

# GREY MATTERS



*Season's Greetings to all*



## OUR EVENTS FOR OLDER PEOPLE'S DAY 2017

The first was on the 15<sup>th</sup> Sept and was a cream tea at Middle Farm, Firle. Some visited the working farm and all enjoyed a lovely afternoon tea in the café and a wander around the various shops and garden centre. The weather was not good but there was enough good weather to move between the various shops and garden centre without getting wet. Transport was provided by the Wealdlink bus and lifts from committee members. A good time was had by all - see pictures.



The second event was "Songs and Afternoon Tea for Seniors" which we held on the 14<sup>th</sup> October at the Uckfield Civic Centre. Forty people had booked for a full afternoon tea which was provided by the Luxford Café, part of the Civic Centre site. There was a good range of sandwiches and cakes and endless tea and coffee. Entertainment was provided by the Mayfield singers who were fantastic, playing old songs chosen by our group from their book and everyone had a good singalong. Information was on hand from the Luxford Centre, a nearby charity who offer activities for over 60s (see separate item page 3) and the Community Safety Team also attended. Survey forms completed showed that everyone enjoyed themselves and we had lots of wonderful comments about the friendliness of the committee and the smooth organisation of the event. Lifts were again provided by committee members.

We also held our AGM. Unfortunately our Chair, Ivy Elsey was unwell and unable to attend and Vice Chair Linda deputised. The committee were all re-elected. We said goodbye to Heather Stevens who has left the area and welcomed Linda Blackman. Our friend Brian Lethby has returned to the committee after a period away.



We hope to organise more events like these in 2018 - but see page 2 to find out how you could help us to carry on for another year.

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





## HELP NEEDED!

Since our AGM in October it has become clear that as an older people's forum we are going to need a re-think in 2018. WSCP exists to encourage older people to live a full and healthy life. How do you think that could be achieved? Should we organise more outings or events? Send out more newsletters? Do something completely different?

Whatever the future, a few helping hands is all we need to make a big difference to the lives of many older people.

If you think you could help, get in touch as soon as you can. Ring Linda Graham on 01892 770487 or email [lindagraham@wealden-scp.org](mailto:lindagraham@wealden-scp.org)



## HAILSHAM, CROWBOROUGH, UCKFIELD AND HEATHFIELD COURSES IN 2018

Street Learning courses are completely free of charge and are available to all Wealden and Eastbourne residents - aged 19 years and over. All you have to do is book a place!

Street Learning provides free training in your community at local venues. There are practical

courses from cooking to those that will help you to get to grips with computers and the internet, writing stories and improving your employability skills.

**HAILSHAM** - Station Rd Industrial Estate, Hailsham ring 01323 887299 for details and to book  
**Sweet Treats and Take-away favourites** - Tuesdays a.m.

Learn how to make biscuits, cakes, puddings and your favourite take-away savouries

**Improve your reading and/or writing skills - arranged to suit you**

1-2-1 weekly learning to help you with your reading and writing

**Improve your maths - arranged to suit you**

1-2-1 weekly learning to help you with your maths

**Woodworking basics** - Tuesdays/Thursdays a.m.

Whether you have worked with wood before or not

**Get out and garden! - Thursdays/Fridays**

Enjoy working outside and learn about growing plants and vegetables

**Friends Against Scams: Tuesday 23<sup>rd</sup> Jan - Prospect House, George Street** 01323 446404

A short, enjoyable awareness session to help you spot different types of scams and protect yourself and those around you. Refreshments provided

**IT for You (Hailsham Library) Mondays p.m.** 01323 463759

Basic IT to help you improve skills and job seeking

**Using the internet – A guide for beginners (Prospect House)**

**Thursdays a.m.** 01825 761820

Learn in a friendly and enjoyable environment how to get online

**CROWBOROUGH Library Tuesdays a.m.** (01323 463759)

**IT for You:** Basic IT to help you improve skills and job seeking

**HEATHFIELD Library Tuesdays p.m.** (01323 463759)

**IT for You:** Basic IT to help you improve skills and job seeking

**UCKFIELD Library**

**IT for You:** Basic IT to help you improve skills and job seeking (Thursdays p.m.) 01323 463759

**Social Media workshop for Beginners:** Gain a basic understanding of the popular social media platforms such as Facebook, Twitter, Instagram and Snapchat (Mondays a.m.) 01825 761820



## ACTIVITIES IN SOME LOCAL AREAS OF WEALDEN

### CROWBOROUGH

#### CROWBOROUGH U3A

A local charity providing social, leisure and educational opportunities for people who are retired or semi-retired. Run by members for members and a great way to make new friends, find new interests and share experience. Contact Lin Alexander-Pye on 07912 784 670 for more information.

#### DITCH THE SLIPPERS

A community group for seniors, including those with mental health difficulties or who just feel lonely. A variety of activities run by volunteers: Skittles and Boccia, Yoga and Movement to Music, Art and Craft, Singing. Contact Noeleen - Telephone: 07769 187858  
Email: [admin@ditchtheslippers.org.uk](mailto:admin@ditchtheslippers.org.uk)  
Website: <http://www.ditchtheslippers.org.uk>

### HAILSHAM

#### CHARLES HUNT CENTRE

Caring for the over 55s: a Social club offering cooked lunches, chiropody, nail care, hairdresser, charity shop and a lot lot more. Hot meals served week ays, afternoon activities every weekday include bingo, Kurling, line dancing, movement to music, shortmat bowling and entertainment shows, Hearing aid advice and maintenance, home friendship visits, holidays and outings.

