



Have you lost your confidence or could you do with a little bit of 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 what you enjoy doing. To understand what you want more of - from meeting new people, taking up a new hobby, accessing support or finding purpose.

We provide a single point of contact to connect you with the relevant statutory and voluntary organisations. We can help you access financial and legal advice and introduce you to others facing the same situation with similar needs.

News



We have been selected as Sing and Tonic's charity! Their concert is on Thursday 20th June from 6.45pm at Crowborough Community Centre. Good Company members have been invited. Tickets are free. There will be a cash bar and donation buckets!



If you fancy meeting for a cuppa and a chat, Good Company will be at Waitrose Cafe on Wednesday 5th June between 2pm-3.30pm.



On 12th July we will be hosting a deep dive with Mandy Prior, Manager of East Sussex County Council's Dementia Support Team who will be on hand to answer any questions.



Due to popular demand our Thursday Walking Club now meets twice a month.

Who do we support?

We cover the High Weald and welcome older adults from:

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

Calling all...



Do you have 5-12 hours to spare a month to volunteer and share your hobbies with others who need good company? Call Felicity on 07472 564519 to find out more.

COMING SOON - GOOD COMPANY POP-IN POP-UP

Our lived-experience group asked for a place they could go to get advice and access support to help older adults live well. We are delighted to share the lovely team at Chappells Pharmacy in Crowborough have given us the space next door to the pharmacy on the High Street to pilot a Pop-In Pop-Up.




the
**Good
Company
People**[®]

Clubs

Booking is essential.
Please let us know if you would like transport.

 hello@thegoodcompanypeople.org

 07472 564519

JUNE

| Date | Club | Details |
|-----------|--------------------------------------|---|
| 1st June | <i>The Saturday COMPANY Club</i> | 2pm - 4pm Moving Sounds at Blue Anchor Pub |
| 4th June | <i>The Tuesday LUNCH Club</i> | 10.30am - 2.30pm Blue Anchor Pub Music with Paul |
| 4th June | <i>The Tuesday ART Club</i> | 10.30am - 2.30pm Studio, Rotherfield |
| 5th June | the Good Company People [®] | 2pm - 3.30pm Pop in at Waitrose Cafe |
| 6th June | <i>The Thursday WALKING Club</i> | 2pm - 4pm, Kingdom, Penshurst |
| 10th June | <i>The Monday SUPPER Club</i> | The Artful Grocers, Wadhurst |
| 11th June | <i>The Tuesday LUNCH Club</i> | 10.30am - 2.30pm Blue Anchor Pub Drumming |
| 11th June | <i>The Tuesday ART Club</i> | 10.30am - 2.30pm Studio, Rotherfield |
| 12th June | <i>The Wednesday GAMES Club</i> | 10.30am - 12.30pm Crowborough Rugby Club |
| 18th June | <i>The Tuesday LUNCH Club</i> | 10.30am - 2.30pm Blue Anchor Pub Seated Exercises |

| Date | Club | Details |
|-----------|----------------------------------|---|
| 18th June | <i>The Tuesday ART Club</i> | 10.30am - 2.30pm Studio, Rotherfield |
| 19th June | <i>The Wednesday SUPPER Club</i> | 6.30pm - 9pm Blue Anchor Pub Music Quiz |
| 20th June | <i>The Thursday WALKING Club</i> | 2pm - 4pm The Chequers @ Lamberhurst |
| 25th June | <i>The Tuesday LUNCH Club</i> | 10.30am - 2.30pm Blue Anchor Pub Garden Games |
| 25th June | <i>The Tuesday ART Club</i> | 10.30am - 2.30pm Studio, Rotherfield |
| 6th July | <i>The Saturday COMPANY Club</i> | 4pm - 7pm Wine Tasting Downsview Vineyard |

Inspired by our 'King of Clubs', The Thursday Murder Club author and TV presenter Richard Osman, Good Company Clubs are based around the hobbies and interests of members. Clubs take place in pubs

As Good Company Clubs are in pubs and cafes, members pay the pub directly for food at a subsidised rate. The Art Club is a paid for service - transport, art tuition and 2 course lunch is £50.

Good Company Clubs are supported by a team who are trained to provide extra support to help you continue to do what you enjoy in Good Company.

