

GREY MATTERS

OUR PROGRAMME OF EVENTS OVER THE COMING MONTHS

On **Friday, 6th May** we invite you to join us for a Cream Tea at 3pm at Barnsgate Manor Vineyard. Cost £6.00 for two small cocktail scones and selection of cakes with tea and coffee. Places must be booked in advance: to book yours complete and return the reply slip on page 4 or send a cheque for £6 per person (made out to Wealden Senior Citizens' Partnership) to Dennize Probert, Oakwood, Fermor Road, Crowborough TN6 3AN, 01892 654278, or email her at finkagain@hotmail.co.uk If transport is needed, please let us know.



On **Tuesday, 28th June** we plan to visit the Llama Park at Wych Cross for lunch at 12.30pm. The cost will be £10.00 which includes a choice of sandwiches and a selection of cakes with tea or coffee. We will be served in the new terrace area which overlooks the park. Afterwards members are welcome to stroll around the park. The Llamas will also be brought up to the centre for those who may find the steep walkways difficult to manage. There are now other animals to look at along by the Terrace, as well as the shop to browse in. There is a limit of 40 for this outing. Please send your cheques for £10 each, made out to Wealden Senior Citizens' Partnership, to Jane Clark, Rocks Farm Cottage, Stone Cross, Nr Crowborough, East Sussex TN6 3SJ, 01892 655050. Don't forget to put your name and address on the back. Don't forget friends are very welcome and if you need help with transport please let us know.



On **Saturday, 9th July** we are having a stall at Crowborough Town Council Summer Fair at Goldsmiths Recreation Ground, 1pm to 5pm. Come along to enjoy the Fair and visit our stand.

More events for your diary:

On **Wednesday, 7th September** we will be visiting East Dean Village Hall Market at 10:30 am, followed by lunch at Birling Gap at 12.45. There will be an opportunity for you to book nearer the time.

To celebrate Older People's Day this year we have booked Hailsham Community Civic Centre on **Saturday, 1st October** from 10am to 1.00pm. This event will be held in partnership with Hailsham Leisure Centre and more details will be available in the next newsletter.

COFFEE, CAKE, COMPUTERS AND A WHOLE LOT MORE

Events are being planned for July, September and November 2016 in Polegate, Alfriston and Crowborough. A team of volunteers will be on hand to help residents with their computer/tablet queries and encouraging them to learn more at a pace that suits them. Sussex Oakleaf is holding a six-week English with iPads course at the Old Chapel in Hailsham beginning Wednesday 20 April, 10-12noon, for those who wish to improve their literacy skills. iPads will be provided for use on the course.

A range of IT courses is being drawn up through the Street Learning Programme, organised with Eastbourne Homes. The Council is currently updating the Digital Skills leaflet which provides useful information about where you can go to get help to get online and where the free WiFi points are across the District. It's great to know that all of the libraries in Wealden have free WiFi. If you know about any IT projects not listed in our Digital Skills leaflet, or would like to set one up, or just want to find out how you can get involved in helping your residents get online, please contact: Amanda Hodge, Head of Policy & Community Services, 01323 443364 or Amanda.hodge@wealden.gov.uk

For further information, please contact Amanda Hodge, Head of Policy & Community Services. Tel: 01323 443364 or email Amanda.hodge@wealden.gov.uk



THE BIG WEALDEN SWITCH

Wealden residents are being urged to sign up to a no-obligation Council-backed switching deal to reduce their household energy bills. Local authorities across the country have already helped over 77,000 UK households to reduce their electricity and gas bills through iChoosr collective switching schemes. Through collective purchasing, iChoosr is able to get the best bids from the energy companies at regular supply auctions. Savings of £200-£300 a year on the average household energy bill are possible. The Council is hoping as many people as a possible will register at www.wealden.gov.uk/thebigswitch before the next energy auction on 22 May.



When registering for the Big Wealden Switch online, they will require a recent household energy bill to provide details of current usage. Following the 22 May auction of bids from the major energy companies, people who signed up for the Big Wealden Switch will receive a letter offering them a new tariff. They will be under no obligation to accept but it may represent a considerable saving on their existing contract. There are no obligations and or fees involved. Visit www.wealden.gov.uk/thebigswitch or call 01323 443322 to find out more.

BETTER TOGETHER INFORMATION EVENTS



Two open events are planned for the beginning of May as part of the East Sussex Better Together process - the 150 week programme which aims to transform health and social care across East Sussex. Eastbourne, Hailsham, and Seaford services will be the focus of the event in the Eastbourne Winter Garden in Compton Road on Wednesday 11 May from 6pm to 8.30pm. Hastings & Rother services will be the focus of the event at Sussex Coast College, Hastings, on Tuesday 3 May from 2pm to 4.30pm. More information about the events can be found at <http://news.eastsussex.gov.uk/east-sussex-better-together>. Through what is being described as a market place of initiatives, there will be an opportunity to get involved and talk to people about a range of initiatives. The Better Together programme started in August 2014 and is led by two local NHS clinical commissioning groups and East Sussex County Council. It aims to make sure a combined £750 million annual budget achieves the best possible services for local people.

TN22 CLUB EXPANDS

The highly successful TN22 Club run by local charity, Engage South East, in partnership with CESI, is expanding with the launch of a new lunch club for seniors at The Space in Blackboys. Opening on Tuesday 26th April, the club will have the same high standards as its sister club in Hadlow Down but with a more intimate, home from home atmosphere and members will enjoy lunch in the award-winning Grove Café which is situated next door.

