

Knitting Project

We have a small group of enthusiastic ladies who regularly produce blankets, knitted squares, bed runners and twiddle muffs for Residents in local care homes or for those living at home. Please ask if you would like one or know someone who does.



Also, we would appreciate any double knitting yarn that you might have hidden away that you can no longer use. Part balls are welcome as they can be used to add colour, or contrast.

Please ring 01435 866960 and we can arrange collection.

Donations

Sadly, we have recently had a number of clients pass away, and we would like to thank the families and friends who made donations to Age Concern Heathfield and District in their memory.

As a local, independent charity, run entirely by volunteers we must raise our own funds to ensure the continued running of all our services. Donations such as these, together with bequests are an excellent way of supporting us.

Thank you to all who have supported us in this way - it really does make a huge difference!

Warm Home Check Service

The Warm Home Check service provides a universal energy advice phone line, as well as home visits for eligible households offering tailored support, free small energy saving measures and access to any relevant larger government grants. For further information on the service please ring 01424 451320

A Message from our Chairman

Hello, I am Julie Langdon and I would like to introduce myself as the newly elected Chairman of Age Concern Heathfield. I have been involved with ACH since 2020 and many of you will already know me through the Medical Car service and Country Lunches

I look forward to leading our new team of Trustees:

Bob Curtis, Alan Hale, Nicole Hudson, John Hudson, Elizabeth Keating, Andy Shakeshaft and Annabel Williams

Everyone is bringing experience & enthusiasm to the table and we are all proud to be able to continue the work of this excellent charity.

On behalf of the whole Team may I wish all our volunteers and clients a Happy, Healthy and Peaceful Christmas and New Year.



Urgent need for more Volunteers

We are now getting really busy and desperately need some more help. If you, or anyone you know, could spare a few hours per week/ or per month we would love to hear from you. Perhaps you can offer a few hours whilst the children are at school to help cover some local journeys? We pay mileage and any out of pocket expenses, all we ask for is your time, which we know is precious but it is really worthwhile and much appreciated by those we help.

Please ring 01435 866960 for more details.

Requests for a Medical car.

Please remember it helps us to plan our workload if we are given as much notice as possible. Our planner works for 12 months ahead so when you receive an appointment please tell us immediately.

Age Concern Heathfield - Trips and Lunch Programme 2024

Medical Car Service: (01435) 515090 **Country Lunches** Julie: (01435) 863690 Annabel: 07808 000615

Minibus Transport - To book or cancel a place on a minibus please call Elizabeth: (01435) 866960

We currently have limited spaces available on our shopper's minibus that covers Horam and central Heathfield.

NEW "Short and Sweet" afternoon trips every last Friday of the month (starting March, excluding Bank Holidays) for those who cannot regularly do longer journeys and just want to come out for a cup of tea in the afternoon.

Please could we ask that you only book a place on a trip if you intend to go. Where possible, we ask that you give us three days notice of any cancellation to enable your seat to be offered to someone else.

January 2024		
Mon 8th	Hilliers Garden Centre	11.00am - 3.00pm
Tues 9th	Hilliers Garden Centre	11.00am - 3.00pm
Wed 10th	Country Lunches	
Friday 12 th & Friday 19 th	Lunch at The Star Inn, Normans Bay	12.00pm-2.00pm
Tues 16th	Union Church Lunch	
Friday 19 th	Lunch at The Star Inn, Normans Bay	12.00pm-2.00pm
Wed 24th	Country Lunches	

February 2024		
Tues 6th	Union Church Lunch	
Mon 12th	Hilliers Garden centre	11.00am—3.00pm
Tues 13th	Hilliers Garden centre	11.00am—3.00pm
Wed 14th	Country Lunches	
Tues 20th	Union Church Lunch	
Fri 23rd	Blackbrooks, Sedlescombe	11.00am-3.00pm
Wed 28th	Country Lunches	

March 2024		
Tues 5th	Union Church Lunch	
Fri 8th	Lunch, The Bear, Burwash	12.00pm-2.00pm
Mon 11th	Hilliers Garden Centre	11.00am - 3.00pm
Tues 19th	Union Church Lunch	
Fri 22nd	'Short and Sweet' Tottingworth	2.00pm-3.00pm
Wed 27th	Country Lunches	

April 2024		
Tues 2nd	Union Church Lunch	
Mon 8th	Hilliers Garden centre	11.00am—3.00pm
Wed 10th	Country Lunches	
Tues 16th	Union Church Lunch	
Wed 17th	The Beacon Centre	11.00am-3.00pm
Wed 24th	Country Lunches	
Fri 26th	'Short and Sweet' Petals	2.00pm-3.00pm

Christmas Closure

To allow all our Volunteers to have a well earned rest all our services will be closed from Saturday 23rd December - Tuesday 2nd January inclusive.

The telephone lines will be monitored during this period for any urgent calls.

Union Church Lunches - Jean Plummer: (01435) 883483