

# GREY MATTERS

## FULL OF LIFE

### CELEBRATING OLDER PEOPLE IN 2018



### OUR EVENTS FOR OLDER PEOPLE'S DAY

If you receive your copy of Grey Matters by post you will find enclosed a booklet publicising all the events that have been arranged in September and October this year for Older People's Day throughout East Sussex. A number of these take place in Wealden, but you are welcome to attend any that appear in the booklet (please note that advance booking is required in many cases). If you don't receive a booklet, they will be widely available in libraries, information centres etc. (or ring us and request a copy).

We ourselves are arranging two events. The first is a social Cream Tea at 2pm on Friday, September 7th, to celebrate Older People's Day in the Garden Suite of Deans Place Hotel Seaford Road, Alfriston, East Sussex, BN26 5TW. Booking is essential as numbers are limited - book your place by returning the reply slip on page 4, ring Linda Graham on 01892 770487 or email [info@wealden-scp.org](mailto:info@wealden-scp.org)

The second event is entitled "Songs and Afternoon Tea for Seniors" and will take place on Saturday, 13th October at 2:30pm at Heathfield Community Centre, Sheepsetting Lane, Heathfield, TN22 0XQ. It will feature "The Pinny Sisters" singing your favourite singalong songs.

We do hope that some of our members in the south of Wealden will want to come to these events. Cost is £5 per person.



Celebrating Older People's Day 2018



### HEAVEN FARM AND BARNSGATE MANOR

Thanks to all those who attended our Cream Teas at Heaven Farm and Barnsgate Manor in May and June. Everyone had a good time and it was good to meet members from Crowborough, Uckfield, Nutley and Hartfield.



Heaven Farm



Transport was provided



Barnsgate Manor

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





Calling older people in Heathfield! Are you retired/widowed/lonely or just bored? Are you in retirement but would enjoy mixing with a wider community to include activities such as crafts/cooking/gardening and contributing to the education of primary school children aged between 5 and 11?

Young at Heart is a non-residential facility that supports the nutritional, social, and activity needs of older adults in a professionally staffed group setting. They also support older people to re-visit skills and hobbies they may not have engaged with recently, and to try new activities.

The organiser, Rachel Gibson, says "I got my inspiration for Young at Heart from the documentary set in Bristol with the care home being integrated with the nursery school, having seen the enormously positive results from the meeting of two generations. I have been a carer in the community for the last 5 years and knew I could do more than help one person at a time. I was looking after the wonderful 89 year old Margaret for the last 3 years of her life until she sadly died 3 months ago. She and I planned Young at Heart together and she came up with the name. Rob Laughton helps me with the business side of Young at Heart."

The idea behind Young at Heart is to integrate the elderly with the local primary school, All Saints and St Richard's, 100 yards from the venue, Old Heathfield Cricket Club, which has outstanding far reaching views to the Downs. Ultimately they aim to be open Monday to Friday from 10am-4pm but for now it is open on Tuesdays until numbers grow. Age Concern are helping with transport.

They have a website which is <http://youngatheart.me.uk/> and are also on Facebook which is Young at Heart Heathfield Community Club. If anyone would like to join they would love to hear from you! Contact Rachel 07971 032667.

## TOP TIPS FOR STAYING SHARP IN LATER LIFE



Based on the evidence so far, here are practical things that we can do to help stay sharp in later life.

- 1. Keep active:** Get moving throughout the day and do exercises and activities that you enjoy – or try new ones. An active lifestyle and regular exercise are linked to healthier brains and sharper thinking skills in later life.
- 2. Don't smoke:** If you smoke, it's best to stop. Smoking is linked with having a thinner cortex, the brain's outer layer that is crucial for thinking skills. When you stop smoking, some reversal of this damage may be possible, but this can be very slow so it's better to stop sooner rather than later.
- 3. Have regular check-ups:** Have check-ups with your doctor to see if you have high blood pressure, high cholesterol or diabetes. These conditions are associated with higher risk of decline in thinking skills, particularly from middle age.
- 4. Eat a healthy diet:** Eat a diet high in fruit, vegetables, nuts, olive oil, beans and cereals; moderate in fish, dairy products and wine; and limited in red meat and poultry. This Mediterranean-style diet is linked to better brain health in middle-age.
- 5. Maintain a healthy weight:** Manage your weight through healthy eating and physical activity. Being overweight may be a risk factor for accelerated decline in thinking skills. A healthy weight is better for physical health too.
- 6. Take up a new activity:** Take up activities or hobbies you haven't done before. New activities might help improve thinking skills in later life as they challenge us in new ways. If you do activities in a group, the increased social interaction may play a role too.
- 7. Look after your sleep:** Aim for an average of seven to eight hours sleep a day as this amount is related to better brain and physical health in older age. Try to get most of it at night, with only short daytime naps.
- 8. Learn another language:** Learn and practise a language new to you. Learning and using more than one language is linked with better thinking skills in later life. And it's never too late to start – if anything, the benefits of speaking multiple languages might increase with age.

