



# Let's celebrate!

## Older People's Day in East Sussex 2019

Full of Life events programme  
September to October



# Welcome to the Events Programme for Older People's Day 2019

### Introduction by Lin Neeve, East Sussex Seniors' Association Chair

It is that time of year again and once more we have lots of events, during Older People's Day (OPD), many of which are free 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 need 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 on the back of this booklet.

We would appreciate it if you would 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 12th 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 23-26). 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:** 10.30am 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

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

**Seaford:** 10am - 1<sup>st</sup>/3<sup>rd</sup>/5<sup>th</sup> Tuesday of month at Salts Café; 2<sup>nd</sup>/4<sup>th</sup> at Martello Tower

## WEDNESDAYS

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

**Bexhill Ravenside:** 10.30am outside Freedom Leisure Swimming Pool

**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 - 1<sup>st</sup> Thurs Fernbank Centre; 2<sup>nd</sup> Millbrook Garden Centre; 3<sup>rd</sup> St. Johns Rd carpark (Apr-Sep), Fernbank (Oct-Mar); 4<sup>th</sup> Millbrook; 5<sup>th</sup> St Johns Rd

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

**Hastings Town:** 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> Sat of month (May-Oct) Lakeside Tea Chalet, Hampden Park (30 minute walk)

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

## CONTACT:

Office: 01424 444675

Lorna Neville: 07740 899559

Anna Pole: 07483 045734

[eastsussexhealthwalks@tcv.org.uk](mailto:eastsussexhealthwalks@tcv.org.uk)





## Ivy House walk for dementia



**15 September, 11am.**

**Walking from Holywell along the Eastbourne seafront**

All are welcome; bring friends, family, pets, scooters, mobility scooters, whatever you need to join our walk; raising dementia awareness in the community.

Appropriate clothing and footwear should be worn. Participants take part at their own risk.

**Cost:** Free.

**Transport & Parking:** Parking available in surrounding roads.

**Catering:** N/A.

**Contact:** 01323 431 801, [support@ivyhouse-dementiacare.com](mailto:support@ivyhouse-dementiacare.com)

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## Walk Fest

**20 to 29 September.**

**All over Lewes and Eastbourne**

A ten-day walking festival held in Eastbourne and Lewes to encourage people to get out and about, be active and discover the joy of walking. From tranquil coastal strolls in Eastbourne and the South Downs to the culture and history of Lewes, dog friendly walks and nature walks, you will be sure to find a walk that's suitable for you!

So get on your walking shoes and come and join the many walks taking place across Eastbourne, The South Downs, Lewes, Newhaven and Seaford.

**Cost:** Free (donations desired).

**Transport & Parking:** Varies dependent on walk.

**Contact:** Visit [eastbourneandleweswalkfest.org](http://eastbourneandleweswalkfest.org) to find out about the walks taking place.



## Older People's Day celebration

Eastbourne & Lewes Council



26 September, 10.30am.

Upwyke House, Green Street, Eastbourne, BN21 1QY

This is a great opportunity for the community and tenants to come together along with YMCA and enjoy various activities including a cake sale, raffle and chair activities.

**Cost:** Free.

**Transport & Parking:** There is free parking nearby and good bus links.

**Catering:** Tea, coffee and juice available.

**Contact:** Email Sonia Finn at [sonia.finn@lewes-eastbourne.gov.uk](mailto:sonia.finn@lewes-eastbourne.gov.uk)

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## The Good Life Event 2019

Eastbourne Seniors Forum



26 September, 10.30am to 3.30pm, Welcome Building, Devonshire Quarter, Carlisle Road, Eastbourne BN21 4BP

The event will have a Lifestyle theme. Interests include Health and well-being. Computer training, care and support, legal matters, financial advice along with hobbies, leisure and learning possibilities.

**Cost:** Free.

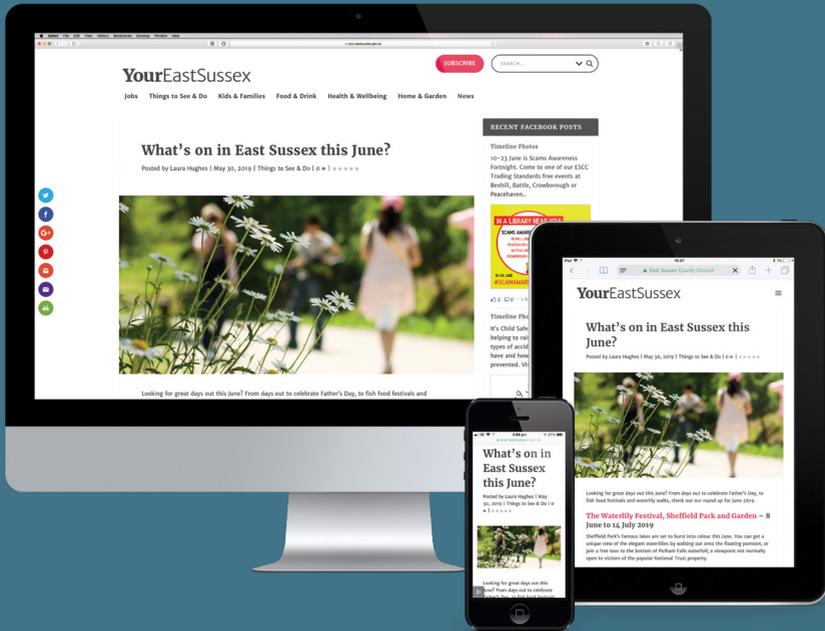
**Transport & Parking:** There are good bus links to and from Eastbourne town centre, and the venue (situated between the Congress Theatre and the Winter Gardens) is a short walk from Eastbourne Train Station. There is limited on-street parking in the area but two car parks nearby.

