

# Celebrating UK Older People's Day



## What's on in East Sussex



FULL OF  
**WISDOM**  
FULL OF  
**VITALITY**  
FULL OF  
**KNOWLEDGE**  
FULL OF  
**TALENT**  
FULL OF  
**ENERGY**



## UK Older People's Day in East Sussex

To coincide with the United Nations International Day for Older People, UK Older People's Day takes place on 1 October 2009. In East Sussex people are celebrating the event throughout October and this newsletter tells you about events that are being organised across the county by the seniors' forums and voluntary and statutory organisations.

Last year around 50,000 people took part in celebrating UK Older People's Day at some 900 local events across the country. In East Sussex the activities ranged from Information Fairs to Grandparents' Teas in Newhaven and Hastings Intercultural Organisation and the WRVS held a celebration with music and dance performances from community groups.

Everyone has a parent or grandparent, colleague or friend, who they look to for advice and to learn from. This year Older People's Day is all about bringing older and younger people together to create better understanding and respect. The theme for this year is "Bringing Generations Together" and the main aims of the day are to:

- celebrate the huge contribution older people make to our society and economy;

- create a positive view of later life and tackle outdated stereotypes;

- raise awareness of the opportunities and entitlements for older people; and

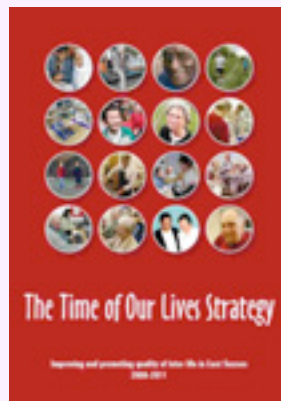
- ensure older people don't feel excluded or isolated from the rest of society.

For information: [direct.gov.uk/fulloflife](http://direct.gov.uk/fulloflife)

**Did you know?** - There are around 508,274 people living in East Sussex and 114,630 of them are over 65. People are living longer and, by 2020, around 38% of the UK population will be aged 50 plus. In East Sussex that figure will be around 50%\*. This brings fundamental challenges for the future and in East Sussex we recognise that this affects the way we need to plan and provide our services.

*Source: East Sussex in figures*

In East Sussex, we have produced *The Time of our Lives Strategy*. Older people have told us what is important to their quality of life. This strategy aims to improve the quality of later life for people in East Sussex by bringing organisations and older people together to take forward projects and initiatives.



The *Time of our Lives Strategy Update* gives a follow-up on some of the projects and the work that has been going on in the first year of the strategy.

If you would like copies of either of these booklets please contact Social Care Direct on 0345 60 80 191.

We hope you find the newsletter useful and enjoy the range of activities taking place across East Sussex. Please pass this newsletter on to anyone you think may be interested.

If you have any ideas for future events next year please let us know.

For more information please contact Denise Leary or June Pratley, Older People's Engagement team. Email [denise.leary@eastsussex.gov.uk](mailto:denise.leary@eastsussex.gov.uk) or phone 01273 335467, [june.pratley@eastsussex.gov.uk](mailto:june.pratley@eastsussex.gov.uk)

## Celebrating 'Full of Life' Day

### What's happening in your area?

#### Eastbourne

##### Scooterbility

A display of products and services available to disabled people.

**Date:** Wednesday 23 September

**Time:** 11.00am onwards

**Address:** Winter Garden, 14 Compton Street, Eastbourne, BN21 4BP

**Contact:** Phone 01323 415163

##### Performance Event

A free event sponsored by Eastbourne Seniors' Forum and East Sussex County Council Library and Information Service, with local poets and experienced readers who will recite from the anthology *Old Familiar Faces – Poems on the Experience of Ageing*.

The book will be on sale at £5 in aid of Age Concern. Everyone is welcome.

**Date:** Thursday 1 October 2009

**Time:** 7.00 pm

**Address:** Eastbourne Library, Grove Road, Eastbourne, BN21 4TL.

**Contact:** Reserve a ticket to guarantee a place or come on the night. To reserve a ticket call in at the library or telephone 0345 6080 196 and ask for Eastbourne Library or

**Phone:** Steve Thornett (Chair of Eastbourne seniors Forum) on 01323 479846.

##### Age Concern Information Stand

**Date:** Thursday 1 October 2009  
Age Concern Eastbourne will have a stand in the Arndale Centre to display its services.

