****

**Age Friendly Communities Spring 2024 Newsletter**

**Hello All**

**Welcome to the Spring 2024 edition of our newsletter – an Age Friendly guide to what’s happening locally and when!**

**All sessions are at Central Hall (unless otherwise specified) just along from the Body Shop between Phone Tech mobile shop and the little newsagents. Come through the black iron gate and press buzzer on red door.**

**Tues 16th April 1-2.30pm Central Hall – The Big Digital Switchover**

**Come and find out all about the Big Digital Switchover and how it will affect your home phone system plus information on hearing aids and maintenance.**

**Tues 23rd April 10.30-12 – Central Hall – Coping with Loss**

**Lindsey from Compassionate Communities will be joining us for an interactive session about Coping with Loss – gentle conversations and a creative toolkit to guide the healing process.**

**Thurs 25th April 10.30am – Central Hall- Complementary Therapies –**

**Come and find out about alternative health including Chinese medicine, massage, reflexology and join us for a meditation too!**

**Thurs 2nd May 11-1pm- Central Hall- Lets Talk About Loneliness**

**East Sussex County Council as part of a bigger piece of work around loneliness would like to better understand how well people in Hastings feel connected to their local communities and health and wellbeing services. Come and help us understand-**

**What do you think needs to happen to improve connections to local community services, activities and social groups?**

**What do you feel is needed to help people to ‘feel less lonely’ and isolated?**

**Thurs 23rd May 10.30am – Central Hall – Accessing Local Health Services**

**Healthwatch East Sussex help make sure your voice as patients is heard by NHS and social care providers. They also listen to your feedback on health services and access and use that to help improve care.**

**Thurs 30th May 10.30-12- Central Hall- Falls Prevention**

**Join NHS staff and the team from Active Hastings taking about help with falls prevention at home and new Strength and Balance sessions launching shortly.**

**Thurs 20th June 10.30am – Central Hall -Wellbeing**

**NHS staff will join us to talk to you about things like stress, anxiety and low mood, offer coping strategies and take you through some relaxation/mindfulness exercises**

**If you run an older person’s group and want to keep up with what is happening in Hastings, what work is taking place to support people as they age and how you can get involved you are also very welcome to join our Hastings Ageing Network which meets monthly, next meeting Thurs 11th April 1.30pm at Central Hall.**

**Coming up soon –**

**Local transport services including community transport**

**Levelling Up plans for Hastings – what does this mean?**

**Central Hall has full disabled access.**

**For further info on any of the above contact** **debby@hastingsvoluntaryaction.org.uk** **07513 234 307**