



National Dementia Action Week Events Programme 20 - 26 May 2019

Join
one of the
many
events across
the Wealden
District

For more events go to:
www.wealden.gov.uk/dementia



Wealden Dementia Action Alliance Forums

Your local forum can be found in the following towns and villages:

- ✿ Uckfield
- ✿ Polegate
- ✿ Crowborough
- ✿ Hailsham
- ✿ Wadhurst
- ✿ Ninfield

All of the forums are working towards becoming a dementia friendly community with the support from their local residents, businesses, groups and services.

If you would like to be part of any of these forums please contact us.

Wealden Dementia Action Alliance

Contact:

Phone: **01323 443266**

Email: **communitydevelopment@wealden.gov.uk**

If you, or somebody you know, would like the information contained in this document in large print, Braille, tape/CD or in another language please contact Wealden District Council on 01323 443322 or info@wealden.gov.uk quoting Ref: D&P.27718.04.19

Monday 20 May

Arty time and story sharing

10:30am to 11:30am

Woodlands care home, Beacon Road, Crowborough TN6 1UD

Come along and meet local babies and toddlers in a fun and informal group supported by Arty Time. Reminiscence and story sharing. Refreshments provided free of charge.

Cost per person: Free

No need to book.



Contact: Woodlands care home **01892 653178** or email **woodlands@sussexhousing.org.uk**

Dementia Friends Awareness Session

10:30am - 11:30am

Rotherfield St Martin Centre, Memorial Institute, North St, Rotherfield, TN6 3LX

An opportunity to become a Dementia Friend and learn how you can support those people living with Dementia in your community.

Cost per person: Free

Booking is essential.

Contact: Jo Evans, Rotherfield St Martin on: **office@rotherfieldstmartin.org.uk** or call **01892 853021**.



Note: Parking can be difficult in the centre of the village. Village Hall in North St has plenty. Wheelchair access available.

Monday 20 May

Trip to Teapot Island, Afternoon tea and walk along the river

10am – 4:30pm

Collection from Mayfield, TN20 6PJ

Minibus trip to Teapot Island in Kent to see all the teapots, afternoon tea and walk along the river.

Cost per person: £6 includes entry and tea,

Booking is essential.

Contact: Freya Huxtable, Mayfacs on:
freya@mayfacs.org.uk.



Swingtime Sweethearts & Cream Tea

2pm - 4pm

Rotherfield Village Hall, North Street, Rotherfield, East
Sussex, TN6 3LX

The Swingtime Sweethearts, Wartime and Swing duo will perform for us and a cream tea will be served in the interval.

Cost per person: £4

Booking is essential.

Contact: Vicky Cheeseman and Liz Hiles, Rotherfield
St Martin on liz@rotherfieldstmartin.org.uk
or phone 01892 853021.



Tuesday 21 May

Inclusive Swim sessions

10:00-11:00am

Crowborough Leisure Centre, Eridge Road, Crowborough,
TN6 2TN

A quiet, instructor supported swim session suitable for adults with disabilities and people living with dementia.

Cost per person: £2.15 per person (carer goes free)

No need to book.

Contact: Crowborough Freedom Leisure centre
on:

crowboroughenquiries@freedom-leisure.co.uk
or phone 01892 665488.



Crowborough and Villages Cares event

10:30am – 2pm

Crowborough Community Centre, Pine Grove, Crowborough
TN6 1FE

Free refreshments, activities and information stands from local organisations and services. Dementia friend session 1-2pm

Cost per person: Free.

No need to book.

Contact: Crowborough Dementia Forum:
communitydevelopment@wealden.gov.uk
or phone 01323 443266.



Mother Theresa's

 **Know Dementia**
education, advice & support

Tuesday 21 May

Ninfield Indoor Games

2pm - 4pm

Ninfield Memorial Hall, Bexhill Road, TN33 9EE

This will include a range of games to try, plus refreshments.

Cost per person: Free.

No need to book, but please feel free to contact Jackie if you are interested in attending.

Contact: Jackie Langley:
jackie.langley1@btinternet.com
or phone 01424 892422.



Wednesday 22 May

Sporting Memories Polegate Group

10am – 11:30am

Polegate Community Centre, 54 Windsor Road, Polegate, East Sussex, BN26 6QF

Opportunity for older to sports fans to talk sport and reminiscence over a cuppa.

