



GREY MATTERS

A VERY HAPPY CHRISTMAS TO ALL!



**THE CHAIRMAN, OFFICERS AND COMMITTEE OF
THE WEALDEN SENIOR CITIZENS' PARTNERSHIP
WISH YOU ALL A JOYFUL CHRISTMAS AND
A HAPPY, HEALTHY AND PROSPEROUS NEW YEAR**



"BIG LITTLE HEART" IN HAILSHAM - OUR NEXT PUBLIC EVENT

The Wealden Senior Citizens' Partnership is sponsoring a production of the Pyramid Theatre Company's interesting and educational play entitled "Big Little Heart" - about heart disease and stroke – to take place on Friday, 20th March 2009.

Full of warmth and humour, the play takes an affectionate, compassionate, and honest look at heart disease and stroke, increases awareness and understanding of coronary heart disease, and teaches the vital signs that someone might be having a stroke. It helps identify risk factors, and gives members of the audience a chance to talk to health professionals and to actively take responsibility for their own health.



Registered Charity No. 1061609
Company No. 3326344
www.pyramidtheatrecompany.co.uk

The Pyramid Theatre Company has staged a number of "Theatre in Health Education" productions successfully in various parts of the country. Of recent note has been their production of "All Shook Up" about Type II Diabetes. This play "Big Little Heart" itself lasts only 40 minutes, and will be followed by a discussion and question & answer session. Refreshments will be provided.

The performance will take place at 3pm in the Charles Hunt Centre, which is located in the Waitrose car park in Hailsham. Space is limited - so please order your tickets early to avoid disappointment by completing and returning the reply slip on the back page. Tickets are **FREE OF CHARGE** and there will be a raffle to help raise funds towards the cost of staging the play. Anyone needing help with transport to Hailsham, please let us know. We are hoping to arrange a mini bus from Uckfield and lifts from other areas if needed.

OUR THIRD ANNUAL GENERAL MEETING

Our AGM on September 29th was held in Crowborough and was attended by about 45 people. We had invited Professor Marian Barnes of Brighton University to speak on the subject "Age and Place: how living in a rural area impacts on older people". She gave various examples of how other rural areas have come up with solutions to transport problems and social exclusion and emphasised that collective action by the forums can really make a difference to decisions made by local authorities affecting older people in these areas. Our Transport and Traffic Special Interest Group will certainly be looking very closely at transport issues as part of our programme in the coming year.

We also heard from the Chairman of Wealden District Council, Chantal Wilson, on various ways in which the Council makes special provision for the needs of older people in Wealden. Caryl Ganley gave an interesting talk on the services provided by Anchor Staying Put and the Navigator Service.

Following these talks, the Chairman Jo Bentley gave her report on the year's activities (see back page), the Treasurer William Porter gave a financial report and the Secretary Linda Graham summarised the committee's activities. One committee member stood down, three who had been co-opted during the year had their membership of the committee confirmed, one was re-elected for a further three years and one new member was appointed, so with five continuing in office our committee now numbers 10.

A full list of committee names appears on page 3.

DON'T GET CAUGHT OUT BY A SCAM!

East Sussex County Council has recently found evidence of over 460 individual scams that have been reported to the Council's Trading Standards Service. Some of the cases reveal the misery suffered by the victims involved who have lost thousands of pounds. These include:

- * a 72 year old who lives near Hailsham who had sent around £100,000 to American criminals operating a share investment scam
- * a 50 year old woman in Hastings who had sent around £60,000 over a period of three months to a Spanish lottery scam
- * a 79 year old woman in Lewes who had sent over £4,000 to a Canadian lottery scam
- * a man from Newhaven who had over 170 lottery scam letters in his flat. Despite living in poverty he had sent regular sums of money to scammers all over the world after being promised that he would win a fortune - the letters came to light when he was taken into care.

In many cases, people have lost their life savings after being duped by the criminals operating these scams and many people have literally had their lives ruined. The scams come in many forms including prize draw lottery schemes. The one thing that these usually have in common is that the 'winner' has to part with money in order to claim the prize.

Anyone who has been told they have won a prize must stop and think before sending any money. If in doubt, contact the Consumer Direct advice line on 08454 040506.

