



GREY MATTERS



International Day
of Older People
1st October

FULL OF LIFE FESTIVAL

As in previous years, this autumn there will be a festival of events across the county to celebrate Older People's Day. The actual date is 1 October, but in East Sussex a two-month long programme of activities will take place throughout September and October.

Enclosed with this newsletter you will find a booklet with details of events taking place throughout East Sussex in celebration of International Older People's Day. As always you can attend any event in the booklet and can bring along family and friends: however, even if you have to come alone don't be reluctant as you will be most welcome. Don't forget to make a booking if necessary as in some locations numbers are limited. If you find you are unable to attend, please let someone know as there may well be a waiting list.

Our own event will be held from 1 to 4pm on Friday, October 3rd in The Belmont Centre, Holy Cross Church, Belmont Rd, Uckfield TN22 1BP and will be a Fish and Chips lunch, followed by a talk by Pat Bryer entitled "A woman of a certain age", a light-hearted look at the ups and downs of life as we mature (physically, at least!), told through comic verses and songs.



There will also be a brief Annual General Meeting. The cost will be £8 per head.

Please book your place by completing the tear off slip on page 2 and sending it with your cheque for the appropriate amount to 5, Rectory Field, Hartfield TN7 4JE, or you can book by phone or email and pay by BACS if you prefer. Please make sure you let us know about your dietary needs. We can't guarantee to be able to provide suitable alternatives unless you let us know in advance.

We look forward to seeing you then! Book early to avoid disappointment.

HAPPY BIRTHDAY TO US!



This September 29th marks the 20th anniversary of the launch of the Wealden Senior Citizens' Partnership in Uckfield Civic Centre in 2005. Since then we have sent out 65 newsletters (this is the 66th)



and held numerous events, including celebrations for International Older People's Day every year (apart from during the Covid lockdown) since 2007. Also in 2007, WSCP was one of the founding members of ESSA (The East Sussex Seniors' Association), which was launched in July of that year as a county-wide, non-political umbrella organisation bringing together all the local seniors' forums in East Sussex.

The problems experienced by older people back then have not changed much in 20 years, but one thing that has changed is that people are working for longer, retiring later, and seem less interested in attending the events we organise - if this year is anything to go by. Our membership is gradually dropping, and the members we are losing are sadly not being replaced by those now reaching retirement age.

We would love to hear from you with your ideas on how we could do a better job at serving the needs of older people in Wealden. The number on our committee is half the number it was in 2005 and we urgently need fresh blood and new ideas. Do come along to our AGM on October 3rd and find out how you could help.

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



FILM AFTERNOONS



Bowes House, Hailsham: Free Community Cinema, join us in our beautiful cinema to enjoy a musical movie and free refreshments on the last Wednesday of every month at 2pm. Tickets for this screening are limited so please ensure that you book by calling 01323 440188 or emailing lisa.phillips@careuk.com

Pine Grove Pictures – Golden Oldies: 23rd September when we will be showing ‘A Shot in the Dark!’ - Doors open 1pm, Film starts at 1.30pm. Doors open at 1pm - Screening starts at 1.30pm. Free entry and refreshments, donations welcome Crowborough Community Centre, Pine Grove, TN6 1FE Contact information: enquiries@pinegrovepictures.org.uk or call 01892 653823

Heather View Community Cinema Club: Our free dementia friendly screenings for the community – Third Wednesday of every month - please email Amy.Gullett@careuk.com or call 01892 653634 to book. Free refreshments. @ Heather View Care Home, Beacon Road, Crowborough, TN6 1AS

Ninfield Vintage Films and Musicals: Tuesday 2nd September when we will be showing ‘Chicago’. Doors open at 1.30pm for screening at 2.00pm. Admission and refreshments free. Subtitles. To ensure enough cake, please contact Jackie on 01424 892422 or Jackie.langley1@btinternet.com if you would like to come.

MORE THAN 40,000 PEOPLE YET TO TAKE UP RSV VACCINE

Out of approximately 111,400 eligible residents across Sussex, around 71,000 have received the vaccine, which is positive but it still leaves a significant number unprotected against RSV.

RSV is a virus that can lead to serious respiratory illness such as pneumonia and bronchiolitis. Eligibility for the free RSV vaccine includes:

GP practices are continuing to invite eligible individuals directly by letter, text, or phone. People are encouraged to respond promptly to secure their vaccination. The RSV vaccine forms part of the NHS's wider efforts to protect vulnerable communities from respiratory illness all year round.

PLEASE USE THIS SLIP TO BOOK YOUR PLACE FOR OLDER PEOPLE'S DAY

IF YOU HAVE RECEIVED THIS BOOKLET IN THE POST OR BY EMAIL, YOU ARE ALREADY A MEMBER OF WEALDEN SENIORS! YOU CAN 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 NOTE MY CHANGE OF ADDRESS/REMOVE MY NAME FROM THE MAILING LIST

PLEASE RESERVE PLACES AT THE FISH AND CHIPS LUNCH IN THE BELMONT CENTRE IN UCKFIELD ON FRIDAY, OCTOBER 3rd (FOR DETAILS SEE PAGE 68 OF THE ENCLOSED BOOKLET)

COST £8 PER HEAD. PAYMENT IN ADVANCE BY CHEQUE PAYABLE TO WEALDEN SENIOR

CITIZENS' PARTNERSHIP, OR PAY VIA BACS: 60-10-30, A/C NO. 11533595

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 the Grey Matters newsletter electronically in future and save on postage, send us an email!