



ACTIVITIES - ACTIVITIES - ACTIVITIES

SPRING ONLINE - FORMERLY SILVER SURFERS DAY

Spring Online 2015 will take place this year between 20th and 26th April. Watch out for an event near you. Age UK, housing associations, libraries, local authorities and community groups will all be holding events to encourage older people to learn how to use the internet.



WSCP EVENTS



We will be holding another of our popular Cream Teas in July - more information in the next newsletter. We have already booked Crowborough Community Centre for our event for Older People's Day in October. This will be on Saturday, 3rd October - book the date!

PUB IS THE HUB

East Sussex County Council, Wealden District Council and Pub is the Hub are working together to encourage and support pubs who want to expand into new services for their communities. For example, developing lunch clubs to combat social isolation for people with care and support needs, provide a hot meal and also to give carers a break.

Pub is the Hub is an organisation of voluntary advisors for licensees of rural pubs who are thinking of broadening their range of services. They encourage licensees, communities, pub owners, breweries, local authorities and the private sector to work together to match community needs with additional services which can be provided by the local pub.



pub is the hub

We are lucky enough to have one such pub, The Brewers Arms in Herstmonceux, in Wealden. Proprietor Rebecca Elms is working with the council to make use of the pub's quieter times to encourage people in the village to go out more and be a part of the local community in Herstmonceux. She is enthusiastic to get the pub's services right for them and is currently piloting different initiatives to see what works and appeals to people.

WHY NOT GIVE BOWLS A TRY?

Cross in Hand Bowls Club would like to offer facilities at the Bowls Club for anyone interested in pursuing bowls as a pastime. The green is open from the middle of April until the end of September. No previous experience is required - coaching is given and soft shoes are all that is required to protect the green. The club has 40 plus members ranging from 14 to 65 years old of mixed abilities. This friendly club holds competitions and social activities. Anyone interested, please contact Mary Hough on 01435 868838, email maryphough@hotmail.co.uk

WELCOME TO ENGAgE SOUTH EAST

ENGAgE provides companionship, support and day activities for older and disabled people and those of all ages with dementia to encourage interaction with others and promote independent living.



Their day support service offers innovative opportunities such as gentle exercise or arts and crafts, and their dementia service provides a broad range of activities that are specially designed to engage people with dementia and encourage participation.

They also offer activities for anyone aged over 50, such as digital photography, genealogy, web design or creative writing which present an ideal opportunity for carers to take a break from their care giving responsibilities.

Sessions take place at venues throughout East Sussex. To find out more, ring:07592 021590 or email: enquiries@engagesoutheast.org.uk

HEALTH ISSUES FROM PUBLIC HEALTH ENGLAND

ANITIBIOTIC AWARENESS

According to new research released by Public Health England, 4 in 10 people take antibiotics for a cough or runny nose despite both conditions normally clearing up without treatment. The research also found that 90% of people are not aware that certain bacteria resistant to antibiotics spread easily from person to person. Furthermore, more than 1 in 7 don't realise that healthy people can harbour these bacteria.

Antibiotic resistance is one of the biggest threats facing us today. Without effective antibiotics many routine treatments will become increasingly dangerous. Setting broken bones, basic operations, even chemotherapy all rely on access to antibiotics that work. To slow resistance we need to cut the use of unnecessary antibiotics. Everyone in the UK, the public and the medical community, is being asked to become Antibiotic Guardians. Make better use of antibiotics and help save this vital medicine from becoming obsolete

For infections that our bodies are good at fighting off on their own, like coughs, colds, sore throats and flu, try treating the symptoms for five days rather than going to the GP. Talk to your pharmacist about how to treat the symptoms. To prevent antibiotics from getting into the environment, always take any unused antibiotics to your pharmacy for safe disposal.

REDUCE THE RISK OF CARBON MONOXIDE POISONING OVER WINTER

Public Health England advises people to have their fossil fuel and wood burning appliances – such as boilers, heaters and cookers – checked by an appropriately registered engineer. In addition, people should fit an audible CO alarm which meets European Standards EN 50291 in each room containing an appliance, and ensure rooms are adequately ventilated.

