



# GREY MATTERS

## WSCP EVENTS - BOOK THESE DATES!!

All members are invited to join us for a Cream Tea on Thursday, July 30th at Barnsgate Manor Vineyard at 3:00pm. The cost will be £8.50, to include a choice from a selection of sandwiches, scone, cream, jam etc and a choice from a selection of cocktail cakes with tea or coffee. Please use the reply slip on page 4 to let us know if you are coming and whether you require transport. We would prefer payment in advance, and if you book, we will contact you nearer the time to arrange this.

Our event for Older People's Day will be held at Crowborough Community Centre on Saturday, 3rd October from 10am to 3pm. It will be better than ever this year, with cookery sessions, exercise, and music, as well as information tables covering a wide range of services. Please use the slip on the back page to indicate whether you hope to come.



## CHANGES TO BUS SERVICES IN EAST SUSSEX

After nearly two years of consultation and review, the County Council launched its reformulated supported bus network in April. Savings were needed mainly because of a cut in the core grant that central government gives to East Sussex which has reduced by a third, or 34 per cent, in the past five years.

As a result, some services are being reduced in frequency or are changing the days on which they operate, and a few are being cut out altogether. Commercial bus services, which receive no subsidy from the County Council, are not being affected - in fact some of the services that would otherwise have been cut back or discontinued have been taken back by commercial operators and will therefore continue. The County Council is keen to reduce the impact of these changes on passengers by working with community transport and commercial bus operators as well as borough, district, parish and town councils and other relevant parties including County Council departments, churches and religious groups, the NHS, Clinical Commissioning Groups, and property developers to identify alternative travel solutions.

If you find you are being adversely affected by any of the changes to services, please do get in touch.

## THE WEALDEN SENIOR CITIZENS' PARTNERSHIP NEEDS YOU!



We are sad to report that our Treasurer, Jan Cooper, has decided to stand down from the Committee after nearly 7 years. She has been battling with ill-health recently and has probably soldiered on for longer than she should have. We wish her well and will miss her very much. Jan was also on the ESSA management committee in its early days and took on the treasurer's role there too which she carried out with great competence. She also played a role in helping to give strategic direction and shape to ESSA as an umbrella group to the forums. In addition she has represented ESSA (and the forums) on partnership bodies within the County Council. She was also an active member of

the Older People's Working Inter-Departmental Group (OPSWIG) that looked at initiatives to help improve the well-being of older people across ESCC departments and partners.

We do now find ourselves with an urgent need for more committee members. Our committee is not just a talking-shop (although it is that as well!). We need people who can organise events, apply for grants, research newsletter articles, do publicity for us and represent WSCP at many meetings that take place throughout East Sussex on a variety of topics, as well as someone with book-keeping skills who could take on the role of Treasurer. If any of these roles appeal to you, do get in touch with us (see page 4). We meet every 6-8 weeks at Heathfield Fire Station and all out-of-pocket expenses are reimbursed.



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](http://www.essaforums.org.uk)

## IN CASE OF EMERGENCY – I.C.E.

In an emergency, it's important that medical services immediately know and understand as much of your health information as possible. This is vital if you have medical conditions or allergies which could affect lifesaving treatment.



In 2005, a paramedic launched a national campaign to encourage people to carry on them, or store in their phones, "In Case of Emergency" details. This was after he had struggled on numerous occasions to obtain vital information when patients were unable to communicate. Research at that time showed that more than 75% of people carried no details of information needed in case of accident or sudden illness.

**The letters I.C.E. (In Case of Emergency) are now recognised by the emergency services personnel, who look out for them if you are involved in an accident, or are taken ill.**

We all hope that emergencies will never happen to us, but here are a few suggestions that may help minimise the impact on you and your family.

### **If you have a mobile phone:-**

- In your phone contact list, add the letters I.C.E. in front of the name of the person you would want to be contacted. Label other contacts I.C.E.2, I.C.E 3 in order of preferred contact.
  - Give your I.C.E. contact details of any medical conditions, allergies and current medications that could affect your emergency treatment.
  - **Give your I.C.E. contact details of others that you would want to be contacted.**
- Arrangements may be necessary for someone at home, or a pet, to be taken care of.**
- Your contact should be easy to get in touch with, maybe a work number is needed.

**Make sure the person whose name and number you are using has agreed to be your I.C.E. contact, and understands what it entails.**

## MESSAGE IN A BOTTLE PROJECT



The Lions Message In a Bottle scheme is a simple idea designed to encourage people to keep their personal and medical details on a standard form and in a common location - the Fridge.

The Message in a bottle pack comprises: A Bottle, A Form, and 2 Stickers. Complete the details on the form. Put it into the bottle supplied and place in the door compartment of your fridge. The Emergency Services will know to look for it in the event of being called to your home. They will be alerted by the use of the two special Green Emergency/Green Cross stickers. One is stuck on the fridge door. The other sticker is placed on the **INSIDE** of your front door. All Emergency Services are aware of the Lions Message in a Bottle scheme, and will locate the bottle and pass it on to a doctor or hospital personnel in an emergency. Bottles, which are free of charge, can usually be found in your local Chemist or Doctors Surgeries. Thanks to a number of other organisations, you may also find that you can obtain one through your nearest Neighbourhood Watch group, Age Concern, Council Offices, Housing Associations and many other places including Police stations.

