

GREY MATTERS

OUR EVENTS IN 2020

This electronic version of the current edition of Grey Matters is substantially different from the printed version which we have sent out. That version was printed a few days before all our lives were changed due to the latest developments in the Coronavirus crisis, but rather than consign it to the recycling bin we have sent it out with a note explaining that most events described in it have been postponed or cancelled. Hence, this version comprises just 2 pages instead of 4, with cancelled events omitted.

Two weeks ago, we were looking forward to meeting many of our members this year at one or more of the events that we had already organised. The first event was to be in May at the National Cat Centre, but this like all such venues is now closed.

In July, as last September (see photo), we have arranged a Cream Tea at Holy Cross Priory, Cross in Hand, TN21 0DZ, at 2pm on Friday, 17th July. This will comprise sandwiches, scones with jam and cream, cake bites and tea or coffee. It seems fairly unlikely that this will go ahead but it is just possible, so do let us know if you would like to put your name down, but do not send any money for the time being. See the reply slip overleaf.



Looking ahead to September and October, an Ageing Well Festival to celebrate Older People's Day this year is at the early planning stage, and we have already booked two venues, one in September and one in October, for our own events. ESSA, the County Council and stakeholders have agreed that "the show must go on". Therefore planning for the Festival will continue, and there will be more information in the next Grey Matters, by which time we will have a clearer idea of how much longer the crisis is likely to continue.

IMPORTANT INFORMATION REGARDING THE CORONAVIRUS

COVID-19 is a new illness that can affect your lungs and airways. It's caused by a virus called coronavirus.

The UK Chief Medical Officers have raised the risk to the public from moderate to high and health professionals are working to contact anyone who has been in close contact with people who have coronavirus. If you think you may have the virus, stay at home and call NHS 111 for advice. **DO NOT GO TO YOUR LOCAL DOCTOR'S SURGERY.**

The symptoms of coronavirus are:

a sore throat - a cough - a high temperature - shortness of breath

but these symptoms do not necessarily mean you have the illness, and are similar to other illnesses that are much more common, such as cold and flu. Because it's a new illness, we do not know exactly how coronavirus spreads from person to person, but similar viruses are spread in cough droplets. It's very unlikely it can be spread through things like packages or food.

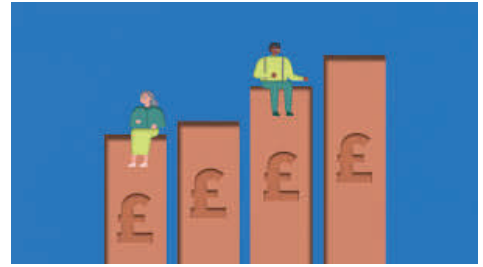
Advice is as follows: wash your hands with soap and water often – do this for at least 20 seconds; always wash your hands when you get home or into work; use hand sanitiser gel if soap and water are not available; cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze; put used tissues in the bin straight away and wash your hands afterwards; try to avoid close contact with people who are unwell; do not touch your eyes, nose or mouth if your hands are not clean.

If you are unsure of your symptoms please go to <https://111.nhs.uk/covid-19> and enter your details for further guidance.



PENSION CREDIT

Exactly what is Pension Credit? Well, according to AgeUK, it is a benefit for pensioners which is **not** being claimed by **1,200,000 (1.2 million) Pensioners** who are entitled to receive a few pounds extra to their income! This means that, according to our rough calculation, amongst our total East Sussex Seniors Association membership, there could be up to **1,000 pensioners** who could be receiving this benefit, but are not claiming it. Are **you** one of them?



Independent Age have issued a pamphlet which explains everything. Cut and paste this link: https://independent-age-assets.s3.eu-west-1.amazonaws.com/s3fs-public/2019-04/Advice-Guide-Pension-Credit_0.pdf to download it, or you can telephone Freephone 0800 319 6789 if you would prefer a hard copy.

The pamphlet gives you a Freephone number to phone and a list of details you will need to make a claim. It's as easy as that, **so, go on, have a go!**

What you may not realise is that if you get only £1 per week extra, having this benefit opens many other doors to other savings. For instance, most Councils give a reduction in Council Tax (possibly worth many hundreds of pounds), or an increase in Housing Benefit, plus dental treatment is free and from this year, when the rest of us have to pay for our TV Licence fee, if you are over 75 then yours will continue to be free.

So, what's stopping you? It's very simple, **so, go on, have a go!**

We would also love to hear from you that you have been successful. Letting us know by phoning Linda on 01892 770487 would give us a great deal of satisfaction to know that this message has been successful and the knowledge that many more of our members are getting what they are entitled to.

SO, GO ON, HAVE A GO!

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



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 AT THE HOLY CROSS PRIORY CREAM TEA ON JULY 17TH

SEND NO MONEY FOR THE TIME BEING

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

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