

Age Concern Heathfield & District

# NEWSLETTER

Winter 2018



Combatting loneliness in Heathfield and surrounding area

## A Warm Welcome from the Team

Welcome to this Christmas edition of our newsletter. Once more we feature all the latest news and regular events taking place in and around Heathfield. This issue profiles Clarence Pont, in “Chairman’s Chat”, known to most of you for his amazing work with our Charity.

To ensure that this publication continues to deliver what you want to see, please do let us know of any new or different services you learn about that might be of interest to others. We would also like to hear about any areas of interest or concern that you would like us to investigate which could be of benefit to our readers.

‘A Very Happy Christmas and Prosperous New Year to you all’

## Christmas Closure

Please note that the Medical Car and Minibus services will be closed for Christmas and the New Year. Our last day of operation will be **Friday 21st December 2018** and we will re-open on **Wednesday 2nd January 2019**.

## Donations

We have been fortunate in recent months to receive some very generous donations from not only our passengers but also others who recognise the work we do for the elderly of Heathfield and surrounding areas. One such donation was made by the Oddfellows, a friendly society with a national network of branches.

Through friendship and social events, their aim is to help members get more enjoyment out of life and offer care and support in times of need. Naz Mian, from the Oddfellows, a resident of Heathfield, is seen here presenting a cheque for £500 to Bill Philps at their recent branch meeting in Tunbridge Wells.



We are always delighted to receive such donations to help maintain our services, and it is important to remember when either donating or perhaps leaving a legacy that it is made in favour of Age Concern Heathfield & District, to distinguish us from Age UK. Legacies made out to Age UK, given with the intention of benefiting us could be legally contested by Age UK, with an outcome that might not accord with your wishes.

## Heathfield & District Men's Shed



You've all heard the expression "two steps forward, one step back". Well that seems to be the story of the project here in Heathfield! So far, we have been unable to find any suitable premises in the heart of Heathfield, our ideal solution! So, we've had to look slightly further afield, and have been fortunate to be offered a site on the outskirts of the town, just about two miles north west of the centre, where we plan to construct, not only, a "Shed" but also a small office. It will also provide a secure area to park and store two of our minibuses.

The project is still subject to Planning Permission and contracts between us and the landlord. So, until such time as these have been formalised, it's still as case of forward and backward steps!

The Shed will provide a place where local men and those from the surrounding area, over the age of sixty, can meet to connect, converse and create, and because of its rural surroundings the location will also allow the opportunity for gardening, photography, painting, and walking, for those who enjoy the Great Outdoors.

We have been amazed at the initial interest and now have some thirty enthusiastic potential Sheddors itching to get on with the project. They have a diverse range of skills which include plumbing, engineering, building, electrical work and woodworking which will be a great asset once the build commences under the project leadership of Peter Brock.

Our successful presence at Le Marché in August encouraged potential Sheddiers to hold a stall at the November Farmer's Market in Heathfield, and they'll be back again on 15th December selling their expertly hand-crafted goods, which include bowls, key rings, and dibbers, as well as seasonal reindeer! All proceeds will go towards the Shed project.

Some of our passengers have also been enthused by what we are doing and have made generous donations, with the specific request that the money is used exclusively for the Shed project. We have also been donated furniture for our office, so, another Patron has kindly allowed us to store this in their garage until such time as we move in. It goes without saying how grateful we are for these gestures.

If you are interested in becoming a Shedder or would like more information, visit our website at: [www.ageconcernheathfield.org.uk](http://www.ageconcernheathfield.org.uk), email [info@ageconcernheathfield.org.uk](mailto:info@ageconcernheathfield.org.uk) or call Peter on 01435 863656.



Heathfield & District **Men's Shed**

AGE Concern  
Men's Sheds  
A Local Action Member

Our next meeting is on

**Thursday 13<sup>th</sup> December**  
**at Heathfield Fire Station**  
**11.00am -12.30pm**

If you would like to come along and join our enthusiastic group of Sheddiers, please get in touch -

Call Peter on 01435 863656 or email [info@ageconcernheathfield.org.uk](mailto:info@ageconcernheathfield.org.uk)

Please note:  
There is strictly no parking on the Fire Station forecourt.  
Free parking is available at the Co-op or in Mill Road.