## NEW EXERCISE CLASSES IN WEALDEN



Exercise, Movement and Singing with Sam  
All over 55s welcome at Cherry Tree Court, Horam, on Mondays from 10:30 to 11:30 am (except bank holiday Mondays) at £1.50 per person.  
For more information contact: **Tracy Barnett on 01435 813100**  
**wdccherrytree@wealden.gov.uk**

Village Tai Chi  
**NEW CLASSES – £3 WEEKLY DROP-IN OLDER PEOPLE AND BEGINNERS WELCOME**  
**FREE TASTER SESSION VILLAGE HALL, HUT LANE, HADLOW DOWN**  
**On THURSDAY 14TH MAY 10 AM – 11AM**  
Relaxed and friendly classes with a trained instructor. Learn the basics of Tai Chi to develop your fitness, balance and flexibility as you experience the positive effects of this ancient art.  
All over 55s welcome

# Pensioners' Manifesto 2015 - what policies does your candidate support?

Despite what some may claim, Britain's older generation are not to blame for the economic crisis. Neither does it help when the media suggests that there is a conflict between young and old, especially when the age groups share the same concerns over affordable housing, public transport, low incomes and retirement ages.

But growing older can be a real challenge. Britain's state pension is amongst the least adequate in the developed world, some of the stories surrounding the care of older people are absolutely shocking and last winter over 30,000 pensioners died from the cold.

A country can be said to be judged by the way it treats its young and older members. That is why we need a series of policies that improve the lives of Britain's 11m pensioners, as well as protecting future generations of older people.

At the General Election we will call on candidates to support our Pensioners' Manifesto that will put the concerns of older people at the heart of the political process.



- A basic state pension for all, set above the poverty level of £175 a week
- Increases in pensions to be linked to the best of RPI, CPI, earnings or 2.5%
- Universal pensioner benefits (bus pass, winter fuel allowance, free TV licences for the over 75s and free prescriptions) to be maintained without means-testing
- A National Health and Care Service which is free at the point of use and funded through taxation
- A legally binding Dignity Code to improve the quality and standards of care for older people



For more information about the NPC's policies visit [www.npcuk.org](http://www.npcuk.org) or call 020-7383-0388

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

## USEFUL TELEPHONE NUMBERS

East Sussex County Council		East Sussex Fire and Rescue	0303 999 1000
• Adult social care –	0345 60 80 <b>191</b>	NHS Direct	111
• Roads and paths –	0345 60 80 <b>193</b>	Sussex Mental Healthline	0300 5000 101
• Buses and waste –	0345 60 80 <b>194</b>	Alzheimers Society	0845 3000336
• Library renewals –	0345 60 80 <b>195</b>	East Sussex Disability Association	01323 514500
• Library enquiries –	0345 60 80 <b>196</b>	Care for The Carers	01323 738390
• Trading Standards –	0345 60 80 <b>197</b>	Diabetes UK Careline	0845 120 2960
• Switchboard –	0345 60 80 <b>190</b>	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

## WEALDEN TECH CLUB

3 week community grant funded courses for residents of East Sussex aged 55+

As these courses are subsidised there is just a nominal charge of £3 per session, £9 payable on the first day (includes refreshments)

Booking a place is essential - Spaces are limited

**Tablet basics and beyond - how to get the most out of your tablet**

Android tablets will be provided in the course session

Times: 10.15am to 12.45pm

COURSE 1: on Tuesdays for people with NO computer experience:

12th, 19th, 26th May at Mary Burfield Court, Thorny Close, Heathfield TN21 0AT

COURSE 2: on Thursdays for people with SOME computer experience:

11th, 18th, 25th June at Heathfield & Waldron Parish Office, 73 High St, Heathfield TN21 8HU

**iPad basics and beyond** (Participants to bring their own iPads to the sessions)

Fridays – 10.15am to 12.45pm

COURSE 1: for people with no computer experience – 8th, 15th & 22nd May

COURSE 2: for people with some computer experience – 5th, 12th & 19th June

Martlets Room, Civic Centre, Bell Farm Lane, Uckfield TN22 1AE

For further information and to book a place telephone Denise on 07462 790210



## FREE CARERS SUPPORT SERVICE FROM THE RED CROSS

### How does it work?

It is free short term care and support for unpaid carers in East Sussex (usually 4 – 6 visits)

It enhances quality of life by supporting the carer and person they care for.

The carer may or may not live with the cared for and could be family, friend or neighbour

A Red Cross Health and Social Care Co-ordinator will do an initial visit to agree goals with the beneficiary and place a suitable, highly trained volunteer.

### What's on offer?

Walking with or offering encouragement to someone exercising on return from hospital

Companionship and sitting service

Assistance with light housework, meal preparation and shopping

Assisting with form completion

Accompanying someone to a local community group or leisure activity

Signposting to other organisations

*The Red Cross do not offer personal care.*

### Thinking of volunteering?

The Red Cross welcome volunteers from across East Sussex and provide comprehensive training

The role is flexible and suitable for those able to offer from as little as 2 hours a week to those wishing to volunteer most days

For more information and rapid reply please contact the helpdesk on **0800 0280 831** or email

[kentandsussex@redcross.org.uk](mailto:kentandsussex@redcross.org.uk). Local co-coordinators will then be informed of your contact and will deal with it on their return to the office.



**IF YOU HAVE RECEIVED THIS NEWSLETTER IN THE POST OR BY EMAIL, 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 BOOK FOR AN EVENT**

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

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

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

I/we would like to attend the Cream Tea at Barnsgate Manor Vineyard on July 30th. Transport req.

I/we would like to attend the Older People's Day event in Crowborough on Oct 3rd. Transport req.

I am interested in joining the WSCP Committee (tick or delete as appropriate)

Detach and return this slip to Linda Graham, WSCP, 5 Rectory Field, Hartfield, TN7 4JE.  
Tel: 01892 770487, email: [lindagraham@wealden-scp.org](mailto:lindagraham@wealden-scp.org)