**Catering:** Refreshments available to purchase within the venue.

**Contact:** Phone Shirley Davis on 01323 472167 or email [goodlife@esf-online.org](mailto:goodlife@esf-online.org)

# YourEastSussex

[your.eastsussex.gov.uk](http://your.eastsussex.gov.uk)



Visit the *Your East Sussex* website, the go-to place for all your local news and features, brought to you by East Sussex County Council.

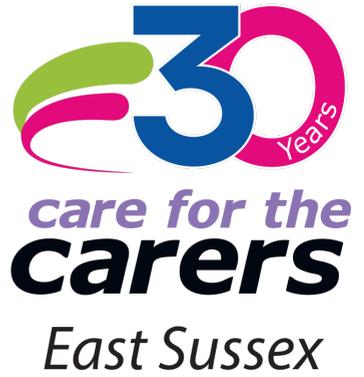
**Your news. Your features.  
Your county. Your East Sussex.**

Visit [your.eastsussex.gov.uk](http://your.eastsussex.gov.uk) and sign up to our email newsletter.

East Sussex  
County Council



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



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



**Care for the Carers offers a range of free carers support groups in 17 locations across East Sussex, including groups for carers of people with dementia, mental health issues, and for Young Adult Carers. Celebrate Older People's Day at our September and October groups!**

**[www.cftc.org.uk](http://www.cftc.org.uk)**

**[info@cftc.org.uk](mailto:info@cftc.org.uk) Tel: 01323 738390 Text: 07860 077300**



care4thecarers



careforthe carers



careforthe carers

***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.



## YMCA Engage – activity session

YMCA Downslink Group Ltd



**26 September, 10.30am to 11.30am**

**Upwyke House, Green Street, Eastbourne, BN21 1QY**

Each YMCA Engage session aims to promote an individual's mobility and more precisely their co-ordination, balance, strength and flexibility. Sessions are fun, encouraging and light-hearted. Booking required.

**Cost:** Free.

**Transport & Parking:** There is a regular bus service nearby and some on-street parking available.

**Catering:** Refreshments will be available after the activity session.

**Contact:** To book phone Sonia Finn 01323 436445 or for more information phone Julie Burr 01323 412412 or email [engage@ymcadlg.org](mailto:engage@ymcadlg.org)

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## Film Club Double Bill

Age Concern Eastbourne



**4 October, 1pm to 5pm. The William & Patricia Venton Centre, Junction Road, Eastbourne, BN21 3QY**

It's great to watch a film but even better when you can share the experience with likeminded people. It's fun, friendly and there is an intermission for ice cream! What more could you want?

**Cost:** £2.

**Transport & Parking:** Good bus and train services to the town or a freephone taxi service. There is also a multi-storey car park nearby.

**Catering:** Drinks and ice-cream can be purchased before the first film starts from the Pantry.

**Contact:** Liz Maxted 01323 638474 [liz.maxted@ageconcerneastbourne.co.uk](mailto:liz.maxted@ageconcerneastbourne.co.uk)



## 9th Outing to Greenwich

Hastings Older People's Ethnic Group

**3 September, time confirmed at time of booking.**

**Greenwich, London**

Join our members and make new friends on a coach trip to Greenwich. Visit the Royal Observatory, Greenwich Pier, wander through the covered market and use the walk way under the Thames and visit the Cutty Sark. Plenty of eating places to choose from.

**Cost:** £10 non- refundable, booking is essential.

**Transport & Parking:** Coach provided from Warrior Square, St Leonards-on-Sea.

**Catering:** N/A.

**Contact:** Phone Julia Wells on 07770 525918 or email [julia72003@gmail.com](mailto:julia72003@gmail.com)

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## 9th Health & well-being day

Hastings Older People's Ethnic Group



**19 September, from 10.30am**

**Azur at the Marina Pavilion, St Leonards-on-Sea, TN38 0BU**

A day of activities to enhance your well-being. Try taster sessions of Yoga, hand massage, nail painting, foot massage, Tai Chi, Pilates, Chair exercise and Belly Dancing.

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

**Transport & Parking:** There is free on-street parking and a car park next door, or you can travel to the venue using the 98 or 99 bus.

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

**Contact:** Phone Julia Wells on 07770 525918 or email [julia72003@gmail.com](mailto:julia72003@gmail.com)



## Cream tea and entertainment



Hastings & St Leonards Dementia Action Alliance

**26 September, 2pm to 5pm.**

**St Matthew's Church Centre, London Road, Silverhill, TN37 6PD**

Come along, meet others for a chat and enjoy a pleasant afternoon of refreshments and entertainment.

