

AGE Concern

Newsletter

Spring 2017 Edition



Thursday shoppers pictured with Huw Merriman MP

AGE CONCERN HEATHFIELD & DISTRICT NEWSLETTER

EDITORIAL TEAM:

This free publication is widely distributed in the Heathfield area three times a year.

If you would like a LARGE PRINT version, or more copies for friends, please contact: Bill Philps on 01435 830206 or email to the address below.

If you would prefer to have this newsletter emailed to you in the future, please send an email request to:

ageconcerntn21@hotmail.co.uk

Please can you let us know of any new or different services you have discovered that may be of interest to others, or if you would like us to investigate particular areas of concern / interest, so that we can continue to help as many of you as possible.

Distribution Points for this Newsletter

These are the distribution points in Heathfield, Horam, Broad Oak, Mayfield, Burwash and Punnetts Town where you can pick up a copy of this Newsletter. Due to the increasing cost of postage we no longer post Newsletters, except for large print and for very special cases.

Both mini buses	Holdenhurst
Hospital car service cars	Parkside
All Doctors' surgeries	Risingholme
Pharmacies	Mary Burfield Court
All Churches	Waldron Court
Community Centre	Davenport Park
District Nurses	Millcroft
Health Visitors	Oaklands Court
Parish Council Office,	Cherry Tree Court
Heathfield Library	Rectory Court Burwash
High Street Charity Shops	Harrison's hairdressers
Jason's Greengrocers	Post Offices
High Street Cafes	Dental Surgeries
Some local stores	Veterinary Surgeries
"Pop-in" Lunch Clubs	Broad Oak Spar
Red Cross Hall	Holy Cross Priory

WELCOME

Well here it is, the 'new look' Spring edition of our newsletter which as you will see features some changes. Most importantly we've moved into the 21st century and have gone colour on the front and back covers. So it's fantastic news that our new minibus has arrived in time for its picture to take pride of place on the front of this first colour edition.

The newsletter which will from now on be published three times each year in the Spring, Summer and Winter will see the further development of the new theme and future publications will be featuring a different photograph on the cover relevant to an item in that edition.

We are hoping that the format will evolve further over the coming months with new features and hopefully more colour. If there is anything that you would particularly like to see we would love to hear from you so that we can include it in the future. Please either let Bill Philps or Dawn Brock know. Their telephone numbers can be found on the back of this edition.

ANNUAL GENERAL MEETING

The AGM was held on 24th January and the statistics for the past year were presented showing our minibuses covered some 10,700 miles and carried a total of 4275 passengers. The car service undertook 1175 journeys which comprised 520 hospital trips throughout the county and 655 local trips to Doctors, Dentists, Opticians etc.

After a concerted push we now have twenty drivers available for the car service and sixteen for the buses which is an incredible and welcome increase from the small numbers we were operating with just twelve months earlier.

The Chairman gave his heartfelt thanks to all the volunteer drivers and members of the management team for their dedication and hard work throughout the year and then went on to welcome two new members to the team who are profiled on the following pages.

New Members



We are delighted to welcome Dawn Brock to the executive committee of Age Concern. Dawn has lived in Heathfield for 15 years, and brings with her a wealth of experience having spent the majority of her working life as a Special Educational Needs Teacher.

For the last five years of her working life Dawn worked at Action in Rural Sussex, an organisation who seek to support services, businesses and projects in the rural communities of East and West Sussex. During this time she was particularly involved in Community Transport and developed a good understanding of the financial and practical problems faced when trying to run such a venture.

Now retired Dawn felt it important to invest some of her time to volunteering and became an extremely active member of the local community. She is not only secretary of the Cross-in-Hand WI but also a volunteer at the Autism Sussex Charity shop in the High Street and is on two of the Country Lunches teams.

As if she didn't already have enough to do, more recently she became involved with Age Concern and now provides valuable back up support to both Elizabeth Keating and Carol Ewart with the administration of both bus and car services. Additionally she and her husband Peter are part of our team of bus drivers.



We are also extremely pleased to welcome David Robinson to our team. David brings with him a wealth of experience as a semi-retired chartered accountant. He qualified in 1973 and spent 20 years in the motor trade at both Stormont Ford and Pipers Vauxhall dealers in Tunbridge Wells, as well as working in the North Sea oil and construction industry. He then formed his own accountancy practice in Horam which he ran for fourteen years before selling it in 2014.

David still retains an interest and looks after some twenty percent of the clients from his former practice, working on this for a few days each week. However since selling he has more spare time and has been keen to invest some of this into helping local causes. In addition to his role as Treasurer of the Rotary Club of Heathfield & Waldron he has agreed to join us to put his accountancy background and knowledge into assisting us with the running of the charity with particular emphasis on investment and fund raising.

