

GREY MATTERS

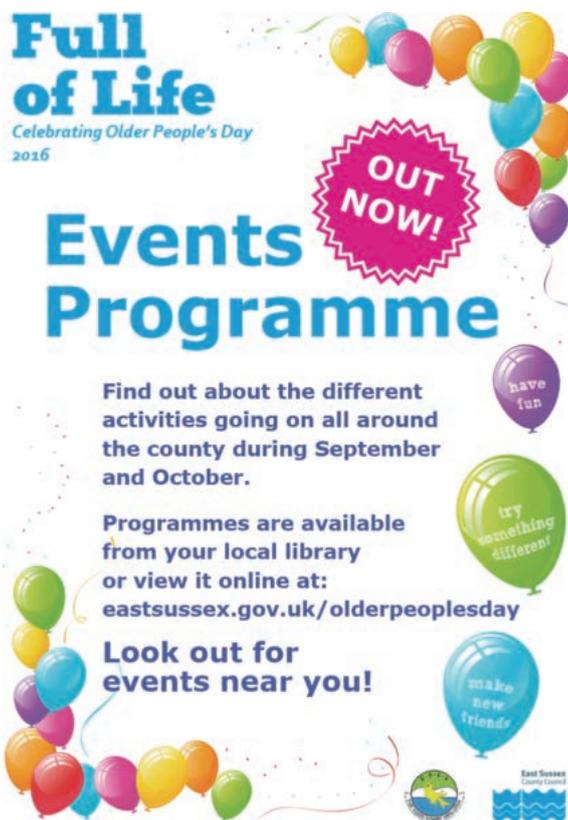
CELEBRATING OLDER PEOPLE'S DAY 2016

Saturday October 1st is officially Older People's Day – an International Day created to recognise and celebrate the achievements and contributions that older people make to our society. Last year seniors' forums, the voluntary sector, community groups and other statutory organisations put together a programme of events to mark Older People's Day 2015. Across East Sussex, events took place throughout September and October, providing a wide variety of fun activities and information. Plans are in hand for a similar programme this year and those receiving this newsletter by post or email will receive a copy of this year's booklet listing all the events that will be taking place.

We are hosting Wealden's Older People's Day in Hailsham this year. It will be held in Hailsham Civic Community Hall which is just behind Wealden District Council offices between 10am and 12.30pm. WSCP is hosting this event in partnership with Hailsham Leisure Centre. There will be a number of free activities in the Leisure centre and special offers for anyone who attends.

The event is completely free and there will be a number of information stands and some free offers. Drinks and cake will be provided free throughout the morning. Please do come along and support the event.

At the time of writing this event is still being worked on so please keep an eye on our website. If you know of any clubs or societies that offer something for older people in Hailsham or its environs who might like to have a stand then please let Jane know. There is no cost for stand holders. Jane's phone number is 01892 655050.



Full of Life
Celebrating Older People's Day
2016

OUT NOW!

Events Programme

Find out about the different activities going on all around the county during September and October.

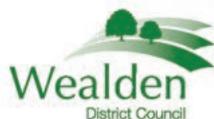
Programmes are available from your local library or view it online at: eastsussex.gov.uk/olderpeoplesday

Look out for events near you!

have fun
try something different!
make new friends

East Sussex County Council

Supported by:



FREE ELECTRIC BLANKET TESTING IN WEALDEN

East Sussex Fire and Rescue Service will be holding free electric blanket testing session in Wealden in October. Anyone who has concerns about the safety or reliability of their electric blanket should take it along to one of the sessions. Worn connections and fraying material can be a sign that the blanket is no longer safe, so before you start using it this year, it's a good idea to get it tested.



Blanket Testing sessions will take place in various locations, not yet finalised as we go to print. If you have a blanket that needs testing, ring Sophie Hepworth on 01323 443275 for more information.



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

SUSSEX ELDERS' COMMISSION

The Sussex Elders' Commission (SEC) is an opportunity for older residents to support, challenge and inform the work of the Sussex Police & Crime Commissioner, Katy Bourne.

Over ten months, the Elders' Commission held their "Big Conversation" with family, friends and peers to hear older residents' ideas and concerns about policing, crime and community safety.

30 members used their own networks and meetings and some simple survey tools to gather feedback which has now been analysed by the PCC's Office and Sussex Police (see panel left).

The model follows the success of the members of the Sussex Youth Commission who held 4000 conversations with young people leading to a series of recommendations which are being currently explored with a dedicated team of Sussex Police officers.



COMPUTER TRAINING

The Uckfield Volunteer Centre offers free computer training courses for everyone. You can either use their desktop computer or laptop or bring your own.

Subjects covered include how to:-

Use the internet - Set up and use Gmail - Download and set up Skype, Dropbox, Facebook - Twitter training and lots more.

If you don't see what you need just ask! All they ask for is a donation of whatever you can afford. Call in to the centre at 79 High Street, Uckfield, TN22 1AS or ring 01825 760019



STREET LEARNING



Wealden's new programme of free courses for adults starting in September is available now. Visit the website: www.wealden.gov.uk/streetlearning

There will be courses on cooking, gardening, computers, crafts, creative writing, yoga, and many other subjects. Venues are in Crowborough, Uckfield, Hailsham and Eastbourne.

