



# GREY MATTERS



## SEASON'S GREETINGS TO ALL FROM THE WEALDEN SENIOR CITIZENS' PARTNERSHIP

### TOP TIPS FOR GOING OUTSIDE IN WINTER

- Stay active. Warm up slowly and cool down when exercising. This helps your heart keep up with circulatory demands.
- Wear layers of clothing when you go outside. Layers allow you to add or take off winter wear as needed.
- Plan when and learn how to safely shovel snow. Check with your doctor about such strenuous exercise. Persons with cardiac conditions or asthma and who regularly exercise in warmer months may not be able to tolerate the same amount of exercise in cold weather.
- Try to stay on the pavement, if you must step off the kerb, stay as close to the edge of the street as possible. Hazardous driving conditions may keep motorists from stopping on time or braking effectively.
- Remember that heavy snow muffles the normal sounds you expect to hear that alert you to oncoming vehicles.
- Try to avoid carrying heavy packages while walking on ice or snow.
- Take it slow, wear non-slip shoes, and wear brightly coloured gear or reflective gear if possible.
- Wash your hands to help prevent catching a cold. If you are ill, stay at home. Get immunised against flu and pneumonia.

### LIVE, LEARN AND LAUGH 2012

Following the series of successful events we held in 2011, we have exciting plans for 2012!

We are in the process of applying for some grant funding to enable us to put on the following events, and we hope that there will be something for everybody.

**April 2012 – Silver Surfers' Day.** The theme will be the use of Skype and Social Networking on computers and mobile phones. This will be an intergenerational day providing an opportunity for learning in a relaxed and informal atmosphere. Links to courses to further improve computer skills will be available.

**May 2012 – The Alternative Games.** An opportunity for all older people (including those with memory problems) to come together and play the games of their childhood, such as Shove Ha'penny, Bagatelle, Tiddly Winks etc. This will be held in the Mayfield/Wadhurst area.

**June 2012 – The Golf Afternoon.** An opportunity for older people, particularly those at the younger end of the age range, to come together to play a round of golf (for those who already play the game), or try their hand on the golf range. This will be held at Boarshead Golf Club near Crowborough. **Please note that in order to book this event we need to know how many people would be interested in taking part. Use the reply slip on the back page to let us know if you would like to come.**

**July 2012 – The Alternative Games.** As May, but to be held in Polegate/StoneCross/Hailsham/Pevensey/Westham area.

**September 2012 – The Alternative Games.** As May, but held in Herstmonceux area.

**October 2012 – Full Of Life.** This will be a celebration of Older People's Day/World Smile Day. The format will depend on the chosen theme for UK Older People's Day, and will include a range of appropriate activities.

All events will include refreshments. Participants will be charged £2 entry (this is required by the grant providers), and transport will be provided if necessary.

Look out for more information in the next newsletter!

Visit our website: [www.wealden-scp.org](http://www.wealden-scp.org)

# NEWS FOR DEMENTIA SUFFERERS AND THEIR CARERS

## WHAT IS SPECIAL ?

SPECIAL ('Specialized Early Care for Alheimers') is a charitable organisation with an innovative approach to the care of people with dementia, offering a different and successful way of managing the disease for both the person with dementia and their family.

SPECIAL provides a range of courses, services, advice and information to promote the lifelong well-being for people with dementia. Core to these courses is the concept of the SPECIAL Photograph Album©.

The SPECIAL Photograph Album© is the unique model used to explain why and how lifelong well-being can be achieved. It uses the analogy of a photograph album to demonstrate how memory works, what happens as we grow older, and the specific change which occurs with dementia.

SPECIAL begins its work with the family by using the SPECIAL Photograph Album© concept to identify and harness intact past memories in such a way that the person is able to live a relatively happy life in the present, drawing on memories of situations and activities which occurred many years ago but which still have relevance to their current lifestyle. Families find that, provided that SPECIALCARE© is included in the response to the crisis, life can return to a relatively normal position for the person with dementia. Other people have to adapt their actions and reactions to the person with dementia. Families working with SPECIAL in this way find that it is the care that is offered rather than the identity of the carer, which is important for the person with dementia. SPECIALCARE© holds the key to lifelong well-being.

For more information, visit the website: [www.specal.co.uk](http://www.specal.co.uk)

## DEMENTIA ADVISOR SERVICE IN THE WEALDEN AREA

The dementia advisor service was set up in response to the government's Dementia Strategy, and following extensive research to find out what people felt they needed following a diagnosis of dementia.

Elaine Colbran is the dementia advisor for the Wealden area, currently working with 140+ people living with dementia, and their carers. She offers ongoing support and a signposting service, providing information about services and opportunities relevant to each individual's needs. Anyone can refer to the service, from health professionals, families or the person living with dementia themselves.

