



Welcome to our MAYFACS eNewsletter

Mayfield & Five Ashes Community Services www.mayfacs.org.uk 01435 873888

January 2025

MAYFACS, LONDON HOUSE, HIGH STREET, MAYFIELD, TN20 6AQ
Registered Charity No. 1166647

MAYFACS OFFICE OPENING TIMES: Monday, Tuesday and Wednesday between 10am - 1pm every week.
Helpline phone number is monitored Monday to Friday only.

MAYFACS OFFICE Helpline Number: Please use our 01435 873888 number for COMMUNITY CAR REQUESTS and GENERAL HELP rather than our direct mobile numbers which are not checked every day. We know it rings for a long time, but do leave a message on our answerphone as the phones are checked DAILY (Monday to Friday office hours only) and we will call you back as soon as possible. We do not answer the landline due to confidentiality whilst we have open offices.



MAYFACS Website

The Helpline and our Mobile Phones are not in operation over the weekends and evenings, so if you leave us a message over Saturday and Sunday, this will not be picked up until the following working day.

MAYFACS OFFICE info@mayfacs.org.uk
Facebook [@MAYFACS](https://www.facebook.com/MAYFACS) [@MAYFACSSHED](https://www.facebook.com/MAYFACSSHED)
Instagram [@MAYFACS2016](https://www.instagram.com/MAYFACS2016)

BANK DETAILS: (for donations, payments of trips and activities)
Mayfield & Five Ashes Community Services (MAYFACS)
Account No 00029924 Sort Code 40-52-40

January MAYFACS eNews - Happy New Year

Thank you so much to the MAYFACS Yarners and Sew Inspired for creating our fantastic Post Box topper for Mayfield High Street.



Exciting New Activities for 2025! We are excited to launch our new Groups: Men on the Move and Mayfacs Moving Sounds. Please see attached Posters for more information.

Easy Fundraising Online

Please consider MAYFACS when doing your online shopping. Over 8000 retailers will donate to MAYFACS when you simply shop Online. This means you can raise a FREE donation for MAYFACS every time you shop online.
<https://easyfundraising.org.uk/causes/mayfacs/>

Little Munchkins Baby and Toddler Group runs **term time only** returning **Wednesday 8th January 2025!**

Please do join us every Wednesday (term time) from 9am – 11am for just £3 per family! All carers, grandparents and parents are very welcome!

We are looking for **volunteer support** to help run this fantastic group, which is supported by a rota of volunteers looking after our lovely families. If you are interested in helping, even if occasionally, please let us know. You do not need to have a child attending the group to help, but you are also welcome to still help run the groups with a child joining in too!! All ages welcome!!



Monthly Hearing Aid Maintenance

Next session Wednesday 8th January 10.30am – 12pm

Following session: Wednesday 12th February 10.30am – 12pm

East Sussex Hearing are hosting monthly Hearing Aid Maintenance at MAYFACS office to provide support to Pembury, Eastbourne, Bexhill and Hastings Conquest Audiology patients, with the support of specially trained local volunteers!

Please do drop by and find out what support they can offer (including battery replacements) or where you can be signposted to if they cannot support your specific need.



EAST SUSSEX HEARING
Registered charity 1101140

FREE Hearing Aid Maintenance
(NHS) & Batteries
Drop-in Sessions in
MAYFIELD
Mayfacs, London House,
High Street, TN20 6AQ
on the 2nd Wednesday of each month
10.30am to 12pm

Winter 2024-25 dates: 9 Oct - 13 Nov - 11 Dec - 8 Jan - 12 Feb
We are a charity and rely on your kind donations to run this service – thank you so much! ☺

Please note: for Pembury, Eastbourne, Bexhill and Hastings Conquest Audiology patients only

01323 722505 – mail@eshrc.org – 07950 855580



MAYFACS Friday Matinee Film programme :

January 10th : The Great Escaper

January 24th : Lunana: A Yak in the Classroom

Transport will be available from Mayfield. £6 per person for Film admission, £3 for return transport. Collection from Memorial Hall (1.10pm) and St Thomas of Canterbury (1.20pm). No need to book.

