

AGE *Concern*

Newsletter

Summer 2017 Edition

Thank you to everyone who
supported us!



See full story on page 3

AGE CONCERN HEATHFIELD & DISTRICT NEWSLETTER

EDITORIAL TEAM:

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

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

dawn@ageconcernheathfield.org.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.

**To advertise
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or

dh1949@yahoo.co.uk

Moving Forward

Following a change at the head of the organisation when Mike Hepworth stepped down in January as Co-Chairman and Bill Philps took the helm, we are moving forward with a refreshed executive team with some welcome new members. Dawn Brock has become Deputy Chair to assist with the day to day running of the charity and together we are introducing a number of new innovations to improve the service offered. David Robinson who joined the team in January has become Treasurer and is exploring investment opportunities as well as making arrangements for donations to be subject to Gift Aid.

We are building a website which will tell those of our passengers who use a computer, their relatives and the general public about our services. As well as an area open to the public it will also feature a private area accessible to our volunteer drivers where they will be able to view work schedules, messages etc.

Co-Op Community Fund

As many of our readers will know we were chosen as one of the local causes to be featured for six months over the winter. One percent of member spends on CO-Op branded products was allocated to one of the three causes and we are delighted that the Co-Op and its customers recognised Age Concern Heathfield and District in such a big way. Our share was an enormous **£6,561** for which we would like to say a big thank you to all who nominated us as their chosen charity.

This generous donation will be put to good use and will help to maintain our vehicles and hopefully take on new routes and serve a wider catchment area. We are gauging interest for a shopping bus to cover outlying areas to include Burwash, Broad Oak, Rushlake Green, Vines Cross, Dallington, Punnetts Town and Cade Street. If this is something that would interest you please do let us know.

Waitrose

We were also delighted once again to be featured as one of the chosen local charities during March through the Waitrose Green Token Scheme and we were very pleased to receive a cheque for £170. So a big thank you to Waitrose, Heathfield and its customers for their support.

Age Concern Mayfield

Age Concern in Mayfield which has recently ceased operations has agreed to make us a very generous donation and has asked us to take on the transportation arrangements for outings etc in the Mayfield and Five Ashes area in conjunction with MAYFACS (Mayfield & Five Ashes Community Services). If there is sufficient demand we plan to allocate one of our three buses to Mayfield and recruit further volunteer drivers from those areas.

The Newsletter

Following our first colour issue in the Spring we are now moving forward further and you will see that this issue features more colour as well as advertisements from local businesses which will help to cover the increased costs of production. We are extremely grateful to these advertisers for their support and hope that it will benefit their businesses

The Car Service

As many of you will know there have been some changes with the administration of our car service. Carol Ewart who has been running it for the past eighteen months for which we are eternally grateful is now taking a well earned rest and has handed over the reins to Chris and Kim Clinch. A big thank you to Carol for all her hard work and to Chris and Kim for taking this on. We are looking for back up for them to give them a break from time to time and should any reader know of anyone who would like to become involved please do let us know

An Enormous Thank You to Mike

Mike Hepworth who has been with charity since 2003 and was instrumental in holding it together with John Banks when our founder Geoff Smith became ill in 2010, whilst still remaining a trustee has stepped down as Co-Chairman to concentrate on his many other interests. We are indebted to Mike for all he has done for the organisation as without him we wouldn't be where we are today.



Many of you know Mike, but for those who don't.....

A potted history

Mike born and brought up a Yorkshireman was educated at a grammar school in Scarborough and following this attended Loughborough College where he graduated in Design Tech. and Physics in 1965. He is a keen sportsman and enjoyed both Rugby and Cricket and has played on a number of County grounds including Headingley and Old Trafford for Yorkshire Colts and Uni

PTO

Upon graduating Mike decided on a career in teaching and took up his first appointment at East Grinstead Grammar School from where he moved on to Head of Department at Crowborough County Secondary School which had only 600 pupils when he joined in the early 70's.

This grew over the next ten years to 2200 and became the largest single site school in Britain at that time.

