



# Welcome to our MAYFACS eNewsletter

Mayfield & Five Ashes Community Services [www.mayfacs.org.uk](http://www.mayfacs.org.uk) 01435 873888

**March 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](mailto: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

## MARCH MAYFACS eNews

**Men on the Move** is a weekly 'walk and talk' group for men, to bring people together to explore the local area together, build connections and get some low-level exercise!  
Meet every Tuesday 9.30am at Court Meadow, Mayfield. **FREE TO ATTEND!**



**MAYFACS Moving Sounds** is six special sessions led by Moving Sounds bringing together music and movement for well-being, learning and happiness for all attendees! **Time: 2 – 3.30pm** at Colkins Mill Church, Station Road, Mayfield

These sessions are also **FREE** to attend, but places are limited, so please book ASAP to avoid disappointment.

For any more information on either of these new activities, please contact [freya@mayfacs.org.uk](mailto:freya@mayfacs.org.uk) or call us on 01435 873888.

**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](http://www.mayfacs.org.uk)  
[freya@mayfacs.org.uk](mailto:freya@mayfacs.org.uk)  
01435 873888

**LENTEN LUNCH in aid of MAYFACS** will be taking place on **Thursday 20<sup>th</sup> March 2025** in London House High Street, Mayfield 12.00 – 2pm. Lenten lunches include Soup, roll, cheese & biscuits and fruit. Pre booking / Tickets **not** required, but all donations gratefully received. (cash or card machine available). Please join us if you can.  
NB **Lenten lunches** will be taking place between the 13<sup>th</sup> March and 20<sup>th</sup> April every Thursday raising funds for 5 different charities.

### THANK YOU to all of our new Dementia Friends!

With huge thanks to The Middle House and Iona, from Rotherfield St Martins (RSM), we are incredibly proud to have added nearly 50 new Dementia Friends to our community!!! We are working towards building a more dementia friendly community, a place where people with dementia are supported, respected, and included. The goal is to help people with dementia live well in Mayfield and Five Ashes. Thank you to everyone who gave 1hr to build their awareness, including local businesses and organisations. If anyone would like to find out how they can access Dementia Friends training, please contact us on [info@mayfacs.org.uk](mailto:info@mayfacs.org.uk). Training is still available online or in person and is **FREE!**

## Monthly Hearing Aid Maintenance – Next session Wednesday 12<sup>th</sup> March 10.30am – 12pm, London House

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!



**EAST SUSSEX HEARING**  
Registered charity 1121015

**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  
12 Feb, 12 Mar, 9 Apr, 14 May, 11 Jun, 9 Jul, 13 Aug

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 - 07950855680

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.



### MAYFACS Friday Matinee Film programme

The 2024-25 season of MAYFACS FRIDAY MATINEE FILM PROGRAMME comes to a close this month, with our final two films at Five Ashes Village Hall. Please come along and support our film seasons!

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.

Friday 7<sup>th</sup> March: BARBIE

Friday 21<sup>st</sup> March: THE LADY IN THE VAN

FIVE ASHES VILLAGE HALL  
DOORS OPEN AT 1.30 pm  
FILMS START AT 1.45 pm  
ADMISSION £6 ON THE DOOR  
INTERVAL FOR TEA & CAKE  
BRING YOUR FRIENDS!



OFFICE: 01435 873888  
www.mayfacs.org.uk

@MAYFACS @MAYFACS2016



### MAYFACS Create @ The Shed! Youth Sessions

Next Session SATURDAY 5<sup>th</sup> APRIL 2025: 10am – 12pm CREATIVE BEADING

Our next Create @ The Shed session takes place on Saturday 5<sup>th</sup> April 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 1<sup>st</sup> Saturday of the Month. Booking is essential for each session with limited spaces available. Email us on [create@mayfacs.org.uk](mailto: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 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](mailto:theshed@mayfacs.org.uk)  
Call MAYFACS on 01435 873888  
Visit our website [www.mayfacs.org.uk/theshed](http://www.mayfacs.org.uk/theshed)  
or Follow us on Facebook  
[www.facebook.com/MayfacsShed](https://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/theshed](http://www.mayfacs.org.uk/theshed) or email [theshed@mayfacs.org.uk](mailto:theshed@mayfacs.org.uk)

Our next Repair Café will be our annual Community Repair Café taking place at **Five Ashes Village Hall on Saturday 15<sup>th</sup> March between 10am – 1pm (last repairs accepted 12.15pm) NOT MAYFACS Shed.**



**REPAIR CAFE**  
MAYFACS Shed and the Repair Cafe are hosting March's REPAIR CAFE in the community!

**FIVE ASHES VILLAGE HALL  
SATURDAY 15TH MARCH 25  
10AM - 1PM**

**COMMUNITY REPAIR CAFE**

Bring your repairs along, join us for tea and cake, or find out more about the MAYFACS Shed and our Repair Cafes! We assess all repairs in the workshop and let you know if we can bring them back to life!

