



GREY MATTERS

GREETINGS TO ALL OUR MEMBERS THROUGHOUT WEALDEN!

Apologies for the delay since our last newsletter. We hope you are all well and enjoying the spring weather. Who knows, by the time you receive this it might even have stopped raining!

After a lot of heart-searching, we have decided not to hold as many events this year as we have previously. Due to the wide-spread location of our members it has become increasingly difficult to find venues that are accessible to more than a handful each time, with transport an ever-present problem.

We will therefore be focusing all our efforts on an extra-special Full Of Life event for Older People's Day in Uckfield later in the year. This will be on Friday, October 23rd. Save the date!

Following the last newsletter, we received a very encouraging letter from a member who told us that she appreciated receiving it and makes sure it is passed on to others. If you have any comments to make, or know anyone who would like to go on the mailing list, please do let us know. Contact details at the bottom of page 4.

NATIONAL DEMENTIA WEEK 2026

Events at Woodlands care home, Beacon Road, Crowborough TN6 1UD

Our events are all free and include complimentary tea, cake and refreshments.

Mon 18 May, 11am to 12 noon. – Take part in an arts and crafts activity to create forget-me-not flowers which represent remembrance, love and the enduring connection to loved ones. The flowers will decorate Woodlands care home during Dementia Action Week.

Tues 19 May, 3:30 to 4.30pm – Join us for a visit of our favourite Pet Pals. Meet and pet the adorable visitors who boost well-being, reduce anxiety, and stimulate memories.

Wed 20 May, 11am to 12noon – Would you like to know more about living well with dementia? Join us for a coffee morning with an information session.

Thurs 21 May – Swing and Sing at Woodlands with entertainment from Andy Mace.

Fri 22 May, 11am to 12noon – Exercise your mental muscles with a fun and lighthearted quiz.

If you are interested in any of the above events please contact our friendly team at Woodlands to book your place, email: woodlands@sussexhousing.org.uk or phone: 01892 653178

MINDFUL OAK SUSSEX

Memory Moments Café Horam, Mindful Oak Sussex - Every Monday - 2.30pm - 4.30pm, The Cartlodge, Horam. Join us for tasty refreshments and a variety of engaging activities and entertainment. This welcoming group is for people with memory problems and their care partners to come along to together, to enjoy precious moments. Please contact us for further details. Tel: 07453 917399 Email: mindfuloaksussex@outlook.com
Facebook - Mindful Oak Sussex.

Woodland Moments Group, Mindful Oak Sussex. Every Monday – 10.00am - 12.30pm, Bushy Wood Activity Centre, Hailsham. Connect with nature and the great outdoors at our friendly group for people with memory problems and their care partners to participate in woodland crafts and activities. Booking required. Please contact us for further details. Tel: 07453917399 Email: mindfuloaksussex@outlook.com Facebook - Mindful Oak Sussex.



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



SIMPLE STEPS TO EATING WELL AND STAYING HEALTHY

For older people, eating well can start to feel harder just when it matters more, especially with limited mobility, changing appetites, social isolation, and the stop-start effort of getting the right support. The challenge is rarely willpower; it's knowing what balanced nutrition looks like now and how to keep it steady when routines shift. The payoff is practical: stronger physical health, steadier mental health, and greater confidence in day-to-day nutritional wellbeing. Consistent, balanced meals support healthy ageing.



Understanding a Balanced Diet for Older Adults

A balanced diet simply means your meals regularly cover what your body needs to keep going. Nutrients are substances in food that help you function day to day, including protein, vitamins and minerals, fiber, and water. For many older adults, “balanced” is less about perfect cooking and more about spotting gaps.

This matters because small shortages can add up to feeling weaker, more constipated, or more tired than you expect. Many people also fall short on protein, since guidelines suggest 5 to 6.5 oz daily, while older adults average about 4.5 oz.

Picture a usual lunch of tea and toast. Adding yogurt or eggs boosts protein, fruit adds fibre and vitamins, and a glass of water supports hydration.

With these basics clear, simple planning and smart swaps become much easier to choose.

Plan 7 Days of Affordable, Nourishing Meals

A simple weekly plan helps you cover the key nutrition basics you read about earlier: protein, fibre, vitamins/minerals, and hydration, without overspending. Use these steps to build 7 days of balanced meals from affordable, healthy foods you can find in most shops.