Cost per person:

Free (donation for refreshments appreciated)

No need to book.

Contact: Linda Bowen, Linda.bowen@sussexcricket.co.uk
or phone 07947 521836



Wednesday 22 May

Musical Moments

10:30am – 11:30am

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

Share a musical experience with people with memory problems and their family/carer. Join our choir led by classically trained singer/musician.

Cost per person: £2

No need to book.

Contact: Pauline Malloy, Know Dementia info@knowdementia.co.uk or phone 01273 494300



Memory Cafe

10am – 12pm

Hurstwood View, Linum Lane, Five Ash Down, Uckfield, East Sussex TN22 3FH

Come along and meet new people whilst enjoying a hot drink and selection of sweet treats including biscuits and homemade cakes and a free activity. Transport can be provided within a 5 mile radius.

Cost per person: Free

Booking is essential.

Contact: Kirsty Heaver, Barchester: hurstwoodview@barchester.com
or phone 01825 731700.



Wednesday 22 May

Wadhurst Carers Group

10:30am-12:00pm

Wadhurst Manor Care Home, Station Road, Wadhurst,
TN5 6RY

A group for carers to relax and enjoy a cuppa, whilst their cared for person enjoys a supervised activity.

Cost per person: Free

Booking is essential.

Contact: Timmy Fordham, Care for the Carers:
info@cftc.org.uk
or phone **01323 738390**.



Dementia Friendly Screening - His Girl Friday (PG 92 mins)

Film starts at 11am

The Picture House, Uckfield, High Street, Uckfield, East
Sussex, TN22 1AS

Cary Grant stars as an unscrupulous newspaper editor who convinces his star reporter, and ex-wife, to take in one last assignment.

Cost per person: £9.50

Booking is recommended but not essential.

Contact: Nicolette Howard:
enquiry@picturehouseuckfield.com or phone **01825 764909**.

Note: Lights will be brighter and sound lower. We accept the CEA card but this can only be accepted in person and not online.



Wednesday 22 May

1950's Rock and Roll afternoon

2pm – 4pm

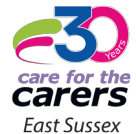
Poppy Room, Bentley Grange, Binder Lane, Hailsham,
BN27 1FA

Come along with the person you care for to our Making Memories group. Sing along with our Rock 'N' Roll entertainer.

Cost per person: Free

No need to book.

Contact: Carol Smith, Care for the Carers:
info@cftc.org.uk
or phone **01323 738390**.



Note: You must stay with the person you care for, they cannot be left.

Understanding Dementia

2:30pm - 4:30pm

Bowes House - Care UK, Battle Road, Hailsham, BN27 1DU

Suzanne Mumford presents Understanding living with dementia and how memories are lost. Learn about language changes and overcome communication barriers.

Cost per person: Free

Booking is essential.

Contact: Karen Milligan, Care UK:
Karen.milligan@careuk.com
or phone **01323 440188**.



Wednesday 22 May

Tea and Chat

2:30pm - 4pm

Five Ashes Village Hall, Five Ashes, TN20 6JA

Friendly group to meet and chat and have afternoon tea.

Cost per person: £2

No need to book.

Contact: Shirley Holland, Mayfacs:
manager@mayfacs.org.uk
 or phone 07908 516875.



Hurstwood View Garden Party

3pm - 5pm

Hurstwood View Care Home, Linum Lane, Five Ash Down, TN22 3FH

Garden party with music, games, Pimm's, sandwiches and strawberries & ice cream.

Cost per person: Free

No need to book.

Contact: Kirsty Heaver and Sam Cordes:
sam.cordes@barchester.com
 or phone 01825 731700.



Thursday 23 May

Care & Support Expo

10am - 4pm

Uckfield Civic Centre, Civic Approach, Uckfield, TN22 1AE

During dementia awareness week Uckfield Dementia Forum are holding a Care and Support Expo at Uckfield Civic Centre, for local providers to show case their products and services to the public. Information sessions will also be available on power of attorney and scam awareness.

Cost per person: Free

Cost per stall holder: £25

No need to book.

