

# GREY MATTERS

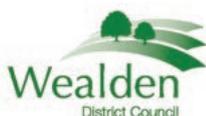
**SEASON'S GREETINGS TO ALL MEMBERS AND FRIENDS!**

## FULL OF LIFE 2016

This was our event on 1st October in celebration of Older People's Day, held in the Civic Community Hall Hailsham in partnership with Hailsham Freedom Leisure. We hosted some 17 stands ranging from information on energy saving, foods for delivery to your home, to U3A (a first for us), writing a will, CAB, trading standards, East Sussex library, Age Concern etc. WSCP also like to provide a treat and this year we had a reflexologist join us and we offered a hand massage. The ladies from Freedom Leisure undertook a chair exercise class in the hall and this was thoroughly enjoyed. Hailsham Freedom Leisure has been praised nationally for its work encouraging older people to keep as fit as they possibly can, and much of their work is now being adopted nationally. There were prizes to be won, including some super raffle prizes. Throughout the morning we provided free tea, coffee and delicious cakes. Twenty two new members joined up but many attendees were already members. We may have got a new committee member!

We also held our AGM during the course of the morning. The entire event was free both for the attendees and the stall holders, thanks to funding from ESSA and Wealden District Council.

Pictured: chair exercise class, Age Concern stand and the Hailsham Town Crier with one of our members, former committee member Eileen Twort.



**TWO DATES FOR YOUR 2017 DIARY!**  
**28th April: Cream Tea at Barnsgate Manor**  
**9th June: Tea at the Llama Farm, Wych Cross**



## PROTECT YOURSELF AND THOSE AROUND YOU FROM FLU

Now that the flu season is upon us again, GPs will be sending out invitations for yearly flu vaccinations to the people who could really benefit from it.

Flu mainly affects the respiratory system and the digestive tract, causing aches and pains, a high temperature and sometimes chest infections and pneumonia. It is better avoided by children, pregnant women, those over 65 and those have other health conditions to contend with.

Having the flu vaccine doesn't guarantee you won't get flu but it does reduce the risk for seven or eight people out of every 10 who have it. Plus it will reduce the chance of you getting serious or potentially life-threatening complications from it.

If you have a long term health condition and do not get an invitation to vaccinate, please do contact your GP practice for advice. Think of the flu vaccine as like locking your home to protect against burglars. It doesn't mean someone can't get in, but it makes it far less likely!

We hope this helps persuade you that taking up your flu vaccination is a really good idea. If you have any concerns please speak to your doctor.

**Visit our website: [www.wealden-scp.org](http://www.wealden-scp.org) and sign up on our Facebook Page**

## STREET LEARNING



With 2017 fast approaching, a new range of free Street Learning courses have been announced for the start of the year that offer a huge range of training and advice opportunities to anyone from Wealden or Eastbourne aged 19 or over.

As well as the new courses on offer, there are still some spaces available on the courses running right now – contact the course providers for more information.

Courses on offer from January to March 2017 include:

- |  |                                    |
|--|------------------------------------|
| Improve your reading and/or writing skills | Improve your maths                 |
| How to use computers                       | Get Arty!                          |
| Find out about mental health               | Easy cooking-Eat well on a budget  |
| Furniture painting                         | Customer Service                   |
| Absolute Beginners Computing               | Yoga and well-being taster session |
| Making the most of your money              | IT for You                         |
| One pot cooking                            | Creative writing                   |
| Introduction to Tablets                    | Everyday English                   |
| Future focus – CV writing skills           | Cash for Trash!                    |
| Funk up your Junk! - Upcycling             | Wellbeing                          |
| Mindfulness                                | New Year, Healthier You            |
| Stronger You                               |                                    |

The courses are run across Wealden and Eastbourne and are booked directly with the providers. Some can be arranged at timings to suit you.

For more information about the venues and to download the new year programme, just search for Street Learning on the Wealden website, or request a copy by emailing [streetlearning@wealden.gov.uk](mailto:streetlearning@wealden.gov.uk).