Heathfield & District Men's Shed is supported by Age Concern, Heathfield & District  
Registered Charity No. 255485

**Heathfield & District Men's Shed is a place where men can meet  
to connect, converse, create, construct... and drink tea!**

## Help Us to Help You!

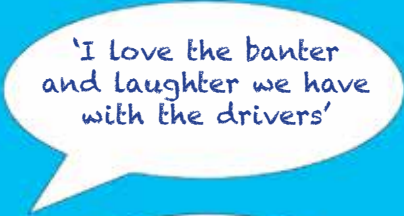
Did you know that our drivers and Executive Team members are all volunteers? We take our volunteering roles very seriously and get enormous satisfaction from realising that by giving just a little, we can help others such a lot.

By volunteering with Age Concern, Heathfield & District you immediately become part of a friendly team of people from a wide and very varied range of backgrounds.

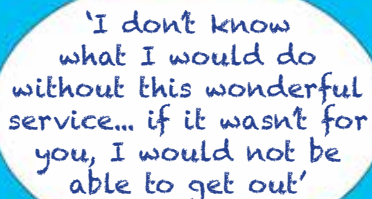
You make friends, you have fun, visit places of interest, you see parts of Heathfield you never knew existed, but above all else you give something so precious to the elderly members of our community – friendship and independence.

Here are just a few things that some of our regular clients have to say about us...

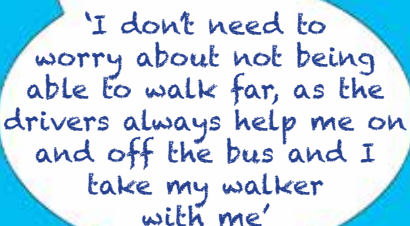
If you, a family member or someone you know feels that they could spare a few hours a week, a month or even just occasionally, here are some ways that you can get involved and help to make such a difference:




'I love the banter and laughter we have with the drivers'



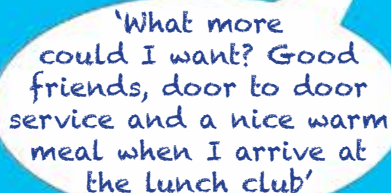
'I don't know what I would do without this wonderful service... if it wasn't for you, I would not be able to get out'



'I don't need to worry about not being able to walk far, as the drivers always help me on and off the bus and I take my walker with me'



'We are so lucky to live in Heathfield and have such a wonderful service'



'What more could I want? Good friends, door to door service and a nice warm meal when I arrive at the lunch club'





### **Minibus Drivers**

We have regular weekly routes and requests for day trips and outings. Drivers must be between 25 and 75 years of age and have a valid, D1 category on their licence.

### **Minibus Escorts**

For those who do not want to drive a minibuss but would be happy to assist with passenger safety, helping clients on and off the bus, fastening seatbelts and operating the tail lift.

### **Medical Car Service**

Using your own car, take clients to and from medical appointments at doctors' and dental surgeries, clinics and hospitals. Expenses will be reimbursed.

### **Book a Minibus for Your Own Outing!**

Did you know that, as well as our own Age Concern trips and regular bus runs, our fully accessible minibuses are available for groups to book for their own outings?

**To find out more information telephone 01435 866960**



## Administrators

Our administrators help with a number of duties such as answering and making phone calls, liaising with other volunteers, logging entries onto an electronic calendar system, organising passenger lists and driver rotas etc.

If you enjoy meeting people, being part of a team and making a difference to other people's lives, please give us a call - we would love to hear from you!

Whilst we are always looking for new volunteers, we must not forget the wonderful team of volunteers that we already have, many of whom give so generously of their time. We are so lucky to have such a friendly, happy and willing team and I am sure you will agree with us that they all help to ensure the services Age Concern, Heathfield & District is able to offer, are of such a high standard.