Once referred, Elaine will then meet that person and their family if that is preferred, to discuss their information needs and how these can be met, and then follow up to ensure that there are no problems accessing the services they are looking for.

In addition Elaine works closely with colleague Sarah Burchett, dementia support worker for North Wealden, whose role focuses on supporting carers. To that end she can visit people in their homes, but also runs support groups, and is available for 'drop in' sessions at Grove House in Crowborough. Jane Smissen-Bell, dementia support worker based in Eastbourne, carries out the same role as Sarah, but in South Wealden.

If you know someone who could benefit from the services offered by Sarah, Jane or Elaine, and would like further information, please get in touch---

Elaine Colbran – Advisor  
Tel 07889 603764

Sarah Burchett - Support Worker  
Tel 07525 403854

Jane Smissen-Bell - Support Worker  
Tel 01323 727127



The Butterfly Scheme allows people whose memory is permanently affected by dementia to make this clear to hospital staff and provides staff with a simple, practical strategy for meeting their needs. The patients receive more effective and appropriate care, reducing their stress levels and increasing their safety and well-being, and staff are happier, too. Created by a carer, the Butterfly Scheme is rapidly spreading as hospitals hear from one another how it has created real enthusiasm for dementia care amongst staff using it.

Hospital staff want to be able to offer good dementia care and the Butterfly Scheme makes that possible in the most practical and collaborative way, using three strategies:

- (1) At-a-glance discreet identification via the Butterfly symbol is available for hospital patients who have dementia-related memory impairment and wish staff to be aware of it.
- (2) All staff who interact with patients are trained to offer a specific five-point targeted response.
- (3) The Butterfly alerts all staff to the existence of an easy-to-use carer sheet.

For more information, visit the website: <http://www.butterflyscheme.org.uk> or email: [barbara.hodkinson@ntlworld.com](mailto:barbara.hodkinson@ntlworld.com)

**Following the feature in the last newsletter, we would like to point out that there was no intention to imply that everyone in need of the support provided by Adult Social Care for people with dementia and their carers receives poor service. Many, particularly those benefiting from the "Carers' Break" plan, receive exceptional care, and there have recently been improvements in service delivery. However, we believe it is our role as a forum to highlight any problems and to identify those carers who are not receiving the support they need.**

## SPRING ONLINE WITH SILVER SURFERS BEST EVENT AWARD 2011



As promised, here is a photograph of two members of our committee, Carol Hodge and Jan Cooper, at a ceremony, hosted by The Rt. Honourable Iain Duncan Smith, for the presentation of the Spring Online with Silver Surfers Best Event Awards 2011.

Silver Surfers' Day is the biggest national campaign to promote the use of digital technologies by older people and was launched by an organisation called Digital Unite in 2002. Each year they support people and organisations all over the UK to open their doors and give local older people a taste of what the digital world has to offer them. It is estimated that over the years more than 150,000 older people have engaged with digital technologies in this way.

This year more than 2,500 Silver Surfers Day events were organised nationwide, and the event we held at the Bellbrook Centre, Uckfield in May was chosen as one of the ten finalists for the 2011 awards. During the day 48 local "Silver Surfers" were encouraged to find out about Internet Banking and how to surf the web and shop online safely. The event was supported by the local branch of Barclays Bank, Sussex Oakleaf, ACRES, Trading Standards, Learn Direct and My Guide, East Sussex County Council and Wealden District Council. We are really proud that our event was judged to have been one of the top ten, especially as this was the first time we had attempted to organise such an event, and it has encouraged us to hold more such events in future years.

## CHANGES TO THE BLUE BADGE SCHEME

The following changes will be made to the scheme from 1 January 2012:



- the maximum fee a local council can charge for a Blue Badge will increase from £2 to £10
- the design of the Blue Badge will change to aid enforcement and make it harder to tamper with, copy or forge
- you will be able to apply for a badge online through Directgov

You'll still be able to apply directly to the council for a Blue Badge and you may be asked to undergo a mobility assessment. The 45-minute assessments will be carried out at mobility clinics, day centres, libraries, doctors' surgeries, council buildings or at the applicant's home.

Some people with disabilities, including anyone registered blind or receiving the higher rate of Disability Living Allowance, are automatically eligible for a blue badge.

