

Age Concern Heathfield & District

NEWSLETTER

Winter 2019



Combating loneliness in Heathfield and surrounding area

From the Chairman



Welcome to the Autumn edition of our newsletter.

The clocks have changed, the leaves are falling from the trees and the evenings are drawing in as Autumn gets underway, with its wealth of changing colour (and weather!).

Autumn, and more particularly November, is a time for remembrance and at Age Concern Heathfield & District we have our own special reasons for remembering –

- Remembering that next year we will be celebrating 30 years of supporting the elderly and disabled members of our community.
- Remembering all those volunteers and honorary officers that, over the past 30 years, have each made such a valuable contribution to making our organisation what it is today.
- Remembering that each of our drivers, escorts, administrators and executive team members are all *volunteers* – giving so generously of their time to support and provide the services that we offer and to ensure they are there for those that need to use them.
- Remembering and thanking each and every one of you for supporting our organisation, for your generous donations and for your kind words of thanks – it is wonderful for us to know that our efforts are appreciated so much by you all.
- Remembering that we are an independent, local charity; we are not part of a large national organisation, and as such, are reliant on the support of the community, local businesses, funders and donations and bequests from individuals, to ensure we have sufficient funds to continue running the services we provide.

We are all very proud to be a part of Age Concern Heathfield & District and enjoy seeing what a difference we can make to people's lives by providing them with opportunities to socialise, explore Sussex, be part of a wider community, make friends and, above all else, have a good laugh. Our hope

is that there should be no one in our community who feels isolated or lonely – please spread the word about what we do, and encourage others who may not do so already, to benefit from the services we provide.

As this will be our last newsletter before Christmas, may I thank you all for your valued support and wish you and your families a very happy and healthy Christmas and New Year.

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

Welcome to Alan Hale



We would like to welcome Alan Hale, who is joining the Executive Team to take on the responsibilities of the Treasurer's role.

Alan will be taking on his role in an acting capacity until he can be formally voted on at our next AGM in March 2020.

Alan has lived in Heathfield for 22 years and has recently retired from a career in banking. His skills and experience will enable us to manage our finances effectively, so that we can continue to operate on a sound financial footing. Alan brings a fresh look to the organisation and we look forward to hearing his ideas and working with him to ensure a secure future for Age Concern Heathfield & District

In his spare time Alan is a keen golfer and cyclist.

CHRISTMAS & NEW YEAR CLOSURE

The Medical Car and Minibus services will be closing for a two-week period over Christmas and the New Year to enable all of our team of volunteers to have a well-earned break.

**Our last day of working will be Friday 20 December 2019
and we will re-open on Monday 6 January 2020**

For users of the Medical Car Service, please note that the phone will not be monitored during this period, so please do not leave messages regarding new bookings during this time.

Changes to our Newsletter

You will have noticed that this newsletter looks and feels different from previous editions; this new format will make it possible for us to publish four newsletters a year from 2020:

Spring distributed late February, to include details of our Spring & Summer Trips Programme

Summer distributed late May

Autumn distributed late August, to include details of our Autumn & Winter Trips Programme

Winter distributed late November



Our Heathfield Shedders

will be selling their hand-crafted goods at the

Heathfield Farmers' Market
Saturday 21st December
9.00am - 12.30pm



*all proceeds to
Heathfield Men's Shed*



Your Winter Checklist

As the days begin to shorten and the temperatures start to fall, it's a good time to start preparing for Winter...

Before Winter arrives:

- make sure you have your flu jab
- have your heating system professionally checked

Looking after yourself:

- if you can't get out to visit friends and family, invite them to visit you or keep in touch by phone
- do something you enjoy every day - read a book, listen to the radio, do a puzzle or some knitting

Staying warm:

- if you are not very mobile, try to heat your home to at least 18°
- have regular hot drinks
- have at least one hot meal each day
- draw your curtains at dusk to keep out the draught
- being active will help to keep you warm - and lift your spirits - even if it's just tapping your toes to a favourite tune.

If you go out in your car:

- make sure you have plenty of fuel
- check that your phone is fully charged
- carry warm clothes or a blanket and take some high-energy snacks - hopefully you won't need to use them, but take them just in case...

To chase away the Winter blues (and remind you that Spring is just around the corner):

- plant some Spring bulbs, where you can see them from your window
- remember that 21st December is the shortest day
- feed the birds in your garden and join the RSPB Big Garden Birdwatch, Sat 25 - Mon 27 January 2020

Age Concern
Heathfield
& District

needs



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 - then we would love to hear from you!

We are also looking for volunteers to provide administrative support to the Medical Car Service team. If you are happy to use emails and an electronic calendar system and enjoy speaking to clients and other volunteers on the phone, this could be another way to get involved.