The season of MAYFACS FRIDAY MATINEE FILM PROGRAMME continues with our programme of 11 carefully chosen films, every fortnight at Five Ashes Village Hall. Please come in and get your copy of the programme so you can plan your Fridays carefully!!



OFFICE: 01435 873888
www.mayfacs.org.uk

@MAYFACS @MAYFACS2016



The Alzheimer's Society's Dementia Friends programme is the biggest ever initiative to change people's perception of dementia. It aims to transform the way the nation thinks, acts and talks about the condition.

Over 9,000 people are estimated to be living with Dementia in East Sussex.

Join us for a free, 50 minute awareness session to understand more about living with dementia and the actions we can take to support.

These sessions are open to all so please tell your friends, family, neighbours and colleagues, and help Mayfield and Five Ashes to become a more Dementia Friendly Community.

Dementia Friends Sessions:

Tuesday 21st January 2025 9am - 10am

Tuesday 4th February 2025 9am - 10am

Tuesday 18th February 2025 9am - 10am

All sessions will be taking place at The Middle House Pub, Mayfield.

Come along and join over 2.5 million Dementia Friends Nationwide!

Please contact MAYFACS to book your place at one of the above sessions.

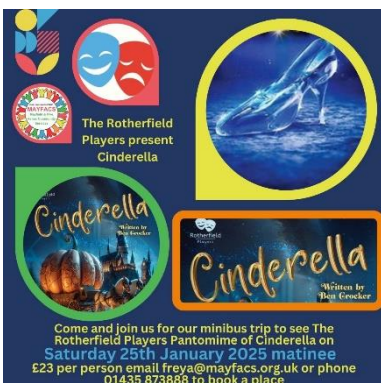
www.mayfacs.org.uk
01435 873888
info@mayfacs.org.uk

FREE Dementia Friends Training for all!!!

MAYFACS have organised 3 sessions of Dementia Friends Training for anyone within our community to come along and find out more about supporting people living with dementia. Whether you are caring for someone already, want to know more about how to support others, working for a local organisation or business, or it is something you would like to understand more about – please join us for one of the FREE sessions in January and February.

Please contact us to book your place!! And join the millions of Dementia Friends across the country!

MONTHLY TRIPS



The Rotherfield Players present Cinderella

Cinderella

Written by Neil Greeker

Come and join us for our minibus trip to see The Rotherfield Players Pantomime of Cinderella on Saturday 25th January 2025 matinee £23 per person email freya@mayfacs.org.uk or phone 01435 873888 to book a place

Monthly Trip places will be allocated on a first come first served basis. Please email or pop into the office to secure your place! If you would like to attend any of our trips but need some financial support, please talk to us in confidence.

Please visit our website for our 2025 outings

www.mayfacs.org.uk/activities-and-outings

Sat 25th January 2025 Rotherfield Panto (Cinderella) £23

Please visit our website www.mayfacs.org.uk for updates of weekly activities or contact us at the MAYFACS Office on 01435 873888.

Paint and Sip – Wednesday 29th January 7.30 – 9.30pm at the Middle House

Book your ticket by email: freya@mayfacs.co.uk

Spaces limited to 20 so book fast to avoid disappointment.

Join us for the FIRST Mayfacs Paint and Sip evening – a masterclass of painting and socialising in a relaxed setting.

All painting materials, including your canvas, are included in the cost of the ticket.

The evening will be led by talented local artists, walking you through step by step!

Support for All on our website: www.mayfacs.org.uk



MAYFACS PAINT AND SIP
Wednesday 29th January 2025
7.30pm - 9.30pm
The Middle House, Mayfield
£30 per person

Inspired by the work of Georgia O'Keefe

Book your ticket by email to freya@mayfacs.org.uk
Spaces limited to 20 so book fast to avoid disappointment!

Join us for our first MAYFACS Paint and Sip evening - a masterclass of painting and socialising in a relaxed setting. All painting materials, including your canvas, are included in the cost of the ticket. The evening will be led by talented local artists, walking you through step by step!

Proceeds supporting MAYFACS work in the community of Mayfield and Five Ashes.

Drinks and Food can be purchased from The Middle House Bar/Restaurant only.

