



National Dementia Action Week Events Programme 13-19 May 2024

Join
one of the many
events across
Wealden and
surrounding areas

When
it comes to
helping someone with
dementia... A little
means a lot

For more events, and activities throughout the year go to:

www.wealden.gov.uk/dementia

 Friends of WDAA Facebook group



Forums

Local forum's are located in:

-  Crowborough and surrounding areas
-  South Wealden  Uckfield and surrounding areas

All the forums work towards becoming a more dementia friendly community with support from local residents, businesses, groups and services.

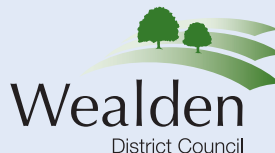
If you would like to join a forum, please contact us:

Wealden Dementia Action Alliance

Phone: **01323 443322**

Email: wellbeing@wealden.gov.uk

If you, or somebody you know, would like the information contained in this document in large print or in another language please contact Wealden District Council on 01323 443322 or info@wealden.gov.uk quoting Ref: D&P.62802.04.24



Dementia Action Week is a national event, organised by the Alzheimers Society, that sees the UK public taking action to support people with dementia. The following activities delivered by WDAA members are taking place in the Wealden district and surrounding areas.

Event Information Key

Parking		Toilets	Other	
				
Disabled Parking	On Street Parking	Accessible Toilet	Accessible Venue	Transport Assistance
				
On-Site Parking	Nearby Parking	Toilets	Hearing Loop	Refreshments

Monday 13 May 2024

Live Violin Performance Time: 11.00am to 12.00noon

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

Sarah will play her amazing repertoire of classics and sing along tunes on her electric violin. Enjoy complimentary refreshments and a fun filled hour of live music.

Contact details: Liz Tufts
@woodlands@sussexhousing.org.uk ☎ 01892 653178

Price per person: Free

Need to book in advance: Yes

 @Woodlands Care Home

Facilities:



Sporting Memories - Crowborough Club

Time: 11.00am to 12.30pm



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

Love Sport? Come along to chat and reminisce about playing or watching sport with other older fans.

Contact details: Emma Brooke

@emma.brooke@sussexcricket.co.uk ☎ 07718 492529

Price per person: Free

Need to book in advance: No



@Sporting Memories @Sussex Cricket Foundation



Facilities:



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

We provide the one-stop shop for support, advice and guidance to local carers.

We offer a wide range of services to meet carers' needs, including one to one support and activities.

Please give us a call to find out more about how we can support you.

Call: 01323 738390, text: 07860 077300, email: info@cftc.org.uk, visit: www.cftc.org.uk





Bexhill Carers Cafe

Time: 1.00pm to 3.00pm

The Pelham, Hollier's Hill, Bexhill-on-Sea, TN40 2DD

Come to our Carers Café and meet peers who are caring for people with similar long-term conditions. A free activity and refreshments will also be available!

Contact details: Association of Carers

@info@associationofcarers.org.uk ☎01424 722309

Price per person: Free

Need to book in advance: No, but if possible, please contact us so we can cater for you.



@Association of Carers

Facilities:



Yarners Group - MAYFACS

Time: 1.30pm to 3.30pm

Sew Inspired, High Street, Mayfield

Chat and knit, sew, and crochet group.

Contact details: Nicola, c/o MAYFACS

@freya@mayfacs.org.uk ☎01435 873888

Price per person: £2

Need to book in advance: No

Facilities:



Monday 13 May

Victoria Pavilion Singers - Retro Rosie

Time: 2.30pm to 3.45pm

Sussex Support Service CIC, Victoria Pavilion, Victoria Pleasure Ground, Uckfield, TN22 5DJ. Use Sussex Support Service for sat nav.

Join us for one of our regular musical activities, sing along, even get up and dance with Retro Rosie!

Contact details: Thomas Chapman
@victoriapavilion@gmail.com ☎01825 760176

Price per person: Donation would be gratefully received but not required.

Need to book in advance: Yes

 @Sussex Support Service

Facilities:



The Monday Supper Club (second Monday of every month)

Time: 6.30pm to 9.00pm

The Artful Grocers, High St, Wadhurst TN5 6AP

Join us for the launch of The Monday Supper Club in Wadhurst for a hearty supper and a sing along of the classics – from The Beatles to Louis Armstrong – there is something for everyone!

Contact details: Lucy Buck

@lucy@thegoodcompanypeople.org ☎07775 007736

Price per person: £9.95 for meal

Need to book in advance: Yes

 @thegoodcompanypeople

Facilities:



Tuesday 14 May 2024



Never Alone **Second Tuesday of every month** **Time: 10.30am to 12.00noon**

Network Café, 4 Fisher Street, Lewes, BN7 2DQ

Meet like minded people in our community at our free monthly Never Alone. It is an opportunity to relax with a cup of tea or coffee a slice of cake and socialise with others.

Contact details: Damian Norman

@damian.norman@cpjfield.co.uk ☎ 01273 475557

Price per person: Free

Need to book in advance: No



@CPJ Field Community Champion Sussex

Facilities:



Cooper & Son



Spanish Dancing and Musical Performance **Time: 11.00am to 12.00noon**



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

Josefa will entertain you with her Spanish dancing and musical instruments. Clap and sing along, shake maracas and enjoy this upbeat performance.

Contact details: Liz Tufts

@woodlands@sussexhousing.org.uk ☎ 01892 653178

Price per person: Free

Need to book in advance: Yes



@Woodlands Care Home

Facilities:



Sussex
Housing
& Care

Tuesday 14 May



Age We Care - Singing with Dementia

Singing Experience East Sussex

Time: 11.00am to 12.00noon

St Bartholomew's Church Hall, Cross-in-Hand, TN21 0LT

Join us for one of our regular musical activities, sing along, even get up and dance with DSES!

Contact details: Thomas Chapman

@victoriapavilion@gmail.com ☎ 01825 760176

Price per person: Donation would be gratefully received but not required.

