



# **Let's celebrate!**

## **Older People's Day in East Sussex 2018**

**Full of Life events programme  
September to October**



# Welcome to the Events Programme for Older People's Day 2018

## Introduction by Kate Davies, East Sussex Seniors' Association Chair

It is that time of year again and once more we have lots of exciting events, during Older People's Day (OPD), many of which are free for you to take part in.

I hope you will have a chance to try something new, a new class maybe, as well as something relaxing, such as a coach trip, afternoon tea or cinema showing.

Feel free to bring along family and friends, everyone is welcome. Don't worry about going to events on your own as you will often meet up with new people and the event holders are ready to welcome you.

Remember you can go to any event but make sure you book a place if required. If you require additional OPD booklets then they will be available from libraries and council offices. If you have trouble finding them contact your local Seniors Forum, whose details are listed at the back of this booklet.

We do ask that you please fill out the evaluation forms given out at the events you attend as it helps us know how we are getting on, what you like and what you don't like, so we can keep on improving year after year.

More information and a downloadable copy of the booklet can be found at [www.eastsussex.gov.uk/olderpeoplesday](http://www.eastsussex.gov.uk/olderpeoplesday)

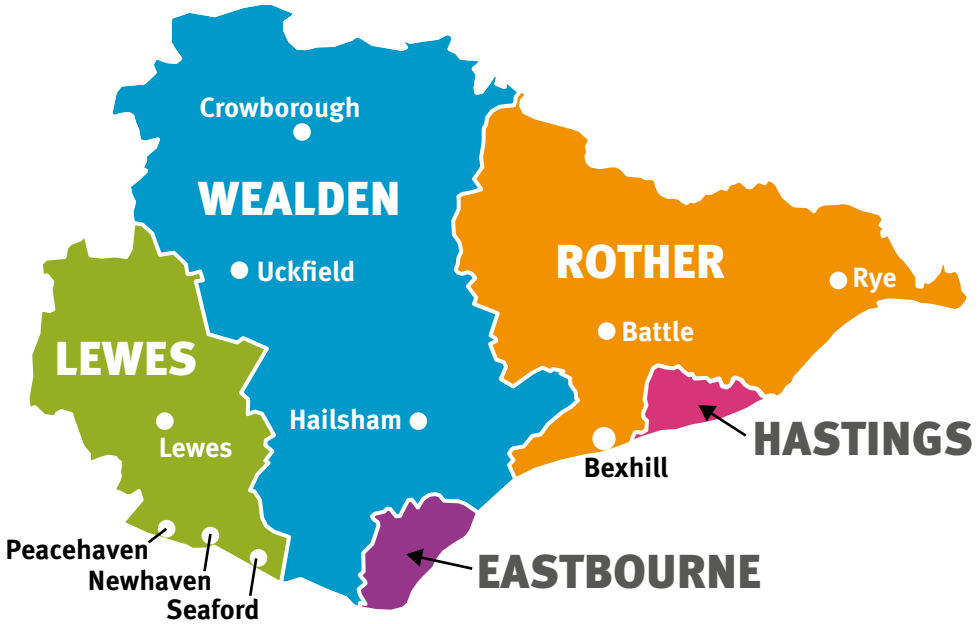
East Sussex Seniors would like to thank East Sussex County Council and Public Health for its continuing support for OPD, as well as the Leisure Centres, local councils, voluntary groups and charities that put on the events. These, along with the many, many volunteers are the reason we are now in our 11th year and can continue to celebrate Older People's Day.

**Note:** Information in this booklet was correct at time of going to press. Please contact individual organisers to check details or visit the What's On section of ESCC's website for any additional or revised event information.

# Introduction



Events are listed by district and then in date order (apart from the leisure centres pages 29-32). You can also search for events happening in your area by matching the colour bar at the side of each entry with the district or borough area indicated on the map below.



 Disabled access available at venue

 Hearing loop available

## Community Transport – helping you get out and about

Community Transport (CT) provides safe, accessible and affordable transport to the community whilst combatting the problems of social exclusion, isolation and loneliness. We operate all year round, so a CT scheme in your area may be able to assist with transport to Older People’s Day events.



Find details of all the different schemes (including telephone numbers) at: [eastsussex.gov.uk/communitytransport](http://eastsussex.gov.uk/communitytransport). If you don’t have internet access, call 0345 60 80 194 for advice on schemes in your area.

# East Sussex Health Walks

## MONDAYS

**Fairlight:** 10.30am, 1<sup>st</sup> & 3<sup>rd</sup> Monday of the month, Fairlight Village Hall

**Hastings Mindfulness:** 1pm, 2<sup>nd</sup> & 4<sup>th</sup> Monday, outside Alexandra Park café

**Hastings Old Town:** 2pm opposite the Jenny Lind, High Street

**Pevensey Bay:** 9.45am outside the library, Richmond Road

**Rye:** 10am Gibbet Marsh car park, Udimore Road

**Sidley:** 11am outside The New Inn

## TUESDAYS

**Eastbourne Hampden Park:** 10.30am outside Lakeside Tea Chalet

**Polegate:** 10.30am, 1<sup>st</sup> & 3<sup>rd</sup> Tuesday of the month, outside Polegate Rail Station

**St. Leonards on Sea:** 11am inside RVS Centre, South Street

**Seaford:** 10am, 1<sup>st</sup> Tuesday of month at Salts Café, 3<sup>rd</sup> Tues at Martello Tower

## WEDNESDAYS

**Ashdown Forest:** 10.30am various start points, see [www.ashdownforest.org](http://www.ashdownforest.org)

**Bexhill Freedom Leisure:** 10.30am, 1<sup>st</sup> Weds at Leisure Centre; 3<sup>rd</sup> Weds outside Leisure Pool, Ravenside Retail Park

**Eastbourne Seaford:** 10.30am outside the Sovereign Centre

**Hastings Alexandra Park:** 12 noon outside Café in the Park

**Heathfield:** 10am Town Clock, High Street

**Newick:** 10.30am on the Green (2<sup>nd</sup> & 4<sup>th</sup> Weds of month)

Free, friendly, regular walks,  
just about an hour.

No need to book,  
just turn up!

## THURSDAYS

**Crowborough:** 10.30am - outside Fernbank Centre (1<sup>st</sup> Thurs); Millbrook Garden Centre carpark (2<sup>nd</sup> & 4<sup>th</sup>); St. Johns Rd carpark (3<sup>rd</sup> & 5<sup>th</sup>)

**Hailsham:** 10.30am War Memorial, High Street

**Hastings Stroll on the Pier:** 11am in front of the Pier (30 minute walk)

**Hastings Town Centre:** 2pm outside Station Plaza Health Centre

## FRIDAYS

**Battle:** 10am Abbey Green

**Bexhill:** 11am inside De La Warr Pavilion

**Eastbourne Shinewater:** 10.30am outside the Co-op, Milfoil Drive

**Lewes:** 10am outside The Needlemakers

**St. Leonards Church in the Wood:** 10.30am Church in the Wood car park

**Uckfield:** 10am inside Civic Centre

## SATURDAYS

**Chelwood Gate:** 11am on 1<sup>st</sup> Saturday of month, National Cat Centre

**Eastbourne MS Friendly:** 10.30am on 1<sup>st</sup> Saturday of the month, Lakeside Tea Chalet, Hampden Park (30 minute walk)

**Hastings Ore:** 10.30am outside Ore Community Centre, Old London Road

Contact Lorna Neville

Health Walks Coordinator

01424 444675 or 07740 899559

or [lorna.neville@tcv.org.uk](mailto:lorna.neville@tcv.org.uk)





## Double Matinee Show My Fair Lady/What We Did on Our Holiday

Age Concern, Eastbourne



**14 September, 1pm to 5pm.**

**The Venton Centre, Junction Rd, Eastbourne, BN21 3QY**

Join us for a double film matinee and socialise with others in a comfortable and fun setting.

