

FULL  
OF  
LIFE

10<sup>th</sup>  
Anniversary

Celebrating  
Older People's  
Day in East  
Sussex

Events Programme

September to October 2017



# Welcome to the Events Programme for Older People's Day 2017

**Introduction by Kate Davies, Chair of East Sussex Seniors' Association (ESSA)**

It's the 10th anniversary of Older People's Day and of ESSA, and another packed programme of events is here. Where has that time gone!?

There is so much to choose from and lots of the events are free or at least offer free tea and cake! I personally am very excited to try out another film screening and maybe a dance class!

Remember that you can go to any event anywhere in the county, but do make sure you book a place if it says you need to in the information. Contact your local community transport provider if you need help with transport, there's information opposite.

These lovely booklets are distributed across the county in libraries and district and borough council offices so please take copies to your friends and neighbours and come along together. If you are a member of a lunch club or small group, feel free to take copies there too. The more the merrier!

I want you all to celebrate 10 years of Older People's Day with me, with ESSA, the Forums and East Sussex County Council. Let's make this another wonderfully successful year.

Evaluation forms are available at most events and it would be great to hear about the events you really enjoyed, and those you think could have been better.

This booklet could not be produced without the planning group who come from district and borough councils, charities, leisure centres, community and voluntary organisations, so thank you all. We hope to keep working with you all.

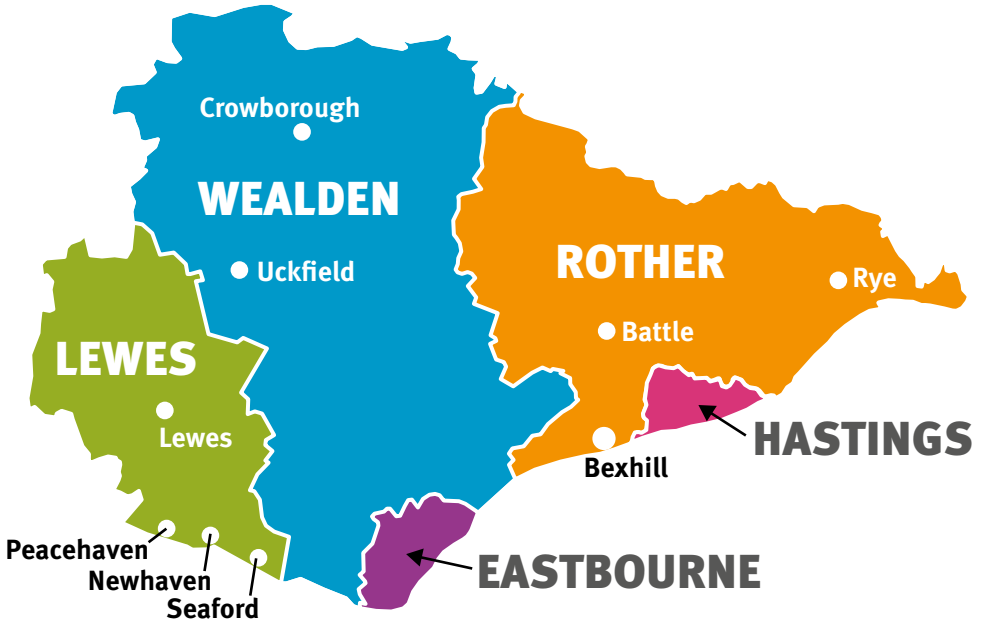
Enjoy!

**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 in date order (apart from the leisure centres pages \*-\*). 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: [4weald.co.uk/escto](http://4weald.co.uk/escto) or [eastsussex.gov.uk/communitytransport](http://eastsussex.gov.uk/communitytransport). If you don’t have internet access, call 01273 517332 for advice on schemes in your area.



September

EASTBOURNE

## Walk for Dementia



### Eastbourne Dementia Action Alliance

Sunday 17 September, 11am start at Holywell, Ivy House, 19 Hartfield Road, Eastbourne BN21 2DT

Raising awareness for Dementia Support in Eastbourne. bring friends, family, pets, scooters, mobility scooters, whatever you need to join us on our walk for dementia. Appropriate footwear and clothing should be worn. Participants take part at their own risk.

**Cost:** Free, all ages welcome

**Transport:** N/A

**Catering:** N/A

**Contact:** 01323 431801 or [care@ivyhouse-dementiacare.com](mailto:care@ivyhouse-dementiacare.com)



East Sussex  
County Council



## Read it online

eBooks, eMagazines, eAudiobooks and lots more at:

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

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

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

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





## The Good Life Show Eastbourne Seniors Forum



**Thursday 28 September, 10am to 4pm, at the International Lawn Tennis Centre, Devonshire Park, Eastbourne BN21 4BP**

Come along to the Good Life Show, at our NEW venue in the International Lawn Tennis Centre, browse the numerous stalls and chat to providers about health, clubs, legal, fitness, hobbies, leisure and learning.

**Cost:** Free (no need to book)

**Transport:** Street parking and car parks nearby (charges apply)  
5 min walk from Eastbourne Station and bus stops nearby

**Catering:** Catering available to buy at café

**Contact:** Steve Thornett 01323 479846 or sthornett2@gmail.com

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## Double Matinee Film Show Age Concern Eastbourne



**Friday 29 September, 1pm to 5pm, at Age Concern Eastbourne, The Venton Centre, Junction Road, Eastbourne BN21 3QY**

Join us for a double film matinee with light refreshments during the interval. Socialise with others in a comfortable and fun setting.

