

Full of Life

events programme

September to October 2024



Older People's Day events across East Sussex

**Talks – Quizzes – Crafts – Lunch Clubs
Cinema – Carers Groups – Tech Tutorials
Theatre – Health and Wellbeing**

For ages 50+

Welcome to the Events programme for Older People's Day 2024

Welcome to the 2024 Full of Life brochure. It contains events to celebrate the International Day for Older People. Events are being held throughout East Sussex, with many organised by our seniors' forums. As always, you can attend any event in the brochure with family and friends. But don't be reluctant to attend alone as you will be made very welcome. Meet old friends or maybe make new ones! Make a booking if requested as some events have limited numbers.

Some of the articles and activities in this year's brochure loosely connect to the subject of brain health. This is because if we keep our brain healthy, we can decrease our risk of developing dementia in later life. The good news is that many of the suggested actions are things that are beneficial for positive ageing generally.

Love your heart, stay sharp and keep connected. Further details on brain health can be found on page 10.

Hopefully by choosing to look at this brochure you have already recognised the need to stay connected with people. None of us like to admit to loneliness. The article on page 36 suggests that loneliness is an issue we should all be concerned about, and there is growing recognition of the impact of loneliness on physical and mental health.

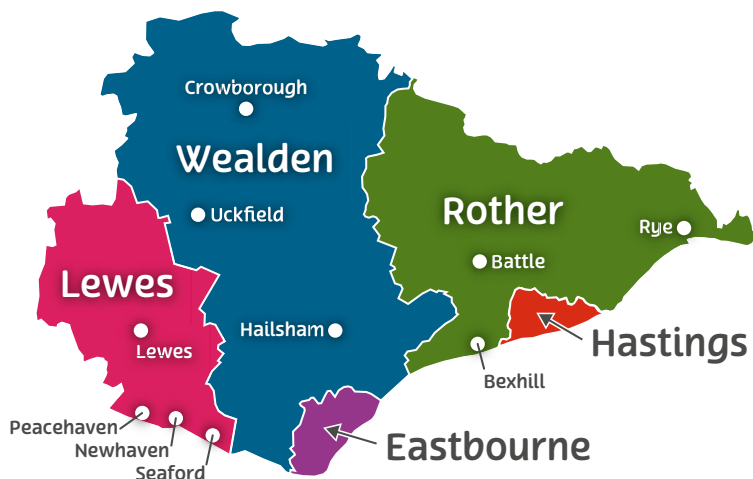
One way to connect with people is by joining your local seniors' forums. These can be found across East Sussex – details on the rear cover. The forums are a “voice for older people” across the County.

East Sussex Seniors Association would like to thank East Sussex County Council for their continued support and to express thanks to all the senior forums and groups who are putting on events. Thanks also to the forum members who organise, volunteer at events and get this brochure to every one of their members.

So, peruse the booklet, find something you would like to attend, come along and enjoy!

Lin Neeve - Chair - East Sussex Seniors Association

Events are listed by district and then in date order. You can also search for events happening in your area by matching the colour block at the side of each entry with the district or borough area indicated on the map below.



Eastbourne

Hastings

Lewes

Rother

Wealden

Accessibility information is indicated at the top of each event.



Disabled access available at venue



Hearing loop available

More information and a downloadable copy of the brochure can be found at eastsussex.gov.uk/olderpeoplesday

Note: Information in this booklet is correct at time of going to press. Please contact individual organisers to check details or visit the East Sussex Community Information Service website (www.escis.org.uk) for any additional or revised event information.

Discover your library service, there's more than meets the eye...

There is something for everyone at the library - we have a great collection of books, ebooks, eAudiobooks and eMagazines, but there is so much more!

Help with Computers

We understand that people may need a helping hand with technology. Our IT for You volunteers can help you with:

- apps on your smartphone or tablet
- our e-Books and audiobooks
- the NHS app and booking online appointments
- paying for parking
- much more

Social Groups and Activities

Join one of our social groups to connect with people in your local community.

Reading Friends

This friendly conversation group discusses poems, passages from books and magazine articles. No need to book, just come along and you will be welcomed by the friendly group.

Knit and Natter

Bring along your latest needlework, knitting or crocheting and enjoy sharing hints and tips with like-minded crafters!

Board Games and Jigsaws

We have open board games sessions – from Scrabble to Pass the Pigs. If you prefer a quieter pastime, there are jigsaws available to complete on your own in the library.

Library Events and More...

We hold a range of one-off, free events and activities throughout the year on top of our regular weekly sessions. From famous authors to local history talks, we have something for everyone.

Home Library Service

If you can't get to the library, we can bring it to you! Our dedicated team of Home Library Service volunteers choose and deliver books to your home. If you want them to stay for a chat, they are more than happy to do so.

What to do next in three simple steps...

1. Register for a library card. Pop in and see us or register online **eastsussex.gov.uk/jointhelibrary**
2. Sign up to our monthly newsletter to keep up to date with the latest news and activities **eastsussex.gov.uk/online/newsletter**
3. Visit our website **eastsussex.gov.uk/libraries** or give us a call on **0345 60 80196** if you are interested in any of the activities, or would like to become a volunteer.



Staying active

It's really important to stay active as you get older. Being active isn't just about exercise or sport though. Gardening, shopping, household chores, and walking all count.

It's recommended that we all get 150 minutes of 'moderate activity' per week (which should include some muscle strengthening). This sounds like a lot, but every minute counts! And any activity is better than none.

Breaking up long periods of sitting and inactivity is important. When people make being active a part of their everyday lives, they are far more likely to keep it up.

However you choose to move, it's all good for your health and wellbeing. Being active can be free or low cost, and sometimes we just need encouragement, confidence and knowledge of how to do this and what is happening locally.

Setting goals, making small changes, ensuring it is achievable and including it as part of a routine can help.

Doing something you enjoy and feel comfortable doing will make it easier to keep it up. Doing it with a friend can make it more fun too!

In 2020, the Chief Medical Officer said: **“if physical activity were a drug, we would refer to it as a miracle cure, due to the great many illnesses it can prevent and help treat”**. During the worst phase of the global pandemic the one thing we were encouraged to do was to continue moving and exercising – there is no greater demonstration of how important it is to remain active at all stages of life.



Eastbourne Blind Society Quiz Eastbourne Blind Society



Friday 20 September, 7pm to 9:30pm

Thursday 3 October, 2pm to 4pm

Eastbourne Blind Society, 124-142 Longstone Road,
Eastbourne, BN22 8DA

Join with friends and family for a, hopefully, enjoyable quiz and a chance to find out more about Eastbourne Blind Society and the services we offer.

Cost: £15 per team (max of 6 people per team). **Booking:** Required.

Catering: Tea and coffee available to purchase and you are welcome to bring your own refreshments.

Transport: 10 minutes' walk from Eastbourne Train Station. Nearby bus stops 5 minutes' walk. Limited on street parking (free) only.

