



# GREY MATTERS

## AFTERNOON TEA IN CROWBOROUGH ON FRIDAY, JULY 25TH

We were so disappointed to have to cancel the lunch scheduled to take place last month in Fairwarp and apologise to those who had planned to come.

Let's hope that more will want to come to our next event, which will be an afternoon tea (sandwiches, scones, cake, tea and coffee) plus a singalong with the Uckfield Ukulele Band, to be held at the United Reform Church in Croft Road, Crowborough TN6 1HA on Friday, 25th July at 1:30-4pm (**Note: no admittance before 1:15 to allow for setting up**). The cost will be £10 per head. The deadline for booking is **Friday, 18<sup>th</sup> July**.



To book, please complete and return the form at the bottom of page 4 of this newsletter, or ring Linda Graham on 01892 770487. Please note we require payment in advance and regret that this is non-returnable in the case of non-attendance. Places will be allocated on a first-come-first-served basis as numbers are limited. **Important: please let us know of any dietary requirements.** Payment can be made by cheque payable to Wealden Senior Citizens' Partnership or by bank transfer - details on the reply slip on page 4.

To celebrate Older People's Day we are again arranging a fish and chip lunch, followed by a talk, in Uckfield on October 3rd. Please put this date in your diary. Our next newsletter will enclose a booklet publicising all the events that will be taking place in East Sussex during September and October to celebrate International Older People's People's Day 2025, and you will be able to book after that.

## CONSULTATION ON NEW CHARGES FOR ARRANGING SOCIAL CARE FOR ADULTS WHO PAY THE FULL COST OF THEIR CARE



East Sussex County Council are proposing to introduce a set-up fee and invoice charges for arranging social care support for adults who pay the full cost of their care. These charges would apply to support that people receive at home.

The Care Act allows local authorities to use administration charges to cover the cost of arranging care where adults pay the full cost themselves. If people did not want to pay the charges, they would have the option of arranging their own care instead.

Many other local authorities already charge these sorts of fees and introducing them in East Sussex would help close the funding gap. A decision on the proposal is expected to be taken in Autumn 2025. No charges would be introduced before then.

The set-up fee would be £118, which is lower than the national average of £325. The amount charged would be regularly reviewed to ensure that it was a fair reflection of the costs.

The charge per invoice would be £11. The cost per week to people would be lower than the national average of £6.45 a week

**How to get in touch about this consultation:** Email: [ben.baker@eastsussex.gov.uk](mailto:ben.baker@eastsussex.gov.uk)

**Telephone:** 07923 382464

**Post:** Admin charges consultation, West H, County Hall, St Anne's Crescent, Lewes, BN7 1UE

**The consultation closes on 21 July 2025.**

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



## FIVE TIPS FOR EATING HEALTHILY ON A BUDGET



### 1. BUY IN SEASON

Fruit and vegetables that are in season now tend to be cheaper than items that have travelled a long way to get to the supermarket.

### 2. CHOOSE FROZEN OR DRIED STAPLE FOODS

While it is important to include fresh foods in your diet, frozen fruit and vegetables are a cheaper alternative with most of the health benefits still intact. Food wastage is also less likely as they can be stored in the freezer.

If you are thinking about pulses or lentils for soups, casseroles or salads, remember a bag of dried pulses/lentils goes much further than a tin.

Herbs and spices have many medicinal properties and can be bought dried to add flavour to meals and increase their nutrient value.

### 3. REDUCE FOOD WASTAGE

Research has shown that UK households throw away food worth on average nearly £500 a year! To cut this down, only buy what you need, and remember that leftovers make a great lunch the next day. Veg can be added to soups or casseroles and fruit can be stewed and eaten with yogurt for a healthy dessert.

### 4. CONSIDER REDUCING CONSUMPTION OF MEAT

Good quality meat can be expensive. While meat is an important source of protein, try swapping in frozen fish or vegetarian sources of protein such as eggs, cheese, pulses, lentils, nuts and seeds.