**Cost:** £2 To book please contact reception 01323 638474

**Transport:** Good public transport nearby including buses and trains, both a short walk away

**Catering:** Light refreshments during the interval or lunch before are available in our Pantry at an additional cost

**Contact:** Liz Maxted or Linda Warner 01323 638474



## Sport Eastbourne Older People's Day

### Sport Eastbourne / Eastbourne Borough Council



**Monday 2nd October 2017 at Shinewater Sports and Community Centre,  
Milfoil Drive, Eastbourne BN23 8ED**

Join us and try a variety of activities and sports like walking football, walking netball, table tennis and more. Come and have a laugh and meet new people as our staff and coaches make you feel welcome and help you settle in.

**Cost:** £1 per activity (see contact details to book)

**Transport:** Free parking available. Public transport nearby

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

**Contact:** 01323 768614 or [erica.francis@eastbourne.gov.uk](mailto:erica.francis@eastbourne.gov.uk)  
01323 768614 or [will.holt@eastbourne.gov.uk](mailto:will.holt@eastbourne.gov.uk)

## Shinewater Healthy Living Club – Taster

### Age UK East Sussex



**Thursday 12 October, 10am to 12pm at Shinewater Sports and  
Community Centre, Milfoil Drive, Eastbourne BN23 8ED**

Come and try our healthy living club, a great place for older people to meet for light sporting activities and healthy lifestyle advice – all in a social environment! Sessions vary and include cooking, chair based exercise and more.

**Cost:** Free (no need to book)

**Transport:** Good bus access (Stagecoach buses stop on Milfoil Drive)  
Free parking available

**Catering:** None

**Contact:** Charles Sheldon 07850 987149 or [charles.sheldon@ageukeastsussex.org.uk](mailto:charles.sheldon@ageukeastsussex.org.uk)



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

## Winter Home Check Service

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

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



17 15 053

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



September



HASTINGS

## 7th Outing to Sissinghurst Castle & Gardens Hope G



**Monday 4 September**

**Venue will be confirmed on booking**

Join our members and make new friends on a friendly Coach trip.

**Cost:** £11

**Transport:** N/A

**Catering:** Please bring a packed lunch

**Contact:** Julia Wells 07770525918 or [julia72003@gmail.com](mailto:julia72003@gmail.com)

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## LGBT Healthy Living Club 'Older People's Day Celebration' Age UK East Sussex



**Thursday 14th September, 10am to 12pm, at The Y Centre, St Pauls Road,  
St Leonards On Sea, East Sussex TN37 6RS**

Join us for a programme of fun physical activities, sports and games with free refreshments. Meet new people, make friends and find out about local services and organisations whilst celebrating older LGBT people.

**Cost:** £1

**Transport:** Parking available at venue and public transport nearby

**Catering:** Free catering

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





## 7th Health & Wellbeing Day Hope G



**Thursday 21 September, 10.30am to 2pm, at Azur Marina Pavilion,  
St Leonards on Sea TN38 0BD**

A day of activities to enhance your well-being. Try taster sessions of yoga; Tai Chi; Chair exercises; hand massage; nail painting; hopefully Belly dancers would join us this year.

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

**Transport:** Parking available nearby. Good access to public transport

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

**Contact:** Julia Wells 07770525918 or [julia72003@gmail.com](mailto:julia72003@gmail.com)

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## Community Cake Sale SCDA



**Thursday 28 September, 10.30am to 12pm, Isabel Blackman Centre,  
Winding Street, Hastings TN34 3AT**

Join us for free tea and cake, a chat and entertainment from the amazing Blue Bayou singers. Cakes available to buy and take home.

**Cost:** Free (no need to book)

**Transport:** Bus Route Number 20 and 26A, 25 minute walk from Hastings train station

**Catering:** Free drinks and cake

**Contact:** Hannah Doel 01424 446428 or [hannah.doel@sussexcommunity.org.uk](mailto:hannah.doel@sussexcommunity.org.uk)



## Active Hastings Coffee Morning Active Hastings



**Tuesday 3 October, 9.15am to 12.45pm, at St Mary in the Castle,  
Pelham Crescent, Hastings TN34 3AF**

Join us for a free tea or coffee, gather information what's happening in your local area and enjoy an optional free dance (no need for a partner, all dances are suitable for individuals). Pilates and Tai Chi sessions available for £2.50.

**Cost:** Free entry but classes need paying for

**Transport:** Car park available opposite. Bus routes available

**Catering:** Free tea and coffee

**Contact:** Sarah 01424 451051

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## Health and Hobbies Fair Hastings & St Leonards Seniors' Forum



**Wednesday 4 October, 10.30am to 3pm, at Hastings Pier,  
1-10 White Rock, Hastings, TN34 1JU**

Enjoy demonstrations and advice on healthy living and hobbies whilst socialising with others. There is a charge for stallholders.

**Cost:** Free (no need to book)

**Transport:** Parking nearby. Buses stop outside

**Catering:** Free tea and coffee

**Contact:** Ann Lowndes 01424 439861 or lowndesann@yahoo.co.uk



## A Team Club Taster days

### A Team supported by Age UK East Sussex

**Wednesday 11 October, 10.15am to 12.15pm, at The Parish Centre,  
Christ Church Courtyard, London Road, St Leonards TN37 6GL**

Try out activities like dancercise, Zumba Gold, gentle exercise, new age curling and much more. It is a great place to meet others while improving your health!

**Cost:** £1 (no need to book)

**Transport:** Bus stops and station nearby

**Catering:** Included

**Contact:** Charles Sheldon 01273 476704  
or [charles.sheldon@ageukeastsussex.org.uk](mailto:charles.sheldon@ageukeastsussex.org.uk)





## **Musical Moments Lewes** **Know Dementia**



**Every Thursday, 1.30pm to 2.30pm at the House of Friendship,  
208 High Street, Lewes BN7 2NS**

Share a musical experience with people with memory problems and their family/carer. Join our choir led by classically trained singer/musician Mae Heydorn. No experience necessary, only a desire to enjoy singing.

