

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 14th December
11am-12pm & 1.30-2:30pm
(£5 class fee)

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

Decembers Entertainment & Activities

4th Cuddly Critters	1.30-2.30
5th Zoe Hand Massage	1.15-3.00
6th Adrian's Quiz	11.00
6th Mosaic workshop	1:30-2:30
7th Music for Health	11.00-12.00
11th Ruth Singing	1:30-2:30
13th Marco Magician	10.30-11.30
13th Zoe Hand Massage	1.15-3.00
14th Pottery & Art	11:00-12:00 1.30-2.30
18th Carol George Singing	1.30 –2.30
19th Music for Health	1.30-2.30
20th Tim Singing	11-12.00
20th Mosaic workshop	1.30- 2.30
22nd Ruth Singing	1:30-2:30
28th Zoe Hand Massage	1.15-3.00

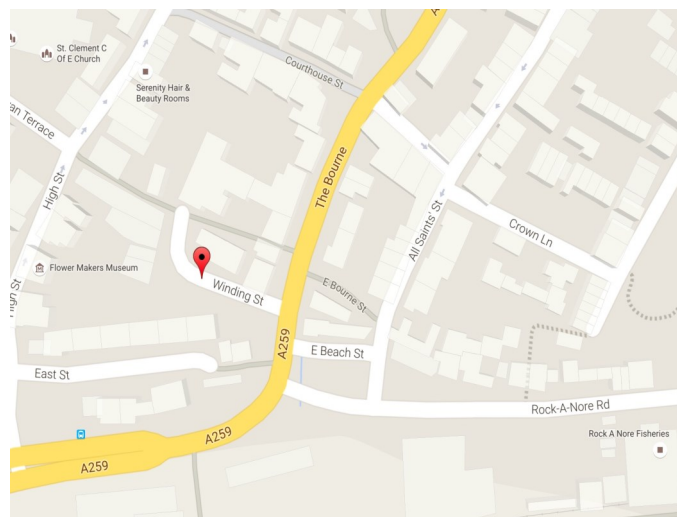
If you are not a day centre client, simply turn up on the day for these activities! cost £5 per session.

'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
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**

December 2017