**Cost:** £2.

**Transport & Parking:** Good public transport nearby, both trains and buses within short walking distance.

**Catering:** Light refreshments will be available during the interval or for an additional cost lunch is available from our pantry.

**Contact:** Phone Liz Maxted or Linda Warner on 01323 638474.

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## Ivy House Walks for Dementia

Eastbourne Dementia Action Alliance and Ivy House

**16 September, 11am.**

**Eastbourne seafront – meet at Holywell**

All welcome, bring friends, family, pets, scooters and whatever you need to join the walk.

**Cost:** Free.

**Transport & Parking:** Parking on street at Holywell end.

**Catering:** No.

**Contact:** [www.facebook.com/Eastbournedementiaactionalliance](https://www.facebook.com/Eastbournedementiaactionalliance)  
or call Jane Lowe on 07834 225 644.



## The Good Life Show

### Eastbourne Seniors Forum



**27 September, 10am to 4pm.**

**The View Hotel, Grand Parade, Eastbourne, BN21 4DN**

A lifestyle event with stalls covering health, fitness, clubs, legal, future care, hobbies, leisure and learning. There will be things to buy and a chance to chat to service providers.

**Cost:** Free.

**Transport & Parking:** Good bus access and on-street parking available nearby.

**Catering:** Available to buy at venue.

**Contact:** Phone Shirley Davis on 01323 472167 or email [shirleyjdavis@talktalk.net](mailto:shirleyjdavis@talktalk.net) or [www.goodlife.esf-online.org](http://www.goodlife.esf-online.org)

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## Sport Eastbourne Older People's Celebration

### Eastbourne Borough Council



**1 October, 9.15am to 5pm.**

**Shinewater Sports & Community Centre, Milfoil Drive, Eastbourne, BN23 8ED**

There will be a variety of activities to try: walking football, walking netball, badminton, pickleball, table tennis and Short Mat Bowls. One You East Sussex will be attending too.

**Cost:** £2 per person per class.

**Transport & Parking:** Bus to Milfoil Drive and free car park at venue.

**Catering:** Free tea/coffee and biscuits will be available.

**Contact:** Phone Erica Francis on 01323 649214 or email [erica.francis@lewes-eastbourne.gov.uk](mailto:erica.francis@lewes-eastbourne.gov.uk) or phone Cameron Grant on 01323 768614 or email [cameron.grant@lewes-eastbourne.gov.uk](mailto:cameron.grant@lewes-eastbourne.gov.uk)



## New Derby House

### Homes First



**3 October, 10.30am to 12.30pm.**

**New Derby House, 506 Seaside, Eastbourne, BN23 6NP**

A coffee morning at New Derby House raising money for the Alzheimer's Society for much-needed research. There will be a tombola and cake sale.

**Cost:** Donations for tea and cake.

**Transport & Parking:** Bus stops nearby and on-street parking.

**Catering:** Refreshments are available.

**Contact:** Phone Inez Mepham on 01323 436446.

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## Let's talk about tablets!

### Coffee Pot Computing



**6 and 13 October, 10am to 12 noon.**

**Eastbourne Sovereign Sailing Club, Royal Parade, Eastbourne**

Would you like to use an iPad but don't know where to start? Come and chat to our regular users and friendly volunteers about how we can support you. Absolute beginners are our speciality: we will help you do what you want, at your own pace.

**Cost:** Free.

**Transport & Parking:** Buses along Royal Parade, pay and display parking at Fisherman's Green car park.

**Catering:** Free refreshments.

**Contact:** Email Lynne Kiernan at [lynne.kiernan@yahoo.co.uk](mailto:lynne.kiernan@yahoo.co.uk)



## Cranbrook Fun and Games



Saxon Weald

**11 October, 2pm to 4pm.**

**Cranbrook, 10 Pembury Road, Eastbourne, BN23 7FD**

Join us for an afternoon of games & bingo with children from West Rise School attending from 3:30pm to join in the fun.

**Cost:** Free entry £2:50 per bingo book, £1 for tea and cake.

**Transport & Parking:** Short walk from bus stops. Parking available at the shops in Pembury Road.

**Catering:** £1 for tea and cake.

**Contact:** Phone Zoe Wood on 01403 226195 or email [zoe.wood@saxonweald.com](mailto:zoe.wood@saxonweald.com)

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## Our History



Royal Voluntary Services

**11 October, 2pm to 5pm.**

**Leaf Hall Community Arts Centre, 51 Seaside, Eastbourne BN22 7NB**

Join the Royal Voluntary Service to explore Eastbourne's rich heritage with talks from local historians, and share your own memories and experiences of our beautiful town.

**Cost:** Free.

**Transport & Parking:** Bus stops nearby.

**Contact:** Phone Jessica Boelema on 07891 398368 or email [jessica.boelema@royalvoluntaryservice.org.uk](mailto:jessica.boelema@royalvoluntaryservice.org.uk)



# East Sussex Against Scams Partnership

## Useful scams contact numbers

- For support and advice on scams (eg rogue traders, romance scams, scam mail, telephone calls, text messages, emails), call Citizens Advice on **0345 40 40 506**
- If you are concerned about financial abuse speak to Health and Social Care Connect on **0345 60 80 191**
- For a non-emergency response (if you have been a victim of a fraud/scam), call Sussex Police on **101**
- If you have been affected by crime, get emotional and practical help from Victim Support on **0808 168 9274**
- To report a fraud, or suspected fraud, and share information to help stop others from becoming victims, call Action Fraud **0300 123 2040**

**Remember, scams are fraud and fraud is a crime!**

[www.safeineastsussex.org.uk/ESASP.html](http://www.safeineastsussex.org.uk/ESASP.html)





## Outing to Kensington Palace

Hastings Older People's Ethnic Group

**3 September**

HOPEG is now its eighth year. Join our members and make new friends on our day trip to Kensington Palace.

**Cost:** £12, booking is essential to secure a place.

**Transport & Parking:** Coach pick up from St Leonards-on-Sea.

**Catering:** Bring your own packed lunch.

**Contact:** Phone Julia Wells on 07770 525913 or email [julia72003@gmail.com](mailto:julia72003@gmail.com)

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## Health & Well-Being Day

Hastings Older People's Ethnic Group



**20 September, 10.30am.**

**Marina Pavilion, Marina, Saint Leonards-on-sea TN38 0BU**

A day of activities to enhance your well-being. Try a taster session in yoga, hand and foot massage, nail painting, Tai Chi, Pilates, chair exercises and hopefully a visit from a belly dancer.

**Cost:** Free if booked in advance or £5 on the day.

**Transport & Parking:** 98 or 99 bus; free on-street parking; car park next to the venue.

**Catering:** Free lunch in exchange for a completed evaluation form.

**Contact:** Phone Julia Wells on 07770 525913 or email [julia72003@gmail.com](mailto:julia72003@gmail.com)



## Wiltshire Farm Foods

Hastings & St Leonards Seniors' Forum



**28 September, 2pm to 4pm.**

**Friends Meeting House, South Terrace, Hastings, TN34 1SA**

Wiltshire Farm Foods will be giving a presentation about their meal delivery services followed by an opportunity to sample dishes from their new autumn range.