In England, Blue Badge holders may generally park:

- on single or double yellow lines for up to three hours, except where there is a ban on loading or unloading
- at 'on-street' parking meters and pay-and-display machines for free and for as long as they need to

You can contact the Social Care Direct Blue Badge Team on: Tel: 0345 608 0191, Fax: 01323 466567, by post at: Blue Badge Team: Social Care Direct (Adult Services), St Mary's House, 52 St Leonard's Road, Eastbourne, BN21 3UU or by email at: [bluecarbadge@eastsussex.gov.uk](mailto:bluecarbadge@eastsussex.gov.uk)

## COMMITTEE CONTACT DETAILS

Ivy Elsey (Chair, ESSA Rep, Health & Social Care SIG*)	01435 863719 <a href="mailto:ivy@ivywe.eclipse.co.uk">ivy@ivywe.eclipse.co.uk</a>
Jan Cooper (Treasurer & ESSA Rep)	01323 483483 <a href="mailto:jancey31@hotmail.com">jancey31@hotmail.com</a>
Wendy Downing (Falls Prevention Advisor)	01892 665757 <a href="mailto:wendy.downing@btopenworld.com">wendy.downing@btopenworld.com</a>
Linda Graham (Secretary & Transport SIG*)	01892 770487 <a href="mailto:lindagraham@wealden-scp.org">lindagraham@wealden-scp.org</a>
Sheila Guest (Sheltered Housing Rep)	01825 761621 <a href="mailto:sheila.guest@gmail.com">sheila.guest@gmail.com</a>
Carol Hodge (Vice Chair & Events Organiser)	01825 762934 <a href="mailto:carolhodge36@gmail.com">carolhodge36@gmail.com</a>
Jackie Jackson	01825 764290 <a href="mailto:jacqueline_jackson1@sky.com">jacqueline_jackson1@sky.com</a>
John & Rosemary Jones (Community Network Reps)	01825 749720 <a href="mailto:john23.jones@mypostoffice.co.uk">john23.jones@mypostoffice.co.uk</a>
Sally Powell	01825 768051 <a href="mailto:sallypowell2@talktalk.net">sallypowell2@talktalk.net</a>

\*SIG = Special Interest Group



**The Wealden Senior Citizens' Partnership is a member of ESSA - The East Sussex Seniors' Association - "The Voice of Older People"**



## NEW HEFFLE TEA GROUP

WE MEET THE FIRST WEDNESDAY EACH MONTH,  
COME JOIN US FOR TEA AND CAKE.

WED 7TH DEC  
1:30PM - 3:30PM  
AT

ST. RICHARD'S CHURCH HALL, PARK ROAD  
HEATHFIELD

OPEN TO ALL.

FEEL FREE TO BRING A FRIEND.

FOR MORE INFORMATION  
OR IF YOU REQUIRE  
A LIFT:

FIONA : 01435 868942  
LORRAINE: 01435 865789



## NEW GROUPS FOR MEMBERS

Earlier this year we invited members to contact us if they were interested in helping to set up or run a group in their local area. Suggestions included:

- Lunch Out Clubs
- Knit & Natter Groups
- Exercise Classes
- Craft Clubs
- "Gentle Walk" Groups
- Darts Groups
- Bridge, Canasta or Chess Clubs

As a result some groups have begun to meet. An Uckfield Lunch Out Club is meeting on a regular basis and another is starting for members in Polegate and Hailsham. A member, Jean Hoyle, who has a Fine Arts Degree, is holding painting, drawing and craft sessions in her home, and has helped to set a similar group up in Millington Court, Uckfield.

We would like to see more such groups set up throughout Wealden and hope that over time more members will want to get involved. Whatever interests you probably interests others; so if there's something you're passionate about, why not try sharing it with other people?

If you would like to take this further, why not contact a committee member to find out how?

## HOMESHARE

**(Part of SAILS – Supported Accommodation and Independent Living Solutions)**

Homeshare is a way of helping people to help each other. It matches people with different needs, who both have something to offer.

A householder is someone, often an older person, who needs help or companionship and has a room for someone to stay in.

A homesharer is someone looking for accommodation and in exchange, can offer about 10 hours help a week.

Accommodation is usually provided rent free, in exchange for about 10 hours of practical support - such as help cooking dinner in the evenings - which will be agreed between the two people with support from a Homeshare coordinator.

For more information, please contact:

Kate Hardy, Homeshare Coordinator, Amberstone Hospital, Amberstone, Hailsham, BN27 4HU  
Phone: 01323 444107 Email: [kate.hardy@eastsussex.gov.uk](mailto:kate.hardy@eastsussex.gov.uk)

**PLEASE RETURN THIS TEAR-OFF SLIP TO LET US KNOW IF YOU WOULD LIKE TO TAKE  
PART IN OUR GOLF AFTERNOON NEXT JUNE**

**YOUR NAME.....YOUR ADDRESS.....**

**POSTCODE.....TELEPHONE/EMAIL.....**

**I AM INTERESTED IN TAKING PART IN THE GOLF AFTERNOON PLANNED FOR JUNE 2012**   
(please tick as appropriate)

**You can also use this slip to advise us of a change of address**   
**or to ask to be included on our mailing list**  **or taken off it**

**Detach and return this slip to Jackie Jackson, 35 Hughes Way, Uckfield TN22 1DX  
Tel: 01825 764290 Email: [jacqueline\\_jackson1@sky.com](mailto:jacqueline_jackson1@sky.com)**