

Age Concern Heathfield & District

# NEWSLETTER

Summer 2019



Combatting loneliness in Heathfield and surrounding area

## From the Chairman



**Welcome** to the Summer edition of our newsletter which we hope you will find informative - and, I promise, does not have a single mention of that horrible 'B' word - Brexit!

The Executive Team has spent the Winter working hard to continue to improve the services we offer, keep the organisation moving forward and looking for ways to expand and improve things for the future.

We are thrilled that Phase One of our building programme is now complete and we have a lovely new office space which we can use to hold our meetings, store our paperwork and to double up as a clean area for the Shedders to rest and enjoy a cuppa.

I am very aware how much our transport services are appreciated by all of you and we have received a number of very generous donations from clients who wanted to show their gratitude for the difference we make to their lives. We are so grateful to you all.

I am also aware that next year, 2020, will be the 30th Anniversary of Age Concern Heathfield & District, serving the elderly and disabled residents in our community. We must make sure that we celebrate our achievements and recognise the efforts of all those over the years who have helped to make our organisation what it is today and to that end we will be planning a number of special events for you all to enjoy with us – further details will be published in our newsletters over the coming months.

For our organisation to continue to support our community and to remain successful for the next 30 years, I would like to make a personal plea to anyone who feels they could help us – we are particularly looking for drivers who would be willing to give a little time by taking clients to and from medical appointments at the local surgeries, clinics, dentists and hospitals.

We offer 45p per mile to cover expenses for any journey you undertake for us. Whether you can offer a few hours a week, a month or even just now and again on an ad hoc basis, we would love to hear from you.

We are hoping that if we can get enough volunteers, we can not only fulfil the growing number of requests we receive for medical appointments, but we might also be able to offer a service to those who want to visit a spouse, other relation or close friend who is ill in hospital. A little bit of your time can make such a huge difference to others, so please pass the word around to family, friends and neighbours and let's make Age Concern Heathfield & District go from strength to strength for another 30 years!

**Dawn Brock**, *Chairman, Age Concern Heathfield & District*

## Recent Changes...

In recognition of the important role the Medical Car Service has within our organisation we have co-opted Natasha Read onto the Executive Team. Natasha will be a familiar voice to many of you as she is responsible for the smooth running of the service, liaising between drivers and clients to ensure as many of our requests as possible can be fulfilled. We are very grateful to Natasha for all she does and know that she will be an asset to our team.

Sadly, we said goodbye recently to Chris Clinch who, together with his wife Kim, has moved away to be nearer to their family. Chris played an important role in setting up our electronic phone system and was responsible for logging all the calls onto our calendar. We shall miss Chris and thank him for all his hard work and dedicated service behind the scenes. We wish Chris and Kim every happiness in their new home. Chris' role is currently being covered by members of the Executive Team, but we are actively seeking a replacement – if anyone feels that they could spare a couple of hours a week and are happy using electronic calendars and emails, please ring Natasha on 07518 917380 for further information.

# TRIPS PROGRAMME

## Autumn / Winter

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

### Wednesday 16 October

Fish and Chip lunch at Harry Ramsdens, Eastbourne

### Monday 11 November

Shopping at The Beacon Centre, Eastbourne

### Monday 2 December

Christmas at Hilliers Garden Centre, Stone Cross

### Monday 13 January

Sainsbury's Super Store (clothes, things for the home, food and a café)  
Hampden Park

### Monday 10 February

Lunch at Hawkhurst Fish Farm

### Monday 9 March

Sovereign Harbour Eastbourne



New  
for  
2019/20

Get out and about  
and beat those  
winter blues!

\*\*\*\*\*

Pick-ups start from  
10.30am, returning  
approx. 2.30pm

\*\*\*\*\*

Door to door  
service in one of  
our fully accessible  
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\*\*\*\*\*

For further  
information or to  
book a place please  
ring: 01435 866960

**Please Note:**  
bookings for these  
trips will open on  
2nd September  
2019

## Important Information about our Trips Programme

Our programme of half day outings has proved to be a great success with many of our trips being oversubscribed.

We issue two programmes a year – spring/summer involving trips out in the afternoon, normally between 1.00-5.00pm and all of which involve a stop somewhere for passengers to buy a much-needed cup of tea (and a cake!)

Our Autumn/Winter trips are earlier in the day, normally starting at 10.30am and getting everyone home by 3.00pm before it gets dark. Again, there is always a stop for passengers to buy a drink and a light lunch.

Each time a new programme of trips is issued, we ask that clients ring to book places by using the normal minibus telephone number: 01435 866960. You will also notice that for our latest programme of trips we have put a date for when bookings will be open – this is to ensure that everyone has received the information before we start taking requests.

