



# GREY MATTERS

## OUR EVENTS IN 2013

2013 saw our most ambitious programme of events so far, with coffee mornings at Polegate, Broad Oak, Hartfield and Hailsham, a Christmas Craft & Gift Fair in Forest Row and a Silver Surfers event at Hailsham Community College.

The most successful events were:

- A Cream Tea at Heaven Farm - the day was warm and sunny, and we were able to use the Lions Minibus so we could take some people with mobility problems. The tea was great and everyone enjoyed themselves.
- Our Older People's Day event entitled Healthy Eating For One - Olly Dawson the Community Chef demonstrated and provided tasters of three different recipes during the day. This event attracted a much higher number of men than any previous event.

Special thanks are due to our Events Organiser, Carol Hodge, and to all those committee members who helped her, in particular Ray and Eileen Twort and Rene Cochrane for their help with booking and setting up the events; and Jackie Jackson, Sally Powell and Jan Cooper for their support.

We are pleased to report that Carol was recently awarded a certificate of merit by AgeUK, in appreciation of her dedication to helping older people in the Wealden District and her work for our Forum. Sadly, Carol is standing down from our committee: our best wishes go with her as she takes a well-earned break and pursues other interests.



## EAST SUSSEX ASSOCIATION OF BLIND AND PARTIALLY SIGHTED PEOPLE "SIGHT PROBLEMS" CAMPAIGN

The East Sussex Association of Blind and Partially Sighted People has announced a new, members driven, "Sight Problems" campaign: "We got help from ESAB...You can too."

Tricia Prince, the Training Manager at ESAB said 'We are very excited about the "Sight Problems" Campaign, it will help us to increase the numbers of people who would benefit from all the services ESAB has to offer, services like an initial visit at home, training courses to develop skills and confidence in the home, access to Aids and Equipment, a free audio and video lending library, access to ESAB's 15 Social Groups and all of this for a small annual membership donation.'

ESAB Members have said:

"I cannot wait to return to the course next week. I didn't realise what this was all about. It has been so helpful. I have needed this type of assistance for a long time." - Recent ESAB Course Participant  
"When I couldn't get stronger glasses, ESAB helped." - ESAB Member

The purpose of this campaign is to reach blind and partially sighted people living in East Sussex who do not receive services. ESAB currently assists over 1700 members but knows that thousands more vision impaired people are living in East Sussex and not receiving support.

This "Sight Problems" campaign has been funded by the Big Lottery Fund.

To learn more about ESAB, their services and how they can help, please ring 01323 832252, email [info@eastsussexblind.org](mailto:info@eastsussexblind.org) or visit their Facebook page.

The East Sussex Association of Blind and Partially Sighted People have been supporting people for over 90 years. Whether you are vision impaired, a family member or friend of someone who has sight problems contact ESAB for help, assistance and support.

More information is available from the ESAB website: [www.eastsussexblind.org](http://www.eastsussexblind.org).  
ESAB, Prospects House, 7-9 George Street, Hailsham BN27 1AD

## **“NO COLD CALLING” SUPERSTICKERS**

A new “super sticker” has been launched in partnership with Sussex Police and Trading Standards across Sussex to help East Sussex residents deal with the activities of unwanted cold calling doorstep traders. The warning sticker makes use of the wording of the Consumer Protection from Unfair Trading Regulations 2008. This means that the residents who live outside the current No Cold Calling Zones will be able to use the stickers to say “no” to door step traders. There is a clear plastic film on the warning side of the sticker that needs to be peeled off and then the sticker can be placed on the front of your house on your door or window.

If you or someone you know are cold called by a doorstep trader then please call Trading Standards on 0845 04 05 06. If you would like a sticker then please email [trading.standards@eastsussex.gov.uk](mailto:trading.standards@eastsussex.gov.uk) or call 0845 04 05 06

## **DIRECTLY PROVIDED DAY SERVICES FOR OLDER PEOPLE IN EAST SUSSEX**

As reported in the last issue, the County Council has been considering the future of the council’s directly provided day services for older people. In July the Cabinet agreed to review and consult on a range of options for the following centres: Phoenix Centre (Lewes), Charter Centre (Bexhill), Orion Centre (Hailsham), Hookstead Centre (Crowborough), Pinehill (Hastings), Isabel Blackman Centre (Hastings).

In December 2013 the County Council Cabinet met again and agreed to develop “a broader and more diverse market of day services and support that offers better value for money alongside increased choice, sustainability, flexibility, local proximity and high quality”.

In the case of the Phoenix Centre, the Charter Centre and the Isabel Blackman Centre the Cabinet agreed to continue the provision of a range of social care services but to cease the current direct provision of these services and commission an agency from the voluntary and community sector to manage the centres. With regard to the Orion Centre, Hookstead and Pinehill, the decision is to close these centres and re-provision day services within the independent and voluntary sectors. In all cases the County Council plans to commission local providers.

As a result, there will in future be no daycare service directly provided by the County Council in Wealden for older people, including dementia sufferers. However, the council has stated that over the coming months Adult Social Care will be working with clients and their carers and staff to implement the recommendations in a considered and measured way and that the centres will not close until an alternative is in place.

