

***Tomorrow* Heather View Festival:** Join us for a fun filled family afternoon as we open our doors for Care Home Open Day.

Relax and enjoy entertainment by Sussex Steel who'll be bringing a little of the Caribbean to Heather View. Try your own hand at the steel pans, take part in some of our activities, or peruse some of the local craft stalls. There'll be a children's bouncy castle, BBQ, refreshments and tombola, ice cream van and meet our amazing teams and have a look round our newly refurbished Home. The afternoon promises to be lots of fun! Saturday 1st July 12-3pm , Heather View Care Home, Beacon Road Crowborough

***MONDAY* Sporting Memories in Crowborough!** At Oasis Community Church in Crowborough once a month. The next session is on **Monday 3rd July**. A chance to reminisce about sports you used to play, loved to watch at your local sports ground or on the telly. www.sussexcricket.co.uk/sporting-memories For more information please contact: emma.brooke@sussexcricket.co.uk

Wills and Power of Attorney Talk with Claire Nash Solicitors. Join us to find out about Wills and Lasting Power of Attorney's and why everyone should have one! Claire Nash solicitors will present all the information you need to know and be on hand to answer any questions. Enjoy some delicious cheeses and a glass of wine, or a soft drink, while you digest all the facts. **Thursday 6th July** 6pm for a 6.30pm start Please email lisa.phillips@careuk.com to reserve your space.

[East Sussex Floating Support Service - BHT Sussex](#): BHT Sussex now delivers the East Sussex Floating Support Service. This service was previously known as Home Works, STEPS East and STEPS West.

The Service provides short-term housing-related floating support across East Sussex for vulnerable people, aged 16+, who require support to live independently.

[Group guidance - Young Dementia Network](#): How to set up a Young dementia group

[Summer School 2023 - Dementia UK](#): Dementia UK is excited to host its free annual Summer School, with the aim of improving practice in and knowledge of dementia care. We invite all health and social care staff, including students and volunteer workers, with an interest in improving care and support for families living with dementia.

Keep up to date by looking at our Facebook page for more information on different groups and services available to residents.

Dementia Forum Dates

- ***TODAY*** Crowborough Dementia Forum: **Friday 30th June**, 10am at Heather view Care Home, Care UK, Beacon Road, Crowborough
- Wealden Dementia Action Alliance Meeting: **Thursday 13th July**, 10am at The Oasis, Community Church, Beacon Road, Crowborough
- Uckfield Dementia Forum: **Thursday 20th July** at 2.00pm, Lydfords Care Home (Barchester Healthcare), 23, High Street, East Hoathly, BN8 6DR
- South Wealden Dementia Forum: **Thursday 27th July**, 10am in Willingdon Community Hub Library, Coppice Avenue, Willingdon

Please let us know if you would like to attend any of the above forums so we have an idea of numbers for each meeting, we look forward to seeing many of you at the meetings ☺

Community Cafes

Polegate Community Café: First Thursday of the month – 2-4pm at Polegate Community Centre, Polegate – **Thursday 6th July**

Hailsham Community Café: Second Thursday of the month – 2-4pm at St Wilfrid's Church, Hailsham – **Thursday 13th July**

Withyham Cafe Kings' Hall, Withyham, between 10.30am–12pm, **Friday 14th July**, Please contact Julie Ruse on 07584 013763

Crowborough Community Café: Last Thursday of the month – 2-4pm at Oasis Community Church, Crowborough – **Thursday 27th July**

Willingdon Community Café: Fourth Thursday of the month – 2-4pm at Trinity Church Hall, Willingdon – **Thursday 27th July**

Saturday Social Every Saturday at Victoria Pavilion in Uckfield. 2-4pm for some lovely refreshments and fun activities. Everybody welcome!

Hartfield Community Cafe: First and Third Thursdays of the month: 2-4pm, St Mary's Church

Heather View Care Home, Beacon Road, Crowborough: Watson's Rest, is a dementia friendly safe space and is open to families with loved ones living with dementia. You are welcome to join us to enjoy a hot drink and a sweet treat in Watsons Rest Café, anytime between 9am and 5pm Monday to Friday and 10am-4pm weekends

Café at Abbots Wood Care Home: Every Wednesday in Hailsham. Please contact Richard Hollands for more information: enquiries@hamberleycarehomes.co.uk

If you would like any leaflets please do let us know and we can get some in the post to you as soon as they are printed. If you are part of the forums and would like to volunteer some time to help at the cafes please do let us know. They are lovely afternoons and a great chance to have a chat as well with our lovely residents.

