

**AGE CONCERN HEATHFIELD & DISTRICT
NEWSLETTER
Summer 2016**

EDITORIAL TEAM:

This free publication is widely distributed in the Heathfield area 3-4 times a year.

If you would like a LARGE PRINT version, or more copies for friends, please contact: Mike Hepworth on 01435 862329 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: ageconcern21@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 Hospital car service cars All Doctors' surgeries Pharmacies All Churches Community Centre District Nurses Health Visitors Parish Council Office, Heathfield Library High Street Charity Shops	Jason's Greengrocers High Street Cafes Some local stores "Pop-in" Lunch Clubs Red Cross Hall Holdenhurst Parkside Risingholme Mary Burfield Court Waldron Court	Davenport Park Millcroft Oaklands Court Cherry Tree Court Rectory Court Burwash Harrison's hairdressers Post Offices Dental Surgeries Veterinary Surgeries Broad Oak Spar Holy Cross Priory
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Minibuses

After 14 years of continuous and dedicated service Clarence Pont, our volunteer Minibus Manager retired at the end of June.

Clarence was one of the original team that came together to 'rescue' our charity and who took on the constantly demanding day-to-day running of our minibus service.

Over recent years his Granddaughter, Sara Davies, has ably supported Clarence. She has helped with both driver deployment and the booking of minibus outings. Sara is also stepping back because she is, very soon, to be married and in doing so, we wish her all happiness for the future.

We thank both Clarence and Sara for the vital contribution that they have made.

The minibus service is now being administered and co-ordinated by Elizabeth Keating. Elizabeth has been a Committee member for a long time and is very familiar with the way that we operate.

All bookings should now be made on the following telephone number:

(01435) 866960

An appeal

Although our minibuses are maintained regularly and to the highest possible standard we would like some additional support with the regular checking of fluid levels, tyres and making general observations. We would be delighted if any of our readers or friends, who have half an hour to spare each week and who have some mechanical knowledge or interest to help us then please call the above number.

Our illusive new bus

Some of you may well be asking 'what has happened to our promised new minibus?' We too have asked the same question of the Department for Transport!

Apparently there has been a delay in the supply of new base vehicles from Peugeot. A conversion date of October has now been quoted. The work will be carried out by GM Coachworks Ltd. who is based in Trusham, Devon.

Let us hope that it comes wrapped in a box with a bow for Christmas!

A visit from Westminster



On August 18th the Heathfield shopping bus was delighted to welcome Huw Merriman MP, Member of Parliament for Bexhill and Battle who joined us on our rounds as he was keen to see what we do.

It was a very relaxed occasion when passengers chatted to him and had the opportunity to ask him questions and address any concerns they may have. He enthusiastically joined in with the team of Malcolm McElvie and Bill Philps and helped passengers by carrying their shopping as well as assisting them on and off the bus. He even operated the tail lift, so he's well equipped should he ever wish to join us a volunteer!

He has promised to come back to see us again later in the year when the new bus arrives, and hopefully he'll christen it for us! Something we shall look forward to.

Donations

We gratefully acknowledge recent donations from both the Wellcome Trust (Sussex) and from Waitrose Ltd as well as from a number of individuals.

We have also been nominated for the consideration of a grant from our local Co-operative supermarket. This is from their profits scheme that is designed to benefit local charities.

The Volunteer Hub

The Heathfield and District Volunteer Centre (HDVC) is now up and running. We, at Age Concern, fully support this initiative. Its' specific aim is to encourage a culture of volunteering within our community and to provide practical direction by offering information and advice, matching potential volunteers with organisations and conversely, seeking to help organisations with recruitment.

These services can be accessed by visiting the Parish Council Offices on Monday mornings from 10am-12noon and Friday afternoons from 1-3pm. There is also an outreach desk in the Library that is manned on Thursday mornings from 10am-12noon.

