



## **Age Friendly Communities**

### **Autumn/Winter 2024 Newsletter**

**Welcome to the 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.**

**Friday 27<sup>th</sup> September, 10.30 – 12, Central Hall**

#### **Remember When?**

Join Catherine for a fun reminiscence session filled with activities and memories of the past plus coffee and biscuits.

**Tuesday 1<sup>st</sup> October, 10.30 – 12.30, Central Hall**

#### **Age Friendly meeting with Hastings Borough Council**

This event coincides with National Older Person’s Day, the theme of which is ‘The Part That We Play’. This is an opportunity for local older people to have their voice heard by putting any questions they might have on local issues such as health, housing, town developments, transport etc to the Lead of Hastings Borough Council Julia Hilton and Director of Hastings

Voluntary Action Steve Manwaring. We expect this event to be popular, and spaces are limited. Please email [jane@hastingsvoluntaryaction.org.uk](mailto:jane@hastingsvoluntaryaction.org.uk) to book your place.

**Tuesday 8<sup>th</sup> October, 10.30-12, Central Hall**

**Unity in the Community Age Friendly coffee morning**

Join HVA and St Michael's Hospice at this coffee morning, celebrating our diverse community of different cultures and ethnicities. This will be followed by a planning session for the 1<sup>st</sup> November Diwali celebration, 12-12.30.

**Tuesday 15<sup>th</sup> October, 11 – 12.30, Broomgrove Community Centre**

**Active Hastings Age Friendly Coffee Morning and Taster Session**

This event is an Open Day for you to drop in and enjoy a cuppa, meet some new people, find information and support from various organisations and even have a go at a couple of taster session exercises delivered by Active Hastings if you're feeling up to it. No need to book, just turn up!

**Friday 1<sup>st</sup> November, 2-5pm, Central Hall**

**Diwali Celebration**

Please join us for food, company, traditions and celebrations of this important and vibrant cultural event. Hosted by HVA, East Sussex County Council 'Connecting People and Places' project and St Michaels Hospice.

**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!

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

**Christmas celebration SAVE THE DATE**

Full details to come, but please save the date and join us for (no doubt!) a mince pie and some festive tunes.



**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 30, or [jane@hastingsvoluntaryaction.org.uk](mailto:jane@hastingsvoluntaryaction.org.uk)**