



NEW!

NEW!

March Newsletter

MARCH, 2024 | 11TH EDITION

Dates for your diary!

Carers Lunch Clubs

St Leonards On Sea- TBC

The Conquerors March, Stonestile Lane, Hastings, TN34 2RA

Rye- Thursday 21st March 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 2nd April at 11am-1pm

Denton Island Community Centre, Denton Island, Newhaven, BN9 9BN1

Bexhill- Monday 11th March at 1pm-3pm

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

Need help with your phone, tablet or laptop? Bring them along to these sessions for free technology support!



Zoom

Zoom Bingo sessions- Thursday 7th & 21st March 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.

Charity Fashion Show- Monday 22nd April, doors open at 7pm, show starts at 7:30pm
A fantastic evening out with a live fashion show and an opportunity to buy brand new clothes with 70% reductions! Tickets are £10 and include a glass of wine or soft drink on entry. Please see event poster for details.

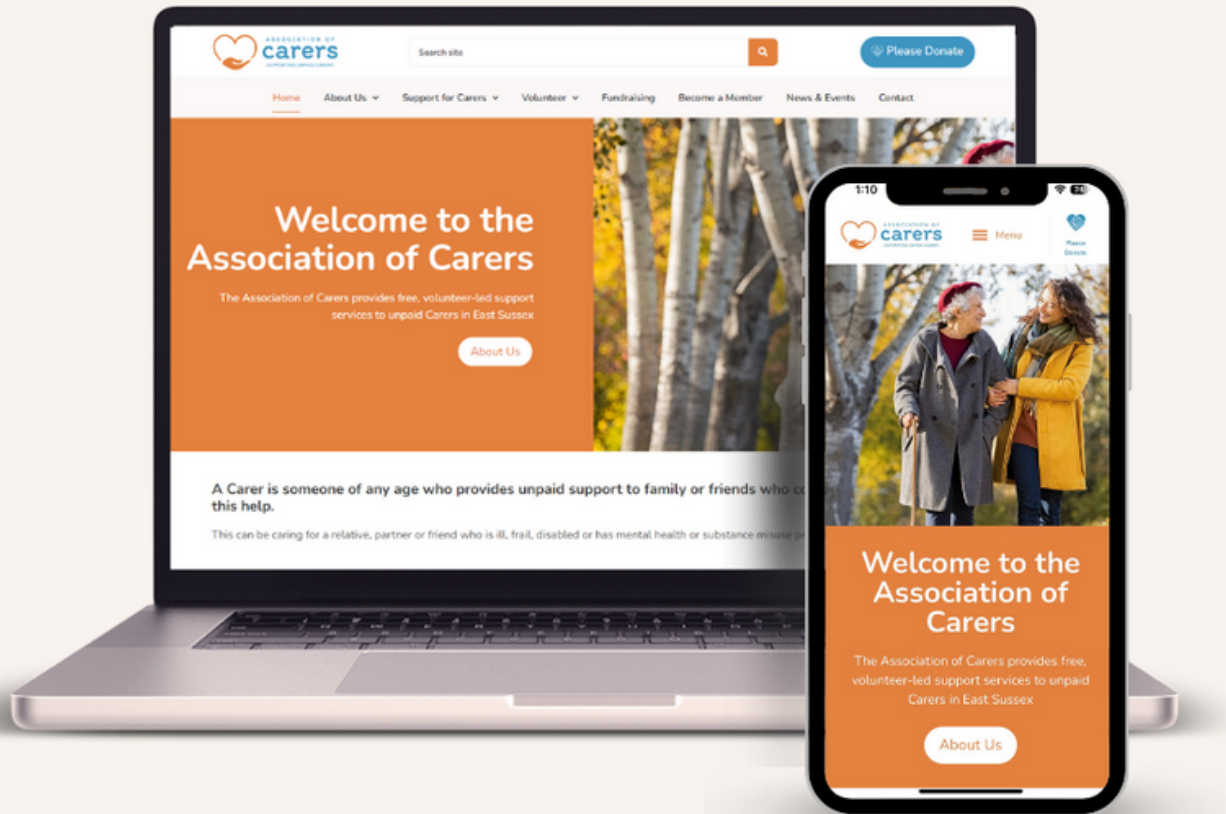


ASSOCIATION OF
carers

- SUPPORTING UNPAID CARERS -

Registered Charity 1159551

NEW WEBSITE



ASSOCIATIONOFCARERS.ORG.UK

We are delighted to announce the launch of our new website and would like to give a heartfelt thank you to the team here who have worked so hard on this project.

We have not updated our website for over 10 years so it was in dire need of an update. It has been designed to be as straightforward, helpful and informative as possible to potential Carers, Volunteers and other agencies.

Please have a look around our new website and see what you think at associationofcarers.org.uk!

