



# GREY MATTERS

## INTERNATIONAL OLDER PEOPLE'S DAY

Celebrated annually on October 1<sup>st</sup>, International Day of Older Persons was founded by the United Nations General Assembly on December 14th 1990. It aims to raise awareness of the impact of an ageing population and the need to ensure people can grow old with dignity.

Enclosed with this newsletter you will find a booklet with details of events taking place throughout East Sussex in celebration of International Older People's Day during September and October 2023. As always you can attend any event in the booklet and can bring along family and friends: however, even if you have to come alone don't be reluctant as you will be most welcome. Don't forget to make a booking if necessary as in some locations numbers are limited. If you find you are unable to attend, please let someone know as there may well be a waiting list.



Our own event will be held from 1 to 4pm on Saturday, October 7<sup>th</sup> at Heathfield Community Centre, Sheepsetting Lane, Heathfield, TN21 0XG. We will be serving a home-cooked lunch of sausages and mash and a pudding, and entertainment will be provided by singing group A & M (pictured left). There will also be a brief AGM. The cost will be £8 per head.



Please book your place by completing the tear off slip on page 4 and sending it with your cheque for the appropriate amount to 5, Rectory Field, Hartfield TN7 4JE, or you can book by phone or email and pay by BACS if you prefer. Please make sure you let us know about your dietary needs. We can't guarantee to be able to provide suitable alternatives unless you let us know in advance.

We look forward to seeing you then! Book early to avoid disappointment.

## INFORMATION AND ADVICE FROM AGEUK

If you're struggling to keep warm, or if you know an older person who is, Age UK can help. They provide vital information and advice services on a local and national level to support older people to claim entitlements that help with their bills.

Do share their free advice line with anyone in need of support. Lines are open 8am-7pm, 365 days a year, on 0800 169 65 65.

For more helpful information, please visit the AgeUK advice pages or to find services in your area, go to the website.

To access Age UK information guides and fact-sheets, please visit

<https://www.ageuk.org.uk/services/information-advice/guides-and-factsheets/>



## THE GOOD COMPANY PEOPLE

A charity that provides regular dementia-welcoming social events, a support service to help carers supporting people living with dementia and hosted days out to help over 65s, many of whom are experiencing cognitive changes or living with dementia get out and about in Good Company.

The service is located in Crowborough and surrounding villages. Check out their website for information on their clubs which include: The Tuesday Lunch Club at The Blue Anchor in Crowborough every week, a weekly Art Club and, on a monthly basis, The Thursday Walking Group and The Saturday Company Club [www.thegoodcompanypeople.org](http://www.thegoodcompanypeople.org)

## DITCH THE SLIPPERS

Activities for the elderly in Crowborough and Uckfield – Activities on Mondays and Thursdays in Crowborough. Including exercise, Skittles, Boccia, New Age Kurling and Singing!

## MORE COMPUTER HINTS FROM PAUL

### Windows 11

Keyboard shortcuts can do all kinds of things, whether that's something as simple as copying text or taking a screenshot, opening your notifications, and more. Here are just a few to keep you interested in this fairly new operating system.

Windows key + A —Open the Quick Settings panel. This lets you turn Wi-Fi, Bluetooth, airplane mode, and more features on or off. You can also adjust the brightness of your screen and computer volume in this panel.

Windows key + C —Open Chat with Microsoft Teams. This new feature in Windows 11 gives you a quick panel to see your recent messages and contacts in Microsoft Teams, plus you can start meetings and calls directly from here.

Windows key + D —Show or hide the desktop. Showing the desktop means all your apps are no longer visible, and hiding it restores all your apps in their correct place.

Windows key + E —Open File Explorer.

Windows key + F —Open the Feedback Hub and immediately take a screenshot. This lets you more easily send feedback to Microsoft about a problem you may have encountered.

If you want the whole lot please email Paul at [davis.paul@outlook.com](mailto:davis.paul@outlook.com). Please note Paul only deals with PCs and not MACs or mobile phones.