Contact: Margaret Dode-Angel, Uckfield Forum & Sussex Support Service: victoriapavilion@gmail.com
 or phone 01825 760176.



Poetry Group

11am - 12:30pm

Coach House Cottage, Royal Oak Mews, Mayfield, TN20 6AN

Friendly group to meet and read and chat about poetry.

Cost per person: £2

No need to book.

Contact: Shirley Holland, Mayfacs:
manager@mayfacs.org.uk
 or phone 07908 516875.



Thursday 23 May

Ninfield Health Walk From 2pm

Ninfield Memorial Hall, Bexhill Road, TN33 9EE

An easy walk avoiding mud and stiles for about an hour followed by refreshments.

Cost per person: Free

Booking preferred (not essential)



Contact: Robin Goldsmith:
robin@plowmate.plus.com or phone 01424 892778.

Afternoon Tea Party 2.30pm – 4pm

United Reform Church Hall, Victoria Road, Polegate, BN26 6DA

Willing Legal Services are hosting an Afternoon Tea Party for all our clients and Polegate residents for Dementia Action Week.

Cost per person: Donation to Dementia UK

Booking is essential.

Contact: Chloe Eason, Willing Legal Services:
info@willinglegalservices.co.uk
or phone 01323 488338.



Friday 24 May

Dementia Friendly Church Service 2:30pm - 4pm

St Denys Church, Rotherfield, TN6 3FD

A time to come together to share well known hymns and prayers and join in related activities, all in a relaxed atmosphere. Refreshments served afterwards.

Cost per person: Donation on the day.

Booking is essential.

Contact: Jo Evans, Rotherfield St Martin:
office@rotherfieldstmartin.org.uk
or phone 01892 853021.



Note: Parking can be difficult outside church. Village Hall in North Street has plenty.

Memory Moments Cafe 1:45pm – 4:45pm

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

Please come and join us for an informal café including tea, coffee & cake, a little fun and laughter with games, talks, music dance etc.

Cost per person: Free

No need to book.

Contact: Pauline Malloy, Know Dementia:
info@knowdementia.co.uk
or phone 01273 494300.



Home Instead Senior Care is devoted to providing the **highest quality award-winning** help and support for older people in the comfort of their own homes.

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Join us for fun filled days

- Fantastic range of activities & entertainers
- Disabled access transport available - Uckfield, Newick, Crowborough, Rotherfield, Mayfield, Heathfield
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- User forums
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- Support & information

At Sussex Support Service our qualified, experienced team provide care and activities in a stimulating, friendly and comfortable day service setting. Specialising in supporting those who may need extra care and those living with Dementia, Parkinson's and in social isolation.

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PROMOTING CHOICE, INDEPENDENCE & WELL BEING

www.sussexsupportservice.com
email: victoriapavilion@gmail.com

'I laugh from the minute I get here to the minute I go home'.
Jean, Service User

Call us now on **01825 760176** to arrange a **FREE** taster session

Our next event at Bowes House
Understanding dementia
Wednesday 22nd May 2019, 2pm - 4pm

Join us to hear Suzanne Mumford from Care UK share insights about the condition and offer practical strategies for caring for a loved one with dementia.

To find out more or to book your **free** place call us on **01323 885606** or email karen.milligan@careuk.com

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Bowes House care home, 25 Battle Road, Hailsham, BN27 1DU
careuk.com/bowes-house

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Eastbourne Office
T: 01323 727321

Polegate Office
T: 01323 487051

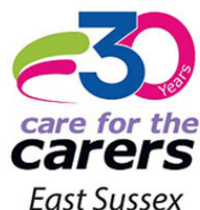
Meads Office
T: 01323 407577



Hailsham Office
Old Manor House
Market Street, Hailsham
East Sussex BN27 2AE
T: 01323 841481

www.hartreade.co.uk

We can help you access funding for respite care so you can attend your own health appointments.