### 5. PLAN AHEAD

It may sound like a chore, but it really is worth planning the week's meals ahead so that the food you buy can be put to good use. You can also buy certain foods in bulk so you can repeat meals and snacks across a few weeks.

With a little creativity and planning, eating healthily on a budget doesn't need to be difficult or boring!



Source: Benenden Healthcare



The Sporting Memories Foundation

Launched in 2011, Sporting Memories supports a wide range of people aged 50-plus, including those living with dementia, living with depression or facing isolation and loneliness to improve their mental and physical wellbeing through our regular club sessions, situated within local communities across England, Scotland and Wales.

They are dedicated to bringing older people together with the aim of making a positive difference in their lives by providing them with a welcoming, supportive and structured environment where they can develop confidence to improve their lives for the better.

Sporting Memories in Crowborough: At Oasis Community Church in Crowborough once a month. The next session is on Monday 7th July. A chance to reminisce about sports you used to play, loved to watch at your local sports ground or on the telly. [www.sussexcricket.co.uk/sporting-memories](http://www.sussexcricket.co.uk/sporting-memories)

Sporting Memories in Polegate: Every Wednesday at Polegate Community Centre, 10.00am -12noon.

Sussex Cricket Foundation a virtual Sporting Memories Club. As with our face to face clubs, the virtual option is open to anyone over the age of 50 who loves to reminisce about both playing and/or watching sport. Sporting Memories via Zoom will take place every Friday morning 10-11am.

For more information please contact Emma Brooke – [emma.brooke@sussexcricket.co.uk](mailto:emma.brooke@sussexcricket.co.uk)

## HOW MUCH SHOULD I EXERCISE?

Public Health England recommend that adults should do at least 150 minutes of moderate physical activity per week. Being active is not only good for your physical health, it can also help to improve your mental wellbeing.

Research shows that physical activity can help improve health and wellbeing in many ways: Improves your fitness - Reduces your chances of Type 2 diabetes, Cardiovascular disease and some cancers - Maintains healthy weight - Improves sleep - Reduces your chance of falls - Reduces your chance of joint and back pain - Improves mental wellbeing

Older adults should do some type of physical activity every day. It can help to improve your health and reduce the risk of heart disease and stroke.

Speak to a GP first if you have not exercised for some time, or if you have medical conditions or concerns. Make sure your activity and its intensity are appropriate for your fitness.

Adults aged 65 and over should aim to:

- be physically active every day, even if it's just light activity
- do activities that improve strength, balance and flexibility on at least 2 days a week
- do at least 150 minutes of moderate intensity activity a week or 75 minutes of vigorous intensity activity if you are already active, or a combination of both
- reduce time spent sitting or lying down and break up long periods of not moving with some activity

If you've fallen or are worried about falling, doing exercises to improve your strength, balance and flexibility will help make you stronger and feel more confident on your feet.

### What counts as light activity?

Light activity is moving rather than sitting or lying down.

Examples of light activity include: getting up to make a cup of tea - moving around your home - walking at a slow pace - cleaning and dusting - vacuuming - making the bed - standing up

### What counts as moderate intensity activity?

Moderate intensity activity will raise your heart rate, and make you breathe faster and feel warmer. One way to tell if you're working at a moderate intensity level is if you can still talk, but not sing.

Examples of moderate intensity activities include: walking for health - water aerobics - riding a bike - dance for fitness - pushing a lawn mower - hiking

### What counts as vigorous intensity activity?

Vigorous intensity activity makes you breathe hard and fast. If you're working at this level, you will not be able to say more than a few words without pausing for breath.

In general, 75 minutes of vigorous intensity activity can give similar health benefits to 150 minutes of moderate intensity activity. Most moderate intensity activities can become vigorous if you increase your effort.