Contact: Mark Simmons (CEO) email: mark@eastbourneblindsociety.org • Phone: 01323 729511

Celebration of Older People's Day Eastbourne Seniors Forum



Thursday 3 October, 2pm to 4:15pm

St Saviours Church Hall, South Street, Eastbourne, BN21 4UT

Allowing older people to socialise and get together in a friendly, relaxed atmosphere and enjoy an afternoon of magic, comedy and song with Marco the Magician (Member of the Magic Circle) and Stephen Dunnnett (Rat Pack type Vocalist) and to enjoy tea and cake.

Cost: £3 **Booking:** Booking essential (limited numbers so book early) via details below. **Catering:** Tea/Coffee and cake included in entry fee

Transport: The Church Hall is within walking distance from the town centre or numbers 3 or 4 from bus stop near station to bottom of South Street. There is limited parking at the venue but off street parking available.

Contact: Gill - email: gill.morris518@btinternet.com • Phone: 01323 722256

Age Friendly Activity and Social Session at Broomgrove Active Hastings



Weekly, every Tuesday 11am to 12:30pm

Broomgrove Community Centre, Chiltern Drive, Hastings, TN34 3PY

Come along, have a chat, and enjoy unlimited free tea and coffee. While you are there, you can also try various activities such as New-Age Kurling, Boccia, Archery, Badminton, Chair-Based Exercise and more!

Cost: Free. **Booking:** Not required.

Catering: Unlimited free tea and coffee.

Transport: Good access to public transport and free roadside parking.

Contact: Active Hastings - email: activehastings@hastings.gov.uk •
Phone: 01424 451051

Age Friendly Activity and Social Session at Four Courts Active Hastings



Weekly, every Thursday 1:30pm to 3pm

Four Courts Wellbeing Hub, Sydney Close, Hastings, TN38 9DD

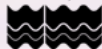
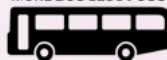
Come along, have a chat, and enjoy unlimited free tea and coffee. While you are there, you can also try various activities such as New-Age Kurling, Boccia, Archery, Badminton, Chair-Based Exercise and more!

Cost: Free. **Booking:** Not required.

Catering: Unlimited free tea and coffee.

Transport: Good access to public transport and free parking at the venue.

Contact: Active Hastings - email: activehastings@hastings.gov.uk •
Phone: 01424 451051



Take a breath of fresh air.
Take in the view.
Take the bus.

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your concessionary bus pass.



eastsussex.gov.uk/FreeTravel

*Travel restrictions may apply.

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MORE BUS LESS FUSS


East Sussex
County Council


It's time to **Think Brain Health**

There's no sure-fire way to prevent dementia...yet. Some of the things that affect our risk, including our age and our genes, we can't change.

But the good news is we can take steps to keep our brains healthy, which can reduce our risk of developing dementia in later life.

If this is news to you, you're not alone. Only a third of people in the UK realise that it's possible to reduce the risk of developing dementia.

Alzheimer's Research UK's 'Think Brain Health' Check-in is a celebration of everything our incredible brains do for us and a guide to the things we can do to protect them.

Three simple rules

Looking after our brains may sound more complicated than looking after other parts of our body that we can see and touch.

But it doesn't have to be.

These three things can help:

- **Love your heart:** what's good for your heart is good for your brain. Looking after your heart by staying active or eating well will also protect your brain.
- **Stay sharp:** regularly challenging your brain and taking time for your mental wellbeing can help protect it as you get older.
- **Keep connected:** social isolation is linked to an increased risk of dementia. Keeping connected to the people around you is a great way to give back to your brain.

There are lots of events in this booklet that will get your body moving, keep your brain active and help you connect with people.

To find out more about the different things that shape our brain health and ways to protect it, visit thinkbrainhealth.org.uk



"You have given me
my life back"

healthinmind

East Sussex

NHS
Sussex Partnership
NHS Foundation Trust

Are you...

*Feeling stressed?
Not sleeping well?
Feeling more emotional?
Lacking motivation?
Feeling down?
Feeling nervous
Or more irritable?*

We can help

**Health in Mind is the FREE
NHS Talking Therapies
Service for adults in East
Sussex. We can help you
improve your emotional
health.**

Our 1 to 1 Talking Therapies,
delivered by telephone or in
person, can help with stress,
worry, low mood, as well as
the emotional impact of long
term physical health
conditions.

**Get in touch with us today. Our team are
ready to help you make positive changes.**

You don't need to see your doctor first, you can self-refer
today. If you need assistance, family or friends or professionals
you're in contact with can also make referrals for you.

www.healthinmind.org.uk

To request a referral form:

Email us: spnt.healthinmind@nhs.net

Or call us on: 0300 00 30 130



@HiMEastSussex



@NHSHealthinMindEastSussex



Active Hastings Exercise for Parkinson's Active Hastings



Weekly, every Tuesday 1pm to 2:30pm

Ore Community Centre, 455 Old London Road, Hastings, TN35 5BH

Whether you've had Parkinson's for some time, or if you've recently been diagnosed, you will find a warm welcome at our Exercise for Parkinson's class.

Cost: £3 **Booking:** Please register before attending at activehastings.org.uk/registration **Catering:** No.

Transport: Good access to public transport and free parking at venue.

Contact: Active Hastings - email: activehastings@hastings.gov.uk • Phone: 01424 451051

Social Sunday Age UK East Sussex



**Every Sunday from 9am to 2pm throughout
September and October**

Isabel Blackman Centre, Winding Street, Hastings, TN34 3AT

We have a choice of Board games, table tennis or inside bowls. This is an opportunity for people over 50 who find Sunday to be a day where isolation feels particularly acute and provides a space to socialise and enjoy playing a game of their choice.

Cost: Members are Free and non members £4 **Booking:** Not required.

Catering: Café selling drinks and snacks open throughout the day.

Transport: Bus stop in Harold Place serving 20, 22, 23, 100. Bus stop in Roebuck Street serving 100 and 101. Nearest public parking is at Rock-a-Nore and is chargeable.

Contact: Reception – in person between 8am and 4pm, by telephone 01424 235535 or by email: IBC@ageukeastsussex.org.uk



Walkers enjoying the countryside.

Enjoy 60+ activities, share
interests and make new friends

Come along to our coffee
mornings and monthly lectures
in Bexhill and Hastings

For more information visit
www.hastings-rother.u3asite.uk
or email
initialenquiries.hru3a@gmail.com

12th Celebration of Older People's Day HOPE-G: Hastings Older People Ethnic - Group



Thursday 12 September, 11am to 3pm

White Rock Hotel, 1-10 White Rock, Hastings, TN34 1JU

Cream Tea and Entertainment.

Cost: £8 (Non-Refundable). **Booking:** Essential to secure a place.

Catering: Cream tea.

Transport: Bus stop outside or opposite - numbers 98 and 99 are the most frequent. Car park at the rear of the Hotel or on-street and underground car parking opposite the hotel but Pay at the Machine.

