

Age Concern Heathfield & District

NEWSLETTER

Spring 2020

Age Concern Heathfield & District is a local, independent charity



Combatting loneliness in Heathfield and surrounding area

AGE
Concern

Heathfield
& District

Age Concern Heathfield & District
1990-2020
Supporting the Community
for 30 years

From the Chairman



As you may already know, this year is a very special year for our organisation – 2020 marks the 30th Anniversary of Age Concern Heathfield & District supporting the disabled and elderly members of our community.

I am particularly honoured to be Chairman at this time and am proud to stand alongside all the other volunteers over the past 30 years who have all contributed to making the organisation the success it is today, and the envy of many other towns and villages.

Each of our four newsletters will be dedicated to charting the history of the organisation - how it all began, the changes and developments that have occurred over the 30 years, and our vision for the future. We shall also be holding some special, fun events which we hope you will all enjoy with us. Details of these events can be found in our newsletters and will be advertised around the town over the coming months.

In the current economic climate, where we are seeing large High Street chain stores and multi million pound businesses collapsing, I feel that it is of particular credit to all those involved, past and present, that Age Concern Heathfield & District has weathered the storms and is continuing to grow and provide such valuable support to the community.

The organisation is run entirely by volunteers and is a 'not for profit', local, independent, registered charity that relies on fundraising, donations and legacies to fund the vital services we provide to our elderly and disabled members of the community.

We shall be launching an appeal this year to start raising funds towards the cost of replacing our oldest minibus – we will need to reach a target of at least £30,000 to purchase a replacement vehicle, so there will need to be a lot of hard work done to achieve this goal (see p11).

If you feel able to support us either by volunteering to drive a minibus or car for the medical car service, or if you feel able to support us financially in any way, please contact me or a member of the team to find out more. With your help, we can ensure that Age Concern Heathfield and District can continue to support the local community for the next 30 years!



Did You Know...

It costs us over **£5000** a year to fuel and maintain the minibuses.

We currently run the Medical Car Service at a loss of £5000 per year! As a local, independent charity, we receive no funding from the government or national organisations and therefore rely on donations, fundraising and legacies to fund our services.

We have reluctantly taken the decision, therefore, to increase some of the charges we make for our Medical Car Service and the suggested donations on the Minibuses.

With effect from 1 April 2020:-

The medical car service charges will increase to a £5 minimum charge for all local return runs, and the administration fee will be £2.50 plus 45p per mile for longer journeys. Suggested donations for local journeys on the minibus will be £4.

I hope you will agree with us that this still represents great value for money – the drivers of both the medical car service and the minibuses offer door-to-door collections, assistance with entering and leaving the vehicles and help to walk from and to your front door. Drivers will often escort clients to the right department at hospitals and will wait for several hours to be there to bring them home afterwards.

All our drivers are volunteers, are DBS checked and provide a kind, caring and friendly service to our clients – something we are very proud of.

As a comparison, local commercial taxi firms are charging £5 each way for local runs, and clients have to phone and wait for a car to return to pick them up. Longer journeys to Eastbourne start at £35 each way, again clients have to phone and wait for a car to return to pick them up.

We do not take these decisions lightly, but implementing some reasonable increases now will ensure that we can sustain these valuable services into the future.

We thank you for your understanding

Medical Car Service

A huge thank you to Natasha and her team of drivers for keeping the service running during the past few months, during which time many of our regular drivers were unavailable due to illness and holidays; the rest of the team really came through for us, resulting in only a handful of requests for transport being cancelled.

Our drivers completed more than 200 journeys, between October and December, taking clients to doctors, dentists and hospital appointments in Kent and Sussex.

We are extremely pleased to welcome four new volunteer drivers to the Medical Car Service Team: Keith Benson, Mike Butler, Mick Darling and Nicholas Gosman; we hope they will enjoy volunteering with us.

New for 2020! Eastbourne Shopping Trips

We have started running a regular monthly shopping trip to the Beacon Centre at Eastbourne, on the first Monday of each month, starting on 3rd February 2020.

