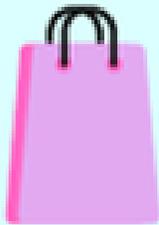


Things to do in Heathfield and Bexhill

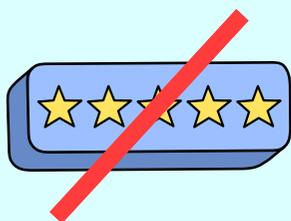
By Nancy and Louise,
occupational therapy students,
Brighton University



About these groups:



We have not checked the groups and organisations in this list.



We aren't recommending them, just sharing them as possible ideas.



You will need to **learn about them yourself** and decide whether to go.



Below are some ideas to help you **stay safe** and have a good experience.

Before you go to a new group for the first time:



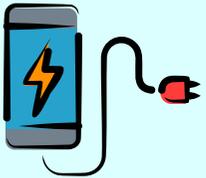
Look up **information** about them online or ask someone you trust to find out more for you.



Make sure you know **how you'll get there** and home again.



Have a plan for what to do **if it's not what you expect** and you want to leave early.



Make sure your **phone** is fully charged.

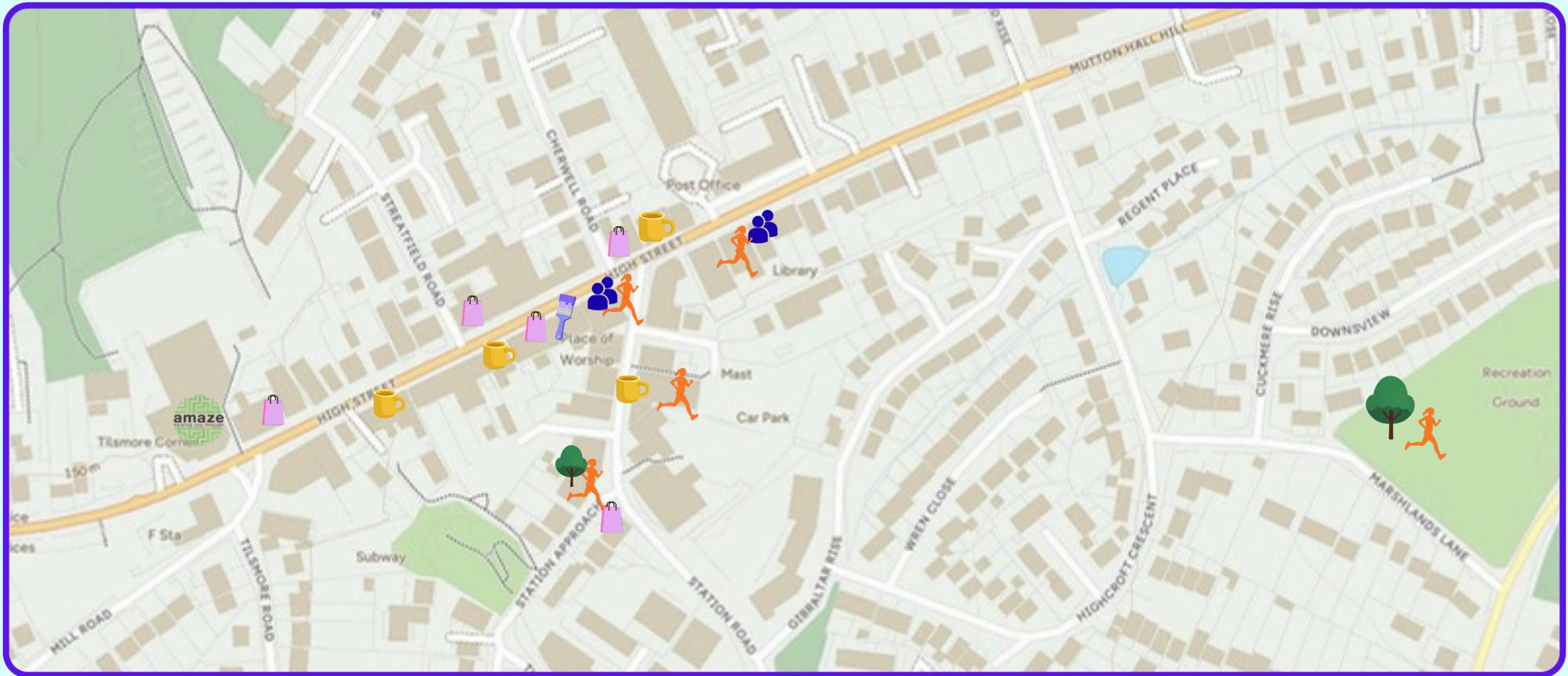


Make sure **someone knows where you are** and keep in touch with them.