### HELP NEEDED!

We need help with organising events, writing articles for Grey Matters, looking after our finances or representing our forum at a variety of meetings. Committee meetings are informal affairs and only take place four or five times a year. We would love to hear from anyone who would like to join us. Ring Linda on 01892 770487 for more information if you're interested, or email [lindagraham@wealden-scp.org](mailto:lindagraham@wealden-scp.org)

### DON'T CAUSE A 'BINCIDENT'

At the recent lunch we held in Fairwarp Village Hall we had a very interesting talk from a representative of East Sussex Fire and Rescue Service.

One of the points he made was that members of the public have a crucial role to play to help prevent recycling and waste fires by disposing of flammable items and potential sources of ignition - such as batteries, disposable BBQs and vape devices - responsibly. **He also made the point that you should never leave items such as mobile phones on charge overnight, also a significant fire hazard.**

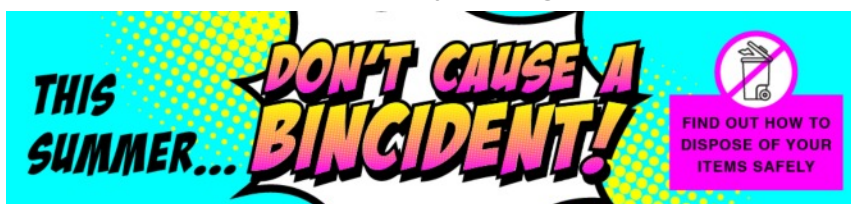
The incidence of more significant waste fires tends to increase during the summer months when waste material is dry and when additional seasonal sources of ignition are present.

Items typically responsible for waste fires include:

- Batteries
- Flammable liquids – such as petrol, lighter fluid and spirits
- Compressed gas canisters – such as patio or campaign gas, aerosols and nitrous oxide
- Vape devices
- Barbecue or firepit ashes

Risks are most effectively reduced by ensuring dangerous items are disposed of correctly, mostly by services offered by Household Waste Recycling Centres.

**To avoid a “bincident” - don't put dangerous items in the bin**



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





# Community Cafes

- FREE service for local people
- Entertainment & activities
- Dementia-friendly

## Polegate

1ST THURSDAY OF EACH MONTH: 2-4PM

Community Centre, 54 Windsor Way, BN26 6QF



## Hailsham

2ND THURSDAY OF EACH MONTH: 2-4PM

St Wilfrid Church Hall, South Road, BN27 3JG



## Willington

4TH THURSDAY OF EACH MONTH: 2-4PM

Trinity Church, Coppice Avenue, BN20 9PN



**PLEASE CALL TO BOOK YOUR PLACE: 01323 819191**

[homeinstead.co.uk/eastbourne-hailsham](http://homeinstead.co.uk/eastbourne-hailsham)

Provided in partnership with Home Instead Eastbourne & Hailsham and Wealden Dementia Action Alliance



## COMMUNITY CAFES

**Withyham** Cafe Kings' Hall, Withyham, Between 10.30am–12pm on Fridays. Please contact Anne Radford on 07885 486733

**Crowborough** Community Café: Last Thursday of the month – 2-4pm at Oasis Community Church, Crowborough

**Willington, Polegate and Hailsham -see advert left**  
**Uckfield** Saturday Social Every Saturday at Victoria Pavilion. 2-4pm for some lovely refreshments and fun activities. Everybody welcome!

**Hartfield** Church Street Community Cafe: First and Third Thursdays of the month: 2-4pm, St Mary's Church  
**Crowborough:** Heather View Care Home, Beacon Road, Crowborough: Watson's Rest, is a dementia friendly safe space and is open to families with loved ones living with dementia. You are welcome to join us to enjoy a hot drink and a sweet treat in Watsons Rest Café, anytime between 9am and 5pm Monday to Friday and 10am-4pm weekends

**Hailsham:** Café at Abbots Wood Care Home: Every Wednesday in Hailsham. Please contact Richard Hollands for more information: [enquiries@hamberleycarehomes.co.uk](mailto:enquiries@hamberleycarehomes.co.uk)



## Save The Date



### Saturday 16th September 2023

### Memory Walk in aid of the Alzheimers Society



Join us for either of our beautiful, local 4 or 8 mile walks.

