



# GREY MATTERS



A VERY HAPPY NEW YEAR TO ALL!

## TOP TIPS FOR KEEPING WARM THIS WINTER

- Insulate your home - loft and cavity wall insulation are good ways of trapping warmth in the home and grants are available to help (details below).
- Keep your home at the right temperature - use thermostatic radiator valves to maintain temperatures, or hang thermometers in the living room and bedroom. Try to maintain a temperature of at least 21oC in the living room, and 18oC in other occupied rooms.
- Keep warm at night - wearing the right clothing to bed is as important as wrapping up outdoors. Sleep with windows closed - cold air at night has been shown to increase blood pressure.
- Get a flu jab - the flu virus changes each year so you need a new jab every year. Contact your GP or NHS direct (tel. 0845 4647).
- Eat for warmth - regular hot meals and hot drinks provide warmth and energy.
- Keep moving - any activity, even housework, gets circulation going and makes you feel warmer.
- Dress appropriately - wrap up warmly, indoors and out, ideally several layers of thin clothing.
- Winter Fuel Payment - everyone over 60 should claim the Winter Fuel Payment (helpline 08459 151515).
- Claim your rightful benefits and grants - being in receipt of certain benefits can give you access to full grants to help make your home warmer and more energy efficient. Contact:  
Pension Credit helpline - 0800 99 1234 Over 60s helpline - 0845 606 0265 Under 60s helpline - 0845 600 4254
- Apply for Energy Efficiency Grants -
  - Warm Front
  - Discount Insulation Schemes
  - Grant Advice



East Sussex Community Health Services

## OUR FOURTH ANNUAL GENERAL MEETING



On October 1<sup>st</sup>, UK Older People's Day, we held our AGM in Uckfield. 13 Sixth Formers studying Health and Social Care at Uckfield Community Technology College came along with their teacher in line with the theme of "Bringing the Generations Together". Each of the young people had brought along their favourite item of modern technology and spent some time comparing the latest IT gadgets that are an essential part of every teenager's life these days with equipment from an earlier era, including a crystal set, wind up gramophone and

early portable typewriter. The youngsters demonstrated what they could do with their ipods, mobile phones and laptops, at the same time showing great interest in somewhat chunkier equipment of yesteryear. It was great to see older and younger people communicating so well and to find that it's possible for each generation to learn from the other.

We were also pleased to welcome Dr Jeremy Leach, who gave a very interesting and entertaining talk on his work as a Public Health Inspector for Wealden District Council.

Since our AGM we have been very sorry to learn that Jo Bentley, who has been our Chairman since early in 2008, has decided to stand down from our Committee due to ongoing ill health. We have been most grateful to Jo for her contribution to the work of our forum and wish her well for the future. Ivy Elsey, previously our Vice Chairman, has now been confirmed in the post of Chairman, and Linda Graham and Jan Cooper continue as Secretary and Treasurer respectively.

A full list of committee names appears on page 2

## SHARED STAGE

### Free Training Courses in Uckfield for the Over 50s

Starting in January 2010

At Uckfield Civic Centre

Introduction to IT - 5 sessions

Learn the 'mysteries' of the Internet and email. Produce

your own letters and documents. We will guide you through all this and much more on this friendly introductory course.

Wednesdays - 6, 13, 20, 27

January, 3 February

All 10 to 4.30pm

shaping voices

shaping voices

shaping voices



Sound Architect (Music & Film) Ltd

Starting in January 2010

At Uckfield Civic Centre

Music Creation - 5 sessions

Create your own music using digital technology. Make your musical thoughts and dreams a reality. Stimulate your creativity and add to your musical knowledge and appreciation.

Fridays - 8, 15, 22 and 29 Jan and 5 Feb.

All 10 to 4.30pm

Introduction to Creative Writing - 9 sessions

At Uckfield Library

Have you ever dreamed of being a writer or poet?

Whether you're new to writing or want to improve your writing skills, our workshops will trigger your creativity and provide an opportunity for you to share your work with others. All you need is pen, paper and enthusiasm!