Ticket

£10

Must be
preurchased
through
01424722309 or
info@association
ofcarers.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!!

M&S

TOPSHOP

ZARA

DOROTHY
PERKINS

...and more!



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

All ticket proceeds go to
Association of Carers
charity,
01424722309 or
associationofcarers.org.uk
for more information!



Registered charity 1159551

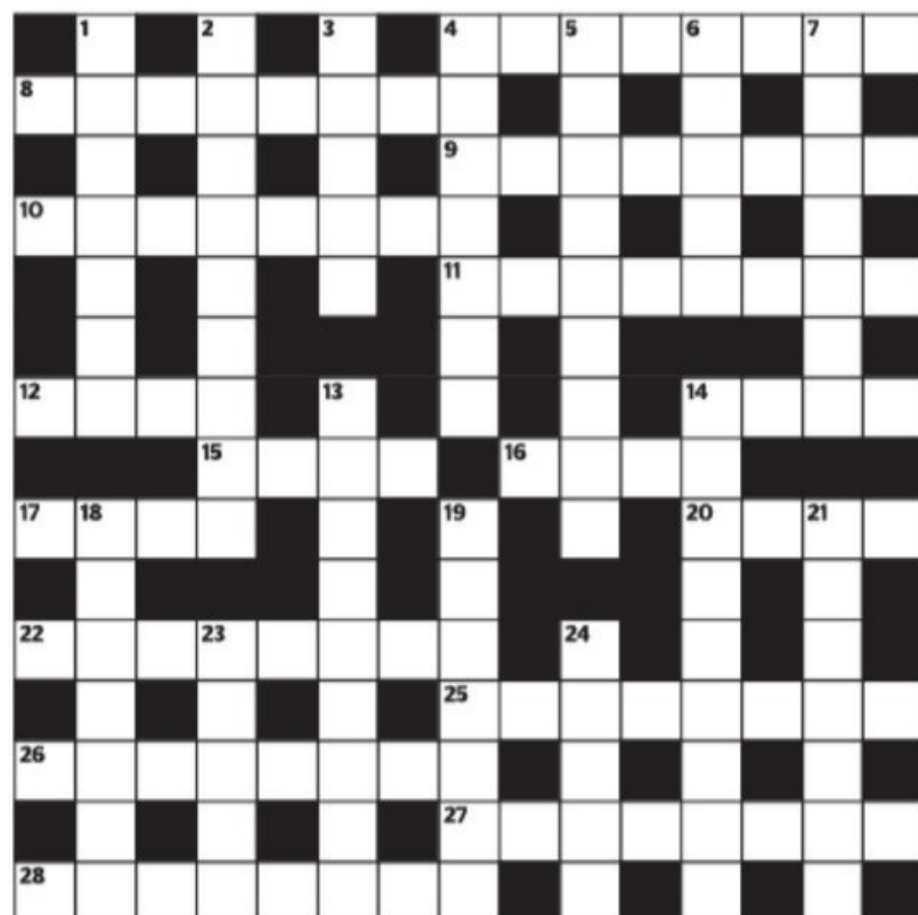
WORD SEARCH PUZZLE

COUNTRIES OF THE WORLD

PORTUGAL
MEXICO
ALBANIA
CHINA
ZIMBABWE
LIBYA
AUSTRIA
HONDURAS
TURKMENISTAN
SYRIA
SOUTH KOREA
MOZAMBIQUE
ISRAEL
LUXEMBOURG
SAUDI ARABIA

M A B S K R U T P O L A I S Y A L A M E
I L E S O U T H A F R I C A N D I S O T
A B U T Y I A L F T E K O R A I R A Z A
T I Q U S R B A R A S A C U B A I R A B
S R I A T A I M I J N T R D N A L G N E
U E B D N V M E X I C E G N I R G E S C
A V M I L I B X A K G P S O N A D N E U
R I A H Y S H I L I T O W H S B E I M B
G E Z C A R G C N S U R H O N D U R G E
E T O U R A P O R T U G A L E O L A A S
N N M I S O U I H A E T U W H A Y B I L
T A E O L N A K A N I U S A U D I N B U
I M T A Z I O S W E N Y T U R K E Y A X
N I N M O R S A O L R I R A J V I E R E
A D O G E Z I M B I B Q A I R T S U A M
D A N A S R N T A N S U L K N A T Y I B
A L U X E M B U T H A R I R E L A N D O
R E N G L E N G U E W B A B M I Z L U U
E K I B A N G L A D E S H E I C A I A R
Y N A T S I N E M K R U T R L R M A S G

AUSTRALIA
IRELAND
TURKEY
SWEDEN
BANGLADESH
POLAND
NIGER
TAJIKISTAN
VIETNAM
NIGERIA
CUBA
MALAYSIA
ENGLAND
SOUTH AFRICA
ARGENTINA



