



GREY MATTERS

CELEBRATIONS IN RECOGNITION OF UK OLDER PEOPLE'S DAY!

UK Older People's Day is an opportunity to celebrate the achievements and aspirations that later life can bring and once again there is a jam packed **2013 Events Programme** for the over 50s. September will be the start of a two month programme of fun and informative events taking place throughout the county.

There's lots of choice, from craft and hobbies, musical events, quizzes and indoor bowling to health and well-being taster sessions, social clubs, tours and outings. The theme this year is JOINING IN. So come along, bring a friend or meet new ones and enjoy the wide range of activities on offer.

From early August, you can pick up an Events Programme from your local library or visit the East Sussex County Council website www.eastsussex.gov.uk/olderpeoplesday

If you are a member of our forum you will receive a copy in the post in week commencing 5 August.

OUR OWN PROGRAMME OF EVENTS FOR THE REST OF THE YEAR

On **Friday, September 20** there will be a MacMillan Coffee morning at the Corn Exchange, Hailsham from 10am to 12:30pm. Entrance £1 per head to include a cup of tea or coffee, and there will be a raffle in aid of MacMillan Nurses.

We will celebrate UK Older People's Day on **Saturday, October 12** in The Belmont Centre, Uckfield. The highlight will be a visit from the Community Chef, with a demonstration of "Cooking For One", and there will also be gentle exercise and other taster sessions and information stands. Lunch will be provided, during which we will hold our AGM. Booking is essential:- to book or for further information about any of our events ring **01825 762934**.

The final event of the year will be held on **Saturday 30 November** in Forest Row Village Hall when there will be a Christmas Craft and Gift Sale from 10am until 1pm.

Anyone needing transport to any of these events, please ring Carol (Uckfield area), Jan (Polegate/Willingdon area), Raymond (Herstmonceux/Hailsham area), Ivy (Heathfield area), Linda (Hartfield/Forest Row area) [numbers on back page]

A CHANCE TO HAVE YOUR SAY ABOUT DIRECTLY PROVIDED DAY SERVICES FOR OLDER PEOPLE IN EAST SUSSEX

The County Council met in July to consider a proposal to consult on the future of the council's directly provided day services for older people. At that meeting the Cabinet agreed to review and consult on a range of options for the following services: Phoenix Centre – Lewes, Charter Centre – Bexhill, Orion Centre – Hailsham, Hookstead Centre – Crowborough, Pinehill – Hastings, Isabel Blackman Centre – Hastings. The options for each service include:

- develop or change provision in light of need, specified outcomes and demand
- close, and re-provision within capacity in the voluntary, community or independent sector
- close, and commission new services within the voluntary, community or independent sector
- retain the status quo

We do urge anyone who is a client, a relative or representative of a client, a member of staff or has any other other interest in ESCC day services to make use of this opportunity to express their views. The consultation commenced on 15th July and will take place over 90 days, up until 14th October 2013.

If you wish to comment on the future of this service, please either write to:

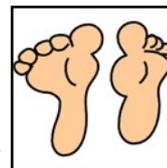
DPS Project Team, 5th Floor, St Mary's House, 52 St. Leonard's Road, Eastbourne BN21 3UU
or e-mail: DPSconsultation@eastsussex.gov.uk

The online survey on these proposals can be accessed online via the East Sussex County Council website – www.eastsussex.gov.uk (Click on the box "Have your say" at the foot of the page, then click "Take part in current consultations").

If you would like to complete this survey but do not have access to the internet, a paper version will be available at your day centre or, if you would like to receive a copy via the post, please contact Steph Arnold on tel: 01323 463943 who will arrange this for you.

All comments/surveys must be submitted by no later than 14th October 2013. A further report, including details of the outcome of the consultation, will be presented to the County Council Cabinet on 10th December 2013 and we will let you know the outcome via the newsletter.

FASHION OR FIT?



Have you ever wondered why more women suffer with bunions than men?

Have you ever looked at the difference between men's shoes and women's?

Simple really! Women's shoes are designed for fashion, we want to look good in our shoes, never mind what they do to our feet. We want to keep up with current fashions. With age comes wisdom and eventually we succumb to flatter, more sensible, dare I say comfortable shoes, but the damage is done!