Film Afternoons

Heather View Dementia Friendly Cinema Screenings for the Community: We welcome families and their loved ones living with dementia to join us in our cinema once a month for our dementia friendly film club. The

Cinema Club will happen on the third Wednesday of the month, the next film will be on **Wednesday 19th July 2023**, 2pm, in The View cinema here at Heather View, please book by emailing

lisa.phillips@careuk.com

Hailsham Pavilion – Golden Oldies: The next film is on **Friday 21st July, Mary Poppins**

GOLDEN OLDIES Film afternoons for everyone to enjoy

Friday 19th May 2023

Friday 23rd June 2023

Friday 21st July 2023

Friday 22nd Sept 2023

Doors open at 1.30pm - Screening start at 2pm
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 – 6pm
Tel: 01323 841414 Email: info@hailshampavilion.co.uk
Online: www.hailshampavilion.co.uk

Dementia Friendly

Wealden Hailsham Pavilion Wealden

GOLDEN OLDIES Film afternoons for everyone to enjoy

Tuesday 24 January 2023

Tuesday 28 March 2023

Tuesday 16 May 2023

Tuesday 26 September 2023

Tuesday 21 November 2023

Doors open at 1.15pm - Screening start at 1.45pm
Free entry and refreshments, donations welcome
Crowborough Community Centre, Pine Grove, TN6 1FE
Contact information:
enquiries@pinegrovepictures.org.uk or call 01892 653823

Wealden Pinegrove Pictures Wealden

Doors open at 1.30pm, screening to start at 2pm. £5 per person, carers go free and tickets include a free refreshment

Ninfield Musical Matinees: The next film is on the **Friday 22nd September**, **Gigi** Will be shown at Ninfield Memorial Hall, doors open at 1.30pm, film starts at 2pm. To attend please call 01424 892422 or email jackie.langley1@btinternet.com. Free to attend & as well as free tea and cake.

Pine Grove Pictures – Golden Oldies: The next film is on **Tuesday 26th September**, Mamma Mia! A free afternoon of a classic film and refreshments. Kindly hosted by Pine Grove Pictures. Doors open at 1.15pm - Screening start at 1.45pm Free entry and refreshments, donations welcome Crowborough Community Centre, Pine Grove, TN6 1FE Contact information: enquiries@pinegrovepictures.org.uk or call 01892 653823. Free to attend.

Sporting Memories

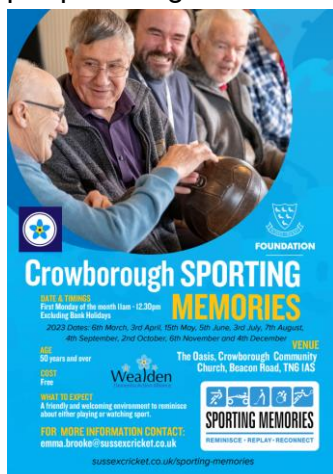
Sporting Memories in Crowborough! At Oasis Community Church in Crowborough once a month. The next session is on **Monday 3rd July**. A chance to reminisce about sports you used to play, loved to watch at your local sports ground or on the telly. www.sussexcricket.co.uk/sporting-memories For more information please contact: emma.brooke@sussexcricket.co.uk

Sporting Memories: Every Wednesday at Polegate Community Centre, 10.00am - 11.30am, please contact Emma Brooke – emma.brooke@sussexcricket.co.uk

Sussex Cricket Foundation a virtual Sporting Memories Club. As with our face to face clubs, the virtual option is open to anyone over the age of 50 who loves to reminisce about both playing and/or watching sport. Sporting Memories via Zoom will take place every Friday morning 10-11am. For more information please contact Emma Brooke – emma.brooke@sussexcricket.co.uk.

Events

Concert: Informal and interactive concert, created for people living with dementia – Thursday 6th July at Berwick Village Hall. See the poster for more information



Regular Activities and Groups

St Wilfrid's Hospice Community Bereavement Services: Adult Bereavement Support - Bereavement support is available to the family and



friends of anyone cared for by St Wilfrid's. It is also available to any bereaved person living in our catchment area. We offer one-to-one counselling or simply a listening ear. We can also offer advice and information to support you. We can support you face to face at the hospice (in Eastbourne), by telephone or online. This means we can support you wherever you are. Find out more at www.stwhospice.org/bereavement.