**Cost:** Free.

**Transport & Parking:** Short walk from the Queen's Road bus stops and Hastings train station.

**Catering:** Samples of the meals and tea and coffee will be provided free of charge.

**Contact:** Phone Ann Lowndes on 01424 439861 or email [lowndesann@yahoo.co.uk](mailto:lowndesann@yahoo.co.uk)

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## Music, Movement & Cakes

Sussex Community Development Association



**2 October, 11am to 12 noon.**

**Isobel Blackman Centre, Winding Street, Hastings, TN34 3AT**

A chance to come and see what we do as well as free entertainment, a cake sale and refreshments.

**Cost:** Free.

**Transport & Parking:** Bus access. No parking on site.

**Catering:** Free drinks and cakes available to buy.

**Contact:** Phone Carleton Astley on 01424 446428 or email [carleton.astley@sussex.community.org.uk](mailto:carleton.astley@sussex.community.org.uk)



October

HASTINGS

## Coffee Morning with taster classes



Active Hastings

**2 October, 9.15am to 12.45pm.**

**St Mary's in the Castle, 7 Pelham Crescent, Hastings, TN34 3AF**

A chance to try a new class: Pilates 9.30am and Tai Chi Qigong 11.30am.

**Cost:** £1 per class.

**Transport & Parking:** Buses stop right outside the venue. 10-minute walk from the train station. Pay and display car park opposite the venue.

**Catering:** Free tea, coffee and biscuits.

**Contact:** Phone 01424 451001 or email [activehastings@hastings.gov.uk](mailto:activehastings@hastings.gov.uk)

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## OPD Celebration Palm Court Tea



Hastings & St Leonards Seniors' Forum

**3 October, 10am to 2:30pm.**

**White Rock Theatre, White Rock, Hastings**

Meet new people and enjoy some music along with a raffle and cream tea.

**Cost:** £5.

**Transport & Parking:** Buses from Hastings and St Leonards.

**Catering:** Cream tea included in price.

**Contact:** Phone Ann Lowndes on 01424 439861 or email [lowndesann@yahoo.co.uk](mailto:lowndesann@yahoo.co.uk)



## LGBTQ Healthy Living Club – Older People's Day Celebration

Age UK East Sussex



**11 October, 10am to 12 noon.**

**The Robsack Centre, Bodiam Drive, St Leonards-on-Sea, Hastings,  
TN38 9TW**

A warm and friendly session of activities including chair and standing exercises, games and healthy snacks.

**Cost:** £1.

**Transport & Parking:** On bus route and parking at venue.

**Catering:** Yes, free refreshments.

**Contact:** Phone Sally Taylor on 07739 082538 or email [sally.taylor@ageukeastsussex.org.uk](mailto:sally.taylor@ageukeastsussex.org.uk)

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## Celebratory Cabaret

Optivo



**12 October, 1.30pm to 4pm.**

**St John the Evangelist Hall, Brittany Road, Upper St Leonards, TN38 ORD**

An afternoon of glitz and glamour, giving you an opportunity to dress up and celebrate Older People's Day in style.

**Cost:** £3.30, book in advance.

**Transport & Parking:** Bus 20, 23, 16 and free on-street parking.

**Catering:** Yes, included in price.

**Contact:** Phone Holly Paterson on 07718 100737 or email [holly.paterson@optivo.org.uk](mailto:holly.paterson@optivo.org.uk) or phone Pam Brayford on 07769 908036 or email [pamela.brayford@optivo.org.uk](mailto:pamela.brayford@optivo.org.uk)

## Did you know a tailored exercise programme can reduce your risk of Falls?



- Have you fallen in the last year?
- Do you have a fear of falling?
- Do you want to be more confident when getting out and about around your community?

If you answered yes to any of these questions please call  
0345 60 80 191

The advisor will direct you to services that can help to reduce your risk of falling



## Coffee, cake and crafts

Lewes House of Friendship



**4 September, 10.30am to 12.15pm.**

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

Come and relax in our lounge with a hot drink and a piece of cake. Meet other visitors and members, whilst having a go at a new craft or rediscover an old one – knitters welcome.

**Cost:** £3.

**Transport & Parking:** Bus and train station nearby. Limited parking at venue, or pay and display nearby.

**Catering:** Refreshments included within £3.

**Contact:** Phone 01273 476469 or email [hoflewes@aol.com](mailto:hoflewes@aol.com)

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## Memory choir

Lewes House of Friendship



**6 September, 1.30pm to 2.30pm.**

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

Fun session for visitors, carers and family members to try our Memory Choir. Great for those with memory problems or who just like to sing. The choir is led by classically trained singer/musician Mae Heydorn.

**Cost:** £2 for visitor and carers together.

**Transport & Parking:** Short walk from the town centre bus stops and train station. Limited parking at venue or nearby pay and display. Level access at rear; please contact for more details.

**Catering:** No catering but food is served at 12:30 at an additional cost. Please book if you would like food. Main course £4.50. £7 for two courses.

**Contact:** Phone 01273 476469 or email [hoflewes@aol.com](mailto:hoflewes@aol.com)



## Tour of the Keep

The Keep



**11 September, 12 noon.**

**The Keep, Woollards Way, Brighton, BN1 9BP**

Join us for a Tour of The Keep and find out how we preserve and document the past.

**Cost:** £3.50.

**Transport:** Free parking and bus stops nearby.

**Catering:** No.

**Contact:** Phone 01273 482349.

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## Conflicting Views; Pacifists Artists

The Keep



**11 September, 2.30pm to 3.30pm.**

**The Keep, Woollards Way, Brighton, BN1 9BP**

A talk by curator Dr Gill Clarke.

**Cost:** £5.

**Transport:** Free parking and bus stops nearby.

**Catering:** No.

**Contact:** Phone 01273 482349.





## Open Day at the Keep

The Keep



**15 September, 10am to 3.30pm.**

**The Keep, Woollards Way, Brighton, BN1 9BP**

Come and meet The Keep staff and find out more about our extensive collections and the work we do to conserve and make them accessible.

**Cost:** Free

**Transport:** Free parking and bus stops nearby.

**Catering:** Yes, refreshments available.

**Contact:** Phone 01273 482349.

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## Open day with afternoon tea

Sussex Community Development Association



**18 September, 2pm to 3.30pm.**

**Phoenix Centre, Malling Street, Lewes, BN7 2RD**

Enjoy afternoon tea with music and like-minded company.

**Cost:** £3.

**Transport & Parking:** Bus and trains nearby, and pay and display parking at venue.

**Catering:** Afternoon tea.

**Contact:** Phone Andrea Januszewska on 01273 472005.



## Planning for care in later life



Meridian and Rowe Avenue Surgery and Adult Social Care

**20 September, 2.30pm to 4pm.**

**St Davids Court, Balcombe Road, Peacehaven, BN10 7QB**

A question and answer session with representatives from the GP surgery and Adult Social Care to give people the opportunity to ask questions about planning care later in life. How do I get a carer? What if I want to move into a residential care? What are the costs?

**Cost:** Free, book in advance.

**Transport & Parking:** Bus stop near-by and free on-street parking.

**Catering:** Free tea and biscuits.

**Contact:** Email Sarah Gorton at [sarah.gorton@eastsussex.gov.uk](mailto:sarah.gorton@eastsussex.gov.uk)

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## Film – Finding Your Feet



Seaford Seniors Forum

**21 September, 2.30pm to 5pm.**

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

Opportunity to watch a great film and meet other members of the forum. Separate disabled entrance in Steyne Road.

**Cost:** Free.

**Transport & Parking:** Buses to the town centre and short walk, and public car park adjacent the venue.

**Catering:** Tea/coffee free; wine and snacks available to buy.

**Contact:** Phone Lin Neeve on 01323 490958 or email [linn625@gmail.com](mailto:linn625@gmail.com)



## Looking after your memories

### The Keep



**25 September, 11am.**

**The Keep, Woollards Way, Brighton, BN1 9BP**

Join our Conservation workshop at The Keep, a world class centre for archives. Find out how to handle and look after paper documents and photographs and bring your own item for advice on how to care for and preserve it.

