

MAYFACS

Mayfield & Five Ashes Community Services

Charity No. 1166647



www.mayfacs.org.uk
01435 873888

WHAT IS MAYFACS?

MAYFACS stands for Mayfield and Five Ashes Community Services and is a registered charity. MAYFACS is about bringing our community together, building friendships, connecting with others, and making a difference, together. MAYFACS supports EVERYONE!

“In 2022, 49.63% of adults in the UK reported feeling lonely occasionally, sometimes, often or always. 62% of lonely young people say that ‘feeling lonely makes them lose confidence in themselves’ ”

(reference www.campaigntoendloneliness.org.uk)

MAYFACS’ main objective is to help alleviate loneliness and isolation by providing a range of activities for ALL ages, to offer support for everyone within our community, and to signpost and promote other organisations and services.



WHO RUNS MAYFACS?

MAYFACS is governed by a board of voluntary trustees from both Mayfield and Five Ashes, and is managed on a day to day basis by part-time employees and supported by a huge range of fantastic volunteers. We are available should you need us, so please get in touch.

HOW IS MAYFACS FUNDED?

MAYFACS is funded by a vital combination of grants, donations, regular giving, attendance donations and the kindness and support of our volunteers.



“MAYFACS has given me a place to go so I am not on my own. I have made some lovely friends, there is always a welcoming face at all the activities I go to, and I get to visit places I wouldn’t be able to get to.”



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, 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

Middle House Afternoon Tea (MAR - SEP): 3rd Wednesday of the month on a rota
basis 2pm. £12.50 for senior citizens living alone.

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: 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.

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



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

You may be finding it difficult to make ends meet following the recent pandemic and cost of living crisis, or through a change in living or family situation. If you are finding it 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 are able to make referrals for families and individuals to local foodbanks for anyone in need of this support, be it short term or longer. Parcels are created for you, and specific requests/dietary requirements can also be accommodated. Collections or deliveries to your house are both available. Anyone who wishes to donate food to the local foodbanks can do so at their local supermarkets and help support others in need.

Community Fridges

Community Fridges are available at Heathfield, Hailsham and Uckfield and are open to anyone, no questions asked, to collect food as and when you need it. They are there to prevent food waste and support our environment by ensuring food goes to a home. They receive donations from supermarkets, cafes, local produce suppliers, and other generous donors, as well as the general public.

Everyday Support & Befriending Services

With our incredible team of volunteers, we can support you should you need help with emergency shopping, getting to our activities, navigating other support services and agencies, as well as borrowing a wheelchair, DVD or Jigsaw! We can also organise a volunteer befriender to visit you on occasion or call for catch ups! If you need us for anything, please just get in touch, and if we can't help, we can tell you who can! We are here for everyone within our community.



MAYFIELD AND FIVE ASHES COMMUNITY CAR SERVICE



Do you need transport?

Our Community Cars can get you to medical appointments such as dentists, hospital visits and opticians.

This service is not a free service, it covers the cost of petrol for our volunteers & MAYFACS admin.

To qualify you must live in the parish boundary of Mayfield and Five Ashes.

This is an answerphone service.

Please leave a message stating your name and contact details, where you need to go, as well as the date and time of the appointment. Someone will be in touch with you to arrange the final details with you.

You will need to give as much notice as possible in order to give us time to find you a driver.



To book a Community Car please call 01435 873888

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**. Alternatively pick up our leaflets from various shops in Mayfield High St, Five Ashes Village Hall, Woodhill Surgery, information booths and our noticeboards! Join our eNewsletter mailing list or follow our social media or our website www.mayfacs.org.uk.



Volunteering

MAYFACS is fortunate to have some wonderful volunteers and 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 as well as the wider Community.



Volunteering not only provides ways to help people in need, but also offers a means to build social and community connections, friendships and learn and/or teach new skills that can be used in everyday life, as well as in your professional career.



"It's been a really rewarding, enjoyable and fulfilling experience. I've met some lovely people, made new connections and built wonderful friendships. I would, without hesitation, recommend volunteering to anyone who wants to help make a difference and contribute." SB, MAYFACS Volunteer

Here are some of the skills you can gain and develop when you volunteer:

- A strong work ethic
- Compassion and friendship
- Time management skills
- Teamwork skills
- Leadership skills
- Communication skills
- Commitment
- Training and learning skills
- Interpersonal skills
- Creativity
- Increase self confidence

Volunteering has also been shown to help to decrease stress levels and depression, as well as boost overall health and satisfaction with life.