Seahorse Project - We also offer bereavement support for Children and Young People aged from 6-17 through our Seahorse Project. We have trained counsellors who can talk to you about how you are feeling and help you to work those feelings out. We can do this over the phone, on Zoom or in one of our counselling rooms at our hospice in Eastbourne. Find out more at www.stwhospice.org/theseahorseproject.

Community Craft Group - Hampden Park Shed (run by Age Concern, Eastbourne) are running a monthly craft group at St Wilfrid's Hospice in Eastbourne. The group is drop in and free to attend and all materials are provided. All are welcome to come and join in (please see graphic attached for upcoming dates).

Green Gym in Horam: Run by TCV, as great opportunity to enjoy the landscape of the wildflower meadows and woodland. The sessions are running into July. Please come along, they run every Tuesday and Thursday.

The Good Company People is a charity that provides regular dementia-welcoming social events, a support service to help carers supporting people living with dementia and hosted days out to help over 65's, many of whom are experiencing cognitive changes or living with dementia get out and about in Good Company. The service is located in Crowborough and surrounding villages.

Check out their website for information on their clubs which include: The Tuesday Lunch Club at The Blue Anchor in Crowborough every week, a weekly Art Club and, on a monthly basis, The Thursday Walking Group and The Saturday Company Club www.thegoodcompanypeople.org

Ditch the Slippers: [Ditch the Slippers | Activities for the elderly in Crowborough and Uckfield](#) – Activities on Monday's and Thursday's in Crowborough. Including exercise, Skittles, Boccia, New Age Kurling and Singing!

Carers Café in partnership with Care for the Carers at Heather View, Beacon Road, Crowborough. First Wednesday of each month, 10am-noon. Meet other carers, enjoy refreshments, share experiences and a guest speaker every month too

Dementia Singing Experience Sussex at Heather View, Beacon Road, Crowborough. Join us for a fun sing along monthly on the last Thursday of the month, at 11am.

Knitting and Craft group: At The Oasis, Community Church at Beacon Road. Tuesdays 10.30am – 12.30pm. Everyone welcome

Dementia and Parkinson's Singing group: No Limits Choir – St Richards Church in Crowborough, 2nd and 4th Wednesday of the month

Rotherfield St Martin: This year RSM is celebrating 20 years and the ethos of combatting isolation and loneliness has always remained the same. From humble beginnings in our founders front room RSM now supports over 220 members across our community. We offer different clubs and activities every day of the week providing a rhythm to our Members lives, including our popular Thursday Lunch Club, Hydrotherapy, day trips out, Canasta, Table tennis, Toastie Club and Men at Ten to name just a few! We also have a group called 'Time To Talk' supporting the unpaid carers and family members of those living with dementia or long term illness. For more information about joining, or volunteering with us please do pop in to the Memorial Institute, North Street Rotherfield, or give us a call on 01892 853021, or see our website <https://www.rotherfieldstmartin.org.uk>

Community Sunday Lunch: At Victoria Pavilion in Uckfield there is a free Sunday lunch on the 4th Sunday of the month 12.00 – 2.30pm. More information on our Facebook page.

Uckfield Local Carers Centre – Drop in support – 1st Tuesday of the month 10am-12pm at Victoria Pavilion Support Centre. Call Care for the Carers on 01323 738390 for more information.

Repair Café: At Victoria Pavilion in Uckfield on the 4th Saturday of the month 9.30am till 12noon. Volunteers are always welcome to join in as well. More information on our Facebook page.

Age we Care Day Club - [Age We Care - Day Centre Horam | ESCIS](#) Every Tuesday and Friday in Horam 10am till 3.30pm.

Young at Heart: At Hellingly Community hub, Mondays, 10.30am till 12.30pm. A group for the over 60's!

Cuckoo Choir: We are the Cuckoo Choir and we have our own singing group to help us beat Parkinson's! We meet every Monday morning between 11am and 1pm, at Diplocks Hall in Hailsham. If you're living with Parkinson's, or living with someone who is, do come and join us. You'll find us a friendly bunch, and you don't need to have any previous experience of singing in a choir. For more details, contact Debra Skeen (choir leader) at enquiries@debraskeen.co.uk or on 07710 548724

Eastbourne Dementia Peer Support Group, DEEP group: Langney, 1st Friday of every month 2pm till 3.30pm. For more information please call 01323 385285 or email hello@eastbournedaa.co.uk

DISC presents Sing and Social: 3rd Friday of the month 10.30am till 12.30pm @ The Robsack Centre TN38 9TW. Call May on 07874864898 or more information

Singing for Memory Group - 2.30pm on Wednesday's at Lewes House of Friendship.