DONATIONS

Once again we have received a number of individual donations for which we are most grateful. The Co-op Community Fund scheme which was mentioned in the last issue is well underway and continues until the end of March. As we go to press our share of this fund is well in excess of £2000, so thank you to the Co-op and to all our readers who have registered their wish to support us.

THE NEW MINIBUS

March saw the arrival of our brand new Peugeot Boxer Minibus courtesy of the Department for Transport. Whilst it has been a long wait since we found out that our bid for a new bus had been successful, we are delighted that it has finally arrived and it has now been put straight into service on the regular weekly runs. The newer our two other buses will shortly be spruced up in readiness for the many trips and outings it will undertake in the summer.

Driver familiarisation sessions were held prior to the maiden run and the picture below shows a group of some of our volunteer drivers who joined the first session in the Tower Street car park.



We were delighted to welcome Huw Merriman our Member of Parliament who joined the new bus on its first outing for the Thursday shopping trip on 9th March when he once again had the opportunity to chat with the passengers.

the **BIG** Wealden switch

Saving you money on your energy bills

Don't miss this chance to join the other residents who have already saved money on their energy bills.

An easy sign-up with no obligation.

Wealden District Council has partnered up with iChoosr to help residents save money on their energy bills. Register online or over the telephone to see how much money you could save! Participation is completely free and you are under no obligation to switch. Joining the Big Wealden Switch is as easy as 1,2,3 ...

Register online by going to www.wealden.gov.uk/thebigswitch or calling the Council on **01323 443322**. You will need your annual energy statement or recent energy bills to complete the process.

The collective bargaining power of lots of people like you is used by iChoosr to invite energy companies to try and under-bid one another to provide you with a competitive tariff.

iChoosr will then contact you by email or letter detailing your personal offer. Remember to check your emails after the auction! If you like the offer you can accept and switch to your new supplier, with a fixed price contract for a minimum of 12 months.

As long as you are the bill payer you can take part, regardless of tenancy or meter type.

The auction will be held in May 2017. You can use one email address to register up to five households. Why not help a relative or friend out?

In the May 2016 auction Wealden residents collectively saved £55,000 with each participating household saving an average of £279!

ACTION FOR DEAFNESS

A new service provided by Action for Deafness has opened in Heathfield for those hard of hearing. It is a charitable organisation providing audiology services and support for deaf, deaf-blind and hard of hearing people. AFD's new audiology base in Heathfield will provide a full NHS audiology service, and patients wishing to use this service will need to have a referral from their GP. Additionally there will be a regular drop-in maintenance clinic every Thursday between 10.00am and midday for battery collection, hearing aid maintenance, support and advice. If you have any concerns about your hearing drop in and have a chat on a Thursday morning. Other support services are scheduled to be added later, and we will keep you updated as they come on stream.

REGULAR EVENTS

Every Monday

Extend exercises (gentle movement to music) are held at the State Hall, Station Road, Heathfield, courtesy of the Kings Church, between 11.15am and 12.00noon. These classes are run by Alison Salters, a qualified Instructor (01825 766 293) (0777 4543645) or email alison.salter@hotmail.co.uk. The cost is £5 per person, and includes refreshments.

Every Tuesday

Age UK East Sussex run a day club at Holdenhurst, Mill Road, 10.00am to 15.30pm. The club aims to help over 65s enjoy their day and continue to live independently, whilst also providing valuable respite care for carers and families. It offers companionship, support, activities, fun, information/ advice and freshly cooked lunches and is run by trained staff and volunteers. The daily cost is £28.00 with a discount for more than one day/ week. Door to door transport can be arranged by Age Concern Heathfield for local residents. For more information or a taster day please contact Maureen 07850987130, Andrea 07469147671 or the head office in Lewes on 01273476704

Every Tuesday

HEATHFIELD SOCIAL GROUP

10am to 12 Noon, Heathfield Fire Station, High St. Heathfield

Please come along and join a new group meeting in Heathfield on

Tuesdays aimed at people experiencing mental health difficulties such as anxiety and depression. We would like this to be YOUR group so please come along and tell us what you'd like to see from such a service.

For more information please telephone 01323 849524 or email :
sharon.mcintosh@sussexoakleaf.org.uk

Every Other Tuesday

Tuesdays Together From 2 - 4 p.m. you are invited to the Union Church Hall, Heathfield, for coffee or tea and cake and to have a chat, play a board game, and meet people of all ages.

Pop in for a while, or stay for the whole two hours.

Door to door transport can be arranged thanks to Welcome Baptist Church and volunteer drivers.