No one left to care alone

01323 738390 | info@cftc.org.uk | 07860 077300
www.cftc.org.uk



careforthe carers care4the carers careforthe carers

FOR FREE CONFIDENTIAL ADVICE

DROP INTO YOUR LOCAL OFFICE

Crowborough
Croham Lodge
Croham Road
TN6 2RH
Monday to Thursday
10:30 to 2:30pm

Hailsham
Southview
Western Road
BN27 3DN
Monday & Wednesday to
Friday 11:00 to 3:00pm

Uckfield
The Hub
Civic Approach
TN22 1AL
Monday & Wednesday to
Friday 11:00 to 3:00pm

**citizens
advice**

OTHER WAYS TO GET ADVICE

ADVICELINE (for general telephone advice): 0300 330 9022/03444 111 444

Text: ADVICE with your name and postcode to 81400

Our website: citizensadvice.org.uk

Email advice: eastsussexcab.co.uk

An Advicestop service is also available at Polegate and Willingdon

To ring for an appointment call the booking line on 01323 842336 or call our Adviceline

For other locations visit: www.wealdencitizensadvice.org.uk



Community and Memory Cafés

Everyone welcome

Five Ash Down Community Café – Last Wednesday of the month
Hurstwood View Care Home, Five Ashes
10am till 12noon

Wadhurst Community Café – Last Wednesday of the month
Wadhurst Manor, Station Road, Wadhurst
2.30pm till 4.30pm

Polegate Memory Café – First Thursday of the month
Polegate Community Centre, Windsor Way, Polegate
2pm till 4pm

Crowborough Community Café – Last Thursday of the month
Woodlands/Heather View, Beacon Road, Crowborough
2pm till 4pm

Saturday Social - Fortnightly
Victoria Pavillion, Uckfield.
2pm till 4pm

Hailsham Memory Café – TBC

Activities at each café as well as free refreshments

For more information

please call **01323 443266**,

email communitydevelopment@wealden.gov.uk

or go to www.wealden.gov.uk/dementia

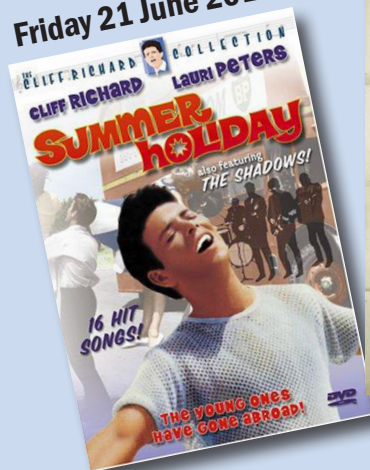
Musical Matinee in Ninfield

Ninfield Memorial Hall, Ninfield TN33 9EE.

Doors will open at 1:30pm. Film to start at 2pm.

The screening is **FREE** but please book a seat.
There will be a raffle and refreshments available.

Friday 21 June 2019



**Friday
20 September 2019**



**Friday
29 November 2019**

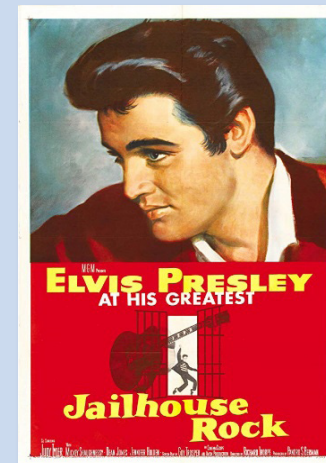


Ninfield Community Film Afternoon
Dementia and hearing loss friendly

To Attend: please call 01424 892422
or email: jackie.langley1@btinternet.com

Movies Make Memories

Dementia friendly relaxed film screenings
for everyone to enjoy.



Jailhouse Rock
Friday 28 June, 2pm

After serving time for
manslaughter, young Vince
Everett becomes a teenage
rock star.

Doors open at 1.30pm - Screening to start at 2pm
Tickets £3.00 (Carers Free of charge)

Hailsham Pavilion Theatre, George Street, Hailsham, BN27 1AE
Box Office Open Hrs 10am – 4pm Mon to Sat

Tel: 01323 841414 Email: info@hailshampavilion.co.uk
Online: www.pavilionhailsham.co.uk

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- Probate and Estate Administration
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Contact Lynne Carter, Associate Solicitor
Cortlandt
George Street
Hailsham BN27 1AE

T: 01323 449552 F: 01323 449553

E: lynne.carter@gabyhardwicke.co.uk



Wealden Dementia Action Alliance

Contact:

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01323 443266

Email:

communitydevelopment@wealden.gov.uk

Gaby Hardwicke
SOLICITORS


Wealden
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