



ASSOCIATION OF
carers

- SUPPORTING UNPAID CARERS -

Registered Charity 1159551

NEW!

NEW!

January Newsletter

JANUARY, 2024 | 10TH EDITION

Dates for your diary!

Carers Lunch Clubs

St Leonards On Sea- Tuesday 6th February at 12:30pm

The Bull Inn, 530 Bexhill Rd, St Leonards-On-Sea, TN38 8AY

Rye- Thursday 22nd February at 12:30pm

The Robin Hood Inn, Main Road, Icklesham, Winchelsea, TN36 4BD



Pre-booking is essential. Please call 01424 722309 to let us know you are coming!

Carers Café

Newhaven- Tuesday 6th February at 11am-1pm

Denton Island Community Centre, Denton Island, Newhaven, BN9 9BN

Bexhill- Monday 12th February at 1pm-3pm

The Pelham, Hollier's Hill, Bexhill-on-Sea, TN40 2DD



Zoom

Zoom Bingo sessions- Thursday 8th & 22nd February at 1:30pm-3pm

Online activity- please email info@associationofcarers.org.uk for the link to join.

(Don't know how to use zoom? This can be covered in our FREE Computer Help At Home sessions!)

Events

Please see event posters for more information.

Association of Carers Quiz Night- Wednesday 31st January. The Robin Hood, Main Road, Icklesham, Winchelsea TN36 4BD

Dinner and Entertainment at The Langham Hotel- Wednesday 22nd February. The Langham Hotel, 43-49 Royal Parade, Eastbourne BN22 7AH

QUIZ NIGHT

Tease your brain & support a local charity.



**Wednesday
31st January
7pm start**

at The Robin Hood Inn,
Main Road, Icklesham,
Winchelsea TN36 4BD

£3

ENTRY

Teams of
6 max

Dine before the quiz with 2 courses for
£10!

Please contact The Robin Hood on
01424 814277 or Association of Carers
on 01424 722309 for more information.



ASSOCIATION OF
carers

- SUPPORTING UNPAID CARERS -

LUNCH & ENTERTAINMENT

**Wednesday 28th February
2024**

12:30 arrival

**The Langham Hotel, 43-49
Royal Parade, Eastbourne
BN22 7AH**

£25 a head Including a two course
meal & 2 hours of
entertainment!

Compered by our Patron, Lady Crabtree!

**For more information and to
book your spot:**



01424 722309



lucy@associationofcarers.org.uk



Run for Association of Carers.

EASTBOURNE HALF 

Hastings & Eastbourne Half Marathon's 2024

Help us raise funds for unpaid Carers in East Sussex
by running for Association of Carers!

Eastbourne- Sunday 3rd March 2024 Hastings- Sunday 24th March 2024



Get your **FREE** sponsor pack from us:

- Sponsorship forms
- Association of Carers T-Shirt



Why run for our charity?

Based in St Leonards, we provide **FREE** volunteer-led services to unpaid Carers in East Sussex. The money you raise will go towards continuing to provide these vital services to Carers in your local area.

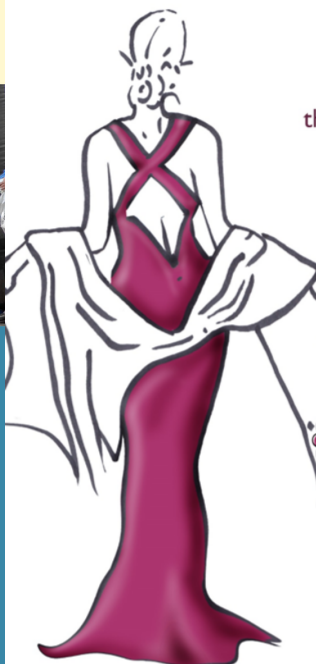
To get a sponsor pack, please contact us on **01424 722309** or **info@associationofcarers.org.uk**



FASHION SHOW

An exciting evening of fashion & fun hosted by
Travelling Trends

A ladies night out with a difference!
As well as a live **CATWALK SHOW**,
there is ample time to try on & buy
this season's High Street & Branded fashions.
All at bargain prices!!



Monday 22nd April 2024

Doors open at 7,
show starts at 7:30pm
The Hastings Centre, The
Ridge, Hastings, TN34 2SA

Ticket includes a glass of wine
or soft drink on entry.

Raffle & Bake sale on the night



Ticket proceeds to
Association of
Carers charity



Travelling Trends
Fundraising Fashion Shows

www.travellingtrends.com

Would you like to be interviewed?

We are looking for any Volunteers and Carers that are willing to be interviewed about their experience with Association of Carers.

If this is of interest or you have any additional questions, please contact 01424 722309 or lucy@associationofcarers.org.uk

The short interview will be recorded for use on our new website.



How to get Emergency Prescriptions

Have you ever run out of a prescription over the weekend or a holiday period? It's easier to get an emergency prescription than you think!

You can phone 111 and explain your situation. They will send an alert to an open Pharmacy near you and then you can visit and explain what medicine you require (best take a repeat prescription form with you so pharmacist knows exactly what you need).

Alternatively, you can go online to 111 (111.nhs.uk) and put in your location postcode and what pharmacy you would like the alert to be sent to – it takes less than a couple of minutes to do this. Note....it's a good idea to call the out of hours pharmacy first to make sure they have the item you are looking for in stock.

If you need any help learning how to do this, let us know and we can support you with our Computer Help at Home service.



Changes to Landline Telephones

The UK's telephone network is being upgraded, which means that landline services are changing. You can still have a landline in your home, but the technology that powers it will be different. For most, switching over will be straightforward, but some people may need new equipment or support to make the changes.

The change means the landline will use the internet to make calls, rather than old copper network (known as PSTN, or public switched telephone network). For those without a broadband connection at home, your supplier will install one.

Both BT and Virgin have committed to not charging customers any extra for landline-only broadband connections.

For more information, please visit:

<https://www.ageuk.org.uk/information-advice/money-legal/consumer-issues/changes-to-landline-telephones/>

Staying Safe in Winter

	1. Keep active		5. Plan for an emergency (torches, emergency contacts, keep mobile phone charged)
	2. Get a flu jab		6. Stay up to date with weather forecasts
	3. Keep warm (layers of clothing, hot water bottle, close curtains at night)		7. Be extra careful when driving
	4. Keep medication up to date and in order		

Please note: If you are receiving a printed copy of this newsletter, please contact us if you have an email address we can use in future. Help us save on stamps!