

ASSOCIATION OF  
**carers**

- SUPPORTING UNPAID CARERS -

Registered Charity 1159551

**NEW!**

**NEW!**

# May Newsletter

MAY, 2024 | 13TH EDITION

## Dates for your diary!

Carers Lunch Clubs

**St Leonards On Sea**- Thursday 2nd May at 12:30pm

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

**Rye**- Thursday 16th May 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 7th May at 11am-1pm

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

**Bexhill**- Monday 13th May 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 2nd, 16th, & 30th May at 1:30pm-3pm

Online activity- please email [info@associationofcarers.org.uk](mailto: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.**

**50 Miles for Carers in May**- Sign up to Walk 50 Miles for Carers! Walk, run or jog 50 miles over the month, and get people to sponsor you to help raise money for unpaid Carers in East Sussex. If you are interested in taking part in this event, please see the event poster for more details.



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**50 Miles for Carers**

**May 2024**

**Walk, run, jog or cycle 50 Miles in May  
to raise money for unpaid Carers!**

- Starter pack, incl. information on how to find sponsors
- Guided walks across East Sussex
- Full support from the Association Of Carers team
- Medal on completion

**£5  
Entry  
Fee**

**Sign up to make a  
difference this May!**

Call 01424 722309 or email  
[info@associationofcarers.org.uk](mailto:info@associationofcarers.org.uk)





# Test your brain: Riddles!

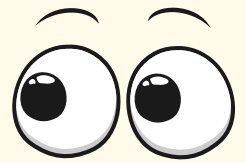
1. What can you hold in your right hand, but never in your left hand?



2. What can you catch, but not throw?

3. What gets wet while drying?

4. What has lots of eyes, but can't see?



5. I have cities, but no houses. I have mountains, but no trees. I have water, but no fish. What am I?



6. What can travel all around the world without leaving its corner?

7. I have keys but no locks. I have space but no room. You can enter, but you can't go inside. What am I?



8. The more you take, the more you leave behind. What am I?

## Answers

1: Your left hand.

2: A cold.

3: A towel.

4: A potato.

5: A map.

6: A stamp.

7: A keyboard

8: Footprints

# External Services for Carers

## Our Songs Our Stories



**Free music sessions for people with Dementia and those who care for them**

**Meet new people, enjoy music activity and refreshments with professional musicians Sam and Tom**

**Join us for Our Songs Our Stories running from 10:30 till 12:00 on:**

**Friday 12th April  
Friday 26th April  
Friday 10th May**

**Friday 31st May  
Friday 7th June  
Friday 21st June**

### Where

**The Valley room  
Denton Island  
Community Centre,  
Denton Island,  
Newhaven BN9 9BA**

**To book your free place scan the QR code or visit:**

**[OSOSinNewhaven.eventbrite.co.uk](https://www.OSOSinNewhaven.eventbrite.co.uk)**

**For more information contact:**

**Cat via [Catheryn.Hall@sussexcommunity.org.uk](mailto:Catheryn.Hall@sussexcommunity.org.uk) or  
Luke via [info@cultureshift.org.uk](mailto:info@cultureshift.org.uk)**



# Cooking for Carers -Mindful Baking

Take some time for yourself and learn to bake in a fun, social and mindful environment. This course will give you comprehensive baking skills and has a well-being focus. We'll share some basic mindfulness techniques and practice them in an active way.

We will prepare a large selection of baked dishes including banana and walnut loaves, no knead focaccia, curry puffs, apple turnovers, cinnamon buns, bagels and chocolate babka.

The course is free for unpaid carers from across East Sussex, class sizes are small and our venue is C-19 secure. Lessons include lunch and lots of delicious baked items to take home.

## Date/ Time

Thu, 25 Apr 2024 10:30 - Thu, 23  
May 2024 13:30

## Location

Lewes Community Kitchen, Unit  
2a Phoenix Works, 2 Phoenix  
Works, North Street, Lewes BN7  
2PE

## Cost

£5 fee to cover materials

## Buy Tickets Below

<https://www.eventbrite.co.uk/e/cooking-for-carers-mindful-baking-tickets-825214517837?aff=oddtcreator>



## Carers Activity and Wellbeing Passes

- Are you over 50 and an unpaid carer living in Hastings or the surrounding area registered with Care for the Carers?
- Do you struggle to find the time and place to be active or connect with others?

**We have FREE 6 month passes that will offer access to the gym and any classes you choose at the Isabel Blackman Centre (IBC Active memberships)**

All that we ask in return is that you complete a short questionnaire at the beginning and end of your membership and that you take part in an induction with the Fitness Instructor at the centre before using the gym or attending physical activity classes.