

## Might you be eligible for Pension Credit?

It depends on your income, Pension credit tops up your weekly income to

£218.15 if you are single,

£332.95 if you have a partner

If your income is higher you may still be eligible for some pension credit if you have a disability, you care for someone, you have savings or you have housing costs.

## Income includes

- State Pension
- Other Pensions
- Earnings from employment or self-employment
- Most Social Security Benefits, e.g Carer's allowance

## Benefits that are not counted include

- Adult Disability payment
- Attendance Allowance
- Christmas Bonus
- Disability Living Allowance
- Personal Independent payment
- Winter Fuel allowance
- Housing Benefit
- Council Tax reduction

## Help with Health Costs

You are entitled to help with your health costs if you get, or are included in an award to someone else. It is worth checking the paperwork that comes with the award. Or telephone the department who manage the award you receive.

If you need further information phone the enquiry line 03003301343

The help includes free NHS

- Prescriptions
- Dental treatment
- Sight tests and help with glasses or contact lens
- Wigs and supports
- Help with travel costs to receive NHS treatment

**If you need a receipt for your medical car service travel please ask the driver or leave a message for Elizabeth on 01435 866960**

**If you need help about making a claim the enquiry line 03003301343 will help**



*Returning from a successful time at Hillier's Garden Centre*

## Gift Aid

We are now registered and able to apply for the extra 25% that Gift Aid allows on any individual donations we receive. If you would like to register now, so that any future donations can be gift aided, please ring Elizabeth on (01435) 866960 or via email here: [elizabeth.ageconcernheathfield@gmail.com](mailto:elizabeth.ageconcernheathfield@gmail.com)

## Heathfield Men's Shed



Heathfield Men's Shed is as popular as ever and always have a waiting list for men who want to join. Whilst waiting to get a place it is well worth asking to become a social member and get involved in some of their activities.

Please ring us on 01435 866960 if you, or someone you know would like to get involved. We will pass your contact details to Nic Stenhouse, the Secretary of HMS.

*The 80 th anniversary of D Day on 6 th June, Terry Harrington and Mike McDougall pay their respects*



# Summer Trips and Lunch Programme 2024

July 2024		
Tues 4 <sup>th</sup>	Union Lunch	
Fri 7 <sup>th</sup>	Seaford Seafront	1- 4pm
Mon 10 <sup>th</sup>	Hilliers Garden Centre	11am - 3pm
Wed 10 <sup>th</sup>	Country Lunches	
Mon 17 <sup>th</sup>	Notcutts Garden Centre	11am - 3pm
Tues 18 <sup>th</sup>	Union Lunch	
Wed 26 <sup>th</sup>	Country Lunches	
Fri 28 <sup>th</sup>	'Short & Sweet' Beachy Head for ice creams	2 - 4pm

August 2024		
Wed. 7 <sup>th</sup>	Morrisons Crowborough	11am - 3pm
Mon 12 <sup>th</sup>	Hilliers Garden Centre	11- 3pm
Mon 19 <sup>th</sup>	Ashdown Forest for Ice creams	2 - 4.30pm
Wed. 21 <sup>st</sup>	Paradise Park	11am - 3pm
Fri 23 <sup>rd</sup>	Ashdown Forest for Ice creams	2 - 4.30pm

September 2024		
Tues 3 <sup>rd</sup>	Union Lunch	
Mon 9 <sup>th</sup>	Hilliers Garden Centre	11am - 3pm
Wed 11 <sup>th</sup>	Country Lunches	
Fri 13 <sup>th</sup>	Normans Bay	11am - 3pm
Mon 16 <sup>th</sup>	Eastbourne Pier	2 - 5pm
Tues 17 <sup>th</sup>	Union Lunch	
Wed 18 <sup>th</sup>	Eastbourne Pier	2 - 5pm
Fri 20 <sup>th</sup>	Star Inn, Normans Bay	10.30am - 3pm
Wed 25 <sup>th</sup>	Country Lunches	
Fri 27 <sup>th</sup>	Happy Days Cafe, Holmes Hill Short & Sweet	2 - 4pm

October 2024		
Tues 1 <sup>st</sup>	Union Lunch	
Wed 2 <sup>nd</sup>	Dunelm Mill	11am - 3pm
Wed 9 <sup>th</sup>	Country Lunches	
Mon 14 <sup>th</sup>	Hilliers	11am - 3pm
Tues 15 <sup>th</sup>	Union Lunch	
Wed 23 <sup>rd</sup>	Country Lunches	
Fri 25 <sup>th</sup>	Tottingworth 'Short & Sweet'	2 - 4pm

November 2024		
Tues 5 <sup>th</sup>	Union Lunch	
Fri 8 <sup>th</sup>	Beacon Centre	11- 3pm

## Useful Numbers

Medical Car Service 01435 515090

Country Lunches Julie 01435 863690/07834782366

Union Church Lunch 01435 867195

## Minibus Transport

To book or cancel a space on the minibus please ring Elizabeth 01435 866960.

Please book as early as possible and only if you intend to go. If you do need to cancel please give as much notice as you can, so we can offer your seat to someone else.

## Shopping Minibuses

Also, don't forget we have two Minibuses out every Thursday morning taking people to and from Heathfield for Shopping. If you would like to be included please ring Elizabeth and discuss it further on 01435 866960

## Medical Car Service requests

Please give us as much notice as you can so we can try and plan our rotas. Always use the central number 01435 515090 so that your request is activated by the on-duty volunteer administrator as quickly as possible during normal working hours.

*Enjoying their afternoon tea at Tottingworth*