**Cost:** £2

**Transport:** Parking available

**Catering:** N/A

**Contact:** 01273 494300 or [info@knowdementia.co.uk](mailto:info@knowdementia.co.uk)

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## **Memory Moments Café Peacehaven** **Know Dementia**



**Every Friday, 9.30am to 12.30pm, at the Meridian Centre,  
Meridian Way, Peacehaven BN10 8BB**

Come to our informal café, especially designed for people with memory problems and their carers and family. Enjoy tea, coffee and cake and have some fun with games, talks, music and dance.

**Cost:** £1

**Transport:** Free parking

**Catering:** Free hot drink and cake

**Contact:** 01273 494300 or [info@knowdementia.co.uk](mailto:info@knowdementia.co.uk)



## Memory Moments Café Ringmer Know Dementia



**Every Thursday, 9.30am to 12.30pm, at Symons Hall,  
Ringmer Village Hall, Lewes Road, Ringmer BN8 5QH**

Come to our informal café, especially designed for people with memory problems and their carers and family. Enjoy tea, coffee and cake and have some fun with games, talks, music and dance.

**Cost:** £1

**Transport:** Parking available

**Catering:** Free hot drink and cake

**Contact:** 01273 494300 or [info@knowdementia.co.uk](mailto:info@knowdementia.co.uk)

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## Coldstream House Coffee Morning Lewes District Council



**Wednesday 6 and 27 September, 1.30pm to 11.30am,  
at Coldstream House, Bramber Lane, Seaford BN25 1AF**

Find out about sheltered accommodation services, meet staff and residents, have a tour and take part in fun activities.

**Cost:** Free (no need to book)

**Transport:** Public car park nearby, limited car parking on site

**Catering:** Free tea, cake and biscuits

**Contact:** 01273 471600



## Seaford House Coffee Morning Lewes District Council



**Thursday 7 and 28 September, at Seaford House, Crouch Lane,  
Seaford BN25 1PU**

Find out about sheltered accommodation services, meet staff and residents, have a tour and take part in fun activities.

**Cost:** Free (no need to book)

**Transport:** Public car park adjacent

**Catering:** Free tea, cake and biscuits

**Contact:** 01273 471600

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## Wartime Britain Through the Eyes of Strangers – German Jewish Family Archives University of Sussex, Special Collections at The Keep



**Monday 11 September, 2.30pm to 4.30pm, at The Keep, Woollards Way,  
Brighton BN1 9BP (sat nav BN1 9PU)**

View and read original letters exchanged between refugees in Nazi Germany and explore life at the time. Enlarged copies available

**Cost:** Free (book via contact details below)

**Transport:** Free parking. Public transport stops nearby

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

**Contact:** Samira Teuteberg 01273 482349 or samira.teuteberg@sussex.ac.uk



## **Writing Refugee Lives – Researching German Jewish Archives University of Sussex, Special Collections at The Keep**



**Tuesday 12 September, 10am to 4.30pm, at The Keep, Woollards Way,  
Brighton BN1 9BP (sat nav BN1 9PU)**

In this one-day workshop, academic speakers will discuss German Jewish family archives from a literature, visual art, personal interest and archival practice perspective. Speakers include Prof. Edward Timms, Rabbi Jonathan Wittenberg, Dr Andrea Hammel and Dr Deborah Schultz.

**Cost:** Free (book via contact details below)

**Transport:** Free parking. Public transport stops nearby

**Catering:** Lunch and refreshments provided

**Contact:** Samira Teuteberg 01273 482349 or [samira.teuteberg@sussex.ac.uk](mailto:samira.teuteberg@sussex.ac.uk)

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## **Churchill House Coffee Morning Lewes District Council**



**Wednesday 13 September, 10.30am to 11.30am, Churchill House,  
at Walmer Road, Seaford BN25 3TJ**

Find out about sheltered accommodation services, meet staff and residents, have a tour.

**Cost:** Free (no need to book)

**Transport:** Street parking and car park available

**Catering:** Free tea, cake and biscuits

**Contact:** 01273 471600



## Looking after your memories



### University of Sussex, Special Collections at The Keep

**Wednesday 13 September, 11am to 11.45am and 2pm to 2.45pm,  
at The Keep, Woollards Way, Brighton BN1 9BP (sat nav BN1 9PU)**

Find out how to handle and look after paper documents and photographs, and bring your own item for advice on how to care for and preserve it.

**Cost:** £5 (book via 01273 482349 or Samira.Teuteberg@sussex.ac.uk)

**Transport:** Free parking. Public transport stops nearby

**Catering:** Free tea and biscuits

**Contact:** 01273 482349 or TheKeep@eastsussex.gov.uk

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## Music and Movement with coffee morning



### Lewes House of Friendship

**Thursday 14 September, 10am to 11.30am, at Lewes House of Friendship,  
208 High Street, Lewes BN7 2NS**

Come to our 30 minute “taster” session of our regular “Extend” class – exercise to music, specially tailored to older people, to help improve balance and mobility, starting at 10am.

Please ring for details about Disabled Access.

**Cost:** Free

**Transport:** Limited parking onsite. Public parking nearby

**Catering:** Free tea, coffee and cake

**Contact:** 01273 476469 (9.30am to 1pm) or hoflewes@aol.com





## **Down on the farm** **Wealden Senior Citizens' Partnership**



**Friday 15 September, 2.30pm, Middle Farm, South Downs National Park, Firle, Lewes BN8 6LJ**

Join us for tea and scones and afterwards you can visit the farm shop full of local plants and produce, watch the cider being made, and pay to visit the animals.

