



GREY MATTERS

INFORMATION ROADSHOW AND ENTERTAINMENT DAY Celebrating UK Older People's Day 2015

A FREE event, hosted by the Wealden Senior Citizens' Partnership,
on Saturday 3 October, from 10am - 3pm, in
Crowborough Community Centre, Pine Grove, TN6 1FE

**FULL
OF LIFE**

•••
Browse the information stalls

•••
Watch demonstrations by the community chef

•••
Try a chair-based exercise session

•••
Enjoy entertainment from local musicians

•••
Tea/coffee and light lunch



•••
For further information and to book lunch please ring Jane Clark on 01892 655050 or
complete and return the reply slip on page 4

SNAPSHOTS FROM THE TN22 AND TN22 PLUS CLUBS



Both clubs are based in **Hadlow Down Village Hall** and run by the charity ENGage, welcoming members from Wealden and Rother. Running on alternate Wednesdays, the clubs provide a varied and stimulating environment supported by a team of volunteers who are passionate about helping older people in their community.

TN22 Club

Socialising, enjoying a freshly cooked lunch and making friends are the order of the day. Outings are organised including visits to the Bluebell Railway, Herstmonceux Castle and Bentley Wildfowl Centre. Members are involved in craft activities, games or just have the opportunity to chat and the team of volunteers ensure that everybody has a great time. The club is held fortnightly on Wednesdays in the village hall. To find out more about the club and charges please call: **07794 869384**.

TN22 Plus Club

The emphasis of the club is laughter, fun and gentle activities. A welcoming atmosphere where members with memory loss or dementia can share experiences, reminisce and chat to well trained volunteers and each other. Carers are also welcomed to have a cup of coffee, before enjoying a 'day off'. Each weekly session is themed: members play hockey, balloon volleyball, compete in egg and spoon races or bean bag throwing. Quizzes are organised where members and volunteers share memories of TV adverts, slogans or singers. There is singing of old favourites, gentle chair exercise and ballroom dancing. After lunch there is time for a quiet stroll outside. The day ends with poetry, music, jokes and a cup of tea. To find out more about the club and charges or to book a taster day, please call: **07864 533884**.

Breaking news

An extra 'Plus Club' day will start in September, on alternate Thursdays, running in the weeks that currently do not have a Plus Club. The first Thursday will be Thursday Sept 24th, and then fortnightly thereafter, thus providing, in conjunction with the current Wednesdays, a weekly TN22 Plus Club service.



The Wealden Senior Citizens' Partnership is a member of ESSA - The
East Sussex Seniors' Association - "The Voice of Older People"
See website: www.essaforums.org.uk

TRANSFORMED COMMUNITY HEALTH SERVICES FOR LOCAL PEOPLE

Patients living in High Weald, Lewes and the Havens will soon benefit from a new and improved NHS community health service that will see patients receive more integrated services and more care provided closer to their homes and in their local community.

The new model of care has been designed together with local patients and members of the public over the last 18 months who have helped ensure the service meets the specific needs and geography of local people. Services will be designed in a way to improve clinical outcomes for patients and offer a greater focus on self-management, prevention and patient education as well as a high standard of patient care and experience.

This new way of supporting local people is wholly aligned to East Sussex Better Together (ESBT), a programme that has the three NHS CCGs working closely together with East Sussex County Council to transform local health and care services across the county. By commissioning services that bring more care closer to home, utilise the full potential of community hospitals and reduce demand on acute hospital care, ESBT aims to develop a fully integrated health and care economy in East Sussex by 2018.

Following a rigorous procurement exercise carried out by High Weald Lewes Havens CCG, Sussex Community NHS Trust (SCT) has been appointed as the preferred bidder of these services. SCT have created the Sussex Healthcare Alliance, an alliance of expert local providers. The alliance will be led and managed by SCT as the prime provider with a partnership model with other NHS providers and voluntary organisations.

The SCT plan for community services will:

- Deliver services for local people through communities of practice which would see clusters of GP practices supported by a range of professionals including district nurses, therapists and mental health and social care practitioners.
- Expand the range of services delivered through the community hospitals and improve links to local acute hospitals and voluntary and third sector providers.
- Place greater emphasis on joint working and shared learning between professionals within the multi-disciplinary community teams and primary care teams.
- Improve information sharing through IT integration and co-designed care plans and integrated personal health records.

The CCG began listening to feedback and ideas from patients about what they want from community health services over 18 months ago and took the decision in March 2014 to serve notice on its contract with East Sussex Healthcare NHS Trust so it could discuss and consider new ways of meeting the needs of local people.