**Cost:** £10.

**Transport:** Free parking and bus stops nearby.

**Catering:** No.

**Contact:** Phone 01273 482349.

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## Older Person's Day Coffee Morning

### Churchill House Social Club



**26 September, 12 noon.**

**Churchill House, Walmer Road, Seaford, BN25 3TJ**

A chance to meet new people and socialise.

**Cost:** 50p.

**Transport & Parking:** Bus stop close by and limited parking at venue.

**Catering:** Yes, refreshments included in price.

**Contact:** Phone Lewes Evans on 07710 069401 or email [lewes.evans@lewes-eastbourne.gov.uk](mailto:lewes.evans@lewes-eastbourne.gov.uk)



## Graham Greene's Brighton

### The Keep



**26 September, 5:30pm to 6:30pm.**

**The Keep, Woollards Way, Brighton, BN1 9BP**

A talk by local historian Dr Geoffrey Mead.

**Cost:** £5.

**Transport:** Free parking and bus stops nearby.

**Catering:** No.

**Contact:** Phone 01273 482349.

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## Macmilian Coffee Morning

### Lewes District Council



**28 September, 10am to 1pm.**

**Meridian Court, Carvell Avenue, Peacehaven, BN10 7NJ**

Macmilian coffee morning, with a raffle, tea, coffee, cakes, and many more activities throughout the morning.

**Cost:** Free but donations for the cake.

**Transport & Parking:** Bus stop near the venue and on-street parking.

**Catering:** Refreshments available plus cakes with a donation.

**Contact:** Phone Jo Spowage on 01273 471600.



## Macmilian Coffee Morning

Lewes District Council



**28 September, 10am to 2pm.**

**Reed Court, Boughey Place, Lewes, BN7 2EN**

Our annual charity event for Macmilian, with homemade cakes, a raffle, tea and coffee.

**Cost:** Free; donations for cakes

**Transport & Parking:** Bus access at the end of the road and parking at rear of venue.

**Catering:** Yes, with a small donation.

**Contact:** Phone Gina Hadfield on 01273 472194 or email [ginahadfield@lewes-eastbourne.gov.uk](mailto:ginahadfield@lewes-eastbourne.gov.uk)

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## Autumn Glory Coach trip through the glorious East Sussex countryside

Meridian Mature Citizens Forum



**2 October, picks up at 2pm from Sutton Corner, Lower Place, Newhaven and Greenwich Way, Peacehaven**

Take a scenic route through Sussex to Battle for afternoon tea at Mrs Burton's Tea Rooms.

**Cost:** £7, to be paid in advance.

**Catering:** Yes, included in the price.

**Contact:** Phone Kate on 01273 516207 or email [info@meridian-sf.org.uk](mailto:info@meridian-sf.org.uk)



## Quiz time fun using Skype technology



Sussex Housing & Care

**3 October, 2.30pm to 3.30pm.**

**Cheneys Lodge, 24A Sutton Avenue, Seaford, BN25 4LG**

Enjoy a light-hearted quiz. Be part of the 'Seaford' team that competes against older people in Crowborough. We'll use Skype to speak, listen to and see the Crowborough team. An opportunity to learn to use Skype – a useful technology to keep in touch with people who don't live close by.

**Cost:** Free.

**Transport & Parking:** Bus stop on Sutton Avenue.

**Catering:** Free refreshments.

**Contact:** Phone Lizzie Gurr on 01323 875254 or email [lizzie.gurr@sussexhousing.org.uk](mailto:lizzie.gurr@sussexhousing.org.uk)

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## Fun Quiz



Meridian Mature Citizens Forum

**8 October, 2pm to 4pm.**

**St Davids Court, Balcombe Road, Peacehaven, BN10 7QB**

One of Maggie from U3A's famous quizzes! Not too easy and not too hard. Tables of four – come as a team or come as you are. Make new friends and catch up with old ones.

**Cost:** Free.

**Transport & Parking:** No.14 bus to the Meridian Centre and a short walk.

**Catering:** Tea and cake after the quiz.

**Contact:** Phone Kate Davies on 01273 516207 or email [info@meridian-sf.org.uk](mailto:info@meridian-sf.org.uk)



## Lewes Then and Now

Lewes District Seniors Forum



**10 October, 2.30pm.**

**St Thomas's Hall, Cliffe High St, Lewes, BN7 2AH**

An illustrated talk by Bob Cairns with teasing questions to think about over tea and cakes.

**Cost:** Free.

**Transport & Parking:** Bus stop nearby, plus walkable from the train station.

**Catering:** Tea and cakes.

**Contact:** Email Richard Partridge at [rwpartridge49@gmail.com](mailto:rwpartridge49@gmail.com)

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## The Work of the Wealden Iron Research Group



The Keep

**10 October, 6.30pm to 7.30pm.**

**The Keep, Woollards Way, Brighton, BN1 9BP**

A talk by the group's Vice President Jeremy Hodgkinson.

**Cost:** £5.

**Transport:** Free parking and bus stops nearby.

**Catering:** No.

**Contact:** Phone 01273 482349.



## Film screening – Paddington 2

Meridian Mature Citizens Forum



**12 October, 2pm to 4pm.**

**Hillcrest Centre, Bay Vue Road, Newhaven, BN9 9LH**

A delightful family film for all ages. Lots of laughs as well as a few tears.

**Cost:** £3 on the door.

**Transport & Parking:** Bus to Lower Place, Newhaven, then a short walk. Free parking onsite.

**Catering:** Free tea and cake after the performance.

**Contact:** Phone Kate on 01273 516207 or email [info@meridian-sf.org.uk](mailto:info@meridian-sf.org.uk)

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## Quiz time fun using Skype technology

Sussex Housing & Care



**16 October, 2.30pm to 3.30pm.**

**Clevedown Barons Down Road, Lewes, BN7 1EY**

Enjoy a light-hearted quiz. Be part of the 'Lewes' team to compete against older people in Bexhill. We'll use Skype to speak, listen to and see the Bexhill team. An opportunity to learn to use Skype – a useful technology to keep in touch with people who don't live close by.

**Cost:** Free.

**Transport & Parking:** Bus stop outside Clevedown, on Brighton Road, outside the prison.

**Catering:** Free refreshments.

**Contact:** Phone Lizzie Gurr on 01323 875254 or email [lizzie.gurr@sussexhousing.org.uk](mailto:lizzie.gurr@sussexhousing.org.uk)





## East Sussex and the End of the First World War

### The Keep

**17 October, 5.30pm to 6.30pm.**  
**The Keep, Woollards Way, Brighton, BN1 9BP**

A talk by Dr Chris Kempshall.

**Cost:** £5.

**Transport:** Free parking and bus stops nearby.

**Catering:** No.

**Contact:** Phone 01273 482349.



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## Coffee morning with the Hearing Resource Centre Sussex Housing & Care



**19 October, 10.30am to 12 noon.**  
**Communal Lounge, Ashleigh Glegg House, Grosvenor Road,  
Seaford, BN25 2BW**

Enjoy a coffee morning for people who are hard of hearing or sight. You can book a free hearing test, get free advice and have your hearing aid checked by the Resources Centre whilst enjoying chatting to residents at Ashleigh Glegg and other visitors.

**Cost:** Free.

**Transport & Parking:** Short walk from the bus stop near the British Legion.

**Catering:** Free refreshments.

**Contact:** Phone Lizzie Gurr on 01323 875254 or email  
lizzie.gurr@sussexhousing.org.uk



## Tour of the Keep

The Keep



**30 October, 12 noon.**

**The Keep, Woollards Way, Brighton, BN1 9BP**

Join us for a tour of The Keep and find out how we preserve and document the past.