Need to book in advance: Yes



@Sussex Support Service

Facilities:



SUSSEX SUPPORT SERVICE
PROMOTING CHOICE, INDEPENDENCE & WELL BEING



Wealden

FOR FREE CONFIDENTIAL ADVICE APPOINTMENTS ONLY

Crowborough
Basepoint
Pine Grove
TN6 1DH

Hailsham
Southview
Western Road
BN27 3DN

Uckfield
Uckfield Library
Library Way
High Street
TN22 1AR

Monday to Thursday

Monday, Wednesday,
Thursday and Friday

Monday to Thursday

OTHER WAYS TO GET ADVICE

ADVICELINE (for general telephone advice): 0808 278 7811

Text: ADVICE with your name and postcode to 81400

Email advice: eastsussexcab.co.uk

Our website: www.wealdencitizensadvice.org.uk





Pine Grove Pictures Golden Oldies

Time: Doors open 1.00pm, film to start at 1.30pm

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

A classic feel good film "It's a Wonderful Life" offered free of charge with complimentary refreshments.

Contact details: Pine Grove Pictures

@enquiries@pinegrovepictures.org.uk ☎ 01892 653823

Price per person: Free

Need to book in advance: No



@Pine Grove Pictures

Facilities:



www.pinegrovepictures.org.uk



Ninfield Film Matinee 'The Graduate'

Ninfield Health and Wellbeing Group

Time: 1.30pm, film to start at 2.00pm

Ninfield Memorial Hall, Bexhill Road, Ninfield

The Graduate is May's film offering, one of eight being shown in 2024. Free screening and refreshments. Subtitled.

Contact details: Jackie Langley

@Jackie.langley1@btinternet.com ☎ 01424 892422

Price per person: Free

Need to book in advance: Yes

Facilities:



Tuesday 14 May



Age We Care - Singing for the brain with Debra

Time: 1.30pm to 2.30pm

St Bartholomew's Church Hall, Cross-in-Hand, TN21 0LT

Join us for one of our regular musical activities, sing along, even get up and dance with Debra!

Contact details: Thomas Chapman

@victoriapavilion@gmail.com ☎ 01825 760176

Price per person: Donation would be gratefully received but not required

Need to book in advance: Yes



@Sussex Support Service

Facilities:



SUSSEX SUPPORT SERVICE
PROMOTING CHOICE, INDEPENDENCE & WELL BEING



Tuesday Chat - MAYFACS

Time: 2.00pm to 3.00pm

Colkins Mill Church, Station Road, Mayfield

Meet and chat with refreshments.

Contact details: Caroline c/o MAYFACS

@freya@mayfacs.org.uk ☎ 01435 873888

Price per person: £2

Need to book in advance: No

Facilities:



**Tuesday 14 May 2024 & Wednesday
15 May**



Dementia Coffee afternoon and Rhythm and Reminiscence

Time: 2.00pm to 4.00pm

Barchester Sycamore Grove, Lilac Lane, Stone Cross, BN24 5NU

Coffee Afternoon- This warm and friendly event allows those affected by Dementia to come together in a safe and beautiful space, over coffee and cake.

Rhythm and Reminiscence – Taking you back through the memories of yesteryear through song, music and sensor. Come and meet new people.

Contact details: The Team

@sycamore.reception@barchester.com ☎ 01424 320620

Price per person: Free

Need to book in advance: No



@Barchester Sycamore Grove

Facilities:



Tuesday 14 May



Dementia Information & Support Courses CIC (DISC Dementia Support)

DISC Dementia Support (Dementia Information & Support Courses CIC) are a Dementia Support Service for the unpaid carers of people living with Dementia in East Sussex, based in St Leonards-on-sea.

All of the services we offer are free of charge for carers, including Carer Information Courses, 1-1 support, referrals/signposting, events, facilitated support groups, carer wellbeing craft club, Singing Down Memory Lane, professional training, awareness training and more. Referrals and self referrals can be made through our website or phone.

If you would like more information, please get in touch! www.discdementiasupport.org



email: admin@discdementiasupport.org - Louise: 07591251005 Emma: 07591250988





Expert dementia care

Guided by the latest academic evidence, our dementia specialists support each resident to live every day to the full.

If you're considering a care home, call **03308 288 902** or visit **careuk.com/sussex**

Inspected and rated



Trusted to care

Bowes House, Hailsham
Heather View, Crowborough

care UK

Expert dementia care you can trust

At Bowes House care home in Hailsham and Heather View care home in Crowborough, we're committed to providing expert dementia care, whilst supporting your loved one to continue to enjoy a fulfilling lifestyle.

The Care UK Approach

At Care UK, we work with some of the UK's most respected dementia experts to champion innovation and stay up-to-date with the latest approaches to dementia care. We see the person behind the dementia and support them to enjoy each day to the full in a calm and supportive atmosphere.

Meaningful lifestyles in comfortable surroundings

Our care homes are designed with residents' wellbeing and comfort in mind. Bowes House and Heather View are divided into suites to provide a homely environment, whilst allowing access to shared, comfortable spaces for socialising and activities.

To find out more about dementia care at Bowes House and Heather View, call 03308 288 902.

Bowes House care home

25 Battle Road, Hailsham BN27 1DU

Heather View care home

Beacon Road, Crowborough TN6 1AS

careuk.com/sussex



Wednesday 15 May 2024



Virtual Dementia Bus Rotherfield St Martin Time: 9.00am to 5.00pm

Memorial Institute, Rotherfield, TN6 3LX

This experience is a medically proven interactive and immersive way of giving a person with a healthy brain an experience of what living with dementia might be like.

Contact details: Iona Bailey

@iona@rotherfieldstmartin.org.uk ☎ 01892 853021

Price per person: Free

Need to book in advance: Yes

 @rsmcentre

Facilities:



Virtual Dementia
Bus hosted by:



Writing for Fun! MAYFACS

Time: 10.00am to 12.00noon

London House, High Street, Mayfield

A monthly writing group.

