866960 and speak to one of our administrators.

Safety First...

Your safety is one of our main concerns when you are travelling on our minibuses and our drivers and escorts are there to assist you, especially with fastening and unfastening seatbelts and getting on and off the bus.

If you require a walking aid such as a three wheeled walker or wheelchair, please let us know and bring it with you – we will always stow such items safely on the bus for you to use once you have arrived at your destination.

If you feel that using the step is becoming too difficult for you to manage, please remember that all of our buses are equipped with tail lifts which provide a secure way of entering and leaving the bus. Our drivers and helpers are always happy to lend a hand, so please just ask us.

We would like you all to enjoy travelling with us, so please help us to help you!



Heathfield & District Men's Shed

Tel 01435 863656



Great news - we have now completed the legal agreements necessary to start with the first phase of our Men's Shed project!

A Men's Shed is a place where older men can meet, socialise, share skills and create together. There has been a lot of research which shows that there is an increased level of loneliness, isolation and depression amongst older men who do not have the same network of friends and social engagement as their female counterparts.

A Men's Shed is a project that seeks to help alleviate some of these problems in a fun, safe and welcoming way. Each Men's Shed is unique and can offer different activities and hobbies depending on its location and members' needs.

The Heathfield and District Men's Shed will be situated just outside the centre of town, in an idyllic location, adjacent to The Little Tinker's nursery school. Set in some 57 acres of land the project will not only be able to offer the usual woodworking and craft opportunities, but also photography, painting, walking, gardening and the chance to take part in inter-generational projects with the young children attending the nursery school.

We are so lucky that Ellie and her team have been so generous and welcoming in their offer to us to site our Men's Shed in a location which has so much to offer.

We are so excited that the first phase of our building work is now underway, and will see the erection of a smaller, timber building which will serve as an office space, meeting room, 'clean' Shed and rest area where Shedders can enjoy a tea or coffee, a well-earned rest and the company of others.



Whilst this building is being constructed, the planning application process will begin for the bigger timber building which will house the necessary equipment for our Men's Shed.

We currently have 38 men who have registered an interest in becoming a member of this exciting project and who have been meeting monthly at the fire station, taking part in visits to other local Men's Sheds and having stalls at the local farmers market and Le Marché highlighting our aims and produce.

We are also very grateful for the support of individuals helping with this project whether it be storage of items in readiness, donating equipment, construction, materials and tools thus far. We intend to seek funding for a variety of further items in support of this project, in particular items of equipment for the Shed and office and our output will be on show at various markets in the town.

If you or a family member would like to join us, or would like to find out more about our exciting project, please telephone Peter on 01435 863656.

We are also looking for unwanted, good condition tools, work benches and gardening equipment for our Shed – if you have anything you think may be useful please let us know.

Peter



SHEDDERS MEETINGS SPRING/SUMMER 2019

April

18 April 11.00am - Shed Meeting, Heathfield Fire Station

May

5 and 6 May - Spring Fair, Ardingly (possible day trip)

16 May 11.00am - Shed Meeting

June

27 June 11.00am - Shed Meeting

July

18 July 11.00am - Shed Meeting

20 July 9.00am -12.30pm Stall, Farmers Market, Heathfield

August

11 August 12.00-5.00pm Rotary Classic Car Show, Waldron Recreation ground (possible stall)

15 August 11.00am - Shed Meeting

26 August 9.00am-4.00pm - Stall, Le Marché, Heathfield

Greatest Radio Shows...Ever?

The *Radio Times* recently published a list of the 'Greatest Radio Shows... Ever'. Top of the list was *Desert Island Discs*, which has been broadcast since 1942 - so it's now in its 78th year! Their top 5 programmes were:

1. Desert Island Discs (1942 - present)
2. The Archers (1952 - present)
3. Round the Horne (1965-68)
4. Hancock's Half Hour ((1954 - 59)
5. In the Psychiatrist's Chair (1982 - 2001)

Is your favourite radio show in there? What would you have put in the Number One spot?



Book a Minibus for Your Own Outing!

Did you know that, as well as our own Age Concern trips and regular bus runs, our fully accessible minibuses are available for groups to book for their own outings?