In the event that a trip becomes fully booked we will take names on a reserve list and offer places if anyone cancels, or, if there are enough names we will endeavour to put on an extra bus, sometimes on a different date, to ensure nobody is disappointed. We try to be fair and offer everyone the chance to go on our trips, so places are not allocated simply on a first come first served basis. We try to think of a good variety of places to visit, but if there is anywhere you feel would be a good place for us to go, we would welcome any suggestions.

Meanwhile, my thanks as ever go to all our wonderful drivers and minibus escorts who give up their time to ensure these trips can take place – I hope you all enjoy the outings as much as we do!



## John Banks: Honorary President



It is with great sadness that I write to inform you of the passing of John Banks, who passed away aged 88 on May 23, 2019 after a long battle with cancer.

John was a key member of the operating team of Age Concern Heathfield & District from 1990 to 2015. He was minibus manager for many years and constantly drove on outings himself. He only stopped driving in 2015, at the age of 84, because he became uninsurable. He often joked that he was older than most of his passengers.

John and his wife, Valerie, were instrumental in keeping Age Concern Heathfield & District alive by putting together a team to guide the charity through a difficult period. John was Chairman from 2010 to 2014 after which he became our Honorary, non-executive, President.

In his working life he was a partner in the Framfield building company of Press and Banks. He had a hand in the construction and alteration of many local homes and businesses, including the construction of the now demolished Buxted Chicken factory. He often commented, on journeys, about the buildings that he had worked on and highlighted the difficulties that they had to overcome during construction.

John will be remembered both for his unfailing sense of duty and his selflessness. He would readily 'drop tools' to help others. It is recorded that he once got up in the middle of the night to help his farming brother rescue sheep from flooding on the Romney Marsh!

Our heartfelt condolences go out to his wife, Valerie, his two sons, their wives, and three grandchildren.

**Mike Hepworth, Past Chairman, Age Concern Heathfield & District**

Age Concern  
Heathfield  
& District

needs



YOU!

## Do you have a few hours to spare? Would you like to do something rewarding?

With more and more clients using our services, we are looking for new recruits to join us, especially volunteer drivers to join our **Medical Car Service Team**, using their own cars to take clients to doctors, dentists and hospital appointments.

Drivers can claim expenses of 45p per mile to cover the cost of the journeys, so, if you have a few hours to spare each week - or even each month - then we would love to hear from you!

For more information please call: Natasha Read on 07518 917380  
or email: [info@ageconcernheathfield.org.uk](mailto:info@ageconcernheathfield.org.uk)

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Mandy Jarvis

Tel: 01435 866293

or Email:

[info@ageconcernheathfield.org.uk](mailto:info@ageconcernheathfield.org.uk)

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

[www.ageconcernheathfield.org.uk](http://www.ageconcernheathfield.org.uk)

## Heathfield Men's Shed

I am delighted to announce that Phase One of our Heathfield Men's Shed building project is now complete. This first, smaller, wooden building will provide Shedders with a clean working area and a place for meetings and refreshments, whilst, at the same time, providing Age Concern, Heathfield & District with much needed office space. The building was assembled by Heathfield Shedders in just two days! We have already held several meetings in the building and have put together an active programme of renovation projects and activities for the Summer months.

Shedders will be selling goods and promoting both the Men's Shed and Age Concern Heathfield & District at Le Marché on Bank Holiday Monday 26<sup>th</sup> August and also at the Heathfield Farmers' Market on 16<sup>th</sup> November and 21<sup>st</sup> December. We will also be attending the Heathfield and Waldron Rotary Club's Classic Car Show on 11<sup>th</sup> August.

We are now working hard to complete the detailed application process for planning permission for the bigger workshop which we hope to have in place before the end of the year; this would be a great milestone, too, for Age Concern Heathfield & District in 2020, our 30th Anniversary year.

We are a friendly, fun group and would welcome enquiries from any potential new members or anyone who may be able to help by donating tools and equipment.

For further information please phone Peter on 01435 863656, Nic on 07850 992059 or email [shed@ageconcernheathfield.org.uk](mailto:shed@ageconcernheathfield.org.uk)







## SHEDDERS MEETINGS 2019

### August

**11 August 12.00-5.00pm** Rotary Classic Car Show,  
Waldron Recreation ground

**15 August 11.00am** - Shed Meeting

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

### September

**12 September 11.00am** Shed Meeting

### October

**5 and 6 October** Surrey Hills Wood Fair, Cranleigh (tbc)

**17 October 11.00am** Shed Meeting

### November

**14 November 11.00am** Shed Meeting

**16 November 9.00am-12.30pm** Farmers Market Stall

### December

**12 December 11.00am** Shed Meeting



## Some Dates for Your Diary

Our partners at Age UK East Sussex are coming to Heathfield with their  
**Information and Advice Outreach Vehicle** on:

