

# GREY MATTERS

## GOD SAVE THE KING!

The Wealden Senior Citizens' Partnership would like to express condolences to the Royal Family on the death of Queen Elizabeth II, and to welcome King Charles III as our new Monarch.



## OUR EVENTS IN 2022

Thanks to everyone who has attended our teas and lunches this year, which we hope you have all enjoyed.

30 members signed up for our self-catered tea in Fairwarp Village Hall in May, with entertainment from the Uckfield Ukulele Band, transport provided by the Wealdlink Community Bus and much help from the Crowborough U3A Group.

In July we returned to Holy Cross Priory for a cream tea, attended by around 40 members, and September saw us at Hendall Manor Barns for a barbecue lunch, with a visit from His Majesty Henry VIII as portrayed by Tony Harris, who gave a very entertaining talk covering many aspects of that monarch's life, including some little-known facts about his life and those of his six wives. Fifty five people attended this event and seemed to thoroughly enjoy both the food and the entertainment.



As part of two months celebrating Older People's Day 2022



**Older People's Day  
In East Sussex 2022  
Age Friendly Activities**

during September and October we will be hosting a fish and chip lunch at the Belmont Centre, Belmont Road, Uckfield TN22 1BP from 2 to 4pm on Friday, October 21<sup>st</sup>. We will take the opportunity to hold a short AGM after the meal, and we will then be entertained by the Ukulele Group that we enjoyed so much at the Fairwarp event. If you have not already booked your fish and chip lunch, please contact us without delay as places are filling up fast (see back page).

As we reach the end of this year's programme of activities many thanks are due to our Events Organiser, Dee Probert, for all her hard work in putting the programme together, assisted by Linda Blackman.

## COMMUNITY CAFES

**Withyham Café** : Kings' Hall Withyham, Between 10.30am–12pm Please contact Julie Ruse if you would like to attend on 07584 013763

**Willingdon** Community Café: Fourth Thursday of the month – 2-4pm at Trinity Church Hall, Willingdon – 22 September

**Crowborough** Community Café: Last Thursday of the month – 2-4pm at Oasis Community Church – 29 September

**Polegate** Community Café: First Thursday of the month – 2-4pm at Polegate Community – 6 October

**Hailsham** Community Café: Second Thursday of the month – 2-4pm at St Wilfrid's Church – 13 October

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

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

**Trinity Café, Coleman's Hatch**, Second and Fourth Thursdays of the month: 10am-12noon: Trinity Hall, Holy Trinity Coleman's Hatch

## Free Electric Blanket Testing

**Tuesday 27<sup>th</sup>  
September 2022**

**Heathfield  
Fire Station**  
High Street  
Heathfield  
TN21 0UP

**10.00am – 12.00pm**

**Hailsham  
Fire Station**  
Victoria Road  
Hailsham  
BN27 2AY

**2.00pm – 4.00pm**



**Wednesday 28<sup>th</sup>  
September 2022**

**Crowborough  
Fire Station**  
Beacon Road  
Crowborough  
TN6 1AF

**10.00am – 12.00pm**

**Uckfield  
Fire Station**  
Bell Farm Road  
Uckfield  
TN22 1BA

**2.00pm – 4.00pm**

**Monday 10<sup>th</sup>  
October 2022**

**United Reformed  
Church Hall**  
Victoria Road  
Polegate  
BN26 6DA

**10.00am – 12.00pm**

**Eastbourne  
Fire Station**  
Whitley Road  
Eastbourne  
BN22 8LA

**2.00pm – 4.00pm**



Drop in to any of the above events with your electric blanket for a free safety check.

**Remember to bring all controls and cables that come with the blanket.**

If you are unable to attend an event, have you asked a family member, friend, carer or neighbour if they are able to bring your electric blanket along for you?

**[www.esfrs.org](http://www.esfrs.org)**

### HELLINGLY PARISH COUNCIL

**Young at Heart  
Club at Hellingly  
Community Hub,  
The Drive, Hellingly  
BN27 4EP**

**Mondays at 10am-2pm  
A Group for over 60s who are  
Young at Heart  
FREE Refreshments**

Weekly we have different activities, talks from local businesses and even light exercise classes. The tables have Board Games and Playing Cards on them, and the table tennis & Badminton are out.

**We also have local charities every week that will be here to talk to or just give you advice on anything that you need.**

**Sunflowers Mental Health & Well-Being,**

**The Ivy Centre – Dementia Support**

**Rachel from East Sussex Library.**

## ENJOY FUN, FOOD AND FRIENDSHIP AT THE TN22 CLUB

Join us at our friendly and welcoming **TN22 CLUB** for the over 60s where the emphasis is on fun and friendship. Each session includes a variety of activities to suit all tastes and we also enjoy several outings throughout the year. From time to time, visiting guests entertain us with lively music and presentations on a wide range of topics.



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](mailto:info@tn22clubs.org)

## ENJOY LAUGHTER AND FRIENDSHIP AT THE TN22 PLUS CLUB



At the **TN22 PLUS CLUB**, we are committed to providing personalised support for those with mild to moderate dementia to socialise and take part in stimulating activities to enhance their wellbeing. Members benefit from some light exercise, companionship, fun and laughter in a warm and caring atmosphere, where they can continue to do the things they enjoy and feel part of a community.

To find out more about the club, volunteering opportunities or to book a taster day, please call Wendy Coleman on: 07961 450357 or email: [info@tn22clubs.org](mailto:info@tn22clubs.org)

*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.*

[www.tn22clubs.org.uk](http://www.tn22clubs.org.uk)



**Community Sunday Lunch:** At Victoria Pavilion in Uckfield there is a free Sunday lunch on the 4th Sunday of the month 12 – 2.30pm. More information on our Facebook page.

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

**Uckfield Local Carers Centre – Drop in support** - Every Tuesday 10am – 3pm at Victoria Pavilion Support Centre. Call care for the carers on 01323 738390 for more information.

**Sporting Memories:** Every Wednesday at Polegate Community Centre, 10-11.30am, please contact Emma Brooke – [emma.brooke@sussexcricket.co.uk](mailto: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 them 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](mailto:enquiries@debraskeen.co.uk) or on 07710 548724

### Know Dementia Community Moments cafes across East Sussex:

Mondays: Woodland Moments – 10am – 12.30pm, Bushy Wood Activity Centre Hailsham  
Uckfield Memory Moments Café - 1.30pm – 4.30pm, Uckfield Civic Centre

Please call 01273 494300 to book a place at these cafés, or to find out what community events Know Dementia offers in your area.



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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.**

**\*\*\*\*\*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 FISH & CHIP LUNCH ON FRIDAY, OCTOBER 21<sup>st</sup>**

**COST £6 PER HEAD. PAYMENT IN ADVANCE BY CHEQUE PAYABLE TO WEALDEN SENIOR CITIZENS'  
PARTNERSHIP , OR PAY VIA BACS: 60-10-30, A/C NO. 11533595**

**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)**