**Cost:** £4.50 tea and scone, £5 farm entry, book tea via Linda Graham or fill in the form in WSCP magazine, GreyMatters

**Transport:** Jane on 01892 655050 or Linda on 01892 770487 to arrange a lift

**Contact:** Linda 01892 770487 or [lindagraham@wealden-scp.org](mailto:lindagraham@wealden-scp.org)

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## **Rathan Court Coffee Morning** **Lewes District Council**



**Friday 15 September, 10am to 11am, at Rathan Court, Lewes Road, Newhaven BN9 9RZ**

Find out about sheltered accommodation services, meet staff and residents, have a tour and take part in fun activities.

**Cost:** Free (no need to book)

**Transport:** Street parking available

**Catering:** Free tea, cake and biscuits

**Contact:** 01273 471600



## Meridian Court Coffee Morning Lewes District Council



**Tuesday 19 September, 10.30am to 11.30am, at Meridian Court,  
Cavell Avenue, Peacehaven BN10 7NJ**

Find out about sheltered accommodation services, meet staff and residents and have a tour.

**Cost:** Free (no need to book)

**Transport:** Car park and street parking available

**Catering:** Free tea, cake and biscuits

**Contact:** 01273 471600

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## Afternoon Tea and Entertainment Wivelsfield Community Club



**Friday 22 September, 2pm to 4pm, Friday 27 October 2pm to 4pm,  
at Wivelsfield Village Hall, Eastern Road, Wivelsfield Green,  
East Sussex RH17 7QH**

Form new friendships while chatting over tea and cake. Entertainment includes music or a talk, and we arrange outings for members throughout the year.

**Cost:** 50p (annual membership fee)

**Transport:** Parking on site, bus route

**Catering:** Free tea, cake and sandwiches

**Contact:** Samantha Mann 01444 455422 or sam.mann2@outlook.com



## Finding Wildlife in and around Lewes Lewes District Seniors' forum



**Wednesday 27 September, 2 30pm to 4.30pm, at St Thomas's Hall,  
Cliffe High Street, Lewes BN7 2AW**

Illustrated talk by Michael Blencoe of Sussex Wildlife Trust, Followed by tea. Come and find out about exploring nature in the local community – including easy walks and access to the huge variety of animals and plants in and around the town. To be followed by an excellent tea.

**Cost:** Free (no need to book)

**Transport:** Short walk from public transport and parking

**Catering:** Free afternoon tea

**Contact:** 07761 807969 or [rwpartridge49@gmail.com](mailto:rwpartridge49@gmail.com)

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## Drop in house and local history surgery The Keep



**Wednesday 13 September, 11am to 1pm**

**Wednesday 27 September, 11am to 1pm**

**Wednesday 11 October, 11am to 1pm**

**Wednesday 25 October, 11am to 1pm**

**at The Keep, Woollards Way, Brighton BN1 9BP (sat nav BN1 9PU)**

A specialist member of staff will be on hand in the Reference Room for short one-to-one sessions to help you get started.

**Cost:** Free

**Transport:** Free parking, public transport stops nearby

**Catering:** N/A

**Contact:** 01273 482349



## Tour and tea



### East Sussex Record Office at The Keep

**Wednesday 27 September, 10am to 11.30am**

**Monday 9 October, 10am to 11.30am**

**Monday 9 October, 2pm to 3.30pm**

**Tuesday 24 October, 10am to 11.30am**

**at The Keep, Woollards Way, Brighton BN1 9BP (sat nav BN1 9PU)**

Join us for a tour of The Keep, the world class centre for archives, and find out more about how we preserve and document the past followed by tea and cake.

**Cost:** £3 (book via 01273 482349 or visit our website [www.thekeep.info/events](http://www.thekeep.info/events))

**Transport:** Free parking, public transport stops nearby

**Catering:** Included

**Contact:** 01273 482349 or [thekeep@eastsussex.gov.uk](mailto:thekeep@eastsussex.gov.uk)

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## Macmillan Coffee Morning



### Lewes District Council

**Friday 29 September, 10am to 1pm, at Reed Court, Boughey Place, Lewes BN7 2EN**

Find out about sheltered accommodation services, meet staff and residents, have a tour and help raise funds for Macmillan with raffle, stalls and games.

**Cost:** Free (no need to book)

**Transport:** Street parking available

**Catering:** Small charge for tea and cake in aid of Macmillan

**Contact:** 01273 471600



## Meridian Court Open Day Lewes District Council



**Monday 2 October, 10am to 2pm, Meridian Court, Cavell Avenue,  
Peacehaven BN10 7NJ**

Find out about sheltered accommodation services, meet staff and residents, have a tour and take part in fun activities such as quiz, craft sessions, exercise class and fashions.

**Cost:** Free (no need to book)

**Transport:** Car park and street parking available

**Catering:** Free tea, cake and biscuits

**Contact:** 01273 471600

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## Musical Extravaganza Meridian Mature Citizen's Forum



**Tuesday 3 October, 2pm to 4pm, at The Hillcrest Centre, Hillcrest Road,  
Newhaven BN9 9EA**

Join us for an afternoon of fun where you can sing and dance along to music in the company of others.

**Cost:** Free (book using the contact details below)

**Transport:** Free car park available. Contact CTLA for transport

**Catering:** Free tea and cake

**Contact:** 01273 516207 or [katedaviesofpiddenhoe@gmail.com](mailto:katedaviesofpiddenhoe@gmail.com)



## Churchill House Coffee Morning

### Lewes District Council



**Wednesday 4 October, 10.30am to 11.30am, at Churchill House,  
Walmer Road, Seaford BN25 3TJ**

Find out about sheltered accommodation services, meet staff and residents, have a tour and take part in fun activities.