Contact: Julia Wells - email: julia72003@gmail.com •

Phone: 07770 525918

Feel Brighter, Sleep Better! Health in Mind – the East Sussex NHS Talking Therapies Service provided by Sussex Partnership NHS Foundation Trust



Wednesday 2 October, 10am to 12pm

Broomgrove Community Centre, 85 Chiltern Drive, Hastings, TN34 3PY

Learn about the importance of looking after your emotional health and its connection to your physical health. Join us for tea, cake and some life improving skills. The event features a sleep workshop.

Cost: Free. **Booking:** Not required.

Catering: Free Tea, coffees & soft drinks, as well as cakes and snacks.

Transport: The venue is served by 3 bus routes (21, 31 & 73) and is just a few minutes' walk from the nearest stops on Malvern Way. The venue has parking across the road from the venue. Plenty of free street parking is available in surrounding roads.

Contact: Kevin Rozario - email: kevin.rozario-johnson@nhs.net •

Phone: 07770 525918

Life Transitions – supporting you to take control of your future

East Sussex County Council



Saturday 5 October, 10am to 4pm

**Community Room, Tesco Extra, Church Wood Drive,
St Leonards-on-Sea, TN38 9RB**

Would you like some support to start planning for an important change in your future? Register for an hour-long face-to-face session with one of our trained Life Transitions volunteers who will guide you through a non-judgemental conversation and help you to start making plans and achieve your goals.

Cost: Free. **Booking:** Required via contact information below.

Catering: Complimentary tea and coffee.

Transport: There is a bus stop within 150 metres of the store entrance. The nearest bus stop is 20 metres away on Church Wood Drive with direct links to Hollington, Bexhill, Ore, St Helens and Hastings Town Centre.

Contact: Jo Sachon and Wednesday Mooney
email: LifeTransitions@eastsussex.gov.uk • Phone: 07724 287034

Age Friendly Coffee Morning and Activity Taster Day

Active Hastings



Tuesday 15 October, 11am to 12.30pm

Broomgrove Community Centre, Chiltern Drive, Hastings, TN34 3PY

Come along and find out about physical activities for older adults across Hastings. Meet the Active Hastings team and other local health and activity providers.

Cost: Free. **Booking:** Not required. **Catering:** Unlimited free tea and coffee.

Transport: Good access to public transport and free roadside parking.

Contact: Active Hastings - email: activehastings@hastings.gov.uk •
Phone: 01424 451051

The Monday Club



Every Monday, except Bank Holidays, 10am to 2pm

Church End, 1 Cockshut Road, Lewes, East Sussex, BN7 1JH

The group is for the people of Lewes that live on their own and would like some company. We've interesting talks, singing with keeping fit for our body, and quizzes for our minds. A home-cooked lunch and outings in the summer months.

Cost: First session free and then £10 per week to help pay for the lunch.

Booking: Required, so that we know how many to cater for.

Catering: Included in the cost of the day. Coffee and tea in the morning and lunch at noon.

Transport: Transport can be arranged if you live in Lewes. There are five parking spaces.

Contact: Janette Watkins - email: janette@trinitylewes.org •

Phone: 07866 301384

IS IT
WORTH
MY TIME?

Aged 40-74? Even though you might be feeling great, you may be at risk of heart disease, stroke, kidney disease, diabetes or dementia.

A short appointment to check is certainly not time wasted!

NHS

**NHS
HEALTH
CHECK**

helping you prevent
diabetes
heart disease
kidney disease
stroke & dementia

**Chat to your GP or get in touch with
One You East Sussex:**

 **01323 404600**

 **oneyoueastsussex.org.uk/healthchecks**

**ONE YOU
EAST SUSSEX**



STAYING STRONG. Stay confident and strong in later life.

Lewes and Villages Seniors

Wednesday 25 September, 1pm to 3:30pm

Eastgate Baptist Church, Eastgate St, Lewes, BN7 2LR

Would you like to have clearer information and insight into what to do to stay strong? This event will discuss all aspects of wellbeing, including: Eyesight, Hearing Loss, G.P. Services, Mental Health, Joints & Mobility.

Cost: Free.

Booking: Not required.

Catering: There will be hot drinks and light refreshments.
Donations welcome.

Transport: Level walk from the rail station and short level walk from all bus stops. Drop-off point directly outside. Parking very close at Waitrose and Friars Walk car parks.

Contact: Polly Senter - email: contactlandvs@gmail.com •
Phone: 07840 762326



Golden Yoga Golden Yoga Espace Pause

Weekly, every Tuesday, 2pm to 3pm

Lewes House Of Friendship, 208 High Street, Lewes, BN7 2NS

Yoga has many benefits. It enhances physical and mental wellbeing due to the combination of movement, breath exercises and meditation. Golden Yoga is a chair-based yoga especially adapted to older adults. It considers the particular needs of the person and focuses on functional movement, coordination, balance and strength.

Cost: £12 **Booking:** Recommended. To book use the details below or online at espacepause.com

Catering: No. **Transport:** Public bus. Parking at the venue.

Contact: Carine Seror - email: carine@espacepause.com •
Phone: 07392 901082

Afternoon Film Show Meridian Forum



Tuesday 1 October, 2pm to 4:30pm

Hillcrest Centre (Main Hall), Bay Vue Road, Newhaven, BN9 9LH

‘Mrs Palfrey at the Claremont’ is a delightful film about Mrs Palfrey (played by Joan Plowright) who has recently moved to a retirement hotel in London where she befriends a young man. An unlikely friendship flourishes.

Cost: £5 including tea and cake in the cafe. Pay at the door. **Booking:** Not required. **Catering:** Tea and cake is included in the entrance fee.

Transport: Parking is limited but off-street parking is available. 12 bus to Newhaven, then a short walk to the Hillcrest Centre. Phone if you need more help.

Contact: Kate Davies - email: katedaviesofpiddenhoe@gmail.com •
Phone: 01273 962706 or phone Mo on: 01273 512048

Functional Fit MOT for older people Wave Active



Tuesday 1 October, 9am to 11am

Wednesday 2 October, 1:30pm to 3:30pm

Thursday 3 October, 12:15pm to 2:15pm

The Downs Leisure Centre, Sutton Road, Seaford, BN25 4QW

Functional Fit MOT for older people to include Blood Pressure, Balance tests, Grip test, Get up and Go walking test. Free taster physical activity sessions that Wave Active Health run under our Health Improvement timetable, information on how to stay active and the different pathways that we offer.

Cost: Free. **Booking:** Not required.

Catering: There is a cafe onsite and there will be a charge for tea and coffee.

Transport: There are trains and buses to Seaford. There is free parking at Downs Leisure Centre.

Contact: Hannah Maybury - email: referral@waveactive.org •
Phone: 01323 490958

Showtime with Marco Seymour – magic and singing Lewes House of Friendship



Wednesday 2 October, 1.30pm to 2.30pm

Lewes House Of Friendship, 208 High Street, Lewes, BN7 2NS

Marco is a professional magician and a member of the Magic Circle. His show will be interactive and will include magic, comedy and singing. There will be a special lunch before the show which can be booked separately.

Cost: The magic show is free. **Booking:** Required.

Catering: Lunch costs £7 for members of Lewes House of Friendship and £8 for non-members.

