

# GREY MATTERS

## FALLS AWARENESS WEEK, 20-24 JUNE 2011



Every year, around one in three over-65s living in the community and one in two people aged over 85 will have a fall. The consequences can be devastating, both physically and emotionally. Falls can cause loss of function, mobility, independence, confidence, and in many cases even death. Yet all too often this is accepted as just another inevitable part of ageing.

Falls Awareness Week 2011 promotes activities and projects that help prevent falls in later life - from walking stick M.O.T.s and quizzes, to strength and balance exercise sessions.

This year, through the theme 'Watch Your Step', the link between poor vision and falling is being particularly highlighted. Eye-health checks are a vital part of looking after ourselves, especially as we get older. Wearing the right glasses at the right times can reduce our risk of falling. Simple changes to our lifestyle and environment can improve vision and help prevent falls.

### FUN, FIT & FIFTY PLUS: 5 JULY 2011 AT FREEDOM LEISURE, HAILSHAM

We are very grateful to the Management of Freedom Leisure for agreeing to host this exciting event for us and to the Sussex Community Foundation (SCF) for a grant to cover our costs.

There will be opportunities to try Indian Head Massage, Reiki and Laughter Therapy, Ten Pin Bowling and Yoga and the chance to tour the Freedom Leisure Gym. There will also be sessions on Falls Prevention, Walking for Health, Dance and Movement and Volunteering for Health and Happiness and there will be stands giving a wide range of information on a variety of subjects.

The day will begin with coffee at 10am; a free lunch will be provided at 12:30pm and the event will end at 3pm. Please ring Carol Hodge on 01825 762934, or email [carolhodge36@gmail.com](mailto:carolhodge36@gmail.com) to let us know you are coming.



### EVENTS IN CELEBRATION OF OLDER PEOPLE'S DAY 2011 – FULL OF LIFE

Full of Life is a celebration of the opportunities, achievements, and aspirations of older people and their contribution to society and economy. Under the Full of Life banner, the government and other supporting groups arrange a variety of activities of which UK Older People's Day is the main event and is held annually. The theme for UK Older People's Day 2011 is "getting and staying active in later life". The purpose of this theme is to encourage people to be active and raise awareness of the benefits that physical, social and mental activity brings. Helping people to stay active as they get older provides many specific benefits, for example it:

- helps maintain independence
- is a good way of maintaining and increasing social networks
- gets you out and about in the local community
- is an opportunity to learn new skills
- increases energy levels and zest for life



**We would love to see you at our own Full of Life events:**

#### (1) MINIBUS OUTING TO PARADISE PARK, NEWHAVEN, ON SEPTEMBER 17

We are arranging a fun day out for members at Paradise Park, Newhaven on Saturday, September 17th. Transport will be by community minibus, and pick-ups will be arranged as near as possible to where you live. Part of the cost will be met out of some more grant funding we are receiving for this purpose from the Sussex Community Foundation. To secure a place on this trip, please send us £10 per person towards the cost (see reply slip on back page), and we will be in touch nearer the time to confirm arrangements. For more information, ring Jan Cooper on 01323 483483.

#### (2) ANOTHER FUN, FIT AND 50 PLUS DAY ON 6 OCTOBER AT FREEDOM LEISURE, CROWBOROUGH

Similar to the event in Hailsham in July, and also funded by the SCF, a wide range of information tables, talks and activities on the "Full of Life" theme will be on hand at Freedom Leisure in Crowborough on Thursday, 6th October from 10 am until 3pm, and we will also be holding a short AGM during the course of the day. Some committee members will be standing for re-election, and we are always on the look-out for new committee members, so do please consider whether you would like to become involved.



## IMPROVING THE TELECARE SERVICE

Telecare is a community alarm service that uses sensors placed in a person's home to detect things like fires and smoke, bogus callers and falls. If a problem is detected, a call goes through to the Telecare centre which offers a 24 hour, seven days a week service. They will give advice and support and call for help, depending on what is needed.

The County Council are planning to improve the Telecare service over the next three years and would like to hear your views. If you use Telecare they want to know what you think about it. If you don't, they would like to know what you think it is and how they could tell more people about it.

It's important to hear from as many people as possible, whether you use the service or not. Your views are needed if you are a Telecare user or a carer, or if you work with older or vulnerable people.

If you would like to take part in this consultation contact Esme Hilliard:

Email: [policy&strategyadmin@eastsussex.gov.uk](mailto:policy&strategyadmin@eastsussex.gov.uk) Phone: 01273 481565

This consultation closes on Friday 12 August 2011.