The Club aims to provide an opportunity for those who are retired or perhaps live alone from Blackboys, Waldron, Halland, Cross in Hand, East Hoathly and the surrounding villages to meet and to get involved with activities such as crafts, games and charity projects or simply to sit and chat with other folk in a warm and friendly environment. Members will also get the chance to stroll in the beautiful surrounding countryside which is on the edge of the High Weald Area of Outstanding Natural Beauty and just a few steps away from the Space.

Thanks to funding from Lottery Awards for All and a band of amazing volunteers, the charity has been able to subsidise the cost, and charges are just £7 a session which includes all activities and a two-course locally sourced and freshly prepared lunch. Starting at 10.30am and ending at 1.30pm, members are welcome to come on their own and make new friends or to come in a group. Where possible, transport is available to and from the Club for a small fee.

**To find out more about the club, charges or to book a place, please call
Suzanne Hammond on: 01435 661054**



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

THE VERY BEST OF SUSSEX FOOD AND WINE

This year's Wealden Food & Wine Festival returns to Pevensey Castle on Saturday 16 July and Sunday 17 July. There will be cookery demonstrations, falconry displays, lots of live music, wine talks, street entertainment, storytelling, local beers, craft stalls and guided walks, as well as a commemorative theme to some of the events to coincide with the Norman landings 950 years ago.

An even higher attendance than last year's 5,800 visitors is expected. It's a great way to spend a summer's day in an enchanting historic setting. So why not make it a date on 16 & 17 July to sample some great food and drink from this corner of East



NEW NON-EMERGENCY PATIENT TRANSPORT SERVICE

If you need help in getting to a hospital appointment you may be eligible to have that transport provided for free or at a subsidised rate.

The new manager of non-emergency patient transport for Sussex is Coperforma. They plan to deliver major improvements in efficiency and performance, reducing the time patients spend attending their hospital appointments and treatments.

To find out if you are eligible and to book your non-emergency transport call 0300 111 2131

STEPS AND LIVING WELL JOIN FORCES

On 21 November the Living Well service and STEPS to Stay Independent merged to become one integrated service called 'STEPS to Stay Independent.'

These two services have been brought together to provide a seamless service for older people and people with long term health conditions living in the East Sussex area.

East Sussex is a large county and older people and those with long term health conditions can often live in very isolated conditions with no support. This can result in people becoming lonely or ill and with nowhere to turn.

The new service, funded by East Sussex County Council, will provide a support service, visiting clients in their own homes, providing help with a variety of things including housing, claiming benefits, managing long-term health conditions, linking in with local groups or activities in the area and any other issues that may prevent someone from living independently.

STEPS Service Manager Gina Morgan said, 'Joining these two successful services together into one will allow us to ensure that our clients get the best help that we can provide. Our staff have a wealth of experience and knowledge and can provide a holistic service that supports people to achieve the personal outcomes that are important to them.'

For more information or to make a referral to the service please contact STEPS west:

01323 436 414 or text 07970 668 106 or email referrals@stepswest.co.uk

EAST SUSSEX FIRE AND RESCUE SERVICE

In order to set the future strategic direction of the Service, ESFRS are now in the planning stages of their next Integrated Risk Management Plan and are seeking the views of stakeholders and the public with reference to future priorities.

If you would like your views taken into account, you may wish to complete the survey on the website: www.esfrs.org/your-service-your-voice

Your Service



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



OUR COMMITTEE

Please do consider joining our committee. We are a friendly group that meets regularly 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, Jane Clark, on 01892 655050.

TYPE 2 DIABETES

There are two main types of diabetes: type 1 is more common in younger people and means you do not produce any insulin, while type 2 is more common in older people and means you either do not produce enough insulin or the body is resistant to the insulin produced. Either way, this means you cannot break down sugar (glucose properly so it builds up in the bloodstream, causing health problems. About 90 per cent of all those with diabetes have type 2.

Common symptoms of type 2 are:

- Needing the loo a lot more than usual, especially at night
- Feeling more thirsty, so drinking more
- Feeling much more tired than usual
- Having cuts and bruises that take longer to heal
- Suffering frequently from thrush
- Losing weight without trying



If you're experiencing any of the above, make an appointment with your GP for a blood test as soon as possible.

If a blood test reveals you have high blood glucose, diabetes is still avoidable. Protect yourself by making some simple lifestyle changes, such as giving up smoking, losing weight and doing some exercise. Being overweight is the single biggest factor for type 2 diabetes.

Aim for around 150 minutes of exercise a week - not necessarily all at once.

Choose wholegrains over highly processed starchy foods, eat more fruit and vegetables, pulses, nuts and oily fish. Cut down on items high in added sugars such as cakes, biscuits and fizzy drinks.

Up to 80% of type 2 diabetes cases can be delayed - or avoided altogether - with such changes.

PLEASE USE THIS REPLY SLIP TO GET IN TOUCH WITH US

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.

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

YOUR ADDRESS.....

PLEASE ADD MY NAME TO/REMOVE MY NAME FROM THE MAILING LIST

PLEASE RESERVE PLACES AT THE CREAM TEA AT BARNSGATE MANOR ON 6/5/15
(£6 per person - cheque payable to Wealden Senior Citizens' Partnership)

PLEASE RESERVE PLACES FOR THE LUNCH AT THE LLAMA FARM ON 28/6/15
(£10 per person - cheque payable to Wealden Senior Citizens' Partnership)
(Tick or delete as appropriate)

Detach and return this slip to: Linda Graham, Membership Secretary, 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!