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**Age Friendly Communities Spring 2023 Newsletter**

**Hello All**

**Welcome to the Spring 2023 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.**

**Diabetes UK at Central Hall Sat 13th May 1-3pm**

Hastings Voluntary Action are working in partnership with Diabetes UK to try and establish a Diabetes support group in Hastings for both type one and type two patients. This is following feedback from the local community and members of the Diabetes Patient Network that more community support is needed for people managing this condition or carers supporting people. If you would be interested in finding out more or getting involved then pop along to Central Hall on 13th May.

**Just Friends Central Hall 18th May 10.30-12.30**

Just Friends is a social group for anyone living alone, not looking for romance, just friendship. They organise regular activities including lunches out, day trips, theatre trips, weekend breaks, walks, steam train trips and more. To find out about the group email**katie@just-friends.uk**

**Life Transitions session by East Sussex County Council Mon 22nd May 12-2**

Life Transitions is a service which supports residents to gain knowledge, skills and support to help them cope with the life transitions that can sometimes affect health and wellbeing such as retirement, moving home, divorce, changes in health and mobility, bereavement etc. Come and talk to the Life Transitions Team and find out more.

**Age Friendly Scone Social – Tues 23rd May 10.30-12.30**

Join us at Central Hall for scones and socialising courtesy of Chef John! All welcome, food donated by the Hastings and Rother Food Network. Book your scone – plain and cheese available- by calling Debby on 07513 234 307 or via email at debby@hastingsvoluntaryaction.org.uk

**Hastings Seniors Forum coffee morning Tues 30th May 10-12 midday**

Pop in for a cuppa and a chat.

**Just Friends information stall Priory Meadow Mon 12th June 9-4**

Come and talk to Just Friends Leader Katie about what the group does and how to join.

**Hastings Seniors Forum Wiltshire Farm Foods presentation Tues 27th June 10-12**

Join Hastings Seniors Forum for a presentation and tasters from Wilshire Farm Foods. There will also be an opportunity to sign up to cookery workshops being held over the Summer.

**The Big Lunch Fri 30th June 11.30- 2**

The Big Lunch brings together communities to share friendship, food and fun. Join Hastings Voluntary Action and Eden Communities for a yummy Ploughman’s lunch and drinks (not alcoholic!), information about community activities and plenty of conversation. To book call Debby on 07513 234 307 or email debby@hastingsvoluntaryaction.org.uk

**Central Hall has full disabled access.**

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