Transport: Short walk from bus stops and station. There are paying car parks nearby.

Contact: Alex Salmon - email: leweshouseoffriendship@gmail.com • Phone: 01273 476469 or visit reception at Lewes House of Friendship.

*  Please note there are no accessible toilets.

Technology tutorial – get your questions answered! Sussex Housing & Care



Monday 7 October, 10.30am to 11.30am

Communal lounge, Clevedown, Barons Down Road, Lewes, BN7 1EY

Would you like to know more about what you can do on your smart phone or tablet? How to take photos and attach them to an email? Or how to video call friends or relatives? This tutorial is a one-stop shop for answering your questions about using smart technology.

Cost: Free. **Booking:** Required. **Catering:** Free tea, coffee and biscuits.

Transport: Bus stop by Lewes Prison is close to Clevedown. Lewes train station is 1 mile away from Clevedown. Limited visitor parking spaces on site. Free parking on Barons Down Road.

Contact: Lizzie Gurr - email: lizzie.gurr@sussexhousing.org.uk •
Phone: 07944 627552

Tour of Seaford Cemetery Commonwealth War Graves Commission



Thursday 10 October. Tours at 10am and 1.30pm


Seaford Cemetery, Cradle Hill Road, Seaford, East Sussex, BN25 3JH

There are many fascinating stories behind the casualties we commemorate from both world wars at Seaford Cemetery, including Canadian & West Indian soldiers. Come along to find out more about them and the work of the Commonwealth War Graves Commission.

Cost: Free. **Booking:** Via Eventbrite or contact Sarah Nathaniel.

Catering: No. **Transport:** Bus access from Seaford town centre. Parking on site or on Cradle Hill Road.

Contact: Sarah Nathaniel - email: sarah.nathaniel@cwgc.org •
Phone: 07917 497179

*  Disabled access, although there may be uneven surfaces.
The tour will go off the path.

What is Adult Social Care?

Adult social care is about care and support for people over 18 who may have a physical disability, a learning disability, or physical or mental ill health.

Adult Social Care and Health is a department of East Sussex County Council.

We work with people aged 18 or over who live in East Sussex to look at your strengths, capabilities, wider support network and community, as well as the difficulties you're experiencing, and work with you to find solutions.

Our role is to enable you to live as healthy and independent a life as you can, for as long as you can. We work closely with NHS colleagues, Public Health, Voluntary and Community Services and Independent Care and Support service providers.

Examples of people we work with include those who:

- **want to stay living at home but are finding it difficult to cope**
- **would like to get out and about into their community but, as a result of a health condition or disability, are unable to do so independently**
- **need information on how to access alternative, more suitable accommodation**
- **look after someone who couldn't cope without their help**

We aim to enable people who need care and support to live independent lives by supporting them in ways that work for them as individuals; whether that's occupational therapists helping to plan and organise adaptations to someone's home; care workers in dementia care homes bringing people's talents to the fore; supported living services enabling people to lead the life they want to live. And so much more.

Care and support can happen in people's homes, a care home, at a day centre, or in other places. We offer support for working age and older adults through our mental health, learning disability and physical disability services.

Adult social care includes carers looking after a friend, family member or neighbour who, due to illness, disability, a mental health problem or an addiction, can't manage without their unpaid support. The support they offer local people is invaluable.

Adult social care can be paid for in different ways depending on what people can afford to pay and what help they need. The county council pays a contribution towards some people's care and support.

Most people will also pay a contribution towards their care and support. The size of this contribution depends on individual circumstances.

Making sure people are safe from abuse and harm (safeguarding) is part of adult social care too. It's how we and our partners protect the health and wellbeing of adults with care and support needs. We aim to do this in a way which supports individuals to make choices and have control over how they want to live their lives.

If you want to find out more, you can read more online at **eastsussex.gov.uk/social-care/getting-help-from-us** or by picking up a leaflet from any of the libraries and other council offices.

You can also contact for help and support for yourself or a loved one by calling our first point of contact team, Health and Social Care Connect, on **0345 60 80 191**.



A Celebration of Autumn through Poetry Lewes and Villages Seniors



Friday 11 October, 10.30am to 11.30am

The House of Friendship, 208 High Street, Lewes, BN7 2NS

Come and enjoy readings from a variety of poems with opportunities for discussion. The poems should inspire appreciation of the different aspects of this season. An anthology of the poems will be provided.

Cost: Free **Booking:** Required - please contact Lynne Thomas by phone, text or email using the contact information below.

Catering: No. **Transport:** Buses stop opposite the House of Friendship. There is a car park nearby in East Street, and there are also other car parks just off Cliffe.

Contact: Lynne Thomas - email: lynnethomas@hotmail.com •
Phone 01273 475877 or text: 07565 918198 - Please leave your details so that you can be told whether you have a place or not.

*  Please note there are no accessible toilets.

Coffee, cake and chat Sussex Housing & Care



Monday 14 October, 10.30am to 11.30am

**Communal lounge, Ashleigh Glegg House, Grosvenor Road,
Seaford, BN25 2BW**

If you'd like some friendly company, alongside delicious free refreshments and a relaxing atmosphere in our communal lounge at Ashleigh Glegg, then do come and join us. We look forward to meeting you.

Cost: Free. **Booking:** Not required. **Catering:** Free tea, coffee and cake.

Transport: Bus stop on A259 close to Grosvenor Road. Seaford train station 0.3 mile away. Free on street parking on Grosvenor Road.

Contact: Lizzie Gurr - email: lizzie.gurr@sussexhousing.org.uk •
Phone: 07944 627552



Do you look after someone who couldn't manage without your help?

We are here for all unpaid carers in East Sussex. We provide information, support, and opportunities to connect with other carers.

If you care for someone who couldn't manage without your support, we'd love to hear from you.

advice
support
guidance
information
counselling
carers card
support groups
activities
involvement
carers voices
campaigning
awareness
careline
magazine
training
peer support
volunteering

01323 738390

info@cftc.org.uk

www.cftc.org.uk



A light-hearted and fun quiz Sussex Housing & Care



Monday 14 October, 2.30pm to 4pm

**Communal lounge, Cheney's Lodge, 24A Sutton Avenue,
Seaford, BN25 4LG**

Test your general knowledge with a fun, light-hearted quiz. A great way to meet new people, have a chat and play along with others as you give those mental muscles a stretch. Enjoy from the comfort of our communal lounge. Pens and paper at the ready!

Cost: Free. **Booking:** Yes, via email or phone below.

Catering: Free tea, coffee and biscuits.

Transport: Bus stop outside Cheney's Lodge. Seaford train station is 1 mile away from Cheney's Lodge. Free on street parking on the roads around Cheney's Lodge.

Contact: Lizzie Gurr - email: lizzie.gurr@sussexhousing.org.uk •
Phone: 07944 627552

Film Show Seaford Seniors Forum



Thursday 10 October, 2pm to 4:30pm

**Seaford Community Cinema, Barn Theatre, Saxon Lane,
Seaford, BN25 1QL**

We will be showing 'The Great Escaper' with Michael Caine and Glenda Jackson in her final film. Enjoy a good film in good company. Meet old friends and maybe make new ones.

