



# GREY MATTERS

## THE WEALDEN SENIOR CITIZENS' PARTNERSHIP INVITES YOU TO LIVE, LEARN AND LAUGH IN 2012

### SILVER SURFERS' DAY - WEDNESDAY APRIL 25TH



This is an opportunity for computer users to learn how to see and talk to family and friends anywhere in the world using Skype, and how to follow what family, friends and celebrities are up to using Facebook and Twitter.

Come and join us at Heathfield Community College on Wednesday, 25 April from 1:30 to 4pm, when some of the students will be available to show you how easy it really is! There will be two sessions: 1:45-2:45 and 3:00-4:00. Refreshments will be provided and transport is available if needed. The event is free but there will be a small charge for refreshments. To reserve your place, phone Carol on 01825 762934 by Monday, April 23, or return the slip on the back page..

We are grateful to the students and staff of Heathfield Community College for being willing to host this event and to Sussex Community Foundation for funding the handouts and publicity.



### THE ALTERNATIVE GAMES

The first of these events will be held in the Commemoration Hall in Wadhurst at 2pm on Wednesday, May 16th. This will be a really fun day when all older people (including those with memory problems) can come together and play the games of their childhood, such as Shove Ha'penny, Bagatelle, Tiddly Winks, Dominoes, Marbles, Pick-up Sticks, Skittles etc.

The second will be held on Wednesday, July 18th in St Wilfrids Church Hall, Pevensey, with a third due to take place during September in Herstmonceux.

All events will include refreshments, included in a charge of £2 per head, and transport can be provided if needed.

In addition to the funding from the Sussex Community Foundation we have been awarded a grant from Wealden District Council to cover the cost of these events.



### THE GOLF AFTERNOON AT THE BOARS HEAD GOLF CENTRE MONDAY 18 JUNE 2012 – FROM 2:30pm

Do you play golf, or have you often thought you'd like an opportunity to have a go at playing golf? If so, come and join us at our Golf Afternoon at the Boarshead Golf Centre. If you are a golfer, you can play 9 holes and if you are a novice you can have an hour on the driving range with the Golf Pro. Tea/Coffee and Cake will be served in the Clubhouse.

We have places for 16 golfers playing nine holes, and 16 non-golfers. Golfers will tee-off from 2.30 onwards, and non-golfers will be able to use the range in groups of eight, the first group starting at 2.30 and the second at 3.30.

Obviously with this restriction on numbers, booking is absolutely essential. The cost of the 9 holes of golf will be £7.25 and for an hour on the range £3.75. You will appreciate that these amounts are heavily subsidised thanks to our funders, and must be paid in advance.

To book your place for this event, please ring Jackie Jackson on 01825 764290 as soon as possible and then complete the form at the bottom of page 4 and send it in with your cheque, payable to Wealden Senior Citizens' Partnership..

# Over 50's Information Day

Tuesday 17th April 2012  
10.00am to 1.00pm

St Johns Church Hall,  
St Johns Road, Polegate

*Information and advice about enjoying later life!*

- FREE ENTRY
- FREE REFRESHMENTS
- FREE ENTERTAINMENT
- FREE RAFFLE

For further information please ring  
Wealden District Council on 01323 443555

*A partnership project involving local services*

Waitrose

Wealden  
District Council

## Rural Living Roadshow Information Afternoon

Tuesday 17<sup>th</sup> April 2012  
From 2:30 pm onwards



Alfriston Village Hall

Information and  
advice about  
enjoying later life!

**FIND OUT ABOUT LOCAL  
SERVICES FOR YOU, YOUR  
FAMILY, FRIENDS OR  
NEIGHBOURS  
FRIENDLY & INFORMAL  
TEA & CAKE  
EVERYONE WELCOME**

For further information please  
ring 01424 775400



## ACTIVE 4 LIFE 2012

### Fun dance and movement sessions for older people in and around Wealden

Come along and enjoy movement to music, meeting new people and getting active! Movements are both chair based and standing depending on your ability: you work at your own level. At Church Bailey Court: Yoga movements both chair-based and standing to increase mobility for joints and muscles. Breathing exercises to increase energy and positive thinking. Learn how to relax and enjoy greater concentration and peace of mind. No need to book!

#### Exercise to Music

Streatfeild House, Southview  
Drive, Uckfield, East Sussex,  
TN22 1UP  
£3.00 charge per session  
On the following Mondays from  
10.00am to 11.00am  
2nd April  
16th April  
30th April  
14th May  
28th May  
11th June  
25th June  
9th/23rd July

#### Exercise to Music

Fazan Court, Snape View,  
Wadhurst  
£3.00 charge per session  
On the following Tuesdays from  
10.00am to 11.00am  
20th March  
3rd April  
17th April  
1st May  
15th May  
29th May  
12th June  
26th June  
10th/24th July

#### Exercise to Music

Rumsey Court, Queen's Road,  
Crowborough TN6 1JX  
£3.00 charge per session  
Every Thursday starting 2nd  
February  
from 10.00am to 11.00am  
  
and  
  
Mary Burfield Court, Thorny  
Close,  
Heathfield, TN21 0AT  
Every Friday starting 3rd February  
from 11.00am to 12.00 noon

#### Yoga

Church Bailey Court, Montague Way, Westham, BN24 5NB. Every Thursday starting 2nd February from 10.00am to 11.00am £3.00 charge per session.

**If you would like more information please contact The Community Development Team,  
Tel: 01323 443555, Email: [communitydevelopment@wealden.gov.uk](mailto:communitydevelopment@wealden.gov.uk)**

## THE 2012 BUDGET

The Budget for 2012/13 includes plans to make changes to personal allowances for people aged 65 and over. These are the most likely to affect you.