**Cost:** Free, booking required.

**Transport & Parking:** There is on-street parking available and bus routes 20, 22, 22A, 99, 100 all stopping nearby.

**Catering:** Included.

**Contact:** Phone Val on 01424 445198 or email [valerie12batty@gmail.com](mailto:valerie12batty@gmail.com) or Pam on 01424 424693, [pamfbrown1066@gmail.com](mailto:pamfbrown1066@gmail.com)

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## Palm Court Tea



Hastings & St Leonards Seniors' Forum

**2 October, 2.30pm to 4.30pm.**

**White Rock Theatre, White Rock, Hastings, TN34 1JX**

Join us for a cream tea. Raffle and entertainment while you spend time with other members of the Hastings & St Leonards Seniors Forum.

**Cost:** £5, booking required.

**Transport & Parking:** The venue is a short walk from the town centre and buses run regularly past the venue.

**Catering:** Included in the price.

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



## Stay in touch on Older People's Day



East Sussex libraries with Lewes & Eastbourne Councils

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

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

Learn how to use a computer or tablet to find out about local clubs and events, keep in touch with family and friends, access the free online library, do an online food shop, discover your family history, book GP appointments and order repeat prescriptions. Bring your own device or use ours. Booking required.

**Cost:** Free.

**Transport & Parking:** There is free parking at the venue.

**Catering:** N/A.

**Contact:** To book your place please call 01323 463759.

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## Coffee, cake and craft



Lewes House of Friendship

**10 September, 10am to 12.15pm.**

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

This is a good chance to come and see what we offer at the House of Friendship, to meet some of our members, enjoy a cup of tea or fresh coffee – and cake – and try your hand at a craft, or learn a new one, such as crochet.

**Cost:** Free.

**Transport & Parking:** Pay and display car park nearby and good bus and train links to the town.

**Catering:** Refreshments will be available for a donation.

**Contact:** Phone 01273 476469 on Mondays to Fridays 9.30am to 1pm or email [hoflewes@aol.com](mailto:hoflewes@aol.com)



## Live better, die better

East Sussex County Council – Locality Link Workers



**11 September, 1pm to 4pm.**

**The Trinity Centre, St John Sub Castro, Abinger Place, Lewes, BN7 2QA**

An opportunity to learn more about living well in later years with health and social opportunities and how to plan for a good death. A chance to chat with a range of friendly, local experts.

**Cost:** Free.

**Transport & Parking:** There is on-street paid parking and public car parks nearby and the venue is approximately 10 minutes' walk from the bus or train station.

**Catering:** Café 12/31 is on site where participants can purchase coffees, teas, soft drinks and cakes.

**Contact:** Sue Dunkley 07720 040810 [sue.dunkley@eastsussex.gov.uk](mailto:sue.dunkley@eastsussex.gov.uk)

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## Walk and a cream tea

Sussex Community Development Association



**14 September, 1pm to 3pm, The Big Park (and Gateway Café), Piddinghoe Avenue, Peacehaven, BN10 8RH**

A 30 minute walk in the Big Park followed by cream tea in the café. Meet others, get some fresh air and find out about regular health walks or other exercise classes in the Havens. Booking required.

**Cost:** Free.

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

**Catering:** Cream tea paid for by SCDA, courtesy of the Big Park Café.

**Contact:** Call 01273 519149 or e-mail the healthy lifestyles team [healthylifestyles@sussexcommunity.org.uk](mailto:healthylifestyles@sussexcommunity.org.uk) to book your space.



## Stay in touch on Older People's Day



East Sussex libraries with Lewes & Eastbourne Councils

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

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

Learn how to use a computer or tablet to find out about local clubs and events, keep in touch with family and friends, access the free online library, do an online food shop, discover your family history, book GP appointments and order repeat prescriptions. Bring your own device or use ours. Booking required.

**Cost:** Free.

**Transport & Parking:** There is plenty of parking at the venue and in the surrounding area and a bus stop nearby.

**Catering:** N/A.

**Contact:** To book your place please call 01323 463759.

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## History Mystery Walk

Sussex Community Development Association

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

**Lewes Train Station, Station Road, Lewes, BN7 2UP**

Let's go for a stroll through the historic town of Lewes, talking about some historical sites. Why not bring some change for a tea, coffee and cake afterwards! Please book!

**Cost:** Free.

**Transport & Parking:** Good access via train and bus links to the station.

**Catering:** Tea and cake will be available afterwards.

**Contact:** Phone or e-mail the healthy lifestyles team to book your space on 01273 519149 or [healthylifestyles@sussexcommunity.org.uk](mailto:healthylifestyles@sussexcommunity.org.uk)



## Older People's Day coffee morning

Eastbourne & Lewes Council



19 September, 10.30am to 11.30am

Seaford House, Crouch Lane, Seaford, BN25 1PW

A chance to socialise while enjoying a cup of tea, biscuits and cake!

**Cost:** Free.

**Transport & Parking:** There is a bus stop nearby and a pay and display car park if you are travelling by car.

**Catering:** 50p for a drink and a biscuit or cake.

**Contact:** Phone 01323 891346.

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## Walk Fest

20 to 29 September.

All over Lewes and Eastbourne.

