

# the Good Company People®

**December 2024**



Could you do with a little bit of company? Are you seeing less of your friends and family? Are you experiencing changes to your memory or are you supporting someone living with memory changes or dementia?

## The Good Company People is here for you

We start by getting to know you to find out about your life and understand what you want more of - from meeting new people, taking up a new hobby, accessing statutory support or finding purpose.

Good Company Clubs are inspired by our 'King of Clubs', The Thursday Murder Club author Richard Osman. Our Clubs are in pubs, cafes and sports clubs and based on members hobbies and interests.

The Good Company People provide a personal guide service and are with you every step of the way to:

- Help to navigate the health and social care system
- Connect you with clubs and voluntary organisations
- Provide dementia advice and support
- Help you continue to enjoy your hobbies and interests
- Introduce you to others facing similar situations
- Recommend activities to improve your physical health
- Help you take a break
- Access financial and legal advice

## Who do we support?

We cover the High Weald and welcome older adults over 65 from:

**Crowborough,  
Rotherfield, Mark Cross &  
Eridge,  
Mayfield & Five Ashes,  
Hartfield,  
Groombridge & Withyham,  
Wadhurst &  
Ticehurst**



## Can you help?

Our volunteers are the epitome of good company and we are looking for more kind hearted people to join our team.

Could you give any time to share your hobbies with others who need good company?

We would love to hear from:



**Singers  
Gardeners  
Golfers**



**Artists  
Bowlers  
Walkers**



...and anyone happy to drive our members.

Call 07472 564519  
to find out more.

**To find out more,  
please call us on 07472 564519  
or email  
[hello@thegoodcompanypeople.org](mailto:hello@thegoodcompanypeople.org)**

# December 2024

Date	Event	Details
3rd Dec	<i>The Tuesday LUNCH Club</i>	Music @ The Blue Anchor 10.30am - 2.30pm
3rd Dec	<i>The Tuesday ART Club</i>	Studio, Rotherfield Every Tuesday 10.30am - 2.30pm
4th Dec	<i>The Wednesday SUPPER Club</i>	Christmas Carols @ The Blue Anchor 6.30pm - 9pm
5th Dec	<i>The Thursday WALKING Club</i>	Hartfield Forest Way & Perry Hill Cafe 2pm - 4pm
6th Dec	<i>the Good Company People</i>	Carers Circle 11am - 12.30pm
7th Dec	<i>The Saturday COMPANY Club</i>	Christmas Party @ Eridge Hall Magic & Music 1.30pm - 4pm
9th Dec	<i>The Monday SUPPER Club</i>	Christmas Carols @ The Artful Grocer's Wadhurst 5.30pm - 8pm
10th Dec	<i>The Tuesday LUNCH Club</i>	Quiz and Christmas lunch @ The Blue Anchor 10.30am - 2.30pm
10th Dec	<i>The Tuesday ART Club</i>	Studio, Rotherfield Every Tuesday 10.30am - 2.30pm
11th Dec	<i>The Wednesday GAMES Club</i>	Games @ Crowborough Rugby Club 10.30am - 12.30pm

Date	Event	Details
12th Dec	<i>the Good Company People</i>	Sons & Daughters Circle 5.30pm - 7pm
16th Dec	<i>the Good Company People</i>	Emergency First Aid training for Carers 12.30pm - 3.30pm
17th Dec	<i>The Tuesday LUNCH Club</i>	Seated Exercise and Christmas Lunch @ The Blue Anchor 10.30am - 2.30pm
17th Dec	<i>The Tuesday ART Club</i>	Studio, Rotherfield Every Tuesday 10.30am - 2.30pm
18th Dec	<i>The Wednesday SUPPER Club</i>	Christmas Carols @ The Blue Anchor 6.30pm - 9pm
19th Dec	<i>The Thursday WALKING Club</i>	Pantiles Tunbridge Wells 2pm - 4pm
4th Jan	<i>The Saturday COMPANY Club</i>	Drumming Circle @ The Blue Anchor 2pm - 4pm

Good Company Clubs are inspired by our 'King of Clubs', The Thursday Murder Club author Richard Osman. Our Clubs are set in familiar setting, doing activities people enjoy in Good Company.

## Booking is essential

Please call 07472 564519 to book your place or email [hello@thegoodcompanypeople.org](mailto:hello@thegoodcompanypeople.org). Please let us know if you would like transport.

We wish you a very Merry Christmas and a Happy New Year.

The Good Company People will be taking a well earned break over Christmas and New Year and will not be available from 24th December - 2nd January.