KEEP WARM TOP TIPS FROM AGE CONCERN

There are a number of things you can do to keep yourself and your home warmer this winter. Please follow these top tips to make sure you are warm and safe over the next few months:

DRESS APPROPRIATELY

- Wear several thin layers of clothing rather than one thick layer and choose clothes made with wool, cotton, or fleecy synthetic materials

STAY ACTIVE

- Don't stay sitting still for long periods: spread chores through day and alternate between rest and activity
- Exercise without taking risks in wet or icy weather
- Get a flu jab

EAT WELL

- Eat at least one hot meal a day
- Sip hot drinks regularly throughout day and before bedtime and keep a flask of hot drink by your bed should you wake up feeling cold

PREPARE YOUR HOME

- Stock up on provisions in case it is too cold to go to the shops
- Seal gaps around windows and doors and insulate the loft to reduce heat loss
- Check your heating system is working and serviced once a year
- If you are using an electric blanket make sure you have it checked by a safety expert at least every three years. Wealden District Council offer free electric blanket testing throughout the area every autumn.



AGE
Concern

FINANCIAL SUPPORT

A help with heating factsheet is available, which will tell you about:

- * Reducing heating expenses
- * Cold Weather Payments
- * Warm Front Grants
- * Winter Fuel Payments

Further information: Age Concern Information line: 0800 00 99 66
(Free phone 7 days a week from 8am to 7pm)

Or contact your local Age Concern (01273 476704) to find out what services are available in your area

HOW TO COMPLAIN ABOUT PRIVATE DENTAL CARE

Do you have a complaint about private dental care? Free and UK-wide, the Dental Complaints Service, which has been set up and is funded by the body that regulates UK dental professionals, works with you and your dental practitioner to put things right. Call its local rate hotline 08456 120540 (Monday-Friday) to speak to a friendly adviser, or visit www.dentalcomplaints.org.uk.

JOHN APPLEYARD

We are very sad to have to report the unexpected death last month of John Appleyard, the Chairman of ESSA - the East Sussex Seniors' Association, and of the Hastings and St Leonards Seniors' Forum, which was the first of the seven Seniors' Forums to be established in East Sussex. John was instrumental in setting up our own and many of the other forums and was a driving force behind ESSA, where he will be very greatly missed. Our Chairman represented us at the funeral, a very moving occasion.

OUR NEW COMMITTEE LINE-UP

Jo Bentley (Chair) 01323 840386 jo.bentley@ukonline.co.uk
Sally Butler (ESSA Rep) 01825 732316 sallybutler6@msn.com
John Collins (Age Concern Rep) 01825 762910 johncollins@jackcoll.plus.com
Jan Cooper (Treasurer) 01323 483483 jancey31@hotmail.com
Ivy Elsey (Vice Chair, ESSA Rep, Health & Social Care SIG*) 01435 863719 ivy@ivywe.eclipse.co.uk
Linda Graham (Secretary & Transport SIG*) 01892 770487 lindagraham@wealden-scp.org
Sheila Guest 01825 761621 sheila.guest@gmail.com
John & Rosemary Jones (Community Network Reps) 01825 749720 john23.jones@mypostoffice.co.uk
William Porter 01435 812177



*SIG = Special Interest Group

TWO STARS AWARDED FOR ADULT SOCIAL CARE

East Sussex County Council has been awarded two stars for its provision of adult social care, after a review by the Commission for Social Care Inspection (CSCI). CSCI regulates, inspects and reviews all adult social care services in the public, private and voluntary sectors in England.

This notable improvement in performance - up from one star last year - means that the county council is now judged to offer 'good' services which improve the lives of vulnerable people.

CSCI drew attention to a number of the Council's key strengths in its report, such as:

- * initiatives to help people maintain their independence
- * public involvement in planning and developing services
- * support for carers
- * services for people with learning disabilities

Adult Social Care exists to help people live as independently as possible. Home help, meals on wheels, day centres, residential homes, respite care, rehabilitation services, advice centres, information hotlines, advocacy groups, residents' forums - are just a few of the services managed by Adult Social Care.

The people that receive services from Adult Social Care are often older people, people with physical and/or learning disabilities, people with mental health problems, substance abusers and the carers for all these people

There is now a new government directive, 'Putting People First' (introduced Dec 2007) to personalise adult social care.

