



# GREY MATTERS

## BUFFET LUNCH IN CROWBOROUGH ON JULY 26TH

It was lovely to see so many of you at our lunch and Bingo session in Fairwarp last month and we hope you all had a good time. We have already started taking bookings for our next event, which will be a buffet lunch followed by a singalong with the Uckfield Ukulele Band, to be held at the United Reform Church in Croft Road, Crowborough TN6 1HA on Friday, 26<sup>th</sup> July from 1 - 4pm. 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.

To celebrate Older People's Day we are arranging a fish and chip lunch in Uckfield on October 4<sup>th</sup> (not the 11<sup>th</sup> as previously notified). Please put this date in your diary. More information next time. Our next newsletter will enclose a booklet publicising all the events that will be taking place in East Sussex during September and October to celebrate International Older People's People's Day 2024.



## HEALTHWATCH EAST SUSSEX

Healthwatch East Sussex gather people's views of health and social care services in the county and make sure they are heard by the people in charge.

The people who fund and provide services have to listen to you, through us. So, whether you have had a good or bad experience, your views can help to make changes to services in East Sussex.

Our work covers all areas of health and social care. This includes GPs, hospitals, dentists, care homes, pharmacies, opticians and more. Join the conversation by sharing your experience or take a look at how you can get involved.

We also provide a free information and signposting service to help people access, understand, and navigate the health and care in East Sussex.

You can contact us with your query as follows:

- By telephone: 0333 101 4007 Monday – Friday (10am-2pm)
- By email: [enquiries@healthwatcheastsex.co.uk](mailto:enquiries@healthwatcheastsex.co.uk)
- By freepost: Unit 31, The Old Printworks, 1 Commercial Road, BN21 3XQ

The Information Service is open for incoming calls on weekdays from 10am to 2pm. If the line is busy, please leave a voicemail message and we will get back to you. All calls are charged at the cost of a local call, or included in your tariff.



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





As human beings we can all benefit from a connection with the outdoors. Here at Woodland Moments, held in the beautiful, natural environment at Bushy Wood, Mindful Oak Sussex offers the chance to remain engaged with nature, meet new people and benefit from being outside. Our trained leaders provide a variety of activities, both outdoors and indoors, dependent on the weather, throughout the year. The site is easily accessible, even for those with mobility issues.

## WEEKLY

**Every Monday**

**10.00am - 12.30pm**

(Closed on bank holiday Mondays)

**Bushy Wood Activity Centre**  
Main Road, Hailsham. BN27 3LZ  
(map overleaf)



"Just being in the woods is so relaxing and peaceful. It really helps me get back on an even keel"



Woodland Moments is offered to people with dementia and their Care Partner and includes a variety of activities as well as refreshments.

### PLEASE CALL TO BOOK A PLACE

£5  
per person

For further information Tel. 07453 917399

Email. [mindfuloaksussex@outlook.com](mailto:mindfuloaksussex@outlook.com)

Mindful Oak Sussex is a registered CIC

Find us on



Mindful Oak  
Sussex



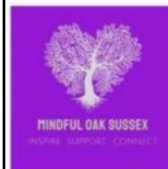
**MONDAYS 2.30pm - 4.30pm**

The Cartlodge, Horam Manor Farm. TN21 0JB

Join us for tea, coffee and cake;  
plus music, games, activities, laughter  
and light entertainment

### MEMORY MOMENTS CAFÉ HORAM

For people with memory problems  
and their care partner/family  
member, to attend together.



Contact us on  
**07453 917399**  
[mindfuloaksussex@outlook.com](mailto:mindfuloaksussex@outlook.com)  
Or just come along  
A warm welcome awaits.  
£3 per person  
Registered CIC no. 15600332



## WEALDEN COMMUNITY LOTTERY

Ticket sales for Wealden's first Community Lottery are now live! The Wealden Community Lottery offers an additional method of raising funds for local organisations that give so much to the community. Organisations who deliver activities and services for the Wealden Community can sign up to the Wealden Community Lottery.



The graphic features a central white circle with the Wealden Community Lottery logo and website. Surrounding it are several circular callouts: '50% of the ticket price goes towards local good causes', 'Raising money for local organisations', 'Buy your ticket TODAY', and 'WIN up to £25,000'. There are also images of people in a kitchen, a garden, and a swimmer.