If you wish to discuss how you might get involved in the very rewarding role of a volunteer, then please contact Ann Kenward at, kenwardann@gmail.com

Age UK New Day Club

Age UK East Sussex is delighted to announce a new day club at Holdenhurst, Mill Road, running every Monday from 10.30am -5.30pm. 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. We may be able to help with transport. For more information or a taster day please contact Maureen 07850987130 or the head office in Lewes on 01273476704

Care for the Carers

Do you look after, help or support a relative, friend or neighbour who couldn't manage everyday life without your help? If so, you are a carer.

Care for the Carers is your local carers centre. We are an independent charity and have been supporting unpaid carers in East Sussex since 1989.

Our team of staff and volunteers can provide you with free practical and emotional advice – face to face, by telephone, or online. We can put you in touch with other carers, and offer a range of groups, training and events across the county.

In Heathfield, we run a carers clinic where you can come and chat with one of our Carer Support Workers and find out what support and services are available for you. This is on the first Thursday of the month from 2-5pm at Heathfield Health, next door to the High Street Surgery.

We also run a carers group in Heathfield. This gives a chance for carers to meet together with a Carer Support Worker to have a chat, support each other and hear from a speaker about relevant issues. This is held on 4th Tuesday from 2 to 4pm at the Heathfield Community Centre.

For more information about support available to carers or to book into a clinic, please contact Care for the Carers on 01323 738390, email info@cftc.org.uk or visit our website: www.cftc.org.uk

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East Sussex Hearing Resource Centre

East Sussex Hearing Resource Centre mobile unit will be visiting the Co-op Car Park on Thursday 22nd of September between 10.30am and 3.30pm.

They will be providing:

Demonstrations of assistive equipment including amplified phones, loop systems, alarm clocks and smoke alarms.

Friendly constructive advice on all aspects of hearing loss

Free hearing screening tests

NHS Hearing aid maintenance and battery service

NEXT ISSUE

PLEASE NOTE

If you have items for inclusion in our next issue, please send them to us by Friday 11th November 2016.

FORTHCOMING EVENTS

Country Crafters of Heathfield & Villages at Punnetts Town Village Hall

Saturday 22nd October 2016 from 1030 to 4.30pm

Displays, Demonstrations and items for sale. Expert and beginner makers.
Tea, Coffee, Soft Drinks & Cakes.

Contact Lorraine 01435 865789 / Maggie 01435 830465

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. 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 865789

Something to make you smile

I went to the doctors the other day and I said, 'Have you got anything for wind?'
So he gave me a kite.

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

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, 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 £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.

Something to make you smile

A young boy enters a barber shop and the barber whispers to his customer. "This is the dumbest kid in the world. Watch while I prove it you." The barber puts a £5 note in one hand and £1 coin in the other, then calls the boy over and asks, "Which do you want, son?" The boy takes the £1 and leaves. "What did I tell you?" said the barber. "That kid never learns!" Later, when the customer leaves, he sees the same young boy coming out of the sweet shop. "Hey, son! May I ask you a question? Why did you take the pound instead of the fiver?" The boy licked his cone and replied, "Because the day I take the fiver, the game is over!"

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

'**Older People's Day**' is being celebrated in East Sussex though-out September and October. There are many activities within the Wealden area and these are listed in a booklet entitled 'Full of Life'. To get a copy please contact www.eastsussex.gov/oldpeoplesday or phone 01273 481565.

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.

To keep up to date with the latest methods used by fraudsters to relieve you of your hard earned cash. Go online at.

<http://www.actionfraud.police.uk>



HEATHFIELD & DISTRICT NEWSLETTER

SERVICES

MINIBUS TRANSPORT.....

HOSPITAL CAR SERVICE

UNION CHURCH SENIOR
CITIZENS' LUNCH

NEWSLETTER Updates.....

Additional copies of Newsletter

CONTACTS

Elizabeth Keating
01435 866960

Carol Ewart
01435 882121

Jean Plummer
01435 883483

Tom Heffernan
01435 860724

Mike Hepworth
01435 862329

Or Email: ageconcerntn21@hotmail.co.uk

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