We have been developing our support sections on our website and now have specific areas focusing on **Youth Support** and **Dementia Support** available to everyone within our community and the surrounds. This is on top of signposting for financial and other support. Please do visit our website if you need any advise or help, or come into the office and chat with the team.



MAYFACS COMMUNITY SHED
Merrieweathers Farm, East Street, Mayfield TN20 6RJ

The MAYFACS Shed and Community Garden is an opportunity for anyone to come along, meet some friendly people, work in the workshops or outdoor spaces on your own personal projects or community projects.

WEEKLY SESSIONS
MONDAY (Mixed Group) 9.30am - 12.30pm
WEDNESDAY (Men's Group) 9.30am - 12.30pm
THURSDAY (Mixed Group) 9.30am - 12.30pm

REPAIR CAFES
3rd Saturday of every month (no Cafe in December) at MAYFACS Shed (Refreshments available) 10am - 1pm.
Community Cafe at Five Ashes on Sat 20th April 24

Bring your repairs along, join us for tea and cake, and get to know our Repairers! You are also welcome along without repairs! Volunteer Repairers always welcome!

For more information
Email us on theshed@mayfacs.org.uk
Call MAYFACS on 01435 073888
Visit our website www.mayfacs.org.uk/the-shed
or Follow us on Facebook
www.facebook.com/MayfacsShed

MAYFACS Community Shed holds 3 Sessions every week for anyone to come along and join in! With inside and new external workshop spaces available across all sessions every week, as well as the community garden, bee keeping and the orchard, there is plenty to get involved in whenever you are available! New Sheddors always welcome!

For more information, please visit our website www.mayfacs.org.uk/the-shed or email theshed@mayfacs.org.uk

Our next Repair Café will take place at MAYFACS Shed on Saturday 18th January 2025 between 10am – 1pm (last repairs accepted 12.15pm)

We welcome you to find out more about our Repair Cafes, join us for some tea and cakes (you do not need to bring a repair to attend!) and find out more about our MAYFACS Shed and MAYFACS community.

Remember we have a huge selection of **jigsaws** available from our office to borrow anytime! We also have the backlog of **DVDs** from past Matinee Films, so if you want to have a cosy afternoon in, let us provide the entertainment!!!



MAYFACS Create @ The Shed! Youth Sessions

Next Session SATURDAY 1st FEBRUARY 2025 10am – 12.30pm Paint Pouring










Our next Create @ The Shed session takes place on Saturday 1st February for any young people (secondary school suggested ages) interested in getting involved in exploring new skills, being creative and hanging out with like-minded people!

Exploring different forms of creative genres including art, music and tech, sessions take place every 1st Saturday of the Month. Booking is essential for each session with limited spaces available. Email us on create@mayfacs.org.uk

to secure your place. Suggested donations (£5) cover basic materials and are kept to a minimum with funding support MAYFACS receive (and will vary depending on the activity organised). If you would like to attend but need further financial support, please get in touch to discuss. For more information, please visit our website.



