



Dementia Awareness Fortnight

12 May - 2 June 2018

**FREE events across
the Wealden District**

Saturday 12 May

Saturday Social 2pm - 4pm Day event includes: Cream teas and musicals activities.	Victoria Pavilion, Uckfield, TN22 5DJ	For more information, please contact Margaret Dode-Angel on victoriapavilion@ gmail.com
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Tuesday 15 May

<p>Planning for the Future 2pm – 4pm Useful information and advice on funding long term care, writing a will and power of attorney.</p>	<p>Heather View, Beacon Road, Crowborough, TN6 1AS</p>	<p>For more information, please contact Abby Wells on 01892 653634 or abby.wells@careuk.com</p>
<p>Accessible Swim Sessions (£2.10 per person) 10am – 11am Inclusive swim session suitable for people with physical disabilities, learning disabilities and people living with dementia.</p>	<p>Crowborough Leisure Centre, Eridge Road, Crowborough, TN6 2TN</p>	<p>For more information, please contact Alli Styles on 07717 776788 or alli.styles@freedom-leisure.co.uk</p>
<p>Accessible Swim Sessions (£2.10 per person) 2.30pm – 3.30pm</p>	<p>Uckfield Leisure Centre, Downsview Crescent, Uckfield, TN22 3DJ</p>	<p>For more information, please contact Alli Styles on 07717 776788 or alli.styles@freedom-leisure.co.uk</p>
<p>Ninfield's Musical Matinee, Calamity Jane. Doors open at 1.30pm for 2pm start</p>	<p>Ninfield Memorial Hall, Ninfield, TN33 9EE</p>	<p>If you would like to attend please call 01424 401402 or email: caroline.aherne@homeinstead.co.uk</p>

Wednesday 16 May

<p>Active Games Afternoon (£2.10 per person) 1pm – 2.30pm Afternoon of Boccia, New Age Kurling and New Age Bowls followed by a game of Ten Pin Bowling. Tea and coffee will be provided after.</p>	<p>Hailsham Leisure Centre, Vicarage Lane, Hailsham, BN27 2AX</p>	<p>For more information, please contact Alli Styles on 07717 776788 or alli.styles@freedom-leisure.co.uk</p>
<p>Dementia Carers afternoon tea and support group 3pm – 4.30pm Local community caring for a loved one are invited to join us, meet other carers in a relaxed, informal and supportive environment, share best practice and ideas. Receive a free copy of our Listen talk connect guide – Communicating with people living with dementia. Enjoy a delicious complementary afternoon tea.</p>	<p>Bowes House, 25 Battle Rd, Hailsham, BN27</p>	<p>For more information and to book, please contact Karen Milligan on 01323 440188 or Karen.Milligan@careuk.com</p>

Thursday 17 May

<p>Dementia Friends Session and clinical research information session 10am – 11.30am Refreshments provided.</p>	<p>Bowes House, 25 Battle Rd, Hailsham, BN27</p>	<p>To book, please contact Karen Milligan on 01323 440188 Karen.Milligan@careuk.com</p>
<p>Dementia Friends session and clinical research information session 2pm – 4pm Refreshments provided.</p>	<p>Bowes House, 25 Battle Rd, Hailsham, BN27</p>	<p>To book a place, please contact Karen Milligan on 01323 440188 or Karen Milligan Karen.Milligan@careuk.com</p>
<p>Polegate Forum Dementia Friends Sessions 2pm – 2.30pm Or 3pm -3.30pm</p>	<p>No 51, High Street, Polegate, BN26 6AL (behind Polegate Town Council)</p>	<p>To book a place, please contact Ian Cottrell on 01323 819191 or email ian.cottrell@homeinstead.co.uk</p>
<p>Friends Against Scams Awareness Session 2.30pm – 3.30pm Find out more about scams and how you can protect yourself and others from becoming a victim.</p>	<p>Chantonbury Healthcare The Queensmead, Victoria Road, Polegate, BN26 6BU</p>	<p>To book a place, please contact Kate Russell on 07931 993602 or marketing@chantonbury-care.com</p>

Friday 18 May

<p>Accessible Swim Sessions (£2.10 per person) 2.30 - 3.30pm Inclusive swim session suitable for people with physical disabilities, learning disabilities and people living with dementia.</p>	<p>Hailsham Leisure Centre, Vicarage Lane, Hailsham BN27 2AX</p>	<p>For more information, please contact Alli Styles on 07717 776788 or alli.styles@freedom-leisure.co.uk</p>
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Monday 21 May

<p>Chair-based class (£2 per person) 10.30am - 11.30am Introduction to gentle exercises that can help with functional fitness, with tea and coffee in the café after.</p>	<p>Hailsham Leisure Centre, Vicarage Lane, Hailsham BN27 2AX</p>	<p>For more information, please contact Alli Styles on 07717 776788 or alli.styles@freedom-leisure.co.uk</p>
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Tuesday 22 May