Over the course of the last year the CCG has engaged with hundreds of individuals through 30 patient, community and voluntary organisations to ensure they had the opportunity to inform the design of the new service. Several patient representatives have been directly involved in the CCG's procurement process to ensure the final solution and decision regarding provider was in the best interests of local people.

The CCG will now be working closely with local people, GPs and the preferred bidder over the coming months to award the contract and plan for the mobilisation of the new service. The new service will be introduced in phases with small developments expected to go live in November 2015.

USEFUL TELEPHONE NUMBERS

East Sussex County Council

- Adult social care – 0345 60 80 **191**
- Roads and paths – 0345 60 80 **193**
- Buses and waste – 0345 60 80 **194**
- Library renewals – 0345 60 80 **195**
- Library enquiries – 0345 60 80 **196**
- Trading Standards – 0345 60 80 **197**
- Switchboard – 0345 60 80 **190**

Citizens' Advice Bureaux

- Crowborough 01892 655303
- Hailsham 01323 842336
- Uckfield 01825 764940
- Wadhurst 01892 785658
- Willingdon 01323 842336

Hospitals

- Conquest Hospital 01424 755255
- Eastbourne Hospital 01323 417400
- Uckfield Community Hospital 01825 769999
- Crowborough Hospital 01892 652284
- Tunbridge Wells Hospital 0845 155 1000

East Sussex Fire and Rescue	0303 999 1000
NHS Direct	111
Sussex Mental Healthline	0300 5000 101
Alzheimers Society	0845 3000336
East Sussex Disability Association	01323 514500
Care for The Carers	01323 738390
Diabetes UK Careline	0845 120 2960
Parkinsons Disease Society	0808 800 0303
Healthwatch	01323 643304
Age UK East Sussex	01273 476 704
Wealden & Eastbourne Lifeline	01323 644422
Minicom:	01323 415111
Sussex Police non urgent	101
Post Office Service	0845 722 3344
Trading standards	08454 040506
Energy Care Trust	0800 512012
National Talking Newspapers	01435 866102
STEPS Housing Support Advice	01323 436414
Pension Service	0845 6060265
East Sussex Benefits Helpline	0333 344 0681
Wealden District Council	01323 443322

EAST SUSSEX FIRE AND RESCUE SERVICE HEALTH AND WELLBEING VISITS

The Health and Wellbeing Visits Project in East Sussex and Brighton is aimed at reaching those over 50 who have a health condition or disability but don't know who to turn to for help.

A team of volunteers trained by the East Sussex Fire and Rescue Service provide home visits for a conversation with the client about their health and wellbeing needs and priorities. Basic information and advice are provided together with the offer to put people in touch with the services they need. In addition, trained volunteers offer information and useful advice during visits by visiting clients between 9am and 5pm Monday to Friday.

Please call 01323 462437 if you would like to find out more.



OUR CREAM TEA AT BARNSGATE MANOR VINEYARD

Around 30 members met up at the end of July to socialise, and to enjoy a delicious cream tea at Barnsgate Manor Vineyard near Crowborough, with local transport provided by the Wealdlink Community Minibus. Just some of those present are pictured below. A great time was had by all!



THE EAST SUSSEX LIBRARY SERVICE

Over 200,000 people are registered with East Sussex Libraries and there are 70,000 books taken out at any one time.

Libraries in Wealden are located in Crowborough, Forest Row, Hailsham, Heathfield, Mayfield, Polegate, Uckfield, Wadhurst and Willingdon. To contact any library call 0345 60 80 195 for renewals or 0345 60 80 196 for enquiries.

If you enjoy reading but can't get to a library, or find it difficult to carry books home, the library can be brought to you. Books, books on tape or CD, music CDs and DVDs can be borrowed this way, for which there is a charge. A member of the library staff or a volunteer will discuss your requirements with you and they will then bring you a library service on a regular basis. You can find out more from the Equal Access Manager, 01273 335383.

Other alternatives are ebooks and audiobooks. Ebooks are electronic versions of printed books in either Adobe PDF or Adobe EPUB format. You can read them on your computer, most ebook readers (but not Kindle) or mobile phone. Audiobooks (sometimes known as talking books) are spoken word versions of printed books in either MP3 or WMA format. You can listen to them on computer, MP3 player or compatible mobile device, including phones. All electronic resources are listed on the online library as 'eBooks'. If you don't have the right machines to read these books, you can still get audiobooks on CD and cassette from libraries.

