

# GREY MATTERS

## EVENTS FOR UK OLDER PEOPLE'S DAY 2017

This year we mark 10 years of celebrating Older People's Day in the UK. If you receive this newsletter by mail or email as an individual member, you will also receive a copy of a booklet listing all the events which will be taking place across East Sussex during September and October this year. Copies will also be available in libraries and at information centres.



We ourselves will be holding two events:

### 1. Down on the farm: Friday 15 September, 2.30pm at Middle Farm

**South Downs National Park, Firle, Lewes BN8 6LJ (Note this is on page 17 under "Lewes").**

Join us for tea and scones and afterwards you can visit the farm shop full of local plants and produce, watch the cider being made, and pay to visit the animals.

**Cost:** £4.50 tea and scone, £5 farm entry, book tea by returning the reply slip on page 4.

**Transport:** Ring Jane on 01892 655050 or Linda on 01892 770487 to arrange a lift



### 2. Songs and Afternoon Tea for Seniors: Saturday 14 October, 3pm to 5pm in The Ashdown Room, Uckfield Civic Centre, Uckfield TN22 1AE (page 37)

Join us for a fun afternoon tea, make new friends and enjoy listening to old time music with requests and a singalong at the end. **Cost:** £6.50. Book by returning the reply slip on page 4.

**Travel:** Uckfield Train Station and Uckfield Bus Station are all within walking distance, though it is uphill. Parking available.

**Catering:** Free food and drink.

**Contact:** Linda Graham 01892 770487 or lindagraham@wealden-scp.org

## THE UCKFIELD ART & NATTER GROUP

This group was set up by WSCP several years ago, using funding from the Active @ 60 Campaign. It meets between 10.00 and 12.00 on the second Wednesday of each month at Margaret House in Uckfield. The pictures shown are of a small exhibition set up by the Group at Margaret House in May of this year.

As you may be able to see, the skills within the group are wide, and we do stress that the natter is as important as the art! It is a small group, and we have several members who live at Margaret House, and others from other parts of Uckfield and surrounding areas. Some members are very talented, and the rest of us try our best!

We do not provide art lessons, but Jean, our talented Group Leader, brings in a new challenge every month. However, if any of us wish to continue with a project started at a previous meeting, or to do our own thing, that is what we do!

We would be happy to have new folk join our group, and if you would like to know more, please phone Jean on 01825 767734 or Carol on 01825 762934.



# MEMORY CAFÉ

A free service for local people with memory loss, Alzheimer's or other dementias and their carers.

Polegate Community Centre  
54 Windsor Way, Polegate  
First Thursday of the month  
2pm to 4pm



For more information please call  
01323 819191

A free service provided in partnership by  
Home Instead Eastbourne and Hailsham and  
Wealden Dementia Action Alliance



# Free Electric Blanket Testing

25<sup>th</sup> September  
2017

Eastbourne  
Fire Station Whitley  
Road Eastbourne  
BN22 8LA 10.00am  
- 12.00pm

St Johns  
Church Hall  
Polegate  
BN26 5BX  
2.00pm - 4.00pm



East Sussex  
Fire & Rescue Service

26<sup>th</sup> September  
2017

Hailsham  
Fire Station Victoria  
Road Hailsham  
BN27 2AY 10.00am  
- 12.00pm

Heathfield  
Fire Station  
High Street  
Heathfield  
TN21 0UP  
2.00pm - 4.00pm

27<sup>th</sup> September  
2017

Uckfield  
Fire Station  
Bell Farm Road  
Uckfield  
TN22 1BA 10.00am  
- 12.00pm

Crowborough Fire  
Station Beacon  
Road Crowborough  
TN6 1AF  
2.00pm - 4.00pm



Bring your electric blanket along for a free safety check at any of the above events.

If you are unable to attend an event, have you asked a family member, friend, carer or neighbour if they are able to bring your electric blanket along for you?

[www.esfrs.org](http://www.esfrs.org)



**Coffee,**  
**Cake,**



**Computers**  
and a whole lot more!

21st Sept, 10am-12noon  
East Dean Village Hall,  
Village Green Lane, BN20 0DJ  
**FREE drop in sessions**

Learn more about computers in a  
relaxed, friendly atmosphere:

Keep safe online - Use the web & shop  
online - Facebook & Twitter-  
Store & Share Photos - Emails - Skype  
Watch TV and movies - Hobbies Online  
Listen to the radio - Bring your own device

8th November, 10am-12noon  
Heathfield State Hall, Station Road,  
Heathfield TN21 8LD



## MOVIES MAKE MEMORIES

Dementia friendly relaxed film screenings for everyone to enjoy will be taking place at the Hailsham Pavilion Theatre in the autumn.

