

GREY MATTERS

OUR EVENTS IN 2019

Building on last year's successful programme, we have planned a number of events for this year which we hope you will enjoy. The first of these will be a cream tea at 3pm on Friday, 3rd May at Barnsgate Manor, Herons Ghyll. The cost will be £6 per head, to include scones and cakes and unlimited tea or coffee.

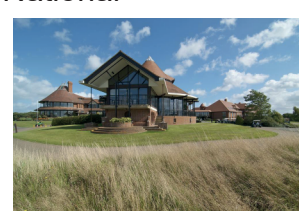
For our second event we thought for a change you might like a fish and chip lunch, so we have booked the Pavilion Restaurant at the East Sussex National, just off the A22 near Uckfield at 1pm on Friday, July 5th, at a (subsidised) cost of £10 per head.

Booking is essential - to book your place at either event, please fill in the form at the bottom of page 4 and send a cheque for the amount due, made payable to Wealden Senior Citizens' Partnership, to WSCP, 5 Rectory Field, Hartfield TN7 4JE, letting us know of any dietary requirements and if you will need transport.

Further outings will be announced in the next edition.

Barnsgate Manor

East Sussex National



ENGAge



Engage, a local charity runs two clubs and offers places to people living in the Wealden area. We have a few vacancies for both clubs so if you are interested please ring the

Managers – numbers below. We also offer taster sessions so you can try us out first.

TN22 club

The TN22 club runs on alternate Wednesdays from 11am to 2.00pm in Hadlow Down village hall, Hut Lane, Hadlow Down. It is run by staff and volunteers who are passionate about combating social isolation and loneliness of older people. We offer - entertainment and activities, a freshly prepared 2-course lunch, film afternoons, outings in the summer. Transport is available if there is capacity with volunteer drivers (charges apply). Cost of the club is £7 per session.

If you are interested in the TN22 club or volunteering with us, you can contact Amanda Callif on 01825 840406 (if out, please leave message on the answer-phone).

TN22 Plus Club

The TN22 Plus club runs on alternate Wednesdays in Hadlow Down and is especially tailored for people with memory loss, or mild to moderate dementia needs. The Plus club runs from 10.30am – 3.30pm and offers respite for carers as well as an activity-packed day for clients. We offer - personalised activities and one-to-one support, regular entertainment, a freshly cooked 2-course lunch and refreshments. Volunteer transport is available (if there is capacity).

If you are interested in the TN22 Plus club or would like more information about our volunteering opportunities, please contact Wendy Coleman on 07961 450357 or

E-mail: enquiries@engagewealden.org.uk



WEALDEN DEMENTIA ACTION ALLIANCE AND NATIONAL DEMENTIA ACTION WEEK!

It is estimated that by 2035 there will be an additional 7500 people with dementia in East Sussex. 1 in 3 cases of dementia could be prevented through lifestyle and social changes



Wealden Dementia Action Alliance and its 6 forums across the district are working towards making Wealden dementia friendly. The forums are based in Uckfield, Polegate, Crowborough, Hailsham, Ninfield and Wadhurst. By working with local groups, services, volunteers and our local people we want everyone to have a better awareness and understanding of dementia. By providing social activities and working in partnership with the groups and services already in place, we are able to create new opportunities for our local residents.

From Memory Cafes to Dementia friendly film screenings these types of activity are going on now due to the great work from the alliance and its forums. The local forums are finding out what the gaps are within their towns and villages and trying to help fill them. Many have created directories that have useful local information on and have worked with the local businesses to put on Dementia Friend sessions to help staff have a better understanding of their customers which they may see on a day to day basis.

The groups are all working on more events and activities during National Dementia Action week to raise the awareness – 20th till 26th May 2019. This campaign is led by the Alzheimer's society and is across the country. Please look out for the booklet which will have variety of activities and events you can take part in during the week and also how you can get involved in your local forum.

If you would like more information about the work going on in Wealden please get in contact by calling 01323 443266 or email communitydevelopment@wealden.gov.uk our website is www.wealden.gov.uk/dementia where you can find out more information about what is going on local to you.

Some of the events taking place over the next few months are:

Saturday Socials - a supportive, safe and caring gathering for people living with dementia and other care needs. No need to book, just turn up on Saturdays at 2pm at Victoria Pleasure Ground, Uckfield, TN22 5DJ. Enquiries to Margaret 01825 760176 or Alison 01825 605030

Polegate Memory Café – First Thursday of the month between 2pm – 4pm at Polegate Community Centre. Enquiries 01323 819191

Time for Tea – Alfriston Court, Sloe Lane, Alfriston – 27th March, 24th April, 29th May, 26th June, 2:30-4pm. Enquiries 01323 874140

Crowborough Memory Café – Thursday 28th March from 2pm at Woodlands Care Home, TN6 1UD. For info, please contact the Community and Regeneration Team on 01323 443266.

Wadhurst Dementia Forum Launch – Friday 5 April, 10am – 12pm at Wadhurst Manor Care Home, Station Road, TN5 6RY. Join us to support Wadhurst in becoming a dementia friendly community.

Spring and Easter Fair - Oaklands Court Nursing Home, Vines Cross Road, Horam - Saturday 13th April 2:30-4:30pm. Enquiries 01435 813030.

'Rock n Roll' event on 22nd May 2019 at Bentley Grange. For info, please contact the Community and Regeneration Team on 01323 443266.

