

Wealden Dementia Action Alliance Newsletter

Dementia Forum Dates

- Wealden Dementia Action Alliance Meeting: **Thursday 9th November**, 10am at Sycamore Care Home, Barchester, Lilac Lane, Stone Cross, BN24 5NU
- South Wealden Dementia Forum: **Thursday 30th November**, 10am at Sycamore Care Home, Barchester, Lilac Lane, Stone Cross, BN24 5NU
- Crowborough Dementia Forum: **Friday 8th December**, 10am at Heather view Care Home, Care UK, Beacon Road, Crowborough
- Uckfield Dementia Forum: TBC

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 5th October**

Hailsham Community Café: Second Thursday of the month – 2-4pm at St Wilfrid's Church, Hailsham – **Thursday 12th October**

Withyham Cafe Kings' Hall, Withyham, between 10.30am–12pm, **Friday 13th October**, Please contact Julie Ruse on 07584 013763

Willingdon Community Café: Fourth Thursday of the month – 2-4pm at Trinity Church Hall, Willingdon – **Thursday 26th October**

Crowborough Community Café: Last Thursday of the month – 2-4pm at Oasis Community Church, Crowborough – **Thursday 26th October**

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

Lydfords Barchester, East Hoathly - Free afternoon tea. The 1st Sunday of every month from 2.30pm -4.30pm.

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

Monthly Community and Carers Cafe with complimentary Afternoon Tea 2.30pm – 4pm the third Thursday of every month at Bowes House, 25 Battle Road, Hailsham, BN27 1DU: If you are a carer for a friend or loved one, or perhaps you need a break from daily routine or feel isolated in the community. Why not join us for our monthly cafe. We serve a delicious complimentary afternoon tea. This is a great opportunity to meet others in a relaxed and friendly environment, share stories and ideas. Relax and have break. Listen to guest speakers... who will share

information on the service they offer and the help and support available to support.
For further information and to book please call 01323 440188 or email karen.milligan@careuk.com

***New* Bexhill Carers Café run by Association of Carers:** Monday 9th October at The Pelham, Holliers Hill, Bexhill-on-Sea, TN40 2DD. 1-3pm. Every 2nd Monday of the month.

Know Dementia Memory Moments Cafés, Woodland Moments Group and Brainwaves Choir: Know Dementia offers 12 weekly community events across East Sussex, including;

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

Seaford Brainwaves Choir – Alternate Tuesdays 2.30pm – 3.30pm, Seaford Baptist Church. October sessions are on 10th & 24th

Seaford Memory Moments Café – Wednesdays – 1.30pm – 4.30pm, Seaford Baptist Church

Peacehaven Memory Moments Café – Fridays – 9.30am – 12.30pm, The Meridian Centre

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 nearest East Sussex town or village, visit our website [Know Dementia Memory Moments Cafés and Community Events](#)

Carers Cafes and Support Groups

Carers Café, Heather View, Crowborough: 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

Rotherfield St Martin: Time To Talk' supporting the unpaid carers and family members of those living with dementia or long term illness. [Time To Talk - Rotherfield St Martin](#)

Care for the Carers: [External Carers Groups Directory - November 2021 \(cftc.org.uk\)](#)

Carers Together Wellbeing Group at Lydfords Care Home, East Hoathly. 3rd Thursday of the month, 2-4pm. A chance to have a coffee, meet other carers and find out more about what's available for you as a carer locally.

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

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.

DISC Support Groups: Locations are, St Leonards, Robertsbridge, Bexhill, Eastbourne, [Groups \(discdementiasupport.org\)](http://discdementiasupport.org)

The Good Company People Carers Support: [Concierge | Good Company People \(thegoodcompanypeople.org\)](https://www.thegoodcompanypeople.org)

Association of Carers: First Tuesday of every month for Carers and their loved ones in Peacehaven 11am till 1pm.

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 18th October 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 20th October, Chicago**. Doors open at 1.30pm, screening to start at 2pm. £5 per person, carers go free and tickets include a free refreshment. New poster attached.

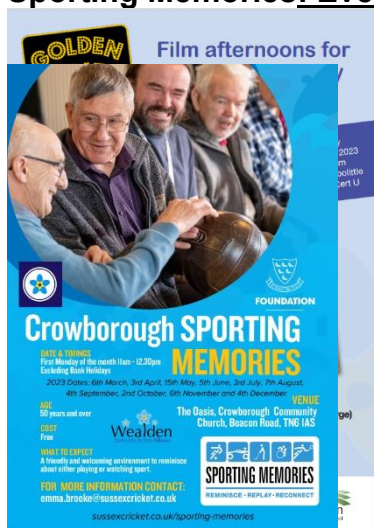
Ninfield Musical Matinees: The next film is on the **Friday 24th November, La La Land** Will be shown at Ninfield Memorial Hall, doors open at 1.30pm, film starts at 2pm. To attend please call 01424 892422 or email jackie.langley1@btinternet.com. Free to attend & as well as free tea and cake.

