



AS WE COME TO THE END OF 2025.....

We have only held two events this year. The one we planned for May in Fairwarp Village Hall had to be cancelled due to low numbers but we went ahead with the lunch in July in Crowborough despite the fact that the take-up was not much better: only about 20 people attended, and were entertained afterwards by the Uckfield Ukulele Band (who practically out-numbered the members!). However, I'm sure those who came enjoyed themselves.

Our event for Older People's Day on October 3rd was much better attended. This was a fish and chips lunch, a raffle, an AGM and an entertainment by Pat Bryer entitled "Women of a Certain Age", a lighthearted look at the ups and downs of life as we mature, told through comic verses and songs (Victoria Wood and Pam Ayres featured prominently). Around 30 attended.

At this event, in Uckfield, we marked the fact that our Forum has now been existence for 20 years, having been launched, also in Uckfield, on 29th September 2005. In that time we have sent out 66 "Grey Matters" newsletters. We commented on how much harder it is these days to get new members and committee members. Our committee now numbers 5, half the number it was in 2005, and we would love to have some new people and fresh ideas.

This is our last newsletter before the end of the year, and then it will be time to think about what we do in 2026. We would love to hear what you think we should be doing.

Many thanks are due to Dee Probert and her team for all the hard work they put in to organising our events – and to Lin Neeve, the Chair of ESSA, for coming along to help as well.

TECHNOLOGY ENABLED CARE - ALARMS AND MONITORS CERTIFIED BY EAST SUSSEX COUNTY COUNCIL

Our telecare provider is Livity Life. We can provide equipment to help people stay safe and live independently. This includes Lifeline alarms, sensors, detectors, medicine reminders and key safes. The service is called technology enabled care.

You may be eligible for this service if you:

- have health problems
- are frail
- have a disability

You will need to have an assessment.

There is a small weekly charge of up to £3.85 for monitoring. You may also be eligible for help with the cost.

Contact us to apply: Phone 0345 60 80 191 Email HSCC@eastsussex.gov.uk Text 07786 208001



Certified Organisation





Though the weather remains relatively mild for the time of year, we are heading into winter months and, inevitably, colder temperatures.

Cold weather can affect your health, especially if you're aged 65 or over, or have a long-term condition such as heart or kidney disease, COPD, asthma, or diabetes.

Being cold can raise your blood pressure and increase the risk of heart attacks and strokes. Cold, damp or windy weather can also make existing health problems worse and increase the chance of catching winter illnesses.

The good news is there are lots of simple ways to keep yourself warm, safe and well this winter. Some of our top tips are:

- Keep your home warm – and find out about financial support you may be entitled to
- Stay active and strong to help prevent falls and aid recovery from illness
- Look after your mental health and seek help early on if you are struggling
- Stock up your medicine cabinet so you're ready to treat minor illness at home
- Take up the offer of any vaccinations you are eligible for

Remember that other people, such as older neighbours, friends and family members, may need a bit of extra help over the winter.

The NHS has issued a 'flu jab SOS', with England's top nurse warning people to get protected now, with only weeks to go before the worst of the flu season typically bites.

Eligible adults are being urged to come forward now, so they are fully protected ahead of the usual flu season peak in the winter months.

The NHS is calling on eligible adults to get their jab as soon as possible to stamp out the early wave of flu hitting the NHS more than a month earlier this year, with cases triple the same time last year.

Chief Nursing Officer for NHS Sussex, Allison Cannon, has also issued an urgent message for local people to take up the offer following her own flu vaccination.

"The flu vaccination is the best possible way to protect yourself and your loved ones against flu as we move into the winter months. It's a quick and easy painless injection and it really will help you keep yourself and your family well through winter."

Latest data shows NHS teams across the country have now delivered more than 13 million flu vaccines since the rollout kicked off (13,299,775). In Sussex, the number is 428,297, which is 43.7% of the eligible population.

Eligible adults can book an appointment to get their flu vaccine now via at their local pharmacy via the NHS App, GP practice, online at www.nhs.uk/bookflu or by calling 119. You can also use the pharmacy finder to find your nearest walk-in service.

As coughs, sore throats and sniffles start to spread, local pharmacists across Sussex are ready to help.

Pharmacists are trained experts in managing minor illnesses such as sore throats, sinusitis, earache and tummy troubles, and can provide expert clinical advice and treatment without the need for an appointment.

Across Sussex there are 286 community pharmacies providing accessible healthcare close to home. In July alone, 8,599 patients were seen in a community pharmacy for one of the seven common conditions covered by the Pharmacy First service, helping to free up GP appointments for people with more complex needs. Most pharmacies can provide prescription medicines for certain conditions without needing a GP appointment as part of Pharmacy First.

