

BUILDING OUR DEMENTIA FRIENDLY COMMUNITY



Training to learn more about this condition and how to be more empathetic within our community. Working to make the whole village more dementia friendly with all shops and businesses receiving training and education. Access to all groups and activities for all.

CHESS CLUB

A weekly club at the primary school for the children to learn how to play. If you wanted to join them they would love to welcome you.



TODDLERS

A weekly term time only group for carers and their young children to meet, play and socialise together.

MAYFACS SHED

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

Connecting, conversing and creating in a working shed environment. See separate leaflet



INTERGENERATIONAL ACTIVITIES

Activities bringing together younger children and older adults to learn new skills from each other. Mosaics, cake decorating, pottery painting.

For more information, to join us in an activity or to volunteer with **MAYFACS**, please contact: **Shirley Holland, Freya Huxtable, Clare Vosloo, Ian Bruce.**

OFFICE HOURS

The **MAYFACS** Office

Mondays, Tuesdays 9-3pm

Wednesdays 9am to 1pm

Just to the right of the main entrance to Mayfield Memorial Hall.

manager@mayfacs.org.uk;

freya@mayfacs.org.uk

theshed@mayfacs.org.uk

Website: www.mayfacs.org.uk

 Mayfacs

MAYFACS is grateful to the following for their support.

Dr John Hall Memorial Fund (incorporating the Dr Alan Mathams Memorial Fund), The Mayfield Trust, The Dorothy Wharton Trust, The Wellbeing Trust, Hollick Family Foundation, Mayfield PCC, The Mayfield Fringe, MBBB, The Chalk Cliff Trust, St Thomas RC Church, The Margaret Fisher Charity
Logo design: Evangeline Morson



In partnership with
THE NATIONAL LOTTERY COMMUNITY FUND



MAYFACS

**Mayfield & Five Ashes
Community Services**

Charity No. 1166647

GENERAL INFORMATION



www.mayfacs.org.uk

01435 873888



WHAT IS MAYFACS?

MAYFACS main objective is to help alleviate loneliness and isolation by providing a range of activities for all ages and to support other organisations in our local community. *"It is support for people living in the parish of Mayfield and Five Ashes and its surrounding area, to assist in combating loneliness and isolation and to promote general health improvements and sustain quality of life."*

WHO RUNS IT?

It is run by a board of trustees from both villages and is managed by part-time employees.

HOW IS IT FUNDED?

It is currently funded by a combination of grants, donations, admission 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 00029924, 40-52-40 or through our justgiving page. www.justgiving.com/mayfacs

VOLUNTEERING WITH MAYFACS

We have a variety of volunteer roles that we couldn't function without. Cake makers, Community Drivers, Shed leaders and helpers, group facilitators and befrienders. If you have some free time and would like to volunteer please get in touch with us.



TEA & CHAT WEDNESDAYS.....

in Five Ashes Village Hall and is just a chance for all ages to come together over a cup of tea and cake. Sometimes we have visitors, or we just chat with old and new friends. And yes, some men come too! It's very friendly and welcoming.

MIDDLE HOUSE LUNCHES

This is held in the dining room of the Middle House public house in Mayfield. It is a subsidised lunch for the invited over 70's and is very popular.

BEFRIENDING SCHEME

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



TUESDAY AFTERNOON CLUB

Held, monthly, this meeting 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 a 'proper' afternoon tea included in the proceedings.

ZUMBA GOLD®

Fun Zumba class for all ages and abilities to great music.



MONTHLY TRIPS

These popular minibus trips go to a different place each month. We can also take wheelchair users and we go to lots of exciting venues.

CHAIR BASED YOGA

This chair, based class is run by Sarah Ratcliffe, an experienced yoga teacher. Tel. 01435 873310 for more details.

POETRY FOR FUN

This group shares old, new, funny & thoughtful poems together. Please 'phone Pat Robson (01435 872445) for more details.

SCRABBLE GROUP

Played just for fun, this group welcomes everyone. Contact us for more details.

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.

TRANSPORT

We like to make all our activities inclusive so if you would like to attend, but have no transport, please get in touch. If you need transport for a medical appointment we can also arrange this for you with our wonderful volunteers. Just ring 01435 873888 and leave a message and someone will get back to you.

MAYFACS FILMS

Some popular films for the whole community. Usually runs on a Friday afternoon during the winter months. See separate leaflet



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. 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.