Contact details: Sue c/o MAYFACS

@freya@mayfacs.org.uk ☎ 01435 873888

Price per person: £3

Need to book in advance: No

Facilities:



Sporting Memories - Polegate Club

Time: 10.00am to 12.00noon

Polegate Community Association, 54 Windsor Way, Polegate, BN26 6QF


Love Sport? Come along to chat and reminisce about playing or watching sport with other older sports fans.

Contact details: Emma Brooke

@emma.brooke@sussexcricket.co.uk ☎ 07718 492529

Price per person: Free

Need to book in advance: No

 @Sporting Memories @Sussex Cricket Foundation

Facilities:





Get Up & Go Physical Activity Programme Happiness in Motion

Time: 11.30am to 12.30pm

Sussex Support Service CIC, Victoria Pavilion, Victoria Pleasure Ground, Uckfield, TN22 5DJ. Use Sussex Support Service for sat nav.

Join us for one of our regular physical activities, playing Boccia (indoor bowling game) with Alli from Happiness in Motion.

Contact details: Thomas Chapman

@victoriapavilion@gmail.com ☎ 01825 760176

Price per person: Donation would be gratefully received but not required

Need to book in advance: Yes



@Sussex Support Service

Facilities:



SUSSEX SUPPORT SERVICE
PROMOTING CHOICE, INDEPENDENCE & WELL BEING

This is hospice care

St Wilfrid's Hospice helps people live well at the end of life; supporting the physical, emotional, psychological, spiritual and practical needs of patients. And we support their families and carers pre- and post-bereavement.

This care is provided in our Inpatient Unit, through our Living Well service and in families' own homes.

To find out more about our services visit
stwhospice.org

Registered as a company limited by guarantee in England and Wales
No: 1594410 | Registered Charity No: 283686



St Wilfrid's Hospice



Middle House Afternoon Tea

Time: 12.00noon

Middle House, High Street, Mayfield

Afternoon Tea.

Contact details: Gary

@freya@mayfacs.org.uk ☎ 01435 873888

Price per person: £12.50

Need to book in advance: Yes

Facilities:



Dementia Information Showcase and Networking Buffet Lunch

Time: 12.00noon to 2.00pm

Bowes House, 25 Battle Road, Hailsham, BN27 1DU

Meet with local dementia friendly services. We will be serving a complimentary buffet lunch. Everyone welcome.

Contact details: Karen Milligan

@karen.milligan@careuk.com ☎ 01323 440188

Price per person: Free

Need to book in advance: Yes



@Bowes House, Care UK

Facilities:



Community Cinema – Dementia Friendly screening of Chicago

Time: 2.00pm

Heather View Care Home, Beacon Road, Crowborough, TN6 1AS

Join us for a dementia friendly screening of the classic musical Chicago featuring Richard Gere, Renée Zellweger and Catherine Zeta-Jones in our exclusive luxury 9-seater cinema.

Contact details: Lisa Phillips

@lisa.phillips@careuk.com ☎ 01892 653634

Price per person: Free

Need to book in advance: Yes – Essential to book!



@HeatherViewCareHome

Facilities:



Woodland Walk

Time: 2.00pm

West Park Local Nature Reserve. Meet at the West Park Pavilion off Markland Way, TN22 2DE

A guided walk around Uckfield's lovely West Park Local Nature Reserve which includes mixed woodland, grassland, and sandstone outcrops. The walk is intended for those living with dementia and their carers, it will follow level surfaced paths and will include a shorter 20-minute loop plus a longer 45 minute loop. Meet at the Pavilion, refreshments will be available.

Contact details: Peter Griggs - Manor Park and Hempstead Fields Residents' Association

@mphfres@gmail.com ☎ 07535 340783

Price per person: Free

Need to book in advance: Yes



@Manor Park and Hempstead Fields Residents Association

Facilities:



Angels by your side

When Dementia episodes occur, our Visiting Angels stand ready to provide expert care and support in your own home.

Our highly skilled caregivers specialise in Dementia care, walking alongside you and your loved ones throughout the journey.



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Visiting Angels Southwest Kent & East Sussex

Call 01892 571 925

tunbridgewells@visiting-angels.co.uk

www.visiting-angels.co.uk/southwestkent

VisitingAngels 
QUALITY AT HOME CARE



Victoria Pavilion Singers - Su, with her piano and accordion Time: 2.30pm to 3.45pm

Sussex Support Service CIC, Victoria Pavilion, Victoria Pleasure Ground, Uckfield, TN22 5DJ. Use Sussex Support Service for sat nav.

Join us for one of our regular musical activities, sing along, even get up and dance with Su!

Contact details: Thomas Chapman

@victoriapavilion@gmail.com ☎ 01825 760176

Price per person: Donation gratefully received but not required

Need to book in advance: Yes



@Sussex Support Service

Facilities:



SUSSEX SUPPORT SERVICE
PROMOTING CHOICE, INDEPENDENCE & WELL BEING

Knit and Natter

Time: 3.00pm to 4.00pm

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

Come along for a knit and natter. We welcome everyone, experienced knitters to those who have never knitted before! Enjoy a natter along the way over a complimentary cuppa and slice of cake.

Contact details: Liz Tufts

@woodlands@sussexhousing.org.uk ☎ 01892 653178

Price per person: Free

Need to book in advance: Yes

 @Woodlands Care Home

Facilities:



The Wednesday Supper Club - Elvis Night

Time: 6.30pm start

The Blue Anchor, Beacon Road, Crowborough, TN6 1BB

Delicious fish and chips and a singalong. This month it's an Elvis night! Our supper club is always dementia friendly.

Contact details: Felicity

@felicity@thegoodcompanypeople.org ☎ 07472 564 519

Price per person: £9.95 for the meal

Need to book in advance: Yes

 @The Good Company People

Facilities:





The Good Company People is a charity and our aim is to help people over 65 to enjoy independent and fulfilling lives for longer. Our Clubs are based on the hobbies and interests of our members in pubs, cafes and sports clubs. Our service is currently based in Crowborough, Mayfield, Rotherfield, Wadhurst, Hartfield and Groombridge.

