



GREY MATTERS



**WEALDEN SENIOR CITIZENS' PARTNERSHIP'S
LATE SUMMER EVENT
TUESDAY, SEPTEMBER 6TH 2022 AT
HENDALL MANOR, HERON'S GHYLL, UCKFIELD
TN22 4BU (OFF THE A26)**



Entertainment will be provided by none other than His Majesty King Henry VIII (Tony Harris)

Enjoy a barbecue lunch comprising:

Chicken - Burgers - Salads - etc.

Followed by Eton Mess

(Please give advance notice of special dietary needs)

Admission from 1:15pm
Ends: 4pm

The cost of the afternoon is £12 per head, payable in advance by cheque made payable to Wealden Senior Citizens' Partnership. Bank details on request. Bookings are on a first come first served basis. So hurry and secure your place by contacting Linda Graham 01892 770487, email lindagraham@wealden-scp.org. Cheques should be sent to 5 Rectory Field, Hartfield TN7 4JE

ACTIVITIES AND GROUPS IN WEALDEN



Active Games: Every Thursday 10.30 – 12.30am, at Victoria Pavilion in Uckfield. Table tennis, Boccia, New age kurling and other activities in a friendly supportive group. See the poster below for more information.

Carers Group in Uckfield – Do you look after someone who couldn't manage without your help. Come along and meet with other carers and share experiences. 4th Tuesday of each month 1pm – 3pm. Victoria Pavilion Support Centre. You can bring the person you care for along to enjoy activities provided by the Sussex Support Service team while you take part in the group. Booking essential, call care for the carers on 01323 738390.

Sporting Memories: Every Wednesday at Polegate Community Centre, 10-11.30am, please contact Emma Brooke – 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.

Cuckoo Choir: The Cuckoo Choir have their own singing group to help beat Parkinson's! They meet every Monday morning between 11am and 1pm, at Diplocks Hall in Hailsham. If you're living with Parkinson's, or living with someone who is, do join them. You'll find us a friendly bunch, and you don't need to have any previous experience of singing in a choir. For more details, contact Debra Skeen (choir leader) at enquiries@debraskeen.co.uk or on 07710 548724

Ivy House: Free Saturday Dementia Support Group, FREE Sing & Swing Every Friday 2.30pm – 3.30pm With refreshments. The Ivy Dementia Centre is at Gardner Street, Herstmonceux BN27 4RS – Monday – Friday 8.30am – 6.00pm. Ivy is an inclusive, social, holistic, activity led centre, providing dedicated dementia support. Please call 01323 431801 for further information and to book your free taster day.

Dementia & Alzheimer's Support | Dementia Awareness - 3NDWG (3ndementiawg.org) – A group of people diagnosed with dementia from across the country who want to make a difference whilst they can. Support groups and webinars available to join in.

Further Information:

Dementia Dictionary: The Alzheimer's Show are proud to support the Dementia Dictionary, a new free service helping to create an understanding of the Language of Dementia. In most forms of dementia the ability to speak normally will be impaired and therefore the brain will find new ways to communicate via actions, noises, behaviours and body language, this is called the Language of Dementia. The Dementia Dictionary "a freely available service" helps translate these into a recognised language. Visit www.dementiadictionary.com for more information and find out how to help.

Driving Miss Daisy Eastbourne provides a Driving and Companion Transportation Service like no other, with door to door collection, care, support, and at your own pace with trained, qualified and licensed staff. They bridge the gap between taxis, public transport, and other voluntary agencies. The aim is not only to drive you to your destination and back home again but to accompany you whilst on your visit. Whether it's a trip to the hairdressers, an assisted shopping trip, a hospital appointment where you are accompanied to the department and they will wait while you consult with the practitioner or attend the appointment with you, a trip to the seaside, airport, local garden centre, the school run, visiting friends and family, and many more, they can help! For more information, ring 0333 014 6211 Email: eastbourne@drivingmissdaisy.co.uk Areas Covered: Eastbourne and surrounding area.