For further information call Rosie on 01435 860964

Every Other Tuesday

There is a Senior Citizens' Lunch at the Union Church Hall, Station Road, Heathfield, from 12.30 pm, £4.00 for 2 courses followed by tea or coffee, there's always lots of "friendly chat". For a place at the lunch please call. Jean Plummer on 01435 883483

Minibus transport from and to your door is also available, please ring Elizabeth Keating on 01435 866960 to check availability

Every Other Tuesday

The Heffel Tea Group in amalgamation with St. Richard's Craft Group meet at St. Richard's Church Hall, Park Road, Heathfield from 1.30 to 3.30pm. Why not come along and bring a friend for a cup of tea, a piece of cake and a chat. You can also join the ladies and gentlemen in the Craft Group to learn or practice a craft: knitting, crochet decoupage, quilting, cross-stitch, painting etc. Open to all.

For further information, please contact Lorraine on 01435 86578

Every Third Tuesday of the Month

The University of the Third Age (U3A) have launched a new group in Heathfield, meeting in the Community Centre, Sheep Setting Lane, for more info contact :
Lyn Plant on 01435 862449.

The idea is that people meet and exchange their knowledge. Sometimes you may be the student and another time the teacher. Cost £15.00 p.a.

For further information contact: Wallace on 01323 738390.

Every 4th Tuesday of the month

Care for the Carers Heathfield Group meets at 2pm in the Heathfield Community Centre. Come along and meet other carers, exchange ideas, get information, support and help from Susanna (from Care for the Carers). There are speakers most months and tea, coffee and biscuits are provided. For more information, please ring Susanna Wallace on 01323 738390

Every Wednesday Morning

For Horam residents, the Age Concern bus will pick up around Horam at 9:15am and transport you to Heathfield. The bus will return you back home at approximately 10:30am. Ring Elizabeth Keating on 01435 866960 for more information

Every Wednesday and Friday Morning

Mobility aids are available on loan at the Red Cross Centre, Streatfield Road, Heathfield between 10.00am and 12.00 noon. Items include, wheelchairs, commodes etc. Telephone 0800 0280831 for further information.

Also available is a Carers Support Service,

A free, short term service that supports unpaid carers, support their cared for. Whether that's providing a sitting service, enabling the carer to have some respite. Some support with light housework or some help shopping, the British Red Cross would like to support you if you are a Carer. We do not support with personal care. Please call 0800 0280 831 to use this service

First & Third Wednesday of the Month

East Sussex Hearing Resource Centre volunteers undertake maintenance of hearing aids and provide new batteries at Heathfield Fire Station on the first & third Wednesday of every month, between 10 am and 12 noon. For further help or information please telephone them on 01323 722 505.

Please Note. Parking is not permitted on Fire Station property

'Lunch & Chat' on the first Wednesday of the month at Oaklands Court Nursing Home, Vines Cross Road, Horam TN21 0HD. 3 Course meal for £5 from 12pm. For booking contact 01435 813030

Every Other Wednesday

The established and very popular country lunches at the lovely Punnetts Town Village Hall will commence for yet another year in September. The minibus will pick you up to get you there for a 12.15 pm start and take you home at 2.00pm. To book please contact Ann Kenward on 01435 862 614.

Every Third Wednesday of the Month

Volunteers from the Rest Christian Centre in Punnetts Town welcome visitors to a cooked lunch - £4 for 2 courses including tea or coffee. For the lunch please call Barbara Lovett 01435 882241. A minibus may be provided if sufficient people are interested.

Every Thursday

Free hearing aid maintenance, cleaning and re-tubing can be carried out at the Action for Deafness Clinic. 92 High Street, Heathfield (adjacent to Heathfield Surgery) from 10.00 am to 12.00

Every Thursday

1. Another session of 'Extend' (gentle movement to music) exercise sessions are held at the West End Room, Christ Church Centre, Horam between 2.00pm and 3.00pm. The cost is £2.50 per person, which includes tea and biscuits, plus a 50p donation towards the upkeep of the Hall. For more information, ring Jane Morris on 01323 483 529.

2. The '**Out and Abouters**' are looking for some new players to come and enjoy a friendly game of Whist at Mary Burford House, Thorny Close, Heathfield. Starting at 7.00pm, the cost is £3.00 per head. It doesn't matter what standard of play, everyone is welcome. For further information, ring Sue on 01435 862577

Every Thursday

For residents of Heathfield, Broad Oak, Cade Street, Old Heathfield and Cross-In-Hand, the Age Concern Heathfield Shopping Bus is on the road morning and afternoon. It will pick you (and your trolley) up at your door and deliver you to Heathfield High Street.

