

# GREY MATTERS

## OUR PROGRAMME OF EVENTS FOR 2017

On Friday, **28th April** we invite you to join us for a Cream Tea at 3pm at Barnsgate Manor Vineyard (on the terrace with its spectacular view if fine). Cost £8.00 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 with a cheque for £8 per person (made out to Wealden Senior Citizens' Partnership) If transport is needed, please let us know.

 On **Friday, 9th June** we plan to visit the Llama Park at Wych Cross for tea at 3pm. The cost will be £10.00 which includes a choice of sandwiches and a selection of cakes with tea or coffee, plus entrance to 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 - this has been further refurbished and extended since our last visit.

There is a limit of 40 for this outing. Again you can book your place by filling in the reply slip on page 4 and enclosing a cheque for £10 per person, made out to Wealden Senior Citizens' Partnership, Don't forget friends are very welcome and if you need help with transport please let us know.

There will be another outing for tea in September - see next newsletter.

To celebrate Older People's Day this year we have booked a room at Uckfield Civic Centre on **Saturday, 14th October** from 3 to 5pm. More details will be available in the next newsletter.

## HADLOW DOWN FESTIVAL 2017

The Hadlow Down Festival will be launched at the Village Fayre on Saturday 17th June at Tinkers Park and go through to Sunday 17th September 2017. The Parish Council was successful in its bid to the Big Lottery Fund under the "Celebrate" banner and has been awarded a small grant to deliver the Festival. This is the first time the village has delivered a Festival of events so it offers a unique opportunity to bring local organisations and the community together in providing a range of events, activities, workshops, sports and celebrations.



There is huge enthusiasm within the village to make the Festival a great success and offer something a little different. It looks to be a busy time over the summer as there will be a variety of activities and celebrations – something for everyone! Some of the events will be regular calendar events but badged under the Festival banner, however, there will be plenty of exciting new events and activities taking place. To whet your appetite, there will be a Scarecrow Trail linking into some Open Gardens in the village, pop-up restaurants, and sports coaching for young people, inter-generational bowling, a tea dance, village quiz night and film night, Horticultural show, a dog show, Shakespeare Rocks and lots more planned.

From May, there will be the full programme of events on the Hadlow Down website at [www.hadlowdown.com](http://www.hadlowdown.com) where you can also keep up-to-date with the latest news on our Facebook page. We hope you enjoy the Festival and look forward to seeing you.

## OUR COMMITTEE

We are still very short of committee members and would like to ask everyone who receives this newsletter to please consider joining us. We are a friendly group that meets every 6-8 weeks to plan events, to explore issues surrounding the needs of older people 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.

### DON'T JUST GO TO A & E!

#### YOU COULD GET QUICKER TREATMENT CLOSER TO HOME

A new leaflet has been published by High Weald Lewes Havens CCG to remind patients that while Accident and Emergency (A&E) departments are there for critical or life-saving situations, for less severe problems there are a number of services available where you can go:



**Your GP - Out of hours GPs - Walk in centres - Minor injuries units - Pharmacies - NHS 111 for assistance, information and to access the out-of-hours doctors - Emergency dental service - Emergency contraception and sexual health - Ophthalmologists (for minor eye conditions)**

GPs specialise in treating many health problems and can also often treat minor injuries. Because your practice is local to you, it makes getting there easier and you may not need to wait as long as you would at A&E. Although GP practices vary slightly with their surgery opening times, generally they should be open from 8:30am until 6:30pm Monday to Friday and most are also open longer on some days during the week and sometimes at weekends too. It is worth finding out what these are next time you visit your doctor, or by checking your practice's website. An immediate consultation may not always be available; however practices will do their best to see you as soon as possible. Your practice will also have your medical history to hand, which helps them make the best treatment decisions for you.

Minor injuries units are open from 8am-8pm seven days a week at Uckfield and Crowborough community hospitals. Minor injuries units treat sprains and strains, broken bones (not hips), wound infections, minor burns and scalds, minor head injuries, insect and animal bites, minor eye injuries, injuries to the back, shoulder and chest. X-ray facilities are for shoulder, upper arm, collar bone, elbow, wrist, hand, ankle, foot, toe and knee.

If attending a minor injuries unit it is worth noting that X-ray opening times are:

**Uckfield Community Hospital, Framfield Road, TN22 5AW**

01825 745030: Monday to Friday 9am-5pm (closed 12.30-1pm)  
and 12 noon-6pm at weekends.

**Crowborough Memorial Hospital, Southview Road, TN6 1HB**

01892 603602: Monday to Friday 9am-4.30pm (closed 12.30-1pm).

A&E departments provide immediate emergency care for people who show the symptoms of serious illness or have injuries that could be life threatening, such as:

- **Loss of consciousness**
- **Stroke**
- **Acute confused state and fits that are not stopping**
- **Persistent, severe chest pain**
- **Serious injury/trauma**
- **Choking**
- **Breathing difficulties**
- **Severe bleeding that cannot be stopped**
- **Severe allergic reactions**
- **Severe burns or scalds**

A&E is there to use when the situation is urgent, when it is not safe to wait and there is no simple alternative available elsewhere. The NHS wants all patients to get high quality care in the best place for them - whether that is at a pharmacy, their GP or A&E.