We have crammed our feet into fashion shoes with their high heels, pointed toes, shoes that are far too narrow, for far too long. Ah, but the current fashion is for sensible low heeled 'ballet' type pumps I hear you say. All today's young people are wearing them. No better! No support, they slop in and out of them, they grip with their toes to keep them on, and they are soon out of shape. Our feet suffer, pain, bunions all sorts in the name of fashion.

Meanwhile our men folk are comparatively safe in the comfort of their wide fitting, sensible shoes. No bunions for them.

What to do? Find shoes wide enough for your feet, can you wiggle your toes, do they support your feet and have they got a small heel? (around 25mm is good). Most trainers are actually good for your feet. Look for the Healthy Footwear Guide symbol on the next pair of shoes you buy. If you have foot problems, get advice from a professional.

So which professional should you see? A Podiatrist will give you advice about your feet; sort out your corns, calluses and toenails. An Orthotist will assess your feet in relation to the rest of your body. The hip bone's connected to the knee bone; the knee bone's connected to the.....etc.....is quite true. Orthotists look to see what is going on beyond the feet. If your feet are painful, callused and have suffered they may not be correctly aligned and you may need foot orthotics to correct them.

Everyone's feet are different; no two pairs of feet are the same, and not all foot problems are due to poor footwear. However, it also follows that 'off the shelf' foot orthotics in large, medium or small sizes are not going to fit every pair of feet or necessarily solve your problem. An Orthotist can assess you and if necessary take casts of your feet and make custom made foot orthotics that both fit and correct your foot posture. This is not the cheapest option, but it could be your best approach to helping your feet support you into later life.

Further information and advice can be obtained from Galaxy Healthcare:

www.galaxy-healthcare.co.uk telephone: 01825 732590

Linda Pugsley – Partner Galaxy Healthcare

Another in a series of articles kindly supplied by Galaxy Healthcare for publication in Grey Matters.

WIISHES

This action and support group has evolved from the Wealden Fibro Support Group for Invisible Illness and welcomes those with hidden disabilities, primarily Fibromyalgia, Diabetes and Mental Health impairment. The ii is not a typo and stands for Invisible Illness!

Carol Steed, group leader, would like to hear from current and new members across Wealden and plans to hold meetings and activities in alternating venues including Heathfield, Forest Row, Mayfield & Uckfield.

The group works in partnership with other organisations and community groups and can offer one to one support if that is preferred. This might be helping with shopping or accessing a home-from-hospital service.

New committee members lend specialist skills such as Women's Health and Crohns Disease and represent the group within the National Health Service.

Please contact Carol on 01424 733061 mobile 078807 90024 or email steed694@btinternet.com

HAVE YOUR SAY ABOUT THE FUTURE PROVISION OF LOCAL BUS SERVICES IN EAST SUSSEX

Over the next three years the County Council needs to find £63 million of savings. As a consequence, they are reviewing expenditure in a number of areas, including the support they provide to local bus services. Before making any changes to the local bus services they support they want to know the views of the local community and other interested parties. All comments received will help the Council to make decisions about the future provision of bus services in the county. The consultation runs from 8 July to 17 August.

Paper copies of the information and questionnaire will be available at local East Sussex libraries from mid July 2013 but if you would like a paper copy sent to you, please contact:

email: busconsultations@eastsussex.gov.uk

telephone: 0345 60 80 193

The questionnaire can also be completed online at: www.eastsussex.gov.uk/haveyoursay

WEALDEN CITIZENS ADVICE



Wealden Citizens Advice is an independent charity at the heart of your community making a significant impact everyday on the lives of people in the Wealden Area. By telephone and face to face, they give free, confidential, independent and impartial advice. Last year they saw over 5000 people who sought advice from the Bureaux and £1.9 million in revenue was gained for clients. A lot of their work involves providing advice on issues such as debt management and welfare benefits, housing, energy suppliers, consumer complaints and landlord/tenant disputes.

There are bureaux in Uckfield (01825 764940), Crowborough (01892 655303), and Hailsham (01323 842336) and outreach services in Heathfield, Wadhurst, Polegate and Willingdon. Details of opening times for all bureaux can be found on the website: www.citizensadvice.org.uk/wealdencitizensadvice and information is also available online at www.adviceguide.org.uk Volunteers are vital to this service. Volunteering with a CAB can be hugely rewarding and is a great way to make friends and feel part of an enthusiastic team. They will be recruiting again in September and if you would like further information please contact Cas Smith on 01825 762807 or via email administrator@uckfieldcab.cabnet.org.uk

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



SUPERFAST BROADBAND IN EAST SUSSEX

East Sussex County Council has set out to install superfast broadband across the county by 2016. They have now appointed BT as their delivery partner to install the infrastructure that is essential for providing a better broadband service to help them roll out faster broadband over the next 3 years. With the contract signed, they still need homes and businesses to register their interest in having faster, more reliable broadband.

