

BUILDING OUR DEMENTIA FRIENDLY COMMUNITY

We aim to provide training for our community to learn more about living this dementia and supporting others within our community. Working to make the whole village more dementia friendly with access to all groups and activities and a welcoming atmosphere.



LITTLE MUNCHKINS BABY & TODDLER GROUP

Every Wednesday between 9am – 11am, term time only group for parents, grandparents and carers and their young children to meet, play and socialise together. With themed activities and creative sessions, this group is for any child from birth to joining school.



MAYFACS COMMUNITY SHED

A community shed project bringing people together, learning and sharing skills & knowledge.

Connecting, conversing and creating in a workshop environment and social area. Our very own Orchard is also on site and soon to be built community garden area. Sessions available every week

Monday & Thursday (Mixed Groups) 9.30am-12.30pm

Wednesday (Men's Group) 9.30am-12.30pm

REPAIR CAFÉ AT THE MAYFACS SHED

3rd Saturday of the month. The REPAIR CAFE is about repairing, reusing and repurposing your broken items together, with help and advice, in a friendly social atmosphere, with cake and cuppa!



For more information, to join us in an activity or to volunteer with MAYFACS, please contact:

Lucy Jervis manager@mayfacs.org.uk

Freya Huxtable freya@mayfacs.org.uk

Becky Smith becky@mayfacs.org.uk

Clare Vosloo clare@mayfacs.org.uk

MAYFACS SHED theshed@mayfacs.org.uk

We want to make all our activities inclusive and accessible to everyone in our community, so if you would like to attend, but have no transport or require further support, please get in touch.

Website: www.mayfacs.org.uk

OFFICE HOURS

The MAYFACS Office: 01435 873888

10am – 1pm Mon, Tues & Wed

London House, High Street,
Mayfield, East Sussex TN20 6AQ

Please follow us on social media or visit our website to keep up to date with the latest news and events!

MAYFACS is grateful to all our supporters, donors and the organisations who make MAYFACS possible. THANK YOU!



MAYFACS

**Mayfield & Five Ashes
Community Services**
Charity No. 1166647



www.mayfacs.org.uk

01435 873888



Mayfacs



Mayfacsshed



Mayfacs2016

WHAT IS MAYFACS?

MAYFACS' main objective is to help alleviate loneliness and isolation by providing a range of activities for all ages, to provide support for our community, and to signpost to other organisations in our local community and further afield. MAYFACS is about bringing our community together, build friendships, connect with others, and make a difference, together.

"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 alone."



WHO RUNS IT?

MAYFACS is governed by a board of voluntary trustees from both Mayfield and Five Ashes, is managed by part-time employees and supported by a huge range of fantastic volunteers.



HOW IS IT FUNDED?

MAYFACS is funded by a vital combination of grants, donations, attendance fees and the goodwill and time of volunteers.

DONATING TO MAYFACS

There are three ways to donate, either by cash/ cheque payable to "Mayfacs", Bank transfer to Mayfacs acct 00029924, s/c 40-52-40 or through our justgiving page. www.justgiving.com/mayfacs

VOLUNTEERING OPPORTUNITIES

We have a variety of volunteer roles that we couldn't function without and always welcome new volunteers to our team. From regular cake makers, Community Car Drivers, Trip Drivers, Shed members, group facilitators, support hub coordinators, and befrienders. If you have some free time and would like to volunteer, please get in touch with us.

TUESDAY AFTERNOON CLUB



Held, monthly, this session has a speaker, activity or musical entertainment and is open to everyone who has reached that magic age of over 60! Not only that, there is also an afternoon tea included in the proceedings.

TEA & CHAT TUESDAYS (Mayfield) and WEDNESDAYS (Five Ashes)

A chance for all ages to come together over a cup of tea and cake. Sometimes we have guest speakers and presentations, or we just chat with old and new friends. And yes, some men come too! It's very friendly and welcoming.

MIDDLE HOUSE LUNCHESS (Invite Only)

This is held in the dining room of the Middle House public house in Mayfield once a month. It is a subsidised lunch for the invited over 70's. Prebooking is essential for this very popular meet up.

MONTHLY TRIPS

Our popular minibus trips go to a different place each month from museums to national trust gardens, to shopping centers and Pantomimes! We can also take wheelchair users and we go to lots of exciting venues.



BEFRIENDING SCHEME

A good neighbouring scheme to give company, and that little bit of help when it may be needed.

POETRY FOR FUN

This group meets once a month and shares old, new, funny & thoughtful poems together in a friendly and comfortable setting.

SCRABBLE & GAMES GROUP

Played just for fun, this group welcomes everyone to enjoy a board game together.

LIFE STORIES PROJECT

This exciting project is a collaboration between older people from our parish and the pupils from local secondary schools. It culminates with each pupil writing a book about the life of their elderly partner, illustrated with photographs.

COMMUNITY CARS TRANSPORT

If you need transport for a medical appointment, we have a pool of volunteer drivers to get you there. Just call us on 01435 873888 and leave a message with the details of your appointment. Someone will get back to you to confirm your driver details.

MAYFACS MATINEE FILMS

Some popular films for the whole community played in a relaxed environment on the big screen. Matinee films take place on Friday afternoons during the winter months at Five Ashes Village Hall. Transport from Mayfield is available.



COMPUTER BUDDIES

If you have any questions or just want to learn more about using your phone, ipad, Word, Excel or Powerpoint, get in touch with us to find out more about our computer buddy scheme and tech support hubs. This is a cross-generational project. We also have public computers to use if you needed to.



YARNERS GROUP

Come and knit for yourself or help us make things for a national charity. Yarning in more ways than one! Held every Monday afternoon at Sew Inspired in Mayfield High St.