1. **Start with a “7-day skeleton”(repeat breakfasts and lunches):** Pick 2 breakfasts and 2 lunches you don’t mind repeating, then rotate dinners. This cuts decision fatigue and reduces waste, which is especially helpful if you cook for one. Example: porridge one day and wholegrain toast with eggs the next; soup and a sandwich for lunch on alternating days.
2. **Build each main meal using the 3-part plate:** Aim for **half vegetables or fruit, a quarter lean protein, and a quarter whole grains or starchy veg.** This keeps portions sensible while supporting fibre and steady energy. For lean protein options, think skinless chicken, fish, eggs, beans, lentils, or reduced-fat yoghurt; for whole grains, choose oats, wholemeal bread, brown rice, or wholewheat pasta.
3. **Plan 3 low-cost protein anchors for the week:** Choose three “anchors”that can stretch across multiple meals, e.g., a pot of lentil and vegetable stew, a tray of roasted chicken thighs, and a canned-fish lunch option. A short list of beans, lentils, eggs, and vegetables covers several nutrients without a high price tag. Using anchors makes it easier to hit protein at each meal (important for strength and recovery) without relying on expensive cuts of meat.
4. **Shop with a tight list, then swap, don’t add:** Write your list from your plan and set a simple rule: if something isn’t available or looks pricey, swap within the same food group. Swap fresh berries for a bag of frozen mixed fruit; swap broccoli for cabbage or carrots; swap brown rice for oats or wholemeal pasta. You’ll keep the same nutrition balance while protecting your budget.
5. **Use fruit and vegetable variety in “mix-and-match”ways:** Aim for 2–3 different colours per day by adding small portions rather than big changes. Add a handful of frozen veg to soups, stews, or pasta; keep easy options like tinned tomatoes, tinned carrots, or unsweetened fruit cups for quick sides. Variety supports vitamins and minerals, and it keeps meals interesting even when your base plan repeats.

NB This is part of a longer article submitted by Kevin Wells. The full version appears on our website: <https://www.wealden-scp.org/>

SERVICES IN THE UCKFIELD AREA

Victoria Pavilion Respite Day Care, Uckfield runs every Monday, Wednesdays & Fridays 10:30am - 4pm. There are a variety of sessions available from 1 hour to a full day, including lunch sessions, musical sessions, physical exercise sessions and arts sessions. Get in touch to book a free taster session, 01825 760176 or find out more on our website www.sussexsupportservice.com

Uckfield Community Café: Weekly drop in dementia friendly café. Tuesday's 1.30pm to 3.30pm at Foresters Hall, Uckfield. Fun engaging activities at each café! Contact Thomas Chapman for more information 01825 760176

Age we Care Day Club - Open every Thursday from 10am - 3pm. St Bartholomew's Church Hall, Little London Road, Cross in Hand, Heathfield, TN21 0LT. Transport to and from the church hall is available. 2 course home cooked meal. Activities including visiting entertainers, music, quizzes, boccia and kurling, crafts and lots more. <http://www.sussexsupportservice.com/> Tel: 01825 760176, Email: victoriapavilion@gmail.com

Carers Café on the first Monday of every month 10.00am till 12 Noon at Hurstwood View Care home, Linum lane, Five Ash Down, Uckfield TN22 3FH: We know the importance of supporting our local community and holding monthly groups, specifically for those living with dementia care or caring for a loved one. Come along to Hurstwood View Care Home and meet with friends and enjoy light refreshments, and a variety of activities and entertainment.

Ridgewood Village Hall: "Time for Tea & Friends" on the 4th Wednesday of each month, from 12:15pm to 2:45pm. Cost is £5 which includes afternoon tea and entertainment. To book, please email ridgewoodvillagehallbooking@gmail.com

Parkinson's Group in Uckfield Leisure Centre – Monday, Wednesday and Thursday at 11.30am. Please contact the centre 01825 761160 for more information.

TN22 CLUBS run fortnightly on Wednesdays at Hadlow Down Village Hall and include a freshly cooked nutritious lunch. The clubs are run by local charity, ENGAge, and are supported by a team of volunteers who are passionate about helping older people in their community. We welcome members from the Wealden area and local transport may be arranged. To find out more about the club, volunteering opportunities or to book a taster day, please call Julie Fitzgerald on: 07747 635667 or email: info@tn22clubs.org

Living after Loss Monthly group – 1st Monday at 1030am till 12noon Hurstwood View Barchester Care Home

Buxted Memory Café: Every Tuesday at 10am in St Mary's Church Hall, Church Road, Buxted

