

GREY MATTERS

You are invited to attend our first

SILVER SURFERS' DAY

**on Friday, 20th May, 2011 at Bellbrook Centre,
Uckfield, between 10am and 3pm**

Are you nervous about Internet banking and shopping or paying bills online? Do you want to learn more about computers and the internet, and need someone to show you how? Do you want to keep up to speed with your grandchildren?



This year marks the 10th anniversary of Silver Surfers' Day, which every year provides a chance for older people to find out how to use computers.

Thanks to some funding from the Sussex Community Foundation and with the support of Barclays and Santander Banks, we will be holding an event at Bellbrook Centre, Uckfield, on Friday, 20th May, which all are welcome to attend.

There will be free tuition, free refreshments, and plenty of opportunities for hands-on experience of using computers.

For more information, ring Carol Hodge on 01825 762934

FUN, FIT AND FIFTY PLUS - MORE EVENTS FOR 2011



Following the success of the event we organised around our AGM for UK Older People's Day at Heathfield in 2010, we are planning to hold two further, similar events this year, one on Tuesday 5th July at Freedom Leisure in Hailsham and the other for UK Older People's Day on Thursday, 6th October at Freedom Leisure in Crowborough. These have been made possible, both by the grant we have received from the Sussex Community Foundation, and by the cooperation of the Managers and staff at the two Freedom Leisure Centres.

More details will be in the next Grey Matters, but please book the dates in your diary now if you would like to take part.

GOOD NEWS ABOUT YOUR CONCESSIONARY BUS PASS

Following the piece in the last newsletter reporting that the Council were considering withdrawing the discretionary 9am start for concessionary bus fares from April 2011, so that passengers would only be able to use their passes from 9.30am, we are pleased to let you know that, having received many representations from passengers who would be adversely affected by this change, East Sussex County Council have taken the decision to retain the 9am start .



COMMITTEE CONTACT DETAILS

Ivy Elsey (Chair, ESSA Rep, Health & Social Care SIG*)	01435 863719 ivy@ivywe.eclipse.co.uk
John Collins (Age Concern Rep)	01825 762910 johncollins@jackcoll.plus.com
Jan Cooper (Treasurer & ESSA Rep)	01323 483483 jancey31@hotmail.com
Wendy Downing (Falls Prevention Advisor)	01892 665757 wendy.downing@btopenworld.com
Linda Graham (Secretary & Transport SIG*)	01892 770487 lindagraham@wealden-scp.org
Sheila Guest (Sheltered Housing Rep)	01825 761621 sheila.guest@gmail.com
Carol Hodge (Events Organiser)	01825 762934 carolhodge@tiscali.co.uk
John & Rosemary Jones (Community Network Reps)	01825 749720 john23.jones@mypostoffice.co.uk

*SIG = Special Interest Group

HEALTH NEWS FOR WEALDEN RESIDENTS

New physiotherapy treatment room opens at Uckfield Hospital

A new purpose built room to provide physiotherapy to patients was opened in October 2010 at Uckfield Hospital, all thanks to a generous donation from a local benefactor via the League of Friends. The new facility will allow people to be given advice and treatment on problems with continence in comfortable and private surroundings. Previously people were being treated in a multi purpose room which also housed a computer, equipment and a kitchen.

This new development has been made possible by a legacy left to the League of Friends by the late John Frank Venner, who farmed at Halland on the Bentley Estate with his parents, and latterly on his own. His gift will enable staff to maintain the high standard of services provided at the hospital.



The room exceeds all the standards for infection control and the privacy and dignity of patients.

The League of friends have also provided funding to convert two small rooms into a work station for physiotherapists. This has greatly improved access as patients no longer have to negotiate their way round chairs and tables and it has opened up an area where exercises can take place.

New Health Centre in Buxted gets the go ahead

A new Health Centre in Buxted has been given the green light by the local NHS.

Plans for the new centre, which will replace the current Buxted Surgery, had been put on hold pending a review of all NHS spending proposals, given the current financial climate and the need to ensure that all building projects are clinically and financially sustainable in the years ahead.