#### Local Life show

East Sussex County Council's Trading Standards Service is hosting the event. Sample and buy local produce – meet honest and reliable local businesses. Whatever you want for your home and lifestyle! Free entry

**Date:** Saturday 24 October 2009

**Time:** 10.00am – 5.00pm

**Address:** Winter Garden, Eastbourne

**Contact:** Phone 01323 463430 or email [local.life@eastsussex.gov.uk](mailto:local.life@eastsussex.gov.uk) for further information

##### 'Hands on' Family Event

Celebrate the national Big Draw campaign with FREE 'handy' art and cookery events. Try reminiscing with hand prints and making gingerbread shapes. Part of the WRVS Heritage Plus intergenerational projects.

**Date:** Saturday 24 October 2009

**Time:** 10.00am – 4.00pm

**Address:** WRVS, Russell Centre, 24 Hyde Road, Eastbourne, BN21 4SX (near Eastbourne railway station)

**Contact:** Phone Hamish MacGillivray 01323 412279 or (mobile) 07786 866 505

**Website:** [www.heritageplus.org.uk](http://www.heritageplus.org.uk)

#### Hastings

##### Information Stand

Hastings & St. Leonards Seniors' Forum (HSSF) are hosting a stand in the main shopping centre, providing advice and promoting well-being for seniors.

**Date:** Thursday 1 October 2009

**Time:** 10.00am – 12.00pm (noon)

**Address:** Priory Meadow Shopping Centre, Queens Road, Hastings, TN34 1PH

**Contact:** Mr D T Brodrick (Chair of HSSF)

**Email:** [hotelfoxtrot@hotmail.co.uk](mailto:hotelfoxtrot@hotmail.co.uk)

## Lewes

### Life on the Home Front during World War II (1939-1945)

Lewes District Seniors' Forum (LDSF) is hosting a talk by Professor Dorothy Sheridan about life on the home front using material from the Mass Observation Archive at the University of Sussex, with an opportunity to exchange memories also. Tea and other refreshments free of charge.

**Date:** Thursday 22 October 2009

**Time:** 2.00pm – 5.00pm

**Address:** Cliffe Hall, Cliffe High Street, Lewes. (Behind St Thomas à Becket Church)

**Contact:** Arnold Goldman on 01273 478470 or [a.goldman@cowbeech.f9.co.uk](mailto:a.goldman@cowbeech.f9.co.uk)

## Peacehaven, Telscombe and Newhaven

Meridian Mature Citizens' Forum is hosting a number of events.

### Information Fair

Stalls and information including pensions and benefits advice, health and well-being, helpful hints.

**Date:** Wednesday 30 September 2009

**Time:** 10.00am - 12.30pm

**Address:** Meridian Centre, Meridian Way, Peacehaven, BN10 8BB

**Contact:** Margaret Whiting on 01273 515709 or [maggiejahhay@aol.com](mailto:maggiejahhay@aol.com) or

Or, Katey Welsh (Day Opportunities Manager, Age Concern East Sussex) on 01273 476704 or 07850 987128,

Email: [katey.welsh@aceastsussex.org.uk](mailto:katey.welsh@aceastsussex.org.uk)

## Wartime Reminiscence Tea

Please bring wartime memorabilia and have a cup of tea. Free refreshments.

**Date:** Thursday 29 September 2009

**Time:** 2.00pm – 4.00pm

**Address:** Piddinghoe Village Hall, Piddinghoe

**Contact:** Kate Davies (Chair of Meridian Forum) on 01273 516207 or [cate.davies@hotmail.co.uk](mailto:cate.davies@hotmail.co.uk)

## Intergenerational 1940s tea dance

A 1940s style tea dance with older people joining local school children to revive the tea dances of the war years.

**Date:** Thursday 1 October 2009

**Time:** 1.00pm – 4.00pm

**Address:** Hillcrest Centre, Hillcrest Road, Newhaven, BN9 9EA

**Contact:** Kate Davies (Chair of Meridian Forum) on 01273 516207 or [cate.davies@hotmail.co.uk](mailto:cate.davies@hotmail.co.uk) or

**Email:** Justina Braddock, WRVS at

[heritagepluspeacehaven@wrvs.org.uk](mailto:heritagepluspeacehaven@wrvs.org.uk)

**Phone:** 07736825379

## Past Peacehaven

WRVS Heritage Plus is recording the social history of people in the Peacehaven area. All the information, memories, photographs and stories collected will be archived at East Sussex Record Office.

