

Ditch the Slippers



Ditch the Slippers is a local voluntary group which gives older people in north Wealden the chance to get out and take part in some enjoyable and well supported activities.

On Monday mornings, in Crowborough United Church lounge, volunteers support Skittles/Boccia games:



On Thursday mornings we have a relaxed and fun Singing group in the lounge at Old Mill Court.



For more info contact Noeleen Carpenter on **07769 187858** or **01892 662089**

or to admin@ditchtheslippers.org.uk

Note to Carers: This is an opportunity for you to have some free time while your loved one is being looked after in a caring supportive environment and we can sometimes make transport arrangements to help you out.