To find out more, visit eastsussex.gov.uk/libraries, or phone 0345 60 80 196



COFFEE, CAKE, COMPUTERS AND A WHOLE LOT MORE!

Wednesday 14th October 2015 – 10am till 3pm

FREE event about:

Getting online and using computers

Employability needs

Volunteering

Health and wellbeing for the over 50s

Hailsham Community Civic Hall, Vicarage Lane, BN27 2AX (next door to Council offices)

Visit our website: www.wealden-scp.org

GIVING OLDER CITIZENS A VOICE ON POLICING AND CRIME



Sussex Police & Crime Commissioner, Katy Bourne, has launched the Sussex Elders' Commission (SEC), to provide a mechanism for older citizens to support, challenge and inform the priorities set out in the county's Police and Crime Plan.

The 28 volunteers, aged 60 to 85 have a range of experience in the private and public sector. Some have been victims of crime or anti-social behaviour and some want to get more involved in keeping their communities safe. They have held their first workshop ahead of a Sussex-wide consultation - the Big Conversation - with their family, friends and peers on policing and crime issues. The workshop involved presentations from Sussex Police and partners on scamming, elder abuse and police objectives, as well as discussion groups and a Q&A session.

Commenting on the importance of the SEC, Mrs Bourne said: "Twenty per cent of the Sussex population is aged 65 and over and the biggest population increase is in the over 85s. As PCC and the daughter of an elderly mother, I feel it is vital that we listen and act on the concerns of this section of our society. The SEC will provide a much-needed platform for older residents to inform and challenge my Police & Crime Plan and feedback on local policing in their area".

Jonathan Hopkins, from Citadel Policy and Communications who spoke at the workshop said: "I was inspired by the commitment and passion the members have to make a real difference, drawing on their extensive networks. It is by engaging directly with older people and their experiences across Sussex that issues can be evidenced and solutions found from within local communities. The members did not shy away from getting to grips with difficult issues from elder abuse to cyber-crime and the challenges for local policing. This will play a major part in shaping and influencing policies and improvements for older people living in Sussex".

Mrs Bourne continued: "It was great to meet the members again and hear why they have signed up to the SEC and what they want to get from it. Pauline Jackson from Bexhill told me that as a trustee of Age UK in East Sussex she is passionate about the elderly community, particularly those who are vulnerable and isolated. She feels that she will be able to reach out further to fellow residents and inform them of what is happening in their community and how the SEC can improve their experience with Sussex Police.

"Ray Hoare from Horsted Keynes told me he has always had a keen interest in local policing and wants to be more informed on the changes that lie ahead. He will use the SEC to feed back on how local policing is working in his community and what concerns residents have. Kate Davies, who chairs East Sussex Seniors Association, said she feels that older people's fear of crime is often greater than the crime rate itself. Kate wants to enable the elderly to have a proper say on policing and make sure their voices are heard".

Members have already identified their priorities which include financial coercion; fear of crime; local policing, isolation and road safety. The workshop highlighted the different mechanisms and channels that members intend to use for the Big Conversation, ranging from small intimate groups to large pre-existing events, speaking opportunities as well as stints on hospital radio. The OPCC will support the members' programme of engagement with venue, transport, surveys, and engagement tools and training.

Find out more about the next steps for the Elders' Commission visit www.sussex-pcc.gov.uk

IF YOU HAVE RECEIVED THIS NEWSLETTER IN THE POST OR BY EMAIL, YOU ARE ALREADY A MEMBER! IF YOU HAVE PICKED IT UP AND WOULD LIKE TO JOIN, PLEASE RETURN THIS TEAR-OFF SLIP TO LET US KNOW IF YOU WOULD LIKE TO RECEIVE IT ON A REGULAR BASIS. YOU CAN ALSO USE THIS SLIP TO REMOVE YOUR NAME FROM OUR CIRCULATION LIST OR TO BOOK FOR AN EVENT

YOUR NAME.....TELEPHONE/EMAIL.....

YOUR ADDRESS.....POSTCODE.....

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

I/we would like to attend the Older People's Day event in Crowborough on Oct 3rd.
I am interested in joining the WSCP Committee (tick or delete as appropriate)

**Detach and return this slip to Linda Graham, WSCP, 5 Rectory Field, Hartfield, TN7 4JE.
Tel: 01892 770487, email: lindagraham@wealden-scp.org If you are happy to receive this newsletter electronically in future and save on postage, send us an email!**