**Friday 16<sup>th</sup> August**  
**10.30am – 3.30pm**  
**Recreation Ground, Sheepsetting Lane**

They can offer advice on:

- Benefit checks • Pension credit • Attendance allowance •
- Housing issues • Finding support at home • Utility bill queries •
- Health & social care • Filling in forms • Leisure & social activities •
- Family & personal matters • Accessing local services •
- Choosing a place in a residential care home •
- Any other issues that affect older people •

If you would like to know more about the Age UK East Sussex  
Information and Advice Outreach Service  
Please call them on: 01273 476704

## Free Electric Blanket Testing

East Sussex Fire & Rescue Service will be holding their annual  
**Electric Blanket Testing Event** at Heathfield Fire Station on:

**Wednesday 16<sup>th</sup> October 2019**  
**2.00 - 4.00pm**

If you take your blanket to be tested, please remember to take  
all the controllers/switches for your blanket with you,  
as your blanket cannot be tested without them.

If you are unable to go yourself, why not ask a family member,  
neighbour, friend or carer to take your electric blanket for you.

***Any queries, please call 0800 177 7069***



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West Sussex RH16 4EA

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## REGULAR EVENTS

The deadline for inclusion in our next edition is **Friday 8 November 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

**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](http://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](http://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

Every Tuesday **NEW ENTRY**

**Gentle Exercises for the Over 50s**

10.00am - 11.00am and 2.00pm - 3.00pm

The Cartlodge Barn, Horam Manor Farm, Horam TN21 0JB

The exercises will help you to improve your balance and co-ordination, loosen your joints, strengthen legs and improve posture, which will bring relief from back and joint pain. Suitable for all abilities. No floor work. First session is free, then £28 per month. For more information, or to book a place, call Pauline on 07786 950714

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. This group offers support and advice to people new to the caring role and gives them the opportunity to meet other carers and share information. Contact: Susanna Wallace, Carer Support Worker email: [susannaw@cftc.org.uk](mailto:susannaw@cftc.org.uk) or 01323 738390 Ext 206 (Tues or Thurs)

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](mailto:chrisw.maughan@outlook.com)

### Every 3rd Tuesday of the Month

**Heathfield and District U3A** hold their monthly meeting from 2.30pm in the Community Centre, Sheep Setting Lane, covering educational, cultural, recreational and social subjects for retired or semi-retired people in the area around Heathfield. Annual membership £15 (single), £28 (couple). For more information go to: [u3asites.org.uk/heathfield](http://u3asites.org.uk/heathfield)

### 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  
email: [susannaw@cftc.org.uk](mailto:susannaw@cftc.org.uk) or 01323 738390 Ext 206 (Tues or Thurs)



Join us at our friendly and welcoming **TN22 CLUB** for the over 60s where the emphasis is on fun and friendship.

Each session includes a variety of activities to suit all tastes and we also enjoy several outings throughout the year. From time to time, visiting guests entertain us with music and presentations on a wide range of topics.



"I love coming to the Club, chatting to my friends and having a game of scrabble... it keeps my brain moving!"

Enjoy fun, food and friendship at the

# TN22 Clubs



At the **TN22 PLUS CLUB**, we are committed to providing personalised support for those with mild to moderate dementia to socialise and take part in stimulating activities to enhance their well being.

Members benefit from some light exercise, companionship, fun and laughter in a warm and caring atmosphere, where they can continue to do the things they enjoy and feel part of a community.

"He looks forward to every session and his visits stimulate him whereas if he were at home, he would probably just sleep."

TN22 CLUBS run fortnightly on Wednesdays at Hadlow Down Village Hall and include a freshly cooked and nutritious lunch.

Both clubs are run by local charity, Engage, and are supported by a team of volunteers who are passionate about helping older people in their community.

We welcome members from throughout Wealden. Transport may be arranged upon request.



Charity No: 1175761



[www.engagewealden.org.uk](http://www.engagewealden.org.uk)

To find out more about the clubs, pricing details or to book a taster day, please call:

**01825 840406** or  
**07961 450357**

or email:

[enquiries@engagewealden.org.uk](mailto:enquiries@engagewealden.org.uk)

## 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.

### Every Other Wednesday **NEW ENTRY**

The **TN22 Club** offers places to people living in the Wealden area. The club runs from 11.00am to 2.00pm in Hadlow Down village hall, Hut Lane, Hadlow Down. Run by staff and volunteers who are passionate about combating social isolation and loneliness of older people, we offer entertainment and activities, a freshly prepared 2-course lunch, film afternoons and outings in the Summer. Transport is available, if there is capacity, with volunteer drivers (charges apply). Cost of the club is £7 per session. For more information go to [www.engagewealden.org.uk](http://www.engagewealden.org.uk), phone Amanda Callf 01825 840406 or email [enquiries@engagewealden.org.uk](mailto:enquiries@engagewealden.org.uk)

### 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. A minibus may be provided if sufficient people are interested.