The Executive Team would like to say a very big thank you to all our special car and minibus drivers, bus escorts and the support volunteer team - we couldn't do it without you all!

### ***Dawn Brock***

Tel 01435 863656

Email: [dawn@ageconcernheathfield.org.uk](mailto:dawn@ageconcernheathfield.org.uk)

## Chairman's Chat

### **Bill talks to Clarence Pont**



Clarence, Clary to his friends, a popular personality in Heathfield has been a loyal stalwart for Age Concern and has lived in the area for his entire life. A true Sussex man born and bred!

Although now retired his familiar face can be seen at both the Union Church Lunch and Country Lunches.

Clary, the eighth of nine children, arrived on 17th September 1937 where he was born in a cottage at Tottingworth Farm, the home of the Heathfield Show, where his parents lived. His time there was short lived, as the following year the family moved to a new home in Alexander Road. Clary's father had secured a position with the Council where he was to become a lengthman; a job which Clary tells me involved cutting the grass verges and hedges, and keeping ditches clear in Heathfield. All done by hand!

At five years old, Clary started Primary School in Maynards Green, and remembers how he walked each way from home in all weathers. When thirteen, he went to Heathfield Secondary School, now the Community College, where, from what he tells me, he didn't get much of an academic education as most of his time was spent helping in the Printing Room, which was preferable to attending classes.

Clary recounts that being one of nine children wasn't a particularly happy childhood, but he does have fond memories of picnics followed by a game of cricket on the Common, now the Green Lane Estate. So, when he left school at the age of sixteen, he also left home and took lodgings with a family in Horam, where he paid his way doing gardening jobs and working in the building trade. He then got a job at the Merrydown Cider Company in Horam moving bags of apples to the Press.

At the age of eighteen National Service beckoned and he spent the next two years in the Royal Artillery as a Gunner. He then returned to his job at Merrydown, and it was soon after this, that fate took a turn, when one day he was injured at work and taken to hospital with a cut ankle. While there he met a girl who worked for the St John Ambulance, by the name of Iris, to whom he rather took a fancy. His landlady, who knew the young lady realised that there was a 'spark' and suggested that they should get together, so Clary agreed to meet her from work in Horsebridge. He recalls how he cycled there from Horam, and then together they cycled to her home in Chiddingly, where he was to meet her mum and dad. Romance



very quickly blossomed, and they married a year later in April 1961. Their first home was in a company owned flat in Horam which they rented, as by that time Clary had moved up the ladder at Merrydown. In 1963 the young Clary and Iris, keen to start a family were delighted when their first daughter Carol was born, followed by Anne in 1965. By 1970 the flat was becoming too cramped for the growing family, so the young couple bought a house in Maynards Green, where Clary still lives to this day. Clary recalls telling his boss about the new house, explaining that while he could afford the mortgage he couldn't afford the solicitor's fee, so his boss agreed to pay it and deduct ten pounds a week from his pay until it was settled.

However, after a career at Merrydown spanning thirty-six years, which culminated in managing the four bottling lines, Clary decided in 1990, that it was time to have a change of direction, so he went to work at Gatwick Airport for Inflight Cleaning Services, a company responsible for cleaning aircraft, where he spent the next twelve years before his retirement on his sixty fifth birthday in 2002.

In 2003 after a three month break, Clary who wanted to give something back to society and help others, volunteered to work with Age Concern in Heathfield as a driver for their then, one minibus. Two and a half years later he took on the management of the entire service, and was responsible for the bookings, allocating drivers and ensuring that the two buses that the Charity then owned were always up and ready to go. He did an amazing job until retiring in 2016 due to ill health, and now occasionally makes use of our service to ferry him about. He tells me of all the fun times he had, and the pleasure he got meeting so many people and making new friends.

Sadly, and very unexpectedly, Clary lost his beloved Iris in January 2013, and after this threw himself further into work with Age Concern, taking on more and more. However, his devoted granddaughter Sara, who came to live with him some years ago is always on hand to ensure that he is taken care of.

