



# GREY MATTERS

## BOOK NOW FOR OUR FIRST EVENT OF THE YEAR

We're looking forward to seeing you at our soup, sandwich and pudding lunch to be held in Fairwarp Village Hall on Friday, 31<sup>st</sup> May from 1 - 4pm. Following the lunch we will be holding a fun bingo session - with prizes! - which we hope you will enjoy.



The cost will be £10 per head. To book, please complete and return the form at the bottom of page 4 of this newsletter, or ring Linda Graham on 01892 770487. Please note we require payment in advance and regret that this is non-returnable in the case of non-attendance. Places will be allocated on a first-come-first-served basis as numbers are limited. **Important: please let us know of any dietary requirements.** Payment can be made by cheque payable to Wealden Senior Citizens' Partnership or by bank transfer - details on the reply slip on page 4.

Later in the year we will be holding two more events - in Crowborough on July 26<sup>th</sup> and in Uckfield on October 11<sup>th</sup>.

## STREET LEARNING COURSES



What is Street Learning?

Street Learning is a partnership project providing access to free courses to Wealden and Eastbourne residents. The range of courses available is wide and they are designed to help residents develop new skills or enhance existing ones.

Street Learning courses are provided in venues in the local community. They are completely free of charge and are available to all Wealden and Eastbourne residents – aged 19 years and over. There is also a wide range of online courses.

Please visit and follow us on the Street Learning Community Facebook page

There are practical courses like cooking and arts and crafts courses, courses to help with managing your money, wellbeing courses to those that will help you to get to grips with computers and the internet as well as those designed to help you with your career. New courses are being added all the time. To find out about courses available in your area, email [streetlearning@wealden.gov.uk](mailto:streetlearning@wealden.gov.uk)

## Take your first digital steps at your local library... with IT FOR YOU (ONE TO ONE)

- Learn how to use a computer or improve and refresh your skills.
  - Free one-hour sessions with friendly and knowledgeable volunteers.
  - Help with email, staying safe online, NHS online services.
  - Job searches and applications, CVs, Microsoft Word and more..
  - You choose the skills you learn.
  - No tests, no exams!
  - Come to as many or as few sessions as you need.
- Call **01323 463759** to find out more or book your place



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



## COMMUNITY CAFES

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

Willingdon Community Café: Fourth Thursday of the month – 2-4pm at Trinity Church Hall, Willingdon – Thursday 28th March

Polegate Community Café: First Thursday of the month – 2-4pm at Polegate Community Centre, Polegate – Thursday 4th April

Hailsham Community Café: Second Thursday of the month – 2-4pm at St Wilfrid' Church, Hailsham – Thursday 11th April

Withyham Café Kings' Hall, Withyham, between 10.30am–12pm, Friday 12th April, please contact Anne Radford for more information 07885 486733

Saturday Social – Second Saturday of the month, starting on the 11th May 1.30pm till 3.30pm at Victoria Pavilion Support Centre, Victoria Pleasure Ground, Uckfield

Hartfield Church Street Community Café: First and Third Thursdays of the month: 2-4pm, St Mary's Church

Lydfords Barchester, East Hoathly - Community soup and social, every Wednesday morning 11.30-12.30 when people can come and enjoy fresh homemade soup and a roll. We also offer a free delivery to older people in the village to give them a fresh lunch.

Heather View Care Home, Beacon Road, Crowborough: Watson' 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

Sycamore Grove, Barchester Care Home, Stone Cross: Dementia Café :We at Sycamore Grove want to offer our services to help signpost people in the community to aid with any questions you may have about dementia. We are starting our very own dementia café which will be held bi-weekly from the first Tuesday of the month to sit, have a coffee, meet people in similar circumstance and get help and guidance if you need any. We will put on cake, coffee and an activity each time we host a café and would love for anyone who wishes to come along and see how we can help with a slice of fresh cake and a nice hot coffee. Call us on 01424 320620 if you want any further details.

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)

Monthly Community and Carers Café with complimentary Afternoon Tea 2.30pm – 4pm the third Thursday of every month at Bowes House, 25 Battle Road, Hailsham, BN27 1DU: If you are a carer for a friend or loved one, or perhaps you need a break from daily routine or feel isolated in the community. We serve a delicious complimentary afternoon tea. This is a great opportunity to meet others in a relaxed and friendly environment, share stories and ideas. Relax and have break. Listen to guest speakers, who will share information on the service they offer and the help and support available. For further information and to book please call 01323 440188 or email [karen.milligan@careuk.com](mailto:karen.milligan@careuk.com)

Hailsham House Memory Café launched on the 8th March & thereafter the 2nd Friday of each month from 2pm until 4pm. Booking is preferred but not essential. The sessions will have plenty of opportunity for social engagement & chat, plus some great entertainment & engaging activity & exercise. To book for any of the above please contact [chip@aurem-care.com](mailto:chip@aurem-care.com) or call 01323 442050



## A NOTE FROM PAUL, OUR COMPUTER GURU

I am having a problem trying to think of some titbits to share with you on computing! How about you let me know what you need help with? Just email me at [techie@btinternet.com](mailto:techie@btinternet.com) and if it is something I can solve and share, I will - or if it is just something that you need to know, I am happy to try and help on a one to one basis. *Paul*

I need help with.....

### GETTING ONLINE



  
Are you in need of a device or data, or do you want to build your skills and confidence?

Did you know that Good Things Foundation can provide free data and devices?



  
Have you visited your local library or community centre?