## **CONCESSIONARY BUS PASS START TIME IN EAST SUSSEX**

At the Cabinet Meeting in December the County Council also approved a proposal to remove the current discretionary concession whereby bus passes may be used between 9 and 9:30am, reverting to a start time of 9:30am, in line with most of the rest of the country. In a recent East Sussex survey, 28% of people responding said that this would cause them hardship, but the Council feel that in the current financial situation the savings achieved will be significant. If you will be affected, please contact us.

## **EAST SUSSEX WINTER HOME CHECK SERVICE**

### **To help you get advice and support to keep your home warm**

If you are an older or disabled person, or if anyone in your household is disabled, you may qualify for this service. It includes:

- A full assessment of your home and how best to keep it warm
- Small preventative works, such as improving insulation, clearing gutters or chimneys
- Providing emergency temporary heating
- Advice on getting help with the cost of heating your home

**For more information phone Social Care Direct on 0345 60 80 191 or  
email [socialcaredirect@eastsussex.gov.uk](mailto:socialcaredirect@eastsussex.gov.uk)**

**Keep Warm Keep Well [www.nhs.uk/livewell/winterhealth](http://www.nhs.uk/livewell/winterhealth)**

**Energy Saving Trust 0300 123 1234 [www.energysavingtrust.co.uk](http://www.energysavingtrust.co.uk)**

**Met Office Get Ready for Winter [www.metoffice.gov.uk/getreadyforwinter](http://www.metoffice.gov.uk/getreadyforwinter)**



*Working with your local council*

## HELP FOR CARERS IN WEALDEN

### SHORT-TERM CARERS SUPPORT SERVICE

A carer is anyone who looks after a family member, friend or neighbour. The British Red Cross provides short term care and support for unpaid carers in our area, enabling them to take a short break. The service aims to enhance quality of life by supporting both the carer and the person they care for.

The service offers:

- Companionship and sitting service
- Light housework/meal preparation and shopping
- Assisting with form completion
- Signposting to other organisations
- Dog walking/looking after pets



The service is available throughout rural East Sussex. Referrals can be made by self-referring, a family member or friend, a healthcare professional, or other voluntary or statutory agencies

**.RING 0800 0280 831**

Initially a Red Cross staff member will telephone to arrange a first visit. This provides the opportunity to discuss with the carer and cared for how the service may help. Arrangements will then be made for a highly training volunteer to visit at a time that is convenient, over a period of four to six weeks.



### CARING WEL

The Association of Carers has announced the provision of a free respite and befriending service for unpaid carers across the whole of East Sussex.

Over 13,000 people in East Sussex provide more than 50 hours of unpaid care each week to a family member or friend who is ill, frail or disabled and could not manage without this help. Carers often experience loneliness, isolation and depression. Without support from organisations such as this many would find it difficult to continue in their caring role.

**If you have a referral to make, please ring 0300 330 9498 or email:**  
[confidential@associationofcarers.org.uk](mailto:confidential@associationofcarers.org.uk)

### HEALTHWATCH EAST SUSSEX

Healthwatch East Sussex proactively talk and listen to people from every part of your community about health and social care services. They then talk to health and social care providers about your experiences of care with the aim of changing these services for the better.

Some of the services they would like to hear your experience on are:

**Ambulance Services - Care Homes - Dentists - Doctors - Home Care - Hospitals -  
Mental Health Services - Opticians - Pharmacies**

There are a number of reasons why you should talk to them:

- Service providers have to listen to Healthwatch, so they will be listening to you
- Because if Healthwatch can't help you they will know someone who can
- Healthwatch are powerful and well connected and will make sure your voice is heard

There are a number of ways you can contact Healthwatch and have your say:

**Freepost:** Freepost RTER-ZRLC-CRTK, Healthwatch East Sussex, 8 Saffrons Road, Eastbourne, BN21 1DG

**Telephone:** 0333 101 4007 **Text:** 07826 021 114 **Website:** [www.healthwatcheastsex.co.uk](http://www.healthwatcheastsex.co.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](http://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 <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
	Benefits Liaison Officer	01323 443774
	Wealden District Council	01323 443322

### WARMING UP THIS WINTER

More than a million older people can't afford to heat their homes, which causes many to become seriously ill or even die.

Many of these deaths could be prevented if everyone lived in a warm home.

Age UK is calling on politicians to invest the billions of pounds the government is already raising in carbon taxes to make millions of homes much more energy efficient.

Every MP – including yours – needs to know that we really care about this. Please tell your MP we need warm homes at : [www.spreadthewarmth.org.uk](http://www.spreadthewarmth.org.uk).

Being cold is the main cause of winter deaths and it plays a major role in heart attacks, strokes, pneumonia and depression. Age UK's Winter Wrapped Up guide and Recipes for a Warmer Winter booklet carry easy tips to help protect our health this season.

Call 0800 169 65 65 to order free copies.



**WHEN YOU HAVE FINISHED WITH YOUR COPY OF GREY MATTERS, WHY NOT PASS IT ON TO A FRIEND OR NEIGHBOUR WHO MIGHT FIND IT INTERESTING?**



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