

Age Concern Heathfield & District

The primary aim of Age Concern Heathfield & District is to help and support elderly or incapacitated residents of our town and the surrounding villages, and transportation is a regular and vital aspect of what we do.

Every other Tuesday there is a Senior Citizens' Lunch at the Union Church Hall in Station Road, Heathfield. This commences at 12.30 pm. For a place at the lunch please contact Jean Plummer on 01435 883483.

On the alternate Wednesday there is a Senior Citizens' 'Country Lunch' at Punnetts Town Village Hall from 12.15 until 2.00 pm. Please contact Ann Kenward on 01435 862604 to book a place. Minibus transport is available for both these events, so please contact Elizabeth Keating on 01435 866960 if you would like to arrange this.

Every Thursday - for residents of Heathfield, Broad Oak, Cade Street, Old Heathfield, Horam and Cross in Hand the Age Concern Heathfield shopping bus is on the road throughout the day. We will pick you up from your door and deliver you to wherever you wish to go, in or close to Heathfield High Street or any of the supermarkets. Elizabeth Keating will give you further information. You might like to do your shopping and then make your way to the Union Church 'Do Pop Inn' in the High Street, where you will receive a warm welcome at any time between 10.00 am and 2.00 pm. You can enjoy a cup of what you fancy and have a snack or light lunch and a chat. Even if you do not go shopping why not visit for a tasty light lunch amongst friendly company?

Most of the local residential homes for the retired and elderly call upon our services. Whether it is to take groups for lunch, to go on theatre outings or to visit local and indeed further away attractions, then we will be happy to consider your request. Additionally, we are now offering monthly outings, so if you fancy a trip out and like to meet people this could be the thing for you! A door to door service is provided in one of our fully accessible minibuses, and all trips include a stop for afternoon tea or sometimes lunch. Please

contact Elizabeth Keating on 01435 866960 to find out more or to make a booking.

We also run a Medical Car Service for essential health appointments at hospitals, doctors' surgeries and clinics both locally and within our region. If you would like to use this service, then please contact 01435 515090.

Would you like to join us? Volunteers underake all the work of Heathfield and District Age Concern; we simply would not exist without their dedicated support. Elderly people are generous in their praise for what we do and conversely, we all find working to help them extremely rewarding. If you have a bit of time to spare or you are about to retire then we would be delighted to welcome you to our team. If you would like to discuss how you might contribute, then please do not hesitate to contact Bill Philps on 07387 809366 or Dawn Brock on 01435 868388.

Further updates about what we do, and local news and information can be found on our website www.ageconcernheathfield.org.uk or in our regular free newsletter which is available from the Parish Council Office and many other shops and venues in the town and surrounding villages.