



GREY MATTERS

SENIOR MOMENTS: AN INFORMATION AND FUN DAY FOR OLDER PEOPLE IN POLEGATE

With the support of Polegate Town Council, who have hosted similar successful events in previous years, we are holding a coffee morning and information fair with activities, entitled "Senior Moments" in St John's Church Hall, Polegate, from 10am to 2pm on Saturday, 16th April 2016.

Come along to celebrate later life, and to learn about services for older people living in Polegate and beyond, with particular emphasis on staying safe. Tea, coffee and cake will be served all day and there will be a light lunch served on a first come first served basis - ALL FREE!

We look forward to seeing you. If transport is required, please ask (see back page).



POWER CUTS

Do you need extra support during a power cut or do you know someone else that would need extra support? If so, sign up to the UK Power Networks free register.

By joining the register, you will receive:

- * A priority phone number that you can call 24 hours a day and get regular updates until your power is back on
- * A welcome pack with useful advice about preparing for a power cut
- * Regular text message updates if you text 'Power' followed by your postcode to 80876
- * Extra support from the British Red Cross who will visit your home during an emergency after checking with you first

The following can apply: Customers who are dependent on medical equipment - Customers who are chronically ill - Customers with a disability - Customers who are visually impaired or blind - Customers who are hearing impaired or deaf - Elderly customers - A nursing or residential home - Customers with young babies in the household - Any other case that you would like considered

To contact UK Power Networks, telephone **0845 601 4516** for enquiries (Monday to Friday 9am to 5pm), **0800 31 63 105** to report a power cut (**0333 32 32 105** from a mobile) - 24 hours a day

IT'S A SCAM - FRAUDSTERS WANT YOUR PIN AND BANK CARD

Banks and Police will never call and ask you to transfer funds to a new account, buy high value goods or hand over cards or money.

Stay safe with these tips:

- Act with care if you get an unsolicited phonecall.
- Never transfer funds into a new account on the instruction of an unexpected caller - even if they tell you the account is in your name.
- Always check your phone line has properly disconnected before making another call - try calling a good friend first, wait 5 minutes or use a different phone.
- Never share your PIN number or enter your PIN into a telephone.
- Never withdraw money and hand it to a courier or a police officer
- Never give your bank cards to a courier or anyone who comes to your door

If you've been a victim of this crime call the police on 101 or visit www.sussex.police.uk





Beginner's computing 4-week community
grant-funded course on how to get the most out
of your computer/laptop, for residents of East

Sussex aged 55+

You will learn: Basic keyboard skills - Understanding Windows (Windows 7 will be used) -
How to save files in folders; simple letters - Sending and receiving Email - using Skype video
calls - Understanding the internet and searching - How to view your digital photos; and more...

As this course is subsidised there is just a nominal charge of £3 per session, £12 payable on
the first day

Booking a place is essential - Spaces are limited

Saturdays – 10.15am to 12.45pm

Course dates: 27th February, 5th, 12th and 19th March 2016

St. Mark's Primary School, School Lane, Hadlow Down, TN22 4HY

For further information and to book a place contact Denise on:

Tel: 07462 790210 or email: daleary@btinternet.com

DEVELOPING SERVICES TO SUPPORT PEOPLE WITH LONG TERM HEALTH AND PHYSICAL CONDITIONS - HAVE YOUR SAY

East Sussex Better Together (ESBT) want to work with residents to ensure that all people in East Sussex are enabled and supported to achieve their full health and wellbeing opportunities. This means looking at modern approaches to meeting people's health and care needs and having a person-centred approach. It also includes supporting people with long term conditions to be active partners in their own healthcare.



They would like to hear about the experiences of those who live with a long-term health condition such as diabetes, stroke, heart failure and respiratory conditions, or any kind of physical condition that has an impact on how someone lives their life. The information they receive will help them to plan future services so that people can be empowered to manage

their conditions.

The survey will be online from the 14th January and will close on the 28th February 2016 and is available online at <https://consultation.eastsussex.gov.uk/adult-social-care/longtermconditions>

Hard copies are also available by phoning 01273 481 565 or emailing

Policy&StrategyAdmin@eastsussex.gov.uk

Healthwatch wants to hear about your experiences of health and social care services, whether they were good or bad as well as hear your ideas for improvements. You can contact them as follows: Telephone: 0333 101 4007 Text: 07826 021 114 Website: www.healthwatcheastsussex.co.uk Email : enquiries@healthwatcheastsussex.co.uk

Facebook **Healthwatcheastsussex** Twitter @HealthwatchES

Alternatively you can write to the freepost address: **Freepost RTJT-HZEA-YGKU, Healthwatch East Sussex, 85b Ashford Road, Eastbourne, East Sussex, BN21 3TE**

HEALTH AND WELLBEING/SAFE AND WELL VISITS PROJECTS

Under a scheme, run by East Sussex Fire and Rescue and 3VA, if you are over 80 (or over 50 with a health condition or disability) trained volunteers visit you in your home and offer basic information on aspects of health and wellbeing. They will find the most appropriate sources of help to which you can quickly be referred, and also keep in touch to make sure you get the support you need. For more information ring 01323 462437

Working in partnership with Action in Rural Sussex, Safe & Well visits enable the Fire Service to identify any existing and potential risks within your home. These include any fire safety and wellbeing issues that may impact on your personal safety and comfort, and the safety of others within your home. As part of the package to keep you safe in your home you will receive advice and guidance on all identified risks and where appropriate free smoke alarms.

Call free on **0800 1777069** Please quote ref: AIRS Partnership



FOCUS ON ROAD SAFETY WHEN DRIVING IN WEALDEN

Sussex Safer Roads

PARTNERSHIP

Advice for older drivers

Driving simulation tests have found that older drivers tend to compensate for deteriorating vision and reaction time, by driving at safer speeds and increasing the distance from the car in front.