National Dementia Action Week – 20th – 26th May

Musical Matinee, Ninfield Memorial Hall - "Summer Holiday" - Friday 21st June 2pm. Enquiries 01424 892422.

Accessible Swim Sessions - Freedom Leisure has organised accessible swim sessions in Crowborough, suitable for people with physical disabilities, learning disabilities and people living with dementia. Every Tuesday 10am - 11am, term time only at Crowborough Freedom Leisure centre. For more information, please call Crowborough Freedom Leisure centre on 01892 665488 or email crowboroughenquiries@freedom-leisure.co.uk.

Visit our website: www.wealden-scp.org and sign up on our Facebook Page

PRIORITY SERVICES REGISTER



UK Power Networks owns and maintains the overhead lines, underground cables and substations which distribute electricity to eight million homes and businesses across the East of England, London and the South East. The new partnership between the power company and the charity Groundwork is designed to make people more aware of the support on offer.

Groundwork provides local communities with services to improve the health and well-being of those who need additional support, through personalised energy consultations to address the underlying causes of fuel poverty.

This includes the charity helping to promote more households signing up to UK Power Networks' Priority Services Register which provides free extra help if customers have a power cut, such as hot meals, home visits and hotel accommodation.

Groundwork is able to check people are on the best energy tariff available and resolve any concerns they have about their bills, and they can also complete home energy audits to provide practical solutions to keep people's homes warmer, saving them energy and costs.

The Priority Services register is aimed to help those who may be more vulnerable from power cuts. It is free to sign up to and it means you would get a priority service in the eventuality of a power cut. If you would like to sign up for free to be on the register please simply follow this link and fill in the appropriate information : www.ukpowernetworks.co.uk/GroundworkSouth

Power cuts don't happen very often but if the electricity network is damaged or develops a fault it's our job to get your power back on. UK Power engineers will work around the clock 24/7 to restore your power as quickly and as safely as possible.

If you live in London, the East or South East of England, then being on the Priority Services Register will ensure you will receive extra support if you experience a power cut.

Who can receive extra support?

If you rely on medical equipment - If you have refrigerated medicines - If you have a serious or chronic illness - If you have a disability - If you or someone you care for is living with dementia - If you are of pensionable age - If you have children under five in your household - If you need extra support for a short time period (e.g. If you are recovering from medical treatment)

What help should I expect to get during a power cut?

- A priority number that you can call 24 hours a day
- A dedicated team who will contact you to keep you updated during a power cut
- They can put you in touch with an expert who can offer you advice on energy bills and energy saving tips if this is important to you
- Tailored support if needed such as home visits, hot meals, advice and keeping your friends and relatives updated
- In certain scenarios we may also offer a free hotel overnight and transport to the hotel



Around 1.6 million households have already signed up for UK Power Networks' Priority Services Register. To apply visit www.ukpowernetworks.co.uk/priority, ring 0800 169 9970, or email psr@ukpowernetworks.co.uk.

BRIDGE COTTAGE IN UCKFIELD

Craft and Artisan Markets

Markets take place once a month on a Saturday from 9am to 4pm.

Free admission - refreshments - parking - bus and train stations nearby.

Do You Remember...?

This project has developed from the 'Memories Cafe' that used to run in Bridge Cottage. A chance to share your recollections of life in Uckfield.

Come in to Bridge Cottage on the second Thursday of the month from 10am-12pm and share your recollections.

Come in and have a chat about living in Uckfield and bring with you pictures, scrapbooks or anything else that you think would be useful.

If you are not around on a Thursday, but want to participate, you can do so by email at admin@bridgecottageuckfield.co.uk or on 01825 760734.



WHAT WOULD YOU DO TO IMPROVE LOCAL HEALTH SERVICES?

With growing pressure on the NHS – people living longer, more people living with long-term conditions, and lifestyle choices affecting people's health – changes are needed to make sure everybody gets the support they need.

The NHS has produced a ten-year plan, setting out all of the things it wants health services to do better for people across the country. Now your local NHS needs to hear from you about what those changes should look like in your community.

Your views matter

The Long Term Plan sets out what the NHS wants to do better, including:

- Making it easier for people to access support closer to home and via technology
- Doing more to help people stay well
- Providing better support for people with cancer, mental health conditions, heart and lung diseases, long-term conditions, such as diabetes and arthritis, learning disabilities and autism, and for people as they get older and experience conditions such as dementia.

Your local NHS needs to hear from you about what it should do to make care better for your community. Share your views and help make care better.

YOU can help decide where extra Government funding can be spent in your local NHS services. Contact @healthwatchesussex to have your say #WhatWouldYouDo #Healthwatch

If you need the report in a different format, please email enquiries@healthwatch.co.uk or call 03000 68 3000.

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 FOR THE CREAM TEA AT BARNSGATE MANOR ON MAY 3 AT £6 PER HEAD. TRANSPORT NEEDED/NOT NEEDED

I WOULD LIKE TO BOOK PLACES FOR FISH & CHIPS AT EAST SUSSEX NATIONAL ON JULY 5 AT £10 PER HEAD. TRANSPORT NEEDED/NOT NEEDED

BOTH PAYABLE IN ADVANCE BY CHEQUE TO WEALDEN SENIOR CITIZENS' PARTNERSHIP

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

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