You may like to do your shopping and then make your way to the Union Church 'Do Pop Inn' where you will receive a warm welcome any time between 10.00am and 3.30pm. You can enjoy a cup of what you fancy, a snack or light lunch and a chat.

Ring Elizabeth Keating to book a seat on the minibus.

Every First Thursday of the month

Carers Clinic run by Care for the Carers – come and chat with one of our Carer Support Workers and find out what support and services are available. From 2-5pm at Heathfield Health, next door to the High Street Surgery. Ring 01323 738390 to book an appointment.

Every 2nd Thursday of the Month

There is a relatively new market every 2nd Thursday of the month between 11 a.m. and 1 pm at Holy Cross Priory, Cross in Hand. Priory is situated on B2102 Lewes Road between Cross in Hand and Blackboys. There is free easy parking. The Market incorporates a drop-in centre which offers free coffee and biscuits and the opportunity to purchase home made cakes, biscuits, crafts, preserves and knitwear.

For more information contact :Roy Wilkinson 01435 812931

A minibus could be provided for a minimum of 8 people. If you would like to put your name forward and if enough people are interested, we will consider providing transport. Please contact Elizabeth Keating on 01435 866960

Every 3rd Thursday of the Month

Welcome Baptist Church, Alexandra Road, Heathfield

Cedars are offering an afternoon of live music and chat, plus a free tea normally every 3rd Thursday of the month from 2pm to 4 pm. Come along and join in the fun. For more information please call Phil Brierley on 01435 864646

Every Friday Morning

1. As listed under 'Every Wednesday Morning', equipment for the disabled is available on loan from the British Red Cross in Streatfield Road Heathfield between 10.00am and 12 noon.

A Carers Support Service is also available. For further information please call 0800 0280 831

2. **Chair-based exercises** in the lounge at Mary Burfield Court, Heathfield, from 11 to 12.00 noon, £3 per person including refreshment. Open to non-residents. Everybody welcome, but please call us to let us know you are coming. For more information please call Ann on 01424 774 764.

3. **Art and craft coffee morning** at Kings Church Heathfield 10 am to 12 noon. Enjoy art, knitting, quilting, card making, etc. Everyone welcome. For more information contact 01435 863786.

Something to make you smile.

A police officer attempts to stop a car for speeding and the man gradually increases his speed until he's topping 100 mph. The man eventually realizes he can't escape and finally pulls over. The policeman approaches the car and says, "It's been a long day and my shift is almost over, so if you can give me a good excuse for your behaviour, I'll let you go." The driver thinks for a few seconds and then says, "My wife ran away with a cop about a week ago. I thought you might be that officer trying to give her back!"

Every Friday

Age UK East Sussex run a day club at Holdenhurst, Mill Road, 10.00am – 15.30pm. The club aims to help over 65s enjoy their day and continue to live independently, whilst also providing valuable respite care for carers/families. It offers companionship, support, activities, fun, information/advice and freshly cooked lunches and is run by trained staff and volunteers. The daily cost is £28.00 with a discount for more than one day/week. Door to door transport can be arranged by Age Concern Heathfield for local residents. For more information or a taster day please contact Maureen 07850987130, Andrea 07469147671 or the head office in Lewes on 01273476704

Every Friday

Citizens' Advice sessions are held at the Parish Council Offices, High St, Heathfield from 10.00am to 12.00 noon.

No prior appointment is necessary.

REMINDERS REMINDERS REMINDERS

The Wealden and Eastbourne 'Lifeline'

Emergency Response System is a combined telephone and alarm unit which is programmed to call a Control Centre automatically when a red emergency button is pressed. Once alerted, Control Centre staff quickly summon assistance. The system is ideal for those living alone who may occasionally need help. Ring Control Centre in Eastbourne on 01323 644422 for details.

Community Legal Service Direct is a Government funded confidential advice service for those on low income or in receipt of State Benefits. It offers advice over such problems as with benefits, tax credits, debt, employment and housing. In some circumstances the service may take on your problem and help solve it. Contact the service on 0845 345 4345.

