

GREY MATTERS

OUR EVENTS IN 2024

We held our event for Older People's Day on Friday 4th October – a Fish & Chips lunch followed by an illustrated talk on “Famous and Infamous Women of Sussex”, from long ago right up to Cynthia Payne and Jayne Torvill, given by Jenny Scott. 40 people attended and it was a very enjoyable occasion. Many thanks are due to Dee Probert and her team of helpers for organising this event and those earlier in the year. We also held a short AGM and re-elected the committee, which now numbers five. Members were encouraged to take part in the East Sussex consultation on cuts in services, and to apply for Pension Credit if they are eligible. Enclosed with this newsletter you will find one from ESSA, the East Sussex Seniors' Association with information and guidance regarding the consultation and how to apply for Pension Credit.

This was our third event of the year, one in Fairwarp, one in Crowborough and the third in Uckfield, each attended by around 40 members. Altogether a total of 80 people took part in one or more events. We will now be taking a break until 2025, when we are hoping to be able to organise a similar programme of events. We seem to have found a format that members enjoy, but please do let us have your ideas.

Below are some pictures taken at the event in Uckfield - were you there?



Age UK wants to start a national conversation about ageing. The UK population is ageing, and many older people are facing significant challenges, such as loneliness, poor health, an unmet need for care, and poverty.

That's why Age UK is putting the phrase 'Let's change how we age' at the core of everything they do. It's a rallying cry to all of us who want to build a society where older people are included and valued. Age UK believes that our society is adjusting too slowly to these challenges and we therefore aren't making the most of the opportunity of our ageing population.

New research from Age UK has found that a third of people aged 65+ say they have been discriminated against due to their age. And even though the UK has an ageing population, older people are too often completely unsupported. This cannot continue. We're an ageist society – and the impact on older people is too much.

There must be a national conversation about ageing and later life, to reduce ageism and discrimination and enable people in mid-life to think about and plan for their own ageing.

To find out more, visit www.ageuk.org.uk/information-advice/



APPS AND DEVICES FOR HOME-BASED SUPPORT



APPS

Ringo - This app allows users to pay for parking in car parks. You can quickly pay from your phone, eliminating the need to search for meters, feed coins, or risk parking tickets. You can extend your parking session remotely if needed, which is helpful when appointments run over.

NHS Online - This app allows users to manage appointments, read doctors notes, and request prescriptions. You can check symptoms with the online 111 feature.



The app also provides access to a variety of NHS resources, e.g. information on health conditions and healthy living advice.

DEVICES

Lifeline - Lifeline devices typically feature a wearable button that when pressed, connects the user to a 24/7 monitoring centre staffed by trained professionals who can dispatch emergency services if needed. Knowing the person you care for has access to immediate help in case of an emergency can help reduce stress and anxiety.

Amazon Alexa - This is a virtual assistant controlled by voice commands on a variety of Amazon devices. Alexa can be used to set reminders for medication and appointments. Video calls can be made through Alexa devices with screens, like the Echo Show, which can help you stay connected with those you care for remotely. Alexa can be used to control smart home devices like lights, thermostats, and blinds, allowing those requiring care to maintain independence by controlling their environment with simple voice commands.



Ring Devices - This company makes camera doorbells and indoor security devices. You can see who is at the door from your smartphone or tablet using the Ring doorbell's live video feed. You can check on the person you care for remotely if there are cameras in the house and have a two-way conversation with some devices. Some Ring doorbell models offer motion-activated recording, which can be helpful for keeping track of the activities of the person you care for, helping to ensure they are safe.

GPS Trackers - For individuals prone to wandering, a GPS tracker worn discreetly can provide real-time location information, offering reassurance and helping locate them if lost.

The Association of Carers offers FREE technology support and can assist you with any of the apps or devices mentioned. They have experience in setting these apps and devices up for carers in their home and can refer you to organisations that have more information on technological assistance. To find out more, contact them on 01424 722309, info@associationofcarers.org.uk or www.associationofcarers.org.uk

COMMUNITY CAFES

Polegate Community Café: First Thursday of the month – 2-4pm at Polegate Community Centre, Polegate

Hailsham Community Café: Second Thursday of the month – 2-4pm at St Wilfrid's Church, Hailsham

Willingdon Community Café: Fourth Thursday of the month – 2-4pm at Trinity Church Hall, Willingdon

Blind Veterans Coffee Morning Second Wednesday of each month at 10am, Bowes House, **Hailsham**.

For more information please email lisa.phillips@careuk.com or call 01323 440188

Hailsham House Memory Café - 2nd Friday of each month from 2pm until 4pm. Booking is preferred but not essential. Please contact chip@areum-care.com or call 01323 442050

Memory Moments Café Horam, Mindful Oak Sussex - Every Monday - 2.30pm - 4.30pm, The Cartlodge, Horam. For further details ring: 07453 917399 Email. mindfuloaksussex@outlook.com Find us on Facebook - Mindful Oak Sussex.

Woodland Moments Group, Mindful Oak Sussex. Every Monday – 10.00am - 12.30pm, Bushy Wood Activity Centre, **Hailsham**. Please contact for further details. Tel: 07453 917399 Email.

