

# GREY MATTERS

## Let's Celebrate!



2019 will be the 12th year that we will celebrate Older People's Day across East Sussex, with events held throughout September and October to mark and recognise publicly the achievements and contributions that older people make to society. As in previous years, a wide variety of events will be organised and hosted by older volunteers.

If you receive this copy of Grey Matters in the post, you will find enclosed a booklet giving details of all the events that will be taking place throughout East Sussex. You are welcome to attend any of these, but please note that many of the events require advance booking.



We ourselves are arranging two events, one in September and one in October. On Friday, 6th September we will be holding a cream tea at 2:30pm at Holy Cross Priory, Cross in Hand near Heathfield (TN21 0DZ). You will get a selection of sandwiches, scones (with jam and cream) and a cake bites, plus tea or coffee, for which the subsidised cost to you will be £6 per head. Holy Cross Priory is in a beautiful setting, with lovely gardens we will be able to visit if the weather is kind.

For our main event for Older People's Day on Saturday, October 26th we have arranged a talk by Lady Crabtree entitled "Growing Old Disgracefully", a whimsical look at growing older, showing that advancing years can be enjoyed, rather than endured. This will take place at 2pm in the Ashdown Room, Uckfield Civic Centre, and refreshments will be provided. The cost is £8 per head. Booking is essential as space is limited.

Book places by sending a cheque, made out to Wealden Senior Citizens' Partnership to WSCP, 5 Rectory Field, Hartfield TN7 4JE, using the reply slip on the back page of this newsletter. We will do our best to arrange a lift for anyone who needs one, and we would appreciate offers of lifts from anyone with their own transport. We are sorry, but we will not be able to make refunds to anyone cancelling within two weeks of the events.



Older People's Day  
in East Sussex



## THE YEAR SO FAR.....

Thanks to everyone who came to the Cream Tea at Barnsgate Manor in May and the Fish & Chips Lunch at the East Sussex National Centre in July. On both occasions the food was delicious and much enjoyed by all.

We had a good number at each event, from all parts of Wealden from Willingdon in the south to Hartfield in the north, and a number of people who had been brought along by existing members signed up to be members in their own right. We look forward to meeting them again at future events.

## Community and Memory Cafés

Everyone welcome

**Five Ash Down Community Café** – Last Wednesday of the month  
Hurstwood View Care Home, Five Ashes  
10am till 12noon

**Wadhurst Community Café** – Last Wednesday of the month  
Wadhurst Manor, Station Road, Wadhurst  
2.30pm till 4.30pm

**Polegate Memory Café** – First Thursday of the month  
Polegate Community Centre, Windsor Way, Polegate  
2pm till 4pm

**Crowborough Community Café** – Last Thursday of the month  
Woodlands/Heather View, Beacon Road, Crowborough  
2pm till 4pm

**Saturday Social** - Fortnightly  
Victoria Pavilion, Uckfield.  
2pm till 4pm

**Hailsham Memory Café** – TBC

Activities at each café as well as free refreshments

For more information

please call 01323 443266,

email [communitydevelopment@wealden.gov.uk](mailto:communitydevelopment@wealden.gov.uk)

or go to [www.wealden.gov.uk/dementia](http://www.wealden.gov.uk/dementia)

## Memory Moments Café Uckfield

Please come and join us for an informal café including tea, coffee & cake, a little fun & laughter with games, talks, music, dance etc.



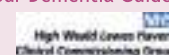
Everyone is welcome, especially those with memory problems and their family supporter.

**Every Monday 1.30 pm to 4.30 pm**

The Civic Centre, Bellfarm Lane, Uckfield TN22 1AE

Tel: 01273 494300 Email: [info@knowdementia.co.uk](mailto:info@knowdementia.co.uk)  
[www.knowdementia.co.uk](http://www.knowdementia.co.uk)

If you require support organising transport contact your Dementia Guide



## JOIN OUR SINGING & MUSICAL MOMENTS CROWBOROUGH

A singing and musical experience for people with memory problems and their family/carer led by Mae Heydorn

Cost only £2 per person per session. No need to book.

No experience necessary, only a desire to enjoy singing

**Every Wednesday 10.30 am to 11.30 am**

Crowborough Community Centre, Pine Grove

Crowborough TN6 1FE



For more info Tel 01273 494300  
[info@knowdementia.co.uk](mailto:info@knowdementia.co.uk)  
[www.knowdementia.co.uk](http://www.knowdementia.co.uk)

If you require support organising transport please contact us on Tel 01273 494300



## SPORTING MEMORIES AT POLEGATE COMMUNITY CENTRE

SPORTING MEMORIES IS A FREE WEEKLY MEETING FOR OLDER SPORTS FANS TO SHARE THEIR LOVE OF SPORT IN A RELAXED ENVIRONMENT. EVERYONE IS WELCOME!