Clients will be picked up from their homes, taken into Eastbourne and dropped off immediately outside the Beacon Centre for two hours of shopping, returning to Heathfield for approximately 1.30pm.



For further information or to book a place, please phone the usual minibus number: **Tel 01435 866960**

AGE Heathfield
Concern & District

*Join us for two musical extravaganzas
to celebrate our 30th Anniversary!*

AN AFTERNOON of SONG

**Sunday 19 April 2020
2.30pm–5.00pm**

**Heathfield Community Centre
featuring the *Cake and Wine Club Choir***

Afternoon tea, followed by a rendition of songs, old and new –
some to listen to and some for audience participation.

TICKETS £5.00 INCLUDING AFTERNOON TEA

AUTUMN PROMS AFTERNOON

**Sunday 20 September
2.30pm–5.00pm**

**Punnett's Town Village Hall
with guests, the *Warbleton Brass Band***

Afternoon tea, with such classic proms tunes as Rule Britannia,
Jerusalem, Land of Hope and Glory and Sussex By the Sea,
accompanied by lots of flag waving and singing!

TICKETS £5.00 INCLUDING AFTERNOON TEA

Available at **Lunch Clubs and on the Minibuses**

By email from: info@ageconcernheathfield.org.uk

Tel: 01435 866960 to reserve your tickets or book minibus transport!

pageborders.org

Age Concern Heathfield & District
1990–2020
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for 30 years

Age Concern Heathfield & District Annual General Meeting

Thursday 26th March

Coffee Lounge, Union Church, High Street, Heathfield
3.00pm - 4.30pm (Doors open 2.45pm)

Heathfield Men's Shed

Two very successful stalls at the Farmer's Market before Christmas has given us several new members and useful contacts for the Men's Shed - along with record sales of our hand-crafted goods.

We are very grateful for the funding we have received from the Heathfield & Waldron Rotary Club and we continue to have offers of tools and equipment; thankyou to all those that have donated and given their support - it is all greatly appreciated.

We have also added a number of new social events to our calendar, offering further opportunities for Shedders to socialise, have fun and make lasting friendships.

Most importantly, we have been given the go ahead for our workshop, which will be constructed in March. Once building is complete, Shedders will be involved in kitting it out and preparing for our official opening in July/August. What a brilliant achievement - made all the better by coinciding with Age Concern Heathfield & District's 30th Anniversary year!



Heathfield Men's Shed Dates for Your Diary

February

Thursday 6th	10.30am - 2.00pm	Clean Shed open
Thursday 13th	10.30am - 2.00pm	Clean Shed Meeting
Thursday 20th	10.30am - 2.00pm	Clean Shed open

March

Thursday 5th	10.30am - 1.30pm	Clean Shed open
Monday 9th		Groundworks tbc !!
Wednesday 10th	09.30am - 11.00am	Breakfast Social - Hooks
Thursday 19th	10.30am - 2.00pm	Clean Shed Meeting
Monday 23rd		Workshop build tbc !!
Tuesday 24th	10.30am - 2.00pm	Clean Shed open

N.B. 'Clean Shed' refers to using the office building - not cleaning it!

For further information, please contact Nic, in the first instance.
Tel: 07850 992059 or Email: shed@ageconcernheathfield.org.uk
or go to: www.ageconcernheathfield.org.uk/mens-shed



**A selection of
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New Spring and Summer 2020 Trip Programme

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!

Tuesday 21 April

Hillier's Garden Centre, Stone Cross

Wednesday 27 May

Hawkhurst Fish Farm - Waterside Café

Wednesday 24 June

Eastbourne seafront and Afternoon Tea on the pier

Monday 27 July

Paradise Park, Newhaven

Tuesday 25 August

Bexhill seafront and tea at the De La Warr Pavilion

Friday 25 September

Teapot Island, Yalding, Kent for Afternoon Tea

Clients pay for their own choice of food and drink at the various stops.



Get out and
about and enjoy
the sunshine!