MAYFACS Weekly Activities

Mon	Mayfacs Shed Session: Monday 9.30am - 12.30pm Mixed Group Merrieweathers Farm, East Street, Mayfield TN20 6RJ	
Mon	Yarners: Chat and knit, sew and crochet in Sew Inspired shop in the High Street, £3.50 per person, 1.30-3.30pm.	
Tue	Tuesday Chat: Regular meet up & chat with refreshments in Colkins Mill Church, Station Road. 2-3pm. £2. Every Tues apart from the first Tuesday of the month.	
Tue	Tuesday Afternoon Club: First Tuesday of the month in Colkins Mill Church, Station Road, Mayfield 2-4pm £3 including a Speaker, raffle and a light afternoon tea. Please bring a small prize to share for the raffle.	
Wed	Little Munchkins Baby & Toddler Group: For all carers, parents & grandparents and under fives. Every Wednesday, <u>term time only</u> in the Scout Hall 9-11 am. £3 per family	
Wed	Mayfacs Shed Session: Wednesday 9.30am - 12.30pm Men's Shed Group Merrieweathers Farm, East Street, Mayfield TN20 6RJ	
Wed	Writing for fun: A monthly group on 3rd Wednesday of the month at 10am - 12pm in London House. £3 including refreshments.	
Wed	Wednesday Chat: Every 2nd & 4th Wednesday, 2-3pm in Five Ashes Village Hall. £2. Transport available. (Speaker on 4th Wednesday).	
Thur	Mayfacs Shed Session: Thursday 9.30am - 12.30pm Mixed Group Merrieweathers Farm, East Street, Mayfield TN20 6RJ	
Thur	Poetry: 1st Thursday 11-12.30 Coach House Cottage, Royal Oak Mews, Mayfield £2.	
Thur	Middle House Lunch: 2nd Thursday of the month on a rota basis. 12.30pm £12.50 for senior citizens living alone.	
Thur	Community Café Crowborough : A dementia friendly group for people to come together to enjoy an activity and refreshments. Last Thursday of the month. 2-4pm. Chaperoned transport available from Mayfield.	
Fri	MAYFACS Film Club (OCT-MAR): Five Ashes Village Hall. Please see our programme of films. 1.45-4pm £6. Transport from Mayfield £3	
Fri	Art at the Shed (APR-SEPT) : 4th Friday of the month 10 -12 pm £3-5 MAYFACS Shed. Materials and refreshments provided. Booking essential.	
Fri	Games/Scrabble/Cribbage: 3rd Friday of the month 2-4pm £3 at London House, bring a game or join in with some friendly games.	
Sat	Create @ the Shed: 1st Saturday of the month 10am - 12.30pm refreshments provided. Donations to cover materials. School age Years 7 - 11. Booking essential.	
Sat	MAYFACS Shed Monthly Repair Cafe 3rd Saturday of every month (except Dec) open 10am - 1pm refreshments available. At MAYFACS Shed	
	Coming soon: Men on the move walking group and moving sounds group	

No need to pre book, unless stated.

Please visit www.mayfacs.org.uk or contact us on 01435 873888.

VOLUNTEERING OPPORTUNITIES FOR MAYFACS

MAYFACS Volunteer Opportunities

MAYFACS is fortunate to have some wonderful volunteers. We would love you to join us to make a difference together!

Volunteering can be for as little or as much time as you can offer. It's a great way to meet people and get involved in our MAYFACS Community.

If you would like to volunteer for MAYFACS we would love to hear from you. Pop into the office (London House, Mayfield High Street or email becky@mayfacs.org.uk

Here are some of our volunteer opportunities

- Community Car Driver
- Mini Bus Driver
- Be a computer/Tech Buddy
- Help out with Admin and become a phone volunteer
- Bake a cake for events and weekly groups
- Toddler Group volunteers
- Shopping volunteers
- Befriending
- MAYFACS Shed and Repair Cafe
- Newsletter/leaflet delivery
- D of E Opportunities
- Community Garden
- Teaching a skill/activity
- Is there a skill you have that you would like to use to support MAYFACS as one of our volunteers?



With such a variety of activities, support and services that MAYFACS offers every day within our community, we cannot do any of this without the support of our volunteers. In order to keep supporting our community we really do need more volunteers to help us deliver!

Volunteering within our community doesn't need to be a regular or big time commitment, but can work around your availability.

If you are interested in volunteering for MAYFACS and would like more information on any of the above volunteer roles, please contact Becky on becky@mayfacs.org.uk

MAYFACS SUPPORT SERVICES



MAYFACS SUPPORT SERVICES

MAYFACS has many services to help you should you need any additional support at any time. All requests will be treated in the strictest of confidence, and our team will do everything we can to ensure you have access to any help that you need - be it financial, personal, social or medical.

MAYFACS Hardship Fund

If you are finding it financially difficult and need some extra support, and live or work within Mayfield and Five Ashes, do contact us in confidence to discuss how we can support you through our Hardship Fund or email hardshipfund@mayfacs.org.uk

Food Bank Referrals

We can refer families and individuals to local foodbanks for anyone in need of this support, be it short term or longer. Specific requests/dietary requirements can also be accommodated. Collections or deliveries both available.

Community Fridges

Community Fridges are open to anyone, no questions asked. They are there to prevent food waste and support our environment by ensuring food goes to a home. Fridges are available in Heathfield, Uckfield and Hailsham (set times).