The Good Company People Clubs

Join us to continue to do more of what you enjoy. Our clubs are supported by a group of fun and interesting professionally trained volunteers who epitomise Good Company.

The **Tuesday** **LUNCH** *Club*

Join us every Tuesday at The Blue Anchor in Crowborough between 10.30 - 14.30. Pub lunch followed by seated exercise, quizzes, music or simply enjoy the company of others.

The **Wednesday** **GAMES** *Club*

Join us on the 2nd and 4th Wednesday of the month for table tennis, cards, skittles and boccia fortified by a bacon roll and a cuppa between 10.30 - 12.30. Funded by Wealden District Council.

The **Wednesday** **SUPPER** *Club*

A monthly get together over supper and a sing along on a Wednesday evening at a pub in Crowborough from 6.30pm onwards and launching The Monday Supper Club in Wadhurst on 13th May

The **Thursday** **WALKING** *Club*

Join us on the 1st and 3rd Thursday for a 45 minute stroll to explore Sussex and always finish up in a cafe for tea and cake.

The **Saturday** **COMPANY** *Club*

On the 1st Saturday of the month we organise experiences including wine tasting, art, baking, gardening, pottery and music and always accompanied by delicious tea and cake.

Our Clubs are underpinned by our Concierge - a free service to support you and the person you care for with regular check-ins to support your changing needs.

If you would like to find out more about any of our services, get in touch with us directly on: 07472 564519 Email: hello@thegoodcompanypeople.org Visit: www.thegoodcompanypeople.org

Thursday 16 May 2024



Carer Coffee Morning - Visiting Angels

Time: 10.00am to 12.00noon

Visiting Angels, Unit 14, Sham Farm, Sham Farm Road, Eridge, TN3 9JA

Family carers come along to a carer coffee morning designed for you. Share your stories, hopes and tips.

Contact details: Gillian Douglas

@tunbridgewells@visiting-angels.co.uk

📞 01892 571925 / 07354 949712

Price per person: Free

Need to book in advance: No



@Visiting Angels South West Kent & East Sussex

Facilities:



South Brockwells Farm Trip

Time: 10.00am to 3.00pm

Pick up in Mayfield and Five Ashes

Trip via minibus to the farm and shop.

Contact details: Freya

@freya@mayfacs.org.uk 📞 01435 873888

Price per person: £10

Need to book in advance: Yes

Facilities:



Association of Carers Lunch Club

Time: 12.30pm

The Robin Hood Inn, Main Road, Icklesham, Winchelsea, TN36 4BD

Meet other Carers to share experiences, increase your support network and have a delicious meal! Prebooking is necessary.

Contact details: Association of Carers

@info@associationofcarers.org.uk ☎ 01424 722309

Price per person: Free (Pay for your own meal and drinks)

Need to book in advance: Yes

 @Association of Carers

Facilities:



Pie and a Pint Gentleman's Club

Time: 1.00pm

Heather View Care Home, Beacon Road, Crowborough, TN6 1AS

Join residents for a delicious homemade pie and a cold pint. Chat to other gentleman over a relaxed lunch in our beautiful bar and café areas. Lunch and Pint are complimentary.

Contact details: Lisa Phillips

@lisa.phillips@careuk.com ☎ 01892 653634

Price per person: Free

Need to book in advance: Yes

 @HeatherViewCareHome

Facilities:





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your way...**



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We provide relationship-led home help, dementia care and lifestyle support services to older adults who need some assistance to get the best out of life. Looking to maintain independence at home and carry on doing what you love? Get in touch with us today!

Lewes District & Uckfield
Call: 01273 437040
Eastbourne & Hailsham
Call: 01323 916901
or visit www.homeinstead.co.uk



Get Up & Go Physical Activity Programme

Happiness in Motion

Time: 1.30pm to 2.30pm

St Bartholomew's Church Hall, Cross-in-Hand, TN21 0LT

Join us for one of our regular physical activities, playing Boccia (indoor bowling game) and New Age Kurling.

Contact details: Thomas Chapman

@victoriapavilion@gmail.com ☎ 01825 760176

Price per person: Donation would be gratefully received but not required

Need to book in advance: Yes

 @Sussex Support Service

Facilities:




SUSSEX SUPPORT SERVICE
PROMOTING CHOICE, INDEPENDENCE & WELL BEING



The Thursday Walking Club (every 1st and 3rd Thursday)

Time: 2.00pm to 4.00pm

Please contact The Good Company People as different locations.

Join our team every 1st and 3rd Thursday for a gentle 45 minute stroll around to explore Sussex and always finish up in a cafe for tea and cake.

Contact details: Felicity Streatfeild

@hello@thegoodcompanypeople.org ☎ 07472 564 519

Price per person: Free (pay for your own coffee and cake)

Need to book in advance: Yes



@thegoodcompanypeople

Facilities:



The
Thursday
WALKING
Club

the
Good
Company
People®



Community Carers Café and afternoon tea

Time: 2.30pm to 4.00pm

Bowes House, 25 Battle Road, Hailsham, BN27 1DU

This is a great opportunity to meet other carers in a relaxed and friendly environment, share stories and ideas. Enjoy a complimentary afternoon tea.

Contact details: Karen Milligan

@karen.milligan@careuk.com ☎ 01323 440188

Price per person: Free

Need to book in advance: Yes



@Bowes House, Care UK

Facilities:



care UK

Forget me not Tea Dance

Time: 3.00pm to 4.00pm

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

Enjoy a tea dance with a delicious complimentary tea and some classic dancing tunes. Dancing is of course optional, you may rather sit back and enjoy the sights and sounds! We're 'wearing blue' for this event, so please do join in if you can.