**Cost:** £3.50.

**Transport:** Free parking and bus stops nearby.

**Catering:** No.

**Contact:** Phone 01273 482349.

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## Sussex Witchcraft

The Keep



**30 October, 5.30pm to 6.30pm.**

**The Keep, Woollards Way, Brighton, BN1 9BP**

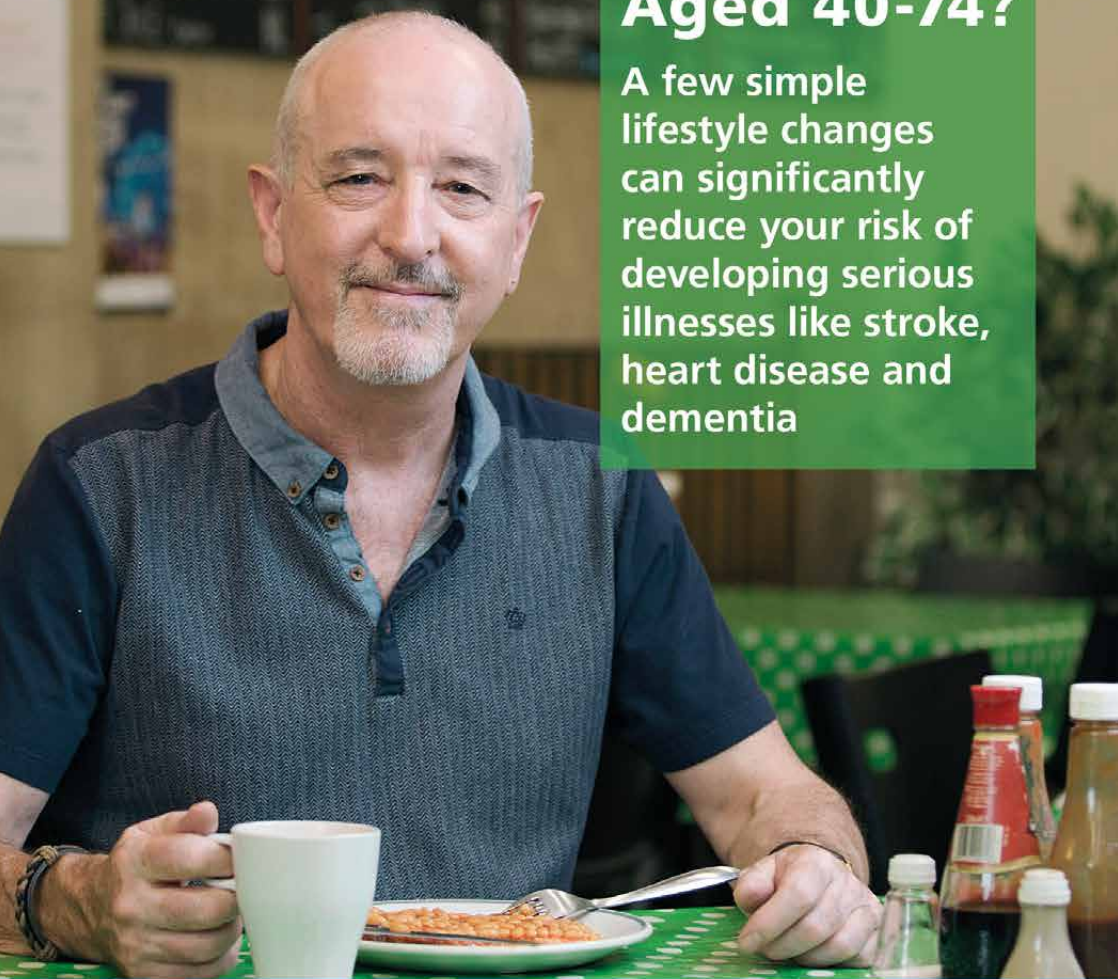
A talk by local historian Christopher Horlock.

**Cost:** £5.

**Transport:** Free parking and bus stops nearby.

**Catering:** No.

**Contact:** Phone 01273 482349.



## Aged 40-74?

A few simple lifestyle changes can significantly reduce your risk of developing serious illnesses like stroke, heart disease and dementia

Book your free NHS Health Check with your GP  
or One You East Sussex now

[oneyoueastsussex.org.uk/healthchecks](http://oneyoueastsussex.org.uk/healthchecks)



**ONE YOU**  
EAST SUSSEX

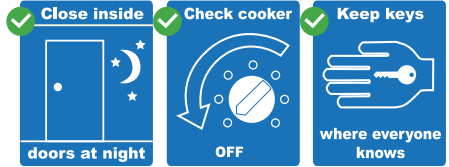
Connecting  
you



# MAKE A BEDTIME CHECK

You are more at risk from a fire when asleep.

So it's a good idea to check your home before you go to bed.



- ✔ Turn off and unplug electrical appliances unless they are designed to be left on.
- ✔ Don't leave the washing machine on.
- ✔ Turn heaters off and put up fireguards.
- ✔ Put candles and cigarettes out properly.
- ✔ Make sure exits are kept clear.

For free fire safety advice and where necessary provide and fit free smoke alarms:

Tel: 0800 177 7069

Email:  
[homefire.safetyvisits@esfrs.org](mailto:homefire.safetyvisits@esfrs.org)

Website: [www.esfrs.org](http://www.esfrs.org)



East Sussex  
Fire & Rescue Service

Local groups  
and hobbies

Advice and  
information

Local services

Events  
calendar

Family  
information

COMMUNITY EVENTS AND ORGANISATIONS LISTED FOR **FREE**

[www.escis.org.uk](http://www.escis.org.uk)

[info@escis.org.uk](mailto:info@escis.org.uk)



EAST SUSSEX COMMUNITY INFORMATION SERVICE

June 16 2012-13 539

# Leisure Centre activities

Taking part in physical activities can bring many health benefits, whilst providing an opportunity to socialise and have fun. To facilitate this, leisure centres around the county are supporting celebrations for Older People's Day (OPD) again this year, by offering a special 'taster rate' on a wide range of sessions throughout September and October.

**All activities listed here are suitable for older people, some are free and some are available for the special rate of just £1 (on production of a booklet or print out). Please refer to individual listings for details.** 'Meet the instructor' and 'introductory' sessions are offered free of charge and give people the opportunity to learn more before actually taking part.

All centres have disabled access, and drinks and snacks are available at most, either from vending machines or onsite cafes. Some sessions have limited spaces, so we recommend you contact the centre in advance of your visit to see if you need to book a place (especially if the session is a class).

Go along and try out something new, and come away feeling younger and full of life!

Please note, there are some leisure centre activities not listed in this section that are listed elsewhere in this booklet.

More information is available on the leisure centre websites:

For Lewes District: [www.waveleisure.co.uk](http://www.waveleisure.co.uk)

For Rother, Wealden & Hastings: [www.freedomleisure.co.uk](http://www.freedomleisure.co.uk)

## Hastings – Freedom Leisure

SLC Summerfields Leisure Centre, Bohemia Road TN34 1ET 01424 457691

Event	Date	Time	Cost
Talk & Try	Monday 1 October	9am to 1pm	Free *

\* Donations will be accepted on the day and all money raised will go to Age UK.