## Thursday

### 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 and Tuesday

**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](http://youngatheart.me.uk)

### Every Thursday **NEW ENTRY**

**Do Pop Inn** to the Union Church for a bite of lunch. The room seats up to 24 people comfortably, and, although there is no need to pre-book, it is helpful to phone in advance if you are coming with a group (so they know if they need to cook more potatoes!)

The menu is a la carte and prices are low, for example: a filled baked potato with garnish costs between £2.80 and £3.10, depending on the filling; a mug of tea, with a biscuit is £1.00; coffee £1.40. Everyone is welcome. Phone Sue Mumford 01580 819415 for further information.

### 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

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 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 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: Graeme McKenzie at 01925 320998.

A minibus could be provided for a minimum of 8 people. Please contact Age Concern on 01435 866960 if you are interested in going along.

### 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, 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

Every Other Friday **NEW ENTRY**

**Music for the Memory** from 2.00pm at Holy Cross Priory, Cross-in-Hand. Enables those with mild to moderate dementia and their carers to express themselves, feel positive and make new friends in a friendly and fun environment. We sing well known songs from musicals, films and charts that evoke verbal and emotional memories, as well as songs that have actions, to help challenge and extend skills.

Our **free** sessions include a refreshment break, offering an opportunity to socialise, share and discuss experiences and difficulties, thus providing support to carers as well as those they care for.

For more information, call Jackie Pelling on 07788 101518 or visit [www.musicftmemory.wixsite.com/musicforthememory](http://www.musicftmemory.wixsite.com/musicforthememory)

## Sunday

Every 3rd Sunday of the Month **NEW ENTRY**

### **Sundays at the Grove**

Brownings Farm Workshops, Lewes Road, Blackboys TN22 5HG

If you live alone and would like to enjoy Sunday lunch in the company of others, why not join us at the Grove? Every third Sunday of the month at 1.00pm. A two course lunch with tea or coffee for £6.

To reserve your place by the Wednesday prior to the Sunday lunch date, or for more details, please contact Gillian on 07729 478797 or email: [3rdSundayLunch@gmail.com](mailto:3rdSundayLunch@gmail.com)

Dates for 2019: 18 August, 15 September, 20 October, 17 November

## SUPPORT ORGANISATIONS



Our partner organisation, **Age UK East Sussex**, offers a wealth of advice, support and services to older people living in East Sussex. For more information, phone 01273 476704, visit their website at [www.ageuk.org.uk/eastsussex](http://www.ageuk.org.uk/eastsussex) or email [customerservices@ageukeastsussex.org.uk](mailto:customerservices@ageukeastsussex.org.uk)



### Welbeing Pendant Alarm Service

A personal alarm is a quick and simple way of getting help at the press of a button if you have an accident or emergency in your home. You may be unable to get to the phone, for instance after falling or because you feel ill. We provide a 24-hour, 365-day monitoring service, giving you the freedom to live your life independently from £15.96 a month. Contact 01323 644422 or visit [www.welbeing.org.uk](http://www.welbeing.org.uk)



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  
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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](http://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](mailto:scdt.admin@nhs.net) / Tel: 01273 403693  
Email: [sussexarmedforcesnetwork.nhs.uk](mailto:sussexarmedforcesnetwork.nhs.uk)  
[www.ssafa.org.uk](http://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](http://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](mailto: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](mailto: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**

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 Tel: 07305 065852

Jenny Keep Tel: 07900 500629



# Age Concern Heathfield & District

## Services

## Contact

### Minibus Transport

01435 866960

### Medical Car Service

01435 515090

### Heathfield & District Men's Shed

Peter Brock (Project Leader)

01435 863656

Nic Stenhouse (Membership)

07850 992059

Email: [shed@ageconcernheathfield.org.uk](mailto:shed@ageconcernheathfield.org.uk)

### Website and Newsletter

Mandy Jarvis

01435 866293

### Union Church Senior Citizens' Lunch

Jean Plummer (Organiser)

01435 883483

### Punnetts Town Country Lunches

Ann Kenward (Organiser)

01435 862618



**website: [www.ageconcernheathfield.org.uk](http://www.ageconcernheathfield.org.uk)**

**email: [info@ageconcernheathfield.org.uk](mailto:info@ageconcernheathfield.org.uk)**

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