**Cost:** Free (no need to book)

**Transport:** Street parking and car park available

**Catering:** Free tea, cake and biscuits

**Contact:** 01273 471600

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## St Davids Court Coffee Morning

### Lewes District Council



**Wednesday 4 October, 10am to 11am, at St Davids Court, Balcombe Road,  
Peacehaven BN10 7QB**

Find out about sheltered accommodation services, meet staff and residents, have a tour and take part in fun activities.

**Cost:** Free (no need to book)

**Transport:** Street parking and limited car park available

**Catering:** Free tea, cake and biscuits

**Contact:** 01273 471600



## Tea with Nella Last Mass Observation Archive at The Keep



**Wednesday 4 October, 2.30pm to 4.30pm, at The Keep, Woollards Way, Brighton BN1 9BP (sat nav BN1 9PU)**

Join us for tea and delve further into the life of Nella Last, a Mass Observer who kept a detailed diary of her experiences of the Second World War. She documented how the wartime conditions affected her, her daily life and her relationships.

**Cost:** £7.50 (book via 01273 482349)

**Transport:** Free parking, public transport stops nearby

**Catering:** Tea and coffee included

**Contact:** 01273 482349

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## “Going in Style” film Screening Seaford Seniors Forum in conjunction with Seaford Community Cinema



**Friday 6 October, 2.30pm to 4.30pm, at the Barn Theatre, Saxon Lane, Seaford BN25 1QL**

Enjoy a screening of this fun comedy film in the company of other forum members. Free tea and coffee after the film, snacks available to purchase.

**Cost:** £3 Booking required

**Transport:** Public car park to rear of theatre with access by steps, on-street parking available

**Catering:** Free tea and coffee after the film, snacks available to purchase

**Contact:** Lin Neeve 01323 490958 or e-mail linn625@gmail.com



October

## “A Street Cat Called Bob” film screening Meridian Mature Citizen’s Forum



**Monday 9 October, 1.30pm to 3.30pm, at the Hillcrest Centre (Art Room), Hillcrest Road, Newhaven BN9 9EA**

Join us for a heart-warming film about a cat that adopts a young man, followed by tea and cake.

**Cost:** £3 on the door

**Transport:** Free car park available, contact CTLA for transport

**Catering:** Free tea and cake

**Contact:** 01273 516207 or katedaviesofpiddenhoe@gmail.com

LEWES



# 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.



**Close inside**



doors at night



**Check cooker**



OFF



**Keep keys**



where everyone knows

- ✓ 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



# 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 the activities listed here are suitable for older people and are available for the special rate of just £1 (on production of a booklet or print out). '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.

## Hastings – Freedom Leisure

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

Event	Venue	Date	Time	Cost
Senior Badminton	SLC	Mondays	12.30pm to 2.30pm	£1 *
Virtual Cycling Session	SLC	Wednesdays	9.35am to 10.20am	£1 *
Senior Badminton	SLC	Thursdays	11am to 1pm	£1 *
Virtual cycling session	SLC	Fridays	11.20am to 12.05pm	£1 *

\* Booking required with relevant venue

## Lewes – Wave Leisure

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

Event	Venue	Date	Time	Cost
Senior Active Lifestyle Event	LLC	11/09/17	9am to 12 noon	Free
Health Walk	LLC	Tuesdays	10am to 11am	Free
Gym Introduction	LLC	Wednesdays	9.30am to 10am	Free †
Seniors' Gym Class	LLC	Wednesdays	9.30am to 10am	£1
Meet the Instructor	LLC	Wednesdays	11am to 11.30am	Free
Aqua Aerobics	LLC	Wednesdays	7pm to 8pm	£1* †
Senior Active Lifestyle Event	DLC	05/09/17	10am to 2pm	Free
Walking Football	DLC	Mondays	10am to 12 noon	£1
Chair Based Exercises	DLC	Mondays	2pm to 3pm	£1*
Pickle Ball	DLC	Thursdays	10am to 12 noon	£1*
Health Walk	DLC	Thursdays	10am to 12 noon	Free
Meet the Walk Leaders	DLC	Thursdays	11am to 11.30am	Free
Senior Active Lifestyle Event	PLC	04/09/17	12 noon to 4pm	Free
Health Walk	PLC	Mondays	2pm to 3pm	Free
Gym Introduction	PLC	Wednesdays	10am to 10.30am	Free
Seniors' Gym Class	PLC	Wednesdays	10am to 10.30am	£1*
Meet the Instructor	PLC	Wednesdays	11.30am to 12 noon	Free
Ladies Only Swim (50+)	SSFC	Tuesdays	1.30pm to 2.30pm	£1* †
Aqua Aerobics	SSFC	Thursdays	12 noon to 1pm	£1*
Senior Active Lifestyle Event	NSH	12/09/17	10am to 12 noon	Free
Strength and Balance	NSH	Tuesdays	11am to 12 noon	£1*

\* Accessible with discount card issued at Senior Active Lifestyle Events

† Places can be booked over the phone or in person at reception

## 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+ Short Tennis	BLC	Mondays	8.30am to 10am	£1#
Water Therapy	RSC	Tuesdays	1.30pm to 2pm	£1#
Active Plus Aerobics	BLC	Wednesdays	9am to 10am	£1#
Tai Chi	RSC	Wednesdays	12.30pm to 1.30pm	£1*#
Water Therapy	RSC	Wednesdays	1.45pm to 2.15pm	£1#
Active+ Badminton	BLC	Fridays	2pm to 3.30pm	£1#
Walking Football	BLC	26/09/17	9.30am to 11am	Free †
Walking netball	BLC	25/09/17	9.30am to 11am	Free ‡
Walking cricket	BLC	29/09/17	9.30am to 11am	Free ‡