Know Dementia Memory Moments Cafés, Woodland Moments Group and Brain Waves Choir:

Know Dementia offers 12 weekly community events across East Sussex, including;

Woodland Moments – Mondays - 10.00am - 12.30pm, Bushy Wood Activity Centre, Hailsham

Uckfield Memory Moments Café – Mondays - 1.30pm – 4.30pm, Uckfield Civic Centre

****NEW**** Seaford Brain Waves Choir – Tuesdays 2.30pm – 3.30pm, Seaford Baptist Church. Next session is on 4th July

Ringmer Memory Moments Café – Thursdays – 9.30am – 12.30pm, Ringmer Scout Hut

Come along to our friendly community events and receive a warm welcome. Enjoy tea, coffee & cake; and a little fun, laughter with activities and light entertainment. Please call 01273 494300 to book a place or, to find out what community events Know Dementia offers in your area, visit our website [Know Dementia Memory Moments Cafés and Community Events](#)

Further Information and Services:

[FlexiBus | East Sussex County Council](#)

Police Property Act Fund: [Police Property Act Fund \(PPAF\) | Sussex Police](#)- (Your application will need the support from a Sussex Police officer or member of Sussex Police staff.)

Young Dementia Network: Free virtual courses – mild cognitive impairment and Lewy body dementia: The Neurology Academy is running a free virtual course that focuses on mild cognitive impairment. The course consists of eight modules and features expert speakers. Find out more [here](#). It is also running 'Lewy Body Bitesize', a free online course made up of short talks from experts to help participants to appropriately support people living with Lewy body dementia. For more details, click [here](#).

At Care UK – Bowes House, we're here to help you through your journey living with dementia. Watch 'One step at a time', our video guide to navigating dementia, for advice from dementia specialists, trained colleagues and families who have been through it themselves. From the moment you receive a diagnosis to learning to live well with dementia, we're here to support you every step of the way. Explore our video guide at www.careuk.com/one-step-at-a-time. Please contact karen.milligan@careuk.com if you would like to know more

Fitter Village, Herstmonceux: Great resource of information.

<https://www.facebook.com/FitterVillageHealthyPlanet/>

Time for Dementia - A unique opportunity for people with a dementia diagnosis and their carer or partner: Would you like to take part in an award-winning training programme to help healthcare students improve their knowledge and understanding of what it is like to live or care for someone with a diagnosis of dementia? The Time for Dementia project, supported by the Alzheimer's Society is looking for families affected by dementia to meet with students from local universities either at home or virtually. Families will be paired with students and meet three times a year, enabling you to share your experiences and help train the healthcare professionals of

tomorrow and improve dementia care. For more information, to make a referral or get involved, please contact Sam Swanson 07858678962 or email timefordementia@alzheimers.org.uk . We are also happy to come along and talk to groups and organisations about the programme and how they can take part. [You can hear what some of our families think about taking part here:](#) <https://youtu.be/EvdE85OFz0s>

[Dementia & Alzheimer's Support | Dementia Awareness - 3NDWG \(3ndementiawg.org\)](#) – A group of people diagnosed with dementia from across the country who want to make a difference whilst they can. Support groups and webinars available to join in.

Funding for dementia choirs and singing groups:
<https://utleyfoundation.org.uk/the-power-of-music-fund/>

Statistics from Alzheimer's Society: See attached statistics from April 2022 (41.East Sussex) . This link can also be accessed along with lots of other dementia statistics on our website: <https://www.alzheimers.org.uk/about-us/policy-and-influencing/local-dementia-statistics>

Heath Talk website: A great resource of people talking about lots of different experiences, several crossing over from health into social care- [Healthtalk](#)

[Advice for people affected by dementia during the cost of living crisis | Alzheimer's Society \(alzheimers.org.uk\)](#)

Silver Stories: Wonderfully simple but with the most incredibly positive impact for both Silver Listeners and Silver Readers. Children (known as *Silver Readers*) telephone a *Silver Listener* every week and then read a short story or poem to them. This not only helps the children to become more confident in their reading skills but also links our children to the older members of our communities and helps diminish their chances of feeling isolated. <https://silverstories.co.uk/>

Wealden District Council: If you live in the Wealden area and meet the criteria, you could get financial help with your energy and food costs, the council tax energy rebate, and also our Council Tax Reduction scheme. The council completely understands that residents of pensionable age may not be aware of the help they can currently get, or do not have the online access to make these applications, or they may just need a little help to do this and we want to help them! The links below provide the eligibility criteria for each scheme and to make a claim online or maybe you can help us to help our elderly residents by talking to those you know about these schemes and perhaps helping them to apply?