A ten-day walking festival. Get out and about, be active and discover the joy of walking. From tranquil coastal strolls in Eastbourne and the South Downs to the culture and history of Lewes, dog friendly walks and nature walks, you will be sure to find a walk that's suitable for you!

**Cost:** Free (donations desired).

**Transport & Parking:** Varies dependent on walk.

**Catering:** N/A.

**Contact:** Visit [eastbourneandleweswalkfest.org](http://eastbourneandleweswalkfest.org) to find out about the walks taking place.



## Lunch at Kempton House

Kempton House Day Centre



**25 September, 12pm to 2pm.**

**Kempton House Day Centre, Cavell Avenue, Peacehaven, BN10 7NJ**

Come and join us for lunch at Kempton House in celebration of Older People's Day. See the good work Kempton House does for older people in the community to stop loneliness by offering lunches four days a week plus other activities.

**Cost:** £6, booking is essential.

**Transport & Parking:** 12a bus to South Coast Road and a short walk to the day centre. Some parking on site.

**Catering:** Two course meal and hot drink included.

**Contact:** Sue 07821 515118, email kemptonhousedaycentre@hmail.com

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## Older People's Day celebrating with Macmillan coffee morning

Lewes District Council – Homes First



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

**Meridian Court, 38 Cavell Avenue, Peacehaven, BN10 7NJ**

Everyone is welcome to join us for a tombola, raffle, table top sale and tea and cake as we celebrate Older People's Day and raise funds for Macmillan.

**Cost:** Contributions made to Macmillan's World's Biggest Coffee Morning.

**Transport & Parking:** 12a bus to South Coast Road and a short walk to the day centre. Some parking on site.

**Catering:** There will be a cake stall and tea/coffee and cake for a £1.

**Contact:** Phone Jo Spowage on 01273 588721 or email joanne.spowage@lewes-eastbourne.gov.uk



## Outing to enjoy the Battle Festival

### Meridian Mature Citizens' Forum

**1 October, first pick up 11.30am Denton Corner, then on to Battle.**

A visit to the annual Battle Festival. Arriving in Battle by coach, we start our visit with a Ploughman's lunch at Mrs Burton's tea rooms. The rest of the afternoon is yours to wander around Battle and enjoy the festival.

Visit [www.visit1066county.com](http://www.visit1066county.com) for details of the festival.

**Cost:** £11 to be paid in advance.

**Transport & Parking:** Coach pick-ups, Lower Place, Newhaven and then Meridian Centre, Peacehaven. There is free car parking in the Meridian Centre.

**Catering:** Included in the price.

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

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## A gentle introduction to yoga

### Sussex Housing & Care



**7 October 10.30am to 11am, Clevedown, Barons Down Road, Lewes, BN7 1EY**

An introduction to chair-supported yoga – a mix of seated and standing practice. This workshop will enable people who are not able to get up and down from the floor to give yoga a try.

**Cost:** Free.

**Transport & Parking:** There is limited parking in visitor bays on site and a bus stop on Brighton Road, outside of Lewes prison.

**Catering:** Free tea and cake.

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



## Quiz time fun using Skype technology

Sussex Housing & Care

**9 October, 10am to 11am, Cheyneys Lodge, 24a Sutton Avenue, Seaford, BN25 4LG**

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

**Cost:** Free, please book by contacting Lizzie Gurr.

**Transport & Parking:** Free on-street parking and a bus stop outside the venue.

**Catering:** Free tea and cake.

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

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## Afternoon screening of 'Stan & Ollie'

Meridian Mature Citizens' Forum



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

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

Brings back happy memories of the many laughs we shared at the antics of these two much loved stars.

**Cost:** £3 on the door.

**Transport & Parking:** There is free parking on site or you can take the number 12 bus to Lower Place then it is a short walk to the Hillcrest centre.

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

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



## Film show 'Fisherman's Friends'

Seaford Seniors' Forum



11 October, 2pm to 4.30pm.

Seaford Community Cinema, Saxon Lane, Seaford, BN25 1QL

A chance to socialise and meet up with other forum members.

**Cost:** Free for the first 50 people and then £5 per person.

**Transport & Parking:** There is a public car park at the rear of the cinema and also on-street parking. If travelling by public transport there is a good bus service to town and then a short walk to the cinema.

**Catering:** Free tea, coffee and cake and other refreshments are available to buy.

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

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## Beetle Drive and music from UKE 3A

Meridian Mature Citizens' Forum



14 October, 2pm tp 4pm.

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

Try something new and join us in a beetle drive. Very easy to learn, no great skills required. Followed by musical entertainment from ukulele band, UKE 3A.

**Cost:** Free.

**Transport & Parking:** You can park at or catch the number 14 bus to the Meridian Centre and the venue is a short walk from there.

**Catering:** Free tea and cake.

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



## Commonwealth War Graves: Our Work Continues



Lewes Seniors Forum

**30 October, 2.30pm to 4.30pm.**

**The Trinity Centre, St John Sub Castro, Abinger Place, Lewes, BN7 2QA**

A talk from the Commonwealth War Graves Commission demonstrating how the work of the Commission is as important now as 100 years ago. We will hear about the Lewes connection and learn about, and view, the Russian memorial erected in 1877, in St John sub Castro graveyard, following the deaths of 28 Finnish prisoners of war.