Examples of vigorous activities include: running - aerobics - swimming - riding a bike fast or on hills - football - hiking uphill - dance for fitness - martial arts

**What activities strengthen muscles?** To get health benefits from strength exercises, you should do them to the point where you need a short rest before repeating the activity.

There are many ways you can strengthen your muscles, whether you're at home or in a gym.

Examples of muscle-strengthening activities include: carrying heavy shopping bags - yoga - pilates - tai chi - lifting weights - working with resistance bands - doing exercises that use your own body weight, such as push-ups and sit-ups - heavy gardening, such as digging and shovelling

Try exercise routines, including: strength and flexibility exercises - sitting exercises - strength exercises - flexibility exercises - balance exercises

You can do activities that strengthen your muscles on the same or different days as your aerobic activity – whatever's best for you.

Muscle-strengthening exercises are not always an aerobic activity, so you'll need to do them in addition to your 150 minutes of aerobic activity.



Source: Healthy Wealden

## MUSIC AND MOVEMENT GROUPS ACROSS WEALDEN

Music and Movement Together with Movingsounds in **Uckfield**: The brilliant Movingsounds are offering free musical workshops for those who care for someone with dementia. Come along together for some relaxed fun with these interactive workshops. Free refreshments will be available. Thursdays 19th June and 17th July, 1pm to 3pm at Victoria Pavilion, New Town, Uckfield TN22 5DJ. Contact Mark Townsend to book: [info@cftc.org.uk](mailto:info@cftc.org.uk) or 01323 738390.



MAYFACS Moving Sounds: Music and movement sessions led by Moving Sounds. At Colkins Mill Church, **Mayfield**. The aim is to mix music and movement, to bring well-being, learning and happiness for all. Free to attend, but booking essential. Sessions run from 2-4pm on the following dates: 18th June, 16th July. [freya@mayfacs.org.uk](mailto:freya@mayfacs.org.uk)

Dementia and Parkinson's Singing group: No Limits Choir – St Richards Church in **Crowborough**, 2nd and 4th Wednesday of the month

Carers Dance Café. First Monday of the month till the 6th August 10:30am – 12.30pm at **Polegate** Community Association, 54 Windsor Way, Polegate, BN26 6QF. [Associationofcarers.org.uk](http://Associationofcarers.org.uk) [info@associationofcarers.org.uk](mailto:info@associationofcarers.org.uk) 01424 722309

Cuckoo Choir: We are the Cuckoo Choir and we have our own singing group to help us beat Parkinson's! We meet every Monday morning between 11am and 1pm, at Diplocks Hall in **Hailsham**. If you're living with Parkinson's, or living with someone who is, do come and join us. You'll find us a friendly bunch, and you don't need to have any previous experience of singing in a choir. For more details, contact Debra Skeen (choir leader) at [enquiries@debraskeen.co.uk](mailto:enquiries@debraskeen.co.uk) or on 07710 548724

Age We Care Thursdays various 1 hour activities open to the community including Kurling, Boccia, Singing and Arts, throughout the month. St Bartholemew's, **Cross In Hand**. Full Respite Day Care also available. Booking essential 01825 760176 or [Victoriapavilion@gmail.com](mailto:Victoriapavilion@gmail.com)

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## 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  
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

PLEASE RESERVE .... PLACES AT THE AFTERNOON TEA IN CROWBOROUGH UNITED REFORM  
CHURCH ON FRIDAY, JULY 25TH. COST £10 PER HEAD.  
PAYMENT IN ADVANCE BY CHEQUE PAYABLE TO WEALDEN SENIOR CITIZENS' PARTNERSHIP, OR  
PAY VIA BACS: 60-10-30, A/C NO. 11533595

Dietary restrictions:.....

Detach and return this slip to: Linda Graham, Membership Secretary, 5 Rectory Field,  
Hartfield TN7 4JE Tel: 01892 770487, Email: [lindagraham@wealden-scp.org](mailto:lindagraham@wealden-scp.org)

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send us an email!