- small furniture repairs
- clocks and small electrical items
- ceramics and pottery
- other small repairs welcome!

Please note we cannot take on restoration projects, just repairs!

• donations gratefully received for repairs!

• YOU DO NOT NEED A REPAIR TO JOIN US FOR CAKE!!!!

• REPAIR REPAIR REPAIR

• HOMEMADE CAKES & DRINKS

• LAST REPAIR ACCEPTED 12.15PM!

• We REPAIR, NOT RESOLVE

• www.mayfacs.org.uk  
• 01435 873888



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.



**HARVEY'S BREWERY**

Come and join us for our minibus trip to Harvey's Brewery in Lewes for a tour (Not suitable for anyone with mobility issues)

**Thursday 6th March 2025 (Late afternoon Trip)**

£15 per person email [clare@mayfacs.org.uk](mailto:clare@mayfacs.org.uk) or phone 01435 873888 to book a place

## MONTHLY TRIPS – 2025 Trips Schedule

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.

- Thurs 6th Mar** Harvey's Brewery in Lewes £15 late afternoon trip \*\* not suitable for those with mobility issues \*\*
- Thurs 3rd Apr** Horse Sense UK & Mark Cross Garden Centre £15
- Thurs 24th April** (date change from 1st May) Tulleys Farm Tulip Festival £26
- Thurs 5th June** Newhaven Fort £19 \*\* lots of steps
- Thurs 3rd July** Visit to Rye £10

Please visit our website [www.mayfacs.org.uk](http://www.mayfacs.org.uk) for updates of weekly activities or contact us at the MAYFACS Office on 01435 873888.

## 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

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!!

**LITTLE MUNCHKINS** Baby & Toddler GROUP

**BABY & TODDLER GROUP**

WEDNESDAYS 9AM - 11AM  
AT MAYFIELD SCOUT HALL

**£3 PER FAMILY!**

PARENTS, GRANDPARENTS AND CARERS FROM MAYFIELD, FIVE ASHES AND SURROUNDING AREAS ALL WELCOME.

**MAYFACS PAINT AND SIP**

**Wednesday 2nd April 2025**  
7.30pm - 9.30pm

**The Middle House, Mayfield**

**£30 per person**

Book your ticket by email to [freya@mayfacs.org.uk](mailto:freya@mayfacs.org.uk)  
Spaces limited to 20 so book fast to avoid disappointment!

Join us for our second 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.

**MAYFACS Paint and Sip** – after a successful first paint and Sip evening in January, our second Paint and Sip evening will be on **Wednesday 2nd April 7.30 – 9.30pm** **\*\* SOLD OUT \*\***. Our Next event will be in June – date to be confirmed.

To go on the reserve list for April or register your interest for the next event please email [Freya@mayfacs.org.uk](mailto:Freya@mayfacs.org.uk)

Join us for 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. See photos at the end of this eNewsletter of our January evening.

## Jigsaws

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!!!



**Support for All on our website:** [www.mayfacs.org.uk](http://www.mayfacs.org.uk)

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 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

**Men on the Move:** weekly "Walk and Talk" group for men, for any age.  
Meet in Court Meadow 9.30am. \*Free to attend.

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, term time only 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).

Wed

**MAYFACS Moving Sounds (FEB - JUL):** Monthly music and movement in Colkins  
Mill Church, Station Road. 2-4pm. \*Free to attend. 3rd Wednesday of the month.

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.



**No need to pre book, unless stated. \* Free to attend as Grant funded**  
**Please visit [www.mayfacs.org.uk](http://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](mailto: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](mailto: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](mailto: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](mailto:info@mayfacs.org.uk) or call us on 01435 873888 or visit our website [www.mayfacs.org.uk](http://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](mailto: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 are at MAYFACS office every Tuesday 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!



**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](http://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](mailto:manager@mayfacs.org.uk), [freya@mayfacs.org.uk](mailto:freya@mayfacs.org.uk), [clare@mayfacs.org.uk](mailto:clare@mayfacs.org.uk), [becky@mayfacs.org.uk](mailto:becky@mayfacs.org.uk), [finance@mayfacs.org.uk](mailto:finance@mayfacs.org.uk); [theshed@mayfacs.org.uk](mailto:theshed@mayfacs.org.uk), [ukrainesupport@mayfacs.org.uk](mailto:ukrainesupport@mayfacs.org.uk), [info@mayfacs.org.uk](mailto:info@mayfacs.org.uk); [create@mayfacs.org.uk](mailto:create@mayfacs.org.uk)

Please visit our website [www.mayfacs.org.uk](http://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](mailto:clare@mayfacs.org.uk).

MAYFACS Paint & Sip at the Middle House led by local artist, Ele Ross (29<sup>th</sup> January)



MAYFACS Men on the Move – meet every Tuesday.



**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](mailto: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!