For more information please do pop in or call us on 01892 853021, or [iona@rotherfieldstmartin.org.uk](mailto:iona@rotherfieldstmartin.org.uk)



## Join us for Afternoon Tea

First Sunday of Each Month  
2.30pm-4.30pm

Come along to Lydfords and enjoy a delicious afternoon tea including scones, cakes and pastries!



Lydfords  
23 High Street, East Hoathly, BN8 6DR  
Tel: 01825 840259 • [www.barchester.com](http://www.barchester.com)  
Residential • Dementia • Respite



## FILM AFTERNOONS FOR EVERYONE TO ENJOY

**Heather View Dementia Friendly Cinema Screenings for the Community** welcomes families and their loved ones living with dementia to their cinema once a month for a dementia friendly film club. The Cinema Club will happen on the third Wednesday of the month, the next film will be on Wednesday 16th August 2023, 2pm, in The View cinema at Heather View, please book by emailing [lisa.phillips@careuk.com](mailto:lisa.phillips@careuk.com)

**Pine Grove Pictures – Golden Oldies:** The next film is on Tuesday 26th September, **Mamma Mia**. A free afternoon of a classic film and refreshments. Kindly hosted by Pine Grove Pictures. Doors open at 1.15pm - Screening start at 1:45pm. Free entry and refreshments, donations welcome. Crowborough Community Centre, Pine Grove, TN6 1FE Contact information: [enquiries@pinegrovepictures.org.uk](mailto:enquiries@pinegrovepictures.org.uk) or call 01892 653823. Free to attend.

**Hailsham Pavilion – Golden Oldies:** The next film is on Friday 22nd September, **West Side Story**. Doors open at 1.30pm, screening to start at 2pm. £5 per person, carers go free and tickets include a free refreshment.

**Ninfield Musical Matinees:** The next film is on the Friday 22nd September, **Gigi**, will be shown at Ninfield Memorial Hall, doors open at 1.30pm, film starts at 2pm. To attend please call 01424 892422 or email [jackie.langley1@btinternet.com](mailto:jackie.langley1@btinternet.com). Free to attend.



**Memory Moments Cafés** for people with memory problems to attend with a family member or care partner. Join us for tea, coffee & cake, with music, dance, crafts, quizzes, and live entertainment. Please call 01273 494300 or email [info@knowdementia.co.uk](mailto:info@knowdementia.co.uk) to book a place.

Visit [www.knowdementia.co.uk](http://www.knowdementia.co.uk) for details of all our weekly community events throughout Sussex.

Mondays 1.30pm – 4.30pm **Uckfield** Civic Centre

Tuesdays 9.30am – 12.30pm St Mary's Church Hall, **Buxted**

Thursdays 2.00pm – 5.00pm St Richard's Church Hall, **Heathfield**

Friday 1.30pm – 4.30pm The Crowborough Centre, **Crowborough**

**Woodland Moments.** An opportunity for people with memory problems and a family member or care partner, to connect with nature and enjoy a morning of indoor and outdoor woodland activities within the beautiful Bushy Woods. On Mondays 10.00am – 12.30pm Bushy Wood Activity Centre, **Hailsham**

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### PLEASE USE THIS REPLY SLIP TO GET IN TOUCH WITH US

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, OR TO NOTIFY A CHANGE OF ADDRESS

\*\*\*\*\*PLEASE NOTE WE WILL NEVER PASS YOUR DETAILS ON TO A THIRD PARTY\*\*\*\*\*

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

YOUR ADDRESS.....

PLEASE ADD MY NAME TO/REMOVE MY NAME FROM THE MAILING LIST

PLEASE RESERVE .... PLACES AT THE LUNCH IN HEATHFIELD COMMUNITY CENTRE, 1pm ON SATURDAY,  
OCTOBER 7TH

DIETARY REQUIREMENTS..... COST £8 PER HEAD  
PAYMENT IN ADVANCE BY CHEQUE PAYABLE TO WEALDEN SENIOR CITIZENS' PARTNERSHIP,  
OR PAY BY BACS: 60-10-30, A/C NO. 11533595

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