ACROSS

- 4 Vengeance (8)
- 8 Common conifer (4,4)
- 9 Indication of something concealed (8)
- 10 Novice (8)
- 11 Mixed (8)
- 12 Indonesian holiday island (4)
- 14 Obligation (4)
- 15 Streetcar (4)
- 16 Old Peruvian Indian (4)
- 17 Body of a church (4)
- 20 Original arkwright (4)
- 22 Inventive (8)
- 25 Approved (8)
- 26 Clever (8)
- 27 Death notice (8)
- 28 Silvery-white metal used in jewellery (8)

DOWN

- 1 Predicament (7)
- 2 High explosive (9)
- 3 Part of New York (5)
- 4 Take back (7)
- 5 The Holy Land (9)
- 6 Bury (5)
- 7 Illness (7)
- 13 Racquet sport (9)
- 14 Hazardous (9)
- 18 Means of sending overseas (7)
- 19 Liberty (7)
- 21 Branch of mathematics (7)
- 23 Representative (5)
- 24 Allow to enter (5)

Come to our Carers Lunch Club

Would you like to get out and meet other Carers to share experiences and increase your support network? Then come to our monthly Lunch Club!

Both Carers and the people they look after are invited. Lunch clubs give Carers and the people they care for the opportunity to enjoy a meal in a relaxed and informal setting. We hold 2 lunches a month in pubs across St Leonards on Sea and Rye area:

- The Bull Inn, 530 Bexhill Road, St Leonards-on-Sea, TN38 8AY- held every 1st Tuesday of the month
- The Robin Hood Inn, Main Road, Icklesham, Winchelsea, TN36 4BD- held every 3rd Thursday of the month

Both clubs are attended by a staff member from the Association of Carers, who can keep you up to date with any local events and questions.

Call 01424 722309 for specific dates and any additional information.

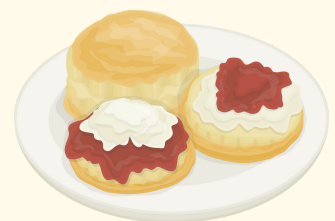
Become a Member of Association of Carers

WHAT- As a Charitable Incorporated Organisation (CIO), we have the opportunity for people to become members of the Association of Carers.

WHY- Membership is FREE and members have a say on how we operate, who our trustees are and can vote at our Annual General Meeting, they also receive a copy of our newsletters and magazine, along with other relevant information, such as details of our fundraising initiatives and changes to the way we deliver services.

WHO- A member can be anyone who receives our services or has received them in the past, is a volunteer or former volunteer, or someone who wants to support us, because they believe that what we do is important.

FREE CREAM TEA- As a member, you are invited to our Annual General Meeting on Friday 27th September 2024 which includes a free cream tea!



If you would like to become a member of the Association of Carers, please contact the office on 01424722309, info@associationofcarers.org.uk, or fill out the online form on associationofcarers.org.uk





FREE!

Carers O'Clock gives unpaid carers a chance to come together and focus on their own wellbeing with artist-led creative activity, conversation AND a freshly cooked lunch

EASTBOURNE

MONDAYS

10.00 - 3.00

**18th March
20th May
15th July
21st Oct
16th Dec**

**15th April
17th June
16th Sept
18th Nov**

Community Wise
Ocklynge Road
Eastbourne
BN21 1PY



<https://carersoclock-eastbourne.eventbrite.co.uk/>

UCKFIELD

TUESDAYS

10.00 - 3.00

**12th March
14th May
9th July
8th Oct
10th Dec**

**9th April
11th June
10th Sept
12th Nov**

Victoria Pavilion
New Town
Uckfield
TN22 5DJ



https://Carersoclock-Uckfield.eventbrite.co.uk

BOOKING ESSENTIAL

There are 3 ways to book:

- Scan the above QR code
- Email info@cultureshift.org.uk
- Call 030 300 39120



cultureshift



www.cultureshift.org.uk



TAKE A STAND AGAINST

TELEPHONE SCAMS

Criminals often use the telephone as a method to gain personal details and con people out of their life savings. Avoid being one of them, protect yourself.



Top 5 Tips To Take A Stand Against Telephone Scams

1. Never give out personal or bank details over the telephone.
2. Don't feel pressured to making a decision over the telephone.
3. If the caller is vague about giving out their company information, hang up.
4. Don't open texts or answer calls from unrecognisable numbers.
5. Consider a call blocking device to filter out unwanted calls.

Remember if you're not sure, get advice and always report a scam



For advice on scams call
Citizens Advice Consumer Helpline: **0808 223 1133**

To report scams contact
Action Fraud: **0300 123 2040**

**NATIONAL
TRADING
STANDARDS**
Scams Team