However, following detailed negotiations, a revised way forward has now been agreed, and work on the new building is scheduled to begin in early 2011, with the new building completed by the Autumn.



Boost for NHS Minor Injuries Units at Lewes, Uckfield and Crowborough

An intake of new staff is set to bolster the services offered by the Minor Injuries Units (MIUs) at Lewes, Uckfield and Crowborough hospitals. Since 1st November 2010, all three units, which provide a 'walk in' service to treat a range of minor injuries, have been open from 8am to 8pm, 7 days a week.

Two new specialist Emergency Nurse Practitioners (ENP) have been recruited in, strengthening the range of skills and experience within the MIUs' team. A number of 'floating' ENPs, who will help support the service by moving from unit to unit to cover staff leave and sickness, will also be available, together with additional Healthcare Assistant support.



Getting the right care in the right place is better for patients and better for the NHS as it helps us to make the best use of resources. The Minor Injuries Units can help people with cuts, sprains and other less serious injuries, such as eye infections and simple bone fractures. They are one part of a wide range of NHS services local people can use to get the care and treatment they need. There are three MIUs in the NHS East Sussex Downs and Weald area at the Lewes Victoria Hospital, Uckfield Community Hospital and Crowborough War Memorial Hospital. You do not need an appointment - walk in or telephone for advice when the units are open.

More support for people with long term conditions in Heathfield & Uckfield

A new service has been set up to help and support patients with long term health conditions in Heathfield, Uckfield and the surrounding area. Three Community Matrons have been recruited to work with local GPs, and other health and social care staff, to improve the quality of care for patients suffering from conditions including diabetes, multiple-sclerosis, Parkinsons, heart disease, as well as respiratory and neurological conditions.

Community Matrons are highly experienced senior nurses who work closely with patients and GPs to plan and organise care. They support patients in their own homes, enabling them to look after themselves more easily and reduce the likelihood of needing to go into hospital.

This service will ensure that patients who suffer from long term conditions receive supportive nursing care to help them manage their condition, and this will lead to fewer unnecessary trips to the hospital or their doctor, saving patients time and effort. The Community Matrons service has been already been rolled out across the rest of East

Sussex so people in Heathfield and Uckfield will now benefit from the support the team can offer. Patients can be referred into the new service by their GP, District Nurse or other health and social care professional.

The Wealden Fibro Support Group for Invisible Illness holds monthly meetings at Oakgrove in Crowborough. Contact Carol, Group Leader, on 07917 692783 or 0844 8872367 or email carol.stead@sussexoakleaf.org.uk





50 + FOCUS - BUILDING LINKS, WORKING TOGETHER, SHAPING TOMORROW



Many of our members were present at this event on March 1st in the Foresters Hall, Uckfield, when they were given the opportunity to bring along their ideas on how to improve older people's quality of life. The afternoon began with presentations from Keith Hinkley, Head of Adult Social Care at East Sussex County Council, Mike Wood, head of the Primary Care Trust and Roger Williams, Head of Transport Operations for the County Council. Everyone present then had a chance to air their views on a variety of subjects from Feeling Safe and Secure to Getting Out and About and to pose questions to council officials with the promise of a speedy reply.

The purpose of the day was to refresh the Time of Our Lives Strategy, which is all about promoting a better quality of life for older people in East Sussex. Ideas gathered throughout the day in Uckfield, and at three other events held at other venues later in the month, will ensure that work on the strategy continues to be shaped by the views of older people, organisations and local communities.



BUY WITH CONFIDENCE AND BEAT THE COWBOYS!

How can you be sure you won't be ripped off?

The East Sussex County Council Buy With Confidence scheme provides a directory of approved traders, covering all types of business. Only if businesses pass stringent checks can they display the Buy with Confidence logo.