Contact details: Liz Tufts

@woodlands@sussexhousing.org.uk ☎ 01892 653178

Price per person: Free

Need to book in advance: Yes



@Woodlands Care Home

Facilities:



Dementia Information Evening

Time: 6.00pm to 7.30pm

The Dorset, 22 Malling Street, Lewes, BN7 2RD

Informal evening to help understand a little more about dementia and help you or a loved one to live well.

Contact details: Lara Tucker

@lara.tucker@lewes.homeinstead.co.uk ☎ 01273 437040

Price per person: Free (Refreshments – cheese and wine)

Need to book in advance: Yes



@Home Instead Lewes District and Uckfield

Facilities:



Friday 17 May 2024



Dementia Action Coffee Morning

Time: 10.00am to 12.00noon

Luxfords Restaurant, The Civic Centre, Uckfield, TN22 1AE


Join us for a coffee morning fundraiser featuring a raffle, tea, coffee, and cake, as well as possible live music.

Contact details: Louise Slaughter

@admin@uckfieldtc.gov.uk ☎ 01825 762774

Price per person: Free – donations to the Alzheimer's Society

Need to book in advance: No

 @Luxfords Restaurant @Uckfield Town Council

Facilities:



Seated Yoga with Suzi Tait

Time: 11.00am

Lydfords Care Home, 23 High Street, East Hoathly, East Sussex, BN8 6DR


Join us for morning Yoga, followed by a home cooked Fish and Chip lunch.

Contact details: Sam Harding

@sam.harding@barchester.com ☎ 01825 840259

Price per person: Free

Need to book in advance: Yes

 @Lydfords Care Home – Barchester Healthcare

Facilities:



Friday 17 May



Scrabble with MAYFACS

Time: 2.00pm to 4.00pm

London House, High Street, Mayfield, TN20 6AQ

Friendly games sessions.

Contact details: Lynn c/o MAYFACS

@freya@mayfacs.org.uk ☎ 01435 873888

Price per person: £3

Need to book in advance: No

Facilities:



HAPPINESS IN MOTION



**Kurling
Boccia**

**New Age Bowls
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**Available to book for sessions at Day
Centres, Community Cafes, Care Homes and
Social Clubs**

**Dementia and Disability friendly
Contact Alli to find out more and to book
Happiness.In.Motion@outlook.com
07765 931183**

Monday 20 May 2024



Carers O'clock

Time: 10.00am to 3.00pm

Community Wise, Ocklynge Road, Eastbourne BN21 1PY

This event gives unpaid carers a chance to come together and focus on their own wellbeing with artist-led creativity activity, conversation, and a freshly cooked lunch.

Contact details: Julia Roberts

@info@cultureshift.org.uk ☎ 030 300 39120

Price per person: Free

Need to book in advance: Yes

 @cultureshiftCIO

Facilities:



Tuesday 21 May 2024 – Every third Tuesday of the month



Uckfield Support Group (Carers Only) - DISC

Time: 10.30am to 11.30am

Sussex Support Service, Victoria Pavilion, Uckfield, TN22 4DJ


This group gives carers of those living with Dementia a chance to speak to other carers, gain information and support in a relaxed and safe space. Tea, coffee & biscuits included.

Contact details: Louise Stears-Smith

@admin@discdementiasupport.org ☎ 07591 251005

Price per person: Free

Need to book in advance: No

 @Dementia Information & Support Courses CIC

Facilities:



Friday 24 May 2024



Live Well Now, Plan Your Future Time: 1.00pm

Trinity Southover Church, Southover High Street, Lewes, BN7 1JH

To help plan your future we have over twenty organisations providing advice on keeping fit, planning your financial security, keeping healthy and organising future care and funeral plans.

Contact details: Janette Watkins

@janette@trinitylewes.org ☎ 07866 301384

Price per person: Free

Need to book in advance: No

 @Dementia Friendly Lewes



Facilities:



Tuesday 28 May 2024



Never Alone - Last Tuesday of every month Time: 11.00am to 12.00noon

The Congress Theatre Café, Eastbourne, BN21 4JR

Meet like minded people in our community at our free monthly Never Alone. It is an opportunity to relax with a cup of tea or coffee, a slice of cake and socialise with others.

Contact details: Howard Coote

@howard.coote@cpjfield.co.uk ☎ 01323 727801

Price per person: Free

Need to book in advance: No

 @CPJ Field Community Champion Sussex

Facilities:



Haine & Son



Stroke Friendship Cafe

Time: 2.00pm

Heather View Care Home, Beacon Road, Crowborough, TN6 1AS

Our stroke friendship café runs monthly on the fourth Tuesday of the month. Meet other stroke survivors and share experiences and friendship over cake and coffee in our beautiful café.

Contact details: Lisa Phillips

@lisa.phillips@careuk.com ☎ 01892 653634

Price per person: Free

Need to book in advance: Yes

 @HeatherViewCareHome

Facilities:



care UK 

Friday 31 May 2024

Never Alone - Last Friday of every month

Time: 11.00am to 12.00noon

Needle Meets Hook, 5 Market Square, Battle

Meet like minded people in our community at our free monthly Never Alone. It is an opportunity to relax with a cup of tea or coffee, a slice of cake and socialise with others.

Contact details: Andy Holter

@andy.holter@cpjfield.co.uk ☎ 01435 236000

Price per person: Free

Need to book in advance: Yes

 @CPJ Field Community Champion Sussex

Facilities:



Haine & Son


C.P.J. Field.
More than a General since 1919

Throughout May 2024

Hart Reade Solicitors free Private Client Information appointments

Time: 9.30am to 4.30pm

Offices at Hailsham and Polegate: Old Manor House, Market Street, Hailsham, BN27 2AE & 55 High Street, Polegate, BN26 6AL

Book your free half hour information appointment to discuss your circumstances with an experienced Solicitor from the Hart Reade LLP Private Client department.