Street Learning is a partnership project between Wealden District Council, East Sussex County Council Library Service, Now! Charity, Adult College for Rural East Sussex (ACRES), Sussex Downs College, East Sussex Fire and Rescue Service and Sussex Community Development Association. Tel: 01323 443266 Website: [www.wealden.gov.uk](http://www.wealden.gov.uk) Twitter: @WealdenETC Facebook: Active Wealden

## HOW SECURE IS YOUR HOME? CHECK WHETHER YOU PASS THE BURGLARY PREVENTION TEST

Here are some tips for making sure your home is safe when you're out:

- Keep all wallets, credit cards and car keys out of sight and out of reach
- When you're out, even if just at the back of the house, lock all the doors and windows
- Consider installing an intruder alarm as an effective deterrent against burglars
- Mark all valuables with your postcode and house number or name
- If something is unsuitable for marking, photograph it next to a ruler
- Register your property at [www.immobilise.com](http://www.immobilise.com) – it's free and aids recovery
- Leave lights on at home, a hall light and another in a room that can't be viewed from outside
- Install security lighting outside, they can be energy efficient and light or movement sensitive.
- Ensure that gates or other access at rear of the house are locked and secure.
- Trim overgrown plants – don't give burglars a hiding place.
- Secure garden tools and ladders to prevent them from being used to break in to your home



Sussex Police

Keeping you informed

**The Wealden Senior Citizens' Partnership is a member of ESSA -  
The East Sussex Seniors' Association - "The Voice of Older People"**  
The latest ESSA Newsletter is now available: visit  
[www.essaforums.co.uk](http://www.essaforums.co.uk)



## VILLAGE TAI CHI

Recent scientific research indicates that exercise is vital for our mental and physical capability, health, and well-being. Tai Chi in particular is seen to be effective in helping people age well, with fewer falls and stronger tendons.

Tai Chi is an ancient Chinese art combining slow physical movements, inner relaxation, and graceful union of mind and body.

The nice thing about Tai Chi is that it is not intimidating - you can start from your current level of fitness and suppleness. The seeming simplicity of these exercises is deceptive though – over time you'll find that you have extended your range of movement, you feel fitter, better balanced in body and mind. In China, groups of people of all ages and abilities gather together every day to spend an hour exercising, socialising and improving their health.

Classes currently take place in Hadlow Down Village Hall and in Newick Barn Centre. Each session costs £5 and lasts one hour.

To find out more, please ring 07454 330138 and ask for Lisa or visit [www.villagetaichi.co.uk](http://www.villagetaichi.co.uk)



## COMMUNITY WELLBEING EVENTS

Monthly community wellbeing events are due to take place in Crowborough War Memorial Hospital Day Centre, Southview Road, Crowborough TN6 1HB: Thursdays 9:30am – 1pm on 26 January 2017 and 23 February 2017, and in Uckfield Community Hospital, Old Canteen, Level 1 (Basement), Framfield Road, Uckfield TN22 5AW: Tuesdays 12:30pm – 4pm on 31 January 2017 and 28 February 2017.

Adult community services provided by Sussex Community NHS Foundation Trust will be there. These events are open to and are being promoted to local residents to attend.

By working together this will help support the development of a more engaged, joined up local community and voluntary service which will help local residents to understand the range of services available to them, and to meet local needs more effectively.

These monthly Community Wellbeing Events also provide the opportunity to:

- Engage in an exciting new development focusing on putting the patient at the centre of care.
- Network and gain a greater understanding of who is providing care
- Consider taking a spot at one of the monthly events – not just for large organisations, but also for the local book club, walking group or choir that members of the community might be interested in joining.
- Raise awareness of community and voluntary services and support in the area, and support the development of a more involved local community

If you are a member of a group that might be interested in taking a stand at one of these events please contact Sue Godden, Business Support Administrator, Sussex Community NHS Foundation Trust on 07342 083632 or email [sc-tr.hwlh-events@nhs.net](mailto:sc-tr.hwlh-events@nhs.net).

## IMPROVED SERVICE GIVES JOINED-UP HEALTH AND SOCIAL CARE ADVICE AND SUPPORT

Health & Social Care  
**CONNECT** 

Residents and carers needing information and advice about crucial services can now get all the help they need seven days a week.

Health and Social Care Connect (HSCC) - a one stop shop for adult community health and social care services in East Sussex – is available to the public from 8am to 8pm Monday to Sunday.