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

MAYFACS SHED



MAYFACS Shed is a project that offers a different way for people to get involved, make connections, learn new skills and be part of a community. With a purpose built workshop space, social area, community garden and orchard, as well as outdoor workspaces and BBQ area, MAYFACS Shed enables people to work together in so many ways whether its on group projects or individual jobs.

With 3 sessions per week, including a Men's only Shed Session and a gardening at any session, there really is something for everyone! We also hold a monthly Repair Cafe, where volunteers are always welcome to support our aim to recycle, reuse and repair! Whatever your interest, please come along and get involved - as little or as often as you want!

Monday 9.30-12.30 Mixed Session: General projects, Gardening & DIY

Wednesday 9.30-12.30 Men's Session: General projects, Gardening & DIY

Thursday 9.30-12.30 Mixed Session: General projects, Gardening & DIY



REPAIR CAFE At MAYFACS Shed



MAYFACS REPAIR CAFE

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

Every 3rd Saturday of every month

(apart from August and December)
Occasional Repair Cafes in the community!

REPAIR
RECYCLE
REUSE

Bring your repairs along, join us for tea and cake, and get to know our Repairers! 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!



Please support MAYFACS Charity

MAYFACS relies on the support from our community to make a difference. We want to reach more people within our Parish. We want to provide more support to all age groups. We want to be able to provide more people with access to community transport so that they can attend medical appointments, or give people opportunities to connect with other people at our groups and activities. We want to ensure that we are part of a “friendly community”, supporting those living with dementia, with health issues or mobility issues, and those who need friendship and support.

In order to make a difference, we need your support.

Please consider supporting us with a regular or a one off donation which will allow for us to plan for the future. Every penny can make a huge difference to someone’s life. Thank you.

I have set up a regular standing order from my bank for £..... to be paid monthly/quarterly/annually* (suggested donations £3/£5/£10 per month)

*pls delete as appropriate

I have made a bank transfer of £..... as a one off donation to MAYFACS

I enclose a cheque* or cash for £..... as a one off donation to MAYFACS

*Cheques to be made payable to Mayfield & Five Ashes Community Services (or MAYFACS) and delivered to MAYFACS, London House, High Street, Mayfield TN20 6AQ.

**Mayfield & Five Ashes Community Services (Charity Reg. 1166647)
London House, High Street, Mayfield TN20 6AQ**

CAF Bank Ltd, 25 Kings Hill Avenue, Kings Hill, Kent ME19 4JQ
Sort Code 40-52-40
Account No. 00029924

Alternatively donate through www.justgiving.com/mayfacs
or by using the QR code here.



Please consider gift aiding your donation if you are a taxpayer. Through Gift aid, any donation you make will be worth 25% more, at no extra cost to you.

I wish to make this donation using Gift Aid and have signed the Gift Aid declaration below.

Name Email

Address

.....Post Code.....

**Gift Aid Declaration in favour of Mayfield & Five Ashes Community Services (MAYFACS)
Registered Charity Number 1166647**

I (full name)..... address above, hereby state that the donation I make to MAYFACS is to be treated as a Gift Aid Donation and I wish MAYFACS to reclaim the tax on the donation. I declare that I am a UK taxpayer and will pay income tax or capital gains tax equal to the tax deducted from all my gift aid donations within the tax year. I will advise you of any change in the above information and should I wish to cancel this declaration in the future.

Signed Date



MAYFACS MONTHLY TRIPS

SCHEDULE JULY - DECEMBER 2024



Thursday 18th July Busi Jacobsohn Vineyards tour & tastings, Eridge £36

Thurs 5th Sep Groombridge Owl and Raptor Centre, including display. Lunch at The Crown Pub (to be paid on the day). £29

Thurs 3rd Oct Visit the historic Town of Battle £10

Thurs 7th Nov Annual Shopping trip to Bluewater £10

Thurs 5th Dec Christmas Bowling trip £17

Please stay in touch with us!

- Join us at a tea and chat group, on a trip or for a film show
- Follow us on social media and our website
- Sign up to receive our monthly eNewsletter
- Share our news with your friends and family
- Let us know what support you need
- Visit us at the MAYFACS Office Monday, Tuesday or Wednesday between 10am and 1pm
- Call us on **01435 873888** and leave a message
- Or email us on:

LUCY manager@mayfacs.org.uk

CLARE clare@mayfacs.org.uk

FREYA freya@mayfacs.org.uk

BECKY becky@mayfacs.org.uk

GILL finance@mayfacs.org.uk

No membership is required to be part of MAYFACS



@mayfacs2016



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