For more information about health services in the community telephone Sussex Community NHS Foundation Trust HQ 01273 696011 or visit [www.sussexcommunity.nhs.uk](http://www.sussexcommunity.nhs.uk)

[www.highwealdleweshavensccg.nhs.uk](http://www.highwealdleweshavensccg.nhs.uk) Twitter: @HWLHCCG



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





Scams affect the lives of millions of people across the UK. People who are scammed often experience loneliness, shame and social isolation.

**Friends Against Scams** is a National Trading Standards (NTS) Scams Team initiative, which aims to protect and prevent people from becoming victims of scams by empowering communities to "Take a Stand Against Scams".

**Friends Against Scams** has been created to tackle the lack of scams awareness by providing information about scams and those who fall victim to them. This information enables communities and organisations to understand scams, talk about scams and cascade messages throughout communities about scams prevention and protection.

**Friends Against Scams** encourages communities and organisations to take the knowledge learnt and turn it into action.

Anybody can join **Friends Against Scams** and make a difference in their own way.

The aims of **Friends Against Scams** are:

- To highlight the scale of the problem by getting communities and the nation talking about scams.
- To change the perceptions of why people become scam victims.
- To prevent people from becoming or continuing to be a scam victim by providing more adequate support.
- To recruit people to join the fight against scams to make this a scam-free nation.

If you would like to be a Friend Against Scams you can attend a short awareness session either in person or online.

After this session you will be asked to start taking action to "Take a Stand Against Scams". This could be by talking to your neighbours, friends or family about scams or writing to your local MP asking them to promote scams awareness action by delivering the message against scams.

People can learn how to become a Friend Against Scams online at [www.friendsagainstscams.org.uk](http://www.friendsagainstscams.org.uk)

Anyone who is worried they or someone they know might have become a victim of scams is asked to call the Citizens Advice consumer helpline on 03454 040506.

## ARE YOU SUFFERING FROM INSOMNIA?

Most of us have trouble sleeping from time to time, especially if we're feeling stressed or anxious. If you frequently feel tired throughout the day, lack of sleep could be a problem. The main symptoms of insomnia are:

- Difficulty falling asleep
- Waking up in the night
- Waking up early in the morning
- Feeling tired, irritable and having trouble concentrating during the day

Experts agree that practising good 'sleep hygiene' can make an important contribution to getting a good night's sleep. This is just another way of saying that you need to get into good habits, including:

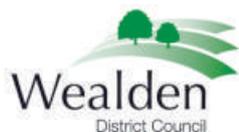
- Going to bed and getting up at the same time every day
- Establishing a bedtime routine
- Making sure that your bed and bedding are comfortable
- Avoiding caffeine, nicotine and alcohol in the evening
- Not eating a heavy meal late at night
- Avoiding exercise in the evening
- Cutting out daytime naps
- Keeping your bedroom cool and dark
- Banning TV and computers from the bedroom



If you tend to wake up in the night and struggle to get back to sleep, get up and go into another room after 15-20 minutes. Avoid doing anything too involved, such as work or housework, and resist the temptation to turn on the television.

Instead, try reading, listening to the radio or having a warm bath. Try going back to bed 20-30 minutes later and, if you still have chronic difficulties in getting to sleep or staying asleep - which lead to daytime fatigue - do the same thing again.

## WEALDEN HEALTHY WALKS



Fresh air, friendships, feel the difference!  
Walking for Health encourages more people to become physically active in their local communities.

Everyone is welcome to join local health walk schemes, offering regular short walks over easy terrain with trained walk leaders. All walks last an hour.

There are walks all over Wealden: Ashdown Forest, Chelwood Gate (free transport from Uckfield, 1st Saturday in the month), Crowborough, Hailsham, Heathfield, Pevensey Bay and Uckfield.

**For details contact:** Jennifer Deering, **Mobile:** 07740 899559 **Telephone:** 01424 444675

**Or visit:** <http://www.wealden.gov.uk>

### DOORSTEP CRIMINALS

Doorstep criminals will use excuses to enter your home to steal, or to charge inflated prices for "repairs". Common approaches include claiming to be an energy supplier, water board representative or council official needing access to your home, a plain clothes police officer needing to talk about a crime, a youth claiming to have lost a dog or a ball or needing a glass of water or to make a telephone call, or a builder who says he was passing and noticed your roof or garden needed work.

It's OK to say NO and tell them to leave. Always keep the chain on if you need to open the door. Never employ passing traders who cold call, and never feel pressured to say yes.

Distraction burglars working in pairs will use the back door whilst you are kept at the front door, so always keep your back door locked.

Bogus callers will often use a fake ID. Genuine callers won't mind if you take the time to establish their identity by calling their employer.

If you feel threatened, call **999**

Report doorstep criminals by calling **101**

Textphone **18001 101**

Or send a text to **007786 208090**



### 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.....

I AM INTERESTED IN JOINING THE COMMITTEE - PLEASE CONTACT ME.

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

PLEASE RESERVE .... PLACES AT THE CREAM TEA AT BARNSGATE MANOR ON 28/5/17  
(£8 per person - cheque enclosed payable to Wealden Senior Citizens' Partnership)

PLEASE RESERVE .... PLACES FOR THE TEA AT THE LLAMA FARM ON 9/6/17

(£10 per person - cheque enclosed 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](mailto:lindagraham@wealden-scp.org)

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