

### 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

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

Art/Pottery Classes Thursday 7th & 21st  
September  
11am-12pm & 1.30-2:30pm  
(£5 class fee)

Cake sale on the last Thursday of every month  
Thursday 28th September 10:30am-12:00noon

**See over page for the full list of**

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**

[www.sussexcommunity.org.uk](http://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.

Golden Times Magazine & Friday AD are available in reception

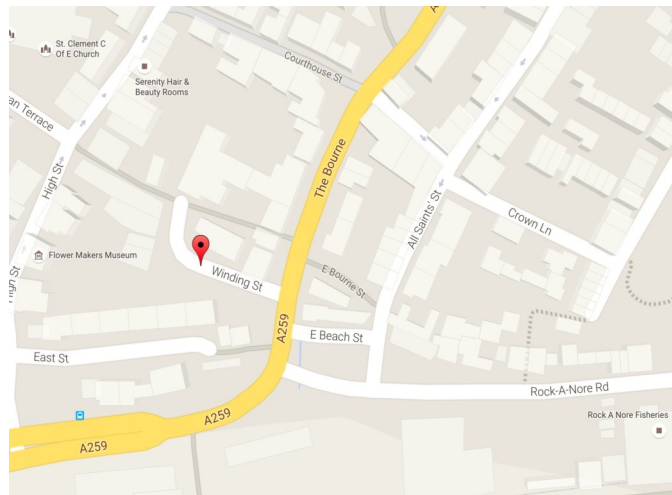
## September's Entertainment & Activities

5th Mosaic workshop	1:30-2:30
7th Pottery & Art	11:00-12:00 1:30-2:30
8th Zoe's Hand Massage	1:15-3:15
8th Tim's Singalong	1:30-2:30
11th Little Uke	1.30-2.30
12th Furry Friends	1.30-2.30
13th Marco Magician	1.30-2.30
15th Adrians's Quiz	1.30-2.30
18th Ruth Singing	1:30-2:30
19th Mosaic workshop	1:30-2:30
20th Cuddly Critters	1.30-2.30
21st Pottery & Art	11:00-12:00
26th Songbirds - song, dance & movement	10:30-12:00
27th Music for Health	11.00 -12.00
28th Older People's Day. Community Cake Sale with Blue Bayou	10:30 -12:00
29th Ruth Singing	1:30-2:30

If you are not a day centre client, you can join in for just £5. Simply turn up on the day!

*'Mum is so happy at IBC. She has improved so much in herself since going and no longer seems down and depressed.'*  
Quote from Carer

*'I enjoy coming to IBC from being picked up to being taken home I can depend on seeing smiling faces and friendly conversation with everyone. Makes the world seem a better place'.* GS  
Quote from Client



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  
September 2017**