When I asked Clary about his hobbies, while I know he is a keen gardener, I was impressed to learn that he had been a Stoolball Umpire for thirty years from the age of twenty two. However, now in his eighty second year, he likes to relax with a jig saw puzzle, and prides himself that he can complete one of a thousand pieces in eight to ten hours, which is no mean feat. His next challenge, he says, is one of fifteen hundred pieces. Good luck Clary!

Thank you, Clary for sharing your life with us, and for the fantastic work you have done for our Charity.

## AGM - Age Concern, Heathfield & District

This year's Annual General Meeting is to be held on 31st January 2019 at 7.30pm in the Mayfield Room at the State Hall, Kings Church, Station Road, Heathfield TN21 8LD. All are welcome to attend.



If you live in the TN21 postcode area, are over 60, like to meet people and enjoy going out this could be the thing for you! All our Winter trips will include a stop for tea or coffee and cake or a lunch!

### Thursday 13th December

Christmas at Hillier's Garden Centre, Stone Cross

### Friday 18th January 2019

Scenic drive and lunch at the Sussex Country Garden Centre, Mark Cross

### Friday 22nd February

Spring drive with fish and chip lunch at the Wheel Inn

### Friday 22nd March

Spring time at Wyevale Garden Centre, Lewes

*Clients pay for their own choice of food & drink at the various stops*

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**AGE**  
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Heathfield  
& District

# Medical Car Service Administrator

## Can you help us?

We are looking for an administrator for a few hours a week to assist with our well respected medical car service, which provides transport for the elderly to attend medical appointments.

The role consists of making and receiving phone calls, logging information onto an electronic diary system and liaising with clients and other volunteers.

This is a great opportunity to become a member of a large, friendly team of volunteers whilst offering a valuable service to the elderly members of our community.

All equipment and training will be given.

*Please note: a DBS check will be required for this position.*

**For further details, please contact Bill Philps at:**

Email: [bill@ageconcernheathfield.org.uk](mailto:bill@ageconcernheathfield.org.uk)

Tel: 07387 809366



**Age Concern, Heathfield & District**  
Registered Charity No. 205665

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

## Staying Safe and Warm in Winter

Our partner organisation, Age UK, offers the following advice on how to keep warm in the Winter:

As we get older, our bodies respond differently to the cold which can leave us more susceptible to serious health problems. But with a little preparation, and by following some simple suggestions, you can stay healthy, safe and comfortable this winter.

### How can I keep my home warm?

- Close the curtains in the evenings and fit thermal linings if you can. This will keep the heat in.
- Keep your bedroom window closed at night when the weather is cold. The coldest time of the day is just before dawn and breathing in cold air increases the risk of chest infections.
- Draught-proof doors and windows, insulate the loft, lag the hot-water tank and pipes, and consider getting cavity-wall insulation.
- These measures will help to keep your home warm and your energy bills down – and you may be able to get financial help to set these up.
- Keep your main living room heated to 21°C (70°F).
- Heat your bedroom to 18°C (64°F).

### How can I keep myself warm?

Even if it isn't a severe winter, cold weather makes us more susceptible to certain illnesses. Follow these tips to stay healthy and keep warm indoors and out.

- Several thin layers of clothing will keep you warmer than one thick layer, as the layers trap warm air. Clothes made from wool or fleecy synthetic fibres such



as polyester are a better choice than cotton. Start with thermal underwear, warm tights or socks.

- Use a hot-water bottle, wheat bag or electric blanket to warm the bed.
- Check whether your electric blanket can be kept on all night. Some blankets should only be used to warm the bed before you get in. If you have continence difficulties, talk to your doctor before using one.
- Never use a hot-water bottle and an electric blanket together as this can be dangerous and get your electric blanket checked every three years by an expert.
- Check local news and weather forecasts for advice when cold weather is predicted.

