



# GREY MATTERS

*Seasons  
Greetings*

*To all Members and Friends*

## TOP TIPS FOR KEEPING WARM AND WELL IN WINTER

Cold weather can be bad for our health, especially for people aged 65 and older. As we age it takes longer to warm up, which raises the risk of increased blood pressure, heart attacks and strokes.

There are easy things you can do to help yourself stay healthy over the winter

### 1. Keep warm

Heat your home to at least 18° (65°). You may prefer your main living room to be slightly warmer. Keep your bedroom window closed on a winter' night. Breathing in cold air can increase the risk of chest infections.

### 2. Get financial support

There are grants, benefits and sources of advice available to make your home more energy efficient, improve your heating or help with bills. View the Keep Warm Keep Well booklet online to learn more [www.gov.uk/phe/keep-warm](http://www.gov.uk/phe/keep-warm)

### 3. Look after yourself

Contact your GP to get your free flu jab if you are aged 65 or over, live in a residential or nursing home, or are the main carer for an older or disabled person. NHS Choices provides information about flu. Visit [www.nhs.uk/flu](http://www.nhs.uk/flu) to learn more.

Don't delay in getting treatment for minor winter ailments like colds or sore throats. Visit your local pharmacist for advice on treatment before it gets worse so you can recover quicker.

Layer your clothing whether you are indoors or outside. Wrap a scarf around your mouth to protect your lungs from the cold air. Wear shoes with a good grip if you need to go outside.

When you're indoors, try not to sit still for more than an hour or so. Get up, stretch your legs and make yourself a warm drink. Have your heating and cooking appliances checked by a Gas Safe registered engineer to make sure they are operating safely.

Contact your water and power suppliers to see if you can be on the Priority Services Register, a service for older and disabled people.

Share this checklist with your neighbours, see if they have any other tips and tell them if you can help in severe weather. Not everyone is able to access the help or information they may require to keep them safe and well in winter. It's nice to be neighbourly and the human contact with others can have really positive effects for everyone. You may be able to help your neighbour with an important job to prepare for winter, or your neighbour may be able to help you. Just taking time to make contact will be appreciated.

**For more winter wellness tips visit [www.nhs.uk/keepwarmkeepwell](http://www.nhs.uk/keepwarmkeepwell)**

Make sure you are prepared for cold weather this winter by registering for coldAlerts. The coldAlert service provides:

- FREE cold weather event alerts direct to you and/or your carer or health professional
- alerts over the winter from November to March
- information about when, where and how long a severe cold weather event is forecast
- alerts are sent direct to either your home phone, mobile phone via the airAlert App as a text message, or by email . Call 01273 484337 (leave your details on the answer phone) or email [information@coldalert.info](mailto:information@coldalert.info)



## IVY ELSEY

We are very sad to have to report the sad loss of Ivy Elsey, who had been Chair of Wealden Seniors since 2010, and who passed away in July this year after a long illness.

Ivy grew up in London during the Second World War and went on to become a teacher and later an advisory teacher supporting colleagues across East Sussex. She was also a scout leader for many years and was involved in scouting internationally. Her interest in older people's issues stemmed from her experience of caring for her husband, who suffered from dementia, and as well as chairing WSCP she was Vice Chair of ESSA and led the ESSA Health and Community Care Theme Group. She was also an inspector for the Care Quality Commission. She will be sadly missed by all who knew her and our sympathy goes to her family.



## OUR EVENTS IN 2018

Following two successful cream teas at Heaven Farm in May and Barnsgate Manor in June, we took part in the celebrations for Older People's Day with another tea at Deans Place Hotel in Alfriston in September. Finally in October we held our AGM in Heathfield Community Centre, followed by "Songs and Afternoon Tea for Seniors", featuring "The Pinny Sisters" who were excellent entertainers and got everyone singing along. Judging by the response forms completed by participants, these last two events were thoroughly enjoyed by all who came. Thanks are due to our wonderful committee members and other helpers, who provided the tea in Heathfield and worked so hard on the day. Look out for news of more events for 2019 in our next newsletter, due out in the Spring.



Deans Place Hotel



Heathfield Community Centre



## THE IMPORTANCE OF HOUSING TO OLDER PEOPLE

After health and finance, older people identify housing as the third most pressing issue to address with regard to population ageing.

In a large scale survey of older people carried out for the government by Saga, 52% of respondents said that designing housing and communities to meet the needs of multiple generations was one of the main societal issues that arise from people living longer (the third most important issue after health and finance).

Home repairs expenditure was reported as the main use of disposable income after holidays.

The survey was undertaken in connection with the Ageing Society Grand Challenge.

Care & Repair England is a small, national charitable organisation set up in 1986 to improve the homes and living conditions of older people. It believes that all older people should be able to live in a decent home of their own choosing.