**Dates:** Monday 12 October 2009 and Monday 26 October 2009

**Time:** 10.00am – 12.00 noon

**Address:** Peacehaven Library, Meridian Centre, Peacehaven, BN10 8BB.

**Contact:** Justina Braddock, WRVS

**Email:**

[heritagepluspeacehaven@wrvs.org.uk](mailto:heritagepluspeacehaven@wrvs.org.uk)

**Website:** [www.heritageplus.org.uk](http://www.heritageplus.org.uk)

### Grandparents' Tea

An inter-generational event involving schools in Newhaven, Peacehaven and Telscombe.

**Date:** To be arranged

**Contact:** Kate Davies (Chair of Meridian Forum) on 01273 516207 or [cate.davies@hotmail.co.uk](mailto:cate.davies@hotmail.co.uk) or

**Phone:** Katey Welsh (Age Concern East Sussex) on 01273 476704 or 07850 987128

### Autumn outing to Hall Place and Gardens and Eltham Palace

**Date:** Wednesday 7 October

For members only – there are two or three outings a year. To become a member and get a list of future outings, contact Michael Gebbie as above.

## Rother

### Silver Song Club

Free sing-a-long social event for all older people and carers, supported by Hastings & Rother NHS Primary Care Trust.

**Date:** Mondays -21 September, 19 October, 16 November, 14 December 2009

**Time:** 2.00pm – 3.30pm

**Address:** St. Peter's Community Centre, Church Street, Bexhill-on-Sea TN40 2HE

**Contact:** Phone 01303 298549

Rother Seniors' Forum has a number of events:

### Tea 4 Talk – family fun afternoon

**Date:** Monday 5 October 2009

**Time:** 3.00pm – 6.00pm

**Address:** Sedlescombe Village Hall, The Street, Sedlescombe, Battle, TN33 0QD

**Contact:** Ron Sunderland

**Email:** [ronsunderland@talktalk.net](mailto:ronsunderland@talktalk.net)

**Phone:** 01424 870801

Free refreshments - all welcome to attend.

### Bexhill themed walk and quiz with afternoon tea

**Date:** Wednesday 14 October 2009

**Time:** 2.00pm – 4.15pm

**Address:** St. Andrews Church Hall, Wickham Avenue, Bexhill, TN39 3EP

**Contact:** Michael Gebbie

**Email:** [mw.gebbie@btinternet.com](mailto:mw.gebbie@btinternet.com) or

**Phone:** 01424 732878

## Seaford

Seaford Seniors' Forum is holding a series of events from 28 September.

### Full of Life Information Fayre with public meeting on transport and health care

**Date:** Monday 28 September 2009

**Time:** 1.00pm – 4.00pm (public meeting 2pm)

**Address:** Baptist Church, Belgrave Road, Seaford, BN25 2EE

**Contact:** Lesley and Paul Lambert

**Email:** [lesleyvlambert@sky.com](mailto:lesleyvlambert@sky.com) or

**Phone:** 01323 491167

### Guided History Walk

Free walk led by historian Kevin Gordon. Limited to 20 people – first come, first served.

**Date:** Thursday 1 October 2009

**Time:** 11.00am - 12.15pm

**Address:** St. Leonards Church, Seaford., BN25 1HG. Available is an optional lunch at The Old Boot for £5.

**Contact:** For bookings and tickets: Mrs Lesley Lambert, 13 Bowden Rise, Seaford BN25 2HZ. Please enclose a stamped, self-addressed envelope.

**Phone:** 01323 491167

## Wealden

### Annual General Meeting

Wealden Senior Citizens' Partnership is holding their AGM with members of the Youth Cabinet and Sixth Formers from the local community college, to encourage interaction between different generations.

