



East Grinstead  
& District

**ageUK**

Let's change  
how we age

*Independent,  
local and here  
for later life*



# Guide to Activities & Services

**Contact Us**

**01342 327 046**

[enq@ageukeastgrinstead.org.uk](mailto:enq@ageukeastgrinstead.org.uk)

Scan Me



# About us

Age UK East Grinstead and District is an independent local charity providing services that support those over 50 to make the most of later life

## Our Values



Quality



Professionalism



Integrity



Communication



Collaboration

## Our Aim

is to provide services, support and activities across East Grinstead & District to enable people to be resilient throughout the changes and challenges of later life.



# Become a Member

Show your support by becoming a member of Age UK East Grinstead & District

£35 Per Year

Sign up today and get great deals & incentives including free membership to Glen Vue Community Hub

**Free gift when you join!**



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[enq@ageukeastgrinstead.org.uk](mailto:enq@ageukeastgrinstead.org.uk)





**Glen Vue  
Café**

**Pop in for tea,  
coffee and a slice of  
cake!**

## **Why not join us for lunch?**

We offer a selection of freshly made sandwiches and our two course meal served every day at 12:30

Give us a call to find out what's on the menu today!

**Open to all  
Monday to Friday  
09:30 - 15:00**

Contact Us  
**01342  
327 046**



# Fitness Classes

## Movement works wonders

Movement is our secret weapon to staying strong. Building fitness, strength and balance now, can act as a buffer against ageing, helping us stay independent for longer.

We have a variety of exercise classes for you to enjoy\*



Chair Exercise



Mixed Dance



Standing Pilates



Tai Chi



Balance & Bone Health



Body Strength Training

# Activities & Clubs

There is something for everyone, including

Roast Lunch Club

Table Tennis

Fish & Chip Bingo

IT Support

Or join us for coffee and a chat, we're here for you



# Dementia Respite Service

We provide a safe space where our meaningful and stimulating activities are planned around the needs of individuals living with early to mid stage Dementia

**Monday**

**10:00 - 13:15**

**Tuesday - Friday**

**10:00 - 15:00**

Two course  
meal included



[respiteadmin@ageukeastgrinstead.org.uk](mailto:respiteadmin@ageukeastgrinstead.org.uk)

Ensuring carers feel supported and confident that their loved ones are in a safe, engaging environment.







# Living Well In Your Community

We offer friendly support and opportunities for older people to stay social, connected and active in their local community.

## **Communities we support:**

Ashurst Wood, Copthorne,  
Crawley Down, Sharpthorne,  
Turners Hill and West Hoathly

## **Supporting those over 50**

To stay independent for longer



# Memory Café

Our Memory Café's provide peer support for those living with memory loss conditions such as Dementia and Alzheimer's disease and their carers



## Activities include:

Reminiscence sessions

Arts & crafts

Live music

Information  
workshops

Offering activities  
to stimulate  
cognitive  
function &  
encourage social  
interaction





# Become a Volunteer

**Can you spare time to  
volunteer?**

Supporting members  
whilst they enjoy our  
activities



**Become a Trustee**  
Help us shape the  
way we provide  
services for older  
people in our  
community





We are a local, independent charity that depends on your donations to provide our services for older people living our community



## How to Donate



Age UK East Grinstead & District  
Sort Code: **30-84-51**  
Account No.: **62617060**



**01342 327 046**

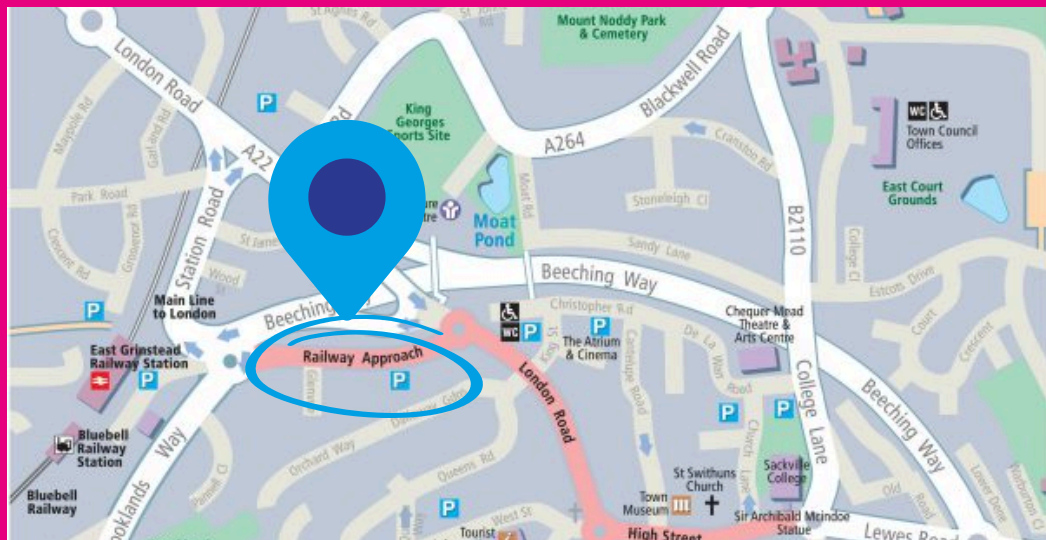


[www.justgiving.com/  
ageukeastgrinstead](http://www.justgiving.com/ageukeastgrinstead)



Scan the QR Code

# How to find us



## Contact Us

**01342 327 046**

**[enq@ageukeastgrinstead.org.uk](mailto:enq@ageukeastgrinstead.org.uk)**

 **Age UK East Grinstead & District**

Glen Vue Community Hub  
Railway Approach  
East Grinstead  
West Sussex  
RH19 1BS



Bus stop  
right  
outside  
Glen Vue

Train  
station 5  
minute  
walk to us

Register Charity No. 1127168

Company No. 066955