\* Booking required with relevant venue

# On presentation of an OPD booklet

† Contact [mickdavies48@gmail.com](mailto:mickdavies48@gmail.com) or Charles Sheldon on 01273 476704

‡ Contact [martyn.reynolds@freedom-leisure.co.uk](mailto:martyn.reynolds@freedom-leisure.co.uk)

## Wealden – Freedom Leisure

ULC Uckfield Leisure Centre, Downsview Crescent TN22 1UB  
 CLC Crowborough Leisure Centre, Eridge Road TN6 2TN  
 OHLC Old Heathfield Leisure Centre, Cade Street, TN21 8RJ  
 HLC Hailsham Leisure Centre, Vicarage Lane BN27 2AX

01825 761160  
 01892 665488  
 01435 868824  
 01323 846755

Event	Venue	Date	Time	Cost
Active+	CLC	25/09/17	2pm to 3pm	£1
Badminton (4 courts)	CLC	25/09/17	3.30pm to 4.30pm	£1
Badminton (4 courts)	CLC	26/09/17	11.30am to 1.30pm	£1
Aqua Rehab	CLC	27/09/17	11am to 12 noon	£1
50+ Lane Swimming	CLC	28/09/17	2.30pm to 4pm	£1

Event	Venue	Date	Time	Cost
Walking Football	CLC	28/09/17	1.30pm to 2.30pm	£1
Badminton (2 courts )	CLC	29/09/17	1pm to 3pm	£1
Pilates	ULC	02/10/17	11am to 12 noon	£1#
Active Plus Aerobics	ULC	03/10/17	2pm to 3pm	£1#
Body balance	ULC	03/10/17	10.45am to 11.45am	£1#
Indoor Cycle plus	ULC	04/10/17	2pm to 2.45pm	£1#
Aqua Rehab	ULC	05/10/17	3pm to 3.45pm	£1#
Walking football	ULC	05/10/17	5.30pm to 6.30pm	£1#
Body Balance	ULC	06/10/17	10.45am to 11.45am	£1#
Yoga	ULC	07/10/17	11.15am to 12.30pm	£1#
OPD gym session	OHLC	02/10/17	8am to 10pm	£1#
OPD gym session	OHLC	03/10/17	8am to 10pm	£1#
OPD gym session	OHLC	04/10/17	3pm to 10pm	£1#
OPD gym session	OHLC	05/10/17	8am to 10pm	£1#
OPD gym session	OHLC	06/10/17	3pm to 10pm	£1#
Line dancing	HLC	25/09/17	1.30pm to 2.45pm	£1
U3a circuits	HLC	25/09/17	3pm to 4pm	£1
Active+ Cycling virtual ride	HLC	27/09/17	1pm to 1.45pm	£1
New Age Kurling	HLC	27/09/17	1pm to 2pm	£1
Active+ swimming	HLC	28/09/17	9am to 11am	£1
Active+ plus hoopaholics	HLC	29/09/17	10.30am to 11.25am	£1
Active+ plus supple strength	HLC	29/09/17	10.30am to 11.25am	£1

# On presentation of an OPD 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)



## Friday Friends at ARRCC ARRCC



**Friday 29 September, at Magdala House, Ferry Road, Rye TN31 7DN**

Enjoy some entertainment from Richie Lee, singer & entertainer from 2pm to 3pm, followed by refreshments, a cake sale and a raffle.

**Cost:** Free (Book via 01797 226535 or [samfinch@arrcc.org](mailto:samfinch@arrcc.org))

**Transport:** Limited parking onsite

**Catering:** Free buffet and refreshments

**Contact:** Sam Finch 01797 226535 or [samfinch@arrcc.org](mailto:samfinch@arrcc.org)

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## Tour and Tea! De La Warr Pavilion



**Monday 2nd October, 2pm to 4pm, at De La Warr Pavilion, Marina, Bexhill on Sea, TN40 1DP**

Come for a free tour and cup of tea to celebrate older people's day 2017. Meet new people and learn something about our current exhibition and building.

**Cost:** Free (please book via 01424229111)

**Transport:** Public car park available nearby

**Catering:** Free cup of tea

**Contact:** Grace Clements Email [grace.clements@dlwp.com](mailto:grace.clements@dlwp.com)





## The Rye Healthy Living Club 'Older People's Day Celebration' Age UK East Sussex



**Tuesday 4th October, 10am to 12pm, The Rye 1st Scouts Centre,  
at The Grove, Rye, East Sussex TN31 7ND**

Join us for fun physical activities and games with free light refreshments whilst meeting new people. Free swimming pass for the Leisure Centre for the afternoon to all who come. Everyone welcome.

**Cost:** £1

**Transport:** Free parking available onsite, public transport nearby

**Catering:** Free catering

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

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## Chaps who Cook and Women with Wood RVA



**Tuesday 10 October, 10am to 1pm**

**Tuesday 17 October, 10am to 1pm**

**Tuesday 24 October, 10am to 1pm**

**Tuesday 31 October, 10am to 1pm**

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

Men can brush up their cooking skills by making the lunch for everybody, whilst the women build their skills and confidence using tools to make a simple useful item from wood. The two groups will come together to share the lunch, recipes and handmade items.

