



Age Friendly Communities Spring 2025 Newsletter

Hello all! Welcome to the latest edition of our newsletter – an Age Friendly guide to what’s happening, where and when. All events are at Central Hall, (Bank Buildings, Station Road, Hastings) unless otherwise specified.

Tues 6th May 10.30-12 Central Hall Unity in the Community

Join us for another of our hugely successful diverse coffee mornings where we encourage people as they age from a mix of cultural backgrounds to come together and create a sense of unity in the community.

Mon 12th May 12 midday Community Lunch at Coast Restaurant

2 courses - roast and dessert for £12. For more information or to make a reservation call COAST on 030 300 38456.

Tues 20th May 10.30-12 Central Hall Brain health

As part of Dementia Action Week we will be joined by Alzheimer’s Research UK for an interactive session on brain health. One not to miss!

Mon 2nd June 12 midday Community Lunch at Coast Restaurant

2 courses - roast and dessert for £12. For more information or to make a reservation call COAST on 030 300 38456.

Tues 10th June, 11:30am to 1:00pm, Central Hall

A Celebration of Ageing: Join HVA and RVA for a to mark the national 2025 'Age Without Limits' campaign. Come and celebrate the value and contributions of older people in society and share experiences of growing older. Take part in conversations aimed at challenging ageism, including negative beliefs and actions. Celebrate positive ageing and what that means to you! A free lunch will be provided courtesy of the Hastings Food Network. [Registration required](#).

Thurs 17th June, 11-1 Cuppa Club Priory Meadow shopping centre

Free tea, coffee, cakes, information and entertainment in the large area outside M@S – bring friends or come and make new ones!

Thurs 19th June, 10.30-12 Central Hall, East Sussex Hard of Hearing

If you have questions about hearing assistive equipment, hearing aid checks, lip reading lessons or would like a free ear wax health check then come and talk to the team at East Sussex Hearing for advice on anything hearing related.

St Michael's Hospice Coffee Stop

Every Thursday morning from 10am-12pm, the hospice Reception area hosts a weekly Thursday Coffee Stop, offering tea, coffee, biscuits and conversation. For further details, please contact the Compassionate Communities Team on 01424 445177 or email commvolunteering@stmichaelshospice.com.

GEM Labour host regular lunches for over 50s

Join Angela Harris and co for free lunch, chit chat and a celebration of our diverse community. Royal Terrace Court, Terrace Road, St Leonards on Sea, TN37 6BN. Call 07731 521511 to find out the next time and date / be added to the invite list.

Where is Central Hall?



**Central Hall has full disabled access. For further info on any of the above
contact either debby@hastingsvoluntaryaction.org.uk / 07513 234 307
or jane@hastingsvoluntaryaction.org.uk**