



GREY MATTERS

BOOK NOW FOR A MAGICAL EVENT!



We're looking forward to seeing you at Fairwarp Village Hall TN22 3BD on May 23rd at 1:30pm (**Note: no admittance before 1:15 to allow for setting up**). There will be a delicious lunch consisting of chilli and rice with ice cream to follow. Marco the Magician will then entertain us with a fun-packed programme of Magic, Singing, Balloon Modelling, Juggling and light hearted comedy. The afternoon will come to an end at 4pm.



The cost will be £12 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 restrictions.** 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 25th and in Uckfield on October 3rd.

GROUPS AND ACTIVITIES IN THE SOUTH WEALDEN AREA

Hailsham: DISC Carers Support Group at the James West Community Centre in Room 1 on the 4th Tuesday of every month, 10:30 - 11:30am. admin@discdementiasupport.org.uk or call 07591251005 / 07591250988

The Stroke Friendship Café, Bowes House, 25 Battle Road, Hailsham, BN27 1DU Second Wednesday of the month, 2pm – 3.30pm. Carers welcome too. Complimentary refreshments. For further information and to book please call 01323 440188 or email lisa.phillips.@Careuk.com

Bowes House: Connections Café, will be on the fourth Thursday of the month from 2-3.30pm. A warm welcome for those living with dementia, and their carers in the community, For more information contact Lisa.phillips@careuk.com

Bowes House: Free Community Cinema, join us in our beautiful cinema to enjoy a musical movie and free refreshments on the last Wednesday of every month at 2pm. Tickets for this screening are limited so please ensure that you book by calling 01323 440188 or emailing lisa.phillips@careuk.com

To book for any of the above please contact chip@aurem-care.com or call 01323 442050

Carers Cafe 2.30pm – 4pm the third Thursday of every month at Bowes House, 25 Battle Road, Hailsham, BN27 1DU: For further information and to book please call 01323 440188 or email lisa.phillips@careuk.com

Pie & a Pint Gentleman's Community Club at Bowes House- Second Thursday of the Month, at 1pm. J Advance booking is essential by calling reception on 01323 440188 or emailing lisa.phillips@careuk.com

Care For A Coffee (Hailsham House) is aimed at carers in the community .Either come alone or with the person you are caring for to a safe & supportive environment. First Tuesday of each month between 10:00 & 11:30 (although we are open as a safe drop in space outside of these hours if needed).

Polegate: Carers Dance Café. First Monday of the month till the 6th August 10:30am – 12:30pm at Polegate Community Association, 54 Windsor Way, Polegate, BN26 6QF. info@associationofcarers.org.uk 01424 722309

Sporting Memories: Wednesdays at Polegate Community Centre, 10 -11.30am, BN26 6QF Please contact Emma Brooke – emma.brooke@sussexcricket.co.uk

Stone Cross: Dementia Cafe at Sycamore Grove, Barchester Care Home, Stone Cross. Sycamore Grove signposts people in the community with questions about dementia. The cafe will be held on the third Thursday of the month, 1:30- 3:30pm

Call 01424 320620 for further details.

Stroke Association Stroke Café- 1:30-3pm, always the 1st Monday of the month at Sycamore Grove.

Hellingly: Young at Heart: At Hellingly Community hub, Mondays, 10.30am till 12.30pm. A group for the over 60s!



DIGITAL LANDLINES: EVERYTHING YOU NEED TO KNOW

You may have heard that landlines are changing and that the UK's telephone network is going digital. These changes will affect everyone who has a landline they'd like to keep using.

Landline phone calls have traditionally been delivered over a network known as the public switched telephone network (PSTN). This network is old, and becoming harder and more expensive to maintain, so it needs to be replaced. Replacing the PSTN now will ensure that we continue to have reliable home phone services available. This is not happening only in the UK. These changes are taking place all over the world, with many countries having now completed them.

Customers who want to keep a landline phone will need to move to a VoIP service. These changes have already started, but you don't need to do anything until your provider contacts you to tell you your service is changing. Alternatively, if you want to move to a VoIP service now, you can do so by upgrading to a new phone and broadband package. Once you have moved to a VoIP service, your landline phone will work in much the same way as it always has. However, as we explain below, there will be some differences.

This once-in-a-generation upgrade to future-proof the UK's landlines is essential and will replace technology that is fast becoming obsolete. By January 2027, the old analogue network will be completely switched off, replaced by new digital landlines which work using broadband.