EAST SUSSEX LINK

The Wealden Senior Citizens' Partnership has joined the East Sussex LINK - the County's Local Involvement Network in Health and Social Care

- East Sussex LINK is a network of local people, organisations and groups that want to make Health & Social Care services better.
- East Sussex LINK will provide everyone in the community - from individuals to voluntary groups - with the chance to say what they think about local health and social care services and your experiences.
- The East Sussex LINK is a network of like-minded individuals, organisations and groups from across the county who want to improve health and social care services within the community.

You can play a part in this by ...

- Telling us your views and experiences of local services
- Suggesting ideas to help improve services
- Providing a stronger voice in the planning, design, commissioning and provision of health and social care services
- Ultimately influencing key decisions about the services you use.

Following the elections for a Core Group, the LINK has announced that ten individuals (including our own Ivy Elsey) and six representatives from community and voluntary groups and organisations are ready to develop and implement the work programme, based on the views they have captured so far.

Look out for ways you can become involved:

LINK event looking at Cross Border issues - January

LINK Meetings - next one in February in Newick

LINK Outreach Programmes

Website

Newsletters



Further information is available on the LINK website: www.thecountylink.net or contact info@thecountylink.net

CHAIRMAN'S REPORT AT THE ANNUAL GENERAL MEETING, OCTOBER 2008

The Chairman, Jo Bentley, began her report by paying tribute to the previous Chairman, June Street, who stood down in January following the death of her husband and has now moved away from Wealden. She then referred to a number of major events our forum has contributed to during the past year, including an Older People's Engagement Day in March marking the launch of the Time of Our Lives Strategy, which sets out the aims for improving and promoting the quality of later life for people in East Sussex. The launch event gave Older People's forums the opportunity to use this document to put local leaders responsible for Health, Transport, Police, Social Care and Council Tax under the spotlight and to ask hard questions. In June Forward from 50 - a guide to later life in East Sussex, was launched by ESSA Chairman John Appleyard with a cake cutting ceremony held in Uckfield. A copy of this was sent to every member. Forward from 50 gives ideas and information from a unique perspective - the knowledge, experience and wisdom of older people themselves. *(Copies still available for anyone who would like one).*

Wealden SCP members also participated in the Commission for Social Care Inspection of East Sussex Adult Social Care. The resulting review was titled Independence Choice and Wellbeing and specifically looked at the delivery of Preventative Services for Older People and the progress in implementing "Putting People First". The report acknowledges the influence and effect of both Older People's forums and the Older People's Partnership Board in driving a number of improvements in East Sussex.

Having attended earlier in the year a performance of a play by the Theatre in Health Education Pyramid Theatre Company, sponsored by Rother Seniors, the Chairman went on to announce that we ourselves are to sponsor a performance of "Little Big Heart" at the Charles Hunt Centre in Hailsham next March.

The Chairman concluded by thanking the Secretary, Treasurer and the rest of the Committee for their support and encouragement over the past year.

THE NAVIGATOR SERVICE

At our AGM, we learned more about the Navigator service operated by Anchor Staying Put.

The Navigator service is a free service aimed at helping people aged 60 and over to live independently at home for as long as they choose. You must live in East Sussex but you no longer have to be referred by a health professional. You can now contact the scheme direct on 01323 442618 and ask for an appointment.

A Navigator will then contact you by telephone or letter. They never turn up at your home without booking an appointment beforehand.

How can the service help you?

A Navigator will visit you in your home to look at the support you may need. This might include:

- * getting small jobs done around the home
- * smoke detector fitting
- * security advice
- * aids to help you move around your home
- * home safety checks
- * community alarms (lifeline)
- * community transport and carer services
- * finding you a local exercise group or Internet club.



The Navigator will always endeavour to ensure you get access to the services that you need and want, and will contact you again later to find out how you are getting on with the services initially identified as able to help you.

Some of the services you are told about may make a charge, and the Navigator will have full information about this.

USE THIS REPLY SLIP TO ORDER YOUR **FREE** TICKETS FOR "BIG LITTLE HEART", FRIDAY 20TH MARCH AT THE CHARLES HUNT CENTRE, HAILSHAM AT 3pm

NAME.....No of Tickets required.....

ADDRESS.....

TELEPHONE/E-MAIL.....

Do you need help with transport? Yes/No

Detach and return this slip to the Secretary: Linda Graham, Wealden Senior Citizens' Partnership, 5 Rectory Field, Hartfield, TN7 4JE. Enquiries to: 01892 770487, e-mail: lindagraham@wealden-scp.org