



GREY MATTERS

2023 - NEW COMMITTEE, NEW EVENTS

Welcome to the new edition of Grey Matters!

It was great to see so many members at our event for Older People's Day and AGM back in October, and it seemed that everyone thoroughly enjoyed the Fish and Chips lunch and the entertainment provided by the Uckfield Ukulele Band. 89% of those who were there rated this event as "Very Good" and 11% "Good". Indeed, all of our events last year were thoroughly enjoyed by our members, many of whom came to more than one. Altogether, 83 members attended one or more of the events we held throughout 2022.

One positive outcome of the AGM was the appointment of two new committee members. Jean and Paul Davis come with a wealth of experience of fundraising (Jean) and computers (Paul): we are delighted to announce that Jean is to take over the vacant post of Treasurer and that Paul will be writing an advice column on computers in the newsletter (see page 2). This brings the committee membership to 6.

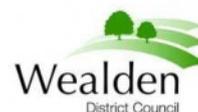
Our first event in 2023 will be a lunch consisting of soup and pudding in Fairwarp Village Hall TN22 3BP on Friday, May 26th, 2-4pm. The cost will be £8 per head. To book, please complete and return the form at the bottom of page 4 of this newsletter, or ring Linda Graham on 01892 770487. Please note 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.

Later in the year we will be holding two more events - a tea at Holy Cross Priory in July and a lunch in Heathfield in October.

WARM IN WEALDEN

Warm Home Discount

This is a £150 electricity bill rebate. You should receive this automatically if you get the guarantee element of Pension credit or if you are on other qualifying benefits and have high Energy costs. If you are a prepayment meter customer, you should receive a voucher that can be redeemed onto your credit meter.



WDC Sustainable Warmth Fund and Household Support Fund

Discretionary Housing payments and one-off payments to help towards food and fuel for vulnerable households are available.

To qualify for the Sustainable Warmth Fund, Households must have;

- A combined annual household income of less than £30,000 (gross)
- An Energy Performance Certificate (EPC) rated D, E, F or G.

Call Wealden District Council on: 01323 443322 <http://www.wealden.gov.uk/>

Priority Services Register

If you are: of pension age; have a disability, hearing or visual impairment or are chronically sick then you can sign up for the register via your energy company (if you have different suppliers for gas and electricity you will need to sign up via both).

Being on the register gives you a range of benefits such as: free advice; priority reconnection if your supply is interrupted along with alternative facilities for cooking and heating; gas safety checks; help to read your meter and protection from cold callers.

WELCOME TO OUR NEW CONTRIBUTOR - PAUL DAVIS

Hello all. Paul is a bit of a whizz kid on computers. He is going to start up a regular spot on Grey Matters, to answer any PC related questions you may have.

If you have something that you want to know and might be of interest to other readers, please send them to greymatterspc@gmail.com and he will give it a go.

Please bear in mind that the newsletter only comes out every 3 months or so, so don't send anything that you need an urgent reply to.

Here are a few regular shortcuts that might be useful, that you might not know. They are to be used with Windows 10 but may be similar if you are still working with Windows 7 or others. If you would like a 3 page list of many more shortcuts, please email Paul at greymatterspc@gmail.com



Windows key (or Ctrl + Esc)	Open Start menu.
Ctrl + Arrow keys	Change Start menu size.
Ctrl + Shift + Esc	Open Task Manager.
Ctrl + Shift	Switch keyboard layout.
Alt + F4	Close active window. (If no active window is present, a shutdown box appears.)
Ctrl + F5 (or Ctrl + R)	Refresh current window.
Ctrl + Left arrow key	Move the cursor to the beginning of the previous word.
Ctrl + Right arrow key	Move the cursor to the beginning of the next word.
Ctrl + Up arrow key	Move the cursor to the beginning of the previous paragraph
Ctrl + Down arrow key	Move the cursor to the beginning of the next paragraph.

Just a few to be going on with. So don't forget to email if you want a more comprehensive list and if you have any queries.

Please note Paul only deals with PCs and not MACs or mobile phones.

ALZHEIMER'S SOCIETY



Advice for people affected by dementia during the cost of living crisis can be found on the Alzheimer's Society website - alzheimers.org.uk

Silver Stories: Wonderfully simple but with the most incredibly positive impact for both Silver Listeners and Silver Readers. Children (known as Silver Readers) telephone a Silver listener every week and then read a short story or poem to them. This not only helps the children to become more confident in their reading skills but also links our children to the older members of our communities and helps diminish their chances of feeling isolated. <https://silverstories.co.uk>

Dementia Dictionary: The Alzheimer's Show are proud to support the Dementia Dictionary, a new free service helping to create an understanding of the Language of Dementia. In most forms of dementia the ability to speak normally will be impaired and therefore the brain will find new ways to communicate via actions, noises, behaviours and body language, this is called the Language of Dementia. The Dementia Dictionary "a freely available service" allows us to translate these into a recognised language. Visit www.dementiadictionary.com for more information and find out how to help.

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



WARM HUBS IN WEALDEN

Are you struggling to keep warm at home? Many Warm Hubs have been set up by local councils, churches and other groups throughout Wealden. The list below is by no means exhaustive: your local council will be able to provide full information on what is available in your area.