There are around 40 accidental deaths a year from carbon monoxide (CO) poisoning in England and Wales, and it is difficult to detect because you can't see, smell or taste it. Around 4,000 people are estimated to attend accident and emergency departments in England each year because of carbon monoxide poisoning. Although most of the 4,000 people would not be sick enough to be admitted to hospital, it is known that long-term exposure is associated with neurological effects - such as having difficulties in concentrating.

GUIDELINES ON PHYSICAL ACTIVITY FOR OLDER ADULTS (65-PLUS YEARS)

- Older adults who participate in any amount of physical activity gain some health benefits, including maintenance of good physical and cognitive function. Some physical activity is better than none, and more physical activity provides greater health benefits.
- Older adults should aim to be active daily. Over a week, activity should add up to at least 150 minutes (2½ hours) of moderate intensity activity in bouts of ten minutes or more – one way to approach this is to do 30 minutes on at least five days a week.
- For those who are already regularly active at moderate intensity, comparable benefits can be achieved through 75 minutes of vigorous intensity activity spread across the week or a combination of moderate and vigorous activity.
- Older adults should also undertake physical activity to improve muscle strength on at least two days a week.
- Older adults at risk of falls should incorporate physical activity to improve balance and coordination on at least two days a week.
- All older adults should minimise the amount of time spent being sedentary (sitting) for extended periods.

SHAPING THE FUTURE OF OUR COUNTRYSIDE ACCESS

East Sussex County Council are looking at how they continue to manage and maintain byways, bridleways and footpaths across the county as well as our countryside parks, like Ditchling Common and Seven Sisters Country Park. To help them understand the long term needs they are consulting with residents, communities, and user groups. This will help them understand how best they can continue to provide this valuable service to the community.

There are two surveys:

- 1) for individuals to tell us why they do or don't access the paths and sites
- 2) for stakeholders such as landowners, partners and groups to tell us how they are involved.

Please visit www.eastsussex.gov.uk/haveyoursay to complete them. The surveys close on 20 February 2015.

There is information on the website at www.eastsussex.gov.uk/futurecountrysideaccess. Email scs@eastsussex.gov.uk with any questions.

Visit our website: www.wealden-scp.org

BETTER TOGETHER

Transforming NHS and social care in the county while meeting the challenges of the future

Why do we need it?

The three Clinical Commissioning Groups and East Sussex County Council together spend £935 million every year on commissioning health and social care services. The money we have to pay for services is likely to stay about the same, but demand and the costs of care will continue to rise. Our population is growing, people are living longer - demand for health and social care is growing faster than the CCGs' budget. While the care they commission is often excellent, they also know that services don't always best meet the needs of how we live our lives today. So there is an urgent and important job to do. If the NHS doesn't radically change the way they organise services to better meet people's needs, the standard of care we all receive will suffer.

What are they doing?

Through **East Sussex Better Together**, the CCGs are working together to develop services which are 'proactive' - helping individual patients to manage their health and wellbeing with well-signposted and joined up care based on individual needs. This means greater investment in community-based health and social care, and good access to hospital care when it is needed. They plan to achieve this over the next few years by working with local people to determine how services should be. To ensure that they address specific need, they will be focusing on designing services for local populations of around 50,000 people.

How can I get involved?

You will hear more about **East Sussex Better Together** over the coming weeks and months as these plans continue to be discussed and opportunities created for you to get involved. Watch this space and keep an eye on the CCGs' websites, where you can sign-up to receive regular news and invitations events and ways to find out more and have your say.

Transforming primary care

Primary care services (GPs, pharmacies, optometrists and dentists) are the bedrock of the NHS. Your local GP is often your first point of contact with health and social care, so efforts to transform the system in East Sussex include a keen focus on improving primary care. Through CCG primary care strategies, they're investing in improving services for local people, focusing on:

- Improving the quality and consistency of primary care and providing a wider range of services in GP practices.
- Making it easier for you to access GP services
- Listening to patients and ensuring they are able to make choices about their own care.
- Improving facilities and attracting more GPs to work in East Sussex.