Pick ups will start
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5.00pm

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For further
information or to
book a place
please ring:

01435 866960

FUNDRAISING APPEAL 2020

We are launching an appeal to start raising funds towards the cost of replacing our oldest minibus – we will need to reach a target of at least **£30,000** to purchase a replacement vehicle.

Every pound donated will help us turn this minibus red!

£30,000

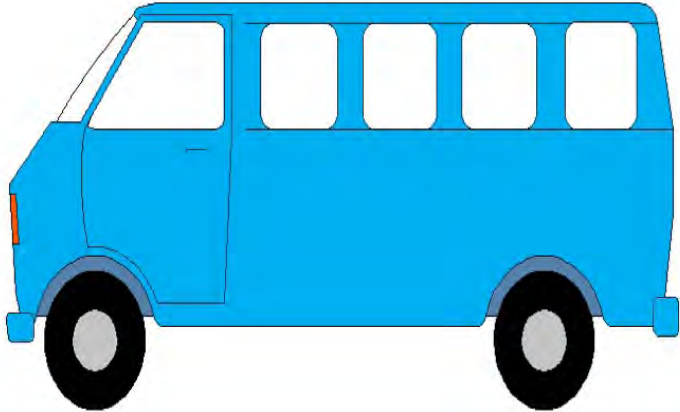
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£20,000

£15,000

£10,000

£5,000



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2PM - 4PM

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AND MUCH MORE!**

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Age Concern Heathfield & District

Part One: How It All Began...

To find out a little about the history of Age Concern Heathfield & District, I spent an afternoon chatting to Dorothy Cull, one of its founder members and a driving force behind its development.

Dorothy and three friends, John Banks, Chuck Collins and Geoff Smith, realised there was a need to support elderly residents in Heathfield and Waldron, so they formed a committee and, in November 1953, founded a charity called the '*Heathfield, Horam and Waldron Old People's Welfare Committee*', whose aim was to 'promote and assist the general good of all old people in the Parishes of Heathfield, Horam and Waldron'.

They were fortunate enough to be given an old ambulance, which they turned into a minibus, and they were soon behind the wheel, picking up passengers and taking them to doctor's surgeries and hospital appointments. They also started a local shopping run and set up a Lunch Club, which was always very well attended.

Sadly, John Banks passed away last year, but his wife, Valerie, told us that Geoff, John and Chuck were the three volunteer drivers for the bus, working one week on and two weeks off - although she recalls, too, that the bus couldn't cope very well with the hills around Heathfield, so passengers often had to get out and walk up the hills!

As time went on, Dorothy began to organise more ambitious outings - trips to the swimming pool in Hailsham, theatre trips to Ice Shows in Brighton and even week-long holidays, which were hugely popular and included an annual "Tinsel and Turkey" week in Eastbourne.

They would hire a coach for the longer journeys, and often travelled to the West Country, an area which Dorothy knew well, having spent holidays there with her own family.

They say that if you want something done, you should ask a person who is busy, as they are far more likely to say 'yes', than someone with a lot of time on their hands, and Dorothy certainly proves that to be the case...

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As well as being a busy farmer's wife and raising three children, Dorothy also served as a Heathfield & Waldron Parish Councillor and a School Governor for more than 20 years - as well as giving so much time and energy to the '*Heathfield, Horam and Waldron Old People's Welfare Committee*'.

Dorothy admits that, at times, it was hard work, but says that it was worth every minute to see what they achieved and because working alongside her friends was such great fun!

At 93, Dorothy still has a wonderful sense of humour and a twinkle in her eye - and still supports Age Concern Heathfield & District, by helping to distribute our newsletters in Horam.

We are hugely grateful to Dorothy, Geoff, John and Chuck, who laid the foundations for the organisation we now know as Age Concern Heathfield & District.

The Companions - A New Social Club for Heathfield!



After running the Out & Abouters social club for many years, Maureen Clarke has handed over the reins to Carol Ewart and Mary Hough.

With a fresh start and a new name, *The Companions* currently meet on the 3rd Monday of the month at the Cross

in Hand public house - at 1.00pm during the Winter months, 2.00pm in the Summer; activities will include speakers, day trips, meals out, entertainment, quizzes and theatre trips.

