

## Changes to our Telephones

Landlines in the UK are going digital. The existing analogue technology (the PSTN - Public Switched Telephone Network) which has supported phone and broadband services for decades is being retired and switched off. Landlines in the UK are going digital. The telephone switchover will happen so we should all prepare ourselves as best we can.

*BT offer some advice:-  
Customers of telecare providers should get contacted about the switchover.*

Remember you **HAVE** to switch eventually. You **MUST** have a broadband internet connection from 2027. BT will be providing free battery back-up units to customers with additional needs, such as those with health pendants, or who are over 70 or without mobile coverage. Battery back-up units enable calls in the event of a power outage and later this year, they will launch an advanced battery back-up unit outlasting most power cuts, with a battery life that far exceeds the minimum Ofcom requirements.

They will be offering customers a hybrid phone with a battery back-up of eight hours and enabling calls over the mobile network in the event of a power outage. Engineering appointments will be made for all customers who identify as vulnerable and have additional needs, with the ability to nominate a family member, friend or carer to help them through the switch, who will receive all the information about switching on the customers behalf.

Vulnerable customers will automatically receive the equipment they need and they won't be switched until they have spoken to an advisor and booked an appointment. The date for the switchoff is currently December 31st.

**If you have NOT heard from your telecare provider yet, contact them immediately, or ask your carer to do so.**

## Medical Car Service

Our Medical Car Service is always very busy as more people seem to need help with transport getting to medical appointments now. We are very fortunate with the volunteer drivers we have, everyone has offered their time because they want to help. This is a door to door service and for most appointments the driver will wait and bring you home. We have to make a small charge as we must pay the drivers for their mileage and any out of pocket expenses. We can always tell you in advance what this will be. If you need help and can manage to get into a car we will take you to any medical appointment including Hearing Tests, Eye Tests, Podiatry, Physiotherapy as well as Hospital and GP appointments.

Telephone 01435 515090

## TV Licence

The TV Licence has gone up again and is now £174.50 per year. This is free to those over 75 and on Pension Credit. Also, if you are registered as having severe sight loss or registered blind then you are entitled to 50% discount.

It is now possible to spread the cost. It can be arranged that you pay every two weeks or every month. This is available through the TV Licencing Simple Payment Plan.

## Heathfield Mens' Shed

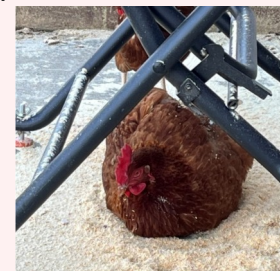
The Heathfield Mens' Shed is as popular as ever. They are running a number of social evenings, plus a coffee morning, each month and new members would be more than welcome to join them.

If you know someone, or would like to go yourself, please contact Terry Harrington on 07838 287864



*New Chicken House at Little Tinkers*

They have also been very busy with various projects. A recent one is new chicken houses for the chickens at Little Tinkers.



*One of the Chickens appreciating the sawdust!*

We have a photograph of what the chickens have been offered, but you can see from the photograph they are also happy to use the sawdust created in the making!

## 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 from you will earn Age Concern Heathfield an extra 25%, please ring Elizabeth on 01435 866960 or via email [elizabeth.ageconcernheathfield@gmail.com](mailto:elizabeth.ageconcernheathfield@gmail.com)

# Summer Trips & Lunch Programme 2025

## May 2025

Friday 2 <sup>nd</sup>	The Tavern Pub Lunch	11.00 -15.00
Tuesday 6 <sup>th</sup>	Union Lunches	11.00 -15.00
Friday 9 <sup>th</sup>	Sovereign Harbour (Maximum 2 1/2 hours)	Pickup from 10.30
Monday 12 <sup>th</sup>	Hilliers Garden Centre (Maximum 2 1/2 hours)	Pickup from 10.30
Wednesday 14 <sup>th</sup>	Country Lunches	11.00 -15.00
Friday 16 <sup>th</sup>	Sovereign Harbour (Maximum 2 1/2 hours)	Pickup from 10.30
Tuesday 20 <sup>th</sup>	Union Lunches	11.00 - 15.00
Wednesday 28 <sup>th</sup>	Country Lunches	11.00 - 15.00
Friday 30 <sup>th</sup>	Lakeside Cafe Horam	13.30 - 16.00

## July 2025

Tuesday 1 <sup>st</sup>	Union Lunches	11.00 - 15.00
Friday 4 <sup>th</sup>	Eastbourne Pier (Maximum 2 1/2 hours)	Pickup from 10.30
Wednesday 9 <sup>th</sup>	Country Lunches	11.00 - 15.00
Monday 14 <sup>th</sup>	Hilliers Garden Centre (Maximum 2 1/2 hours)	Pickup from 10.30
Tuesday 15 <sup>th</sup>	Union Lunches	11.00 - 15.00
Wednesday 23 <sup>rd</sup>	Country Lunches	11.00 - 15.00

Union Lunches restart  
on  
Tuesday 2<sup>nd</sup>  
September

Country Lunches restart  
on  
Wednesday 10<sup>th</sup>  
September

## Useful Numbers

Medical Car Service: 01435 515090  
Country Lunches  
Julie Landline: 01435 863690  
Julie Mobile: 07834 782366  
Union Church Lunch: 01435 867195

## Minibuses

Our Minibuses are often out on different trips. Recently there was an Outing from Oaklands Nursing Home to see the new baby animals at a near by Farm.



Members & Volunteers enjoying meeting some lambs & sheep

It was a lovely afternoon and everyone thoroughly enjoyed themselves, including our Volunteers.

## June 2025

Tuesday 3 <sup>rd</sup>	Union Lunches	11.00 - 15.00
Friday 6 <sup>th</sup>	D-Day Celebrations	Pickup from 13.00
Sunday 8 <sup>th</sup>	Rushlake Green Dress Rehearsal	Pickup from 13.00
Monday 9 <sup>th</sup>	Hilliers Garden Centre (Maximum 2 1/2 hours)	Pickup from 10.30
Wednesday 11 <sup>th</sup>	Country Lunches	11.00 - 15.00
Friday 13 <sup>th</sup>	Paradise Park	Pickup from 10.30
Tuesday 17 <sup>th</sup>	Union Lunches	11.00 - 15.00
Friday 20 <sup>th</sup>	Pashley Manor Rose Gardens (Maximum 3 hours)	Pickup from 10.30
Monday 23 <sup>rd</sup>	Harry Ramsdens Fish & Chips	Pickup from 10.30
Wednesday 25 <sup>th</sup>	Country Lunches	11.00 - 15.00
Friday 27 <sup>th</sup>	Tottingworth	13.30 - 16.00

## August 2025

Friday 1 <sup>st</sup>	Ashdown Forest drive and Ice Creams	13.30 - 16.30
Wednesday 6 <sup>th</sup>	Ashdown Forest drive and Ice Creams	13.30 - 16.30
Monday 11 <sup>th</sup>	Rushlake Green Cream Teas	Pickup from 13.30
Tuesday 12 <sup>th</sup>	Hilliers Garden Centre (Maximum 2 1/2 hours)	Pickup from 10.30
Wednesday 20 <sup>th</sup>	Seaford Seafront and Ice Creams	13.30 - 16.30
Friday 29 <sup>th</sup>	Seaford Seafront and Ice Creams	13.30 - 16.30

## 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.

## Minibus Transport

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