COMMUNITY CAFÉS IN WEALDEN

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

Hailsham Community Café: Second Thursday of the month – 2-4pm at St Wilfrid's Church.

Hartfield Church Street Community Café: First and third Thursdays of the month - 2-4pm in St Mary's Church. Tea/ coffee/ homemade cakes. Everyone welcome. No cafés in August.

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

Uckfield Saturday Social – Every Saturday at Victoria Pavilion in Uckfield. 2-4pm for some lovely refreshments and fun activities. Everybody welcome!

Withyham Cafe: Kings' Hall Withyham, 2nd Friday of the Month. Between 10:30 - 12:00. Please contact Julie Ruse if you would like to attend on 07584 013763.



FILM AFTERNOONS

Pine Grove Pictures – Golden Oldies: The next film is on Tuesday 27th September, 1.45pm Singin' in the Rain. 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 or call 01892 653823.



Ninfield Musical Matinees: The next film is on the Friday 23rd September, Mamma Mia! 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

The Picture House, Uckfield: Dementia Friendly screening. Relaxed screening – lights brighter – sound lower. Next film is on Wednesday 20th July, The Italian Job. Film starts at 11am. Call the box office for more information: 01825 764909, www.picturehouseuckfield.com



Hailsham Pavilion – Golden Oldies: The next film is on Friday 9th September, Cabaret. Doors open at 1.30pm, screening to start at 2pm.

HEATALERT SERVICE NOW LIVE

heatAlert is a free service for the people of Sussex that alerts you by text, voicemail or email when there are heatwaves or very hot temperatures forecast in your area. It provides information about when, where and how long the weather is forecast.

The service runs from June to September and is now live.

For more information telephone : 01273 481 692

Email : information@heatalert.org.uk



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



OUR EVENTS IN 2022

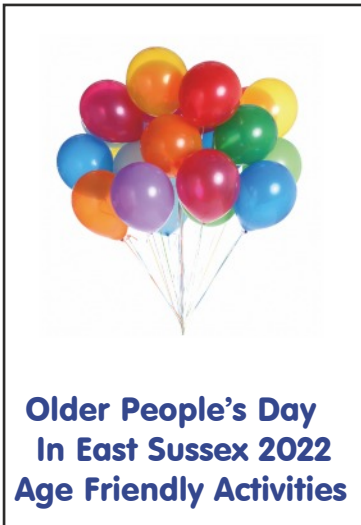


Thanks to those who attended our tea in Fairwarp Village Hall in May, Around 30 members took part, and seemed to thoroughly enjoy the tea and the entertainment by the U3A Ukulele Group. Special thanks to them, and to the team of helpers led by Dee Probert, our Events Organiser.



We are now looking forward to our second tea at Holy Cross Priory, Cross In Hand on Friday, 22nd July . Please note that this is now fully booked.

The third event of the year is the one shown on the first page of this newsletter - a barbecue lunch at Hendall Manor, Herons Ghyll, and we are hoping for another good turnout on this occasion. Please book your place(s), either by phone or email, or by returning the reply slip below, indicating the number wishing to attend and any dietary requirements. The deadline for bookings is Monday, 1st August, so don't delay!



There will be one more event this year - look out for your copy of the Older People's Day 2022 booklet, which should be arriving by post and/or email during August. In it you will find a whole range of activities for you to enjoy during September and October this year in celebration of Older People's Day, including our own fish and chip lunch, which this year will take place in Uckfield.

Visit our website: www.wealden-scp.org and sign up on our Facebook Page

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.

*****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

I/WE WOULD LIKE TO ATTEND THE LUNCH AT HENDALL MANOR. NUMBER ATTENDING....

CHEQUE ENCLOSED, PAYABLE TO WEALDEN SENIOR CITIZENS PARTNERSHIP, FOR £12 PER PERSON.

TRANSPORT REQUIRED/NOT REQUIRED. DIETARY REQUIREMENTS

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!