Cost: Free. **Booking:** Required.

Catering: Free refreshments provided by the cinema.

Transport: Good public transport to town centre and railway station and short walk to cinema. For extra support call 01323 490958. Public car park adjacent to cinema.

Contact: Lin - email: linn625@gmail.com • Phone: 01323 490958

Visit Tribe for volunteering opportunities, local activities and events



Download
the App!



tribeproject.org

In partnership with



East Sussex
County Council



Wealden
Eastbourne
Lewes District



Rother
Voluntary
Action



HVA
Hastings Voluntary Action

Hearing Checks

You can check your own hearing at home for free. All you need is your phone or laptop and some headphones. Take the 3-minute Royal National Institute for Deaf People (RNID) online hearing check now which is recommended by the NHS.

After you've taken the check, you'll receive your results online straight away.

Use the QR code or link below to take the hearing check.

rnid.org.uk/EastSussexBrochureHearingCheck



If you can't take the online test, or would prefer to do it in person, East Sussex Hearing provide support to individuals who are deaf, hard of hearing or deafblind across the county.

We want to make hearing tests a normal health check just like eye tests, as the impact of hearing loss is often underestimated.

Come to an ear health workshop and get advice, communication support and assistance to overcome the barriers faced by people with hearing loss.

Pop-in 'Your Ear Health' workshops – no need to book*

Lewes, 18 September, 10am to 12:30pm

Lewes House of Friendship, 208 High Street, Lewes, BN7 2NS

Eastbourne, 26 September, 10am to 2pm

The Beacon, Eastbourne, BN21 3NW

Staplecross, 2 October, 2pm to 4pm

*this workshop needs to be booked by email: rsf42023@gmail.com

Staplecross Village Hall, Northiam Road, TN32 5QG

Hastings, 7 October, 10am to 12:30pm

His Place, 45a Robertson Street, Hastings, TN34 1HL

Uckfield, 16 October, 10am to 12:30pm

The Luxford Centre, Library Way, Uckfield, TN22 1AR

Contact East Sussex Hearing by phone **01323 722505**
or email **hello@eshrc.org**

AGED 40-74? FIND OUT ABOUT OUR **FREE** NHS HEALTH CHECK

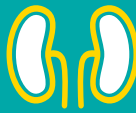
YOUR **FREE**
NHS HEALTH CHECK
COULD HELP
TO PREVENT



DIABETES



HEART
DISEASE



KIDNEY
DISEASE



STROKE &
DEMENTIA

ONE YOU
EAST SUSSEX

Open Day Hub on Rye Hill



Monday 16 September, 10am to 3pm

Hub on Rye Hill, Kiln Drive, Rye Foreign, TN31 7SQ

A warm welcome awaits everyone who visits the Hub on Rye Hill. Enjoy a day full of local organisation, support & information available in the area. Our friendly cafe will be open serving drinks, refreshments and hot food.

Cost: Free. **Booking:** Not required.

Catering: Café open onsite from 9am. Last food orders 2:30pm with refreshments, cakes & pastries until 4pm.

Transport: Buses 312 & 313 from Rye station. Rye town service bus 326. Approximately 25-minute walk from Rye train station. Free car parking on site.

Contact: The Hub team - email: admin@hubonryehill.org.uk • Phone: 01797 331800 • www.hubonryehill.org.uk

Tilling, Tea and Cake FAiR / Friends Altogether in Rother



Third Saturday of every month, 10am to 12pm

Tilling Green Community Centre, Tilling Green, Rye, TN31 7BE

A Saturday Social open to all ages. We offer freshly made tea, coffee and locally baked cakes and savouries.

Each month, Health & Wellbeing advice and support is provided by a wide variety of organisations based in Rother including a GP Dr Sarah Jacques.

Cost: Free. **Booking:** Required. **Catering:** Yes - free.

Transport: Buses stop at the end of the road. Rye railway station is a 10-minute walk away. There is a taxi rank outside the station. There is additional support for transporting people; please contact our office. There is free parking at the venue.

Contact: Chris - email: info@fair.org.uk • Phone: 01797 458832



1-2-3 walks

One, two and three mile nature walk maps

Walking is one of the easiest ways to build fitness and boost mental health. But it can be tricky to stay motivated or find resources that are easy enough for getting started. So we have two projects that are at the easy end of the scale to help you find something manageable, fun, accessible and lovely so that you keep walking week after week.

If you want the company and support of free one hour group walks, see our ad for **East Sussex Health Walks**, but if you want ideas for nice and easy nature walks to do under your own steam, try our **123 Walks** website for maps for self-led walks.

There are over 100 free maps for one, two and three mile walks around local parks, woods, nature reserves or rural footpaths so you can find walks that are a distance you can manage in a time that suits you. All these little bits of exercise soon add up and can have huge benefits to your health and happiness.

Connect with nature,
explore new views &
enjoy the exercise along the way!

website: **123walks.org**
or find us on Facebook



Companionship Café Home Instead Bexhill



Fourth Friday of every month, 10am to 12pm

**St Augustine's Church Hall, St Augustine's Close,
Bexhill-on-Sea, TN39 3AZ**

We always have a wonderful time enjoying activities along with refreshments. For the older members of our community come to our hugely positive and beneficial event for all, especially those who struggle to get out. We look forward to seeing you.

Cost: Free. **Booking:** You'll need a ticket in advance, available by calling the phone number below.

Catering: Free Tea/coffee and cake/biscuits.

Transport: Cooden Drive is on a bus route. Good free parking at venue, no need to book.

Contact: Caroline Aherne - email: caroline.aherne@homeinstead.co.uk •
Phone: 01424 401402

Older People's Day and Wellness Celebrations Rother Seniors' Forum and Staplecross Village Hall

Wednesday 2 October, 1pm to 4pm

Staplecross Village Hall, Northiam Road, Staplecross, TN32 5QG

We have Dr Muchi talking about 'Keeping Well in Older Age' and Armchair Palates. There will be afternoon tea and cakes between the two activities.

Cost: Free. **Booking:** Required. **Catering:** Yes.

Transport: Hastings to Hawkhurst No 349 (Bus timetable at Southeast 349). There is free parking and on road parking, outside the Village Hall. Contact the organiser for information on travelling to the event.

Contact: Terry Steeples - email: terrysteeples44@gmail.com •
Phone: 07886 796929



Free one hour group walks

No need to book, just pop along!