To find out more information telephone 01435 866960



*** Warm welcome *** Meet new friends *** Raffle ***

Fortnightly

SENIOR CITIZEN LUNCHES

Union Church Hall, Station Road, Heathfield

TASTY TWO COURSE LUNCH
WITH TEA or COFFEE
£4.00 per person

Tuesday 14th & 28th May
Tuesday 11th & 25th June
Tuesday 9th July
Tuesday 3rd September

To book your place call:
Jean Plummer Tel: 01435 883483

Supported by Age Concern, Heathfield & District

To arrange minibus transport contact:
Age Concern, Heathfield & District
Tel: 01435 866960

AGE Heathfield
Concern & District

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NHS AUDIOLOGY SERVICES

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hard of hearing
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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. 1122719 Company No. 5291389



Heathfield Physiotherapy & Sports Injury Clinic Tel 01892 785095

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We treat all muscle and joint problems & sports injuries

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Warm welcome to all patients, new and existing.

Please phone to book an appointment

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Care homes across Sussex

HORAM ✨ ALFRISTON ✨ POLEGATE ✨



Chanctonbury Healthcare is a local provider of care and nursing homes for the elderly in East Sussex.

All our homes have a friendly and compassionate ambiance and we want everyone who stays with us to feel at home. We are committed to making sure all our residents live their lives to the full and have the choice to pursue whatever activities or hobbies they enjoy.

- **NURSING**
- **RESIDENTIAL**
- **RESPIRE**
- **DAY CLUBS**
- **LUNCHES**

Our highly qualified staff are passionate about treating every resident with the utmost dignity and compassion. We take great pride in the high quality care we give and work hard with our residents and their loved ones to ensure care is tailored to their wants and needs.

Visit our website chanctonbury-care.com or contact us if you would like to make an enquiry.

www.chanctonbury-care.com



CHANCTONBURY
HEALTHCARE

All our homes are
CQC rating

Good

Inspected and rated by
Care Quality Commission



Alfriston Court

Alfriston
01323 874140



Queensmead

Polegate
01323 487931



Oaklands Court

Horam
01435 813030

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 5 July 2019**



Where you see this symbol, minibus transport is provided by Age Concern Heathfield & District

Monday

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 - 12.00noon. 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.

Tuesday

Every Tuesday and Thursday **NEW ENTRY**

Young at Heart is an intergenerational club for the elderly to integrate with the local primary school children. There is a daily craft, home cooked lunch and cakes for tea. The school children are heard to read and enjoy an activity to suit both generations. We offer a free first session without commitment to give potential members the opportunity to “try it out”. It is a 10am-4pm day in the beautiful location of Heathfield Park Cricket Club, Old Heathfield. For those with transport we offer “just lunch” as an alternative option. We look forward to meeting you! Ring Rachel on 07971 032667 or visit youngatheart.me.uk

Every Tuesday

Age We Care Day Centre 10.00am-3.30pm at the Christchurch Hall, Horebeech Lane, Horam TN21 0DT. An opportunity to meet other people, take part in a range of activities and enjoy the regular entertainment. A hot meal is provided at lunch times. For more information please contact Maureen, Day Centre Manager Tel: 07710 143198. Minibus transport is also available. Please telephone 01435 866960

1st Tuesday of the Month

Carers Information and Advice Group

2.00pm - 4.00pm in the Parish Room, St George's Church, Burwash Road, Broad Oak. The Information and Advice Group is aimed at people new to the caring role or just starting to find out the kind of support that is available locally. This group is facilitated by Susanna, the local Carer Support Worker. It gives carers the opportunity to meet other carers, provide carers with information, invite speakers from relevant services to inform carers about what is available to them, and support carers to have their say on issues important to them.

For more information contact: Susanna Wallace, Carer Support Worker
Tel 01323 738390 Ext 206 or email: susannaw@cftc.org.uk
(Please note Susanna works Tuesday to Thursday)

Every Other Tuesday

Tuesdays Together From 2.00pm - 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

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 - Tel: 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 - 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 3rd Tuesday of the Month (September to May)

Heathfield & District Philatelic Society meets in the Ian Price Room, Heathfield Community Centre at 2.00pm. Anyone with an interest in stamps, postal history or postcards is invited to join us. Annual subscription is £10, and visitors are welcome. For further details contact Chris Maughan on 01435 864634 or chrisw.maughan@outlook.com

Every 3rd 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. 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. For more info contact: Lyn Plant on 01435 862449.