In preparation for this change, home phone providers have been gradually switching customers over to the new technology and they are now set to ramp-up the rollout ahead of the deadline. In tandem, measures are put in place to support elderly and vulnerable people who rely on telecare devices or pendant alarms. Read on to learn more about the upcoming changes and what you need to do.

Digital voice services are the future of landlines. They work using broadband connections rather than traditional analogue phone lines. You may hear this service referred to as 'VoIP', 'IP voice', or other branded versions, such as BT's Digital Voice.

To ensure customers are protected during the migration process, BT and other home phone providers have partnered with the Government to agree on a checklist of criteria they must follow before moving customers over.

This checklist outlines various requirements, such as contacting customers well in advance of making the switch and working closely with local authorities to make sure that those who may need additional support are aware of the changes. BT says all customers will be notified four weeks before the move to Digital Voice takes place.

What does the switch mean for people who use telecare devices or pendant alarms?

BT acknowledges that some people may be apprehensive about the changes, particularly if they're dependent on landline services for lifesaving telecare devices or pendant alarms. To address this, the government and home phone providers have introduced measures to support those who depend on these devices. BT will offer in-home visits to anyone who has additional needs, to test and ensure that telecare devices work with digital landlines.

What about customers that don't currently have broadband?

Don't worry, you won't be forced to subscribe to a broadband service that you don't want. Instead, BT will set you up with a dedicated connection for your phone service. You won't need any new equipment or a home visit from an engineer to get things set up. You will essentially be able to continue using your landline in the same way that you do today until 2030.

Contact your landline provider if you need support

If you have concerns or vulnerable loved ones who may need additional support, a key step is to make your provider aware of your concerns - they should then take steps to ensure support is put in place.



GROUPS AND REGULAR ACTIVITIES ACROSS NORTH WEALDEN

Uckfield Area

Sussex Support Service: Creative Café –at Uckfield Victoria Pavilion, 1.30pm till 3.30pm 4th Saturday of the month.

Repair Café: At Victoria Pavilion in Uckfield on the 4th Saturday of the month 9.30am till 12noon. Volunteers are always welcome to join in as well. More information on our Facebook page.

Age we Care Day Club - <https://www.escis.org.uk/community-and-social-activities/age-we-care-day-care-club/> Every Tuesday & Thursday and it is from 10am to 3pm.

Carers O'Clock - happens every month in Uckfield and Eastbourne and gives unpaid carers a chance to come together and focus on their own wellbeing with artist-led creative activities, conversation and a freshly cooked lunch. The events are free.

TN22 CLUBS run fortnightly on Wednesdays at Hadlow Down Village Hall and include a freshly cooked nutritious lunch. The clubs are run by local charity, ENGAge, and are supported by a team of volunteers who are passionate about helping older people in their community. We welcome members from the Wealden area and local transport may be arranged. To find out more about the club, volunteering opportunities or to book a taster day, please call Julie Fitzgerald on: 07747 635667 or email: info@tn22clubs.org

Parkinson's Group in Uckfield Leisure Centre – Monday, Wednesday and Thursday at 11.30am. Please contact the centre for more information.

Hurstwood View Care Home: Dementia Musical Moments, 1st Wednesday of the month.

Hurstwood View Care Home, Breakfast Club: Every Monday, come along for a lovely brekkie to start your week!

Victoria Pavilion Respite Day Care, Uckfield runs every Monday, Wednesday & Friday 10:30am - 4pm. Variety of sessions available from 1 hour to a full day, including lunch sessions, musical sessions, physical exercise sessions and arts sessions. Get in touch to book a free taster session, 01825 760176 or find out more on our website

www.sussexsupportservice.com

Ridgewood Village Hall: "Time for Tea & Friends" on the 4th Wednesday of each month, from 12:15pm to 2:45pm.

Cost is £5 which includes afternoon tea and entertainment. To book, please email

ridgewoodvillagehallbooking@gmail.com

Crowborough and surrounding villages

MAYFACS Moving Sounds: Music and movement sessions led by Moving Sounds. At Colkins Mill Church, Mayfield. Aim to mix music and movement, to bring well-being, learning and happiness for all. Free to attend, but booking essential.