The Wealden Senior Citizens' Partnership is a member of ESSA - The East Sussex Seniors' Association - "The Voice of Older People" See website: www.essaforums.org.uk or telephone Linda Graham on 01892 770487 for more information or to get involved

If you are aged 65 or over **STEPS** can support you to **stay living independently**. **STEPS** can visit you at home and help you work out what support you personally need to keep living independently. STEPS is funded by East Sussex County Council and provides a free, confidential, short-term service. If you want to find out more about STEPS -Telephone: 01323 436 414

REMINDERS REMINDERS REMINDERS

East Sussex Hearing Resource Centre in Eastbourne

provide Information on aids and equipment that can help you with your daily life. They can offer a variety of advice and training for coping with deafness.
Telephone: 01323 722505

East Sussex Association of Blind & Partially Sighted People

provide information on aids and equipment that can help you with your daily life. They can offer a 'Try before you Buy' scheme for some equipment.
Contact Steve Saunders on 01323 832252

Wealden Talking News provides a weekly memory stick of local news plus one magazine memory stick per month for the blind or partially sighted. The memory sticks are free and are also mailed at no charge. The organisation is a registered charity and is entirely staffed by volunteers.

A memory stick player can be supplied on loan. Ring 01435 862 304 for details.

The Alzheimer's Society Dementia Support

If you care for a person who is suffering from Dementia the North Wealden Dementia Support Service offers information, advice and support to people with dementia and those who care for them.

For the few who wish to receive advice and support there is a support group operating in Crowborough. For further information about this and other activities please contact Sarah Burchett, the Dementia Support Worker, on 07525 403854 or email sarah.burchett@alzheimers.org.uk

The Silver Line aims to combat loneliness in the over-65s by providing friendship, information and advice through calls to trained volunteers.

Chairwoman Ms Rantzen said she hoped the phone line number,

0800 4 70 80 90,

would be remembered by all older people.

Dementia Supper Clubs For Carers and People with Dementia

(Supported by East Sussex County Council).

Would you like to get out and meet other people with dementia and their carers across East Sussex. Share experiences, increase your support network, get together, meet new friends, have a meal or just a drink and chat.

Dementia Supper Clubs as part of the Carers Breaks Dementia Engagement Service - The Catts Inn, Rotherfield, 5pm. The only charge is the cost of the meal.

All enquiries regarding Heathfield/Surrounding areas & Uckfield/Crowborough clubs, please call:

East Sussex office – 01424 773687

Or Email: east.sussex@alzheimers.org.uk

Message from Sussex Police & Crime Commissioner

Tackling elder exploitation in our communities

Katy Bourne, the Police & Crime Commissioner for Sussex, has made tackling elder exploitation one of her top priorities in a bid to protect older people in the county from financial abuse.

She says: “We know that fraud against our older and more vulnerable residents is a growing issue as our population ages and criminals see that fraud is more profitable and less risky than other crimes. In Sussex, fraud has robbed some older people of their entire life savings and left others destitute.

“I have been lobbying the Government to take account of demographics when calculating the amount of funding that is allocated to each police force and to acknowledge the rise in crimes against our elderly.

“The operational response from Sussex Police has also been excellent. They have developed Operation Signature to help protect and support those most at risk of fraud, and the model has been nationally recognised and is being adopted by other police forces.

“The problem is that many people don’t realise that they’ve been a victim of fraud – they think it’s just a scam, or they feel foolish and don’t want to tell anyone. But scams are fraud and fraud is a crime so I really would urge anyone who’s affected by doorstep crime, postal fraud or nuisance calls to report it.”

You can call the police on 101 or report fraud by speaking directly to the advisers at Action Fraud, the national fraud reporting centre, by phoning 0300 123 2040. They will also be able to give you help and advice about fraud and you can remain anonymous if you prefer.

UK-wide charity Action on Elder Abuse operates a confidential helpline on 080 8808 8141 which offers advice and support on all aspects of elder abuse.

Trading Standards also want to know about online fraud or mobile phone scams; any information you share may help them shut down fraudsters before others fall victim to them. You can report incidents, whether you’re a victim or have just been targeted, via the Citizen’s Advice Consumer Helpline on 0345 404 05 06.

You can sign up for Katy Bourne’s weekly newsletter at www.sussex-pcc.gov.uk/spcc-newsletter/

AGE HEATHFIELD & DISTRICT *Concern* NEWSLETTER

SERVICES

MINIBUS TRANSPORT.....

HOSPITAL CAR SERVICE

UNION CHURCH SENIOR

CITIZENS' LUNCH

NEWSLETTER Updates.....

Additional copies of Newsletter

or

Or Email ageconcerntn21@hotmail.co.uk

CONTACTS

**Elizabeth Keating
01435 866960**

**Carol Ewart
01435 882121**

**Jean Plummer
01435 883483**

**Tom Heffernan
01435 860724**

**Bill Philps
01435 830206**

**Dawn Brock
01435 868388**

This Newsletter is published by Age Concern Heathfield and District (Registered Charity No. 205665) and printed by Print Matters, Burnt Oak Business Park, Waldron.

We are grateful to the sources from whom the information in this Newsletter is drawn.