To verify that a business is a current member of the scheme, or to find an approved business, contact the Buy with Confidence team on 01323 463 440 or visit: www.buywithconfidence.gov.uk

COMMUNICATION TACTICS WHEN SPEAKING TO DEAF AND HARD OF HEARING PEOPLE

- Get the deaf person's attention first, so that they know you're speaking to them.
- Make sure your face is in good light, or it could be difficult for them to lipread you.
- Speak clearly and a little slower than usual, but not too slow as it will exaggerate your lip movements.
- Rephrase rather than repeat misunderstood words, as some words are easier to lipread than others.
- Never SHOUT, as it distorts your face and makes you look angry.
- Don't be afraid to write things down if all else fails - never say "it doesn't matter" or "I'll tell you later."

Information provided by the :



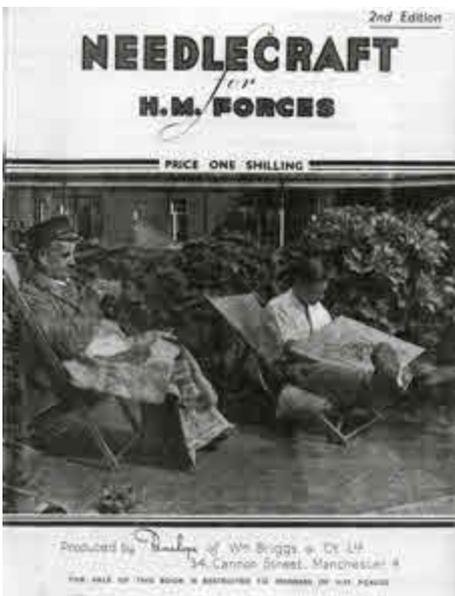
**East Sussex
Hearing Resource Centre**

SHARE YOUR MEMORIES OF WAR TIME STITCHING

Do you remember World War Two? Did you do any stitch craft or embroidery? If so, please share your memories.

Craft kits were also distributed by the Red Cross to service personnel and to POWs. Stories so far: thanks to an Army Education Officer, each of the 50 London gun sites had a needlework teacher from a local school assigned to it as embroidery was useful for keeping the personnel awake and alert and at the same time calming to the nerves. Lynn has heard from a GI bride who stitched a map of England while sheltering from the blitz in Brixton and also the story of a WAAF who embroidered in the ops room at Biggin Hill to calm the nerves during quite periods. There were also sewing bees and sales of work to support the Red Cross and other organisations. Lots of people stitched to aid the war effort.

If you have any recollections about stitching during the war, please share them by contacting Lynn: lynnopenshaw@btinternet.com or Flat 10B Clovelly, Blackwater Road, Eastbourne, E Sussex BN21 4JQ.



A UNITED FRONT AGAINST DEMENTIA



Forty five organisations from the charity, public and private sectors have come together to form the largest ever united front against dementia.

The Dementia Action Alliance has been set up to bring about radical changes in the way society responds to dementia and to transform quality of life for people living with the condition.

There are 750,000 people living with dementia in the UK and by 2025 there will be over one million: this currently costs the country £20bn a year and this cost is rising . . . Two thirds of people with dementia live in their own homes and one third live in care homes. One in four people in hospital have dementia and two thirds of people in care homes have dementia.

It is without doubt the health and social crisis of this generation. More than a health issue, it's one of the defining social challenges of our time.

Families currently provide the majority of care and support for people with dementia and this can be both tiring and stressful - physically, emotionally and financially. A large number of people with dementia also live alone and can be at particular risk of isolation or abuse. However, if people with dementia are diagnosed early, and they and their families receive help, they can continue to live a good quality of life.

In the first step in a major campaign for change, the Alliance has launched a National Dementia Declaration. This far-reaching charter spells out exactly what each Alliance member plans to do to improve the quality of life for people with dementia in England. Commitments range from adapting practice to better reflect the needs of people with dementia, increasing dementia-specific training and campaigning for a more prominent place for dementia on the policy and research agendas. With a combined membership of millions, the promises of these organisations have the potential to reach far and wide.

The Declaration outlines the following seven outcomes people with dementia and their carers say they would like to see in their lives.

