

AGE CONCERN HEATHFIELD & DISTRICT

NEWSLETTER

WINTER 2016

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 :

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	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

Geoffrey Smith

It is with great sadness that we have learned of the death of Geoff Smith.

Geoff was the Chairman and principal organiser, together with his wife Evelyn, of Age Concern in Heathfield from 1990 until ill health to himself and the sudden death of Evelyn in 2010.

During those 20 years Geoff grew the minibus service from a one-day a week shopping trip, using an old second hand converted ambulance, to the comprehensive services that we run today. He also started the car service.



On top of this Geoff and Evelyn found time to maintain a library of pamphlet information, initiate, support and organise outings and lunches for seniors and deal with individuals who found difficulty accessing other services or simply filling in complicated forms. Geoff began, wrote on his old typewriter and distributed all editions of this Newsletter.

Perhaps lesser-known facts about Geoff are that he played Cricket and Rugby for Kent. Two of his famous cricketing teammates were Colin Cowdrey and Godfrey Evans. He scored 728 first class runs and took 165 first class wickets and he was captain of Canterbury RFC from 1951 to 1958. Geoff was a very active supporter of Heathfield Cricket Club for many years.

In Geoff's working life he was a professional Heating and Ventilation Engineer. He worked on a number of prestigious projects including the iconic Shell administration building on the Thames, the historical Canterbury Cathedral and even more famous, the construction of the Sydney Opera House where he was the overseas Managing Director for the contractor, Haydens.

Geoff was thorough, passionate and dedicated in whatever he did. He had a calm, considerate and generous personality with great gravitas in public settings. Geoff has rightly become what might be termed the 'father figure' of our organisation and he leaves the legacy of all that is right about attitudes towards and how to conduct a voluntary public service.

We, on behalf of all of Heathfield, say not only a sad farewell but also a very big thank you.

MH

The Car Service: An urgent request.

Users of our Car Service need to be reminded that all our services are run entirely by volunteers. We have no paid employees and all our administration is conducted from home.

The day-to-day demands on our Car Service, in particular, can be incessant. It is often not realised that just one request can generate several phone calls to find out if a driver is available and then to confirm the request. It does not take a mathematical genius to calculate how many calls have to be made if up to 10 journeys are requested on a single day. (Now calculate that for the 1400+ requests made each year!)

We therefore ask you to limit your calls to weekdays only, to leave clear and short messages on the answer-phone indicating who you are, the journey you require and a phone number to call back. Also, please do not expect an immediate answer. Organising drivers is done towards the end of each day and into the evening when people are at home. The expectation that someone is always there to pick up your call is too much to ask of any one person doing the organising!

Please may we also post a further reminder that we are not a taxi service that operates from a fully manned office and that we need a minimum of 48 hours notice to be sure that we can cover essential appointment journeys. The more notice that you can give the better.

.Taking care this winter

A few weeks ago one of our passengers sustained a nasty injury after being delivered to the Union Church lunch. She fell, broke her pelvis and was admitted to hospital.

It is a timely reminder that we all need to take care and particularly through the winter months. We all wish that we could be young again and sometimes our misguided youthful self-image does not match our declining physical ability!

So, the message is to exercise caution, ask for help, particularly when trying to negotiate slopes or steps and use a walking aid if you have been advised to do so. We will accommodate these on all our services.

Donations

A special bike ride

Rita Dingwall and her trusted bike Evie cycled from London to Paris in

July of this year to raise funds for 4 charities and to celebrate her 60th birthday in a memorable way! Rita's mother Helen Stonestreet made a special request for Rita to raise funds for the local Age Concern charity. Helen was a seasoned traveler in the minibus that is provided by Age Concern (Heathfield & District) and the shopping trips were the highlight of her week.

Setting off from Crystal Palace, Rita covered 300 miles in 4 days, along with 115 other cyclists all raising money for many charities. Rita commented that it was a pleasure to raise money for such deserving charities, particularly Age Concern who devoted so much time and resources to the local community and in particular her mum. The highlight of the trip was cycling into Paris with horns blaring and beating Chris Froome to the Arc de Triomphe by 24 hours when he completed the Tour de France!

We are enormously grateful to Rita for all her effort. The ride raised well over £1000 just for us.



Rita at the conclusion of her trip in Paris.

The Cooperative Community Fund

We are delighted to announce that we have been selected as one of the local charities to benefit from the Cooperative Community Fund.

This scheme is connected to the Coop membership card and every time you buy Coop branded items or a service 1% of the profit is donated to the locally chosen good causes. All holders of membership cards in Heathfield will be automatically donating and the total will be shared equally between the nominated charities unless you ask specifically to have your donation directed to one charity in particular.

If you would like to help us grow our share of the final distribution, please either go on line (coop.co.uk/membership) or telephone 0800 0234708 and register your wish to support Age Concern Heathfield & District.

You are able to see our share grow each week by looking at the totals posted on the information boards opposite the checkouts.

The scheme runs right through until the 28th of March 2017. So please support us, tell your friends to register and to donate to us as well.

Donations and Legacies

We are sometimes asked how donations and legacies might be made to us.