## SILVER SURFERS' DAY



It was good to meet a number of members, and to sign up some new ones, at our Silver Surfers' event on May 20th in Uckfield. Many people with a basic knowledge of computers came along for information on a range of topics such as online banking, surfing the net, shopping online, sending emails, downloading photographs, staying safe online and many others. The event was featured on local radio station Uckfield FM.

Many thanks to all those who helped on the day, and to our hosts, Sussex Oakleaf, who allowed us to use their premises for this event. Plans are in hand to hold further similar events in the future.

## ARE YOU A CARER?

Do you provide unpaid care by looking after a family member or friend who needs help due to illness, disability or mental ill-health?

Whether you have been a carer for a long time or have recently joined the millions of people across the UK who look after a relative or friend, you may wish to know more about the support available to you and the person you care for.

### Know your rights

- If the person you care for has mobility needs and requires extra help with personal care, such as dressing or washing, they may be entitled to claim either Disability Living Allowance (DLA) or Attendance Allowance (AA)
- Has the person you care for been assessed as needing help from social services? If so, they may be eligible for direct payments, a way to choose and pay for services yourself to meet your assessed needs.
- If you are working as well as caring for someone, you may need flexible working arrangements. You have the right to request flexible working from your employer.

Call Carers Direct on 0808 802 0202 for free, confidential information and advice for carers.

Lines are open 8am to 9pm Monday to Friday, 11am to 4pm at weekends. Calls are free from UK landlines and mobiles or you can request a free call back.



## 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>
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Sheila Guest (Sheltered Housing Rep)	01825 761621 <a href="mailto:sheila.guest@gmail.com">sheila.guest@gmail.com</a>
Carol Hodge (Events Organiser)	01825 762934 <a href="mailto:carolhodge36@gmail.com">carolhodge36@gmail.com</a>
John & Rosemary Jones (Community Network Reps)	01825 749720 <a href="mailto:john23.jones@mypostoffice.co.uk">john23.jones@mypostoffice.co.uk</a>
*SIG = Special Interest Group	

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

## THE INDEPENDENT LIVING SERVICE

(formerly the Navigator Service)

The Independent Living Service has moved.

Advisors provide advice on the telephone or by a personal visit to your home to talk about health, housing and social care issues. These could be benefits advice, handyman services, advice on community activities and minor aids and equipment to enable you stay safe in your own home. The advisors will talk to you about any problems you may have and try to help you solve them. The goal is to help you retain your independence and enable you to make informed choices on a range of options.

Please contact 01424 464890  
or FREEPHONE: Fax 901424 464899  
0800 9174569

e-mail [Joanne.davis@intouchsupport.co.uk](mailto:Joanne.davis@intouchsupport.co.uk)  
First Floor Offices, St Leonards Warrior Square  
Station, St Johns Road, St Leonards TN37 6HP

## A VANISHING CONVENIENCE

Lack of conveniences, or uncertainty about whether they will be available, inhibits mobility. The National Key Scheme offers people with disabilities independent access to almost 9,000 locked public toilets around the country. A RADAR key can be bought from £3.50 by calling 020 7250 3222



## AN AGEING POPULATION IS A RECIPE FOR SUCCESS

A measure of society is how it sees its older people. In many other cultures, older people have an elevated status and respect. In the UK, over 65s are too often seen as frail, a burden or a drain on society's resources. WRVS's Gold Age Pensioners report has shown that people over the age of 65 contribute more than £40 billion to the UK economy through unpaid work. And as the overall number of people over 65 increases and people remain healthier for longer, this number will only get bigger and more impressive in the next few years

## GRANDPARENTS GET A NEW VOICE ON-LINE

A new social network has been set up for the UK's grandparents. Gransnet, from the creators of Mumsnet, is a forum-based website aimed at the older generations. The site gives the country's 14 million grandparents an online space to discuss subjects including relationships, hobbies, news, culture and grandparenting. Visit the website: [www.gransnet.com](http://www.gransnet.com)

## HOW EXERCISE IS HELPING PEOPLE LIVING WITH DEMENTIA

Exercise - gentle walking, a moderate gym session or even dancing and a sing-song - can help people cope with the devastating impact of dementia, researchers believe. And while drugs can slow its advance, there are concerns about the over prescription of anti-psychotics for dementia patients.

Earlier this year it was reported that moderate exercise such as walking 'boosts memory power'. Walking for 40 minutes a few times a week is enough to preserve memory and keep ageing brains on top form, research showed. Moderate exercise increased the size of the hippocampus, an area of the brain that makes memories, in 120 volunteers.