For more information please call: **Natasha Read** on **07518 917380**
or email: info@ageconcernheathfield.org.uk

NO CALL
OUT CHARGE



A - Z REPAIRS

(est. 1990)

COLIN PEPPER

Tel: 01435 863833 • Mobile: 07771 646 249

*Repairs to all makes of washing machines
dishwashers, electric cookers, tumble dryers etc.
Parts supplied and fitted guaranteed for one year*

To advertise in the
Age Concern Heathfield & District
Newsletter, please contact :

Mandy Jarvis

Tel: 01435 866293

or Email:

info@ageconcernheathfield.org.uk

*1000 printed copies distributed
in Heathfield and surrounding
area and available digitally via
our website*

www.ageconcernheathfield.org.uk

Heathfield Men's Shed



December 2019

Tuesday 5th, 10.30am-1.30pm - *Clean Shed Open*

Thursday 12th, 10.30am-2.00pm - *Clean Shed Open*

Tuesday 17th, 10.30am-2.00pm - *Clean Shed Open*

Thursday 19th, 10.30am-2.00pm - *Shed Meeting then Clean Shed Open*

Saturday 21st, 9.00am-12.30pm - *Stall at Heathfield Farmers Market*

January 2020

Thursday 16th, 10.30am-2.00pm - *Shed Meeting then Clean Shed Open*

Thursday 30th, 10.30am-2.00pm - *Clean Shed Open*

February 2020

Thursday 6th, 10.30am-2.00pm - *Clean Shed Open*

Thursday 13th, 10.30am-2.00pm - *Shed Meeting then Clean Shed Open*

Visitors and new members are always welcome, but by appointment only
Please contact Nic Stenhouse, Membership Secretary, Tel 07850 992059



Heathfield Men's Shed is a place where men can meet to connect, converse, create, construct... and drink tea!

You will find more information about the Heathfield Men's Shed on our website at:
<https://ageconcernheathfield.org.uk/mens-shed/>

Heathfield Men's Shed

We are about to apply for planning permission for our main workshop, which will be located on a site just outside Heathfield, and will be sited next to our existing smaller building - our aim is to have this up and running in the first half of 2020, a timely opportunity for us to celebrate the 30th Anniversary of Age Concern Heathfield & District supporting our community; meanwhile, we have use of the smaller, adjacent building as a meeting area and clean Shed.

We recently had our first commission which is to build a crib scene for the local churches and have had stalls at the Heathfield Farmers Market, Le Marché and the Rotary Classic Car Day, where we exhibit and sell hand-crafted items such as wooden turned bowls, candle sticks, pots, Christmas reindeer and tree decorations - proceeds from which go back directly into our funds.

We recently had some success in gaining funding for equipping our Shed and we are also very grateful to local people for their support by donating unwanted tools and equipment. Our thanks also go to the The Coop, The National Lottery Community Fund, Heathfield Parish Council, Chalk Cliff Trust, 3VA, AirS and Electricbase, who have all supported us.

We are keen to become involved in supporting the community and recently assisted the Heathfield and District Bonfire Society by marshalling their first procession for 62 years. We are also building links with local organisations such as Wealden Works and Young at Heart.

Visitors and new members are always welcome - but by appointment only, please. Contact Membership Secretary, Nic Stenhouse:
Tel: 07850 992059 or Email: shed@ageconcernheathfield.org.uk



Do You Remember?

Loyalty cards seem to be all the rage at the moment, but encouraging loyalty from your customers is not a new idea at all! My 95 year old Mum came across these in the pocket of an old handbag...



Shoppers would get a Lucky Horseshoe Charm when they bought “Horseshoe” Brand macaroni, spaghetti and semolina.

They had to send 12 of the Charms - all one colour - in exchange for a pair of fully fashioned nylon stockings.

...or Did You Collect Green Shield Stamps?



Popular during the 60s and 70s, a Green Shield Stamp was given for each 6d (2½ new pence) spent on goods; it took 1280 stamps to fill a book, which you could then exchange for gifts.

In 1976, you had to collect 375 books to exchange for a Philips colour TV or 185 books for a Hotpoint automatic washing machine!

December Dates to Remember

December 11, 1936

King Edward VIII abdicated the throne of England to marry “the woman I love,” a twice-divorced American named Wallis Warfield Simpson. They were married in France on June 3, 1937 and then lived in Paris.

December 16, 1944

American big-band leader Glenn Miller disappeared in a small plane over the English Channel; he is probably best remembered for *Moonlight Serenade* and *In the Mood*.



**windows
doors
bi-folds
and more...**



Call: 01435 866456

Browning Road Industrial Estate, Heathfield, East Sussex, TN21 8DB e: info@heathfieldwindows.co.uk

Best Card Shop Around?

