

the Good Company People®

March 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

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

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.

March 2025

Date	Event	Details	Date	Event	Details
1st March	<i>The Saturday COMPANY Club</i>	UK Owl & Raptor @ Eridge Village Hall 2pm - 4pm	19th March	<i>The Wednesday SUPPER Club</i>	Beatles Theme @ The Blue Anchor 6.30pm - 9pm
4th March	<i>The Tuesday LUNCH Club</i>	Music @ The Blue Anchor 10.30am - 2.30pm	20th March	<i>The Thursday WALKING Club</i>	Buxted Park & Oast Farm Tea Rooms 1.30pm - 3.30pm
4th March	<i>The Tuesday ART Club</i>	Studio, Rotherfield Every Tuesday 10.30am - 2.30pm	21st March	the Good Company People	Lived Experience Panel @ St Richards 2pm - 4pm
6th March	<i>The Thursday WALKING Club</i>	Birchden Wood & Deer Park Cafe 1.30pm - 3.30pm	25th March	<i>The Tuesday LUNCH Club</i>	Seated Exercise @ The Blue Anchor 10.30am - 2.30pm
10th March	<i>The Monday SUPPER Club</i>	Music Quiz @ The Artful Grocer's Wadhurst 5.30pm - 8pm	26th March	<i>The Wednesday GAMES Club</i>	Games @ Crowborough Rugby Club 10.30am - 12.30pm
11th March	<i>The Tuesday LUNCH Club</i>	Games Week @ The Blue Anchor 10.30am - 2.30pm	5th April	<i>The Saturday COMPANY Club</i>	Spa Valley Railway Afternoon Tea 1.30 - 3pm
10th March	the Good Company People	Manual Handling training @ Blue Anchor 11am - 1pm			
12th March	<i>The Wednesday GAMES Club</i>	Games @ Crowborough Rugby Club 10.30am - 12.30pm			
13th March	the Good Company People	Carers Dementia Training 1.30pm - 4.30pm @ St Richards			
17th March	the Good Company People	First Aid training 1pm - 4pm @ St Richards			
18th March	<i>The Tuesday LUNCH Club</i>	Quiz @ The Blue Anchor 10.30 am - 2.30pm			

Booking is essential

To book your place, please call 07472 564519 or email hello@thegoodcompanypeople.org

Spaces are limited.

Please let us know if you would like transport.

If you are a carer attending dementia, first aid or manual handling training and you need to pay for a carer then you could be eligible for funding.

Let the team know for more details.

