

# AGE *Concern*

## Newsletter

### Christmas 2017 Edition

#### Minibus Team 2017

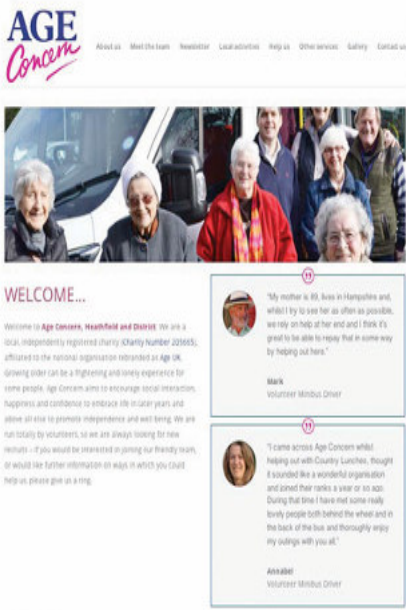


**See full story on page 5**

## A Warm Welcome from the Team

Welcome to the Christmas edition of our Newsletter. This issue features all the latest news and as always, the regular events taking place in and around Heathfield. We also feature the first of a new regular column entitled "Chairman's Chat" when Bill Philps talks to one of our clients. We do hope you enjoy this.

## Website News



Since the last edition of our newsletter our website has gone live! You will find us at:

[www.ageconcernheathfield.org.uk](http://www.ageconcernheathfield.org.uk)

Here you will find news stories and photos, along with links to our 'Meet the Team' profiles, information on Local Activities, copies of Newsletters, ways to Help Us, Other Services, Photo Gallery and Contact Us pages.

If you have items you would like us to include on the website, or suggestions of other things you would like to see on it, please contact: Mandy Jarvis on 01435 866293 or email [info@ageconcernheathfield.org.uk](mailto:info@ageconcernheathfield.org.uk)

We would like to thank Robert and Tony at Quest Graphics, Heathfield ([www.questgraphics.co.uk](http://www.questgraphics.co.uk)) for their help with the construction of the site.

## Medical Car Service Team

### New Members

#### Natasha Read



Natasha moved from Middlesex to Heathfield with her husband about 15 years ago. They have two children and two rather crazy rescue dogs.

Natasha's family is the main focus of her life and she loves spending as much time as possible with them. However, when time allows she really enjoys going to the gym and generally keeping fit.

More recently Natasha worked at a pre-school dealing with the accounts, however with one of her children at school in Ringmer and the other in Burgess Hill her current job title should probably be taxi driver!

Natasha felt she wanted to spend some of her remaining spare time doing something worthwhile within the local community, so after a chance meeting with Bill Philps, she was persuaded that a role could be fitted in around her family commitments and recently came "on board" to help.

#### Sara Hedger



Sara is 24 years old and married. She has lived in the area for most of her life having moved to live with her grandparents locally when she was 11 years old.

In her spare time she enjoys reading as well as baking. She previously volunteered to help organise the Age Concern minibuses with her grandfather, Clarence Pont, who has since retired.

Sara will be a familiar face and voice to many of you as she helped for several years organising requests for minibus transport for outings as well as helping with the day to day running of the buses.

Once her grandfather retired, Sara also decided to take a break to give herself time to decide what to do next. However she didn't escape for long and is now back and thoroughly enjoying being involved with the Medical Car service.



## Chairman's Chat

### Betty Pitches



Betty, a well-known figure in Heathfield has had a long and interesting life which may not be known to all of those who regularly see her manning the desk at the Union Church Tuesday Lunches.

Betty was born in 1921 and brought up in the town of Gourrock in Scotland, near to Greenock on the River Clyde. After completing her schooling, she went on to Commercial College where she trained as a shorthand typist as WW2 began.

During the early part the war she was persuaded by one of her friends to accompany her on an interview to volunteer for the war effort as a Wren. When they got there, events took a surprising turn, her friend decided not to go ahead and instead Betty proudly went home and told her mother that she had herself signed up. While she didn't know it at the time it was to be something that would shape her future life.



She became a Leading Wren working in Signals as a Teleprinter Operator for the last four and a half years of the war. She was initially based in Greenock, then Largs, before coming south to Weymouth and then in 1940 to Southampton in readiness for the invasion.

While in Scotland a fellow Wren asked Betty if she would like to come out with her one evening with her boyfriend on a 'blind date' to meet a friend of his called Eric. They met on the concourse of Glasgow Central station and a romance began and went on to blossom. Eric who worked on minesweepers had been injured when his ship went down, but once he had recovered and gone back to sea, the romance between them continued to develop. They were married in 1947 and moved to Eric's home town of Shoreham in Sussex

Eric was by then at horticultural college, and after qualifying went on to manage various nurseries before settling at one in Cross in Hand which specialised in carnations, and which he later bought.

Betty by then a busy mum bringing up their two sons, still found time to help Eric with this flourishing business. When the nursery was sold in the late nineties they retired to a bungalow which their eldest son had built in the grounds. Twelve years ago, after losing Eric, Betty moved to Davenport Park to be close to the shops and many of the friends she had made over the years.