Contact details: Laura Mitchell and Jenny Parr

📞 01323 841481 (Hailsham office) / 01323 487051 (Polegate office)

Price per person: Free

Need to book in advance: Yes  @Hart Reade Solicitors

Facilities:



HART READE
Solicitors

Fourth Monday of the month

Crowborough Support Group (Carers Only) - DISC

Time: 10.30am to 12.00noon

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

This group gives carers of those living with Dementia a chance to speak to other carers, gain information and support in a relaxed and safe space. Tea, coffee & biscuits included.

Contact details: Louise Stears-Smith

@admin@discdementiasupport.org 📞 07591 251005

Price per person: Free

Need to book in advance: No



@Dementia Information & Support Courses CIC

Facilities:



First Wednesday of the month



Care for the Carers - Carers Café Time: 10.00am

Heather View Care Home, Beacon Road, Crowborough, TN6 1AS

Run by Care for the Carers our carers café runs monthly on the first Wednesday of the month. Meet other carers and share experiences and friendships over cake and coffee. Enjoy talks from regular guest speakers that are relevant for the group.

Contact details: Lisa Phillips

@lisa.phillips@careuk.com ☎ 01892 653634

Price per person: Free

Need to book in advance: Yes



@HeatherViewCareHome

Facilities:



care UK

Every Sunday



Don't Dine Alone Time: 1.00pm to 2.30pm

Dudwell St Mary, Etchingham Road, Burwash, East Sussex, TN19 7BE

Inviting local older people who may live alone to join us for a nutritious lunch.

Contact details: Emma Rich-Spice

@emmalouise.richspice@barchester.com ☎ 01435 883688

Price per person: Free

Need to book in advance: Yes



@Dudwell St Mary Care Home

Facilities:



BARCHESTER
Celebrating life

All week, every week



Dementia Safe Space Cafe

**Time: 9.00am to 5.00pm Monday to Friday,
10.00am to 4.00pm at Weekends**

Heather View Care Home, Beacon Road, Crowborough, TN6 1AS

Our café is a dementia safe space. It is open to those living with dementia in the community and their loved ones, to enjoy a free hot drink and a sweet or savoury treat in our beautiful café.

Contact details: Lisa Phillips

@lisa.phillips@careuk.com ☎ 01892 653634

Price per person: Free

Need to book in advance: No

 @HeatherviewCareHome

Facilities:



care UK

Knit & Natter BATTLE

Join us at our monthly Knit & Natter sessions in conjunction with Needle Meets Hook, 5 Market Square Battle at 11am–12 noon on the last Friday of each month:

31st May, 28th June, 26th July 2024,
27th September, 25th October & 29th November
2024, (no meeting in August or December)

Sessions are free with tea, coffee and cake provided.
Please call Haine & Son Battle 01435 236000 for details.

Haine & Son
Funeral Directors



C.P.J. Field.

More than a funeral director since 1690.

Raising funds for local charities including the WDAA.

CROWBOROUGH

CAR MEET

CLASSIC, SPORTS CARS AND BIKES

Sun 7 July 2024



CROWBOROUGH RUGBY CLUB

Cars arrive from 8.30, Open to the public from 9.30



Rotary

Club of Crowborough

Free entry – your donations
will go to local charities

More: crowboroughrotary.org/car-meet/





FOUNDATION

Crowborough SPORTING MEMORIES

DATE & TIMINGS

First Monday of every month 11am - 12.30pm
Excluding Bank Holidays

2024 dates: 8th January, 5th February, 4th March, 8th April, 13th May, 3rd June, 1st July, 5th August, 2nd September, 7th October, 4th November and 2nd December

AGE

50 years and over

COST

Free

WHAT TO EXPECT

A friendly and welcoming environment to reminisce about either playing or watching sport.

FOR MORE INFORMATION CONTACT:

emma.brooke@sussexcricket.co.uk



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



sussexcricket.co.uk/sporting-memories



Community Cafe's

- FREE service for local people
- Entertainment & activities
- Dementia friendly

In partnership
with...



Polegate

1st Thursday of each
month, 2-4pm

Community Centre
54 Windsor Way
BN26 6QF



Hailsham

2nd Thursday of each
month, 2-4pm

St. Wilfrid Church Hall
South Road
BN27 3JG



Willingdon

4th Thursday of each
month, 2-4pm

Trinity Church
Coppice Avenue
BN20 9PN



Please call 01323 819191 to book your place

Visit: www.homeinstead.co.uk/eastbourne-hailsham

Provided in partnership with Home Instead Eastbourne & Hailsham
and Wealden Dementia Action Alliance

Supported by...

Haine & Son
Funeral Directors



FRIDAY CAFE

A DEMENTIA FRIENDLY
COMMUNITY CAFÉ

WHERE?

Kings' Hall, Withyham

WHAT TIME?

Between 10:30 - 12:00



TEA
CAKE
COFFEE

REMINISCENCE
SINGING

LAUGHTER
CRAFTS

QUIZZES

TALKS

CHAT
FUN



WHO'S IT FOR?

For anyone, any age who would like to meet
new people or catch up with old friends

WHAT HAPPENS?

Tea, coffee and delicious homemade cakes are
served in the first half an hour with plenty of
time to chat, followed by a fun memory
provoking or craft activity for the next hour

2024 Dates

12th January
9th February
8th March
12th April
10th May
14th June
12th July
9th August
13th September
11th October
8th November
13th December

INFORMATION

Please contact Anne Radford for more information
on 07885 486733 or just come along on the day

This is a free service, funded by donations and volunteers.
If you are a carer, please stay with the person you are bringing,
we do hope that you will also enjoy your time with us.

Open to anyone in the surrounding villages

PLEASE HELP US TO SPREAD THE WORD



Thanks to the
following
institutions
for supporting
our cafe.



CREATIVE Café

care for the
carers
East Sussex

East Sussex
County Council

Wealden
Community & Local History



Saturday
SOCIAL



A FREE SUPPORTIVE ARTS & CRAFT CAFE, OPEN TO ALL
BRING YOUR OWN PROJECT OR JOIN IN
WITH LEARNING SOME NEW TECHNIQUES TOGETHER.