**Cost:** Free ( book via 01424 217259 or [jan.cutting@rva.uk.com](mailto:jan.cutting@rva.uk.com) )

**Transport:** Free parking available and transport available nearby

**Catering:** Free lunch and refreshments

**Contact:** 01424 217259 or 07875 420320 or [jan.cutting@rva.uk.com](mailto:jan.cutting@rva.uk.com)



## Guided tour of Rochester Cathedral and Cream Tea



### Rother Seniors' Forum

**Tuesday 19 October, 10.50am. Leave Rochester at 5.15pm**  
**Rochester Cathedral, Rochester, Kent. Coach pick-up points are identified in the Booking form.**

Enjoy a day out with Rother Seniors' at Rochester Cathedral, for a guided tour and a cream tea.

**Cost:** £16 booking essential

**Transport:** Coach collection points will be confirmed on booking

**Catering:** Cream tea included

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

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## Showcase Day



### Hastings & Rother U3A

**Monday 23 October, 2pm to 4pm, at St. Peters Community Centre, Church St, Bexhill-on-Sea, TN40 2HE**

Come along to our free showcase day to talk to existing members about their varied interests, knowledge and skills, and find out about what joining yourself can offer you.

**Cost:** Free (no need to book)

**Transport:** No parking at venue. Stagecoach busses numbers 98/99 run past Church Street with very convenient stops very near. The 99 bus runs three times an hour in either direction and the 98 bus runs half hourly.

**Catering:** No, but coffee and tea can be purchased

**Contact:** Patricia Jobling at patricia@seagales.plus.com



## Memory Moments Café Buxted Know Dementia



**Every Tuesday, 9.30am to 1pm, at The Buxted Inn, High Street, Buxted, Uckfield TN22 4LA**

Come to our informal café, especially designed for people with memory problems and their carers and family. Enjoy tea, coffee and cake and have some fun with games, talks, music and dance.

**Cost:** £1

**Transport:** Free parking available

**Catering:** Free hot drink and cake

**Contact:** 01273 494300 or [info@knowdementia.co.uk](mailto:info@knowdementia.co.uk)

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## Memory Moments Café Crowborough Know Dementia



**Every Friday, 1.15pm to 4.15pm, in Meeting Room 1, Community Centre, Pine Grove, TN6 1FE**

Come to our informal café, especially designed for people with memory problems and their carers and family. Enjoy tea, coffee and cake and have some fun with games, talks, music and dance.

**Cost:** £1

**Transport:** Public transport available

**Catering:** Free hot drink and cake

**Contact:** 01273 494300 or [info@knowdementia.co.uk](mailto:info@knowdementia.co.uk)







## Memory Moments Café Uckfield

### Know Dementia



**Every Monday, 1.30pm to 4.30pm, at The Civic Centre, Bellfarm Lane, Uckfield TN22 1AE**

Come to our informal café, especially designed for people with memory problems and their carers and family. Enjoy tea, coffee and cake and have some fun with games, talks, music and dance.

**Cost:** £1

**Transport:** Parking available

**Catering:** Free hot drink and cake

**Contact:** 01273 494300 or [info@knowdementia.co.uk](mailto:info@knowdementia.co.uk)

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## Musical Moments Uckfield

### Know Dementia



**Every Tuesday, 2pm to 3pm, at The Civic Centre, Bellfarm Lane, Uckfield TN22 1AE**

Share a musical experience with people with memory problems and their family/carer. Join our choir led by classically trained singer/musician Mae Heydorn. No experience necessary, only a desire to enjoy singing.

**Cost:** £2

**Transport:** N/A

**Catering:** N/A

**Contact:** 01273 494300 or [info@knowdementia.co.uk](mailto:info@knowdementia.co.uk)



Weekly

## Sporting Moments Uckfield Know Dementia



Every Wednesday, 12 noon to 1pm, at the Utopia Leisure Centre/Freedom Leisure Centre, Downsview Crescent, Uckfield TN22 1UB

Join our fun-filled exercise class designed to blow the cobwebs away. Suitable for all abilities. Classes can be taken either seated or standing.

**Cost:** £2

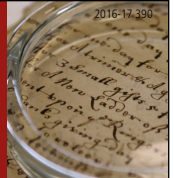
**Transport:** Free parking

**Catering:** None

**Contact:** 01273 494300 or [info@knowdementia.co.uk](mailto:info@knowdementia.co.uk)

WEALDEN

# [keep] discovering



## Visit The Keep – The leading archive centre

The Keep has free public access to all the collections and a drop-in service with friendly, expert staff. Visit us to:

- Research family and local history.
- Attend events this autumn, including *Wartime Britain Through the Eyes of Strangers* (11 September).
- Attend conservation workshops.

For more information visit [www.thekeep.info](http://www.thekeep.info) or call 01273 482349



in partnership





## Taster Session at the TN22 Social Lunch Club ENGAge Community group



**Wednesday 6 September, 11am to 2pm**  
**Wednesday 18 October, 11am to 2pm**  
**at Hadlow Down Village Hall, Hut Lane, Hadlow Down,  
East Sussex TN22 4HQ**

Come and join the TN22 club for a taster session. The club runs on alternate Wednesdays and offers friendly companionship, social activities and regular entertainment with a freshly prepared 2-course lunch and refreshments. There are additional activities such as film afternoons and some outings during the summer months.

**Cost:** Free visit, £3 for lunch

**Transport:** Volunteer transport may be available, if we have capacity (at extra charge to cover costs)

**Catering:** Free refreshments

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

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## Coffee Morning Vitality Villages



**Monday 18 September, 10am to 12pm, at Great Space, Herstmonceux  
Health Centre, Hailsham Road, Herstmonceux, Bn27 4JX**

Join us for a talk about the organisation 'Men's Shed' and reminisce about Herstmonceux from the Second World War up to today.