Community Car Service

Our Community Car Service ensures you get to medical appointments when you have no other way to get there. It is open to anyone who needs it. Whether a local appointment, or further afield, please contact us. This is a paid for service – covering the cost of fuel for our drivers. If cost is a concern, please let us know.

Everyday Support & Befriending Services

Should you need any help with emergency shopping, getting to our activities, navigating other support services and agencies, having volunteer befrienders visit you regularly, as well as borrowing a wheelchair, DVD or Jigsaw, then please get in touch! If we can't help, we can tell you who can! We are here for everyone within our community.

For more information about the above or any of MAYFACS activities and services, please visit us in London House, Mayfield, email us on info@mayfacs.org.uk or call us on 01435 873888 or visit our website www.mayfacs.org.uk. Alternatively pick up our leaflets from various shops in Mayfield High St, Five Ashes Village Hall, Woodhill Surgery and our noticeboards. Join our eNewsletter mailing or follow our social media.



MAYFACS UKRAINE SUPPORT HUB

The support email address (Ukrainesupport@mayfacs.org.uk) continues to be available at all times and our phone line which is checked daily Monday to Friday (01435 873888) for any further support required, or please visit us at our office anytime to say hello. **Our weekly English Lessons restarting at MAYFACS office** on 14th January 10.30 – 12.30 weekly at London House and are available for all our Ukrainian friends at various levels. Please contact the email above to register interest in attending as dates and times of the sessions may change.

SOCIAL MEDIA : MAYFACS is on social media! Please follow us to keep up to date with our activities and to learn more about what we do!



@MAYFACS2016



@MAYFACS
@MAYFACSSHED

Contact Details – Lucy Jervis, Freya Huxtable, Clare Vosloo, Becky Smith, Gill Lawday
Telephone: 01435 873888 in the first instance and leave a message. We will phone you back.
www.mayfacs.org.uk

BANK DETAILS (for donations, payments of trips and activities) – Mayfield & Five Ashes Community Services (MAYFACS) Account No **00029924** Sort Code **40-52-40**

Emails: manager@mayfacs.org.uk, freya@mayfacs.org.uk, clare@mayfacs.org.uk, becky@mayfacs.org.uk, finance@mayfacs.org.uk; theshed@mayfacs.org.uk, ukrainesupport@mayfacs.org.uk, info@mayfacs.org.uk; create@mayfacs.org.uk

Please visit our website www.mayfacs.org.uk for updates of weekly activities or contact us at the MAYFACS Office on 01435 873888. You can also join our monthly eNewsletter mailing list to get full details on everything that we do to support our community by contacting clare@mayfacs.org.uk.

Exciting New Activities for 2025! We are excited to launch our new Groups: Men on the Move and Mayfacs Moving Sounds.



MEN ON THE MOVE!
A new MAYFACS weekly activity

Every **TUESDAY** at 9.30am
Starting Tuesday 21st January 2025
MEET AT COURT MEADOW

With thanks to the support of Wealden District Council and East Sussex County Council, MAYFACS are launching Men on the Move, a weekly “walk and talk” group for men, for any age. With the aim to bring people together to explore the local area together, build connections and get some low-level exercise!
The group is FREE to attend!

Men on the Move will be led by the lovely **Steve**, who is a qualified personal trainer, and will be leading the group each week.

For more information, please contact Freya on freya@mayfacs.org.uk or 01435 873888.

Meeting locations may vary each week as the group grows so please let us know if you would like to attend for the full details!



MAYFACS MOVING SOUNDS

MAYFACS are incredibly excited to announce six special music and movement sessions led by **Moving Sounds**, and funded by Wealden District Council & East Sussex County Council.

Taking place at **Colkins Mill Church, Mayfield**, these sessions aim to mix music and movement, to bring well-being, learning and happiness for all attendees.

Sessions are **FREE** to attend, but booking is essential as places are limited. Please book onto as many sessions as you would like to attend! Sessions will run from **2pm – 4pm** on the following dates:

WEDNESDAY 19th February	WEDNESDAY 21st May
WEDNESDAY 19th March	WEDNESDAY 18th June
WEDNESDAY 16th April	WEDNESDAY 16th July

 www.mayfacs.org.uk
 freya@mayfacs.org.uk
 01435 873888