



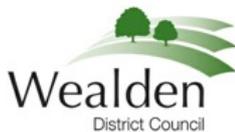
GREY MATTERS

THE WEALDEN SENIOR CITIZENS' PARTNERSHIP INVITES YOU TO MORE EXCITING EVENTS IN 2012

THE ALTERNATIVE GAMES

The third and final of these events will be held in Herstmonceux Village Hall at 1:30pm on Friday, September 7th.

Like the earlier events held in Wadhurst and Pevensey, it will be a fun afternoon when all older people (including those with memory problems) can come together and play the games of their childhood, such as Shove Ha'penny, Bagatelle, Tiddly Winks, Dominoes, Marbles, Pick-up Sticks, Skittles etc.



All events will include refreshments, included in a charge of £2 per head, and transport can be provided if needed, thanks to the funding from the Sussex Community Foundation and from Wealden District Council.



UK OLDER PEOPLE'S DAY 2012

FORUMS IN ACTION ON AUGUST 30th

The ESSA Launch of Older People's Day 2012 will be on Thursday, August 30th in the Congress Suite, Eastbourne, with registration at 1:30, start 2pm, finish 4.30. It will be entitled Forums in Action and all seven East Sussex Older People's Forums will be showcasing their plans for Older People's Day later in September and October. Each forum will talk for a few minutes about their plans, interspersed with displays of fitness from Extend, Laughter Therapy sessions, a musical item and other fun activities. There will be free refreshments, a free raffle and many information displays. Please let us know if you would like to come by ringing Carol Hodge on 01825 762934, or return the reply slip on the back page. Entry will be free, and open to all members of all the forums. See the enclosed booklet, giving details of all the events to be held this year throughout the county.

LIVE, LAUGH AND LEARN WITH US ON OCTOBER 1st

This will be held at Hailsham Community Centre, Vicarage Lane, Hailsham BN27 2AX, on Monday 1 October from 10.30am to 2.30pm. The cost will be £2, to include lunch and refreshments. There will be Information Tables, a Laughter Therapy Session, a talk from the County Mall Poet, time for some of the Alternative Games and there will be much more of interest, including our own Annual General Meeting, marking 7 years since the launch of our forum in 2005.

We will endeavour to provide transport, as long as we know well in advance. Booking is essential (for catering purposes): return the reply slip on page four or ring Carol Hodge on 01825 762934.

THE BIG SKILLS SHARE - WSCP NEEDS YOU!!!!!!

This year the emphasis of Older People's Day will be on celebrating the contribution of older people who share their time, skills and experience with others. Nowhere are these resources more needed at the moment than by our own Wealden Senior Citizens' Partnership!

In recent months several of our committee members have had to stand down through ill-health or other commitments, and those who remain are finding themselves stretched as never before in their efforts to keep the Forum afloat.

Please do consider joining our committee. We are a friendly group that meets monthly to plan events, to explore issues surrounding the needs of older people, particularly across Wealden, and to try to point people in the right direction if help is needed. Any out-of-pocket expenses can be refunded and, dependent on your location, we may be able to provide help with transport to meetings if it is needed.

If you would like to learn more, please ring the Secretary, Linda Graham, on 01892 770487.

ELECTRIC BLANKET TESTING

Two out of every five electric blankets tested last year could have put lives at risk, examiners found during Wealden Electric Blanket Testing sessions held in October 2011, and the owners were advised not to use them again. Over the past ten years, there have been 27 serious house fires as a result of faulty electric blankets in East Sussex.

This year's testing sessions will be as follows:-

	Morning Session (10am till 12noon)	Afternoon Session (2pm till 4pm)
Monday 15th October	Hailsham Community Civic Centre, Vicarage Lane, Hailsham BN27 2AX	Trinity Church Hall, Coppice Avenue, Willingdon BN20 9PN
Tuesday 16th October	St John's Church Hall, St John's Road, Polegate BN26 5BX	Heathfield Fire Station, High Street Heathfield TN21 0UP
Weds 17th October	Uckfield Fire Station, Bell View Road Uckfield TN22 1BA	The Crowborough Centre, Pine Grove, Crowborough TN6 1FE

A wide range of advice will also be on offer from a large number of organisations including the Independent Living Service, Trading Standards, and Citizens Advice.

After last year's sessions, Councillor Joanna Howell said "I am very glad so many people came forward to have their electric blankets tested and to benefit from the wide range of advice on offer from different public organisations."