**Cost:** Free (no need to book)

**Transport:** Yes

**Catering:** Free tea and coffee

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



## Coffee, Cake & Computers Wealden District Council



**Thursday 21 September, 10am to 12pm, at East Dean Village Hall,  
Village Green Lane, Off Gilberts Drive, East Dean, Eastbourne BN20 0DJ**

Enjoy free tea and cake whilst our volunteers help you with your laptop, tablet or smartphone.

**Cost:** Free (no need to book)

**Transport:** Free car park next to venue. Bus-stop a short walk from venue

**Catering:** Free tea, coffee and cake

**Contact:** Nicola Levett 01323 443384 or [housingpolicy@wealden.gov.uk](mailto:housingpolicy@wealden.gov.uk)

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## Movies Make Memories Wealden Dementia Action Alliance / Hailsham Pavilion



**Friday 22nd September, 2pm, Top Hat**

**Friday 20th October, 2pm, Calamity Jane**

**Venue: Hailsham Pavilion, George St, Hailsham, BN27 1AE**

Dementia Friendly relaxed film screenings featuring a selection of entertaining musical favourites.

**Cost:** Tickets £3, Carers go free of charge

**Transport:** Car park by Wealden District Council, free

**Catering:** You can buy food and drink at kiosk

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



## The Bentley Grange Celebration of older People's Life Bentley Grange Residents Association, Cross Roads Day Centre & Saxon Weald



**Friday 6th October, 2.30pm to 4.30pm, at Bentley Grange Extra Care Scheme, Binder Lane, Hailsham, East Sussex BN27 1FA**

Join us for an afternoon of games including bowls, darts, scrabble and more. Look round the scheme and our Cross Roads Day Centre, and enjoy afternoon tea for £1.50 and a raffle for 20p. Proceeds will go to our Residents Association.

**Cost:** Free entry and £1.50 for afternoon tea & 20p for a raffle ticket. Please book.

**Transport:** Parking onsite and nearby

**Catering:** £1.50 afternoon tea

**Contact:** 01403 226185 or [collette.burgman@saxonweald.com](mailto:collette.burgman@saxonweald.com)

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## Songs and Afternoon Tea for Seniors Wealden Senior Citizens' Partnership



**Saturday 14 October, 3pm to 5pm, at The Ashdown Room, Uckfield Civic Centre, Uckfield TN22 1AE**

Join us for a fun afternoon tea, make new friends and enjoy listening to old time music with requests and a singalong at the end.

**Cost:** £6.50 (book via Linda Graham or fill in the form in WSCP magazine, GreyMatters)

**Transport:** Uckfield Train Station and Uckfield Bus Station are all within walking distance, though it is uphill

**Catering:** Free food and drink

**Contact:** Linda Graham 01892 770487 or [lindagramham@wealden-scp.org](mailto:lindagramham@wealden-scp.org)



October



**Polegate Healthy Living Club  
'Older People's Day Celebration'  
Age UK East Sussex**



**Tuesday 17th October, 2pm to 4pm, at Polegate Community Centre,  
54 Windsor Way, Polegate, East Sussex. BN26 6QF**

The Polegate Healthy Living Club will be celebrating older people with physical activities, fun games, a raffle and light healthy option refreshments. Join us to meet new people, make friends and find out about local services and organisations. Everyone welcome.

**Cost:** £1

**Transport:** Parking available onsite, public transport nearby

**Catering:** Free catering

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

WEALDEN

**Is something not adding up?**



**Let's stop financial abuse**

Lots of things count as financial abuse.  
It could be someone you know or a stranger.

**If you are concerned speak to Health and Social Care Connect on 0345 60 80 191. Alternatively dial 101 and report it to Sussex Police.**



Connecting  
4 you

## Aged 40 -74?

You could be eligible for an NHS Health Check, if you don't already have existing cardiovascular conditions.

Over 70,000 people have had their NHS Health Check so far. Don't miss yours!

Even though you might be feeling great, if you're over forty you may be at risk of heart disease, stroke, kidney disease, diabetes or dementia.

A FREE NHS Health Check can help you reduce these risks and make sure that you stay healthy.

Please ask your GP practice for more information or visit [eastsussex.gov.uk/healthchecks](http://eastsussex.gov.uk/healthchecks)

**NHS  
HEALTH  
CHECK**

Helping you prevent

diabetes

heart disease

kidney disease

stroke & dementia

**NHS**



East Sussex  
County Council

# Seniors' Forums contact details

## Eastbourne Seniors Forum

Steve Thornett

Phone: 01323 479846

Email: sthornett2@gmail.com

## Meridian Mature Citizens Forum

Kate Davies

Phone: 01273 516207

Email: info@meridian-sf.org.uk

## Hastings & St Leonards Seniors' Forum

Pam Brown OBE

Phone: 01424 424693

Email: pamfbrown1066@gmail.com

## Rother Seniors

Ron Sunderland

Phone: 01424 870801

Email: 88suro88@gmail.com

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

Julia Wells

Phone: 07511 248278

Email: julia72003@aol.com

## Seaford Seniors' Forum

Roy Neeve

Phone: 01323 490958

Email: seafordseniors.membership@gmail.com

## Lewes District Seniors' Forum

Richard Partridge

Phone: 07761 807969

Email: rwpartridge49@gmail.com

## Wealden Senior Citizens' Partnership

Jane Clark

Phone: 01892 655050

Email: jane@elysiumpartners.co.uk

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

## 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)

If you would prefer this booklet in an alternative format or language please phone us on 01273 481565.

## East Sussex County Council

County Hall

St Anne's Crescent

Lewes BN7 1UE

Phone: 0345 60 80 190

Fax: 01273 481261

Website:

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