Bring a friend if you can

Activities in Heathfield community



Meet People

- Lunch Cubs
- Social Meetings
- Community Group
- Library



Be Active

- Exercise
- Swimming
- Walking
- Dance



Relax

- Cafes
- Library



Outdoors

- Parks
- Recreation areas



Get Creative

- Art
- Music
- Drama



Shopping

- Charity
- Gifts

Meet people



- Union Church, Community Lunch
- Union Church, Community Kitchen
- Union Church, Cake & Wine Club
- Library, Reading Friends Group
- Wealden Volunteering-Drop ins
- Heathfield Community Centre, Women's Institute
- Heathfield Youth Centre, youth groups
- St Richards Church, Book club
- St Richards Church- Monthly Munch (lunch club)

Be Active



- Punnetts Town Recreation Ground, Free exercise classes
- Union Church, Fit Dance
- Union Church, Fit Club
- St Richard's Church, Folk Dancing
- Aquability, warm pools in Horam and Hellingly
- Cuckoo Trail Health Walks
- Five Ashes Village Hall, Tai Chi classes
- Heathfield Skate Park
- Cross in Hand Village Hall, Bounce (trampoline/dance)

Get creative



- Lucas memorial Hall, Heathfield and Waldron Art Club
- St Richards Church, Art & Craft club
- St Richards Church, Choir
- Heathfield Silver Band-Brass instruments
- AB stage school
- East Sussex Dance Studio
- The Heathfield Tavern, Sip & Paint workshops

Relax



- Noakes Coffee
- Aroma Coffe
- Twinn Cafe

Outdoors



- Town Recreation park
- Heathfield Skate Park
- Heathfield Community Centre

Shopping



- The Antique Shop
- Heathfield Crafts
- Oxfam
- Age Uk
- St Wilfreds Hospice
- Cancer Research UK
- Kit Wilson

Use a search Engine to find more information on these local groups and places



Activities in Bexhill community



Meet People

- Lunch Cubs
- Social Meetings
- Community Group



Be Active

- Exercise
- Swimming
- Walking
- Dance



Get Creative

- Art
- Music
- Drama



Relax

- Cafes
- Library
- Shops



Outdoors

- Parks
- Recreation areas



Shopping

- Charity
- Gifts
- Food



Meet People

- The Pelham-Community Cafe, running club and youth club
- Hastings & Rother Day Service
- Mencap Hastings and Bexhill social events
- Bexhill Lions Club- social events
- Just friends- town square social- walks, socials, befriending
- Knit & Knatter at Bexhill library
- Open games session at Bexhill library
- Writing friends at Bexhill library
- Bexhill Gateway Club- Bexhill Youth and Community Centres- Adult LD club and events



Be Active

- Active Rother - Health Walk Bexhill Ravenside - Free
- Active Rother Clubbercise
- Active Rother - Bexhill Wheetabix Wild Cats- non-competitive football for ladies
- Active Rother - Running spaces Walk2Run- Pebsham/Beula Baptist Churchwsqa
- Active Rother- Health Walk Seafront to De La Warr
- Table tennis at Bexhill Youth and Community Centre
- Bexhill Leisure Centre - Fitness classes - Walking sports - Back to netball - Social badminton
- Bexhill Ramblers



Get Creative

- Battle & Districts Art Group- Weekly painting group
- Open Door day service (LD) activities include gardening, sports, music, crafts, and expanding catering and cookery workshops
- Active Arts - Performing and Visual Arts for Adults with Learning Disabilities
- Frimley Craft Circle- Saturdays- Hastings
- De La Warr Pavilion - The Blueprint Collective - creative youth projects
- De La Warr Pavilion - Art Sundays - first and third Sunday of every month
- Knit & Knatter- Bexhill library

Use a search Engine to find more information on these local groups and places



The Pelham community cafe





Relax

- Bexhill Library, Western Road
- Fox and Badger Coffeehouse
- Cactus Moon Coffeehouse
- Front Room Cafe
- 1066 Bakery and Kitchen
- Poppins Cafe Bexhill
- Cavells Cafe
- Sovereign Light Cafe
- De La Warr Pavilion Cafe
- The Market Cafe Bexhill



Outdoors

- The Hartwood project's nature-based day service
- Active Rother -Health Walk Bexhill Ravenside - Free
- Active Rother-Health Walk Seafront to De La Warr
- Edgerton Park
- The beach garden - Accessible Beach access
- Galley Hill - Skatepark
- Little Common Recreation Ground
- Polegrove Recreation Ground



Shopping

Charity shops

- British Heart Foundation
- Save the Children
- Warming up the homeless
- St Michael's Hospice
- Mind
- Age UK
- Emmaus
- Cancer Research UK
- The Sara Lee Trust
- Aspens Charities

Gifts

- Maybugs
- Card Factory
- Satterbox
- Bexhill Atrium
- Hearts with love
- Famous collectables
- Mad Expectations
- Mayhem Hobbies
- Jacob's haberdashery

Antiques

- Sivyers Antique Emporium
- Vintage at 25
- Chappelle Rouge

Use a search Engine to find more information on these local groups and places