Every 3rd Tuesday of the Month

Carers Wellbeing Group

2.00pm - 4.00pm. This group meets in the Parish Room, St George's Church, Burwash Road/Halley Road, Broad Oak - although it sometimes meets out and about, so best to check first if you are planning to attend. Carers Wellbeing Groups are the 'next step' after a carer has attended a Carers Information and Advice Group for 12 months. They are aimed at carers who have been caring for a while and are aware of services available to them. Carers Wellbeing Groups are led by carers, for carers, with Susanna, the local Carer Support Worker attending every 3 to 4 months to support the group. There are also often speakers, a chance to support each other, find out about local services and support, and to do activities that the group feels would improve their wellbeing.

For more information contact Susanna Wallace, Carer Support Worker
Tel 01323 738390 Ext 206 or email: susannaw@cftc.org.uk
(Please note Susanna works Tuesday to Thursday)

Wednesday

Every Other Wednesday

The established and very popular **Country Lunches** at Punnetts Town Village Hall, £4.00 for 2 courses followed by tea or coffee. An Age Concern minibus can 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.

1st and 3rd Wednesday of the Month

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

Please Note: *Parking is not permitted on Fire Station property*

Every 3rd Wednesday of the Month

Volunteers from the **Rest Christian Centre** in Punnetts Town welcome visitors to a cooked lunch - £4 for 2 courses including tea or coffee. For the lunch please call Barbara Lovett 01435 882241.

Thursday

Every Thursday and Tuesday **NEW ENTRY**

Young at Heart is an intergenerational club for the elderly to integrate with the local primary school children. There is a daily craft, home cooked lunch and cakes for tea. The school children are heard to read and enjoy an activity to suit both generations.

We offer a free first session without commitment to give potential members the opportunity to “try it out”. It is a 10am-4pm day in the beautiful location of Heathfield Park Cricket Club, Old Heathfield. For those with transport we offer “just lunch” as an alternative option. We look forward to meeting you!

Ring Rachel on 07971 032667 or visit youngatheart.me.uk

Are you retired, widowed, lonely
or just bored?

Would you enjoy spending an
active day outside your home?

With free local transport there and back?

If the answer is **YES** then we would love to meet you!

Please call **07971 032667**
or visit youngatheart.me.uk



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 10.00am to 12.00noon.

Every Thursday

'**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.

Every Thursday

'**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 Thursday

For residents of Heathfield, Broad Oak, Old Heathfield, Cross-in-Hand and Horam, two **Age Concern Heathfield & District Shopping Buses** are on the road every Thursday morning, between 9.00am and 1.00pm. They will pick you up at your door and deliver you to Heathfield High Street. 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. Call 01435 866960 to book a seat on the minibus.

Every 2nd Thursday of the Month

A **Market** is held at Holy Cross Priory, Cross in Hand, between 11.00am and 1.00pm. 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 chance to purchase homemade cakes, biscuits, crafts, preserves and knitwear. 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 Age Concern 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 4.00pm. Come along and join in the fun. For more information please call Phil Brierley on 01435 864646.

Friday

Every Friday

Chair-based Exercises in the lounge at Mary Burfield Court, Heathfield, from 11.00am - 12.00noon, £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.

Every Friday

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

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 necessary.

Every Friday



Age We Care Day Centre 10.00am-3.30pm at the Christchurch Hall, Horebeece Lane, Horam TN21 0DT. An opportunity to meet other people, take part in a range of activities and enjoy the regular entertainment. A hot meal is provided at lunch times. For more information please contact Maureen, Day Centre Manager Tel: 07710 143198. Minibus transport is also available - please telephone 01435 866960

To advertise in the Age Concern Heathfield & District Newsletter,
please contact Mandy Jarvis
Tel: 01435 866293 or Email: info@ageconcernheathfield.org.uk

*1200 printed copies distributed in Heathfield and
surrounding area and available digitally via our website*

www.ageconcernheathfield.org.uk

SUPPORT ORGANISATIONS



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 Eastbourne Control Centre on 01323 644422 for details.