(Source: NHS Sussex)

YOU CAN'T CONTROL THE WEATHER.

YOU CAN BE PREPARED.



Storms and cold snaps can disrupt power, water and other essential services.

Three simple steps can help you – and those you care for – be winter ready.

- 1. Join the Priority Services Register**
Free extra support for those who need it.
- 2. Pack a "just in case" bag**
Torch, warm layers, water, food, medicines.
- 3. Know who you can call**
Write down key numbers and keep them handy.

CALL 0800 998 7103 FOR FREE TO FIND OUT MORE.
OR VISIT WWW.SUSSEX.POLICE.UK/BE-READY



VOLUNTEERING OPPORTUNITY

The Demelza charity shop in Hailsham is currently looking for volunteers.

- **Where?** Demelza Charity Shop Hailsham, 20 High Street, Hailsham, BN27 1BJ
- **When?** A variety of volunteering opportunities and shifts available Mon-Sat
- **Who can volunteer?** Anyone aged 16+ with at least an hour to spare ideally every week or every other week. Short-term and more irregular volunteering is also available

How to apply?

- Head over to Volunteer with Demelza East Sussex | Demelza Hospice Care for Children | Join us for more info
- Complete an application form on MyImpactPage - Shop Volunteer Hailsham
- Email volunteering@demelza.org.uk or
- Call 01795 845170.



STAY STRONG, STAY STEADY, STAY INDEPENDENT

with these top tips (to prevent falls)



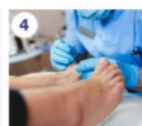
1 Strength and balance exercises twice a week



2 Regular sight and hearing tests



3 Regular medication reviews



4 Regular chiropodist visits



5 Walk or stretch every 20 minutes



6 Good hydration, 6 - 8 cups of water a day



7 Keep your pendant alarm or mobile on you



8 Keep trailing leads out of the way



9 Get enough sunlight for vitamin D



10 Replace worn-out walking stick rubber



11 Handrails, grabrails and non-slip mats



12 Good lighting and motion activated lights



13 Replace worn-out slippers



14 Good nutrition



15 Avoid patterned/dark carpets and tape down loose edges



16 Get a bell collar for your pet



Search oneyoueastussex.org.uk for more lifestyle advice and support

SCAN ME

with thanks to East Sussex Healthy Ageing Partnership and Brighton and Hove City Council Public Health.





Community Café

Weekly Drop in Dementia Friendly Café
Starting on 28th October 2025.

Tuesdays 1:30 pm to 3:30 pm

**Foresters Hall, Harcourt Close,
Uckfield TN22 5DT**

**A chance to meet others, relax, chat,
and share information, within a
supportive environment.**

Fun engaging activities at each café!
Donations welcome towards activities

Contact Thomas Chapman for more information:

sussexsupportservice.com (01825) 760 176
victoriapavilion@gmail.com @dementiasupportsussex

Logos: Sussex Support Service, Wealden, care for the carers, Wealden



**Drop In Dementia Café
at Wadhurst Manor**

**First Wednesday
Of Each Month**

From 3pm-4.30pm

We know the importance of supporting our local community and hold monthly groups, specifically for those living with dementia or caring for a loved one.

Come along and meet with friends over light refreshments, and enjoy the variety of activities and entertainment our home has on offer.

Wadhurst Manor Care Home
Station Road, Wadhurst, TN5 6RY
Tel: 01892 786700 • www.barchester.com

Residential Care • Nursing Care • Dementia Care • Respite Breaks

Logos: Wadhurst Manor, Barchester Healthcare

MAYFACS Men on the Move! Every Tuesday at 9:30am. Meet at Court Meadow. A weekly walk and talk group for men, for any age. With the aim to bring people together to explore the local area together, build connections and get some low-level exercise! Free to attend. Please contact Freya for more information – freya@mayfacs.org.uk or 01435 873888

Willingdon Community Café: At Trinity Church Hall in Willingdon on the 1st Thursday of the month at 2pm till 4pm. Run by Home Instead.

Friendship and Board Games Café at Bowes House on the last Wednesday of the month at 2.30pm. Friendship and board games café is designed for those living alone in the local community to meet and connect with others in a social friendly setting. Join us to play a game or just have a chat with others over a free cuppa and yummy cake! Bowes House, Battle Road, BN27 1DU. For more information please contact Lisa Phillips on 01323 440188 or email lisa.phillips@careuk.com

These are just a few of many activities for older people in Wealden. If you belong to a group that you would like to advertise here, just let us know.

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