**Cost:** Free.

**Transport & Parking:** There is on-street paid parking and public car parks nearby and the venue is approximately 10 minutes walk from the bus or train station.

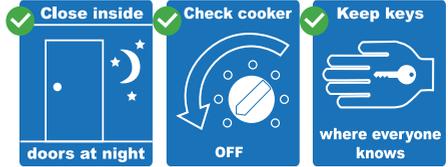
**Catering:** There will be free tea, coffee and cake or you are welcome to visit Café 12/31 to purchase your own refreshments.

**Contact:** Phone Sue Dunkley on 07720 040810 or email [sue.dunkley@eastsussex.gov.uk](mailto:sue.dunkley@eastsussex.gov.uk)

# 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

# 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  
 FFC Falaise Fitness Centre, Hastings 01424 457692

Event	Venue	Date	Time	Cost
Walking Football	SLC	26/09/19	10am to 11.30am	£1
Open Swim	SLC	23/09/19 & 28/09/19	Any open swim	£1
Aqua Aerobics	SLC	23/09/19 25/09/19	10.30am to 11.15am 10.45am to 11.30am	£1
Over 50s Gym	FFC	27/09/19	10am to 12 noon	£1 ★
Active Communities Badminton	SLC	23/09/19 26/09/19	12.30pm to 2:30pm 11.30am to 1.30pm	£1

★ Please call 01424 457692 to book a space.

## Lewes – Wave Leisure

DLC Downs Leisure Centre, Sutton Road, Seaford BN25 4QW 01323 490011  
 PLC Peacehaven Leisure Centre, Greenwich Way BN10 8BB 01273 588858  
 SKH Shakespeare Hall, Fort Road, Newhaven BN9 9DL 01273 510784  
 NH Newhaven Fort, Fort Road, Newhaven, BN9 9DS 01273 510784  
 SSF Seahaven Swim and Fitness Centre,  
 16 Chapel Street, Newhaven, BN9 9PN 01273 512498

Event	Venue	Date	Time	Cost
Kurling and Boccia	DLC	09/09 & 07/10	1pm to 2pm	£1 ★
Walk the Downs Health Walk	DLC	24/09/19	10am to 11.30am	Free
OP Indoor Cycling	DLC	Wednesdays	11:45am to 12:15pm	£1 ★
Health Walk †	DLC	Thursdays	10am to 11am	Free
Strength Circuits	DLC	Thursdays	12.30pm to 1.30pm	£1 ★
Health Walk †	PLC	Mondays	2pm to 3pm	Free
Chairobics	PLC	Fridays	12 noon to 1pm	£1 ★
Walk the Downs Health Walk †	PLC	06/09/19	10am to 11.30am	Free
Walk the Downs Rural Ramble †	PLC	27/09/19	10am to 1pm	Free
Walk the Downs Rural Ramble †	SSF	04/10/19	10am to 1pm	Free
Fit 4 Life	NSH	Mondays	12 noon to 1pm	£1 ★
TableTop Table Tennis	SKH	12,19,26/09/19	10.30am to 11.30am	£1 ★
Orienteering	NH	03/10/19	10.30am to 11.30am	£1 ★
Archery	NSH	05/09/19	10.30am to 11.30am	£1 ★

† 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.

★ Places can be booked over the phone or in person at Reception.

## Wealden – Freedom Leisure

ULC	Uckfield Leisure Centre, Downsview Crescent TN22 1UB	01925 761160
CLC	Crowborough Leisure Centre, Eridge Road TN6 2TN	01992 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
Walking Netball	CLC	26/09/19	11.30am to 12.30pm	£1 #
Badminton court hire (2x courts)	CLC	26/09/19	12.30pm to 1.30pm	£1 #
Walking football	CLC	26/09/19	1.30pm to 3pm	£1 #
Swim 50+	CLC	26/09/19	2.30pm to 4pm	£1 #
Active 4 life	HLC	27/09/19	9.30am to 10.25am	£1 #
Fitball	HLC	27/09/19	10.30am to 11am	£1 #
Pilates	HLC	27/09/19	11.30am to 12.25pm	£1 #
Lane Swimming	HLC	27/09/19	12 noon to 1.30pm	£1 #
OPD Gym Session	OHLC	23/09/19	9am to 3pm	£1 #
No Strings	OHLC	23/09/19	6pm to 8pm	£1 #
OPD Gym Session	OHLC	24/09/19	9am to 3pm	£1 #
Walking Football	OHLC	24/09/19	7.30pm to 8.30pm	£1 #
No Strings	OHLC	25/09/19	6pm to 7:30pm	£1 #
OPD Gym Session	OHLC	26/09/19	9am to 3pm	£1 #
Yoga	OHLC	26/09/19	6.30pm to 7.30pm	£1 #
Pilates	ULC	26/09/19	10.45am to 11.45am	£1 #
Aqua Rehab	ULC	27/09/19	2.45pm to 3.30pm	£1 #
Walking football	ULC	27/09/19	5.30pm to 6.30pm	£1 #
LBT	ULC	27/09/19	6.30pm to 7.30pm	£1 #