SILVER SURFERS' DAY 2012

In April we held our second Silver Surfers' Day. This was an opportunity for computer users to learn how to see and talk to family and friends anywhere in the world using Skype, and how to follow what family, friends and celebrities are up to using Facebook and Twitter.

We are most grateful to students and staff of Heathfield Community College for hosting the event and to Sussex Community Foundation for funding the handouts and publicity.

THE GOLF AFTERNOON

This event in June was a new venture for our forum and was attended by a small, select few! However, those who did attend had a wonderful time, and several now wish to repeat the golfing experience.

If playing golf is not your "thing", we would love to hear from you just what kind of event you would like us to organise that would encourage you to come along and meet other members for tea, company and conversation.

Ring one of the committee members listed below and let us know what would appeal to you.

DISTRACTION BURGLARIES

A male pretending to work for a gas company knocked on a door in Castlefields, Hartfield. He said he needed to run the water for 15 minutes to check it. He asked the owner to turn the kitchen tap on and left it running. He then took the owner into another room to look at and check the gas fire. The male then left without talking any further about the water and the owner contact the police. On checking, the owner realised someone had been upstairs and searched through belongings

Please be aware that distraction burglaries just like the above happen from time to time. Make sure you do not let anyone into your home until you are completely satisfied you know who they are, what they want, what they will be doing and that you can trust them. Always ask to see ID and take their name. If you are unsure at all, take the name of the company they are working for, close the door and leave the person outside while you telephone that company to check. Anyone who is on official business will not mind this at all. Or, if in doubt, do not let them in and telephone their company to check who they are and make a new appointment. Or, do not let them in and call the police. Please pass this message on to as many people as possible, especially elderly people, or those living alone who are always more vulnerable.

COMMITTEE CONTACT DETAILS

Ivy Elsey (Chair, ESSA Rep, Health & Social Care SIG*)	01435 863719 ivy@ivywe.eclipse.co.uk
Jan Cooper (Treasurer & ESSA Rep)	01323 483483 jancey31@hotmail.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 (Vice Chair & Events Organiser)	01825 762934 carolhodge36@gmail.com
Jackie Jackson (Events Committee)	01825 764290 jacqueline_jackson1@sky.com



*SIG = Special Interest Group



LOOK AFTER YOUR SAVINGS

For those of us with savings, it's not a great time. Most deposit accounts pay less than 1%, yet, we still want access to our money when we need it.

Consider these tips on making the most of your savings:

1. **Make it a Date:** To make sure you save regularly, set up a monthly payment into a savings account. Also, whenever you get a pay or pension increase, increase the amount you save - this makes saving near painless. To work out how much you can save, keep a check of every penny you spend for a month, then set a budget that covers all the essentials and see how much is left.

2. **Be prepared :**Your first priority should be to build up a 'rainy day' reserve for emergencies. Ideally aim for three months' income in accounts you can draw on immediately.

3. **Take aim:**Saving is easier if you set yourself goals such as paying for a holiday, Christmas, presents, a car or your dream retirement home.

4. **Beat the taxman:** He takes at least 20p out of every £1 interest you earn - if you let him.

But you don't have to. If you're a taxpayer, use tax-free havens such as Individual Savings Accounts – ISAs - to put your money beyond his reach. You can put anything from £1 up to £5,340 into a cash ISA this tax year – and your partner can do the same. An ideal home for that rainy day reserve.

Other tax-free havens include National Savings Certificates and Premium Bonds – all Ernie's prizes are tax-free. For regular savings Friendly Society plans are an ideal way to turn small sums into a nest egg for grandchildren.

If your spouse is a non-taxpayer, or pays less tax than you, it's possible to reduce or even avoid paying tax altogether by putting your savings in their name.

5. **Be a detective:** Start by finding the 'Best Buy' savings tables in your newspaper, or on money comparison websites. Now for the detective work. Better rates are offered on accounts operated on the Internet or by phone only. If you're not comfortable with that weed those out. Many 'best buy' rates are inflated by temporary bonuses paid for anything from 3-12 months. Exclude those where the bonus lasts for less than a year. Now, check what access the account offers. Fixed notice and fixed term accounts pay more, but that's no good if your money is beyond reach when you need it. So be sure that enough of your savings are accessible in an emergency.

6. **Sleep tight :** No investment is worth sleepless nights, so don't put your money with providers you don't know or are uncertain of, simply because they offer fantastic rates. Remember the Icelandic banks! If a deal looks too good to be true it usually is.