It strives to:

- Ensure that more older people can live independently and with dignity in their own homes for as long as they wish
- Connect housing, health and social care in ways that improve older people's whole quality of life
- Work with older people to influence decisions about housing & the related services which affect their lives.

Contact details: Telephone: 0115 950 6500 Email: [info@careandrepair-england.org.uk](mailto:info@careandrepair-england.org.uk)

Website: <http://careandrepair-england.org.uk/>

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



## SATURDAY SOCIALS IN UCKFIELD

**Fun afternoons at Victoria Pavilion, Victoria Pleasure Ground, Uckfield TN22 5DJ**

Saturday Socials is a supportive, safe and caring gathering for people living with dementia and other care needs, to come with their carers and family members and socialise with others in a similar situation. No need to book - just turn up. Come along and enjoy a free tea and refreshments including activities.

### *Dates for your Diary*

2pm - 4pm

- 12<sup>th</sup> January - Movement & Music
- 26<sup>th</sup> January - Chris Foster Sings
- 9<sup>th</sup> February - Film Showing
- 23<sup>rd</sup> February - Debra Music for the Brain
- 9<sup>th</sup> March - Sing-a-long a Bingo
- 23<sup>rd</sup> March - Magic Show



**For more information, call Margaret on 01825 760176 or Alison on 01825 605030**

## KNOW DEMENTIA

Know Dementia is a local charity comprising volunteers, family carers and qualified professionals who live and work with people with dementia.



Advice and support to families, carers and people with a diagnosis. Education and training for members of the public and staff in organisations as they work towards creating Dementia Friendly Communities.

**For more information, please contact: Telephone: 01273 494300**

**Email: [info@knowdementia.co.uk](mailto:info@knowdementia.co.uk) or visit our website: [www.knowdementia.co.uk](http://www.knowdementia.co.uk)**

**Registered Charity No. 1154361**

## WEALDEN DEMENTIA ACTION ALLIANCE

Two new dementia initiatives have been launched in Wealden helping to improve levels of care and support.

The first session of Crowborough's new Dementia Memory Café was on Thursday 29 November at the Woodlands Care Home, Beacon Road, Crowborough, TN6 1UD. It was a Singing Session with the help and vocal talents of Dementia Support East Sussex.

The cafe will be open to everyone. It provides a chance for people with dementia and their carers to meet up, socialise and take part in a range of activities. The memory café sessions will be on the last Thursday of the month. They will alternate between Heatherview Care home, also in Beacon Road, Crowborough, TN6 1AS; and Woodlands.

The second initiative is the Hailsham Dementia Forum. It launched on Friday 7 December at Bowes House, 25 Battle Road, Hailsham, BN27 1TJ and will take place from 10am till 12noon at Bowes House.

"This is the launch event for a new dementia forum for one of Wealden's biggest towns, Hailsham," said Councillor Claire Dowling. She is Wealden Cabinet member for Public Health and Community Safety. It provides an opportunity for people who are affected by Alzheimer's and other dementias to come together to discuss support, share information and organise events. Through the Wealden Dementia Action Alliance, we have helped establish forums in other towns and villages. These have proved to be of great benefit both for people living with dementia, and their friends and family."

**For more information please call 01892 653178 or**

**01892 653634 or go to:**

**[www.wealden.gov.uk/dementia](http://www.wealden.gov.uk/dementia)**



# TIPS FROM SOUTH EAST COAST AMBULANCE FOR THE CHRISTMAS SEASON

**“It’s the most wonderful time of the year” ...not for everyone though!**

Whilst this time of year can be fantastic for many people, filled with festivities, food, parties and time with loved ones, for some people it can be one of the hardest times of the year. Christmas and New Year can bring about feelings of obligation and over-commitment to social plans. Conversely, some people may experience loneliness and isolation. Others may find the disruption to their routines difficult to cope with, or have to work during the times everyone else is out celebrating.

Some tips from SECAmb staff:

“Don’t get so caught up in Christmas shopping and spending that you can’t afford to live for the rest of December and January! I like to get crafty and bake a lot, so I like to do Christmas cookies or make a tree decoration. It is the thought, not the gift that counts.”

“Christmas is a hugely difficult time for so many. Popping round or looking out for somebody who may be alone or a bit vulnerable will mean so much to them and leave you with a glow.”

If you are apart from your family then volunteering for a charity or local community organisation can provide that same human contact, as well as help provide essential support and encouragement for others in need. These interactions can easily be sustained throughout the coming year and don’t need to just be for Christmas.

If you are struggling and want someone to talk to, you can call the Samaritans on 116 123 - their phone lines are open all day every day including over the festive period and it is free to call. There is also the Silver Line 0800 4 70 80 90 which is a helpline specifically for older people providing emotional support and advice.



**Visit our website: [www.wealden-scp.org](http://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.

**\*\*\*\*\*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**

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!