



Dementia Awareness Week

14 - 20th May 2017

**FREE events throughout
the Wealden District**

Monday 15th May

Coffee Morning and Dementia Friends Session 10.30am – 12.30pm	Heather View Care UK Beacon Road, Crowborough TN6 1AS	To book call Andy Jarman on 01892 653634 or 07435 970884
Know Dementia Memory Moments Café 1.30pm – 4.30pm	The Civic Centre Bellfarm Lane Uckfield TN11 1AE	For more information call Peter Calder on 07973 938474
Leisure Centre tour Coffee and Tea Chair based Exercise Class New Age Kurling 1.45pm – 3.30pm	Freedom Leisure Hailsham Leisure Centre Vicarage Lane Hailsham BN27 2AX	To book call Natasha on 0771 507 3361 or email Natasha Brown natasha.brown@freedom-leisure.co.uk
Sainsbury's Inclusive Community Training workshop Support Disabled People of all ages within in the community, and have an opportunity to put the training into practice. 3.30pm – 6.30pm	Freedom Leisure Crowborough Leisure Centre Eridge Road Crowborough TN6 2TN	To book call Natasha on 0771 507 3361 or email Natasha Brown natasha.brown@freedom-leisure.co.uk

Tuesday 16th May

<p>Know Dementia Memory Moments Café 9.30am – 1.00pm</p>	<p>Buxted Inn High Street Buxted TN22 4LA</p>	<p>For more information call Peter Calder on 07973 938474</p>
<p>Wealden Dementia Action Alliance Celebration Event Dementia Friend Sessions Information Stalls Tea and Cake 2.00pm – 4.30pm</p>	<p>Hailsham Community Civic Centre, Vicarage Lane, Hailsham, BN27 2AX</p>	<p>To book contact Debbie Peters on 01323 443204 or Kat Jenner on 01892 602757 or email: communitydevelopment@wealden.gov.uk</p>

Wednesday 17th May

<p>Dementia Friends Information Session (1hr) 10.30am – 11.30am</p>	<p>Bowes House 25 Battle Road, Hailsham BN27 1DU</p>	<p>To book call Karen on 01323 440188 or email Karen.milligan@careuk.com</p>
<p>Boccia and New Age Kurling Leisure Centre tour Tea and Coffee 1.30pm – 3.30pm</p>	<p>Freedom Leisure Uckfield Leisure centre Downsview Crescent Uckfield TN22 1UB</p>	<p>To book call Natasha on 0771 507 3361 or email Natasha Brown natasha.brown@freedom-leisure.co.uk</p>
<p>Carers support Group and afternoon tea Opportunity to meet other carers and enjoy afternoon tea 3.00pm – 4.30pm</p>	<p>Bowes House 25 Battle Road, Hailsham BN27 1DU</p>	<p>To book call Karen on 01323 440188 or email Karen.milligan@careuk.com</p>

Thursday 18th May

<p>Open Morning Gym Tour and Information 10.00am – 12.00pm</p>	<p>Freedom Leisure Heathfield Leisure Centre Cade Street Heathfield TN21 8RJ</p>	<p>To book call Natasha on 0771 507 3361 or email Natasha Brown natasha.brown@freedom-leisure.co.uk</p>
<p>Dementia Awareness Information Afternoon Information Stalls Advice and Signposting Bake Sale to raise funds for the Alzheimer's Society. Become a Dementia Friend Session (1hr) 2.30pm – 5.30pm</p>	<p>Lounge of the Polegate Community Centre, 54 Windsor Way, Polegate, BN26 6QF</p>	<p>To book call Ian on 01323 819191 or email ian.cottrell@homeinstead.co.uk</p>
<p>Wine and Cheese evening 4.00pm - 7.00pm</p>	<p>Heather View Care UK Beacon Road, Crowborough TN6 1AS</p>	<p>To book call Andy Jarman on 01892 653634 or 07435 970884</p>

Friday 19th May

<p>Memory Café Reminiscence activity. Carers are welcome to join too 10.00am – 12.00pm</p>	<p>Courtyard café Rotherfield TN6 3LL</p>	<p>To book call Rachael Wood on 01892 853021 or email rachael@rotherfieldstmartin.org.uk</p>
<p>Know Dementia Memory Moments Café 1.15pm – 4.15pm</p>	<p>Community Centre Pine Grove Crowborough TN6-1FE</p>	<p>For more information call Peter Calder on 07973 938474</p>
<p>Unveil of Bowes House Wishing Tree Everyone welcome Refreshments 2.30pm</p>	<p>Bowes House 25 Battle Road, Hailsham BN27 1DU</p>	<p>To book call Karen on 01323 440188 or email Karen.milligan@careuk.com</p>
<p>Boccia and New Age Kurling Leisure Centre tour and coffee and tea 5.30pm – 6.30pm</p>	<p>Freedom Leisure Heathfield Leisure Centre Cade Street, Heathfield TN21 8RJ</p>	<p>To book call Natasha on 0771 507 3361 or email Natasha Brown natasha.brown@freedom-leisure.co.uk</p>

Saturday 20th May

Information day
A chance to take part
in some of the
activities we run at
Victoria pavilion,
stalls, signposting to
local services and of
course afternoon tea!
10.30am – 3.30pm

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

For more
information call
01825 760176 or
email
victoriapavilion@gmail.com



Local Dementia Forums to get involved in:

Uckfield Dementia Forum

Town Clerk - Uckfield Town Council

Email: townclerk@uckfieldtc.gov.uk

Tel: 01825 747793

Polegate Dementia Forum

Ian Cottrell

ian.cottrell@homeinstead.co.uk

Tel: 01323 819191

Hailsham Dementia Forum

Karen Milligan

Email: Karen.milligan@careuk.com

Tel: 01323 440188

If you are interested in setting up a local Dementia forum or would like to be part of the Wealden Dementia Action Alliance please contact

Debbie Peters on **01323 443204**

or email [**communitydevelopment@wealden.gov.uk**](mailto:communitydevelopment@wealden.gov.uk)