Call 01323 844398 or email:

[info@ageconcernhailsham.org.uk](mailto:info@ageconcernhailsham.org.uk).

#### HAILSHAM & DISTRICT U3A

Meetings held at the Civic Community Hall

Website:

<http://u3asites.org.uk/code/u3asite.php?site=344>

Email: [kwalbrin.29@btinternet.com](mailto:kwalbrin.29@btinternet.com)

### HEATHFIELD

#### EXTEND EXERCISES

(State Hall, Kings Church)

Telephone: 01825 766293 (07774 543645)  
or email: [alison.salter@hotmail.co.uk](mailto:alison.salter@hotmail.co.uk)

#### HOLDENHURST, MILL ROAD DAY CLUB

Contact Maureen 07850 987130, Andrea 07469 147671 or the Age UK East Sussex head office in Lewes on 01273476704

#### TUESDAYS TOGETHER

Union Church Hall

Coffee or tea and cake, board games, meet people of all ages. Call Rosie on 01435 860964

#### SENIOR CITIZENS LUNCH

Contact Jean Plummer, 01435 883483

#### HEFFLE TEA GROUP /ST. RICHARD'S CRAFT GROUP

Open to all. For further information, please contact Lorraine on 01435 865789.

#### THE UNIVERSITY OF THE THIRD AGE (U3A)

Membership Secretary:

Lesley Cooper 01435 865626

#### CARE FOR THE CARERS HEATHFIELD

Ring Susanna Wallace on 01323 738390.

**For the Age Concern Heathfield Newsletter contact Tom Hefferman, 01435 860724, email [dawn@ageconcernheathfield.org.uk](mailto:dawn@ageconcernheathfield.org.uk) or phone 01435 863656**

### UCKFIELD

#### THE LUXFORD CENTRE

Open to anyone over 60 living in Uckfield or the surrounding area. Clubs and groups covering a wide range of activities including Scrabble, Art, Chess and Family History. Enquiries to: 01825 766388

#### SUSSEX SUPPORT SERVICE

Supporting those living with Dementia and Parkinson's. Stimulating, enjoyable Day Services in Uckfield. Activities for people who may need extra care and support in a friendly comfortable setting.

Telephone: 01825 760176

Email: [victoriapavilion@gmail.com](mailto:victoriapavilion@gmail.com)

### ROTHERFIELD

#### ROTHERFIELD ST MARTIN

A community charity providing on-going social support, care and well being for older people.

Day Centre - Health & Exercise - Social

Activities - Volunteer Driver Scheme -

Befriending - Hearing resources - Library -

CAB - Equipment Hire - Dementia Support

Centre - Supporting members' families

Telephone: 01892 853021

Email: [office@rotherfieldstmartin.org.uk](mailto:office@rotherfieldstmartin.org.uk)

### MAYFIELD & FIVE ASHES

#### MAYFACS

Exercise - lunches - poetry - tea & chat  
.....and much more!

Contact Shirley Holland 07908 516875

Email: [manager@mayfacs.org.uk](mailto:manager@mayfacs.org.uk)

**LET US KNOW IF YOUR GROUP WOULD LIKE SOME PUBLICITY IN A FUTURE EDITION**

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

## WHATSAPP SCAM OFFERS FREE £250 SHOPPING VOUCHER

One of the most common WhatsApp scams is one that offers a link with the promise of a free £250 gift card for either Sainsbury's, M&S, Tesco and Asda. Even the most savvy WhatsApp users are falling for this scam, because who doesn't want £250 free shopping vouchers? And anyway, what's the worst that can happen, right? Well...By clicking on the link you are taken to a survey page that asks you to answer various personal questions. This survey has absolutely nothing to do with the supermarket, and everything to do with stealing your data.

Scammers have used WhatsApp to trick people into handing over personal information by tempting them with bogus supermarket vouchers. The messenger app was used to send fake vouchers to people, purporting to be from trusted chains such as Asda, Tesco and Aldi. The messages claimed to offer hundreds of pounds in savings so long as the user followed a link to an online survey asking for personal details. The scam is a form of phishing, where fraudsters pose as reputable organisations to gain personal details.

Action Fraud, the UK's national reporting centre for fraud and cyber crime, suggests anyone who has fallen victim to this scam to report it online or call 0300 123 2040.

So far, 33 people have come forward to report falling victim to the scam, although it is unclear how many people have received the message.

## STAY WARM AND WELL THIS WINTER

Every winter there are around 25,000 excess deaths in England, mainly in older and vulnerable people. The excess deaths are caused by many factors, including the cold weather and inadequate heating exacerbating

- Keeping your home heated to at least 18°C (65°F).
- Wearing layers of light clothes – these trap warmth better than one bulky layer.
- Staying active – not sitting still for more than an hour.
- Closing windows at night as cold air increases risk of chest infections.
- Wearing shoes with good grip to prevent falling.
- Eating well - regular meals will help keep your energy levels up.



More information about services and support to keep warm and well in East Sussex can be found at Keep Warm East Sussex. Residents can also sign up to receive free cold alerts for advanced warning of severe weather aimed at those most vulnerable to the cold by visiting [coldalert.info](http://coldalert.info) or calling 01273 484337.

## 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 WOULD LIKE TO HELP IN 2018- PLEASE CONTACT ME.**

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

(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!**