The year-long trial, published in Proceedings of the National Academy of Sciences, showed performance on memory tests also improved, and that exercise may buffer against dementia as well as age-related memory loss.

The earlier work looked at healthy people in their 60s rather than people with Alzheimer's or other forms of dementia, but recently it has been shown that regular exercise can help people in what might be called the middle phase of the condition, before their physical impairment becomes too great.

## SUMMER DATES - EVENTS IN THE UCKFIELD AREA

- June : 16<sup>th</sup> Uckfield Music Club Concert at St Margaret's, Buxted 7.30pm**  
**18<sup>th</sup> Sussex Police Choir in Concert at the United Reformed Church, 7.30pm. Tickets £5 at the door, including refreshments.**
- July : 2<sup>nd</sup> Uckfield Singers concert at the Civic Centre 7.30pm**  
**8<sup>th</sup> Uckfield Community Lunch**  
**9<sup>th</sup> Uckfield Festival Big Day Out on Luxford Field, from 10am**  
**17<sup>th</sup> Isfield Village Fete, from 12 noon, behind the Laughing Fish Pub**  
**21<sup>st</sup> Uckfield Music Club Concert at St Margaret's, Buxted 7.30pm**  
**The Oast House, Isfield, open under the National Gardens Scheme:**
- Friday 22<sup>nd</sup> July – 6 - 8.30pm : £6 including wine**
- Sunday 24<sup>th</sup> July - 2 – 5pm : £4 Teas, Cakes and Plants for sale etc.**
- Sunday 21<sup>st</sup> August – 2 – 5pm : £4 Teas, Cakes and Plants for sale.**

## PUTTING PEOPLE FIRST

The Putting People First programme formally closed on 31 March 2011, after a three year programme of introducing self-directed support and personal budgets, and beginning to increase personalised care and support options.

Developing personalised social care and support in East Sussex is still a key priority. A number of projects are continuing during 2011/12, organised into three areas of work:

- **Increasing the options for social care and support** – by creating alternative ways for service users and carers to meet their needs e.g. supporting smaller providers and Personal Assistants, piloting new schemes such as Homeshare and working with voluntary organisations in the county. Continuing to work with existing providers of care and support such as homes and agencies to deliver flexible personalised services.

- **Improving access to a diverse social care market for service users and carers and those helping them** – by growing Support With Confidence and developing the online resource directory, a web-based tool to help search local options for support. We'll also continue to test independent support planning as a route to creative support packages that make the most of the resources and services available in the community.

- **Self-directed support**- continuing to develop and implement the SDS pathway and tools during 2011 by making sure these are as user friendly as possible, as well as providing ongoing support for practitioners.

There will be more opportunities for service users, carers and other members of the public to be involved in these developments over the next year.

For more information or if you would like to be involved, please ring: 01273 335670, or email [personalisation@eastsussex.gov.uk](mailto:personalisation@eastsussex.gov.uk)

### ...and Nationally:

National leaders in social care recently finalised a partnership agreement called *Think Local, Act Personal*. It supports people, their carers and families, in getting the best from the support they need – regardless of whether they pay for their own care.

The agreement links the Coalition government's vision for social care and *Putting People First*. It sets out how councils and other organisations can continue to work together to transform social care, and highlights the ongoing importance of:

- Personal Budgets for people who are eligible to receive support, with a focus on direct payments, where appropriate, so they can have maximum choice and control.
- Personalised services which meet people's different circumstances and preferences.
- Developing the social care market so there are more choices in how people can be supported in the community.
- A focus on prevention and supporting people to stay healthy and live as independently as possible.
- The role of family, the community and other services in people's lives.

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**PLEASE RETURN THIS TEAR-OFF SLIP TO BOOK YOUR PLACE AT FUN. FIT & FIFTY PLUS OR THE MINIBUS OUTING TO PARADISE PARK**

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

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

PLEASE RESERVE ..... PLACE(S) AT HAILSHAM (FREE)  CROWBOROUGH (FREE)

MINIBUS TRIP TO PARADISE PARK  (TICK AS APPROPRIATE)  
(CONTRIBUTION £10 PER PERSON - CHEQUE PAYABLE TO WEALDEN SENIOR CITIZENS' PARTNERSHIP)

Detach and return this slip to the Secretary, Linda Graham, Wealden Senior Citizens' Partnership, 5 Rectory Field, Hartfield, TN7 4JE. Tel: 01892 770487, email: [lindagram@wealden-scp.org](mailto:lindagram@wealden-scp.org)