And now we come to the Union Church Lunch Club, founded some twenty nine years ago by the Reverend Kenneth Chambers. Betty was one of the founder members of the catering team whenever she was able to get away from the busy nursery, and she worked in the kitchen preparing meals and washing up. Despite her amazing ninety six years, Betty is still full of life, and for the past eight years has worked tirelessly as Cashier. As Betty says, "I love the work as it keeps me busy, and I am extremely proud that of the seventy two people on the register I know them all by name".

Well done and thank you Betty, keep up the good work, you're an inspiration to us all!

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### **Minibus Team 2017**

At Age Concern Heathfield we like to recognise the huge amount of time that our volunteers willingly give to us and from time to time we hold a social event to express our gratitude to them. October saw just such an event with our Minibus Team attending a morning of training and fun!

The topics for this event were 'Everyday First Aid' and 'The Roles and Responsibilities of Minibus Drivers and Escorts'.

We were assisted by Melanie Compton, a Heathfield and Waldron First Responder, who helped and supported us in presenting these important topics.

The drivers and escorts were as lively as ever, presenting us with lots of questions and thought provoking scenarios. As usual there was lots of banter and fun, together with an array of homemade cakes and sausage rolls – an essential part of any get together!

Our next event is planned for February 2018 where the focus will be on Dementia Awareness.

## The Medical Cars

The management of our car service has been further strengthened through the use of cutting edge technology and the help of Sara Hedger and Natasha Read. The seamless system means that after you call and leave a message with your name and journey details, Chris Clinch uploads this onto an electronic diary. Next Sara or Natasha who have access to this on tablet computers liaise with both you and the drivers to place your booking.

**Please Note: To book please now call:- 01435 515090**

## Huw Merriman MP takes another trip on the shopping bus



Our Thursday shoppers had a treat once again, following his visit in March when our MP Huw Merriman came on the inaugural run of the new bus. He made a further visit in August and once again spent a few hours with the passengers. He then joined us again a couple of weeks later at the Punnetts Town Country Lunch where he put his hand to serving the lunches.

## Something new for Heathfield

You may be familiar with the 'Shed' movement in the UK and in many other parts of the world, which was designed to combat loneliness and encourage friendship. Owing to its success we believe it is something that could benefit the people of Heathfield and surrounding areas. We are therefore investigating the possibility of setting up our own 'Shed' to provide a place where men and women over 60 can come along to join in activities similar to what they might do at home or in their own garden shed, but with other like minded people. It is envisaged that the Heathfield Shed would have the necessary tools and equipment available so that 'Shedders' can use and share skills, learn new ones, and develop interests while enjoying the benefit of working as a group.

Activities could include, model making, engine restoration, refurbishing old tools and machines, metalwork, personal and community projects and IT training. We cannot move forward until we have sufficient interest to ensure that the project is viable, so if this is something that you or a family member would like to become involved with please call **01435 863656** and leave a message to register your interest. We are also seeking a potential site, so if anyone knows of a suitable building in the area please do let us know.



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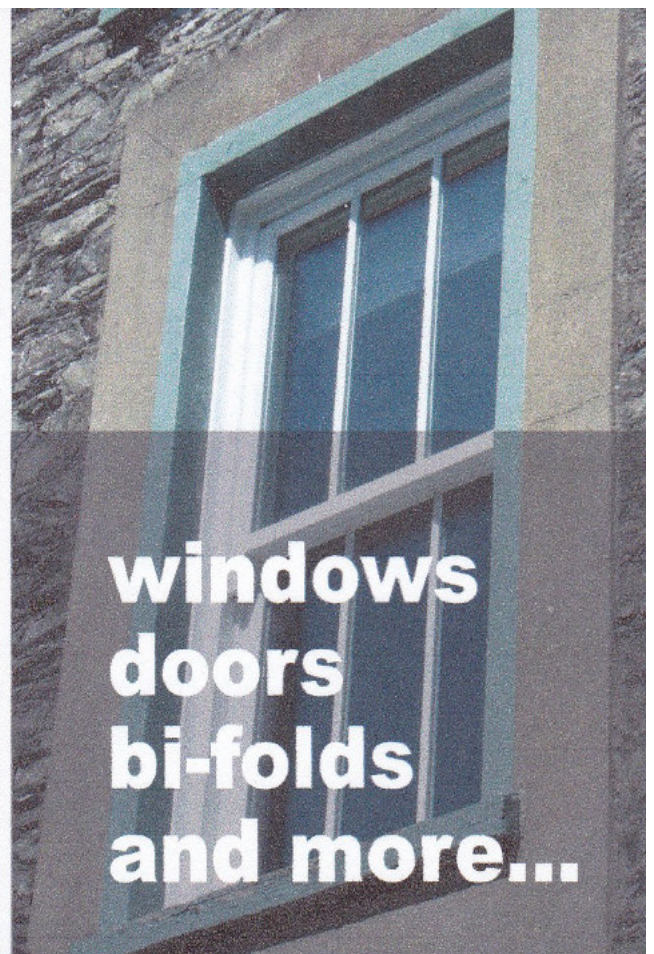
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# *One Step at a Time* at Chanctonbury Healthcare

## *What is 'One Step at a Time'?*

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

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

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**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.