Over 11,600 homes and businesses to date have registered their support through the 'Go e-sussex' campaign and still need more are needed. It only takes a few moments to complete so please join thousands of others and ensure the county's future is a superfast one. Please encourage friends and neighbours to register today. The more registrations, the more attractive East Sussex becomes for potential broadband providers as they can see there is demand in the county. The County Council also want to make sure that their investment is used to provide better value for money, as this is public funding.

Don't forget to keep looking at the website www.goesussex.co.uk for regular news and updates!

Contact: Jenny Devane, Broadband Engagement Manager,
Tel: 01273 335991

Email: broadband@eastsussex.gov.uk



Visit our website: www.wealden-scp.org

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

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 the Secretary, Linda Graham, Wealden Senior Citizens' Partnership, 5 Rectory Field, Hartfield, TN7 4JE. Tel: 01892 770487, email: lindagraham@wealden-scp.org

USEFUL TELEPHONE NUMBERS

Wealden District Council 01323 443322

East Sussex County Council

- Adult social care – 0345 60 80 **191**
- Roads and paths – 0345 60 80 **193**
- Buses and waste – 0345 60 80 **194**
- Library renewals – 0345 60 80 **195**
- Library enquiries – 0345 60 80 **196**
- Trading Standards – 0345 60 80 **197**
- Switchboard – 0345 60 80 **190**

Citizens' Advice Bureaux

- Crowborough 01892 655303
- Hailsham 01323 842336
- Uckfield 01825 764940
- Wadhurst 01892 785658
- Willingdon 01323 842336

Hospitals

- Conquest Hospital 01424 755255
- Eastbourne Hospital 01323 417400
- Uckfield Community Hospital 01825 769999
- Crowborough Hospital 01892 652284
- Tunbridge Wells Hospital 0845 155 1000

NHS Direct 111

Sussex Mental Healthline 0300 5000 101

Alzheimers Society 0845 3000336

East Sussex Disability Association 01323 514500

Care for The Carers 01323 738390

Diabetes UK Careline 0845 120 2960

Parkinsons Disease Society 0808 800 0303

Healthwatch 01323 643304

Age UK East Sussex 01273 476 704

Wealden & Eastbourne Lifeline 01323 644422

Minicom: 01323 415111

Sussex Police non urgent 101

Post Office Service 0845 722 3344

Trading standards 08454 040506

Energy Care Trust 0800 512012

National Talking Newspapers 01435 866102

STEPS Housing Support Advice 01323 436414

Pension Service 0845 6060265

East Sussex Benefit Helpline 0333 344 0681

Benefits Liaison Officer 01323 443774

East Sussex Fire and Rescue 0303 999 1000

STEPS TO STAY INDEPENDENT

STEPS went 'live' in November 2011. The service is available right across East Sussex and is a dedicated housing support service for people aged 65 and over. STEPS is a free service, funded by East Sussex County Council's Supporting People programme and its aim is to enable people to remain independent in their own homes or help them to find a home that is more suitable to their needs. In the year April 2012 – March 2013, over 1700 people received support from STEPS.

STEPS is for people living in all types of accommodation: owned, rented or temporary. STEPS can help in a variety of ways which include support to: look at whether you are receiving the right benefits; find ways of reducing debts you may have; find more suitable accommodation; take part in social activities in your local community and to feel safe in your home. STEPS staff will visit you at home and you will have the same floating support worker whilst you are receiving the service. Anyone can make a referral to STEPS. If you think STEPS may be able to help you or someone you know or if you would like to find out more about the service, please contact them. If you live in Eastbourne, Lewes or Wealden: phone 01323 436414: text 07970 668 106: email referrals@stepswest.co.uk
If you belong to any groups and you would like STEPS staff to come out and talk to your group please let them know.



COMMITTEE CONTACT DETAILS

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*SIG = Special Interest Group