GROUPS AND SUPPORT FOR CROWBOROUGH RESIDENTS

RSM (Rotherfield St Martin) has been providing friendship, wellbeing and support to older members in Rotherfield and surrounding areas for the past 20 years and in 2024 were awarded the prestigious 'King's Award For Voluntary Service'. As a team we are led by our Dementia Champion Iona and everything we do is fully accessible for those living with dementia or cognitive decline and our team of wonderful volunteers offer support where needed. For unpaid carers we have 'Time To Talk', a friendship based group, supporting each other through a lively WhatsApp group and monthly catch ups at RSM. You can find us at our hub in the Memorial Institute, Rotherfield, we are open each weekday 9am to 5pm. The door is always open, the kettle always is always on and we have homemade cake! So pop in, or give us a call on 01892 853021. rotherfieldstmartin.org.uk/

Watson's Rest is a dementia friendly safe space in Heather View Care Home, Beacon Road, Crowborough: and is open to families with loved ones living with dementia. You are welcome to join us to enjoy a hot drink and a sweet treat anytime between 9am and 5pm Monday to Friday and 10am-4pm weekends - Amy.Gullett@careuk.com

The Stroke Friendship Café, Heather View Care Home, Beacon Road, Crowborough, TN6 1AS Fourth Tuesday of the month at 2pm. This is an opportunity for those effected by a stroke to share stories and make new friends in a relaxed and friendly environment. Carers welcome too. Complimentary refreshments will be provided. For further information and to book please call 01323 440188 or email Amy.Gullett@careuk.com

Pie and a Pint-Gentleman's Club: Monthly, on the third Tuesday of the Month at 1pm, lunch club is open to gentleman in the community to meet up with other gents and enjoy a pie and a pint on us! Please email Amy.Gullett@careuk.com or call 01892 653634 to book.

Ditch the Slippers: Activities for the elderly in Crowborough and local villages – Activities on Mondays and Thursdays in Crowborough. Including exercise, Skittles, Boccia, New Age Kurling and Singing! 07769 187858.

Knitting and Craft group: At The Oasis, Community Church at Beacon Road. Tuesdays 10.30am – 12.30pm. Everyone welcome

If you catch it, stay home for **48 hours** after your symptoms clear

DO ✓

- Wash clothes and bedding at 60°C
- Wash hands, clean surfaces with bleach-based disinfectants



DON'T X

- Go to work or school, visit care homes or hospitals
- Prepare food for others



Healthcare costs

You could get help to pay for health costs such as NHS prescriptions, NHS dental treatment and sight tests.

To find out what you could be eligible for, visit:

nhsbsa.nhs.uk/check

Information in one place

The East Sussex County Council cost-of-living webpages contain all the information in this leaflet, including emergency financial support, and much more:

eastsussex.gov.uk/costofliving



Scan QR code

NEED HELP?



Need help getting to appointments?

Sussex Patient Transport Service: **0300 123 9841**

East Sussex Flexibus: **01273 078 203**

For other local community bus service or transport schemes, visit: eastsussex.gov.uk/transport

National money guidance

The Money and Pension Service provides free money and pension guidance, tools and calculators to help improve finances:

0800 138 7777 or visit moneyhelper.org.uk

Mental health and physical health

Financial pressures can impact mental health and it's important to seek help if you are struggling.

Call NHS 111 and select the mental health option for 24/7 confidential support. Or visit:

eastsussex.gov.uk/mental-health-directory

If you are disabled, or have a long-term health condition, contact Possability People for benefits advice or other cost-of-living support:

01424 234 460

esussexadvice@possabilitypeople.org.uk

Local advice and support

Local Citizens Advice provides advice and support on a wide range of topics, including the cost-of-living. Contact a local office:

- Eastbourne: **0800 144 8848**
- Hastings and Rother: **01424 869 352**
- Lewes District: **0808 278 7892**
- Wealden: **0808 278 7811**

For opening times and further information visit: citizensadviceeastsussex.org.uk

Help with the cost-of-living

Information and support to improve your financial wellbeing

Support for people aged 50 and over

If you, or someone you care for, need information and advice about benefits and entitlements, debt and savings, pensions and more, contact:

Age UK East Sussex **01273 476 704** or visit:

ageuk.org.uk/eastsussex

Age Concern Eastbourne **01323 638 474** or visit:

ageconcerneastbourne.org.uk

Support for families

If you have children you may be eligible for financial support to help with the cost-of-living, visit:

gov.uk/browse/benefits/families

If you need advice on claiming disability benefits for your child or young person, plus family benefits and financial support, contact:

Amaze on **01273 772 289** or visit amazesussex.org.uk/benefits-and-money

This leaflet has been developed by voluntary and statutory sector partners



PLEASE USE THIS SLIP TO GET IN TOUCH WITH US

IF YOU HAVE RECEIVED THIS NEWSLETTER 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

Return this slip to: Linda Graham, Membership Secretary, 5 Rectory Field, Hartfield TN7 4JE Tel: 01892 770487, Email: lindagraham@wealden-scp.org