MONDAYS

Hastings Old Town: 2pm The Stade

Pevensey Bay 10.30am North Road car park

Rye: 10am Gibbet Marsh car park

Sidley: 11am The New Inn

TUESDAYS

Eastbourne Hampden Park: 10.30am Lakeside Tea Chalet

Polegate: 10.30am Station

St. Leonards Seafront: 11am under the clock on the Prom

Seaford: 10am Salts Café

WEDNESDAYS

Ashdown Forest: 10.30am rotating:

1st Weds of month Broadstone;

2nd Long; 3rd Box; 4th Four Counties;

5th Millbrook

Bexhill Ravenside: 11am outside Freedom Leisure Pool, Glyne Gap

Eastbourne Seafront: 10.30am in front of The Perch, Princes Park

Eastbourne Willingdon: 10am Community Hub Library

Hastings Alexandra Park: 10.30am

Ranger's office (opposite Eat At cafe)

Heathfield: *sorry, currently closed to new walkers*

THURSDAYS

Crowborough: 10.30am rotating:

1st Thurs of month Chapel Green;

2nd Jarvis Brook FC; 3rd St Johns;

4th Crowb FC; 5th Goldsmiths Leisure

Hailsham: 9.30am War Memorial, High Street

Ninfield: 11am Sparke Pavilion

FRIDAYS

Battle: 10am Abbey Green

Bexhill Seafront: 11am behind De La Warr Pavilion

Eastbourne Shinewater Park:

10.30am Co-op, Milfoil Drive

Lewes: 10am The Needlemakers

St. Leonards Church Wood: 10.30am nature reserve car park

SATURDAYS

Chelwood Gate: 11am National Cat Centre (1st Sat of month)



www.tcv.org.uk/southeast & scroll down to Health Walks
or find us on Facebook; call 01424 444675 / 07740 899559
or email eastsussexhealthwalks@tcv.org.uk



Craft workshop – make Christmas cards Sussex Housing & Care



Monday 21 October, 10:30am to 12pm

**Communal lounge, Alexandra Room, Yvonne Robertson House,
Hastings Road, Bexhill, TN40 2HQ**

Get crafty with us and enjoy making your own Christmas cards – as well as the feel good factor of being prepared nice and early! Friendly and relaxed session with all supplies included.

Cost: Free. **Booking:** Yes.

Catering: Free Tea, coffee and biscuits.

Transport: Bus stop on Manor Road and Hastings Road. Use footbridge over A259 King Offa Way. Free on street parking on Hastings Road.

Contact: Lizzie Gurr - email: lizzie.gurr@sussexhousing.org.uk •
Phone: 07944 627552

Talking Newspaper Bexhill Talking Newspaper Association

bexhilltalkingnewspaper.org

This is a weekly digest of news from the Bexhill Observer in audio form, sent on a memory stick. Bexhill Talking Newspaper Association can supply players. The recording is on a Friday and the sticks usually arrive on the Saturday.

This is suitable for people with difficulty in reading, for whatever reason.

Cost: Free.

Contact: Barry Edwards - email: btna77@outlook.com •
Phone: 01424 211007



Autumnal Crafty Workshop

Mindful Oak Sussex CIC

Thursday 24 October, 9.30am to 12.30pm

**St Michael's Church Hall, 20 Glassenbury Drive,
Bexhill-on-Sea, TN40 2NY**

A taster session of our Memory Moments Café to include seasonal craft activities. This is an opportunity for people with memory problems to visit with a family member or carer to enjoy a seasonal crafting session at our Memory Moments Café. This friendly and welcoming session provides an opportunity to socialise, enjoy some tasty refreshments and engage in meaningful activities.

Cost: £3

Booking: Required.

Catering: Refreshments are included in the ticket price.

Transport: The number 99 bus stops in De la Warr Road very near to the beginning of Glassenbury Drive and also near the end of Glyne Ascent (which leads up to Glassenbury Drive at a right-hand turn.)

Free onsite parking and in local residential streets around the venue.

Contact: Samantha Keylock - email: mindfuloaksussex@outlook.com •
Phone: 07453 917399

CONNECTING PEOPLE & PLACES

Tackling loneliness in East Sussex

Loneliness can affect anyone at any time. People often experience loneliness during ‘life transitions’ like loss of a loved one, friend or pet. Other significant changes such as becoming a carer, struggling financially, retirement and moving home can make us feel lonelier too.

Loneliness is ‘an unwelcome feeling of lack of companionship’ and is recognised as a normal human emotion. But persistent feelings of loneliness can be bad for our health and wellbeing. It can increase the risk of physical and mental health problems like heart disease, high blood pressure and depression.

Three tips for dealing with loneliness

Here are three tips for breaking the cycle of loneliness:

1. Acknowledge it and try not to feel ashamed; loneliness is normal and all of us experience loneliness (regardless of age, circumstance and background).
2. Think about who you can connect with and reach out to and get in touch; if you’ve been feeling lonely for a long time and it’s affecting your mental health and wellbeing, seek support from your GP who may be able to refer you to social prescribing.
3. Think of ways to build connections in your daily life; seek opportunities to join a local club or activity or find out about volunteering.

Come to a full of life event

This brochure features lots of events where you can meet new people. There are groups and activities across East Sussex which can connect you to other people within your local community.



Take part in our Tackling Loneliness programme

We want to ‘make loneliness everyone’s business’ and have formed a partnership between East Sussex County Council, Sussex Community Development Association (SCDA) the NHS and voluntary and community sector partners. We are working together to better understand what can help reduce loneliness across the county.

If you would like to get involved or find out more, please contact Gill Reynolds (Tackling Loneliness - programme facilitator):

email: **Gill.reynolds@sussexcommunity.org.uk**

phone: **07523 272416**



Golden Yoga

Golden Yoga Espace Pause

Every Monday, 11am to 12pm

Forest Row Community Centre, Hartfield Rd, Forest Row, RH18 5DZ

Every Thursday, 11:30am to 12.30pm

Forest Row Village Hall, Lewes Road, Forest Row, RH18 5ES

Yoga has a myriad of benefits. It boosts physical and mental wellbeing through a combination of movement, breath exercises and meditation. Golden Yoga is a chair-based yoga especially adapted to older adults. It takes into consideration the person's particular needs and focuses on functional movement, coordination, balance and strength.

Cost: £11

Booking: Recommended. To book use the details below or online at espacepause.com

Catering: No.

Transport: There are bus stops near the Village Hall and free car parking in the village.

Contact: Carine Seror - email: carine@espacepause.com •
Phone: 07392 901082 • www.espacepause.com

Woodland Moments Campfire Singalong & Cookout Mindful Oak Sussex CIC



Monday 16 September, 10am to 12.30pm

Bushy Wood Activity Centre, Main Road, Hailsham, BN27 3LZ

An opportunity for people with memory problems to come along with a family member or carer to enjoy a woodland campfire singalong and cookout surrounded by nature's autumnal delights. Connect with nature, enjoy seasonal activities and meet new people. A warm welcome awaits.

Cost: £5 per person. **Booking:** Required.

Catering: Yes. Refreshments are included in the ticket price.

Transport: Free parking available on site.

Contact: Samantha Keylock - email: mindfuloaksussex@outlook.com •
Phone: 07453 917399

Coffee morning Vitality Villages

Wednesday 18 September, 10am to 12pm

Friends Meeting House, West End, Herstmonceux, BN27 4NR

We welcome everyone to join us for a cup of tea/coffee with homemade cakes. A chance to make a floral arrangement. There will also be a fun quiz.

Cost: Free. **Booking:** Not required.

