



**Hastings Voluntary Action**

**Age Friendly Communities**

**Autumn/Winter 2024 Newsletter**

Welcome to the updated Autumn/Winter 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 Caffè Nero, between the Phone Tech mobile shop and the little newsagents. Come through the black iron gate and press the buzzer to the left of the red door.

**Thursday 7<sup>th</sup> November, 10.30 – 12.30, Central Hall**

**Social Prescribing for Older People feedback/evaluation session**

Over the last year HVA has held a range of health-related sessions and activities at Central Hall on themes such as sleeping well, reminiscence, dementia, community transport, NHS services, as well as social sessions aimed at reducing loneliness and isolation. We’d love to hear from people who attended, to hear how these sessions benefitted you. Please do join us for coffee and pastries, and to give us some feedback. Email [jane@hastingsvoluntaryaction.org.uk](mailto:jane@hastingsvoluntaryaction.org.uk) to attend.

**Tuesday, 19<sup>th</sup> November, 2 - 3.30pm, Central Hall**

**Sing-a-long Bingo**

Join host with the most Graham Hodgson for this fun, music-filled, bingo session! Email [jane@hastingsvoluntaryaction.org.uk](mailto:jane@hastingsvoluntaryaction.org.uk) to book your place.

**Tuesday 10<sup>th</sup> December 10.30-12.30**

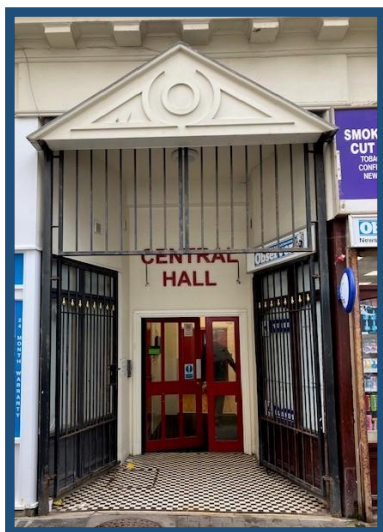
### **Age Friendly Seasonal Gathering**

As 2024 comes to an end please join us for some festive treats and an opportunity to spread seasonal cheer throughout our community. Whether you are a member of the Hastings Ageing Network, an individual who attends our Age Friendly sessions at Central Hall or are from an organisation that works with us we would love to see you. Please do email [jane@hastingsvoluntaryaction.org.uk](mailto:jane@hastingsvoluntaryaction.org.uk) to let us know you will be coming.

**Thurs 30<sup>th</sup> Jan 2025 10.30-12**

### **Unity in the Community**

Following the success of our first Age Friendly Unity in the Community social session for any older members of our community regardless of your ethnicity, background or culture we would welcome you to join us again for a coming together of community members alongside refreshments, conversations and information about other things happening locally which might be of interest. Please do email [jane@hastingsvoluntaryaction.org.uk](mailto:jane@hastingsvoluntaryaction.org.uk) to let us know you will be coming.



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