Sessions run from 2-4pm on the following dates: 16th April, 21st May, 18th June, 16th July. freya@mayfacs.org.uk

MAYFACS Men on the Move! Every Tuesday at 9.30am. Meet at Court Meadow. A weekly walk and talk group for men, for any age. With the aim to bring people together to explore the local area together, build connections and get some low-level exercise! Free to attend. Please contact Freya for more information – freya@mayfacs.org.uk or 01435 873888

East Sussex Hearing: Free hearing aid maintenance (NHS) and Batteries drop in sessions in Mayfield at MAYFACS on the 2nd Wednesday of each month 10.30am to 12pm (8th Jan, 12th Feb) 01323 722505 mail@eshrc.org 07950 855580.

RSM (Rotherfield St Martin) has been providing friendship, wellbeing and support to older members in our community (Rotherfield and surrounding areas) for the past 20 years. You can find us at our hub in the Memorial Institute, Rotherfield, we are open each weekday 9am to 5pm. Pop in, or give us a call on 01892 853021. rotherfieldstmartin.org.uk/

Heather View Care Home, Beacon Road, Crowborough, TN6 1AS : Pie and a Pint-Gentleman's Club: Monthly, on the third Tuesday of the Month at 1pm, lunch club is open to gentleman in the community to meet up with other gents and enjoy a pie and a pint on us! Please email Rene.Lubbock@careuk.com or call 01892 653634 to book.

Carers Café, Heather View, Crowborough: in partnership with Care for the Carers at Heather View, Beacon Road, Crowborough. First Wednesday of each month, 10am-noon. Meet other carers, enjoy refreshments, share experiences and a guest speaker every month too. Rene Lubbock Rene.Lubbock@careuk.com

The Stroke Friendship Café, Heather View Care Home, Beacon Road, Crowborough, TN6 1AS Fourth Tuesday of the month at 2pm. This is an opportunity for those effected by a stroke to share stories and make new friends in a relaxed and friendly environment. Carers welcome too. Complimentary refreshments will be provided. For further information and to book please call 01323 440188 or email Rene.Lubbock@careuk.com

(Continued on next page)

DISC Carer Group meetings at The Oasis Community Church every 4th Monday of each month, 1030am till 12noon.

Contact: admin@discdementiasupport.org.uk or call 07591251005 / 07591250988

Ditch the Slippers : Activities for the elderly in Crowborough and Uckfield – Mondays and Thursdays in Crowborough.

Including Exercise, Skittles, Boccia, New Age Kurling and Singing! Telephone: 07769 187858

Email: admin@ditchtheslippers.org.uk

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

Knit and natter - Whether you're a total beginner or a knitting expert, join us at Woodlands care home in Crowborough for a fun and friendly natter. Every Wednesday, 3pm to 4pm. It's a free group and we look forward to welcoming you.

Complimentary tea and cake. Book your place: 01892 653178 or email: woodlands@sussexhousing.org.uk

Connections Cafés: weekly meet ups for people with dementia and their carers in Crowborough (Friday afternoons, 1.30pm to 4.30pm) Support for people with dementia, their carers and family Lots of different activities every week including entertainment, bingo, games, singalongs and lots of cake, tea and biscuits Crowborough Community Centre, Pine Grove, Crowborough, TN6 1FE

The Good Company People is 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

Film Afternoons

Bowes House: Free Community Cinema, join us in our beautiful cinema to enjoy a musical movie and free refreshments on the last Wednesday of every month at 2pm. Tickets for this screening are limited so please ensure that you book by calling 01323 440188 or emailing lisa.phillips@careuk.com

Pine Grove Pictures – Golden Oldies: 20th May when we will be showing 'Whiskey Galore!' - Doors open 1pm, Film starts at 1.30pm. Doors open at 1pm - Screening starts at 1.30pm. Free entry and refreshments, donations welcome Crowborough Community Centre, Pine Grove, TN6 1FE Contact information: enquiries@pinegrovepictures.org.uk or call 01892 653823

Heather View Community Cinema Club: Our free dementia friendly screenings for the community – Third Wednesday of every month - please email Rene.lubbock@careuk.com or call 01892 653634 to book. Free refreshments. @ Heather View Care Home, Beacon Road, Crowborough, TN6 1AS

Ninfield Vintage Films and Musicals: Tuesday 8th April 2025 when we will be showing 'Billy Elliot'. Doors open at 1.30pm for screening at 2.00pm. Admission and refreshments free. Subtitles. Contact Jackie on 01424 892422

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
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 23rd
COST £12 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!**