

D-Day Celebrations

Age Concern Heathfield was delighted to invite our clients to a complimentary D-Day celebration at Rushlake Green Village Hall on Friday 6th June.



The entertainment was provided by the talented "Cydney" who sang many of the memorable tunes from the 1940's. Clients and volunteers alike had a wonderful afternoon of singing, dancing and flag waving. To round off the afternoon we had delicious cream tea.

Many thanks to all the volunteers who gave their time to help with driving, setting up, food preparation and serving. It was a fitting & fun way to celebrate and remember those who served this country.

Remembrance Poppies



Heathfield are organising a display of poppies around town for the Remembrance period in November. If you would like to make some poppies and need the materials please let us know and we can help. Call on 01435 866960 if you can help.

The PlazaSuite

Sunday the 8th June saw us back at the hall to watch the amusing dress rehearsal of 'The PlazaSuite' following an invitation from the Rushlake Green Players. Thank you to the players for an excellent rendition, with much humour and laughter. Thanks also to the bus drivers and escorts, who also doubled up as waiters and waitresses, providing tea and biscuits in the interval!

Eating Healthily on a Budget

1. Buy in Season and try and chose local produce.
2. Choose frozen or dried staple foods. It is important to include fresh foods in your diet but frozen fruit and vegetables are a cheaper alternative, with most of the health benefits intact. If you are buying pulses or lentils then opt for dried rather than tinned. Herbs and spices have many medicinal properties and can be bought dried to add flavour to our meals and increase the nutrient value.
3. Reduce wastage by using up leftovers the following day. Any vegetables can be added to soups and casseroles. Fruit stewed and added to yogurt makes a good healthy dessert.
4. Good quality meat can be expensive. While meat is a good source of protein, try swapping to frozen fish, eggs, cheese, pulses, lentils, nuts or seeds.
5. It may sound a chore but it is worth planning ahead and buying some items in bulk if you can. With a little creativity and planning, eating healthily on a budget doesn't have to be difficult or boring!

Knitted & Crocheted Blankets



We have a super selection of knitted and crocheted blankets which we would be happy to pass onto anyone who would like one. The winter days will soon be here and a warm blanket may help to keep you warm. If you know anyone who would like one or have one for yourself, please ring Elizabeth on 01435 866960 and she will arrange it.

Gift Aid

We are now registered and able to apply for the extra 25% that Gift Aid allows on any individual donations we receive.

If you would like to register now, so that any future donations from you will earn Age Concern Heathfield an extra 25%, please ring Elizabeth on 01435 866960 or via email elizabeth.ageconcernheathfield@gmail.com

Autumn Trips & Lunch Programme 2025

September 2025		
Tuesday 2 nd	Union Lunch	11.00 – 15.00
Monday 8 th	Hilliers Garden Centre	10.30 – 15.30
Wednesday 10 th	Country Lunches	11.00 – 15.00
Friday 12 th	Sovereign Harbour	10.30 – 15.30
Tuesday 16 th	Union Lunch	11.00 – 15.00
Friday 19 th	The Orangery for lunch	10.30 – 15.00
Wednesday 24 th	Country Lunches	11.00 – 15.00
Friday 26 th	The Orangery for tea & Cake	13.00 – 17.00
Monday 29 th	Boat Trip Medway Wharf Marina	12.30 – 18.30

October 2025		
Tuesday 7 th	Union Lunch	11.00 – 15.00
Wednesday 8 th	Paradise Park	10.30 – 15.30
Monday 13 th	Hilliers Garden Centre	10.30 – 15.30
Wednesday 15 th	Country Lunches	11.00 – 15.00
Friday 17 th	Dunelm Mill	10.30 – 15.30
Tuesday 21 st	Union Lunch	11.00 – 15.00
Wednesday 22 nd	Dunelm Mill	10.30 – 15.30
Wednesday 29 th	Country Lunches	11.00 – 15.00
Friday 31 st	Raystead for Tea & Cake	13.00 – 17.00

November 2025		
Tuesday 4 th	Union Lunch	11.00 – 15.00
Monday 10 th	Hilliers Garden Centre	10.30 – 15.30
Wednesday 12 th	Country Lunch	11.00 – 15.00
Tuesday 18 th	Union Lunch	11.00 – 15.00
Wednesday 19 th	Harry Ramsdens Fish & Chips	10.30 – 15.00
Wednesday 26 th	Country Lunch	11.00 – 15.00
Friday 28 th	Stavertons for Tea & Cake	13.30 – 16.00

December 2025		
Tuesday 2 nd	Union Lunch	11.00 – 15.00
Friday 5 th	Notcutts Garden Centre	10.30 – 15.30
Friday 5 th	Carol Concert at Union Church	15.30 – 18.30
Monday 8 th	Hilliers Garden Centre	10.30 – 15.30
Wednesday 10 th	Country Lunch	11.00 – 15.00
Friday 12 th	Kings Head Lunch	11.00 – 15.30
Tuesday 16 th	Union Lunch	11.00 – 15.00

Useful Numbers	
Medical Car Service	01435 515090
Country Lunches	Julie Landline: 01435 863690 Julie Mobile: 07834 782366
Union Church Lunch	01435 867195

Minibus Transport

To book or cancel a space on the minibus please ring Elizabeth on 01435 866960.

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

Also, don't forget 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 on 01435 866960.

Medical Car Service

Our Medical Car Service is always very busy as more people need help with transport getting to and from medical appointments.

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 activated by the on-duty volunteer administrator as quickly as possible during normal working hours.

We are very fortunate with the volunteer drivers we have, everyone has offered their time because they want to help.

This is a door to door service and for most appointments the driver will wait and bring you home. We have to make a small charge as we must pay the drivers for their mileage and any out of pocket expenses. We can always tell you in advance what this will be. If you need help and can manage to get into a car we will take you to any medical appointment including Hearing Tests, Eye Tests, Podiatry, Physiotherapy as well as Hospital and GP appointments.

Medical Car Service - Telephone 01435 515090