Friday - 8, 15, 22 and 29 Jan, 5, 12, 19 and 26 Feb and 5 Mar \*

All 10am to 1pm except for the 5th March which will be from 10 to 4.30pm

Each course consists of 5 or 9 sessions

Please contact Shaping Voices to book a place on one of these courses

Email [info@sharedstage.org.uk](mailto:info@sharedstage.org.uk) or phone or text 07979 658312



## A GUIDE FOR PEOPLE OVER 60

Advice on...

**Getting financial help - Saving energy and money - Staying well and healthy**

This booklet has been produced by the Department of Health, in association with other partners.

It aims to help you maintain good health during winter and take advantage of the financial help and benefits available.

In it, you'll find useful tips on heating your home effectively, a large section on financial support available, steps on preparing your home for the winter and advice on staying healthy.

**To obtain your copy, ring 0300 123 1002 or visit [www.orderline.dh.gov.uk](http://www.orderline.dh.gov.uk) and quote: 29602/ Keep warm, keep well: a guide for people over 60**



'Supporting People' is a Government programme that helps adults who need particular kinds of support connected to their housing needs. This support is aimed at helping people to achieve independence within their community. An emergency phone system, for example, might help someone stay safe in their own home. You can find out more about Supporting People services in East Sussex from the East Sussex County Council website ([eastsussex.gov.uk/supportingpeople](http://eastsussex.gov.uk/supportingpeople)) or you can contact:

Supporting People, 2nd Floor, Sackville House, Brooks Close, Lewes BN7 2FZ

Phone: 01273 482805 Fax: 01273 482978

E-mail: [supportingpeople@eastsussex.gov.uk](mailto:supportingpeople@eastsussex.gov.uk)

## OUR NEW COMMITTEE LINE-UP

Ivy Elsey (Chair, ESSA Rep, Health & Social Care SIG\*) 01435 863719 [ivy@ivywe.eclipse.co.uk](mailto:ivy@ivywe.eclipse.co.uk)

John Collins (Age Concern Rep) 01825 762910 [johncollins@jackcoll.plus.com](mailto:johncollins@jackcoll.plus.com)

Jan Cooper (Treasurer & ESSA Rep) 01323 483483 [jancey31@hotmail.com](mailto:jancey31@hotmail.com)

Wendy Downing (new Committee Member) 01892 665757 [wendy.downing@btopenworld.com](mailto:wendy.downing@btopenworld.com)

Linda Graham (Secretary & Transport SIG\*) 01892 770487 [lindagraham@wealden-scp.org](mailto:lindagraham@wealden-scp.org)

Sheila Guest (Sheltered Housing Rep) 01825 761621 [sheila.guest@gmail.com](mailto:sheila.guest@gmail.com)

John & Rosemary Jones (Community Network Reps) 01825 749720 [john23.jones@mypostoffice.co.uk](mailto:john23.jones@mypostoffice.co.uk)

\*SIG = Special Interest Group



## FORWARD FROM 50 - A GUIDE TO LATER LIFE IN EAST SUSSEX



If you were a member of the Wealden Senior Citizens' Partnership last year you may remember receiving a copy of the Forward from 50 handbook, which was packed with information promoting positive ageing, health and wellbeing in East Sussex. Plans are now going ahead to reprint Forward from 50, and the opinion of all those who received the first edition is being sought, to find out if any changes need to be made to make the booklet even more useful. Enclosed with this newsletter you will find an evaluation questionnaire, which we would be most grateful if you would complete and return to the address shown in Lewes by 19th February 2010.

### WOULD YOU LIKE TO BE MORE INVOLVED IN YOUR LOCAL HEALTH SERVICES?



East Sussex Hospitals NHS Trust would like to invite you to become a member. As a resident in East Sussex you are probably aware that they are currently working hard with health service partners in the local NHS on their application to become a foundation trust. They want to be a trust that is at the heart of our local community and which has the community at the heart of what they do. Members are very important in helping them to achieve this.

Foundation trust status will encourage greater community involvement and engagement with members and enable the Trust more easily to invest in improving local services. As an NHS Foundation Trust they will be accountable directly to the people they serve, who can become members of the trust, giving local people local choices. Membership is free and gives you a real stake in your local health services. To join, please contact Jo Lawton, Membership Manager on 01323 413769 or by email to [foundation.trust@esht.nhs.uk](mailto:foundation.trust@esht.nhs.uk).