If you would like to join them, come along and meet old friends or make new ones, over a cup of tea and a raffle - some folks arrive early and have a bite to eat before the meeting starts! Door to door transport in the Age Concern Heathfield & District minibus can be arranged.

For more information contact:
Carol on Tel: 884187 or Mary on Tel: 868838

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REGULAR EVENTS

The deadline for inclusion in our next edition is **Friday 1 May 2020**



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

Monday

Every Monday

Get Crafty 10.00am The Grove Farmhouse Café and Community Hub, Brownings Farm Workshops, Lewes Road, Blackboys. Bring along your knitting, crochet, small sewing or craft project and natter while you work. For further information email: hub@thegroveblackboys.co.uk

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

Uniting generations

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A full day of lunch, crafts and activities
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Book a **FREE TRIAL DAY** and come and join us
we would love to meet you!

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

young  heart

HEATHFIELD COMMUNITY CLUB

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

Every Tuesday

Elevenes with Company 11.00am. If you don't often get to meet other people, this is an opportunity to get together with people who live in your community and make new friends. The Grove Farmhouse Café and Community Hub, Brownings Farm Workshops, Lewes Road, Blackboys. For further information email: hub@thegroveblackboys.co.uk

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. For more information contact: Susanna Wallace, Carer Support Worker email: susannaw@cftc.org.uk or 01323 738390 Ext 206 (Tues or Thurs)

Wednesday

1st Wednesday of the Month

Book Group 10.00am. Pick up this month's book, discuss last month's book and anything else you have read. The Grove Farmhouse Café and Community Hub, Brownings Farm Workshops, Lewes Road, Blackboys. For further information email: hub@thegroveblackboys.co.uk

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

Happy to Chat Day, 9.00am to 4.00pm. Sit at the Hub's communal table and enjoy the company of others. The Grove Farmhouse Café and Community Hub, Brownings Farm Workshops, Lewes Road, Blackboys. For further information email: hub@thegroveblackboys.co.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 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, 11.00am -1.00pm. The Priory is situated on B21O2 Lewes Road between Cross in Hand and Blackboys. 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.

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, 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

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. For more information, call Jackie Pelling on 07788 101518 or visit:

www.musicftmemory.wixsite.com/musicforthememory

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..... SERVICES AVAILABLE

- ***OUT & ABOUT GROUPS & SOCIAL ENGAGEMENT:** Small befriending groups offer companionship, social activity reducing loneliness and social isolation. Visit places of your own personal interest. Previous outings have included; garden centers, the seaside, cinema, theatre, museums, Indoor bowls and bowling, open gardens, shops, bingo, jazz bands, exercise classes, tea dances, sporting events, cooking, knitting and book clubs holidays. Suggestions and ideas are encouraged, always welcome and every effort will be made to accommodate them.
- ***MEAL PREPARATION/NUTRITION:** Monitoring and recording good nutrition and hydration. Dietary and cultural needs catered for.
- ***ADMINISTRATION SUPPORT:** Safe Guarding against scams, financial abuse. Filling in forms, organising paperwork, budgeting, meetings and collaborative work with other health care professionals.
- ***SUPPORT WITH HEALTH CARE APPOINTMENTS :** Prescriptions, GP & hospital transport
- ***PERSONAL CARE & HOME CARE SERVICES:** Medication support, Support with showers/bathing personal hygiene. Groceries, online shopping, cleaning, ironing, washing service.
- ***PET SERVICES:** Dog walking, pet sitting/feeding

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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

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.

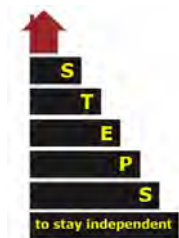


The Armed Forces Network If you, or a close member of your family, have served, or are serving in the UK Armed Forces there is help and support available. Support is available at: Email: scdt.admin@nhs.net / Tel: 01273 403693 www.ssafa.org.uk/tel 08001699060 Email: sussexarmedforcesnetwork.nhs.uk

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 Leves 07740 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

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