7. **Disloyalty pays:** Few providers offer better terms to loyal customers nowadays. Most sucker you in with a great deal hoping you'll be too lazy to move your money when the deal ends. So shop around regularly to be sure you still have the best paying account. If you have one with a temporary bonus put the expiry date in your diary.

8. **Beware the inflation dragon:** Few accounts pay rates that match, let alone beat, inflation. The Government intends to relaunch Index-Linked National Savings Certificates and the last ones offered tax-free bonuses that matched inflation plus a percentage point or so on top. If these offer the same, then grab some. Otherwise the only sure way to protect yourself is to invest in real assets, such as buying your home - if you can afford to.

(Abridged from an article on the AgeUK website)

Visit our website: www.wealden-scp.org and sign up on our FaceBook Page

The Wealden Senior Citizens' Partnership is a member of ESSA - The East Sussex Seniors' Association - "The Voice of Older People"



HEALTHY EATING - MYTHS AND REALITY

Advice on healthy eating seems to change so fast that it's hard to keep up. But there's no need to blow your budget on superfoods or swap your Sunday roast for a salad.

Here are some of the most common food myths and advice from the experts on what we really should be eating...

Myth? Low-fat foods are best

Reality: Although a diet that is low in fat can help you to control your weight and lower your cholesterol, there's no need to avoid fat altogether. Why not try oily fish such as salmon, mackerel, pilchards and sardines, good sources of omega fats. Use olive or sunflower oil for cooking, and if trying to reduce the amount of fat you eat, there are a number of different options to try.

- Trim visible fat from meat
- Choose lower-fat versions of traditional foods
- Buy or try making your own oven chips instead of fried
- Save cakes, biscuits, pies and pastries for an occasional treat.



Myth? Fresh fruit and veg is best

Reality: Buying tinned or frozen means that you only use what you need, so there's less waste.

Why not eat frozen veg with your meal, add them to soups and stews, stir tinned sweetcorn into a salad, or enjoy frozen berries with yoghurt, ice cream or custard.

Myth? A cooked breakfast is bad for you

Reality: Breakfast is an important meal and a cooked breakfast can be a healthy way to set yourself up for the day.

Why not try giving the frying pan a rest and opting for poached eggs or baked beans on wholemeal toast.

Myth? Red meat will kill you

Reality: Red meat is good for you, as it's an excellent source of protein, vitamin B12, zinc and iron. That's why the Department of Health advice says it's safe to consume up to 500g per week.

Why not try not to overdo any one type of food and vary the protein part of your meal. Instead of beef, lamb or pork-based meals, why give chicken, pizza, beans or lentils a go.

Myth? Snacking is bad for you

Reality: There's nothing wrong with snacking provided that you don't rely on chocolate, crisps, cakes and biscuits to keep you going in between meals.

Why not try starchy foods as good, healthy snacks. A bowl of cereal with semi-skimmed milk or toast with a healthy topping are great choices. You could also try a small lump of cheese with crackers or fresh fruit.

Myth? It's important to eat superfoods

The reality: We often hear that foods like blueberries, broccoli or spinach are 'superfoods', which are packed with nutrients and beneficial to health. But there's no evidence to show that they are any better for you than other fruit and veg.

Why not try a 'rainbow' of fruit and vegetables: you'll get all the nutrients you need without spending a fortune on superfoods.

Source: AgeUK

PLEASE RETURN THIS TEAR-OFF SLIP TO LET US KNOW WHICH OF OUR EVENTS YOU WILL BE COMING TO

YOUR NAME.....YOUR ADDRESS.....

POSTCODE.....TELEPHONE/EMAIL.....

I AM INTERESTED IN TAKING PART IN:

FORUMS IN ACTION ON AUGUST 30th IN EASTBOURNE AT 2pm (FREE)

THE ALTERNATIVE GAMES IN HERSTMONCEUX ON SEPTEMBER 7th (£2)

LIVE, LAUGH AND LEARN AT HAILSHAM COMMUNITY CENTRE ON OCTOBER 1st (£2)

(please tick as appropriate)

You can also use this slip to advise us of a change of address

or to ask to be included on our mailing list

or taken off it

Detach and return this slip to: Carol Hodge, 36 Hughes Way, Uckfield TN22 1DX

Tel: 01825 762934, Email: carolhodge36@gmail.com