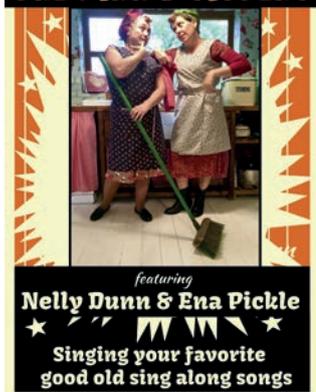


GREY MATTERS

THE PINNY SISTERS



DATES FOR YOUR DIARY

As last year, we are planning a programme of Cream Teas through the summer months. The first of these will be at 3pm on Friday, 4th May at Heaven Farm in Danehill and the second on Friday, June 15th at Barnsgate Manor Vineyard. Ring or email Linda Graham on 01892 770487, info@wealden-scp.org to book your place and to let us know if you will need transport. Further outings will be announced in the next edition.

The highlight of our year will be our event for Older People's Day, which will be on the afternoon of Saturday, October 13th at Heathfield Community Centre. We will be entertained by The Piny Sisters, with singalong favourites from years gone by while enjoying home-produced tea and cakes. More information in the next newsletter.

The cost of each event will be £5 per head, payable in advance.

JOIN IN THE CONNECTING 4 YOU 'BIG HEALTH AND CARE CONVERSATION'



Connecting 4 You is a partnership of health and social care organisations working together to help improve local health and social care for the population of High Weald, Lewes and the Havens. You're invited to the first 'Big Health and Care Conversation' event on 18th April 2018 —. The event is being held at the Hillcrest Centre in Newhaven, from 10am to 1pm.

The Connecting 4 You Partnership is hosting the 'Big Health and Care Conversation' to give you the chance to meet commissioners and clinical leaders to discuss priorities for health and care in the area. In addition, there will be an opportunity to hear about the unprecedented financial challenges facing the health and social care system.

In October 2018, there will be a further event in Lewes to discuss what matters most to people in health and social care, to help ensure the best possible services for local people in the future. Book through the link <https://connecting4you-bigconversation.eventbrite.co.uk> or call 01273 403582.

Take part in this event if you can. If you can't, there will be future opportunities to find out about developing health and social care for your area.

If you cannot attend and have a question or specific feedback on any aspect of health and social care services, email to hwlhccg.c4y@nhs.net or ring 01273 403582.

Feedback and responses will be available on the Connecting 4 You website. <http://www.highwealdleweshavensccg.nhs.uk/our-programmes/connecting-4-you/>

MOVIES MAKE MEMORIES

Dementia friendly relaxed film screenings for everyone to enjoy.

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

Online: www.pavilionhailsham.co.uk



Top Hat Friday 27 April, 2pm



South Pacific Friday 29 June, 2pm

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



THE WARM HOMES FUND

Wealden District Council has teamed up with National Grid and Affordable Warmth Solutions CIC to offer funding for the installation of first time central heating. The award is intended to help 40 homes install oil central heating where a full central heating system does not currently exist. **We can only help the first 40 homes so get in contact today so you don't miss out.** Take up has been quite strong and we have pretty much filled most of the referrals we need for owner occupiers but still have a chunk of funding to help those renting privately. Those that own or rent privately can access the funding if they meet the following criteria:

- The home is located in a rural area not connected to the gas grid (within Wealden)
- The property has an Energy Performance Certificate (EPC) rated E, F or G.
- No full central heating system currently exists in the property or the home relies on room heaters, storage heaters, plug in heaters, electric ceiling heating, fire places, stoves or partial central heating systems that only serve part of the property.
- In receipt of one of the following:
Guaranteed Pension Credit - Universal Credit - Child Tax Credit - Working Tax Credit - Income based Job Seekers Allowance - Income-related Employment and Support Allowance - Income Support

The systems will be fully funded for those that own their own home.

Landlords can expect to receive two grants, one for the boiler and another for the remaining balance which in total should cover approximately 70% of the total cost.

For more information, contact Justin Bailey, Home Energy Efficiency Officer, Property Services, Tel :01323 443313 justin.bailey@wealden.gov.uk.



FALLS PREVENTION CHECKLIST

1. Are you taking four or more medicines? Make an appointment with your GP if you haven't seen them in the past year.
2. Have you had an eye test in the past two years? If not, make an appointment with an optician
3. Have you recently experienced blackouts, dizziness, fainting?
4. Have you fallen in the past year?
5. Do you have problems with balance when walking?
6. Do you have a fear of falling?

If the answer is yes to 3, 4, 5 or 6 please call Health & Social Care Connect on 0345 60 80 191

Staying active is key to staying steady on our feet. 150 minutes of moderate exercise a week can reduce the risk of falling. You can also keep your bones strong by eating a healthy, balanced diet that is rich in calcium. Reducing the amount of alcohol you drink can reduce your risk of falling.

For more information about healthy lifestyles visit www.eastsussex.gov.uk/wellbeing



WHAT CAN YOU DO TO PROTECT YOURSELF AGAINST TELEPHONE FRAUD?

- Be sceptical of callers, even those who claim to be officials.
- Don't be afraid to put the phone down with a brief 'No, thank you'.
- **NEVER** give personal information, such as your date of birth or bank details, to unexpected callers.
- **NEVER** allow an unexpected caller to talk you through processes on your computer, like downloading new software or accessing your online bank account.
- Remember that the police or your bank would NEVER unexpectedly call you and ask you to withdraw cash or move your money to another account, as a result of fraud or any other reason.
- If callers suggest you call your local police or bank to check who they are, use another phone or ensure the line has been fully disconnected by phoning a friend or relative first, or by waiting at least 3 minutes, otherwise you may think you've phoned a number but you're simply talking to the fraudsters again. This is a common fraudsters' tactic.
- If a caller asks you to type your bank PIN number into your telephone handset - do not do this, as fraudsters can use technology to identify the numbers.
- You can opt out of many cold calls by registering for free with the Telephone Preference Service on **0845 070 0707**.