## Lewes – Wave Leisure

LLC	Lewes Leisure Centre, Mountfield Road BN7 2XG	01273 486000
DLC	Downs Leisure Centre, Sutton Road, Seaford BN25 4QW	01323 490011
PLC	Peacehaven Leisure Centre, Greenwich Way BN10 8BB	01273 588858
SSFC	Seahaven Swim & Fitness Centre, Newhaven BN9 9PN	01273 512498
NSH	Shakespeare Hall, Fort Road, Newhaven BN9 9DL	01273 510784

Event	Venue	Date	Time	Cost
Senior Active Lifestyle Event	DLC	04/09/18	10am to 2pm	Free
Chair Based Exercises	DLC	Mondays	2pm to 3pm	£1
Walk the Downs Rural Ramble	DLC	17/09/18 6pm to 8pm, 15/10/18 2pm to 4pm		Free †
Walk the Downs Health Walk	DLC	03/10/18	10am to 11am	Free †
Health Walk	DLC	Thursdays	10am to 11am	Free
Meet the Walk Leaders	DLC	Thursdays	10am to 11am	Free
Senior Active Lifestyle Event	LLC	10/09/18	10am to 2pm	Free
Seniors' Small Group Training	LLC	Mondays	1pm to 2pm	£1*
Health Walk	LLC	Tuesdays	10am to 11am	Free
Gym Introduction	LLC	Wednesdays	9.30am to 10am	Free
Seniors' Gym Class	LLC	Wednesdays	10am to 11am	£1*
Aqua Aerobics	LLC	Wednesdays	7pm to 8pm	£1*
Health Walk	PLC	Mondays	2pm to 3pm	Free
Walk the Downs Health Walk	PLC	25/09 & 30/10	2pm to 3pm	Free
Gym Introduction	PLC	Wednesdays	10am to 10.30am	Free
Seniors' Gym Class	PLC	Wednesdays	10.30am to 11.30am	£1*
Walk the Downs Rural Ramble	PLC	14/09 & 12/10	10am to 12.30pm	Free †
Therapeutic Swim Session	SSFC	Wednesdays	2.30pm to 3.30pm	£1*
Walk the Downs Health Walk	SSFC	06/09 & 04/10	11am to 12 noon	Free †
Walk the Downs Rural Ramble	SSFC	20/09 & 18/10	1pm to 3.30pm	Free †
Strength and Balance	NSH	Tuesdays	11am to 12 noon	£1*

\* Accessible with discount card issued at Senior Active Lifestyle Events  
 † Please contact the Health and Wellbeing Team on 01323 408862 or  
[referral@waveleisure.co.uk](mailto:referral@waveleisure.co.uk) for information on where the walk starts.

## Wealden – Freedom Leisure

ULC	Uckfield Leisure Centre, Downsview Crescent TN22 1UB	01825 761160
CLC	Crowborough Leisure Centre, Eridge Road TN6 2TN	01892 665488
OHLC	Old Heathfield Leisure Centre, Cade Street TN21 8RJ	01435 868824
HLC	Hailsham Leisure Centre, Vicarage Lane BN27 2AX	01323 846755

Event	Venue	Date	Time	Cost
Swim 50+	CLC	27/09/18	2.30pm to 4pm	£1
Walking Football	CLC	27/09/18	1.30pm to 2.30pm	£1
Walking Netball	CLC	27/09/18	11.30am to 12.30pm	£1
Active+	CLC	27/09/18	2pm to 3pm	£1
Badminton (2x courts)	CLC	27/09/18	3pm to 4pm	£1
Fitball	HLC	28/09/18	10.30am to 11am	£1#
Active 4 life	HLC	28/09/18	9.30am to 10.30am	£1#
Pilates	HLC	28/09/18	11.30am to 12.25pm	£1#
Lane Swimming	HLC	28/09/18	12 noon to 1.30pm	£1#
OPD gym session	OHLC	01/10/18	9am to 6pm	£1#
OPD gym session	OHLC	02/10/18	9am to 6pm	£1#
OPD gym session	OHLC	03/10/18	3pm to 6pm	£1#
OPD gym session	OHLC	04/10/18	9am to 6pm	£1#
OPD gym session	OHLC	05/10/18	3pm to 6pm	£1#
OPD gym session	OHLC	06/10/18	9am to 6pm	£1#
OPD gym session	OHLC	07/10/18	9am to 6pm	£1#
Walking Football	OHLC	02/10/18	7.30pm to 8.30pm	£1#
Pilates	ULC	27/09/18	10.45am to 11.45am	£1#
50+ spin	ULC	27/09/18	1pm to 1.45pm	£1#
Aqua Rehab	ULC	27/09/18	2.45pm to 3.30pm	£1#
Walking Football	ULC	27/09/18	5.30pm to 6.30pm	£1#
LBT	ULC	27/09/18	6.30pm to 7.30pm	£1#

# On presentation of an OPD booklet

## Rother – Freedom Leisure

BLC Bexhill Leisure Centre, Down Road TN39 4HS

01424 731171

Event	Venue	Date	Time	Cost
Active Plus Short Tennis	BLC	24/09/18	8.30am to 10am	Free #
Active Plus Aerobics	BLC	26/09/18	9am to 10am	Free #
Active Plus Badminton	BLC	28/09/18	2pm to 3.30pm	Free #

# On presentation of an OPD booklet

### A Trip Down Memory Lane

#### Golden Activities



**6 September and 10 October, 2pm to 4pm.**

**Bagnall Room, 25 Sackville Road, Bexhill-on-Sea, TN39 3JD**

A fun filled afternoon of reminiscing, storytelling and poetry. We are a friendly group who welcome everyone. If you are at a loose end, perhaps a bit lonely, bored or just enjoy talking about the good old days, come along and join us. This is a great way to meet new people and make friends.

**Cost:** £5.

**Transport & Parking:** Bus stop in Sackville Road or 8-minute walk from Bexhill Station.

**Catering:** Free refreshments.

**Contact:** Phone Anna Gillett at Golden Activities on 07961 349956 or email [goldenactivitiesuk@gmail.com](mailto:goldenactivitiesuk@gmail.com)





## Memory Walk

Bexhill Dementia Action Alliance



**9 September 2018, 11am to 12pm.**  
**Colonnade De La Warr Pavilion (on seafront)**

Come and join us to promote Dementia Friendly Communities, and to raise monies for Bexhill Dementia Action Alliance and the Alzheimer's Society. The seafront is wide enough to accommodate wheelchairs, scooters, etc.

**Cost:** Free.

**Transport & Parking:** Parking at De La Warr Pavilion is pay on display or free on street. Within walking distance of train station and town centre bus stops.

**Catering:** Refreshments supplied by the De La Warr Pavilion at the end of the walk.

**Contact:** Email [bexhilldaa@gmail.com](mailto:bexhilldaa@gmail.com)

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## Walking Netball

Sussex Netball, Active Rother and Freedom Leisure



**24 September, 11am to 12 noon.**  
**Bexhill Leisure Centre, Down Road, Bexhill-on-Sea, TN39 4HS**

A taster session in walking netball, a fun and social way to keep active.

**Cost:** Free.

**Transport & Parking:** Bus stops close to venue and parking at venue.

**Catering:** Refreshments available to buy at venue.

**Contact:** Phone Martyn Reynolds on 01424 731171  
or email [martyn.reynolds@freedom-leisure.co.uk](mailto:martyn.reynolds@freedom-leisure.co.uk)



## Walking Football



Age UK East Sussex/Freedom Leisure

**25 September, 9.15am to 10.45am.**

**Bexhill Leisure Centre, Down Road, Bexhill-on-Sea, TN39 4HS**

Wish you could still play football but find the game too fast?  
Walking Football is a great way to keep fit in a fun, social environment.