For information, contact the Community and Regeneration Team

Email: streetlearning@wealden.gov.uk Telephone: 01892 602886 or 01892 602757

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



WHAT WE'VE BEEN DOING THIS YEAR

We're having a busy year!

In April, we held an event (right) in partnership with Polegate Town Council entitled "Senior Moments", manning a stand and gaining 35 new members. Our community chef, Olly Dawson showed us how to make fabulous meals easily and at a good price. The other stands included representatives from the CAB, Age Concern, WDC Energy, Hailsham Freedom Leisure, the Sussex Library Service, Polegate Community Association, Wiltshire Farm Foods. The event was completely free. Tea and coffee with cake was served throughout the event and there was a free lunch.



In May, nearly 40 members joined us for our annual Cream Tea at Barnsgate Manor Vineyard (left). As usual WSCP provided free transport and booked the Wealdlink Community Bus for local members. The cream tea was delicious and reasonably priced. It was a lovely afternoon.



In June we had an outing to the Llama Farm on the Ashdown Forest. They now have a lovely conservatory where we were seated and which overlooks the Farm and in the distance the beautiful Victorian Ashdown Park Hotel. 25 people attended and we had a wonderful range of sandwiches and cakes. The gentle and friendly llamas were brought right up to us and we were able to feed them by hand and even mouth to mouth! Everyone in our group had the opportunity to pat and feed the animals as well as to ask questions. For those able to walk further there was a lovely walk around the enclosures and amongst other animals to see there was a small herd of Reindeer. There is also a wonderful shop! The weather was kind to us and we all had a splendid day out in the sunshine! On the right is a picture of Annette, our Treasurer and her father feeding the Llama with a carrot.



In July we had a stand at the Crowborough Summer Fete which is held annually at Goldsmiths ground. We were asked to decorate the stand so our theme was "afternoon tea." We had a lot of interest in the stand gaining 24 new members. We reminded others that they were members and many took information from the stand or our membership leaflets. On the left is a picture of Jane Clark, our Secretary, with the Mayor, Cllr Ron Reid. It was a very windy day and the hat just about stayed on! Heather, Dennize, Linda and Heather from the committee all helped and our honorary committee member was also present, Dennize's husband Trevor.



Very many thanks to Jane and Dennize for all their hard work in organising these events.

Our next event, on September 7th, will be a visit to East Dean Village Hall Market, followed by lunch at Birling Gap. See the back page for more details and how to book.

After that there will be our event for Older People's Day on Saturday, October 1st at Hailsham Community Hall from 10am to 1pm (see page 1)

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 (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!

EAST SUSSEX DISABILITY ASSOCIATION

We are very sad to report that ESDA (East Sussex Disability Association) is closing. We would like to join others in paying tribute to the organisation, the staff and volunteers for all the brilliant work they have done over many years. ESDA has offered excellent services to many people needing them that were highly regarded by the users of these services. The closure of ESDA represents a huge loss to everyone.



TRIP TO EAST DEAN AND BIRLING GAP

On Wednesday, 7th September we will be visiting East Dean Village Hall in the morning where there is a small but varied market. The market opens at about 10 and closes at 12.30. Perhaps offering a chance to find an unusual Christmas present or something yummy for tea? There is free car parking opposite the Hall and the ground is fairly level. There are toilets available in the hall. Also they run a very nice tea and coffee area with the most delicious cakes etc. You can also walk up the hill towards the Tiger Inn and the Green and potter around this very pretty village.



At 12.45 we will meet at Birling Gap cafe which is a National Trust property for lunch. There is easy parking, though depending on the weather the area can be busy. There are toilets outside and inside. There is now a lovely garden area, seating outside but we shall be inside. You can walk to the cliff edge and see the wonderful views in both directions of the Downs. You can go down the steps to the beach. Inside there is an interesting small regional museum and also a lovely National Trust shop. If you are fit you can walk from the village hall to the Gap over the Downs and there are walks around East Dean and also along the Cliff.

The cost for lunch is £8.00. Food has to be ordered in advance so please confirm what you would like and let me know if you have any special dietary requirements. Tickets will be issued so if you have not received one please ring Jane on **01892 655050**.

Please complete the slip below and send with your payment and a stamped addressed envelope. Friends and family are very welcome. Payment and food choices must be received by 1st September.

WSCP TRIP TO EAST DEAN AND BIRLING GAP ON WEDNESDAY 7TH SEPTEMBER 2016

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

TELEPHONE NUMBER.....No. OF PEOPLE ATTENDING.....

Please underline your food choice:

1. Jacket Potato with salad and coleslaw or 2. Mini battered fish, chips and peas
and choose a filling below

A. baked beans B. tuna mayo

C. grated cheese

Any special dietary requirements?.....

Please send a cheque for £8 per person made out to Wealden Senior Citizens' Partnership (WSCP) to Jane Clark, Secretary, Rocks Farm Cottage, Stone Cross, Nr Crowborough, East Sussex. TN6 3SJ. Jane's phone no. is 01892 655050