Mike then studied for a Masters at Sussex University in 1984 and was promoted to Vice Principal and Head of a newly built lower school of 600 pupils where he was responsible for teacher training and working with both Sussex and Brighton Universities as an examiner and tutor.

In 1998 eye surgery resulted in complications and following this Mike made the decision to review his future and retired from teaching in 2001. His first task was to convert a large box van into a motor home in which he has toured most of Europe with his wife Jane. During his time working alone in his garage he missed human company and yearned to do something people related once more. So in 2003 he answered an advertisement in the Courier, and after a 'formal' interview in the Coop with Geoff Smith and John Banks he became a driver for Age Concern which he thoroughly enjoyed as he found the passengers just as optimistic, mentally switched on and fun as in his days in education.

When Geoff Smith was forced to step down through ill health in 2010 Mike and the team had to pull together to keep the 'show on the road.' He became Deputy Chairman to John Banks and took on the major admin/co-ordinating role overseeing every aspect of the day-to-day running of the organisation.

When John Banks retired in 2015 Mike became Co-Chairman until stepping down in January this year to allow himself more time to concentrate on completing a building renovation project in Yorkshire. So back to the garage once more constructing a staircase! To quote Mike "Doing something practical gives me enormous satisfaction. That and playing my home made guitar.....but that's another story!" *We'll have to find out one day!!!*

Welcome to Chris & Kim Clinch



We would like to welcome Chris and Kim Clinch who have joined our team.

They have been married for 30 years and after a career in the Sussex Police Force moved to Cross-in-Hand from Chichester some two years ago. They are keen gardeners and having got their garden under control and completed substantial renovation work on the house, they felt they now had the time to put something into the community, and following a visit to the Volunteer Centre in Heathfield they signed up to help with the Scout movement in Heathfield together with becoming car drivers for the Age Concern Medical Car Service - something which Kim is well versed in having worked with SECAMB in the past. Some of you may also recognise Chris from his role at the Union Church Lunches

When Carol Ewart decided it was time to take a break from the everyday demands of the car service administration Chris and Kim stepped in and offered to take it over. They have now been running it for the past three months and are getting on very well.

The task requires some time every day to organise volunteer drivers to take clients to their medical appointments. They have made some changes to the booking arrangements so that they can now allocate jobs to drivers well in advance which should ensure clients have plenty of prior warning if their request is unable to be fulfilled enabling them to make alternative arrangements

Obviously we try very hard to cover all requests for transport, however we still have a shortage of drivers to meet the growing number of enquiries, so if you have a family member or know of anyone who can spare some time each week to help us by becoming a volunteer driver, please do let us know.

REGULAR EVENTS

PLEASE NOTE

Items for publication in our next issue, or updates relating to, dates, times, venues and fees for services shown in the Regular Events section, should be submitted by Thursday 7th November 2017

Every Monday

Extend exercises (gentle movements to music) are held at the State Hall, Station Road, Heathfield, courtesy of the Kings Church, between 11.15am and 12.00 noon. These classes are run by Alison Salters, A qualified Instructor. Telephone: (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 £35.00 with a discount for more than one day a 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 call 01323 849524 or email: sharon.mcintosh@sussexoakleaf.org.uk

One Step at a Time at Chanctonbury Healthcare

What is 'One Step at a Time'?

Join us for a couple of days of day care, on us

Then, stay with us for a week to meet our staff, residents, and get a feel for our homes

When you're ready, you can move in to our home, knowing you are comfortable with who we are and what we do

At **Chanctonbury Healthcare** we understand how difficult it is for you and your loved one to make the move into long term care, and we want to do what we can to help.

We offer something called **One Step at a Time**, a way to make your move in to a care home **easier**. Over as long a period as you want, you can visit our home for day care - first couple of days are on us! - then try staying for a week or so.

This means that when you choose to move in to a home permanently, you know our staff, the other people who live with us, and you will feel more **comfortable** and **secure** in your new home.

For more information, visit our website
www.chanctonbury-care.com





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patients, new and existing.
Please phone to book an
appointment

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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: Call 01435 866960 to check availability.

Every Other Tuesday

The Heffle 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 865789.