Contact us

 (01825) 760 176

 victoriapavilion@gmail.com

 sussexsupportservice.com

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

4TH SATURDAY OF EACH MONTH
VICTORIA PAVILION, UCKFIELD
1:30PM - 3:30PM
(STARTING 27TH APRIL 2024)



Rotary
Club of Crowborough

4th Annual Charity Golf Day

Raising funds for

WEALDEN DEMENTIA ALLIANCE

31st MAY 2024

**CROWBOROUGH BEACON
GOLF CLUB**

Entry per team of four- £350

18 hole competition

- Team and individual prizes
- Longest drive, nearest the pin

Putting competition open to all

Breakfast rolls and drinks on arrival.

After – 2 course dinner and prize giving.



To Book please go to our website www.crowboroughrotary.org and complete the form or call Ken Maynard on 07771 984382 for booking details

To find out more about us and Rotary International go to
crowboroughrotary.org rotarygbi.org




Dementia research changes lives


Are you interested in research?

The Dementia Research Unit (DRU) is dedicated to improving treatment and care for people living with Alzheimer's disease and other types of dementia, by carrying out a range of research studies including world-class clinical trials. You can get involved by volunteering to take part.

If you would like to speak to one of our clinical research team about how you can participate in our clinical research or other dementia studies, or if you want to find out more about our current research, please get in touch.

Contact us

 Dementia Research Unit
Grove House
South View Road
Crowborough
East Sussex
TN6 1HB

 01892 603 107

 SussexPartnership.nhs.uk/our-research

 DementiaResearchUnit@spft.nhs.uk





Ninfield Health and Wellbeing Group Film Matinees

**Ninfield Memorial Hall, Ninfield TN33 9EE.
Doors open at 1:30pm. Film starts at 2pm.**



Screenings are **FREE** but please book a seat*.

All films for 2024 are on Tuesdays and alternate between vintage films  and musicals .

There will be a raffle and refreshments available.

Please see next page for the full years listings

All films are dementia and hearing loss friendly (subtitles).

* To book your seat: please call Jackie or Rose on **01424 892422**
or email: jackie.langley1@btinternet.com

Vintage films and musicals for 2024



Tuesday 5 March



Tuesday 9 April



Tuesday 14 May



Tuesday 25 June



Tuesday 1 October



Tuesday 3 September



Tuesday 5 November



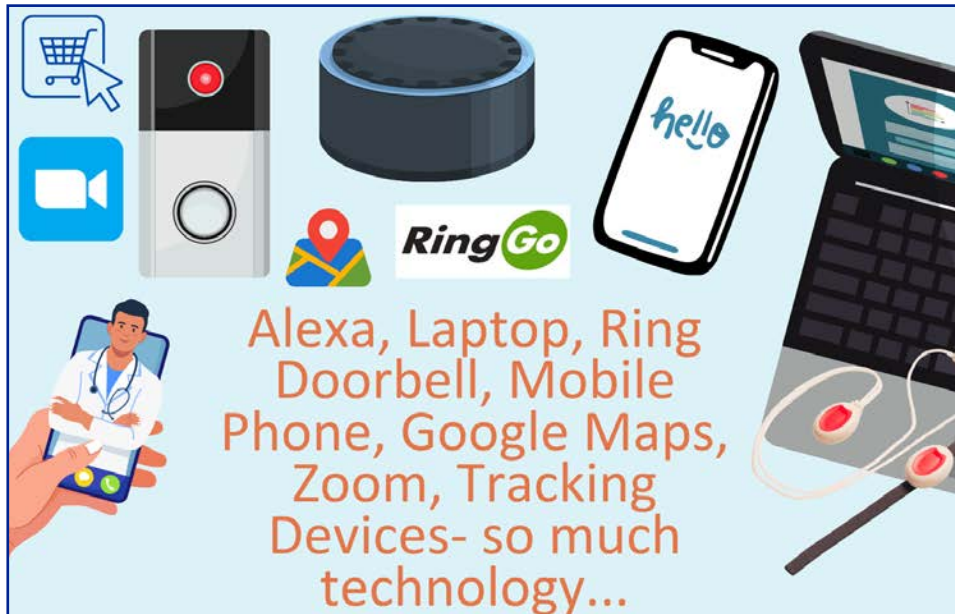
Tuesday 10 December



All films are dementia and hearing loss friendly (subtitles).

Remember to book your seat: please call Jackie or Rose on 01424 892422 or email: jackie.langley1@btinternet.com





These can all help you in your caring role!

Try our FREE Computer Help at Home Service

- Free for unpaid Carers
- Learn how to use your own devices
- Up to six 1-1 sessions or a 'one off'
- Have a fully trained & DBS checked volunteer come to you

**For more information, please
call 01424 722309 or email
info@associationofcarers.org.uk**



**ASSOCIATION OF
carers**
- SUPPORTING UNPAID CARERS -

Registered Charity 1159551



**FREE
event**



Wealden
Dementia Action Alliance

Crowborough Community Café

The Oasis, Community Church
Beacon Road, TN6 1AS



**Last Thursday of the month
2pm to 4pm**

 **A free community cafe with
entertainment and activities for local people.**

 **Free refreshments and activities**

 **Everyone welcome**

Contact us:

@ wellbeing@wealden.gov.uk

📞 **01323 443322**

 **@wealdendistrict**  **@wealdendc**

 **Friends of Wealden Dementia Action Alliance**



Wealden
District Council

Rotary Club of  **Crowborough**



Saturday SOCIAL

Victoria Pavilion Support Centre, Victoria Pleasure Ground.