CROWBOROUGH

Warm Space at Crowborough Community Centre Cafe: During Centre Opening Hours, Monday-Saturday 8am-1pm. Tea - Coffee - Books - Games - Blankets

Warm Wednesdays in St Richards Church Hall, 12-4pm. Drinks - Snacks - Activities



HAILSHAM

Warm Bank at James West Community Centre, Brunel Drive - 10 to noon on Saturdays and Sundays : hot drinks, bring your own games.

Warm Bank at Charles Hunt Centre, weekdays 9am-3:30pm: hot drinks - refreshments - activities.



Warm Bank at Hailsham Methodist Church: Saturdays 10am-12noon. Food, refreshments, wi-fi

Heat Hub at the Drive, Hellingly: 12-2pm on Fridays. Food, drinks and free parking.

Hailsham Library welcomes visitors. Read books, access computers, keep warm.

HEATHFIELD

St Richard's Church Hall, Park Road, Heathfield will be holding a Warm Space every Friday from 10am to 4pm.

HERSTMONCEUX

Herstmonceux Parish Council have put together a diary of Warm Hub events on their website. The events are taking place across the village in various community locations.

POLEGATE

Polegate Free Church are offering a Warm Space on the third Tuesday of every month from 2 to 4pm.

St John's Church are opening their doors on the first and third Wednesday of each month from 10am to 1.30.

St George's Church hall serves breakfast and tea on the first Sunday of each month after mass.

UCKFIELD

On Monday Ridgewood Village Hall is open from 12 to 3pm ridgewoodvillagehall@gmail.com

Each Tuesday the Luxford Centre is open from 10am to 4pm. There is a free volunteer-led car service to this Warm Space – call 01825 578006 for more information.

On Wednesday Uckfield Baptist Church and Cornerstone Church are open from 10am to 3pm. Vicky Welsh: 07845 683101

Each Thursday Kings Church is open from 10am to 12.30pm.

On Friday Sussex Support Service CIC at Victoria Pavilion is open from 9.30am to 4pm . They also run a Saturday social from 2 to 4pm. 01825 760176



The Belmont Centre at Holy Cross Church is open on the second and last Friday of the month from 10.30am to 12.30pm. 01835 764889

FILM AFTERNOONS

Hailsham Pavilion – Golden Oldies: The next film is on Friday 10th February, **Singin' in the Rain**. Doors open at 1:30pm, screening to start at 2pm. £5 per person, carers go free and tickets include a free refreshment.

Pine Grove Pictures – Golden Oldies: The next film is on Tuesday 28th March, 1.45pm, **Annie Get Your Gun**. A free afternoon of a classic film and refreshments. Kindly hosted by Pine Grove Pictures. Doors open at 1:15pm - Screening start at 1:45pm Free entry and refreshments, donations welcome Crowborough Community Centre, Pine Grove, TN6 1FE Contact information: enquiries@pinegrovepictures.org.uk or call 01892 653823. Free to attend.

Ninfield Musical Matinees: The next film is on Friday 3rd March, **Gentlemen Prefer Blondes** will be shown at Ninfield Memorial Hall, doors open at 1:30pm, film starts at 2pm. To attend please call 01424 892422 or email jackie.langley1@btinternet.com. Free to attend.

KNOW DEMENTIA COMMUNITY MOMENTS CAFÉS ACROSS EAST SUSSEX

Newick Memory Moments Café – Every Tuesday - 1:30pm - 4:30pm,
Newick Community Centre

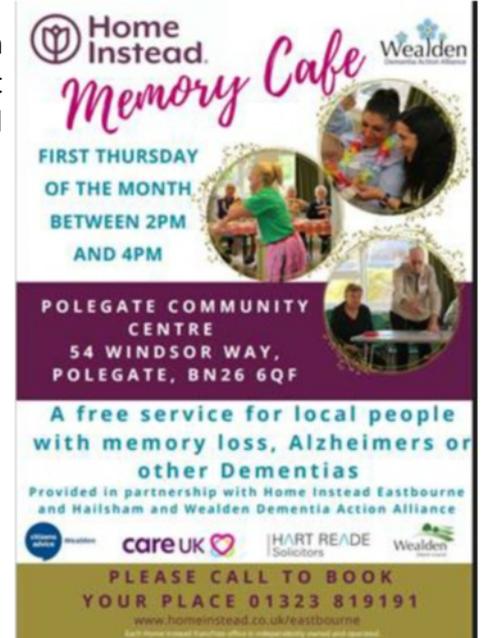
Crowborough Memory Moments Café – Every Friday – 1:30pm – 4:30pm,
Crowborough Community Centre.

Woodland Moments – Mondays, 10am – 12:30pm, Bushy Wood Activity
Centre Hailsham

Uckfield Memory Moments Café - 1:30pm – 4:30pm, Uckfield Civic Centre

Come along and warm up at our friendly, welcoming cafés, with tea,
coffee & cake; and a little fun, laughter with activities and light
entertainment.

Please call 01273 494300 to book a place or to find out what community events Know Dementia offer in your area. Visit our website Know Dementia Memory Moments Cafés and Community Events



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

PLEASE RESERVE PLACES AT THE LUNCH IN FAIRWARP VILLAGE HALL ON FRIDAY, MAY 26th

DIETARY REQUIREMENTS..... 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

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!