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. Call 01435 866960 for more information.

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 Burfield 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, Old Heathfield and Cross-In-Hand, the Age Concern Heathfield Shopping Bus is on the road morning and afternoon. It will pick you 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 2.00pm. You can enjoy a cup of what you fancy, a snack or light lunch and a chat. Call 01435 866960 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 homemade cakes, biscuits, crafts, preserves and knitware. For more information contact: Roy Wilkinson at 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.

Something to make you smile

A man went to his solicitor and told him, "My neighbour owes me £500 and he won't pay up. What should I do?" "Do you have any proof he owes you the money?" asked the solicitor. "No," replied the man. "OK, then write him a letter asking him for the £5,000 he owes you," said the solicitor. "But it's only £500," replied the man. "Precisely. That's what he will reply and then you'll have your proof!"

Every Friday Morning

1. Equipment for the disabled is available on loan from the British Red Cross in Streatfield Road Heathfield, between 10.00am and 12 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. For further information please call 01435 866270

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 774764.

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.

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 £35.00 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 07850 987130, Andrea 07469 147671 or the head office in Lewes on 01273 476704.

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

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.

REMINDERS ••• REMINDERS ••• REMINDERS •••

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

Never give out your bank details to someone who has contacted you on your home phone unsolicited. Especially if they say they are the police and then ask you to call them back. The Police will never ask for your bank details.

If you receive any calls of this nature please do not give them any information and call the police immediately (local 112) but do not use the same phone on which you received the call unless you can hear a dialling tone; or safer still use your mobile instead.

Protect yourself:

- Payments made via bank transfer are not protected should you not receive the item.
- Always make payment via a credit card or PayPal where you have some avenue of recompense should you not receive your product.
- Conduct some online research on the website, company name and business address to identify any poor feedback or irregularities.
- Check the authenticity of websites before making any purchases.
- A "who is" search on the website will identify when the website has been created, so be wary of newly formed domains. This search can be conducted using the following website - <https://who.is/>

If the item advertised seems too good to be true, it probably is.

If you believe that you have been a victim of fraud you can report it online at http://www.actionfraud.police.uk/report_fraud or by telephone on

0300 123 2040.



Sussex Police & Crime Commissioner



SAFE : SPACE Sussex

Website offers Safe Space for victims of crime in Sussex

If you've been a victim or witness of crime, an online directory of local specialist support services offers a one-stop shop to help you find all the information you need at your fingertips.

The safespacesussex.org.uk site, developed by the Office of the Police & Crime Commissioner for Sussex, can also help to demystify the process for people when they may be at their most vulnerable, offering information about different types of crime as well as details of what happens at each stage of the criminal justice system.

The site was built in close consultation with local services to meet victims' needs, whatever stage they have reached in their recovery. Whether you've reported it to the police or not, Safe:Space Sussex can provide a secure environment where people who may be feeling unsafe can find out what local help and support is available to them.

Sussex PCC Katy Bourne, who is responsible for commissioning services for victims of crime in the county, says: "Since it was launched almost 18 months ago, this website has become a trusted, go-to place for anyone who needs advice.

"You can either type your postcode into the site's search facility to find out more about support available locally or you can select a specific crime type – such as hate crime, stalking or anti-social behaviour – and visit a page featuring frequently asked questions as well as live links and contact details for support groups.

"It really doesn't matter whether you have reported a crime to the police or if an offence has happened in the past, you can still find help and support at the click of a button."

For more information, please visit www.safespacesussex.org.uk

AGE *Concern* HEATHFIELD & DISTRICT NEWSLETTER

SERVICES	CONTACTS
MINIBUS TRANSPORT.....	Elizabeth Keating 01435 866960
HOSPITAL CAR SERVICE	Kim & Chris Clinch 01435 882121
UNION CHURCH SENIOR CITIZENS' LUNCH	Jean Plummer 01435 883483
NEWSLETTER Updates.....	Tom Heffernan 01435 860724
Additional copies of Newsletter	Bill Philps 07876 565320 Dawn Brock 01435 863656
or	
Email: dawn@ageconcernheathfield.org.uk	

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