See for yourself
Unique Range of Cards
Small gifts with a difference

GEMINI GREETINGS

40 High St. Heathfield TN21 8HS
01435 866475



NHS AUDIOLOGY SERVICES

AVAILABLE IN 12 LOCATIONS
INCLUDING HEATHFIELD AND LEWES



MAKING THINGS HAPPEN
for Deaf and hard of hearing people

For more information, please contact our head office:

☎ 01444 415582 📞 07800 005423

✉ info@actionfordeafness.org.uk



www.actionfordeafness.org.uk **IQFPS**

22 Sussex Road, Haywards Heath
West Sussex RH16 4EA



Charity No. 1122579 Company No. 6205458

REGULAR EVENTS

The deadline for inclusion in our next edition is **Friday 7 February 2020**



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

Tuesday

Every Tuesday and Thursday

Young at Heart is an intergenerational club for the elderly to integrate with the local primary school children. We offer a free first session without commitment to give potential members the opportunity to “try it out”. It is a 10.00am - 4.00pm 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

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

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. 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 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, have a chat, play a board game, 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

Art & Craft Group at St. Richard's Church Hall, Park Road, Heathfield from 1.30 - 3.30pm. Members bring along their own work. No charge for attending, just a small donation towards teas and coffees. If you'd like to attend for the first time, please speak to George at the Church or contact the Church via their website at: www.heathfieldbenefice.org.uk

Every 3rd Tuesday of the Month (September to May)

Heathfield & District Philatelic Society Ian Price Room, Heathfield Community Centre at 2.00pm. For anyone with an interest in stamps, postal history or postcards. Annual subscription £10, visitors welcome. Contact Chris Maughan 01435 864634 or 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, Sheepsetting 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

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 or 01323 738390 Ext 206 (Tues or Thurs)

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. A fully accessible Age Concern minibus can pick you up from your door 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

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 in 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, phone Amanda Callf 01825 840406 or email enquiries@engagewealden.org.uk

Thursday

1st Thursday of the Month

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 9.30am and 12.30pm.

Every Thursday and Tuesday

Young at Heart is an intergenerational club for the elderly to integrate with the local primary school children. We offer a free first session without commitment to give potential members the opportunity to “try it out”. It is a 10.00am - 4.00pm day in the beautiful location of Heathfield Park Cricket Club, Old Heathfield.

For those with transport we offer “just lunch” as an alternative option. Ring Rachel on 07971 032667 or visit youngatheart.me.uk. We look forward to meeting you!

Every Thursday

Do Pop Inn to the Union Church for a bite of lunch, 10.00am - 2.00pm. 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. 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

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

'**Extend**' (gentle movement to music) exercise sessions at West End Room, Christ Church Centre, Horam, 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. Tel: Jane Morris on 01323 483529.

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

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

Wealden Citizens' Advice is open in the Parish Council Offices, High St, Heathfield, from 9.30 - 11.30am. No appointment necessary.

Every Friday

Age We Care Day Centre 10.00am-3.30pm at the Christchurch Hall, Horebeeche 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

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. 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

Age Concern Heathfield & District 1990 - 2020

We are planning a special 30th Anniversary Edition of the newsletter, to celebrate 30 years of serving the Heathfield community.

Please get in touch, if you have been a volunteer or have been supported by Age Concern Heathfield & District during that time and have memories, stories or photos that you would like to share.

We would love to hear from you!

New Community Hub - and You're All Invited!

An exciting new community project has been launched at The Grove Farmhouse Café and Community Hub, Brownings Farm Workshops, Lewes Road, Blackboys TN22 5HG.

Events at the Community Hub are already attracting visitors from Uckfield, Buxted, Horam and Cross in Hand - and they would love Heathfield residents to join them:

Get Crafty - Mondays, 10.00am

Elevenes with Company - Tuesdays, 11.00am

Busy Bees (Seniors Lunch Club) - Every other Tuesday, 10.30am-2.00pm

Book Group - First Wednesday of the month, 10.00am

Creative Writing - Every other Wednesday, 2.00-3.00pm (Term time only)

Walk with Company - Thursdays, 10.00am

For further information visit: www.thegroveblackboys.co.uk
or email: hub@thegroveblackboys.co.uk

SUPPORT ORGANISATIONS



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 or email 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 www.welbeing.org.uk



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 www.ssafa.org.uk/tel 08001699060 Email: sussexarmedforcesnetwork.nhs.uk

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.

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, by offering 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.

If you live in Eastbourne, Lewes & Wealden, phone: 01323 436 414, Text: 07970 668 106 or email referrals@stepswest.co.uk



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 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. Contact: Sarah Burchett (Dementia Support Worker) Tel: 07525 403854 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.
Tel: 0800 470 8090



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/respite service; assistance with shopping, light housework or meal preparation; support to access community/social activities; signposting to other sources of support. Contact: Independent Living Service Coordinator on 01273 227800/email: EsCarerssupport@redcross.org.uk
Please note: The service does not provide personal or domestic care.



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



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, 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 living with Dementia, MS, Alzheimer's, Parkinson's and diabetes. We can help with: Companionship/Social Events; Meal Preparation; Secretarial/Administration Support; Personal Care; Medication Support; Shopping/Collecting Prescriptions; Cleaning/Laundry/Gardening; Pet Services. Phone Paula Shadbolt 07305 065852 or Jenny Keep 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

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

email: info@ageconcernheathfield.org.uk

This newsletter is published by Age Concern, Heathfield & District
(Registered Charity No: 205665)

Printed by Wealden Print
www.wealdenprint.co.uk