If you are aged 60 or over and facing housing difficulties **STEPS** can support you. STEPS is a free, confidential, short-term housing support service funded by East Sussex County Council. We can visit you at home and support you to maintain your independence. STEPS can support you with:

- Ensuring your home is safe
- Looking into more suitable accommodation
- Dealing with tenancy or mortgage worries
- Keeping warm and reducing energy bills
- Managing household bills and debts
- Obtaining daily living equipment

STEPS can also support with a range of other issues in conjunction with housing support. For more information, please call your local number below.

Contact STEPS, if you live in:

Eastbourne, Lewes & Wealden

Phone: 01323 436 414

Text: 07970 668 106

Email: referrals@stepswest.co.uk

Hastings & Rother

Phone: 0300 123 2422 (local rate)

Text: 07944 140 016

Email: referrals@stepseast.co.uk

Wealden Senior
Citizens' Partnership



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.



The Armed Forces Network If you, or a close member of your family, have served, or are serving in the UK Armed Forces there is help and support available. Support is available at:
Email: scdt.admin@nhs.net / Tel: 01273 403693
Email: sussexarmedforcesnetwork.nhs.uk
www.ssafa.org.uk/tel 08001699060
Blind Veterans UK (Brighton)
Tel 01273 307811 or write to: Blind Veterans UK, Greenways, Ovingdean, Brighton, BN2 7BS



East Sussex Hearing Resource Centre in Eastbourne provides 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 provides 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. A memory stick player can be supplied on loan. Call 01435 862304 for details.



The National Accessible Library is a free online library for visually impaired readers, who are unable to enjoy reading a printed book because they are blind, visually impaired, have print blindness due to dyslexia or are physically impaired. Books are available in a variety of formats, including MSWord, plain text and Braille. For further information go to: www.accessiblelibrary.org.uk



The Alzheimer's Society Dementia Support

The North Wealden Dementia Support Service offers information, advice and support to people living with dementia and those who care for them. For further information please contact:

Sarah Burchett (Dementia Support Worker)

Tel: 07525 403854

Email sarah.burchett@alzheimers.org.uk



British Red Cross Carers Support Service

Our volunteer visiting service provides free, short term emotional and practical support to unpaid Carers in East Sussex.

We can offer up to 6 weeks of support through:

- providing 2 hours a week companionship/ sitting/respice service
- assistance with shopping, light housework or meal preparation
- support to access community/social activities
- signposting to other sources of support

Please note: The service does not provide personal or domestic care.

Contact: Independent Living Service Coordinator

Tel: 01273 227800

Email: EsCarerssupport@redcross.org.uk



Dementia Supper Clubs for Carers and People with Dementia

(Supported by East Sussex County Council)

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 - the only charge is the cost of the meal.

Enquiries about Heathfield and surrounding areas call: Lynn Leeves 07749 338120 or 01323 432340



The Silver Line aims to combat loneliness in the over 65s by providing friendship, information and advice through calls to trained volunteers.

Tel: 0800 470 8090



Personal Assistants in Your Area **NEW ENTRY**

We pride ourselves in providing quality, reliable care in your own home, tailored to meet your individual needs. Fully qualified, insured and DBS checked, we have been accredited by East Sussex County Council and are members of the **Support with Confidence** scheme. We specialise in caring for people who are living with Dementia, MS, Alzheimer's, Parkinson's and diabetes. If we can help you with any of the services below please call us for a chat.

- Companionship/Social Events
- Meal Preparation
- Secretarial/Administration Support
- Personal Care –Washing/Dressing etc
- Medication Support
- Shopping/Collecting Prescriptions
- Cleaning/Laundry/Gardening
- Pet Services

Paula Shadbolt
Jenny Keep

Tel: 07305 065852
Tel: 07900 500629

Age Concern Heathfield & District

Services

Dawn Brock, Chairman

Minibus Transport

Medical Car Service

Website and Newsletter

Heathfield & District Men's Shed

Union Church
Senior Citizens' Lunch

Punnetts Town
Country Lunches

Contacts

01435 863656

01435 866960

01435 515090

Mandy Jarvis
01435 866293

Peter Brock
01435 863656

Jean Plummer
01435 883483

Ann Kenward
01435 862618



website: www.ageconcernheathfield.org.uk
email: info@ageconcernheathfield.org.uk

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Thank you to everyone who has contributed to the content of this newsletter.