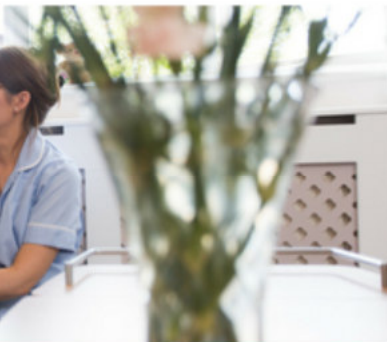
This means that when you choose to move in to a home permanently, you know our staff, the other people who live with us, and you will feel more **comfortable** and **secure** in your new home.

For more information, call us on **01435 813 030** visit our website [www.chanctonbury-care.com](http://www.chanctonbury-care.com)

*Alfriston*



*Horam*



*Polegate*





## 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 1st March 2018

#### 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. Please call 01825 766293 or 07774 543645. 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 07850 987130, Andrea 07469 147671 or the head office in Lewes on 01273 476704

#### 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](mailto:sharon.mcintosh@sussexoakleaf.org.uk)

### **Every Other Tuesday**

**Tuesdays Together** From 2.00pm to 4.00pm 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 12.30pm, £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 1.30pm 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.

### **Every 4<sup>th</sup> Tuesday of the month**

Care for the Carers Heathfield Group meets at 2.00pm 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 10.00 am and 12 noon. For further help or information please telephone them on 01323 722505.

### **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. Three Course meal for £5 from 12.00pm. For booking contact 01435 813030

### **Every Other Wednesday**

The established and very popular Country Lunches at the lovely Punnett's 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 862614.

### **Every Third Wednesday of the Month**

Volunteers from the Rest Christian Centre in Punnets 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 noon.

### **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 483529.

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 2<sup>nd</sup> Thursday of the Month**

There is a relatively new market every 2nd Thursday of the month between 11.00am and 1.00pm 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 offering free coffee and biscuits and the opportunity to purchase homemade cakes, biscuits, crafts, preserves and knit ware 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 3<sup>rd</sup> 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 2.00pm to 4.00pm. Come along and join in the fun. For more information please call Phil Brierley on 01435 864646.

### **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."



### **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 12.00 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. For further information please call 01435 866270

**2. Chair-based exercises** in the lounge at Mary Burfield Court, Heathfield, from 11.00am 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 10.00am to 12.00 noon. Enjoy art, knitting, quilting, card making, etc. All 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 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.

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## 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](http://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** - Call 01323 436414.

**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. Call 01435 862304 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](mailto: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 470 8090**

would be remembered by all older people.

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### **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 a chat.

Dementia Supper Clubs as part of the Carers Breaks Dementia Engagement Service - The only charge is the cost of the meal.

All enquiries regarding Heathfield/Surrounding areas & Uckfield/Crowborough clubs, please call: Lynn Leeves 07749 338120 or 01323 432340



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# Sussex Police & Crime Commissioner



## **Expanding warden scheme aims to tackle business crime**

A new community approach to guarding is helping to deter and disrupt criminals targeting businesses in Sussex.

Since 2015 business and community wardens have been introduced in Hastings, Eastbourne, Littlehampton, Bognor Regis and Haywards Heath. The wardens, initially hired for an 18 month pilot jointly funded by the Home Office and the Southern Co-operative, take the task of reporting crime away from businesses, securing physical and digital evidence and preparing statements for police.

Community guards are now being deployed in Brighton and Hove alongside the current Business Improvement District ambassadors. Their role has been supported by Sussex Police and the Sussex Police & Crime Commissioner, Katy Bourne, who praises this partnership approach to reduce crime and anti-social behaviour.

“The feedback from business communities about the value and impact of wardens has been excellent,” says Mrs Bourne.

“It is vital that local organisations and the police work together to reduce business crime and help to create a safe and secure county in which to live and work.

“Because wardens are trained to secure the best physical evidence and take statements, they are helping businesses save time and reducing demands on police. They are also able to provide services beyond security like first aid, counter-terror awareness and emergency planning.”

Nationally business crime accounts for up to 25% of all crime. In Sussex that figure is 19% and Mrs Bourne is keen to encourage more firms to report it so this percentage continues to fall.

Sussex sees 28.3 crimes per 1,000 businesses, putting it 12th from bottom of all 43 forces in England and Wales. Shoplifting accounts for 45% of all business crime in Sussex while criminal damage is just under a fifth; crimes at a convenience store represent 8.7% of the total number of business crimes.



The existing business wardens in Sussex have powers to seize alcohol thanks to a community safety accreditation scheme which allows organisations and their employees to be given targeted police powers by the Chief Constable. These powers mean wardens can seize alcohol from under-18s or people drinking in designated spots, deal with begging and request the name and address of someone they believe has committed a relevant offence.

You can read more about the PCC's activity and sign up for her weekly newsletter at [www.sussex-pcc.gov.uk](http://www.sussex-pcc.gov.uk)



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## HEATHFIELD & DISTRICT NEWSLETTER

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