# On presentation of an OPD booklet

## Rother – Freedom Leisure

BLC Bexhill Leisure Centre, Down Road TN39 4HS  
RSC Rye Sports Centre. The Grove, Rye TN31 7ND

01424 731171  
01797 224747

Event	Venue	Date	Time	Cost
Active Plus Short Tennis	BLC	23/09/19	8.30am to 10am	£1 #
Walking Football	BLC	24/09/19	9.30am to 11am	£1 #
Active Plus Aerobics	BLC	25/09/19	9am to 10am	£1 #
Active Plus Short Badminton	BLC	27/09/19	2pm to 3.30pm	£1 #
Fitness Pilates	RSC	23/09/19	10.45am to 11.45am	£1 #
Waterworks	RSC	24/09/19	2.30pm to 3pm	£1 #
Tai Chi Dance	RSC	25/09/19	1.10pm to 1.40pm	£1 #
Waterworks	RSC	26/09/19	7.15pm to 8pm	£1 #
Hatha Restorative Yoga	RSC	27/09/19	7pm to 8pm	£1 #

# On presentation of an OPD booklet

### Tea dance and afternoon tea

Rother Seniors' Forum

2 September 1.45pm to 4.30pm.

Sedlescombe Village Hall

Join us for our Tea Dance and afternoon tea in celebration of Older People's Day 2019. We will be led by dance instructor Sarah Black who runs regular ballroom dances and dance training in Eastbourne. No previous dance experience is needed, afternoon tea will be served at 3pm.

**Cost:** £7.

**Transport & Parking:** We are running a free coach from Little Common picking up at Bexhill Town Hall Square and Battle Coach Park and Rye. Free parking on site.

**Catering:** Afternoon tea provided.

**Contact:** Ron Sunderland 01424 870801 88suro88@gmail.com





## Singing Down Memory Lane

Bexhill Dementia Action Alliance



**10 and 24 September (fortnightly thereafter), Bagnall Rooms (next to Bexhill Caring Community), 25 Sackville Road, Bexhill, TN39 3JD**

If you or someone you care for is affected by dementia Singing Down Memory Lane provides two hours of singing along to reminiscence style, and popular music. It's fun, friendly and no singing talent is required! Booking required.

**Cost:** £2 (Carers are free).

**Transport & Parking:** Plenty of parking nearby, some free on-street and some pay and display. Good bus and train links.

**Catering:** Refreshments and a raffle included in the fee.

**Contact:** For further information and to book ring Ronnie on 07939 147289.

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## Dementia Action Alliance Memory Walk

Bexhill Dementia Action Alliance



**15 September, 11am to 12pm.**

**De La Warr Pavilion Terrace, Bexhill, TN40 1DP**

Come and join us for a short walk along Bexhill promenade, to promote Dementia Friendly Communities, and to raise monies for Bexhill Dementia Action Alliance and the Alzheimer's Society.

**Cost:** Free.

**Transport & Parking:** There is a bus stop outside the De La Warr Pavilion, a pay and display car park and free on-street parking nearby.

**Catering:** Refreshments will be available at the end of the short walk.

**Contact:** Email [bexhilldaa@gmail.com](mailto:bexhilldaa@gmail.com) or phone 07786 024036.



## 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)



Helping you prevent  
diabetes  
heart disease  
kidney disease  
stroke & dementia





## Dementia Friendly Film Screening of 'Viva Las Vegas'

Bexhill Dementia Action Alliance



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

**Orangery, 14-20 Buxton Drive, Bexhill-on-Sea**

Bexhill Dementia Action Alliance is showing a Dementia friendly film that will be accessible and enjoyable for people with dementia and their carers.

**Cost:** Free.

**Transport & Parking:** There are buses to Sidley High Street and plenty of free on-street parking.

**Catering:** Refreshments included.

**Contact:** For further information phone 07786 024036 or email [bexhilldaa@gmail.com](mailto:bexhilldaa@gmail.com)

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## Quiz time fun using Skype technology

Sussex Housing & Care



**9 October, 10am to 11am.**

**Communal lounge at Yvonne Robertson House, Hastings Road, Bexhill**

Be part of the 'Bexhill' team competing against older people in Seaford. We'll use Skype to speak to, listen to and see the Seaford team. Learn about Skype – a useful technology for keeping in touch with people who don't live close to you.

**Cost:** Free, please book by contacting Lizzie Gurr.

**Transport & Parking:** Free visitor parking on site and also on Hastings Road.

**Catering:** Free tea and cake.

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



October



## Special screening of 'Singin' In The Rain' with The Musical Matinee Club



De La Warr Pavilion and Bexhill Dementia Action Alliance

24 October, 2pm to 4pm.

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

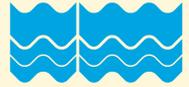
An interactive screening of 'Singin' In The Rain' featuring fun props and prompts to bring the action to life in the auditorium! These relaxed screenings are specifically designed for people who may benefit from a more informal environment, specifically those living with dementia and/or disabilities. This is the first in a new season of regular Musical Matinee Club screenings at De La Warr Pavilion.