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Eligible residents can get 'winter strong' by taking up the offer of their COVID-19, flu, and RSV vaccinations.

Getting vaccinated means symptoms will be milder and people are likely to recover more quickly if they run into winter bugs.

These infections can be especially dangerous for those at higher risk of severe illness, such as older people and those with long term health conditions.

Find out if you are eligible to get vaccinated and book your appointment via the NHS App or website.

COMMUNITY CAFES (CONT)

Withyham Café Kings' Hall, Withyham, between 10.30am–12pm, Fridays. Please contact Anne Radford for more information 07885 486733

Crowborough Community Café: Last Thursday of the month – 2-4pm at Oasis Community Church, Crowborough Heather View Care Home, Beacon Road, **Crowborough**: Watson's Rest, a dementia friendly safe space open to families with loved ones living with dementia. Any time between 9am and 5pm Monday to Friday and 10am-4pm weekends. Also Stroke Friendship Café @ Heather View Care Home, Stroke Survivors and those affected by stroke are invited to join this new stroke friendship café, on the fourth Tuesday of the month, at 2pm. Meet others who have been affected by stroke and share experiences over free refreshments.

Connections Cafe have weekly meet ups for people with dementia and their carers in **Crowborough** Community Centre, Pine Grove, Crowborough, TN6 1FE on Friday afternoons. More information <https://www.facebook.com/profile.php?id=61559240931027>

Uckfield Saturday Social – Second Saturday of the month: 1:30 till 3:30pm at Victoria Pavilion Support Centre, Victoria Pleasure Ground.

Hurstwood View Care Home **Uckfield** – Wellbeing Café – First Monday of the month at 2pm. Fun wellness session, with a seated relaxation session suitable for all. Playful group exercises to generate natural laughter which promotes healthy breathing. Refreshments provided. 01825 731700

Hartfield Community Cafe: First and Third Thursdays of the month: 2-4pm, St Mary's Church 01892 770487

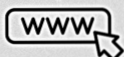
I need help with.....

BENEFITS



Have you used a benefits calculator to see what you're eligible to claim?

Have you tried accessing support online or on the phone like the Welfare Benefits Helpline?



Are you already linked into a service that may be able to help?

WHAT LOCAL SUPPORT IS AVAILABLE?

Welfare Benefits Helpline 0333 344 0681 Free, confidential advice
Amaze 01273 772289 For families of children and young people with special educational needs and disabilities (SEND)
Possability People 01273 894050 Advice for disabled people
Macmillan East Sussex Welfare Benefits Advice Service 01323 635989 www.macmillan.org.uk For people affected by cancer

WHAT NATIONAL SUPPORT IS AVAILABLE?

Money Helper www.moneyhelper.org.uk
Citizens Advice 0800 144 8848
Citizens Advice online directory www.citizensadvice.org.uk/benefits

Money worries can affect your mental health.
Mind can help: www.mind.org.uk



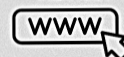
I need help with.....

DEBT



Is support available from the company or service you owe money to?

Have you tried accessing support online or on the phone like Step Change or Citizen's Advice?



Are you already linked into a service that may be able to help?

WHAT LOCAL SUPPORT IS AVAILABLE?

Citizens Advice - for local branch information check their website: www.citizensadvice.org.uk
East Sussex County Council Cost of Living support: www.eastsussex.gov.uk/community/cost-of-living-support
Wave Community Bank 0300 303 3188 www.wavecb.org.uk

WHAT NATIONAL SUPPORT IS AVAILABLE?

Step Change 0800 138 1111 Free and impartial debt advice
National Debtline 0808 808 4000 Free advice and support
Citizens Advice 0800 144 8848
Citizens Advice online directory www.citizensadvice.org.uk

Money worries can affect your mental health.
Mind can help: www.mind.org.uk



Produced by SCDA on behalf of the Money Advice Insights Partnership



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Parity Trust

Parity Trust is partnering with local authorities including Wealden to offer a subsidised, low-cost secured loan scheme for home improvements. Their mission is to help residents stay in their homes longer, with a focus on creating warm, secure, and comfortable living environments. Established in 2000, Parity Trust is a not-for-profit finance company regulated by the Financial Conduct Authority. Since 2005, they've been dedicated to supporting a diverse range of homeowners, with no upper age limit and lending options for individuals on various income sources, including benefits and pensions.

They also collaborate with occupational therapists in local councils who frequently recommend Parity Trust to residents needing home modifications such as bathroom adaptations, stairlifts, and ramps—specially for elderly and disabled individuals. With rising living costs, high house prices, and diminishing pension funds, Parity Trust recognises the need for affordable and flexible lending solutions. They offer an inclusive, personal service and are passionate about creating lasting, sustainable change for those in need. To learn more, please visit their website: paritytrust.org.uk or ring Lucy Bridgewater 07795 250916

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, OR TO NOTIFY A CHANGE OF ADDRESS

*****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: lindagraham@wealden-scp.org

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