### Income Tax

If you pay tax, your personal allowance (the amount you can earn before you pay tax), will go up in April 2012. For people under 65, this amount will increase as expected from £7,475 to £8,105. In April 2013, this will go up to £9,205. This is another step towards the Government's pledge to eventually increase personal allowance to £10,000.

From April this year, people aged 65 to 74 will get an allowance of £10,500 and people aged 75 and over will get a £10,660 allowance. Both these allowances are subject to an income limit.

However, age-related allowances will be phased out, starting from next year, meaning there will eventually be one level of personal allowance for everyone. This has been dubbed the 'granny tax' by the media, as pensioners will no longer get a special tax exemption.

Existing age-related allowances will be frozen at the 2012/13 level from April 2013. So if you're already receiving the higher allowance, this will be frozen at the current level and will stay the same, until the standard amount that the rest of the population receives catches up. People turning 65 after 5 April 2013 will get the standard personal allowance amount. Older taxpayers will be disappointed as it affects those with modest pensions and savings for retirement.

As you may know from the news headlines, the top rate of income tax, for people earning over £150,000, will be reduced from 50p to 45p from April 2013. According to the Chancellor, five times as much will be raised from the wealthiest by other tax and anti-avoidance measures.

### Pensions

As previously announced, the basic State Pension is to rise by £5.30 to £107.45 per week in April this year. The standard rate of Pension Credit, which gives pensioners a guaranteed minimum income level, will increase by 3.9% to £142.70 a week for single pensioners and £217.90 a week for pensioner couples from April this year.

The State Pension age is gradually increasing, and will increase to 66 for both men and women by 2020, and to 67 by 2028. There will be an 'automatic review' of the State Pension age to make sure it keeps pace with increasing lifespans. More details of the review will be announced in the summer.

For people reaching State Pension age in the future, the Government has announced plans to introduce a new single-tier State Pension to be set at £140 and based on contributions. This should give future pensioners a clearer idea of what their income will be after they stop working, helping them plan for retirement.

The current State Pension age for men born before 6 December 1953 is 65. Women born after 5 April 1950 should check their State Pension age by calling Age UK Advice on 0800 169 65 65 65 or by using the state pension calculator at [www.direct.gov.uk/statepension](http://www.direct.gov.uk/statepension)

### Winter fuel payments

Unless there are any further announcements during the year, in winter 2012/13 payments will be the standard amounts of £200 for households where people have reached women's state pension age and £300 for people aged 80 or over.

### Inheritance tax

There is no change to the inheritance tax (IHT) threshold – the first £325,000 of inheritance when somebody dies is exempt from IHT. But from April, the rate of IHT for estates over £325,000 which leave 10% or more to charity will be cut from 40% to 36%.

(Abridged from an article on the AgeUK website)

## 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>
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 (Events Committee)	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>
Jean Skinner	01825 732538 <a href="mailto:geniusjskinner@hotmail.com">geniusjskinner@hotmail.com</a>

\*SIG = Special Interest Group



Visit our website: [www.wealden-scp.org](http://www.wealden-scp.org) and sign up on our Facebook Page

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



## PATIENT PARTICIPATION GROUPS

Find out if a Patient Participation Group has been set up at your doctor's practice. Patient participation can benefit both patients and practices. Having a patient participation group (PPG) creates a connection between the practice and its patients; allowing open, constructive discussion and analysis of service provision, and offering an alternative perspective on many of the topics relevant to general practice.

If you would like to speak to someone about setting up a PPG, Audrey Hoggard, Secretary of NAPP, can be contacted at [admin@napp.org.uk](mailto:admin@napp.org.uk) or by telephone on 0114 287 4035

## WEALDEN TALKING NEWS

### A service for the Blind and Partially Sighted

Do you find it difficult to read normal-sized print? Do you have a friend, neighbour or family member who would like to read Grey Matters but is sight-impaired? The local Talking News Group in Heathfield have said that if sufficient people show an interest, they will include Grey Matters as one of their recorded publications. If you are interested, please ring Linda Graham, 01892 770487 to let us know.

## ARE YOU WORRIED ABOUT YOUR HEATING BILLS?

### FOLLOW THESE FOUR STEPS TO AFFORDABLE WARMTH

1. Get advice: Call the Home Heat Helpline: 0800 33 66 99
2. Maximise your income and check your benefit entitlements:  
Call the Pension Service 0800 99 1234, the Citizens Advice Bureau 00444 111 444, or the Money Advice Trust 020 7489 7796
3. Tackle poor heating and insulation: Find out if you are eligible for a heating or insulation grant from Warm Front 0800 316 2805
4. Get the best deal from your supplier: Call your energy supplier to ask them what the cheapest deal is that they can offer you.

PLEASE RETURN THIS TEAR-OFF SLIP TO LET US KNOW WHICH OF OUR EVENTS YOU WILL BE COMING TO

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

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

I AM INTERESTED IN TAKING PART IN

SILVER SURFERS' DAY ON APRIL 25TH AT HEATHFIELD COMMUNITY COLLEGE (free)

THE ALTERNATIVE GAMES IN WADHURST ON MAY 16(£2)  PEVENSEY ON JULY 18 (£2)

THE GOLF AFTERNOON ON JUNE 18TH AT BOARSHEAD GOLF CLUB: Golfer £7.25   
Novice £3.75   
(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 with the amount due if appropriate (cheque payable to WSCP)  
to: Carol Hodge, 36 Hughes Way, Uckfield TN22 1DX  
Tel: 01825 762934, Email: [carolhodge@tiscali.co.uk](mailto:carolhodge@tiscali.co.uk)