**Cost:** £3.50. Carers go free!

**Transport & Parking:** There is a bus stop outside the De La Warr Pavilion and a pay and display car park.

**Catering:** Tea and biscuits included in the price.

**Contact:** For booking & Information phone 01424 229 111.



# How your local library can help you stay in touch...

Our volunteers are here to help you learn how to use a computer or tablet and:

- Find out about local clubs and events
- Keep in touch with family and friends with email, social media, Skype or Facetime
- Access our free e-books, e-audiobooks and e-magazines!
- Do your weekly shop
- Discover your family history
- Book GP appointments and order repeat prescriptions
- And more...

Make a start today by calling **0345 6080196** to see a Computer Buddy or **01323 463759** to book a place with our 'IT for You' trainers!





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

# Warm Home Check Service

If you struggle to keep your home warm, the Warm Home Check Service can help!

We offer advice and can help you to access support that's available. If you're on a low income you may also be eligible for a home check visit which includes:

- Advice on getting help with the cost of heating your home
- An assessment of your home and tips to keep it warm
- Small improvement works or repairs.

If you don't have mains gas central heating **but live in an urban area and are on a low income** then you could be eligible to have a fully funded gas central heating system installed.

Apply for a **Warm Home Check** today!

Enquire online at: [www.warmeastsussex.org.uk](http://www.warmeastsussex.org.uk)

Phone: 03444 111 444 or text WARM to 81400



## Afternoon high tea celebrating older people

Wealden Senior Citizens' Partnership



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

**Holy Cross Priory, Lewes Road, Cross-in-Hand, Heathfield, TN21 0DZ**

Explore the grounds of this beautiful Heathfield venue, enjoy the lovely gardens and benefit from some gentle exercise. Meeting friends old and new and chatting amiably can only benefit body and mind. Booking required.

**Cost:** £6 Booking is essential.

**Transport & Parking:** There is free parking on site but public transport is very limited; however, where possible we can arrange lifts.

**Catering:** This event is catered and the cost includes food and drink.

**Contact:** To book contact Linda Graham 01892 770487, [info@wealden-scp.org](mailto:info@wealden-scp.org)

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## Movement and gentle dance taster

Adult College for Rural East Sussex (ACRES)



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

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

A gentle dance class incorporating stretching and strengthening movement 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 the music and reminisce.

**Cost:** Free, booking required.

**Transport & Parking:** There is free parking at the venue and in surrounding roads. There are also good public transport links by rail and bus.

**Catering:** N/A.

**Contact:** To book contact the ACRES team 01825 761820, [adultlearning@acres.org.uk](mailto:adultlearning@acres.org.uk)



## Technology tutorial: Using an iPad, smartphone or tablet Sussex Housing & Care

**11 September, 10am to 12pm, St Thomas of Canterbury Court communal lounge, Station Road, Mayfield, TN20 6BQ**

A friendly and informal tutorial about using your smart phone, ipad or tablet. Learn how to send emails and find out what else they can do. Bring your own, or try one of ours. **There are some steps to navigate.**

**Cost:** Free.

**Transport & Parking:** Free parking in the church car park and regular buses stopping outside the church.

**Catering:** Free tea and cake.

**Contact:** Contact Caroline Thomas to book your place 01435 873536 or email [caroline.thomas@sussexhousing.org.uk](mailto:caroline.thomas@sussexhousing.org.uk)

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## Musical Matinee in Ninfield: Rogers and Hammerstein's 'Carousel'



Ninfield Dementia Forum

**20 September, 1.30pm, screening starts at 2pm.  
Ninfield Memorial Hall, Ninfield TN33 9EE**

Ninfield Community Film screenings are dementia and hearing loss friendly. The screening is FREE but please book a seat. There will be a raffle and refreshments available.

**Cost:** Free.

**Transport & Parking:** There is a free car park next to the hall.

**Catering:** Refreshments available.

**Contact:** To book, please phone 01424 892422 or email [jackie.langley1@btinternet.com](mailto:jackie.langley1@btinternet.com)



## Movies Make Memories screening of 'The Wizard of Oz'



Hailsham Pavilion & Wealden Dementia Action Alliance

**27 September, 1.30pm, screening starts at 2pm.**

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

A dementia friendly screening of 'The Wizard of Oz'. When a tornado rips through Kansas, Dorothy (Judy Garland) and her dog, Toto, are whisked away in their house to the magical land of Oz.

**Cost:** £3. Carers go free.

**Transport & Parking:** There is free on-street parking near by and two free car parks a short walk from the venue.

**Catering:** Refreshments are available on site.

**Contact:** 01323 841414, [info@hailshampavilion.co.uk](mailto:info@hailshampavilion.co.uk)

## A talk from Age UK: Find out how they can help you Sussex Housing & Care



**2 October, 10am to 12pm.**

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

A talk from Age UK about help and advice for older people. Learn more about the charity and what they do.

**Cost:** Free.

**Transport & Parking:** Free parking in visitor bays on site and bus runs to Beacon Road and then it's a short walk up to Nevill Court

**Catering:** Free tea and cake.

**Contact:** Contact Wendy Labrum to book your place 01892 662087 or email [wendy.labrum@sussexhousing.org.uk](mailto:wendy.labrum@sussexhousing.org.uk)



## Hailsham Care Event

### Hailsham Dementia Forum



**3 October, 10.30am to 1pm.**

**Hailsham Civic Community Hall, 9-20 Vicarage Lane, Hailsham**

The Hailsham Dementia Forum are hosting a free information event with various stall holders. Come along and find out more about your local services.