**Date:** Thursday 1 October 2009

**Time:** 1.00pm – 4.00pm. Free sandwich lunch and afternoon tea and cakes.

**Address:** The Hub 2, Uckfield Civic Centre, Uckfield, TN22 1AE

**Contact:** Linda Graham.

**Phone:** 01892 770487 or email [lindagraham@wealden-scp.org](mailto:lindagraham@wealden-scp.org)

For catering purposes, please let us know if you are coming.

descending to the river and strolling through to Alfriston village. Ascend to northern escarpment with superb views all around, before returning towards the coast via Cradle Hill to High and Over.

**Booking advisable** – phone 01323 415253 or 07986 465700.

**Meet at:** High and Over car park (Map Ref. TQ 508012).

**Leader:** David Pearce.

**Charge:** £4, or £3 for non-car users

**Public Transport:** Cuckmere Valley bus.

There are many more walks and events. For more information and a copy of *Exploring East Sussex* please phone 01273 481654 or email

[WalksandRides@eastsussex.gov.uk](mailto:WalksandRides@eastsussex.gov.uk)

## Exploring East Sussex

The County Council's Environmental Operations produces a booklet of guided walks and environmental events across the county. The following is just a taster of the events on offer:

### Fungi for Starters

**Date:** Saturday 3 October

**Time:** 10.00am

**Distance:** ¾ mile (6 hours). A day course, getting to grips with mushrooms and toadstools – what they are, how they grow, how to identify them, which ones are edible or poisonous.

**Booking essential** – phone 01825 830509.

**Meet at:** Wilderness Wood (Map Ref. TQ 536240).

**Leader:** Anne Yarrow.

**Public Transport:** Buxted Station 2 miles (ask for walkers' leaflet).

### Explore the Downs above the Cuckmere Valley

**Date:** Sunday 4 October

**Time:** 10.30am

**Distance:** 8 miles (5½ hours). Enjoy the wonderful views above the Cuckmere Valley in the heart of the Downs, before

## Age Concern East Sussex

With offices in Lewes and Hastings, Age Concern East Sussex provides services for older people throughout the county, through its network of dedicated volunteers.

Services include:

- Information and advice
- Advocacy
- Day care (including activities, trips, fitness sessions and delicious lunches)
- Befriending
- Home from Hospital scheme
- Toenail cutting
- Health and well-being services

Get in touch with our friendly team to see if we can help.

**Phone:** 01273 476704

**Email:** [information@aceastsussex.org.uk](mailto:information@aceastsussex.org.uk)

Lewes office: 54 Cliffe High Street, Lewes, East Sussex, BN7 2AN

Hastings office: 50 Robertson street, Hastings, East Sussex, TN34 1HL

[www.aceastsussex.org.uk](http://www.aceastsussex.org.uk)

There are 19 other Age Concerns across East Sussex, each providing a range of services for older people. See

[www.ageconcern.org.uk](http://www.ageconcern.org.uk)

Age Concern East Sussex is a registered charity no. 265532

## Wealden District

### Free Electric Blanket Testing 12-16 October 2009

Recent figures from the Department of Trade and Industry show that nearly 200 fires a year in the UK are associated with electric blankets. 99% of these fires were caused by blankets over 10 years old and led to 100 people being severely injured.

This is a partnership project co-ordinated by the Public Health and Community Safety team of Wealden District Council. Project partners include Anchor Staying Put, local parish and town councils, the Department for Work and Pensions, East Sussex Fire and Rescue, East Sussex Downs and Weald Primary Care Trust, Wealden Benefits Department and East Sussex Trading Standards.

The electric blanket testing will be accompanied by a free roadshow with information and advice on fire prevention, adaptations and improvements to your home, energy efficiency, benefits and pensions.

For any further information please contact Sophie Hepworth on 01323 443275 or email [sophie.hepworth@wealden.gov.uk](mailto:sophie.hepworth@wealden.gov.uk)

Date	Venue – (10am-12 noon)	Venue (2-4pm)
Monday 12 October	Hailsham Community Hall	Pevensey Bay - Ethel Wood Hall
Tuesday 13 October	Uckfield Fire Station	Polegate - St John's Church Hall
Wednesday 14 October	Crowborough Fire Station	Heathfield Fire Station
Thursday 15 October	East Dean Village Hall	Alfriston Village Hall
Friday 16 October	Hartfield Village Hall	Rotherfield Village Hall

## Rother District

### Free Electric Blanket Testing 26-30 October 2009

The Health Improvement Team of NHS East Sussex Community Health Services is arranging a series of events to encourage people to have their electric blankets tested by a qualified engineer. It is reassuring to know that a blanket is not dangerous and, should it fail the test, there is a discount voucher scheme to help with the purchase of a new one.