The improved service brings together existing professional referral services as well as assessment, advice and information contact centres, meaning residents and carers need only call one number to access the support they need.

HSCC can provide information and advice, take needs assessment applications, provide support to carers and identify others services or organisations that will improve the lives of those in need. Any safeguarding concerns can also be raised via the service.

The new helpline is part of the continuing efforts of health professionals, local authorities and adult social care providers to adopt a “whole system” approach which allows community health and adult social care services to be delivered side by side.

HSCC has been commissioned by East Sussex County Council and the three CCGs - High Weald, Lewes and Havens, Hastings and Rother and Eastbourne, Hailsham and Seaford – as part of the Better Together and Connecting 4 You programmes.

Residents over the age of 18 and carers can contact HSCC by calling 0345 60 80 191. Alternatively, self-assessments can be completed online at [eastsussex.gov.uk/hssc](http://eastsussex.gov.uk/hssc)

## YOUR NEW LIBRARY OPENING HOURS

Library opening hours are changing from Monday, 28 November: visit [eastsussex.gov.uk/librarytimes](http://eastsussex.gov.uk/librarytimes) to find out more.

Remember, you can renew and reserve books, keep your personal information up to date, and download ebooks onto your electronic devices at any time.

New Library opening hours



From:  
28 November 2016

## SMART METERS: MAKING ENERGY SIMPLE

By the end of 2020, around 53 million smart meters will be fitted in more than 30 million premises (households and businesses) across Wales, Scotland and England. The programme is already underway. We're in the first stages and more than four million smart meters have already been installed across Great Britain. This is the biggest national infrastructure project in our lifetimes and it will enable a more energy efficient system for Great Britain.

Smart meters are the new generation of gas and electricity meters being rolled out across Great Britain. They measure how much gas and electricity you're using, as well as what it's costing you, and display this in on a handy in-home display, so you can see how much energy you are using in pounds and pence, in near real time and bring an end to estimated bills. They also send automatic meter readings to your energy supplier at least once a month, so you will receive accurate, not estimated, bills.

Your energy supplier(s) will install:

- A smart electricity meter
- A smart gas meter (unless you are not on the gas mains)

And when your meter is installed you will also be given an in-home display.

Smart meters store data about what energy you've used, but not personal data about you. Your energy use is displayed on a screen for you to see and with your permission is also shared with your energy supplier, who is sent meter readings.

Energy network operators, can also see this data, but only anonymously. This is so they can get a better understanding of energy usage, deal with power outages more efficiently and plan better for Britain's energy needs.

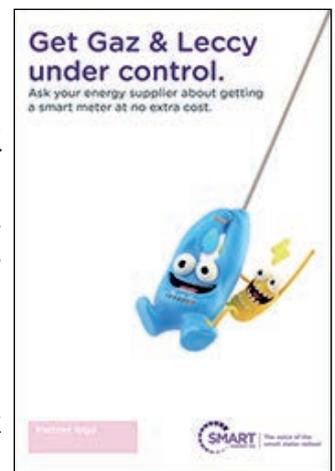
### How can I get a smart meter?

We're all entitled to a smart meter and your energy supplier will contact you between now and 2020 to arrange your installation at no extra cost.

Some of us will have to wait longer than others to get our meter, but you can ask your energy supplier directly to see if you can have yours fitted now. How soon you can get your meter depends on your energy supplier, where you live and what kind of home you live in.

To find out more about smart meters visit: [www.smartenergygb.org](http://www.smartenergygb.org)

Early in the New Year, National Energy Action will carry out the Smart Energy Parishes Project, an education campaign to stimulate interest in the adoption of Smart Meters. The smart meter initiative will be targeting Wealden communities that are off the main gas grid: Wadhurst, Mayfield, Five Ashes, Ninfield & Hooe, East Hoathly, Herstmonceux, Rotherfield, Hartfield, Isfield and Frant. Part of the road show will involve opportunities to meet "smart energy champions". At each of the 10 locations smart energy goody bags will be available which include a free energy monitor.



**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](mailto:lindagraham@wealden-scp.org)

If you are happy to receive this newsletter electronically in future and save on postage, send us an email!