

Cream Tea at Rushlake Green, July 29th 2024



We had a lovely afternoon at Rushlake Green on Monday 29th July. Rhona, one of our regular minibus drivers, suggested the idea and it worked out very well. Some of our Volunteers organised the food and set out the Hall, whilst others manned the minibuses to get everyone there. We gave everyone a full afternoon tea. A choice of sandwiches, warm sausage rolls, followed by a selection of cakes, scones, jam and cream. Everything was homemade and really delicious. Everyone went away very full and most were clutching a bag of goodies to enjoy the following day. Bob, one of our Trustees, took lots of photographs during the afternoon, so we have a good record for everyone to see now on the Website. All the Volunteers worked really hard to make it a success and deserve a big thank you. We have received a number of thank yous from people who attended and enjoyed the afternoon.

Our Annual General Meeting

will be held on Friday 8th November starting at 15.15 in The Welcome Church, Main Hall. Alexander Road TN218EQ. Everyone is welcome to attend. Tea and coffee will be available from 15.00

Are you lonely or in need of support

Ring Silver Helpline 0800 4708090 and speak to a trained and sympathetic person

Do you need Advice

Ring Age UK 0800 678 1602

They are open 8am-7pm 365 days a year and you can speak to an advisor

Our Volunteers

Throughout the year we often receive donations to thank our Volunteers for all that they do and it is so nice to spend some of the money on some events for them. We are so lucky with all our Volunteers, who give so much time and help to our clients and without whom we would not have an Age Concern Heathfield

We arrange training sessions as needed and try to arrange at least two social occasions for them to get together. This year we held a BBQ in August. It was great to be able to say thank you to them and see them all socialising. Nic Stenhouse, Bob Hayes and their wives organised the cooking and Julie sorted out all the other food and drinks. There was plenty for everybody to enjoy and the weather held until the clearing up was almost done when the rain came as predicted.

Andy took some pictures for us to remember the afternoon. Our next event will be a social evening in December.



Keeping our personal details up to date and available in an emergency

As we get older, we need to be aware that we should keep our medical details up to date and available if needed in an emergency.

The Emergency Services are trained to check to see if you have your details stored in the Green Bottle in your fridge. We have a supply so please ring 01435 866960. There is a form to complete and then it can be stored in the bottle. Message in a Bottle is a national scheme.

Also, when you are out and about it is really sensible to have your basic medical details with you. Keep your last prescription or renewal request in your wallet or purse. This would help identify you and for emergency workers to know immediately if you have a medical problem.

Obviously, if it is a serious condition, you would also be wearing a medical alert bracelet or chain.

Trips and Lunch Programme Winter 2024-2025

November 2024

Tuesday 5th	Union Lunch	
Friday 8th	Beacon Centre	10am-2pm
Monday 11th	Hilliers Garden Centre	11am-3pm
Wednesday 13th	Country Lunches	
Sunday 17th	Rushlake Green dress rehearsal-village hall	2pm-5pm
Tuesday 19th	Union Lunch	
Wednesday 20th	Paradise Park	11am-3pm
Monday 25th	Tea, fun and games amongst the Christmas trees – Union Church	2pm-4pm
Wednesday 27th	Country Lunches	

December 2024

Tuesday 3rd	Union Lunch	
Wednesday 4th	Kings Head Lunch	11am-3pm
Friday 6th	Rotary Club Carol Concert- Union Church	4pm-6pm
Monday 9th	Hilliers Garden Centre	11am-3pm
Wednesday 11th	Country Lunches	
Tuesday 17th	Union Lunch	
Friday 20th	Tea and cake at Petals	2pm-4pm
Thursday 26th	NO SHOPPING BUS	

January 2025

Thursday 2nd	Shopping buses	
Tuesday 7th	Union Lunch	
Friday 10th	Heathfield Tavern Lunch	11.30am-2.30pm
Monday 13th	Hilliers Garden Centre	11am-3pm
Wednesday 15th	Country Lunches	
Thursday 21st	Union Lunch	
Monday 27th	The Star inn, Normans Bay Lunch	11am-3pm
Wednesday 29th	Country Lunches	

February 2025

Tuesday 4th	Union Lunch	
Monday 10th	Hilliers Garden Centre	11am-3pm
Wednesday 12th	Country Lunches	
Tuesday 18th	Union Lunches	
Friday 21st	Kings Head Lunch	11.30am-2.30pm
Wednesday 26th	Country Lunches	
Friday 28th	Mark Cross Garden Centre	2pm-4pm

Useful Numbers:

Medical Car Service: 01435 515090

Please give us as much notice as you can so we can try and plan our rotas. Always use the central number 01435 515090 so that your request is actioned by the on-duty volunteer administrator as quickly as possible during normal working hours.

Minibus Transport: 01435 866960

To book or cancel a space on the minibus please ring Elizabeth on the above number. Please book as early as possible and only if you intend to go. If you do need to cancel, please give as much notice as you can, so we can offer your seat to someone else.

Shopping Minibuses

We have two Minibuses out every Thursday morning taking people to and from Heathfield for Shopping. If you would like to be included, please ring Elizabeth and discuss it further on 01435 866960



Heathfield and District
Reg. Charity Number: 1205545