## Have you heard the news?

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[www.tnauk.org.uk](http://www.tnauk.org.uk)

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### WILLIAM PORTER

We are very sad to have to report the recent death of Bill Porter. Bill was one of our original committee members and served as our Treasurer from 2005 until 2008. He had a wide and varied career including 19 years in the Royal Air Force. He will be much missed in his home village of Horam, where he served on the committee of the Horam Community Association. Our sympathy goes to his family.

IF YOU HAVE RECEIVED THIS NEWSLETTER IN THE POST, WE REGARD YOU AS A MEMBER! IF YOU HAVE PICKED IT UP AND WOULD LIKE TO GO ON OUR MAILING LIST, PLEASE LET US KNOW BY COMPLETING AND RETURNING THIS REPLY SLIP. YOU CAN ALSO ASK US TO REMOVE YOUR NAME FROM OUR LIST. WE PROMISE NEVER TO PASS YOUR DETAILS ON TO ANY OTHER ORGANISATION.

NAME.....

ADDRESS.....

TELEPHONE/E-MAIL.....

PLEASE ADD THIS NAME TO/REMOVE THIS NAME FROM THE MAILING LIST (delete as appropriate)

Detach and return this slip to the Secretary: Linda Graham, Wealden Senior Citizens' Partnership, 5 Rectory Field, Hartfield, TN7 4JE. Enquiries to: 01892 770487, e-mail: [lindagraham@wealden-scp.org](mailto:lindagraham@wealden-scp.org)



## THEME GROUPS

### TRANSPORT

People in Wealden are going to benefit from some new community bus services, following the award of funding which will enable pilot schemes to be set up in several areas. This funding forms part of the County's ongoing commitment to improve access to services using public transport in East Sussex.

The County Council is giving a total of seven schemes across East Sussex a share of the money, to help support new and expanding community transport services. The aim is to ensure residents can get access to the services they need, such as employment, health and leisure, by using improved and more flexible public transport.

Existing community transport operators were invited to bid for funding earlier in the year. All the applications were evaluated based on how they will help people get better access to key services and the value for money they offer.

Successful bidders in Wealden are:

- \* Age Concern in Uckfield, which will receive funding towards its service that helps older people get to hospitals and clinics

- \* North Wealden Community Transport Partnership, which is getting money towards its door-to-door shopping service - the Partnership hopes to include Buxted, Rotherfield, Hadlow Down and parts of Uckfield to its existing list of parishes

- \* the Heathfield Partnership for its Youth Bus and also the Heathfield Extended Service, which provides transport for a number of group excursions to a range of destinations

All the schemes are scheduled to be operational soon.

East Sussex County Council's Lead Member for Transport and Environment, Councillor Matthew Lock, has said: "People in East Sussex are telling us this is their number one priority - getting access to better and more flexible public transport services. We are working with the community to agree on their transport needs and find innovative and sustainable solutions to their transport problems, particularly in rural areas."



### HEALTH AND COMMUNITY CARE



The ESSA Health and Community Care Theme Group is looking at encouraging more people to take up using a personal alarm to give them the freedom of independent living.

As we get older we all need the reassurance that help is on hand should we need it. With a Personal Alarm Service you know that friends and family are only a button press away.

There are several available, but one of the best known is Age Concern's Personal Alarm Service, Aid Call, which has been operating for 30 years. This personal alarm system is not just a panic button for a fall or accident but can also be used as an attack alarm in case of an intruder with friendly, helpful operators on hand day or night. You can choose either an Age Concern pendant or wristband and because it's always with you in the home, you are always the press of a button away from help. You can wear it in the bathroom, upstairs, downstairs, even in the garden and the base unit by your phone will pick up the signal and call the operator day or night, every day of the year.

The personal alarm unit is quick and easy to install, either by a family member or friend, or by Age Concern's team of professional, nationwide installers. All you need are two people able to hold the key to your home who can be called when you need help.

Age Concern's Personal Alarm Service gives peace of mind for both you and your family.

Order Online : [www.aidcall.co.uk/personalcare](http://www.aidcall.co.uk/personalcare) or to arrange a no-obligation demonstration call: 0800 77 22 66

Telephone lines are open between 9.00am-5.30pm, Mon-Fri.

**Visit our website: [www.wealden-scp.org](http://www.wealden-scp.org)**