



**Age Friendly Hastings
Newsletter
Spring 2026**

Welcome to the latest edition of our newsletter – an Age Friendly guide to what’s going on to support people in Hastings as they age.

Thursday 19th March 10.30am – 12pm, Age Friendly Coffee Morning, Central Hall

Join us for another of our hugely successful coffee mornings where we encourage people in later life from all backgrounds to come together to eat, drink, access a variety of information and to connect to their community and those around them. Hastings Borough Council will be joining us for this session to chat to people about the Local Plan and we will also be joined by HARC offering benefit advice and East Sussex Libraries who will be talking about IT 4 U. No need to book - just turn up.

Wed 25th March Age Friendly Easter Lunch at Coast Restaurant. Call 030 300 38456 for details and to book.

Thursday 16th April 11-1pm Cuppa Club Priory Meadow shopping Centre

Free tea, cake and entertainment for senior citizens from our partners Priory Meadow shopping centre plus the HVA Community Marketplace full of information about all sorts of things happening locally supporting people as they age.

Thursday 23rd April 10.30am – 12pm, Age Friendly Coffee Morning, Central Hall

The NHS MSK (Musculoskeletal – bones, muscles, nerves, joints, rheumatology issues) will be joining us to tell you about their forthcoming session including strength and balance exercises!

Friday 1st May 10.30-12.30 Sussex Police information session, Central Hall

Join staff from Sussex Police for an interesting session on scams, fraud and staying safe.

Tuesday 12th May and Friday 22nd May Reminiscence sessions 11-1 Central Hall

We are awaiting final details for these fun reminiscence activity sessions being run in partnership with St Micheals Hospice Grief Festival. For more details please contact debby@hastingsvoluntaryaction.org.uk

Thursday 21st May, 10.30-12, Age Friendly Coffee Morning, Central Hall

To mark Dementia Action Week we will be joined by Alzheimer's Research for the first of our 2026 Dementia and brain health activities. No need to book – just turn up.

Thursday 4th June 10-12, What I wish I knew about Dementia, Central Hall

An interesting and interactive session from Alzheimer's Research providing space to share honest reflections about dementia by amplifying lived experiences of people living with dementia, carers, family members and the wider community, this session aims to normalise conversations, challenge stigma and help people feel less alone. To book contact debby@hastingsvoluntaryaction.org.uk

Our 'Eat Well Age Well' workshops have been really popular and the feedback has been fantastic. Chef John, who most of you will recognise from our coffee mornings, will be offering further cookery workshops on different themes so if this sounds like something you would like to take part in then contact us to see what is available and when – Phone Debby on 01424 444010 or email

debby@hastingsvoluntaryaction.org.uk.

Coming soon – Below is a teaser of what you can expect to see happening during the rest of the year – it's a busy one!

Age Friendly Summer Gathering

Strength and Balance session

Full of Life Festival programme for Hastings (Sep/Oct)

Hastings Borough Council Age Friendly Communities programme phase two launch

A Trip down Memory Lane

More Cuppa Club dates

More coffee morning dates

Age Friendly Christmas party and Christmas lunch

As always, if there are things you would like to see going on that are not listed then let us know. Do also consider joining our Age Friendly WhatsApp group for up-to-date info on what is happening or our Ageing Network meetings to give your views on age related topics generally. For details on either contact jane@hastingsvoluntaryaction.org.uk

We look forward to seeing or hearing from you soon.

Where is Central Hall?



Central Hall,
6, Bank Buildings,
Station Rd, Hastings,
TN34 1NG



WHAT3WORDS note.plenty.note

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 / 01424 444010