**Cost:** £3.

**Transport & Parking:** 21 and 98 buses stop 5 minutes' walk away.

**Catering:** No.

**Contact:** Email Mick Davies at [mickdavies48@gmail.com](mailto:mickdavies48@gmail.com)

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## Walking Cricket



Age UK East Sussex/Freedom Leisure

**28 September, 9.30am to 11.30am.**

**Bexhill Leisure Centre, Down Road, Bexhill-on-Sea, TN39 4HS**

Wish you could still play cricket but find the game too fast?  
Walking Cricket is a great way to keep fit in a fun, social environment.

**Cost:** Free.

**Transport & Parking:** 21 and 98 buses stop 5 minutes' walk away.

**Catering:** No.

**Contact:** Call Trevor Stanley 07956 667531.





## Arts and Crafts activities

Sussex Housing & Care



**2 October, 10.30am to 11.30am.**

**Ardath Care Home, 27 Hastings Road, Bexhill, TN40 2HJ**

Come and enjoy an arts and crafts activity – beginners very welcome. The session will be led by Sarah from Creative Minds and will be a fun social activity with visitors and residents at Ardath.

**Cost:** Free.

**Transport & Parking:** Good bus access and 20 minute walk from Bexhill Station. Free on street parking.

**Catering:** Refreshments available.

**Contact:** Phone Lizzie Gurr on 01323 875254 or email [lizzie.gurr@sussexhousing.org.uk](mailto:lizzie.gurr@sussexhousing.org.uk)

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## Arts and Crafts activities

Sussex Housing and Care



**3 October, 10.30am to 11.30am.**

**Saxonwood Care Home**

Come and enjoy an arts and craft activity morning. You don't need to be a pro – beginners welcome. The session will be led by Sarah from Creative Minds and will be a fun social activity with visitors and residents at Saxonwood Care Home.

**Cost:** Free.

**Transport & Parking:** Bus stop close to Battle Library and a short walk.

**Catering:** Free refreshments.

**Contact:** Phone Lizzie Gurr on 01323 875254 or email [lizzie.gurr@sussexhousing.org.uk](mailto:lizzie.gurr@sussexhousing.org.uk)



## Tea and Tour

De La Warr Pavilion



**10 October.**

**De La Warr Pavilion, Marina, Bexhill-on-Sea, TN40 1DP**

Celebrate Older People's Day with a tour of the De La Warr Pavilion with tea and cake. Meet new people and learn about the building and our current exhibitions.

**Cost:** £5, book at [www.dlwp.com](http://www.dlwp.com) or call 01424 229103.

**Transport & Parking:** Close to bus stop, town centre and train station are a 15 minute walk. Pay and display parking at venue.

**Catering:** Yes, included in the price.

**Contact:** Book at [www.dlwp.com](http://www.dlwp.com) or call 01424 229103.

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## Killer Queen – a Queen Tribute act

Rother Seniors' Forum



**10 October.**

**Theatre Royal, Brighton**

Fantastic show and music.

**Cost:** £25.

**Transport & Parking:** Coach travelling to the venue.

**Catering:** Refreshments available to buy at the theatre.

**Contact:** Phone Ron on 01424 870801 or email [88suro88@gmail.com](mailto:88suro88@gmail.com)





## Quiz time fun using Skype technology



Sussex Housing & Care

**16 October, 2.30pm to 3.30pm.**

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

Enjoy a light-hearted quiz and be part of the 'Bexhill' team that competes against older people in Lewes. We'll use Skype to speak, listen to and see the Lewes team. An opportunity to learn to use Skype – a useful technology to keep in touch with people who don't live close by.

**Cost:** Free.

**Transport & Parking:** 10-minute walk from the bus stop outside Bexhill College.

**Catering:** Free refreshments.

**Contact:** Phone Lizzie Gurr on 01323 875254 or email [lizzie.gurr@sussexhousing.org.uk](mailto:lizzie.gurr@sussexhousing.org.uk)

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## Rye Healthy Living Club Older People's Day Celebration



Age UK East Sussex

**17 October, 10am to 12 noon.**

**1st Rye South Centre, The Grove, Rye, TN31 7ND**

A warm and friendly session of activities including chair and standing exercises, games and healthy snacks.

**Cost:** £1.

**Transport & Parking:** On a bus route and close to Rye train station.  
Free parking at venue

**Catering:** Free refreshments

**Contact:** Phone Sally Taylor on 07739 082538 or email [sally.taylor@ageukeastsussex.org.uk](mailto:sally.taylor@ageukeastsussex.org.uk)



**keep warm and well**  
...in East Sussex

## Winter Home Check Service

If you are on a low income and are also an older person, a disabled person, someone with an ongoing health condition or a family with children, you may qualify for a free Winter Home Check. It includes:

- Assessment of your home
- Tips to keep it warm
- Small improvement works
- Fitting replacement boilers, central heating systems or insulation (subject to eligibility and availability)
- Emergency temporary heating
- Advice and help with the cost of heating your home



17/16 053

For more information: 0800 085 1674 · [www.warmeastsussex.org.uk](http://www.warmeastsussex.org.uk)



## Celebration Cream Tea with Wealden Seniors

Wealden Senior Citizens' Partnership



**7 September, 2pm to 4.30pm.**

**The Garden Suite, Dean's Place Hotel, Seaford Road, Alfriston, BN26 5TW**

An enjoyable cream tea social to celebrate Older People's Day, in the Garden Suite of this highly regarded hotel, combining heritage, charm, tranquillity and panoramic views of the South Downs.

**Cost:** £5, booking essential.

**Transport & Parking:** Public transport limited but lifts can be arranged on booking. Ample parking at the venue.

**Catering:** Cream Tea as part of the cost.

**Contact:** Phone Linda Graham on 01892 770487 or email [info@wealden-scp.org](mailto:info@wealden-scp.org)

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## Saturday Social

Saturday Social



**8 September, 15 September, 13 October, 27 October, 2pm to 4pm.**

**Victoria Pavilion, Victoria Pleasure Ground, Uckfield, TN22 5DJ**

Saturday Social is a supportive, safe and caring gathering for people living with dementia and other care needs, to come with their carers and family members and socialise with others in similar situations.

**Cost:** Free.

**Transport & Parking:** Disabled parking available.

**Catering:** Free refreshments and cake.

**Contact:** Phone Margaret on 01825 760176 or Alison on 01825 605030.



## Movement and Dance Gently Taster



ACRES

**11 September, 10.30 am to 11.30am.**

**Foresters Hall, Harcourt Road, Uckfield, TN22 5DT**

An introduction to a gentle dance class incorporating stretching and strengthening movements to aid everyday life. Come and exercise your face muscles as well as the rest of your body! It is a chance to lose yourself in music and reminisce.

**Cost:** Free.

**Transport & Parking:** Walkable from the town centre for buses and train; free parking at the venue.

**Catering:** No.

**Contact:** Phone ACRES on 01825 761820 or email [adultlearning@acres.org.uk](mailto:adultlearning@acres.org.uk)

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## Coffee Morning



Vitality Villages

**17 September, 10.30am to 12.30pm.**

**Great Space, Herstmonceux Health Centre, Hailsham Road, Herstmonceux**

Talk and demo on self hand massage and learning some simple reflexology tricks.

**Cost:** Free.

**Transport & Parking:** 98 bus stops outside, plus car park at venue. Disabled access and parking.

**Catering:** Tea/coffee.

**Contact:** Phone Shelia Charlton on 01323 833673 or email [sheliacharlton@uwclub.net](mailto:sheliacharlton@uwclub.net)





## Ninfield Film Screening – Singing in the Rain

Ninfield Parish Council



**21 September, 1.30pm.**

**Ninfield Memorial Hall, Bexhill Road, Ninfield TN33 9LB**

A lovely afternoon watching a great film.

