



## **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 unless otherwise specified.**

### **Tues 22nd April 10.30-12 Central Hall Healthwatch Listening Tour**

The Healthwatch East Sussex Listening Tour focuses on different areas of East Sussex, to hear from local people about their experiences of health and care services in the area, and what could be done to improve things. Findings are then shared with local services, including the NHS and council, and highlight what needs to be done to make services better. Healthwatch work with services to make sure that people’s views are listened to and acted upon. Do take this opportunity to come and talk to the team and whilst you’re there do support Chef John who will be serving tasty snacks from the Central Hall café at reasonable prices! We invite you to [register via HVA’s website if possible](#), but you can also just turn up.

### **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.

### **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.

### **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!

### **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@stmichaels hospice.com](mailto:commvolunteering@stmichaels hospice.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](mailto:debby@hastingsvoluntaryaction.org.uk) / 07513 234 307 or [jane@hastingsvoluntaryaction.org.uk](mailto:jane@hastingsvoluntaryaction.org.uk)**