**EVERY WEDNESDAY 10.00 - 11.30AM**

**AT THE POLEGATE COMMUNITY CENTRE**

**54 WINDSOR WAY, POLEGATE, BN26 6QF**

**CALL: 07947 521836**

**EMAIL: [LINDA.BOWEN@SUSSEXCRICKET.CO.UK](mailto:LINDA.BOWEN@SUSSEXCRICKET.CO.UK)**

**[WWW.SPORTINGMEMORIESNETWORK.COM](http://WWW.SPORTINGMEMORIESNETWORK.COM)**



## DISCOVER YOUR LIBRARY SERVICE

Anyone living in East Sussex can join online at [eastsussex.gov.uk/jointhelibrary](http://eastsussex.gov.uk/jointhelibrary) and your library card will be posted to you. You can also visit any library and with proof of name and address get your library card straight away.



East Sussex libraries offer a variety of learning opportunities. Online bite sized tutorials can be done at home or in the library and can help with everyday digital tasks, such as sending email, browsing the internet or writing a letter. If you need assistance or get stuck using computers, the Library Service computer buddies can help. You can also join a basic IT session. Phone the libraries enquiries line 0345 60 80 196 to book a session.

Books, including large print books, are free to borrow for three weeks. If you wish to extend the loan period you can renew online at [eastsussex.gov.uk/renew](http://eastsussex.gov.uk/renew) or over the phone using our automated renewals line 0345 60 80 195

Ebooks, eAudiobooks and eMagazines can be downloaded free to your own computer, tablet or smartphone. Visit [eastsussex.gov.uk/eBooks](http://eastsussex.gov.uk/eBooks) for more information on how to choose from over 7,000 titles, with more added weekly.

Many libraries have DVDs which can be borrowed for a week (Hire charge applies).

All libraries have resources relating to their own area and the county in general. You can find out about the people, history, culture and development of East Sussex, plus research advice and suggested reading. Just visit [eastsussex.gov.uk/localstudies](http://eastsussex.gov.uk/localstudies).

For people wanting to research their family history, there is free access to both "Ancestry" and "Find My Past" websites on the library computers, plus books and eMagazines on genealogy. Some libraries also have family history volunteers who may be able to help with your research.



## FREE ELECTRIC BLANKET TESTING

More than 5,000 house fires are caused every year by damaged or faulty electric blankets. Bring your electric blanket along for a free safety check at any of the events below this autumn.



### Tuesday 15th October 2019

10am - 12pm - Eastbourne Fire Station      2pm - 4pm - St Johns Church Hall - Polegate

### Wednesday 16th October 2019

10am - 12pm - Hailsham Fire Station      2pm - 4pm - Heathfield Fire Station

### Thursday 17th October 2019

10am - 12pm - Uckfield Fire Station      2pm - 4pm - Crowborough Fire Station

If you are unable to attend on one of these dates, why not ask a family member, friend, carer or neighbour to take your electric blanket along for you?



## HOW TO CONTACT SUSSEX POLICE

Dial 999 when a life is threatened or there is imminent danger.

Dial 101 when you don't require an urgent response.

Contact your local Wealden policing team for matters in your community.

You will receive a response within 72 hours. Tel: 01273 404938

email [wealden@sussex.pnn.police.uk](mailto:wealden@sussex.pnn.police.uk)

Use the online service to report any number of things, including crimes - quick and convenient and available 24/7 [sussex.police.uk/reportonline](http://sussex.police.uk/reportonline) You should receive a response within 24 hours.

Alternatively you can call the independent charity Crimestoppers anonymously on 0800 555 111 or visit [www.crimestoppers-uk-org](http://www.crimestoppers-uk-org)

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



## WHAT IS PENSION CREDIT?



Pension credit is an income-related benefit aimed at people over state pension age (currently rising from 65 to 66 for men and women).

It offers older people a weekly top-up to their income (you can also choose to be paid fortnightly or every four weeks) and is available to single pensioners, including widows and widowers, as well as couples.

According to the Government, more than three million households are eligible for pension credit, but four out of 10 fail to claim the benefit – in many cases because they don't realise they're entitled to it.

Even if you find out you're only entitled to a small amount of pension credit, it's still worth claiming as it means you can qualify for other benefits:

- Free TV licence for over-75s (from June 2020) – worth £154.50 a year
- Council tax reduction – potentially worth £1,000 to £2,000 a year
- Warm home discount – worth £140 a year
- Housing benefit – potentially worth £1,000s a year
- Cold weather payments – potentially worth £25 a week in winter
- Free dental treatment – worth £100s a year for some
- Voucher for glasses/contact lenses – worth £39 to £215 depending on your prescription

The quickest way to claim pension credit is to call the Pension Service on 0800 99 1234. It will even fill in the application form for you. You'll need:

- Your national insurance number
- Information about your income, savings and investments
- Your bank account details

You can make a paper application if you're unable to make a claim by phone. You can get a friend or family member to call the helpline to ask for a paper application.

The earliest you can start your application for pension credit is four months before you reach state pension age. You can claim any time after you reach state pension age, but your claim can only be backdated for three months.

Source: Money Saving Expert

## 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 HOLY CROSS PRIORY ON SEPTEMBER 6th AT £6 PER HEAD. TRANSPORT NEEDED/NOT NEEDED

I WOULD LIKE TO BOOK ..... PLACES FOR TEA AND ENTERTAINMENT ON OCTOBER 26th AT £8 PER HEAD. TRANSPORT NEEDED/NOT NEEDED

BOTH 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!