Pine Grove Pictures – Golden Oldies: The next film is on **Tuesday 21st November, High Society**. 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 2nd October**. 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

Benefits Outreach Event: Polegate Community Centre, **Thursday 19th October** 10am till 12noon. If you have a low income you may be able to get a reduction on your Council Tax charge. If you are unable to work full time due to a health condition you may be entitled to a state benefit. If you are in receipt of certain state benefits, you may be able to get help with some NHS costs such as eye tests or prescriptions. The Benefits Service will be at the Community Pop In session at Polegate Community Centre, 54 Windsor Way, Polegate, BN26 6QF on Thursday 19th October. 10am to 12pm, open to all Polegate residents, see the poster attached for more information.

Bowes House: Wednesday 1st November 2pm – 4pm Typical signs of Ageing or Dementia’ with Guest Speaker, Care UK Dementia Specialist Alison Butler, Bowes House, 25 Battle Road, Hailsham, BN27 1DU Recognising and responding to the symptoms. As we age, we all get a little more forgetful, whether it is forgetting a name, or walking into a room and having no idea what we went there for. In this session our Care UK Dementia specialist Alison Butler will give an overview of normal aging and how the symptoms differ from dementia. They will explore the signs of dementia and the differences between the three most common types of dementia. **For further information and to book, please call 01323 440188 or email karen.milligan@careuk.com**

Regular Activities and Groups

Victoria Pavilion Respite Day Care, Uckfield runs every Monday, Wednesdays & Fridays 10:30am - 4pm. Variety of sessions available from 1 hour to a full day, including lunch sessions, musical sessions, physical exercise sessions and arts sessions. Get in touch to book a free taster session, 01825 760176 or find out more on our website www.sussexsupportservice.com

Ridgewood Village Hall: Every Monday – 12 to 2.30pm. Nibble & Natter at Ridgewood Village Hall. Soup, Drinks & Cake supplied. Free for everyone. Further details from ridgewoodvillagehallbooking@gmail.com
Third Wednesday of each month – 12.15 to 3pm, Community Lunch at Ridgewood Village Hall. £7 for 2 course meal and entertainment. Must be pre-booked via rvhlunchclub@gmail.com
Every Thursday – 1pm to 3pm, Every Mind Matters at Ridgewood Village Hall, Mental health friendly group to support those struggling with anxiety / depression, Free for everyone, Further details from ridgewoodvillagehallbooking@gmail.com

Gardening Club – Sycamore Grove, Barchester Care Home, Lilac Lane, Stone Cross. Every Wednesday 2-4pm. Everyone is welcome! Bring along your gardening equipment and wellies and enjoy the lovely gardens and some great refreshments

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.

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!

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.

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 - <https://www.escis.org.uk/community-and-social-activities/age-we-care-day-care-club/> 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

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

Further Information and Services:

DISC Carers Courses: [Carer Courses \(discdementiasupport.org\)](https://www.discdementiasupport.org)

Wealden Community Lottery: Ticket sales for Wealden's first Community Lottery is now live! The Wealden Community Lottery offers an additional method of raising funds for local organisations that give so much to the community. Organisations who deliver activities and services for the Wealden Community can sign up to the Wealden Community Lottery.

A generous 50% of the ticket proceeds from the Wealden lottery will go to charities, voluntary organisations, sports clubs, parish councils, residents associations and other not-for-profit groups with the remainder being put towards a central fund, prizes, operating costs and VAT. Tickets will cost £1. To date we are selling 1700 tickets a week and currently have over 70 good causes benefitting from raising funds on the platform. Wealden's Community Lottery website is live:

<https://www.wealdencommunitylottery.co.uk/>

Sycamore Grove free meeting space: Spaces available at Sycamore Grove, Lilac Lane, Stone Cross for the community and professionals to use for free. Whether it is a small meeting or an event, please contact them for more information.

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

[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.

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 \(alzheimers.org.uk\)](https://www.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)

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 \(local.gov.uk\)](#)

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)



Facebook:

 [@HealthyWealden](#)



 [@Friendsofwdaa](#)



 [@wealden](#)