1. I have personal choice and control or influence over decisions about me
2. I know that services are designed around me and my needs
3. I have support that helps me live my life
4. I have the knowledge and know-how to get what I need
5. I live in an enabling and supportive environment where I feel valued and understood
6. I have a sense of belonging and of being a valued part of family, community and civic life
7. I know there is research going on which delivers a better life for me now and hope for the future.

How will the Declaration be tracked and monitored?

Organisations signed up to the National Dementia Declaration commit to making public the information about what they are doing to deliver better quality of life for people with dementia. They will be expected to publicise their contribution to the Declaration widely, especially to people with dementia, carers and the organisations representing them. In that way organisations can be held to account, particularly by their local population, to ensure they deliver what they have signed up to. There will be quarterly reporting on the outcomes and an annual report so it is possible to see what progress there has been.

For further information please visit www.dementiaaction.org.uk

(adapted from an article on the Alzheimer's Society website:<http://alzheimers.org.uk>)

WEL MIND

Wealden, Eastbourne and Lewes Mind (WEL Mind) is the local branch of the national mental health charity 'Mind'. WEL Mind is launching a new volunteer befriending scheme across the districts, with the aim of assisting those suffering from mental health distress. One in four people are affected by mental health distress, such as depression, stress, anxiety and bipolar to name a few, and the Reaching out to the Community project is aimed at helping to encourage confidence in getting back into the community and result in many people feeling less isolated and lonely.

WEL Mind are looking for volunteers who are aged 18 or over and live within the above areas to assist in this scheme, by giving from just one hour a week to meet up with their befriender and take part in different things with them. They will be partnered as closely as possible by age and interests so that they have a common ground to work from. Activities may range from meeting for a cup of coffee and a chat, going for a cycle ride, or simply walking to a support group with them.

There will be launch events coming up in Eastbourne, Uckfield, Hailsham, Peacehaven and Lewes - look out for more details .

Whilst every care is always taken to make sure that the information in this publication is accurate, Wealden Senior Citizens' Partnership cannot be held responsible for any errors, omissions or inaccuracies that may occur. Views expressed by contributors do not necessarily reflect those of the Forum.

Visit our website: www.wealden-scp.org



WEALDEN SENIOR CITIZENS' PARTNERSHIP

Help, Help, Help!

We really would like to expand our activities around Wealden, and need to recruit some Community Agents to help us to do so. A Community Agent is someone who is prepared to help others to become more active – physically and mentally. The list of how this can be done is endless – whatever interests you probably interests others, so if there's something you're passionate about, why not try sharing it with other people? Some ideas that come to mind are:

- Starting a Pub Lunch Club (or encouraging people to join an existing one)
- Starting a Knit & Natter Group
- Arranging a regular Exercise Class and encouraging people to join
- Starting a Craft Club (or encouraging people to join an existing one)
- Starting a "Gentle Walk" Group
- Starting a Darts Group
- Starting a Bridge, Canasta or Chess Club
- Encouraging a neighbour who lives alone to get out of the house for a couple of hours
- Joining our Committee
- Becoming a member of a sub group to work on things like publicity and funding so that we can continue our work

It doesn't matter how much or how little time you have to give, your contribution would be warmly welcomed.

Even if you can't commit to any of these things, we would like to invite you to share with the Committee your life experience, knowledge, skills and interests. We will then be able to contact you for advice if we are working in an area where your input could be absolutely invaluable. We would then call you an Adviser.

We would also like to hear from you if, as an older person or someone who looks after older people, you have any areas of concern that we might be able to help you with by making representations on your behalf to the authorities.

If you can help us in any way, or if we can help you, please complete and return the form below:

Name:..... Tel. No:.....

Address:.....

Email:.....

I would like to talk to someone about a particular concern (please give brief details on the reverse of this slip.) Please telephone/email me so that I can tell you about it.

I would like to know more about becoming a Community Agent/Committee Member/Adviser. Please telephone/email* me with more information.

*Please delete as appropriate

Please send to Jan Cooper, 19 Oldfield Avenue, Willingdon, Eastbourne BN20 9PU
01323 483483
jancey31@hotmail.com