**Cost:** Free.

**Transport & Parking:** There are free car parks near to the venue and good bus links to the town.

**Catering:** Free cake and drinks.

**Contact:** Kat Jenner, phone 01323 443266, or email [katherine.jenner@wealden.gov.uk](mailto:katherine.jenner@wealden.gov.uk)

## Brick Lane Music Hall

### Rotherfield St Martin



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

**Rotherfield Village Hall, North Street, Rotherfield, TN6 3LX**

Fantastic musical entertainment direct from London's famous Brick Lane Music Hall. Join us and reminisce with an afternoon of well loved songs from the past in a warm, friendly and welcoming environment.

**Cost:** £5.

**Transport & Parking:** There is no public transport near the event but there is free parking at the venue.

**Catering:** Tea or coffee and cake from a selection of delicious home made bakes is included in the price.

**Contact:** Booking required, contact 01892 853021 or email [office@rotherfieldstmartin.org.uk](mailto:office@rotherfieldstmartin.org.uk)



## Older People's Day – Coffee Morning

Vitality Villages



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

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

Join us as we make energy balls and raw brownies, roll up your sleeves and join in or simply enjoy a cup of tea or coffee and the company. All of the food will be raw and contains no dairy or gluten.

**Cost:** Free.

**Transport & Parking:** The number 98 bus runs to and from stops near the surgery every hour.

**Catering:** Tea, coffee and biscuits will be available.

**Contact:** Sheila Charlton 01323 833673 or email [sheilacharlton@uwclub.net](mailto:sheilacharlton@uwclub.net)

## Movies Make Memories

screening of 'The Band Wagon'



Hailsham Pavilion & Wealden Dementia Action Alliance

**25 October, 1.30pm, screening starts at 2pm.**

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

Join us for this dementia friendly relaxed screening of 'The Bandwagon'. An ageing musical star who hopes a Broadway show will restart his career.

**Cost:** £3. Carers are free of charge.

**Transport & Parking:** There is free on-street parking nearby and two free car parks a short walk from the venue.

**Catering:** Refreshments are available on site.

**Contact:** Phone 01323 841414 or email [info@hailshampavilion.co.uk](mailto:info@hailshampavilion.co.uk)  
[www.pavilionhailsham.co.uk](http://www.pavilionhailsham.co.uk)



## 'Growing Old Disgracefully' Afternoon tea with the Dowager Lady Crabtree Wealden Senior Citizens' Partnership



**26 October 2019, 2pm to 4pm.**

**The Ashdown Room, Uckfield Civic Centre, Uckfield, TN22 1AE**

If laughter is the best medicine, Lady Crabtree is exactly what the doctor ordered. Also an opportunity to make new friends over tea at an accessible venue.

**Cost:** £8 Booking is essential as numbers are limited.

**Transport & Parking:** Free parking on site and the venue is 400 yards from Uckfield Bus Station, which is served by a number of bus routes. Those without a car and unable to use a bus will be offered a lift where possible.

**Catering:** This event is catered and the cost includes food and drink.

**Contact:** To book phone Linda Graham 01892 770487 or email [info@wealden-scp.org](mailto:info@wealden-scp.org) or write to 5 Rectory Field, Hartfield, TN7 4JE enclosing a cheque for £8 per person, payable to Wealden Senior Citizens' Partnership.

**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

# Seniors' Forums contact details

## Eastbourne Seniors' Forum

Nadine Harris

Phone: 01323 768868

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

## Hastings & St Leonards Seniors' Forum

Pam Brown OBE

Phone: 01424 424693

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

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

Julia Wells

Phone: 07770 525918

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

## Lewes District Seniors' Forum

Elizabeth Newton-Price / Penny Walker

Phone: 01273 474151 / 01273 474251

Email: TBC

## Meridian Mature Citizens' Forum

Kate Davies

Phone: 01273 516207

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

## Rother Seniors' Forum

Ron Sunderland

Phone: 01424 870801

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

## Seaford Seniors' Forum

Lin Neeve

Phone: 01323 490958

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

## Wealden Senior Citizens' Partnership

Linda Graham

Phone: 01892 770487

Email: [info@wealden-scp.org](mailto:info@wealden-scp.org)

For more information about East Sussex Seniors' Association (ESSA) and seniors' forums, visit [www.essaforums.co.uk](http://www.essaforums.co.uk) or phone Lin Neeve on 01323 490958 or email at [linn625@gmail.com](mailto:linn625@gmail.com)

## Getting more copies of this booklet

This booklet is available in PDF format, which you can download from our website at: [www.eastsussex.gov.uk/olderpeoplesday](http://www.eastsussex.gov.uk/olderpeoplesday)

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## East Sussex County Council

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Lewes BN7 1UE

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Fax: 01273 481261

Website:

[eastsussex.gov.uk/contactus](http://eastsussex.gov.uk/contactus)