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

See website: www.essaforums.org.uk

USEFUL TELEPHONE NUMBERS

East Sussex County Council	East Sussex Fire and Rescue	0303 999 1000
• Adult social care – 0345 60 80 191	NHS Direct	111
• Roads and paths – 0345 60 80 193	Sussex Mental Healthline	0300 5000 101
• Buses and waste – 0345 60 80 194	Alzheimers Society	0845 3000336
• Library renewals – 0345 60 80 195	East Sussex Disability Association	01323 514500
• Library enquiries – 0345 60 80 196	Care for The Carers	01323 738390
• Trading Standards – 0345 60 80 197	Diabetes UK Careline	0845 120 2960
• Switchboard – 0345 60 80 190	Parkinsons Disease Society	0808 800 0303
Citizens' Advice Bureaux	Healthwatch	01323 643304
• Crowborough 01892 655303	Age UK East Sussex	01273 476 704
• Hailsham 01323 842336	Wealden & Eastbourne Lifeline	01323 644422
• Uckfield 01825 764940	Minicom:	01323 415111
• Wadhurst 01892 785658	Sussex Police non urgent	101
• Willingdon 01323 842336	Post Office Service	0845 722 3344
Hospitals	Trading standards	08454 040506
• Conquest Hospital 01424 755255	Energy Care Trust	0800 512012
• Eastbourne Hospital 01323 417400	National Talking Newspapers	01435 866102
• Uckfield Community Hospital 01825 769999	STEPS Housing Support Advice	01323 436414
• Crowborough Hospital 01892 652284	Pension Service	0845 6060265
• Tunbridge Wells Hospital 0845 155 1000	East Sussex Benefits Helpline	0333 344 0681
	Wealden District Council	01323 443322

THE CARE ACT UPDATE

From April 2015, care and support in England is changing. The Care Act aims to ensure that an individual's wellbeing is at the heart of health and social care services. Some elements of the Care Act are completely new, but much of it consolidates and makes law what has been existing practice in East Sussex already. The social care reforms that will come into force this April include:

- A new duty to provide county-wide information and advice about care and support services to help people make the best choices,
- New national eligibility criteria,
- Giving carers the same rights to support as the people they care for, and
- A national deferred payment scheme (to replace the local one already provided in East Sussex).



The financial elements (including the much publicised cap on care costs) of the Care Act are due to be introduced in April 2016. This includes the much publicised lifetime cap on care costs of £72,000 for older people, and a duty for the local authority to monitor individuals' progress towards that cap.

You can find out more about the changes at www.eastsussex.gov.uk/careact ESCC will be producing regular updates for newsletters and e-bulletins

What's happening in Adult Social Care

Consultation: As well as working on implementing the immediate changes for April, they've also launched a public consultation on changes to their Deferred Payments Scheme so that the updated scheme can start in April too.

Take part by 24 February: www.eastsussex.gov.uk/haveyoursay or call Adult Social Care on 01273 481565 and ask for a paper copy.

What you might hear in the media...

February

- BBC have launched their coverage of care costs across radio, their website and television channels.
- The Department of Health's radio ads start countywide on Heart, Smooth and Classic FM. There will also be leaflet mail-drops in targeted areas of Wealden, Eastbourne and Rother as part of the national publicity campaign
- Our Deferred Payments scheme consultation ends on 24 February

March

- The Department of Health's national public awareness campaign ends on 23 March
- You may also hear about the cap on care costs as part of the electoral campaigning for the general election
- Results from Adult Social Care's Deferred Payments scheme consultation will be published in time for April

**IF YOU HAVE RECEIVED THIS NEWSLETTER IN THE POST, YOU ARE ALREADY A MEMBER!
IF YOU HAVE PICKED IT UP AND WOULD LIKE TO JOIN, PLEASE RETURN THIS TEAR-OFF
SLIP TO LET US KNOW IF YOU WOULD LIKE TO RECEIVE IT ON A REGULAR BASIS. YOU
CAN ALSO USE THIS SLIP TO REMOVE YOUR NAME FROM OUR CIRCULATION LIST OR TO
ASK US TO CONTACT YOU FOR ANY REASON**

YOUR NAME.....TELEPHONE/EMAIL.....

YOUR ADDRESS.....POSTCODE.....

PLEASE ADD MY NAME TO/REMOVE MY NAME FROM THE MAILING LIST (delete as appropriate)

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