

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 (Tuesdays)
- Hand & Arm Massage
- Chiropodist
- 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 9th & 26th of July
11am-12pm & 1.30-2:30pm (£5 class fee)

31st July 10.30—12

CAKE SALE & RAFFLE for RNLI

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



Community Lunches

Everyday at the Isabel Blackman Centre

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

Please book 24 hours in advance

Call **01424 446428**

www.sussexcommunity.org.uk

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.

July Activities

2nd	Afro drums with Jamie	1.30-2.30
5th	Tim Singing	1.30-2.30
6th	Singing with Jamie	1.30—2.30
9th	Art & pottery	11-12 & 1.30-2.30
10th	Music for Health	11– 12
11th	Cuddly Critters	1.30-2.30
12th	Shu— music and singing	1.30-2.30
13th	Ruth singing	1.30-2.30
16th	Tim Singing	1.30-2.30
18th	Shu—Music and singing	1.30-2.30
20th	Music for Health	11—12
23rd	Tim Singing	1.30-2.30
25th	Fans and Feathers	1.30– 2.30
26th	Art & Pottery	11-12 & 1.30-2.30
27th	Cuddly Critters	1.30-2.30
30th	Shu—Music and singing	1.30—2.30
31st	CAKE SALE & Marco (see over)	11-12

If you are not a day centre client, simply turn up on the day for these activities cost £5 per session.

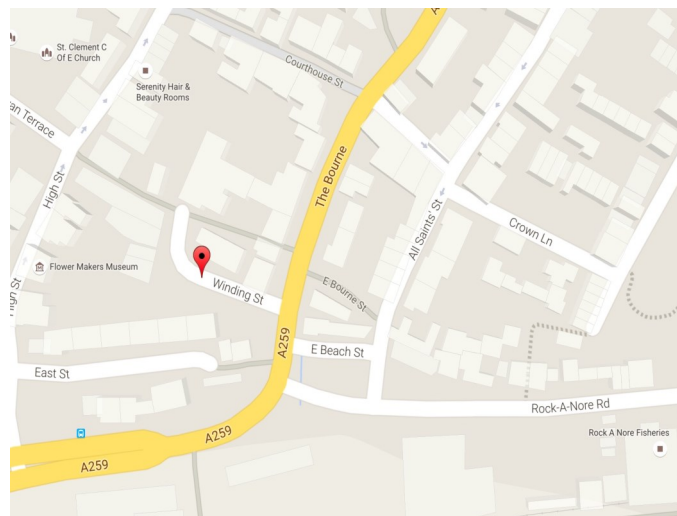
‘The IBC changed my life since the loss of my husband who suffered from dementia for many years, the centre has given me my life back’.

‘It is a place where I know my mother is safe and well looked after, has a good meal and conversation with staff and the other users of the centre’.

‘It helps me forget my problems. I have a long term illness and coming here helps me cope’

‘I would be stuck at home all the time and my wife wouldn’t get a break, it would put a big strain on her and her health would deteriorate’

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

www.sussexcommunity.org.uk



Find us on
Facebook



Care &
Support

Isabel Blackman Centre



The Isabel Blackman Centre is an all-inclusive centre offering personal care and support for people over 50 with varying needs. Including dementia, learning difficulties, physical disabilities and mental health support.

**Winding Street
Hastings TN34 3AT**

01424 446428

Open 7 days a week

9am to 5pm

JULY 2018