You will find more information on the Age UK website at:

<https://www.ageuk.org.uk/information-advice/health-wellbeing/mind-body/preparing-for-winter/>

## **In Case of Emergency**

In a recent incident where an ambulance had to be called out for a gentleman who had collapsed, the paramedics asked us for details of any medication or known health problems that the patient had. This information would then be used by the medical professionals to decide quickly on the most effective treatment to give.

We like to support all our clients in making sure they get the best possible help, especially in times of emergency and endorse the recommendations on the Age UK website, for clients to carry brief, up to date information about their medical history. This will ensure you receive fast, effective treatment at a time when you need it most.

If you do not already carry this information with you, we hope the detachable form overleaf will be helpful to you. Please fill it in, cut it out, and carry it with you in your purse, wallet or handbag.

## IN CASE OF EMERGENCY

*Fill this in, cut it out and carry it with you in your wallet, purse or handbag.*

Name: .....

Date of Birth: .....

Person to Contact in an Emergency:

Name: .....

Phone Number: .....

G.P. Name: .....

G.P. Surgery: .....

I suffer from the following medical condition(s):

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I am on the following medication:

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Signed: ..... Date: .....





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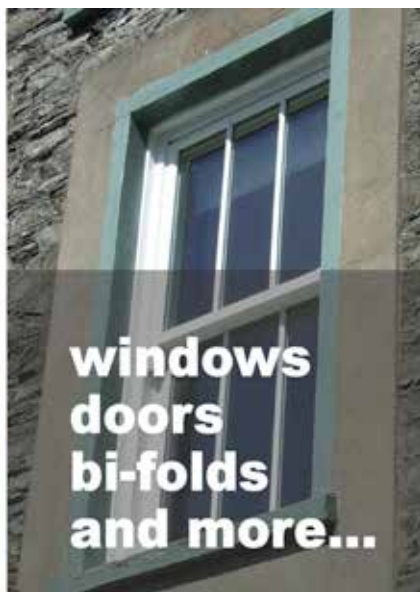


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[www.actionfordeafness.org.uk](http://www.actionfordeafness.org.uk)



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## 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 **Friday 1 March 2019**

### Monday

#### 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 - 12.00noon. 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.

### Tuesday

#### Every Tuesday

**Age We Care Day Centre** 10.00am-3.30pm at the Christchurch Hall, Horebeech Lane, Horam TN21 0DT. An opportunity to meet other people, take part in a range of activities and enjoy the regular entertainment. A hot meal is provided at lunch times. For more information please contact Maureen, Day Centre Manager Tel: 07710 143198. Minibus transport is also available. Please telephone 01435 866960

#### 1st Tuesday of the Month

#### **Carers Information and Advice Group** **NEW, FROM SEPTEMBER**

2.00pm - 4.00pm in the Parish Room, St George's Church, Burwash Road/Halley Road, Broad Oak. The Information and Advice Group is aimed at people new to the caring role or just starting to find out the kind of support that is available locally. This group is facilitated by Susanna, the local Carer Support Worker. It gives carers the opportunity to meet other carers, provide carers with information, invite speakers from relevant services to inform carers about what is available to them, and support carers to have their say on issues important to them.

For more information contact: Susanna Wallace, Carer Support Worker  
Tel 01323 738390 Ext 206 or email: [susannaw@cftc.org.uk](mailto:susannaw@cftc.org.uk)  
(Please note Susanna works Tuesday to Thursday)

### Every Other Tuesday

**Tuesdays Together** From 2.00pm - 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 Sue Fletcher on 07940 627285.

### Every Other Tuesday

**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: 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 - 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 3rd Tuesday of the Month (September to May)

**Heathfield & District Philatelic Society** meets in the Ian Price Room, Heathfield Community Centre at 2.00pm. Anyone with an interest in stamps, postal history or postcards is invited to join us. Annual subscription is £10, and visitors are welcome. The first meeting of the new season is on Tuesday 18th September, when members will be displaying "Something from my Collection".