Alongside the electric blanket testing there is a roadshow with lots of information and advice from home safety and agencies, including the Police, the Pension Service, East Sussex Fire and Rescue, Age Concern and many others.

For further information or to book a place please contact Maggie Cornish on 01424 457129 or

[maggie.cornish@hastingsrotherpct.nhs.uk](mailto:maggie.cornish@hastingsrotherpct.nhs.uk)

If you are housebound and unable to get to a session we can make alternative arrangements for you.

Date	Venue (10am-12 noon)	Venue (2-4 pm)
Monday 26 October	Fairlight Village Hall	Sedlescombe Village Hall
Tuesday 27 October	Hurst Green Village Hall	Robertsbridge Village Hall
Wednesday 28 October <i>To include a Family Fun Day</i>	Battle Children's Centre, Battle & Langton School, Market Road, Battle, TN33 0HQ	Battle Children's Centre, Battle & Langton School, Market Road, Battle, TN33 0HQ (1pm-3pm)
Thursday 29 October	Sidley Baptist Church	St Martha's Church Hall, Little Common
Friday 30	Rye Club, Market Road	Northiam Village Hall

## Useful Information

### Volunteering

If you have some spare time and would like to get involved in your local community, why not volunteer?

From community transport to animal welfare, the range of volunteering opportunities is huge.

Phone 01323 639373 or go to [eastsussex.gov.uk/volunteering](http://eastsussex.gov.uk/volunteering) to find out more.

### East Sussex Library and Information Service

Your local library is a good source of information and will have leaflets and directories about local activities, as well as a wide range of books and other items for loan. Borrow books, read newspapers or use our computers free of charge! Books in large print and talking books on cassette or CD are available. A free Home Library Service is provided for people who cannot use a library due to disability, frailty or because they are caring for someone who cannot be left. Contact your nearest library or go to [eastsussex.gov.uk/libraries](http://eastsussex.gov.uk/libraries) for more information.

### Public and community transport

For bus and train timetables, and information on community transport and discount travel, go to [eastsussex.gov.uk/public transport](http://eastsussex.gov.uk/public-transport)

### NEW - Independent Living Service

This is a new service provided by Anchor Staying Put, working in partnership with the Navigator Service. It's about finding out what small items of daily living equipment could help you live more independently. The service will be available throughout East Sussex - a mobile display unit will be coming to a venue near you. The team will make an appointment to visit you to discuss what help you might need. They'll offer advice and information as well as telling you where you can get the aids and equipment you need. In some cases they may be able to tell you where you can get help with the cost. For more information please ring Davina Snoxell on 01323 446446.

## How you can be involved

### East Sussex Seniors' Association (ESSA) "The Voice of Older People"

#### Mission statement

**East Sussex Seniors Association (ESSA) is the combined voice of 7 local Forums throughout the County. On behalf of our ever growing membership of over 50s we raise awareness and influence decision makers on older people's issues by involvement locally, regionally and nationally.**

There are around 4,200 forum members and the numbers are growing. If you live in East Sussex, and are over 50, you can become a member of your local seniors' forum. For more information on the seniors' forums go to [essaforums.org.uk](http://essaforums.org.uk).

There are seven seniors' forums across the county. They send out regular newsletters, keeping you in touch with what's going on in your local area. If you want to be more involved, there are opportunities to be part of the forum committee and local special interest groups. The local interest groups include health and community care, leisure, and transport and road safety.

The seven seniors forums are:

Eastbourne Seniors' Forum

Meridian Mature Citizens' Forum

Seaford Seniors' Forum

Lewes District Seniors' Forum

Hastings & St. Leonards Seniors' Forum

Rother Seniors' Forum

Wealden Senior Citizens' Partnership

For more information about the forums, or about anything else in this newsletter, please contact Denise Leary or June Pratley, Older People's Engagement team. Email [denise.leary@eastsussex.gov.uk](mailto:denise.leary@eastsussex.gov.uk) or phone 01273 335467, [june.pratley@eastsussex.gov.uk](mailto:june.pratley@eastsussex.gov.uk)