

the Good Company People®

February 2025



Could you do with more company? Are you experiencing changes to your memory or are you supporting someone living with memory changes or dementia?

The Good Company People is here for you

We start by getting to know you to find out about your life and understand what you want more of - from meeting new people, taking up a new hobby, accessing statutory support or finding purpose.

The Good Company People are here with you every step of the way to:

- Help you continue to enjoy your hobbies and interests
- Recommend local activities to improve your physical health and mobility
- Introduce you to others facing similar situations
- Help to navigate the health and social care system
- Provide dementia advice and support
- Help you take a break
- Access financial and legal advice

To find out more, call us on 07472 564519 or email hello@thegoodcompanypeople.org

Thank You 

A huge thank you to the team at Arthur Hayes Eye Care in Crowborough for their amazing support! Their Christmas raffle raised an incredible £179.19 for Good Company. We're so grateful for your generosity!

Who do we support?

We cover the High Weald and welcome older adults over 65 from:

Crowborough,
Rotherfield, Mark Cross &
Eridge,
Mayfield & Five Ashes,
Hartfield,
Groombridge & Withyham,
Wadhurst &
Ticehurst

Can you help?

Our volunteers are the epitome of good company and we are looking for more kind hearted people to join our team.

Could you give any time to share your hobbies with others who need good company?

We would love to hear from:



Singers
Gardeners
Golfers



Artists
Bowlers
Walkers



...and anyone happy to drive our members.

Call 07472 564519 to find out more.

February 2025

Date	Event	Details
1st Feb	<i>The Saturday COMPANY Club</i>	Valentines Baking Fresh Dough @ Crowborough Community Centre 2pm - 4pm
4th Feb	<i>The Tuesday LUNCH Club</i>	Music @ The Blue Anchor 10.30am - 2.30pm
4th Feb	<i>The Tuesday ART Club</i>	Studio, Rotherfield Every Tuesday 10.30am - 2.30pm
6th Feb	<i>The Thursday WALKING Club</i>	Groombridge Place & Junction Inn 1.30pm - 3.30pm
10th Feb	<i>The Monday SUPPER Club</i>	Music Quiz @ The Artful Grocer's Wadhurst 5.30pm - 8pm
11th Feb	<i>The Tuesday LUNCH Club</i>	Songs from Musical Theatre @ The Blue Anchor 10.30am - 2.30pm
11th Feb	<i>The Tuesday ART Club</i>	Studio, Rotherfield Every Tuesday 10.30am - 2.30pm
12th Feb	<i>The Wednesday GAMES Club</i>	Games @ Crowborough Rugby Club 10.30am - 12.30pm
18th Feb	<i>The Tuesday LUNCH Club</i>	Quiz @ The Blue Anchor 10.30am - 2.30pm

Date	Event	Details
18th Jan	<i>The Tuesday ART Club</i>	Studio, Rotherfield Every Tuesday 10.30am - 2.30pm
19th Feb	<i>The Wednesday SUPPER Club</i>	Karaoke @ The Blue Anchor 6.30pm - 9pm
20th Feb	<i>The Thursday WALKING Club</i>	Lamberhurst Fields & Tea Rooms 1.30pm - 3.30pm
21st Feb	<i>the Good Company People</i>	Lived Experience Panel @ St Richards 2pm - 4pm
25th Feb	<i>The Tuesday LUNCH Club</i>	Seated Exercise @ The Blue Anchor 10.30am - 2.30pm
25th Feb	<i>The Tuesday ART Club</i>	Studio, Rotherfield Every Tuesday 10.30am - 2.30pm

Booking is essential

Please call 07472 564519 to book your place or email hello@thegoodcompanypeople.org Please let us know if you would like transport.

Good Company Circles

Are you worried about memory changes in yourself or your partner? Figuring out the 'new normal' after getting a dementia diagnosis or feeling like caring is getting too much?

Circles are carefully curated groups of people 'in the same boat' who meet monthly over coffee with The Good Company People to share advice, experiences, and build meaningful friendships.

Speak with your Concierge or call 07472 564519 for more information.