For further details please contact Chris Maughan, on 01435 864634 or [chrisw.maughan@outlook.com](mailto:chrisw.maughan@outlook.com)

### Every 3rd 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. 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 more info contact: Lyn Plant on 01435 862449.



### Every 3rd Tuesday of the Month

#### **Carers Wellbeing Group NEW, FROM SEPTEMBER**

2.00pm - 4.00pm. This group meets in the Parish Room, St George's Church, Burwash Road/Halley Road, Broad Oak - although it sometimes meets out and about, so best to check first if you are planning to attend.

Carers Wellbeing Groups are the 'next step' after a carer has attended a Carers Information and Advice Group for 12 months. They are aimed at carers who have been caring for a while and are aware of services available to them. Carers Wellbeing Groups are led by carers, for carers, with Susanna, the local Carer Support Worker attending every 3 to 4 months to support the group. There are also often speakers, a chance to support each other, find out about local services and support, and to do activities that the group feels would improve their wellbeing.

For more information contact Susanna Wallace, Carer Support Worker  
Tel 01323 738390 Ext 206 or email: [susannaw@cftc.org.uk](mailto:susannaw@cftc.org.uk)  
(Please note Susanna works Tuesday to Thursday)

## Wednesday

### 1st and 3rd Wednesday of the Month

**East Sussex Hearing Resource Centre** volunteers undertake maintenance of hearing aids and provide new batteries at Heathfield Fire Station, between 10.00am and 12noon. For further help or information please telephone them on 01323 722505.

**Please Note:** *Parking is not permitted on Fire Station property*

### Every Other Wednesday

The established and very popular **Country Lunches** at Punnetts Town Village Hall, £4.00 for 2 courses followed by tea or coffee. An Age Concern minibus can pick you up to get you there for a 12.15pm start and take you home at 2.00pm. To book a place please contact Ann Kenward on 01435 862618 or call 01435 866960 for the minibus.

### Every 3rd 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.

## Thursday

### 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 10.00am to 12.00noon.

### Every Thursday

'**Extend**' (gentle movement to music) exercise sessions is 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.

### Every Thursday

'**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, Cross-In-Hand and Horam, 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. 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 2nd Thursday of the Month

A **Market** is held at Holy Cross Priory, Cross in Hand, between 11.00am and 1.00pm. The 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 chance to purchase homemade cakes, biscuits, crafts, preserves

and knitwear. 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 Age Concern 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 2.00pm 4.00pm. Come along and join in the fun. For more information please call Phil Brierley on 01435 864646.

## Friday

### Every Friday

**Chair-based Exercises** in the lounge at Mary Burfield Court, Heathfield, from 11.00am - 12.00noon, £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.

### Every Friday

**Art and Craft Coffee Morning** at Kings Church Heathfield 10.00am - 12.00noon. Enjoy art, knitting, quilting, card making, etc. All welcome. For more information contact 01435 863786.

### 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.

### Every Friday

**Age We Care Day Centre** 10.00am-3.30pm at the Christchurch Hall, Horebeech Lane, Horam TN21 0DT. An opportunity to meet other people, take part in a range of activities and enjoy the regular entertainment. A hot meal is provided at lunch times. For more information please contact Maureen, Day Centre Manager Tel: 07710 143198.

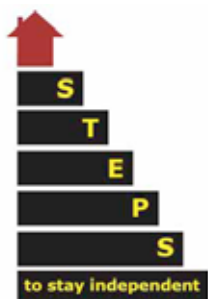
Minibus transport is also available. Please telephone 01435 866960

## SUPPORT ORGANISATIONS



### 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 Eastbourne Control Centre on 01323 644422 for details.



If you are aged 60 or over and facing housing difficulties **STEPS** can support you. STEPS is a free, confidential, short-term housing support service funded by East Sussex County Council. We can visit you at home and support you to maintain your independence. STEPS can support you with:

- Ensuring your home is safe
- Looking into more suitable accommodation
- Dealing with tenancy or mortgage worries
- Keeping warm and reducing energy bills
- Managing household bills and debts
- Obtaining daily living equipment

STEPS can also support with a range of other issues in conjunction with housing support. For more information, please call your local number below.