However the ability to turn the neck to look at junctions may be impaired among some older drivers as their physical health changes over time. Older drivers need to be aware of the amount of time they spend looking right at junctions, especially as 'failing to look properly' is a major contributory factor for serious crashes.

Read the road ahead and anticipate potential hazards. Look out for upcoming bends, hidden dips, blind summits and concealed entrances. When driving on country roads, make sure you brake before the bend, not on it, as bends can hide unexpected hazards. Stay in control and give yourself time to react. Even if you're familiar with a country road, never take it for granted as the conditions can be different every time.

The speed limit is a limit not a target. The national speed limit on single carriage roads is 60mph, but there will be times you need to drive under that in order to drive correctly for the conditions. In fact most people do on these roads – the average free flow speed is 48mph.

If you get stuck behind a slow moving vehicle be patient. Dips in roads, bends and other junctions joining your road often hide oncoming vehicles, so unless it's absolutely essential, don't overtake.

If passing more vulnerable road users such as horse riders, cyclists and walkers, pass wide and slow. You must not drive faster than the speed limit for the type of road and your type of vehicle. The speed limit is the absolute maximum and it doesn't mean it's safe to drive at this speed in all conditions.

A FREE SERVICE COMING TO UCKFIELD

East Sussex Hearing Resource Centre is a registered charity working in partnership with Adult Social Care to provide a no charge mobile information and advice service for Deaf, deafened and hard of hearing people living in East Sussex. The vehicle is equipped to offer demonstrations of assistive equipment and hearing screening tests.

The mobile unit will be visiting Uckfield on Thursday 25th February 2016, and will be parked outside Streatfeild House, Southview Drive, just off the High Street, from 10.30am – 3.30pm.

The bus is accessible to wheelchair users and representatives from both the East Sussex Hearing Resource Centre and Adult Social Care will be available to provide individual information and advice on all aspects of hearing loss.

For further information please contact:

East Sussex Hearing Resource Centre,

Tel: 01323 722505 (voice/text/fax) e-mail: info@eshrc.org.uk



IS YOUR CONCESSIONARY BUS PASS DUE TO EXPIRE IN MARCH 2016?

If you hold an Older Person's bus pass with a blue stripe, these are automatically renewed and sent out at least two weeks before expiry.

If you hold a Disabled Person's bus pass with an orange stripe, you will get a letter requesting current proof of disability.

If you have changed your name or address and haven't notified them, call the concessionary bus pass team on 0300 33 09 471 or concessionarytravel@eastsussex.gov.uk

Renewing an older person's bus pass

You do not have to do anything to renew your pass. Passes are valid for up to five years. You will automatically receive a new one in the post unless you hear before expiry.



Got a bus pass?

Then please check the date



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



OUR COMMITTEE

Over the past few months we have been delighted to welcome several new members to our committee. Annette Funnell from Crowborough is now our new Treasurer, Dennize Probert, also from Crowborough, has joined as well, while Jean Holmwood, a parish councillor from Heathfield, keeps us in touch with developments in her area. However, we are very short of representation from the southern half of Wealden, which is a real problem as we are arranging events this year in that part of the district, in Polegate and Hailsham.

Please do consider joining our committee. We are a friendly group that meets monthly to plan events, to explore issues surrounding the needs of older people, particularly across Wealden, and to try to point people in the right direction if help is needed. Any out-of-pocket expenses can be refunded and, dependent on your location, we may be able to provide help with transport to meetings if it is needed.

If you would like to learn more, please ring the Secretary, Jane Clark, on 01892 655050.

DO YOU KNOW SOMEONE WHO IS SUFFERING ABUSE OR NEGLECT?

As we get older, some of us may need help looking after our money and paying for things like bills and shopping. Or we may need support getting around or carrying out daily tasks.

Someone in this situation may have an arrangement they're happy with where a friend, relative or a carer helps. Sometimes though, things may go wrong or the situation becomes uncomfortable.. Mistreatment doesn't always involve a stranger. Someone you think of as a friend could mistreat you, perhaps by taking money from you or by making you feel afraid, uncomfortable or hurt.

No matter who's helping, you're in charge of making your own decisions and you have a right to be respected and listened to. If you're concerned about yourself, there are people you can speak to and there is help available. Trust your instinct – if something doesn't feel right, it probably isn't. You don't have to put up with it.

Share your concerns by telling someone you trust, such as a friend or relative, your GP, care worker, or social worker or the Adult Social Services team at your local council.

Contact Age UK on 0800 169 65 65 for advice about reporting abuse or call the Action on Elder Abuse confidential helpline on 0808 808 8141. You can call the local police on the 101 non-emergency number. If anyone has been physically harmed and needs instant attention, call 999 immediately.

**DO YOU NEED MORE INFORMATION ABOUT ANY OF THE SAFETY ISSUES LISTED BELOW?
WSCP WOULD LIKE TO HELP, SO PLEASE TICK ANY OF THE BOXES AND RETURN THIS SLIP
TO THE ADDRESS BELOW.**

POWER CUTS SCAMS HEALTH & WELLBEING VISITS
SAFE & WELL VISITS ROAD SAFETY ANTI-SOCIAL BEHAVIOUR
ELDER ABUSE BURGLARY OTHER (PLEASE STATE).....

**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.**

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

YOUR ADDRESS.....

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

**Detach and return this slip to: Linda Graham, Membership Secretary, 5 Rectory Field,
Hartfield TN7 4JE Tel: 01892 770487, Email: lindagraham@wealden-scp.org
If you are happy to receive this newsletter electronically in future and save on
postage, send us an email!**