#### WHAT LOCAL SUPPORT IS AVAILABLE?

**Tech Resort** [www.techresort.org](http://www.techresort.org) 23a Cavendish Place, Eastbourne  
Digital drop-in sessions on Thursdays and Fridays 12pm - 5pm  
**East Sussex Libraries** - free wifi, free computer use  
**IT FOR YOU** - free computer skills and support in East Sussex Libraries - phone 01323 463759 for information and to book

#### WHAT NATIONAL SUPPORT IS AVAILABLE?

**Good Things Foundation** - device and databank 0114 349 1666 [www.goodthingsfoundation.org](http://www.goodthingsfoundation.org)  
**Learn My Way** - digital skills and learning hub [www.learnmyway.com](http://www.learnmyway.com)

Money worries can affect your mental health.  
**Mind** can help: [www.mind.org.uk](http://www.mind.org.uk)



Produced by SCDA on behalf of the Money Advice Insights Partnership



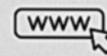
I need help with.....


### PAYING BILLS



  
Are grants or payment schemes available from the company or service provider?

Have you tried accessing support online or on the phone like Money Helper or Citizen's Advice?



  
Are you already linked into a service that may be able to help?

#### WHAT LOCAL SUPPORT IS AVAILABLE?

**Southern Water** Payment Schemes 0800 027 0363 [www.southernwater.co.uk](http://www.southernwater.co.uk)  
**Keep Warm and Well** 0800 464 7307 [www.warmeastsussex.org.uk](http://www.warmeastsussex.org.uk)  
Warm home checks and advice

#### WHAT NATIONAL SUPPORT IS AVAILABLE?

**Ofgem Warm Home Discount** 0800 1078002 [www.ofgem.gov.uk](http://www.ofgem.gov.uk)  
**British Gas Energy Debt Grants** [www.britishgasenergytrust.org.uk](http://www.britishgasenergytrust.org.uk)  
**Citizens Advice** 0800 144 8848 [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)  
**Money Saving Expert** [www.moneysavingexpert.com/utilities/](http://www.moneysavingexpert.com/utilities/)

Money worries can affect your mental health.  
**Mind** can help: [www.mind.org.uk](http://www.mind.org.uk)



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## HEALTH, EXERCISE AND MORE!

**Happiness In Motion:** Offering a variety of activities in Uckfield and Cross-in-Hand, including Kurling, Boccia and New Age Bowls as well as Chair-based exercise. contact Alli for more information and to book sessions for the activities of your choice. [happiness.in.motion@outlook.com](mailto:happiness.in.motion@outlook.com) 07765 931183  
**Abbots Wood Manor** runs Seated Yoga classes, every Wednesday. 11am – 12noon. London Road, Hailsham, BN27 3AL. Book your place call 01323 576100 or email [enquiries@hamberleycarehomes.co.uk](mailto:enquiries@hamberleycarehomes.co.uk)

**Gardening Club** – Sycamore Grove, Barchester Care Home, Lilac Lane, Stone Cross. Every Wednesday 2-4pm. Everyone is welcome! Bring along your gardening equipment and wellies and enjoy the lovely gardens and some great refreshments

**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!  
**Dementia Singing Experience Sussex** at Heather View, Beacon Road, Crowborough. Join us for a fun sing along monthly on the last Thursday of the month, at 11am.

**Knitting and Craft group:** At The Oasis, Community Church at Beacon Road, Crowborough Tuesdays 10.30am – 12.30pm. Everyone welcome

**Dementia and Parkinson's Singing group:** No Limits Choir – St Richards Church in Crowborough, 2nd and 4th Wednesday of the month

**Cuckoo Choir:** Singing group to help beat Parkinson's! Every Monday morning between 11am and 1pm, at Diplocks Hall in Hailsham. No previous experience of singing in a choir needed. For more details, contact Debra Skeen (choir leader) at [enquiries@debraskeen.co.uk](mailto:enquiries@debraskeen.co.uk) or on 07710 548724

**Fitter Village, Herstmonceux:** Great resource of information  
<https://www.facebook.com/FitterVillageHealthyPlanet/>

## NEWS FROM THE COUNTY COUNCIL ABOUT BUS SERVICES



Travelling around our county has never been easier thanks to the most significant improvements to bus services we've seen in a generation.

### **MORE BUS, LESS FUSS**

Our Bus Service Improvement Plan aims to offer East Sussex residents and visitors the highest quality bus services possible. Many areas of the county have seen additional evening and weekend journeys on existing routes and others have new routes, new buses, or even more buses per hour.

### **FAIR FARES FOR ALL!**

A single bus journey still costs no more than £2, but the reductions don't stop there! We have a range of different ticket offers and lower fares for all riders.



### **TRY FLEXIBUS**

Do you live in an area where there are limited or no buses for your journey? Try our on-demand rideshare service, Flexibus, Book a Flexibus at a time to suit you to visit a friend, pop to your nearest town, get to the train station, attend an appointment, and more! To book, call: 01273 078203 (9am to 5pm, Monday to Friday)

### **TRAVEL WITH EASE**

There are so many great places to go and days out to be had by bus, and you don't even need to know the name of the nearest stop. With Traveline you can search for your destination by postcode, street name or even attraction – meaning you can plan your journey quickly and easily even if you're not a bus route pro.

### **DON'T FORGET YOUR BUS PASS!**

Get out and about for free: You can get your hands on a free bus pass if you are of retirement age or have a qualifying disability.

## 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 FAIRWARP VILLAGE HALL ON FRIDAY, MAY 31<sup>st</sup>  
COST £10 PER HEAD. PAYMENT IN ADVANCE BY CHEQUE PAYABLE TO WEALDEN SENIOR  
CITIZENS', PARTNERSHIP, OR PAY VIA BACS: 60-10-30, A/C NO. 11533595

Dietary restrictions:.....

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!