Catering: Tea/coffee with homemade cakes.

Contact: Sheila Charlton - email: sheilacharlton@uwclub.net •
Phone: 01323 833673

The Pink Panther (1963)

Pine Grove Pictures



Tuesday 24 September, doors open 1pm.

Film starts 1.30pm, film ends approx. 3.45pm.

Crowborough Community Centre, Pine Grove, Crowborough, TN6 1FE.

This film is part of our Golden Oldies season, which includes entertaining films from the past. These screenings are for everyone, but we aim also to reach those living alone, people with special needs and those living with dementia and their carers.

Cost: Free. **Booking:** Not required. **Catering:** Complimentary refreshments are provided.

Transport: Bus routes 29 and 228 serve Crowborough High Street, a short walk from the venue. Alas, no extra transport support available. There is limited parking at the venue, but ample free parking in Waitrose opposite.

Contact: email: enquiries@pinegrovepictures.org.uk
or visit pinegrovepictures.org.uk

Willingdon Community Cafe

Home Instead – Eastbourne and Hailsham

Thursday 26 September, 2pm to 4pm

Thursday 24 October, 2pm to 4pm

Trinity Church Hall, Coppice Avenue, Eastbourne, BN20 9PN

A free community café with entertainment and activities for local people. Free refreshments and activities. Everyone is welcome! Dementia Friendly.

Cost: Free. **Booking:** Required. **Catering:** Free.

Transport: Local bus stops within Willingdon. A bus stop is outside the venue. Car parking is available and there is disabled parking at the venue.

Contact: Phone: 01323 819191
or visit the website: homeinstead.co.uk/eastbourne-hailsham



Crowborough Community Café Crowborough Dementia Forum

Thursday 26 September, 2pm to 4pm

Thursday 31 October, 2pm to 4pm

The Oasis, Community Church, Beacon Road, Crowborough, TN6 1AS

A free community café with entertainment and activities for local people. Free refreshments and activities. Everyone is welcome!

Cost: Free. **Booking:** Not required. **Catering:** Yes - free.

Transport: Local bus stops within Crowborough town centre, close by. There is no parking at the venue, but free parking in local supermarket car parks and surrounding streets.

Contact: Phone: 01323 443322

or visit the website: wellbeing@wealden.gov.uk

or find us on Facebook - Friends of Wealden Dementia Action Alliance.

Fish and chip lunch Wealden Senior Citizens' Partnership

Friday 4 October, 1pm to 4pm

The Belmont Centre, Holy Cross Church, Belmont Road,
Uckfield, TN22 1BP

A chance to meet new friends or chat with old ones. There will be a speaker. The subject will be: The famous and infamous ladies of East Sussex.

Cost: £10 per head. **Booking:** Required.

Catering: Fish and chip lunch.

Transport: Bus to Uckfield bus station and walk to the centre. There is a large car park nearby, and limited disabled parking at the venue.

Contact: Linda Graham- email: lindagraham@wealden-scp.org

Phone: 01892 770487

or Dee Probert - email: finkagain@hotmail.co.uk

Phone: 01892 654278



EAST SUSSEX COMMUNITY INFORMATION SERVICE

Bringing communities together
Discover what's available in your local area

Local groups
and hobbies

Local services

Family
information

Advice and
information

Events
calendar

Short
courses



Scan the QR code to visit the ESCIS website

Community events and organisations listed for FREE
info@escis.org.uk

Autumnal Crafty Workshop

Mindful Oak Sussex CIC

Monday 14 October, 2:30pm to 4:30pm

The Cartlodge, Horam Manor Farm, Heathfield, TN21 0JB

A taster session of our Memory Moments Café to include seasonal craft activities. This is an opportunity for people with memory problems to come along with a family member or carer to enjoy a seasonal crafting session at our Memory Moments Café. This friendly and welcoming session provides an opportunity to socialise, enjoy some tasty refreshments and engage in meaningful activities.

Cost: £3 **Booking:** Required.

Catering: Yes. Refreshments are included in the ticket price.

Transport: The venue is an approximately 3-to-5-minute walk from Merrydown Village bus stop. Free parking is available at the venue.

Contact: Samantha Keylock - email: mindfuloaksussex@outlook.com
Phone: 07453 917399

Tour of Snatts Road Cemetery, Uckfield Commonwealth War Graves Commission



Monday 14 October, Tours at 10.30am & 1.30pm

Snatts Road Cemetery, Snatts Road, Uckfield, TN22 2AL

There are many fascinating stories behind the men and women we commemorate from both world wars at Snatts Road Cemetery. Come along to find out more about them and the work of the Commonwealth War Graves Commission.


Cost: Free.

Booking: Via Eventbrite or contact Sarah Nathaniel.

Catering: No.

Transport: Bus access from town centre. Limited parking on site, car park on Snatts Road.

Contact: Sarah Nathaniel - email: sarah.nathaniel@cwgc.org •
Phone: 07917 497179

*  Disabled access, although there may be uneven surfaces.
The tour will go off the path.

Coffee morning Vitality Villages

Wednesday 16 October, 10am to 12pm

Friends Meeting House, West End, Herstmonceux, BN27 4NR

We will have a talk on women's lives in the 17th century by Melinda Stone. Join us for a cup of coffee/tea and a fun quiz.

Cost: Free. **Booking:** Not required.

Catering: Tea/coffee.

Contact: Sheila Charlton - email: sheilacharlton@uwclub.net •
Phone: 01323 833673



UK Health
Security
Agency

Measles: How to Stay Safe

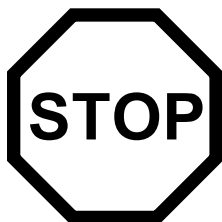
The best protection is 2 doses of the safe, effective MMR vaccine at 1 year of age, and 3 years, 4 months



If you have not had two doses, you can get them free from your GP surgery



Know the symptoms!
Keep people with symptoms away from others

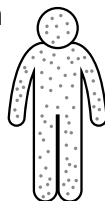


Call ahead before going to A&E or your GP



Symptoms

Rash



Temperature



Runny Nose



Red Eyes



Cough



RSMs – Really Special Memories Rotherfield St Martin (RSM)



Lunch Club - every Thursday in October, 12pm to 2pm
Rotherfield Village Hall, North St, Rotherfield, Crowborough, TN6 3LX

Cost: £6 for a home-cooked three-course meal.

Toastie Club - Friday 11 October, 11.30am to 1pm
The Memorial Institute Building, North St, Rotherfield, Crowborough, TN6 3LX

Cost: £3.50 for hot toasties, a cuppa.

Supper at Six Club - Monday 14 October, 6pm to 8pm
The Kings Arms, High St, Rotherfield, Crowborough, TN6 3LJ

Cost: £14 for a two-course meal.

We love to bring people together. Whether it's old friends meeting for a catch-up or people wanting to make new friends, what better way to do it than over a good meal. All events are run or attended by RSM volunteers/staff. If you are not already an RSM member please come along and meet us to find out more about all our clubs and activities.

