

the Good Company People®

May 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 are 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**

Our team and members have been working on getting you the knowledge you need to live well for longer.

Visit our website:

www.thegoodcompanypeople.org/resources

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**



**DRIVERS
URGENTLY
NEEDED**

Looking for a simple way to give back, meet new people, and enjoy a rewarding role?

Every week, older adults in our community need a lift to attend The Tuesday Lunch Club – a chance to socialise, enjoy a meal, and feel less isolated.

Without volunteer drivers, they simply can't get there.

**Can you spare a few hours to help make that happen?
Please call 07472 564519**

May 2025

| Date | Event | Details |
|----------|----------------------------------|--|
| 1st May | <i>The Thursday WALKING Club</i> | Birchden Wood Bluebells & Deer Park Cafe 2pm - 4pm |
| 3rd May | <i>The Saturday COMPANY Club</i> | Pashley Manor Tulip Festival 2pm - 4pm |
| 6th May | <i>The Tuesday LUNCH Club</i> | Music with Paul @ The Blue Anchor 10.30am - 2.30pm |
| 12th May | <i>The Monday SUPPER Club</i> | Music @ The Artful Grocer's Wadhurst 5.30pm - 8pm |
| 13th May | <i>The Tuesday ART Club</i> | Studio Rotherfield Every Tuesday in May 10.30am - 2.30pm |
| 13th May | <i>The Tuesday LUNCH Club</i> | 'A Musician's Life' @ The Blue Anchor 10.30am - 2.30pm |
| 14th May | <i>The Wednesday GAMES Club</i> | Games @ Crowborough Rugby Club 10.30am - 12.30pm |
| 15th May | <i>The Thursday WALKING Club</i> | Lamberhurst Fields Teise & Coffee Cafe 2pm - 4pm |
| 20th May | <i>The Tuesday LUNCH Club</i> | Quiz @ The Blue Anchor 10.30am - 2.30pm |
| 21st May | <i>The Wednesday SUPPER Club</i> | Quiz & Music @ The Blue Anchor 6.30pm - 9pm |

| Date | Event | Details |
|----------|----------------------------------|--|
| 22nd May | <i>the Good Company People</i> | Carers Dementia Training 12 - 2pm & 2.30 - 4.30pm @ St Richards Church |
| 27th May | <i>The Tuesday LUNCH Club</i> | Seated Exercies @ The Blue Anchor 10.30am - 2.30pm |
| 28th May | <i>The Wednesday GAMES Club</i> | Games @ Crowborough Rugby Club 10.30am - 12.30pm |
| 30th May | <i>the Good Company People</i> | Lived Experience Panel @ St Richards Church 2pm - 4pm |
| 7th June | <i>The Saturday COMPANY Club</i> | Down on the farm, meeting the animals 2pm - 4pm |

Booking is essential

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

Are you:

- Worried about memory changes in yourself or your partner?
- Adjusting to life after a dementia diagnosis?
- Trying to put support in place so you can both continue to live well in your home
- Feeling like caring is getting too much?
- Adjusting to life if the person you support goes into care?

Join a Good Company Circle

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.