

the Good Company People®

June 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**

Supporting The Good Company People

We are thrilled to announce two fundraising events in June in aid of Good Company.

Pine Grove Pictures Charity Night Walk the Line

Friday 6th June

**Doors & Bar open at 7pm, film starts
at 8pm - 10.15pm**

**Tickets £10 / non members
<https://pinegrovepictures.org.uk/>**

The Sing & Tonic Summer Concert

7pm on 12th June 2025

Crowborough Community Centre

Tickets £10 / £8 concessions

www.ticketsource.co.uk/sing-tonic

June 2025

Date	Event	Details
3rd June		Singing with Paul @The Blue Anchor 10.30am - 2.30pm
3rd June		Studio Rotherfield Every Tuesday in June 10.30am - 2.30pm
5th June		Broadwater Warren Groombridge & Nevill, Crest & Gun 2pm - 4pm
9th June		Elvis Tibute Night @ The Artful Grocer's Wadhurst 5.30pm - 8pm
10th June		John & Di Cullen, Folk Songs @ The Blue Anchor 10.30am - 2.30pm
11th June		Games @ Crowborough Rugby Club 10.30am - 12.30pm
16th June		Basic First Aid St Richards Church Hall 1pm - 4pm
17th June		Quiz week @ The Blue Anchor 10.30 am - 2.30pm
18th June		Elvis Tribute Night @ The Blue Anchor 6.30pm - 9pm

Date	Event	Details
19th June		Buxted Park & Oast Farm Tearoom 2pm - 4pm
20th June		Lived Experience Panel @ St Richards Church 2pm - 4pm
24th June		Seated Exercise @ The Blue Anchor 10.30 - 2.30pm
25th June		Games @ Crowborough Rugby Club 10.30am - 12.30pm
5th July		Mousehall Gin Distillery Tour Tidebrook 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?



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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.