**Cost:** Free – booking required.

**Transport & Parking:** Parking at the venue.

**Catering:** Free refreshments.

**Contact:** For more information or to book your place, please contact Jackie Langley on 01424 892422 or email [jackie.langley1@btinternet.com](mailto:jackie.langley1@btinternet.com)

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## Movies Make Memories – The Wizard of Oz

Hailsham Pavilion / Wealden District Council



**28 September, 1.30pm doors open, film starts at 2pm.**

**Hailsham Pavilion, George Street, Hailsham, BN27 1AE**

Enjoy a lovely afternoon watching a classic film.

**Cost:** £3, and carers get in free.

**Transport & Parking:** Near to town centre bus stops and public car parks.

**Catering:** Refreshments available to purchase.

**Contact:** To book call Hailsham Pavilion on 01323 841414 or email [info@hailshampavilion.co.uk](mailto:info@hailshampavilion.co.uk).



## Quiz time using Skype technology

Sussex Housing & Care



**3 October, 2.30pm to 3.30pm.**

**Nevill Court, Beacon Road, Crowborough TN6 1UD**

Enjoy a light-hearted quiz and be part of the 'Crowborough' team that competes against older people in Seaford. We'll use Skype to speak, listen to and see the Seaford team. An opportunity to learn to use Skype – a useful technology to keep in touch with people who don't live close by.

**Cost:** Free.

**Transport & Parking:** Bus stop in Beacon Road and a short walk to Nevill Court.

**Catering:** Free.

**Contact:** Phone Lizzie Gurr on 01323 875254 or email [lizzie.gurr@sussexhousing.org.uk](mailto:lizzie.gurr@sussexhousing.org.uk)

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## Taster session of the TN22 social lunch club

ENGage



**3 and 31 October, 11am to 2pm.**

**Hadlow Down Village Hall, Hut Lane, Hadlow Down, TN22 4HQ**

Come and join the TN22 club for a taster session and find out about the seniors club. The club runs on alternate Wednesdays and offers friendly companionship, social activities and regular entertainment with a freshly prepared two-course lunch and refreshments.

**Cost:** Free visit, £3 for lunch, (usually £6 for a session).

**Transport & Parking:** Volunteer transport may be available which will be at extra cost. Free parking at venue.

**Catering:** Refreshments are free. Lunch is £3.

**Contact:** Phone Suzanne Hammond 01435 661054 or email [brendansuzanne@gmail.com](mailto:brendansuzanne@gmail.com)



## Bentley Grange Bingo and Bowls

Saxon Weald



**5 October, 2pm to 4.30pm. Binder Lane, Hailsham, BN27 1FA**

An afternoon of warm, friendly and welcoming fun with bingo, a raffle and some gentle exercise playing indoor bowls.

**Cost:** Free entry, £1.50 for afternoon tea and bingo; 20p per raffle ticket.

**Transport & Parking:** Short walk from the town centre and free on-site parking.

**Catering:** £1.50 for the afternoon tea.

**Contact:** Phone Collette Burgman on 01403 226185 or email [collette.burgman@saxonweald.com](mailto:collette.burgman@saxonweald.com)

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## Quiz fun with afternoon tea

Sussex Housing & Care



**12 October, 2pm to 3.30pm.**

**Woodlands Care Home, Beacon Road, Crowborough, TN6 1UD**

Enjoy a fun quiz with residents accompanied by afternoon tea. Meet staff and residents and have a tour of Woodlands Care Home.

**Cost:** Free.

**Transport & Parking:** Bus stop in Beacon Road and a short walk to Woodlands.

**Catering:** Free refreshments.

**Contact:** Phone Lizzie Gurr on 01323 875254 or email [lizzie.gurr@sussexhousing.org.uk](mailto:lizzie.gurr@sussexhousing.org.uk)



## Songs and afternoon tea for seniors



Wealden Senior Citizens' Partnership

**13 October, 2.30pm to 5pm.**

**Heathfield Community Centre, Sheepsetting Lane, Heathfield, TN22 0XQ**

Join us for homemade afternoon tea and a good singalong with The Pinny Sisters.

**Cost:** £5, booking essential.

**Transport & Parking:** No nearby public transport but lifts can be arranged on request when booking. Free parking at venue.

**Catering:** Afternoon tea included in the price.

**Contact:** Phone Linda Graham on 01892 770487 or email [info@wealden-scp.org](mailto:info@wealden-scp.org)

## Polegate Healthy Living Club



Age UK East Sussex

**16 October, 2pm to 4pm.**

**Polegate Community Centre, 54 Windsor Way, Polegate, BN26 6QF**

A warm and friendly session including chair and standing exercises, games and healthy snacks.

**Cost:** £1.

**Transport & Parking:** On bus route and close to Polegate train station. Free parking onsite.

**Catering:** Yes free refreshments.

**Contact:** Phone Sally Taylor on 07739 082538 or email [sally.taylor@ageukeastsussex.org.uk](mailto:sally.taylor@ageukeastsussex.org.uk)

**EAT WELL.**  
**MOVE MORE.**  
**DRINK LESS.**  
**BE SMOKE FREE.**  
**LOSE WEIGHT.**

**READY FOR A NEW YOU?**

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hello@oneyoueastsussex.org.uk | 01323 404600

**ONE YOU**  
**EAST SUSSEX**



@OneYouESussex



# Read it online

eBooks, eMagazines, eAudiobooks and lots more at:

[eastsussex.gov.uk/libraries](https://eastsussex.gov.uk/libraries)

There's loads of great, **FREE** online resources including:

- fiction, non-fiction, lifestyle
- eAudiobooks to download and listen to
- eMagazines and newspapers on your web browser or via the app for your tablet or phone
- resources for family and local history!

Library membership is **FREE!** For more information about joining the library online visit: [eastsussex.gov.uk/jointhelibrary](https://eastsussex.gov.uk/jointhelibrary)



2017-18 021



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

**We're here for you if you need advice, information or support.**



email: [info@cftc.org.uk](mailto:info@cftc.org.uk) telephone: 01323 738390 text: 07860 077300

website: [www.cftc.org.uk](http://www.cftc.org.uk)  @care4thecarers  careforthecarers

**No one left to care alone**

Care for the Carers is a charitable company registered in England and Wales with No. 3677361 and Charity No. 1074906 Registered Office:  
Care for the Carers, Highlight House, 8 St Leonards Road, Eastbourne. BN21 3UH.

# Seniors' Forums contact details

## Eastbourne Seniors Forum

Nadine Harris

Phone: 01232 768868

Email: [nadineharris@sky.com](mailto:nadineharris@sky.com)

## Meridian Mature Citizens Forum

Kate Davies

Phone: 01273 516207

Email: [info@meridian-sf.org.uk](mailto:info@meridian-sf.org.uk)

## Hastings & St Leonards Seniors' Forum

Pam Brown OBE

Phone: 01424 424693

Email: [pamfbrown1066@gmail.com](mailto:pamfbrown1066@gmail.com)

## Rother Seniors' Forum

Ron Sunderland

Phone: 01424 870801

Email: [88suro88@gmail.com](mailto:88suro88@gmail.com)

## Hastings Older People's Ethnic Group (HOPE G)

Julia Wells

Phone: 07770 525913

Email: [julia72003@gmail.com](mailto:julia72003@gmail.com)

## Seaford Seniors' Forum

Lin Neeve

Phone: 01323 490958

Email: [secretary.seafordseniors@gmail.com](mailto:secretary.seafordseniors@gmail.com)

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For more information about East Sussex Seniors' Association (ESSA) and seniors' forums, visit [www.essaforums.org.uk](http://www.essaforums.org.uk) or contact Kate Davies on 01273 516207 or: [katedaviesofpiddenhoe@gmail.com](mailto:katedaviesofpiddenhoe@gmail.com)

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