**Friday 22<sup>nd</sup> September at 2pm: Top Hat**  
starring Fred Astaire and Ginger Rogers

**Friday 20<sup>th</sup> October at 2pm: Calamity Jane**  
starring Doris Day

**Friday 8<sup>th</sup> December at 2pm: Holiday Inn**  
starring Bing Crosby

Doors open at 1.30pm - Screening to start  
at 2pm

**Tickets £3.00 (Carers Free of charge)**

Hailsham Pavilion Theatre, George Street,  
Hailsham, BN27 1AE

Box Office Open Hrs 10am - 4pm Mon to Sat  
Tel: 01323 841414

Email: [info@hailshampavilion.co.uk](mailto:info@hailshampavilion.co.uk)  
Online: [www.pavilionhailsham.co.uk](http://www.pavilionhailsham.co.uk)



## OUR COMMITTEE

Our thanks go with committee member Heather Stevens as she moves away from East Sussex. This leaves us still very short of committee members and we 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 our Secretary, Jane Clark, on 01892 655050.

### ELDER ABUSE = HATE CRIME

Figures released on UN World Elder Abuse Awareness Day on 14 June showed that just 0.7% of all crimes against older people in the UK end in a conviction.

The charity, Action on Elder Abuse (AEA) said the figures pointed to clear institutional ageism, with too many crimes being seen as a social problem instead of a criminal one.

Gary Fitzgerald, AEA Director said: "Commit a crime against someone because of their age and you will probably get little more than a slap on the wrist. This needs to change and the impact of the crime can in some instances lead to admission into care or even death. This needs to be recognised in law as a hate crime".

BBC research has also shown that more than 23,000 allegations of abuse have been made against carers working in people's homes across the UK in the last two years.

Official figures recently revealed that up to 11,000 care home residents were not being properly fed, or left without food and drink. Older people are also often actively harmed, often by those who are meant to be caring for them or are increasingly targeted by those who are behind financial scams.

For every instance of financial abuse that comes to light, 24 cases are thought to go unreported.

*(From the National Pensioners Convention Bulletin)*

Tell the council if you're worried that an older person is being neglected, threatened or being taken advantage of - also known as 'elder abuse'. Phone Social Care Direct on 0345 60 80 191.

### HOW TO PROTECT YOURSELF FROM CYBER CRIME

- Don't call numbers from pop-up messages.
- Never allow remote access to your computer.
- Always be wary of unsolicited calls. If you're unsure of a caller's identity, hang up.
- Never divulge passwords or pin numbers.
- Microsoft or someone on their behalf will never call you.

#### **If you believe you have already been a victim**

- Get your computer checked for any additional programmes or software that may have been installed.
- Contact your bank to stop any further payments being taken.

Report fraud and cyber crime to [Actionfraud.police.uk](http://Actionfraud.police.uk)



### JOHN JONES



We are sad to report that we recently learned of the passing of member John Jones. John, of Streatfeild House, Uckfield, served as a Committee member for several years, together with his wife Rosemary, and attended many meetings on our behalf, particularly in connection with Sheltered Housing issues. He will be much missed and we send our condolences to Rosemary.

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



## WERE YOU THERE?

Here are some photos of the two Afternoon Teas we held in April and June this year.

A total of forty members booked to go to Barnsgate Manor in April and had a lovely tea. While there we had a surprise visit from Justin Bailey, Energy Efficiency Home Officer, Wealden District Council, with some information about how to save on energy bills.

In June a similar number were at the Llama Park in Wych Cross. Following tea we enjoyed visiting the animals and saw llamas, alpacas, donkeys, piglets, goats, turkeys, chickens and many more. The Llama Park also has a wonderful gift shop.

On both occasions the Wealdlink Community Bus provided some of the transport.



## 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 MIDDLE FARM ON 15/09/17  
(£4.50 per person - cheque enclosed payable to Wealden Senior Citizens' Partnership)

PLEASE RESERVE .... PLACES FOR SONGS AND AFTERNOON TEA ON 14/10/17  
(£6.50 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!