



GREY MATTERS

WHAT'S ON IN WEALDEN

It's not too late to book your **Cream Tea** at the Ashdown Forest Llama Park on **Tuesday, July 22nd 2014** at 2:30 for 3pm. To book your place, please ring Elizabeth Keating on 01435 865032 or complete and return the reply slip on the back page. Transport can be provided if required. The cost of the tea will be £8.50, to include entrance to the Llama Park.

We are calling our event for UK Older People's Day on **Saturday, October 4th** in the Heathfield Community Centre "**A Healthy Lifestyle for the Salad Years**". The highlight will be a visit from the Community Chef, with cookery demonstrations, and there will also be a gentle exercise session, alternative remedy taster sessions and information stands. Lunch will be provided, during which we will hold our AGM. Booking is essential if you require lunch:- to book or for further information ring Elizabeth Keating on 01435 865032 or complete and return the reply slip on the back page.

A booklet containing information about all the events celebrating Older People's Day in East Sussex will be out soon. All members should receive one: let us know if you don't.



Walking Festival in
Eastbourne & Wealden
27 September - 5 October 2014

A new Sussex walks festival offering personal challenges, new perspectives, fun, quirky and special interest walks to suit all tastes and fitness levels. Over 50 walks will be taking place during the nine days of the festival, many free of charge. Look out for information about walks in your area or ring Sophie Hepworth, 01323 443275.

LEWES SPEAKERS FESTIVAL

This year's Lewes Speakers Festival, which takes place from 18th to 20th July 2014 brings together amongst others: Polly Toynbee with former cabinet minister Jonathan Aitken in a debate about Margaret Thatcher's legacy; Ann Widdecombe and Jonathan Meades tell their life stories; and former Secretary of State for Northern Ireland, Peter Hain describes his parents' fight against apartheid. Kate Adie outlines women's contribution to WW1 and the legacy they left to UK society; Guardian journalists Luke Harding and David Leigh relate the story of Wikileaks and the Snowden files; David Torrance gives the inside story of the Scottish independence debate and the acclaimed BBC presenter John Sweeney describes his experiences of what life is like inside North Korea. There are historians too, with: the Samuel Johnson prize winner Lucy Hughes-Hallett outlining the life of the fascist Gabrielle D'Anunzio and best-selling author Alison Weir describing Elizabeth the First's dramatic marriage games.

Tickets are now available at

www.lewesspeakersfestival.com

The Brewers Arms

HERSTMONCEUX 01323 831653

**1940s Afternoon
Luncheon Club**



**Come and have a
lovely lunch
Be served by
wonderful staff all
dressed in 1940s
clothes
Listen to nostalgic
1940s music playing
in the background
Small appetite
lunches from £4.95**

**Every Wednesday
12 till 3pm**

HAVE YOUR SAY

You may have heard that East Sussex County Council needs to save money in these difficult financial times, and wants to look at ways to use resources to support a wider group of people in better ways. Currently, **YOU** can have your say on the following issues.

MOBILE LIBRARIES AND MOBILE OFFICE

The County Council are proposing changes to their Mobile Libraries and Mobile Office, so that they can provide a more cost-effective and efficient service. Local residents will still be able to access library services but it may be in a different way. They are asking people whether they agree with the proposals and about how the proposed changes may affect them. A survey is being distributed to all current mobile service customers and is also available online at:



<https://consultation.eastsussex.gov.uk/governance-and-community-services/mobile-libraryservices>

The proposals are: to continue with 88 of the current 127 **Mobile Library** stops, to combine stops in 17 communities along the mobile library route, where there are two stops a mile or less apart in the same community; to offer the Care Centre Service or a Home Library Service to 22 care home or sheltered housing schemes; to visit the 88 remaining stops every three weeks, instead of every two. The **Mobile Office** service is mainly used to provide tutor-supported ICT lessons, and also acts as a council help point. It only has one regular stop in the Wealden area, in Horam. The county council proposes replacing the mobile office with visits by tutors to settings in local communities where requested, rather than a timetabled route serving 6 communities on a regular basis.

The County Council would like to hear from you so that you can tell them how the proposed changes may affect your local area. Please get in touch with East Sussex Library and Information Service: Tel 01273 335551, or email library.survey@eastsussex.gov.uk should you wish to discuss the impact the proposed changes may have on your local community.

MEALS IN THE COMMUNITY

Do you, or does someone you know, have meals delivered by the county council's community meals service?