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.

In Hailsham some courses take place in Diplocks Hall and Prospect House, some on the Industrial Estate and some in Hailsham Library.

Courses also take place in Crowborough, Heathfield and Uckfield Libraries and there is also a cookery course at Uckfield Community College. Contact details are as follows:

HAILSHAM

Diplocks Hall, The Diplocks, Hailsham BN27 3JY 030 300 38212

Email: community.info@sussexdowns.ac.uk

Training Now! Units 13-15 Station Rd Industrial Estate, Station Road, Hailsham, BN27 2EY

Tel: 01323 887299

ACRES, Prospect House, George Street, Hailsham, BN27 1AD

Tel: 01825 761820 Email: adultlearning@acres.org.uk

Hailsham Library Western Road, BN27 3DN 01323 463759

CROWBOROUGH Library Pine Grove, TN6 1DH 01323 463759

HEATHFIELD Library 21 High Street, TN21 8LU 01323 463759

UCKFIELD Library High Street, TN22 1AR 01323 463759

Uckfield Community College, Downsview Crescent Uckfield TN22 3DJ Tel: 01825 761820

Email: adultlearning@acres.org.uk

For further information email streetlearning@wealden.gov.uk



DO YOU LOOK AFTER SOMEONE WHO COULDN'T MANAGE WITHOUT YOUR HELP?

If you provide unpaid support to a relative, partner or friend who is ill, frail, disabled or has mental health problems, you are a carer.

Care for the Carers is an independent charity which has been supporting unpaid carers since 1989. They can provide free, practical and emotional advice - face to face, by telephone or online. They can put you in touch with other carers and offer a range of groups, training and events across the county, such as carers' groups and forums, a counselling programme, information and advice.

You can receive a free Careline Magazine with information on local groups and events, carers' tips and experiences, and an online newsletter.



If you would like to know more, call 01323 738390, send a text to 07860 077300 or email info@cftc.org.uk

accessible swim sessions



Freedom Leisure has organised accessible swim sessions in Hailsham, Uckfield and Crowborough, suitable for people with physical disabilities, learning disabilities and people living with dementia. Accessible sessions are held:

Every Friday 2.30pm - 3.30pm, term time only at Hailsham Freedom Leisure centre. For more information, please call Hailsham Freedom Leisure centre on 01323 846755 or email hailshamenquiries@freedom-leisure.co.uk.

Every Tuesday 2.30pm - 3.30pm, term time only at Uckfield Freedom Leisure centre. For more information, please call Uckfield Freedom Leisure centre on 01825 761160 or email uckfieldenquiries@freedom-leisure.co.uk.

Every Tuesday 10am - 11am, term time only at Crowborough Freedom Leisure centre. For more information, please call Crowborough Freedom Leisure centre on 01892 665488 or email crowboroughenquiries@freedom-leisure.co.uk.



HOW TO DECLUTTER

It's amazing the number of things you can acquire over the course of a lifetime. From an endless array of dishes to cupboards full of linens to the many mementos and knickknacks of a life well-lived, addressing these items can quickly feel overwhelming. It's also an incredibly emotional process.

These aren't just objects, they're memories; they're what's made the house a home for all these years. Whether it's you or a loved one downsizing, it's important to acknowledge and respect this loss. Go into the process prepared to part with plenty, but giving yourself room to keep the items that mean most.

The most straightforward way to sort through items is to ask yourself four questions about the item:

- Do I need it or want it? Will it make an important difference in your life to hold onto the item? It's OK to say yes, but skip the guilt if the answer is no.
- Does it have sentimental value? Just letting yourself really look back and appreciate the good times can sometimes be enough to help you let go of mementos.
- Do I use it often? Think about your day-to-day routine: which items do you use the most? Would someone else get much more use out of the item?
- Do I have another item that performs the same function? Duplicate items are the easiest way to downsize. Choose the newest or best-functioning gadget and a reasonable amount of more practical items such as towels and clothing.

IMPORTANT INFORMATION ABOUT DATA PROTECTION

WSCP will only use the information you have provided in order to send you our Grey Matters newsletter and to keep you up-to-date with news of interest to older people. We may also from time to time contact you with helpful information provided by agencies such as the NHS, Adult Social Care, the Library Service or East Sussex Fire and Rescue.

We are committed to keeping your records as accurate and up-to-date as possible. By providing this information you are consenting for us to contact you in this way. However, you can ask us to remove your details at any time by emailing info@wealden-scp.org or calling us on 01892 770487.

Your information will not be sold to or shared with any person or organisation outside the Wealden Senior Citizens' Partnership.

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

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.....

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

I WOULD LIKE TO BOOK PLACES FOR THE CREAM TEA AT HEAVEN FARM ON MAY 4

I WOULD LIKE TO BOOK PLACES FOR THE CREAM TEA AT BARNSGATE MANOR ON JUNE 15

N.B. COST OF EACH EVENT £5 PER HEAD PAYABLE IN ADVANCE BY CHEQUE TO WEALDEN SENIOR CITIZENS' PARTNERSHIP

Detach and return this slip to: Linda Graham, Membership Secretary, 5 Rectory Field, Hartfield TN7 4JE Tel: 01892 770487, Email: info@wealden-scp.org

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