# EAST SUSSEX COLLABORATIVE HEALTH AND WELLBEING STAKEHOLDER GROUP

There are a number of ways local people and stakeholders can stay up to date and share their views on what's happening in health and care in the East Sussex and a recent addition to the range of opportunities is the East Sussex Collaborative Health and Wellbeing Stakeholder group.

This group brings together community representatives, such as members of local voluntary organisations, four times per year to help plan health and care in East Sussex. Their valuable insight helps ensure local people's views and experiences shape services, and keep local people at the centre of what we do.

Recent meetings have covered topics such as; integrating community services to reduce hospital admissions and support discharge, the draft Bedded Care and Accommodation Strategy, finding creative community responses to the changing health and care landscape and development of the ESBT Primary Care Strategy.

The publicly available forward plan details all the areas identified as important priorities for the group, and topics have recently been set for the upcoming July and October meetings.

However, not only those attending the group can share their views – you can too.

The group is encouraging local people and stakeholders to share their top health and care priorities and comment on identified priorities by contacting [StakeholderGroup@eastsussex.gov.uk](mailto:StakeholderGroup@eastsussex.gov.uk). You can also get in touch to sign up to the Stakeholder Group mailing list for regular email updates.

To learn more about the work of the group visit the East Sussex County Council website.

## Upcoming topics

5<sup>th</sup> October 2018:

- Mental health
- Adult Social Care Information and Advice Strategy



## TEXTING FOR SENIORS

Senior citizens have taken to texting with gusto. They even have their own vocabulary:

BFF: Best Friend Fainted - BYOT: Bring Your Own Teeth - FWB: Friend with Beta-blockers

LMDO: Laughing My Dentures Out - GGPBL: Gotta Go, Pacemaker Battery Low!

BTW: Bring The Wheelchair - FWIW : Forgot Where I Was - GHA : Got Heartburn Again



## PRIORITY SERVICE REGISTER

South East Water offers support and advice for customers who need a little extra help.

The Priority Service Register is a register of people who, in the event of a breakdown in the water supply, are unable to get to the emergency collection point for bottled water supplies. Seven litres of water is delivered on a daily basis to those who are on the register, more for anyone on dialysis or who is diabetic. Medical conditions are noted on the register and anyone with particular needs is given priority. Bulk deliveries of bottled water can be made to a sheltered housing complex if it is on the register.

There are plans in hand to extend the register to include outages of gas and electricity, so that when breakdowns occur, extra help can be provided to vulnerable people. For people on benefits who are struggling to pay their water bill there is a range of support tariffs (Social Tariff, WaterSure, Helping Hand and Water Direct) for which they may be eligible and a form needs to be completed. Bills can be also capped at £160 per year for those whose income is under £16,105 per year. For medical conditions, a supporting doctor's letter is needed.

South East Water can also help with leakage repairs and support can be provided for vulnerable people living alone who are unhappy with strangers coming into their home. Water lost through leakage is not charged for.

Information about what is on offer appears on water bills and on the website [www.southeastwater.co.uk](http://www.southeastwater.co.uk)

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

## AN AGE OLD PROBLEM?

A new report from the Royal Society for Public Health (RSPH) has found that ageist views are held across the generations, but are most prevalent among millennials (aged 18-34), who have by far the most negative attitudes to ageing of all the age groups.

Almost a third of the public (30%) believe "being lonely is just something that happens when people get old" while a quarter (25%) of 18-34 year olds believe it is "normal" for older people to be unhappy and depressed. Two in five 18-24 year olds (40%) also believe there is no way to escape dementia as you age.

In order to target the sources of destructive ageist attitudes in society, RSPH is calling for an end to the use of the term "anti-ageing" in the cosmetics and beauty industry, "age" to be included in the Editors' Code of Practice as a characteristic by which journalists must not discriminate, positive ageing to be promoted within schools and nurseries and care-homes to be combined under the same roof, reducing ageism by bringing generations together.

Ron Douglas, NPC president said: "Of course it's easy to have a very negative view about ageing because lots of older people are having a hard time. Many are having to sell their homes or use all their savings to pay for care, our state pension is the worst in the developed world and every year tens of thousands of older people die from cold related illnesses. If we want to tackle ageism, we need to start addressing these issues."

(Taken from the National Pensioners' Convention monthly bulletin).



### CROWBOROUGH DEMENTIA FORUM

The first meeting of the Crowborough Dementia Forum took place in June. The Forum will work towards the following aims:

- To support and further promote existing social events and identifying needs for organising future events.
- To create a local directory to promote dementia friendly businesses, providers and frequent social events.
- To improve access to transport services in Crowborough for people living with dementia and carers.

To join contact: [communitydevelopment@wealden.gov.uk](mailto:communitydevelopment@wealden.gov.uk), Tel: 01323 443322

## 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.

\*\*\*\*\*PLEASE NOTE WE WILL NEVER PASS YOUR DETAILS ON TO A THIRD PARTY\*\*\*\*\*

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 DEANS PLACE HOTEL ON SEPT 7

I WOULD LIKE TO BOOK .... PLACES FOR THE EVENT IN HEATHFIELD ON OCT 13

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](mailto:info@wealden-scp.org)

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