[Household Support Fund - Wealden District Council - Wealden District Council](#)

[Who Can Get Council Tax Reduction - Wealden District Council - Wealden District Council](#)

[Council Tax Discounts - Wealden District Council - Wealden District Council](#)

Alzheimer's Society: [Benefits for people affected by dementia | Alzheimer's Society \(alzheimers.org.uk\)](https://www.alzheimers.org.uk)

Home Instead has some booklets produced for families about how to care for people living with dementia in Polish and Ukrainian. They will need to purchase them but are happy to do so if somebody in the area is sponsoring a Ukrainian refugee who might require this kind of support. Please contact Gillian Douglass on 01892 481810 or email Gillian.douglass@homeinstead.co.uk or here is the leaflet to download - <https://www.homeinstead.co.uk/family-dementia-care-guide/>

Wealden statistics: Please click on the link for recent statistics on the number of people living with dementia in Wealden – [Estimated true number of cases of dementia for people aged 65+ in England | LG Inform \(local.gov.uk\)](https://www.local.gov.uk)

Dementia Dictionary: The Alzheimer's Show are proud to support the Dementia Dictionary, a new free service helping to create an understanding of the Language of Dementia. In most forms of dementia the ability to speak normally will be impaired and therefore the brain will find new ways to communicate via actions, noises, behaviours and body language, this is called the Language of Dementia. The Dementia Dictionary "a freely available service" allows us to translate these into a recognised language. Read more here or visit www.dementiadictionary.com for more information and find out how to help.

Alzheimer's Society Stats on East Sussex: https://www.alzheimers.org.uk/sites/default/files/2019-07/ldp_east_sussex.pdf This is a great report giving you statistics for East Sussex

Driving Miss Daisy Eastbourne provides a Driving and Companion Transportation Service like no other, with door to door collection, care, support, and at your own pace with our trained, qualified and licenced staff. We are bridging the gap between taxis, public transport, and other voluntary agencies. Our aim is not only to drive you to your destination and back home again but accompanied trips whilst on your visit. Whether it's a trip to the hairdressers, an assisted shopping trip, a hospital appointment where we accompany you to the department and wait while you consult with the practitioner or attend the appointment with you, a trip to the seaside, airport, local garden centre, the school run, visiting friends and family, and many more, we can help! See: [Eastbourne - Driving Miss Daisy](#)

Helpful information from the Alzheimer's Society:

- ★ Dementia Connect Support Line 0333 150 3456
- ★ [Talking Point](#) – An online forum for people affected by dementia
- ★ The Dementia Guide in other languages:
<https://www.alzheimers.org.uk/publications-about-dementia/the-dementia-guide-other-languages>
- ★ [Information on looking after yourself as a carer](#). Available in both written and audio formats.
- ★ Dementia guide has been released: [the dementia guide 872.pdf \(alzheimers.org.uk\)](#)

Wealden Dementia Action Alliance Charter: Please sign up to our charter to have your amazing work recognised within Wealden and show how we are all working in partnership to make Wealden a dementia friendly place to live.

Alzheimer's Society Directory: Make sure your group's and activities are listed on the Alzheimer's society's directory for the Dementia Connect service:
<https://www.alzheimers.org.uk/find-support-near-you/dementia-directory>

If you have any information you'd like to share with this database, please send it to us. We would like to share as much local information to you all as possible. If you have any virtual groups, news, information pop it over to us and we can put it onto this email to share out.

Thank you for taking the time to read through the above information and do not forget to use the social media page to highlight any information you have. If you have anything you'd like us to share please send it to us - wellbeing@wealden.gov.uk .

Please join our ['Friends of Wealden Dementia Action Alliance' Facebook group](#).

Many Thanks
Zoe and Debbie

Zoe Sorrell – Wellbeing Officer

Economic and Wellbeing Team, Wealden District Council
07985 811972

zoe.sorrell@wealden.gov.uk

Council Offices | Vicarage Lane | Hailsham | East Sussex | BN27 2AX

<http://www.wealden.gov.uk>

 [@HealthyWealden](#)

 [@Friendsofwdaa](#)

 [@wealden](#)