In recent years, the number of people using the community meals service has fallen, and the number of meals being delivered has dropped by 100,000. This is due to a combination of factors, but the result is that the service now provides hot meals for only around 500 people across the county. The county council's community meals contract includes the delivery of hot meals to eligible residents who choose to use the service. The council subsidises the meals, contributing £4.10 to the overall cost of £7.50.

With an increasing number of hot meal providers now delivering locally and a wider variety of chilled and frozen meals available to be delivered by supermarkets, residents are being asked how changes to the service would impact them.

The consultation will be on two proposals: to end the subsidy to the community meals service, and to move to an 'approved provider' scheme. Effectively, this would mean that people would need to pay the full cost of the meals they choose. This move could save the council £535,700.

As part of the consultation survey will be issued that should take about 10 minutes to complete. Copies will be posted to all those who receive community meals at present, but anyone can take part if they have an interest. If you would like to complete it please use the details below. Carers, family and independent advocates can represent people who cannot take part themselves.

If you would rather complete the survey online, please visit:

<https://consultation.eastsussex.gov.uk/adult-social-care/mic>

Please get in contact if you need help to take part, or you need a copy of the information in a different format, such as large print, or another language: **Tel:** 01273 481565

Email: policy&strategyadmin@eastsussex.gov.uk or write to: Meals in the Community Consultation, A Floor, North Block, County Hall, East Sussex County Council, St Anne's Crescent, Lewes, BN7 1UE

HEALTH COURSE - ONLINE LEARNING

Healthwatch East Sussex has teamed up with Learning Services. Are you interested in releasing the full potential of the Internet in helping you find out about health services and providing feedback?

Learn My Way provides a free, online, 30 minute course to show you how to:

- How to look up conditions and symptoms online
- What you can do to maintain a healthy lifestyle
- How to find a local GP
- How to leave feedback on your GP service and hospital
- How to find local facilities to help you improve your fitness



It's free to sign up for the course. Visit this link and enter your details and centre number 4692.: www.learnmyway.com/user/register#step1

If you have any questions or would like to arrange to come and see us for some support please contact the Learning Services Team at Eastbourne Library on 01323 463903 or david.hide@eastsussex.gov.uk

NEW COMMITTEE MEMBERS

Our picture shows three new members who have recently joined our Committee: (left to right) Elizabeth Keating, Jane Clark and Heather Stevens. We welcome them and look forward to working together.

We still urgently need more committee members - do let us know if you could help us. For more information, ring Linda Graham 01892 770487 or tick the box on the reply slip on page 4 and send the slip to the address shown.



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



USEFUL TELEPHONE NUMBERS

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



SPRING ONLINE EVENT IN UCKFIELD LIBRARY

In April, Wealden Senior Citizens Partnership joined forces with East Sussex County Council Library in Uckfield to run this event for a week. We were able to cover 31 sessions during the five days and everyone was able to work at their own speed and have as much time as they needed whilst they were with us. This was possible because the Library staff had agreed in advance the number of computers that could be made available for the event during the allocated hours. Other people were able to come in and work on computers alongside the Spring Online clients. Apart from a little more noise than usual everything continued as normal in the Computer Room. We were able to run the sessions with some volunteers working with the Library Staff.

There were 17 sessions taken up by men and 14 by ladies, age range from mid fifties to mid eighties. Certificates were given out to all, as everyone left the event having gained some new experience or knowledge during their time spent with us.

The week has highlighted several areas that after the basic introduction to computers the public would like more help with:- Skype, Email, Excel. Unfortunately as the Uckfield Library currently does not have WiFi we were unable to demonstrate Skype, nor help them to set up on their own laptops. However, there will be further discussions about the possibility of making this possible in the future.

Nine people have already been recruited from our attendees to participate in the one to one voluntary buddy scheme that is in place in the Library and this is something that may prove to be an ongoing area of expansion for the Library. Everyone left the sessions appearing to have enjoyed the experience and feedback was very positive.

Many thanks are due to our new Committee Member, Elizabeth Keating, for organising this event in collaboration with the library staff.

Note: Ofcom's Adults' Media Use and Attitudes Report has recently published research showing that tablets are helping to drive an increase in older people going online. The number of people aged 65 and over accessing the internet has risen by more than a quarter in the past year, driven by a three-fold increase in the use of tablet computers to go online. This helped to drive overall internet use up from 79% of adults in 2012 to 83% in 2013.

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)

I/we would like to attend the Cream Tea at the Llama Park on July 22nd

I/we would like to attend the Older People's Day event in Heathfield on October 4th

I am interested in joining the WSCP Committee (tick 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**