In terms of legacies we are not in a position to advise on this. The financial circumstances for each individual will be different. We therefore recommend that legal advice be sought as to the proper way to leave a legacy.

It is much easier to make a donation. The simplest ways are to either give cash, for small amounts, write a cheque or request a bank transfer; we can supply our bank details to anybody who wishes to donate this way. We will always provide a receipt.

We have recently registered for Gift Aid so that we can claim tax relief on any donations that are made. If you wish help us increase any donations that you make we will make a Gift Aid form available for you to sign.

The important thing to remember when either donating or making arrangements to leave a legacy is that it is made in favor of Age Concern Heathfield & District, to distinguish us from Age UK. Legacies, in particular, made out to Age UK and given with the intention of benefiting us is likely to be legally contested by Age UK and with an outcome that might not accord with your wishes.

If you have any doubts about the best way to support us then please feel free to seek our help.

The Annual General Meeting

Please note that our next AGM will be held on the 24th January 2017 at 7.30pm. It will take place in the Coffee Lounge of the Union Church in Station Road, Heathfield.

The agenda will be available prior to the meeting on request.

This is an open meeting where members of the public are invited to attend.

This Newsletter

Looking ahead we will be regularising the future publication of this Newsletter. The three editions each year will be – Spring (March/April), Summer (July/August), Winter (November/December).

Deadlines for contributions for each edition will be at the end of the first weeks of March, July and November.

An error in our last edition

On the back page of our last edition the contact telephone number for Minibus Transport had an additional and unwanted '8'! It should be (01435) 866960.

A Christmas Party for Senior Citizens

The Students of Heathfield Community College are hosting a Christmas Party for Senior Citizens on Thursday the 15th of December between 2.30 and 3.30 pm. There will be Christmas music, entertainment, a warm drink and mince pies. If you would like to attend then please contact the College reception on (01435) 866066 or by email on – office@heathfieldcc.co.uk before Thursday the 1st of December.

(We are keen to foster links between young people and our seniors and we encourage anybody interested in this initiative to attend.)

A message from the Trustees and Management Team

Christmas and a New Year will be just round the corner when this Newsletter is distributed.

We wish all our readers, users of our services and all our Senior Citizens a very pleasurable Christmas and all good fortune in the New Year.

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

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

Something to make you smile

Two little boys were known troublemakers, stealing everything they could get their hands, even from the church. One day a priest stopped one of the boys and asked, "Where is God?" The boy shrugged and the priest repeated, "Where is God?" The boy ran out of the cathedral to his home where he hid in a closet. Eventually his brother found him and asked, "What's wrong?" The crying boy replied, "We're in trouble now! God is missing and they think we took him!"

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.

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

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 0132 832252

Something to make you smile

A woman was taking an afternoon nap. When she woke up, she told her husband, "I just dreamed that you gave me a pearl necklace. What do you think it means?" "You'll know tonight," he said. That evening, the man came home with a small package and gave it to his wife. Delighted, she opened it to find a book entitled "The Meaning of Dreams."

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

Car stolen right in front of the owner in Heathfield

On Wednesday 16 November, a woman who had parked her car in the car park behind Whole Foods in Heathfield's High Street, was nearly run over by the man who stole it from her. She was just about to drive out at approximately 10.30am when he flagged her down saying he could see fluid, possibly oil, coming from under her car. As she got out to check, he jumped in and started up the car. She tried to block his path by standing in front of the car and banging on the bonnet, while shouting for help. But he inched the car forwards till it made contact with her and in the end, she had to stand aside and he drove off.

The man was described as being of a stocky build, about 5'10" and with black curly hair, possibly aged about 45, swarthy and possibly unshaven. He was dressed in dark clothing with a beany hat pulled down low to cover his face.

The car he stole is a black Ford Focus Ghia with the partial registration number **P --- SVG**. Unfortunately, when the car was taken, there were also credit cards, house keys and other items of importance inside.

Residents are being urged to be on their guard against this crime whereby drivers are flagged down on any pretence with the aim of stealing the car. If you do have to stop and leave your car even for a very quick reason, never leave the keys in the ignition, nor any valuables in the car. If possible, lock the car doors as you get out.

Witnesses to this incident, or anyone with any information in relation to it, are asked to contact us via 101 by phone, or email 101@sussex.pnn.police.uk, and quote reference 365 of 15/1

Alternatively you can contact the independent charity **Crimestoppers**, anonymously, on **0800 555 111**, or online at www.crimestoppers-uk.org

AGE HEATHFIELD & DISTRICT
Concern NEWSLETTER

SERVICES

CONTACTS

MINIBUS TRANSPORT.....	Elizabeth Keating 01435 866960
HOSPITAL CAR SERVICE	Carol Ewart 01435 882121
UNION CHURCH SENIOR CITIZENS' LUNCH	Jean Plummer 01435 883483
NEWSLETTER Updates.....	Tom Heffernan 01435 860724
Additional copies of Newsletter	Mike Hepworth 01435 862329

Or Email ageconcerntn21@hotmail.co.uk

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