Contact STEPS, if you live in:

### **Eastbourne, Lewes & Wealden**

Phone: 01323 436 414

Text: 07970 668 106

Email: [referrals@stepswest.co.uk](mailto:referrals@stepswest.co.uk)

### **Hastings & Rother**

Phone: 0300 123 2422 (local rate)

Text: 07944 140 016

Email: [referrals@stepseast.co.uk](mailto:referrals@stepseast.co.uk)

Wealden Senior  
Citizens' Partnership



**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.

SUSSEX  
**ARMED  
FORCES  
NETWORK**

**The Armed Forces Network** If you, or a close member of your family, have served, or are serving in the UK Armed Forces there is help and support available. Support is available at:

Email: [scdt.admin@nhs.net](mailto:scdt.admin@nhs.net) / Tel: 01273 403693

Email: [sussexarmedforcesnetwork.nhs.uk](http://sussexarmedforcesnetwork.nhs.uk)

[www.ssafa.org.uk](http://www.ssafa.org.uk)/tel 08001699060

Blind Veterans UK (Brighton)

Tel 01273 307811 or write to: Blind Veterans UK, Greenways, Ovingdean, Brighton, BN2 7BS



**East Sussex Hearing Resource Centre** in Eastbourne provides 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** provides information on aids and equipment that can help you with your daily life.

They can offer a 'Try before you Buy' scheme for some equipment. Contact Steve Saunders on 01323 832252.



**Wealden Talking News** provides a weekly memory stick of local news plus one magazine memory stick per month for the blind or partially sighted. The memory sticks are free and are also mailed at no charge. A memory stick player can be supplied on loan. Call 01435 862304 for details.



**The National Accessible Library** is a free online library for visually impaired readers, who are unable to enjoy reading a printed book because they are blind, visually impaired, have print blindness due to dyslexia or are physically impaired. Books are available in a variety of formats, including MSWord, plain text and Braille. For further information go to:  
[www.accessiblelibrary.org.uk](http://www.accessiblelibrary.org.uk)



**The Alzheimer's Society Dementia Support**  
The North Wealden Dementia Support Service offers information, advice and support to people living with dementia and those who care for them. For further information please contact:  
Sarah Burchett (Dementia Support Worker)  
Tel: 07525 403854  
Email [sarah.burchett@alzheimers.org.uk](mailto:sarah.burchett@alzheimers.org.uk)



**British Red Cross Carers Support Service**  
Our volunteer visiting service provides free, short term emotional and practical support to unpaid Carers in East Sussex.

We can offer up to 6 weeks of support through:

- providing 2 hours a week companionship/ sitting/respite service
- assistance with shopping, light housework or meal preparation
- support to access community/social activities
- signposting to other sources of support

*Please note: The service does not provide personal or domestic care.*

Contact: Independent Living Service Coordinator  
Tel: 01273 227800  
Email: [EsCarerssupport@redcross.org.uk](mailto:EsCarerssupport@redcross.org.uk)





## **Dementia Supper Clubs for Carers and People with Dementia**

(Supported by East Sussex County Council)

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 - the only charge is the cost of the meal.

Enquiries about Heathfield and surrounding areas call: Lynn Leeves 07749 338120 or 01323 432340



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

Tel: 0800 470 8090

To advertise your business in the Age Concern, Heathfield & District newsletter, please contact:

**Bill Philps**

**Tel: 07387 809366 or**

**Email: [bill@ageconcernheathfield.org.uk](mailto:bill@ageconcernheathfield.org.uk)**

*1200 printed copies distributed in Heathfield and surrounding area and available digitally via our website*

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

# Age Concern Heathfield & District

## Services

Minibus Transport

Medical Car Service

Union Church  
Senior Citizens' Lunch

Punnetts Town  
Country Lunches

Website

Heathfield & District Men's Shed

Newsletter Editor & Advertising

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

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We are grateful to the sources from whom the information  
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