Transport: Free parking at Rotherfield Village Hall and Kings Arms Pub.

Contact: Phone: 01892 853021

*  Rotherfield Village Hall has a hearing loop

Apply for a FREE Warm Home Check

Available all year round to help you prepare for winter

We've already helped over 7,000 people living in cold homes. Let us help you too.

A Warm Home Check can:

- Lower bills
- Give you small home upgrades
- Improve health and wellbeing
- Help you access funding (if eligible)
- Give tips to stay warm and save money



keep warm and well
...in East Sussex

warmeastsussex.org.uk

Text WARM to 80011 or
Phone 0800 464 7307



Getting ahead of the future

In the next ten years, the population of East Sussex is expected to increase by almost 70,000 people. Many of those people will be older people.

How we age – and what our health will be like in later life - is affected by lots of factors. Most of us know this, but our lifestyle can affect our health in less obvious ways.

The risk of dementia can be increased by:

- hypertension (high blood pressure)
- smoking
- obesity
- physical inactivity
- low social contact
- excessive alcohol consumption
- air pollution

Similarly, frailty can be affected by:

- physical activity
- diet
- mental stimulation
- social connectedness
- mental stimulation

The good news is these are things we can work together on changing.

New prevention strategy

East Sussex County Council (ESCC) is working to tackle these issues with a new ‘prevention strategy’ for Adult Social Care (read more about Adult Social Care on page 22). The strategy aims to improve and maintain our wellbeing and prevent, reduce, or delay the need for care and support.

The work adds to the wide variety of support and opportunities the council, and many other organisations and people, provide to enhance our wellbeing and independence.

Wellbeing has many different forms. It cannot be provided by any single organisation or individual. It comes from a mix of personal choices and the social, economic and environmental conditions we live in.

Our ability to prevent, reduce or delay the need for care services is therefore everyone's business. And to make the strategy a success, each person and organisation will need to play their part in working together.

You can get free support and resources to help you prepare for your later life by contacting the Life Transitions Service:

email: LifeTransitions@eastsussex.gov.uk

phone: **07724 287034**

or by going online to:

1space.eastsussex.gov.uk/Services/5366/Life-Transitions-Ser

Life Transitions

The Life Transitions Service can help you plan and prepare for the later life you want.

If you are interested in receiving support from one of our volunteers, would like support in accessing our app or want to find out more, please get in touch:



LifeTransitions@eastsussex.gov.uk



07724 287034

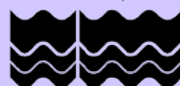


Life Transitions App



SCAN ME

East Sussex
County Council



Here are some examples of clubs and activities that run throughout the year which you might be interested to join or try out.



The information is as up-to-date as possible, but any activity can be subject to change. Other examples or further information can be found at escis.org.uk or 1space.eastsussex.gov.uk

If you do not have internet access then please visit your local library who can help.

Age UK Healthy Living Clubs Polegate, Rye, St Leonards and Sidley.
email: customerservices@ageukeastsussex.org.uk •
phone: 01273 476704

U3As Groups with a wide range of leisure and social activities across East Sussex for retired and semi-retired.
email: info@u3a.org.uk

Just Friends groups in Bexhill, Eastbourne, Newhaven and Hastings.
Social meetings; lunches and special events.
email: info@just-friends.uk • phone: 01323 725882

House of Friendship Lewes. Lunches and other activities.
Phone: 01273 476469

Accessible yoga Glynde near Lewes.
email: penny@yogaforallherts.com • phone: 07944 416572

Alice Croft House Eastbourne. Club for over 50s.
email: info@alicecrofthouse.co.uk • phone: 01323 728157

Connections over 50 Seaford to Hastings. A social club.
email: Margarets22@gmail.com • phone: 07972 579336

Seafriends Seaford. Coffee mornings, crafting etc.
email: hello@seafriends.org.uk • phone: 07927 640821

Deans Senior Tea Clubs Peacehaven, Telscombe, Saltdean and Seaford. email: deans.teaclub@gmail.com • phone: 01273 304173

Kempton House Lunch Club Peacehaven.
email: kemptonhousedaycentre@gmail.com • phone: 01273 585984

Hailsham Friends Club Lunches and other activities.
email: ken@hailsham-friends.club • phone: 01323 893340

Hailsham Probus Club A club for retired and semi-retired businesspeople. email: vam57d@aol.com • phone: 01323 831575

Young at Heart Club Heathfield. phone: 07971 032667

Crowborough Probus Club A club for retired and semi-retired businesspeople. phone: 01892 664036

Eastbourne Shed Where people can enjoy pottering and practical skills. email: vitus.sukoco@ageconcerneastbourne.co.uk • phone: 01323 727196

Golden Yoga for older adults weekly. Forest Row and Lewes.
email: carine@espacepause.com • phone: 07392 901082

Memory Moments Café at different locations.
email: mindfuloaksussex@outlook.com • phone: 07453 917399

Isabel Blackman Centre Hastings health, leisure and wellbeing centre for the over-50s providing activity classes, an exercise studio, accessible gym, therapy room and cafe.
email: ibc@ageukeastsussex.org.uk • phone: 01424 235535

MOPP - Fairlight Friday Lunch Club (Marsham Older People's Project). Runs every Friday from 9.30am to 2pm.
email: Annette.mopps.fairlight@gmail.com • phone: 07703 585329

Rye Luncheon Club phone: 03305 550310

Robertsbridge Lunch Club email: bfsageconcern@talktalk.net

Seniors' Forums contact details

New members always welcome

Eastbourne Seniors' Forum

Judy Thurlow

01323 644916

judythurlow@gmail.com

Hastings & St Leonards Seniors' Forum

Sheila Martin

01424 445858

srrm_3@hotmail.com

Hastings Older People's Ethnic Group (HOPE G)

Julia Wells

07770 525918

julia72003@gmail.com

Lewes & Villages Seniors

Lewes and Villages Forum has just relaunched and is recruiting new members. Please contact Polly Senter by email contactlandvs@gmail.com or phone on 07840 762326 for further details.

Meridian Mature Citizens' Forum

Marilyn Nolan

01273 517803

katedaviesofpiddenhoe@gmail.com

Rother Seniors' Forum

Terry Steeples

07886 796929

terrysteeples44@gmail.com

Seaford Seniors' Forum

Lin Neeve

01323 490958

linn625@gmail.com

Wealden Senior Citizens' Partnership

Linda Graham

01892 770487

info@wealden-scp.org

More information

For more information about East Sussex Seniors' Association (ESSA) and Seniors' Forums, visit www.essaforums.co.uk or contact Lin Neeve on 01323 490958 or linn625@gmail.com

For more copies of this booklet

This booklet is available in PDF format, which you can download from our website at: eastsussex.gov.uk/olderpeoplesday

If you would prefer this booklet in an alternative format or language please phone us on 01273 481565.

East Sussex County Council

County Hall

St Anne's Crescent

Lewes BN7 1UE

Phone: 0345 60 80 190

Website: eastsussex.gov.uk/contactus

Email:

asc.equalityteam@eastsussex.gov.uk