<p>Friends Against Scams Awareness Session 2- 3pm Find out more about scams and how you can protect yourself and others from becoming a victim.</p>	<p>Care UK, Heather View, Beacon Road, Crowborough, TN6 1AS</p>	<p>For more information and to book a place, please contact Abby Wells on 01892 653634 or abby.wells@careuk.com</p>
<p>Accessible Swim Sessions (£2.10 per person) 10am -11am Inclusive swim session suitable for people with physical disabilities, learning disabilities and people living with dementia.</p>	<p>Crowborough Leisure Centre, Eridge Road, Crowborough, TN6 2TN</p>	<p>For more information, please contact Alli Styles on 07717 776788 or alli.styles@freedom-leisure.co.uk</p>
<p>Accessible Swim Sessions (£2.10 per person) 2.30pm – 3.30pm</p>	<p>Uckfield Leisure Centre, Downsvie Crescent, Uckfield, TN22 3DJ</p>	<p>For more information, please contact Alli Styles on 07717 776788 or alli.styles@freedom-leisure.co.uk</p>
<p>Dementia Friendly Health Walk 10.30am – 11am If anybody should need personal support, it is advised that a supportive friend/family member or care professional accompany them.</p>	<p>Polegate Library, Windsor Way, Polegate BN26 6QF</p>	<p>For more information please contact Health Walk Leader Tim Hanford on 07982 606945</p>

Wednesday 23 May

<p>Memory Day 10am – 12.15pm Day includes: photo booth, mixtape, listography and memory games. Free admission and refreshments will be available.</p>	<p>Punnetts Town Village Hall, Heathfield, TN21 9DG</p>	<p>For more information, please contact Annie Crafter-Smith on craftyannieshome@gmail.com</p>
<p>Financial Advice Session From 1.45pm Information will include: Setting the scene and financial context; information on the support Wealden CA and STEPS can provide as well as information on access to benefits and entitlements; providing legal advice and basic overview on the lasting power of attorney; helping to raise scams awareness. Presentations will be followed by afternoon tea.</p>	<p>Luxfords Centre, Library Way, Uckfield, TN22 1AR</p>	<p>For more information, please contact Holly Goring on 01825 747793 or townclerk@uckfieldtc.gov.uk</p>

Thursday 24 May

**Polegate Dementia
Information
Afternoon
2 – 4pm**

Members of the Polegate Dementia Forum will be on hand on the High Street to answer questions and provide information on the services available to people living with Dementia in the local community as well as handing out free coffee and tea!

Polegate High
Street

For more information,
please contact Ian
Cottrell on 01323
819191 or email
ian.cottrell@
homeinstead.co.uk

Friday 25 May

<p>Dippy DooDahs Memories Day 10am – 2pm Day includes: Memory Games, Listography and Craftyannies Happy Tunes Mix Tape</p>	<p>Dippy Doodahs, 52 High Street, Hailsham, BN27 1AX</p>	<p>For more information, please contact Annie Crafter-Smith on craftyannieshome@ gmail.com</p>
<p>Accessible Swim Sessions (£2.10 per person) 2.30 - 3.30pm Inclusive swim session suitable for people with physical disabilities, learning disabilities and people living with dementia.</p>	<p>Hailsham Leisure Centre, Vicarage Lane, Hailsham BN27 2AX</p>	<p>For more information, please contact Alli Styles on 07717 776788 or alli.styles@freedom-leisure.co.uk</p>

Saturday 2 June

<p>Top 20 Memory Tunes 11am – 12pm</p>	<p>Hailsham FM</p>	<p>For more information, please contact Annie Crafter-Smith on craftyannieshome@ gmail.com</p>
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For further information on Wealden’s Dementia Friendly Activities and Forums, please go to our webpage:

[http://www.wealden.gov.uk/Wealden/Residents/Community_and_Safety/PHCS Wealden Dementia Action Alliance Events Forums.aspx](http://www.wealden.gov.uk/Wealden/Residents/Community_and_Safety/PHCS_Wealden_Dementia_Action_Alliance_Events_Forums.aspx)

Or contact us: communitydevelopment@wealden.gov.uk



Local Dementia Forums to get involved in:

Uckfield Dementia Forum

Town Clerk - Uckfield Town Council

Email: townclerk@uckfieldtc.gov.uk

Tel: 01825 747793

Polegate Dementia Forum

Ian Cottrell

ian.cottrell@homeinstead.co.uk

Tel: 01323 819191

Hailsham Dementia Forum

Karen Milligan

Email: Karen.milligan@careuk.com

Tel: 01323 440188

If you are interested in setting up a local Dementia forum or would like to be part of the Wealden Dementia Action Alliance please contact

Debbie Peters on **01323 443204**

or email communitydevelopment@wealden.gov.uk