2nd Saturday Of The Month

1:30pm – 3:30 pm



All Welcome

POP IN FOR FREE DRINKS & CAKE

Friendly Conversation In A Supportive Space

2024

11th May
8th June
13th July
10th August
14th September
12th October
9th November
14th December

2025

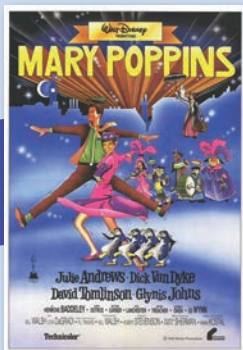
11th January
8th February
8th March





Film afternoons for everyone to enjoy

Friday 24th
May 2024



Friday 26th
July 2024

Friday 21st
June 2024



Friday 27th
Sept 2024

Doors open at 1.30pm - Screening starts at 2.30pm

Tickets £5.00 including a complimentary tea/coffee (carers, free of charge)

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

Box Office Open Hours: Mon to Sat 10am – 4pm

Tel: 01323 841414 Email: info@hailshampavilion.co.uk

Online: www.hailshampavilion.co.uk

Dementia friendly



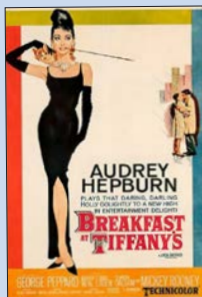


Film afternoons for everyone to enjoy

Tue 23 Jan 2024
Half a Sixpence (1967)
 Cert U. 2h 23m



Tue 26 Mar 2024
Breakfast at Tiffany's (1961)
 Cert PG. 1h 55m



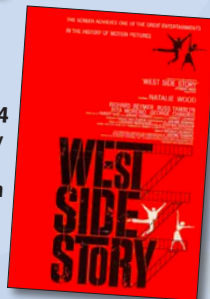
Tue 14 May 2024
It's a Wonderful Life (1946)
 Cert U. 2h 10m



Tue 24 Sep 2024
The Pink Panther (1963)
 Cert PG. 1h 55m



Tue 19 Nov 2024
West Side Story (1961)
 Cert PG. 2h 33m



Doors open at 1pm - Screening starts at 1.30pm
Free entry and refreshments, donations welcome

Crowborough Community Centre, Pine Grove, TN6 1FE

Contact information:

enquiries@pinegrovepictures.org.uk or call 01892 653823





SYCAMORE GROVE

BARCHESTER HEALTHCARE

Dementia Friendly Events

AT SYCAMORE GROVE CARE HOME

Sycamore Grove Care Home offers high quality residential care for older people

who benefit from additional care and support in a warm and friendly environment. Our activities programme is planned with individual tastes in mind, and residents always have the opportunity to try new and exciting things.

COFFEE MORNING

Bi-Weekly from the first Tuesday of the month 2pm – 4pm

This warm and friendly event allows those who are affected in any way by dementia to come together in a safe, beautiful space and share experiences, get advice and help or simply make new friends and socialise!

Each week we try to offer something different, whether it's a guest speaker, entertainment, or simply just a bit of chit-chat, reminiscence and company over a cuppa & cake (homemade by our in-house chef!).

WELLBEING WALKS

Second Friday of the month 11am

Join us for a stroll, chat and make new friends as we take a relaxing walk around our large garden area. Get out and about with others exercising your mind, body and soul out in the fresh air. So why not join us for fellowship and friendship?

We aim to walk for around half an hour, ending up back at Sycamore Grove, where refreshments will be served.

RHYTHM & REMINISCENCE

3rd Wednesday Every Month

Join us for our Rhythm and Reminiscence event as The Activities Team, takes us back to the wonderful memories of yesteryear through the power of music, song and sensory. Join us for music, friendship and fun.

Everyone welcome!

To book your place at one of our free Dementia Friendly events or for more information, please call us on: 01424 320620

**Our Dementia
Champion Iona
looks forward to
welcoming you at
our clubs and
activities**



**Improving lives through friendship
in Rotherfield & surrounding areas**

Time To Talk



**A group for
unpaid carers**

FRIENDSHIP

A FAMILY OF STAFF, MEMBERS & VOLUNTEERS



WELLBEING

THERAPIES &
EXERCISE



SUPPORT

TRUSTED ADVICE, INVALUABLE
SUPPORT



Join us today - 01892 853021

A small charity with a big heart!

Get involved and feel more connected

Dementia Awareness Training with a Big Difference

A full day or 2 half day
certified course co-
produced and co-
delivered by people living
with dementia.

For prices and further
information contact
our Dementia
Champion Iona

01892 853021

iona@rotherfieldstmartin.org.uk

Suitable for
professional and
unpaid carers and
anyone wanting to
offer support to
those affected by
dementia

*"Thank you for such a
unique opportunity to
learn from those that
really know"*



Stay in touch with Wealden Police!

Are you signed up to Sussex Alerts?

Sign up to emails from your local Neighbourhood Policing Team in Wealden to find out what is happening in your area; from local news and crime alerts, to burglary updates, witness appeals and more.


Visit www.sussexalerts.co.uk to sign up.




We're on facebook!

For day to day updates and engagement, you can find **Wealden Police** on Facebook!

We encourage all reports and incidents to be reported via the following:

 101 (non-emergency)

 www.sussex.police.uk (non-emergency)

 999 (in an emergency)

Do you know someone living with Dementia?

The Herbert Protocol is a national scheme adopted by several police forces, including Sussex Police. The form allows friends, family, and carers of vulnerable people to collate a list of information to help the police if the person goes missing, including medication, previously located locations, and a recent photograph.

Keeping a completed form saves the worry of trying to recall the information during the stressful time of someone going missing. It also saves time for the police, allowing the search to start sooner.

For more information, and to download a copy of the form, please visit www.sussex.police.uk/notices/af/herbert-protocol/

THE
**HERBERT
PROTOCOL**
Safe & Found



ActionFraud
National Fraud & Cyber Crime Reporting Centre
0300 123 2040





Award
winning care
homes

We're proud to be recognised for our excellence in care, winning more awards than any other provider in the last three years.

If you're considering a care home, call **03308 288 902** or visit **careuk.com/sussex**

Inspected and rated



Trusted to care

Bowes House, Hailsham
Heather View, Crowborough

care UK