**WEALDEN**  
Community Lottery

[www.wealdencommunitylottery.co.uk](http://www.wealdencommunitylottery.co.uk)

**50%**  
of the ticket price  
goes towards local  
good causes

**WIN**  
up to  
**£25,000**

**Raising  
money for  
local  
organisations**

**Buy  
your ticket  
TODAY**

**18+** GambleAware

**Wealden**  
District Council

For support to purchase tickets, please contact us: 01323 906015 or [support@wealdencommunitylottery.co.uk](mailto:support@wealdencommunitylottery.co.uk)

A generous 50% of the ticket proceeds from the Wealden lottery will go to charities, voluntary organisations, sports clubs, parish councils, residents associations and other not-for-profit groups with the remainder being put towards a central fund, prizes, operating costs and VAT. Tickets will cost £1. To date we are selling 1700 tickets a week and currently have over 70 good causes benefiting from raising funds on the platform. Wealden's Community Lottery website is live: <https://www.wealdencommunitylottery.co.uk/>

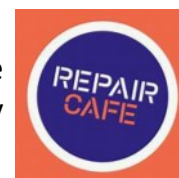
## SPORTING MEMORIES

**Sporting Memories in Crowborough!** At Oasis Community Church in Crowborough once a month. The next session is on Monday 1st July. A chance to reminisce about sports you used to play, loved to watch at your local sports ground or on the telly. [www.sussexcricket.co.uk/sporting-memories](http://www.sussexcricket.co.uk/sporting-memories) For more information please contact: [emma.brooke@sussexcricket.co.uk](mailto:emma.brooke@sussexcricket.co.uk)

**Sporting Memories: Every Wednesday at Polegate Community Centre, 10.00am -12noon, please contact Emma Brooke – [emma.brooke@sussexcricket.co.uk](mailto:emma.brooke@sussexcricket.co.uk)**

**Sussex Cricket Foundation a virtual Sporting Memories Club.** As with our face to face clubs, the virtual option is open to anyone over the age of 50 who loves to reminisce about both playing and/or watching sport. Sporting Memories via Zoom will take place every Friday morning 10-11am. For more information please contact Emma Brooke – [emma.brooke@sussexcricket.co.uk](mailto:emma.brooke@sussexcricket.co.uk).

## REPAIR CAFES ETC



**Heathfield/Horam Repair Café** meets in Horam Village Hall every second Saturday of the month, 9.30-12 noon and as the name suggests is a community café with the possibility of having your household goods repaired.

**Forest Row Repair Cafe** aims to help reduce waste by encouraging a repair culture in our community. A repair can save time, money and waste. The Forest Row Repair Cafe is held in The Forest Row Community Centre, Hartfield Road, Forest Row on the 3rd Saturday of every month except December. Whilst you wait for a repairer we have a cafe for you to enjoy a delicious cup of tea or coffee and a piece of homemade cake donated by local businesses.

**Mayfacs Repair Cafe** Bring your repairs along to the Mayfacs Shed from 10am to 1pm on the third Saturday of the month, enjoy tea and cake and get to know the repairers. All repairs are assessed in the workshop. Last repair accepted 12:15pm. Enquiries 01435 875888

**Repair Café Uckfield** repairs broken items brought in by the local community. The cafe is part of an international scheme worldwide that aims to restore broken goods rather than binning them. Having opened in Spring 2022, the Uckfield Repair Cafe - run by a team of around 15 volunteers at the Victoria Pavilion - opens every fourth Saturday of the month from 9:30am to 12 noon Whether members of the public have a broken lamp, radio, TV, bicycle or lawn mower, the volunteers at the café team together to fix these items for free for customers to prevent them having to buy new.

**Groombridge Mens' Shed** was created by the drive and ambition of a few local people who recognised the needs of people in Groombridge and surrounding villages for a place where they can let their hair down and have a chat while maybe do some crafting, woodwork or jewellery making. You might have something that you want to make or want to be involved in projects that help the local community. You will find us at the back of the village car park in Groombridge where we have a purpose-built workshop with a wide range of tools and equipment. Come on down and have a look

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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 BUFFET LUNCH IN THE UNITED REFORM CHURCH IN  
CROWBOROUGH ON FRIDAY, JULY 26th

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

If you are happy to receive this newsletter electronically in future and save on postage,  
send us an email!