

### Services we offer at IBC:

- Support coping with Dementia
- Support with physical or learning disability
- Support with long term conditions
- Support with mental health
- Personal care such as washing, dressing and continence issues
- Assistance with feeding & medication
- Emotional support or communication needs
- Improving health through exercise and diet
- Tailored support plan that can help with independent living

### Health & wellbeing activities:

- Arts and Crafts
- Music related activities
- Entertainment (dance, singers, musicians, magicians)
- Special themed events
- Trips out
- Flower Arranging
- Gardening
- Hairdressing Services (Tuesday's)
- Hand & Arm Massage
- Chiropodist (**Day Centre clients only**)
- Nail Care (**Day Centre clients only**)

### Other services we offer:

- Free Wi-Fi/Loop System
- Showering facilities £10 (open to the community)
- Sign posting to other services
- Leave & Care Service, Carers may leave their dependant adult with us for a period of time £10 per hour (open to the community)
- Replacement hearing aid batteries.
- Meeting Room for hire from 5pm onwards (£10 per Hour) .
- Macmillan information point

### Classes open to the Community

Free Computer Classes every Friday 1-3pm  
(Please Book in advance)

Art/Pottery Classes 2nd & 23rd November  
11am-12pm & 1.30-2:30pm  
(£5 class fee)

Cake sale on the last Thursday of every month  
Next Thursday 30th November 10:00am-12:00noon

**See over page for the full list of entertainment and activities open to all**

Community Transport ( Dial-A-Ride)  
Tel: 01424 436868



### Community Lunches

Everyday at the Isabel Blackman Centre

Two course lunch for £6 served at 12:30pm

Please book 24 hours in advance

Call **01424 446428**

### How to apply

If you feel you would benefit from our services we would be delighted to hear from you please contact us on **01424 446428**.

To find out if you are entitled to assisted funding from Adult Social Care please call East Sussex County Council Adult Social Care Direct on: **0345 6080191**

If you would like to pay privately our costs are:

£6	Two course freshly prepared hot lunch with tea or coffee.
£5	To participate in an hour long (minimum) activity.
£10	An hourly rate, to use the service at short notice, inclusive of any activity taking place whilst at the centre.
£10	Use of the bathing suite (no time limit), towels provided.
£30	A half day's care and support, including lunch, personal care and activities. Timing is flexible to suit you e.g. 11am - 2pm. (Transport not included)
£54	A full day's care and support, including lunch, personal care and activities. Private transport can be arranged at an additional cost of £4 return.

**Goldentimes magazine & FridayAd are available in reception**

## November's Entertainment & Activities

1st Carol George Sings	1.30 –2.30
2nd Pottery & Art	11:00-12:00 1.30-2.30
7th Furry Friends	1.30-2.30
8th Mosaic workshop	1:30-2:30
9th Marco Magician	10.30-11.30
9th Zoe's Hand Massage	1.15-3:15
10th Adrian's Quiz	11.00am
13th Ruth Singing	1:30-2:30
14th Music for Health	11.00-12.00
15th Mad Maude	1.30-2.30
16th Mosaic workshop	11.00-12.00
20th Cuddly Critters	1.30-2.30
23rd Pottery & Art	11:00-12:00 1.30-2.30
28th Tim Singing	1.30-2.30

**30th Cake Sale/Nail Painting/Pottery/ Information stall/Hand Massage/Singer. See the newly refurbished centre, plus celebrate 'Carers Rights Day' 10.00– 12.00 (The Mayor of Hastings in attendance at 11am)**

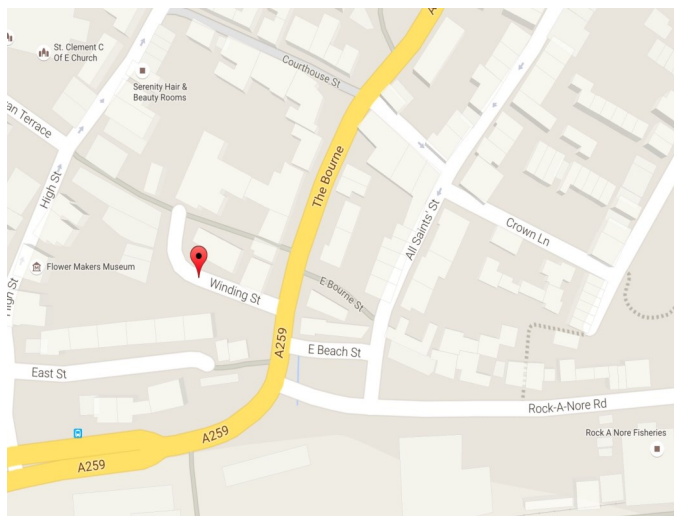
If you are not a day centre client, simply turn up on the day for these activities! cost £5 per session. (30th November event is Free!)

'Done a very good job of the decorating and the cooking is excellent. Staff are very capable and dependable'.

'The staff and carers are all so friendly and caring, and are all very willing to help. I certainly have no complaints'.

'I look forward to coming on a Monday, all the staff are very helpful and take time to involve me in all activities or make sure I am adequately occupied – great team.'

### *Quotes from Clients*



On street and local Pay & Display car parking available nearby. For more information call, email or check out our website:

**T: 01424 446428**

**E: [careandsupport@sussexcommunity.org.uk](mailto:careandsupport@sussexcommunity.org.uk)  
[www.sussexcommunity.org.uk](http://www.sussexcommunity.org.uk)**



Find us on  
**Facebook**



Care & Support

## **Isabel Blackman Centre**



**The Isabel Blackman Centre offers services including: health and wellbeing activities, support coping with dementia, physical or learning disabilities, mental health and personal care for the over 50's**

**Winding Street  
Hastings TN34 3AT  
01424 446428  
Open 7 days a week  
9am to 5pm**

**November 2017**

