

# AGE CONCERN HEATHFIELD & DISTRICT NEWSLETTER

## EDITORIAL TEAM:

This Newsletter will be published 3-4 times per year. If you would like a LARGE PRINT version, or more copies for friends, please contact Norman on 01825 732590 or email to the address below.

We make no charge for this Newsletter but donations towards the £1000 pa it costs us to produce it are always welcome.

If you would prefer to have this newsletter emailed to you in the future, please send an email request to:

**ageconcerntn21@hotmail.co.uk**

Please can you let us know of any new or different services you have discovered that may be of interest to others, or if you would like us to investigate particular areas of concern / interest, so that we can continue to help as many of you as possible.

## Forthcoming Events

### **Saturday 11 June - Poppy Party**

There will be a Poppy Party to celebrate 90 years of the British Legion. The parade will form at Plumbase, Station Road, Heathfield and at 11.00am proceed up Station Road and along the High Street to congregate at the Fire Station.

There will be cream teas and bbq food available to buy on the day together with tea/coffee and soft drinks. The Heathfield Silver Band will be playing, and there will be many stalls and displays, military vehicles, fire engines and rescue vehicles displayed in the Mill Road car park.

### **Sunday 26 June - Dog Show and Summer Fayre**

Fun dog show summer fayre being held at Heathfield Community Centre, Sheepsetting Lane. There will be stalls, bbq and cream teas.

**Sunday 31 July - Warbleton Brass Band** will be performing on Rushlake Green, Nr Heathfield, in a mini proms style concert. Bring a picnic and enjoy the music.. From 6pm

### **Monday 29 August - Le Marche French Market in Heathfield**

## **Age Concern Heathfield & District Minibus Service**

Please do not feel isolated or lonely! Come and join your fellow travellers and enjoy the convenience of what we have to offer.

If you know anyone who could benefit from one of our regular trips please encourage them to call Clary for more information as we have spare seats.

We operate 2 fully accessible 13 seater minibuses for people who find it difficult to access public transport or do not have the use of a car. Manual and electric wheelchairs can be loaded via a tail lift to ensure that people with disabilities are not excluded from the trips. Regular trips are mentioned in the following pages.

For further information, please contact Clary Pont on 01435 813284

## Regular Events

### Every Monday

1. Volunteers from Heathfield's Union Church are on hand at the Church Hall from 10.00am to welcome visitors to an 'Open 'Door' get-together. Refreshments and a cooked lunch are also available at £4 for 3 courses and £3.50 for 2 courses including tea or coffee.

For the lunch please call Jean Plummer on 01435 883 483.

2. Following the sad news of Joy Massey's death **PLEASE NOTE** the different day for hearing aid maintenance and batteries : **Wednesdays - see next pages.**

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### Every Second Monday of The Month

Why not go along to the Heathfield Hard Of Hearing Group to meet others with hearing difficulties in an easy-to-communicate atmosphere? The group meets at the Red Cross Hall in Streatfield Road between 2.00pm and 3.30pm.

Different speakers are there each month to talk on a variety of subjects and equipment of help to hard-of-hearing people is demonstrated. You will learn how to communicate with deaf and hard-of-hearing people so your friends and family might want to come too.

For further information, ring the East Sussex Hearing Resource Centre on 01323 722 505.

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### Every Monday

'Extend' exercises (gentle movement to music) are held at the State Hall, Station Road, Heathfield, courtesy of the Kings Church, between 11.15am and 12.00noon. These classes are run by Alison Salters, a qualified instructor (01825 766 293). The cost is £4 per person, and includes refreshments.

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### Every Fourth Monday Of The Month

The 'Out and Abouters' group meets at the Cross-In-Hand Village Hall at 2.00pm. Just turn up on the day and you will be made welcome. This group organises various outing to interesting places and events.

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### Every Tuesday

1. The Holdenhurst Centre in Mill Road, Heathfield is open for Day Care between 10.00am and 3.30pm under the supervision of Age UK East Sussex. Door to door transport can be arranged by Age Concern Heathfield.

For details, ring Mary Parker of Age UK East Sussex, Lewes on 01273 476 704.

2. Citizens' Advice sessions are held at the State Hall, Station Road, Heathfield from 10.00am to 12.00 noon. No prior appointment is necessary.

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### Every Other Tuesday

There is a Senior Citizens' Lunch at the Union Church Hall, Station Road, Heathfield, commencing at 12.30 pm, £3 for 2 course including tea or coffee. For a place at the lunch please call Jean Plummer on 01435 883 483.

Minibus transport from and to your door is available, if you require a seat on the minibus, Telephone Clary Pont on 01435 813 284

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## **Every Other Tuesday**

Learn a craft or practise with friends: knitting, crochet, decoupage, quilting etc., at St Richard's Church Hall, Park Road, Heathfield, 1.30 to 3.30pm. Also **Every Wednesday** 10 am - 12 noon in the Cat's Whiskers, High Street, Horam. Call Loraine on 01435 865789

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## **Every Wednesday Morning**

1. For Horam residents, the Age Concern Heathfield Shopping Bus will pick you up at Cherry Tree Court at 09:00, transport you to Heathfield and bring you home again around 10:30.

The bus also picks up from around the Village between 9.30 -10.00 and returns from Heathfield at about 11.30am.

Ring Clary Pont for a booking.

2. **Hearing aid batteries** can now be obtained every Wednesday between 10am and 12 noon, from the Red Cross Hall in Streatfield Road, off the High Street, Heathfield.

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## **First & Third Wednesday of the Month**

Maintenance of hearing aids is also undertaken at the Red Cross Hall on the first & third Wednesday of every month between 10am and 12 noon. For further help or information please telephone 01323 722 505.

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## **Every Wednesday & Friday Morning**

Equipment for the disabled is available on loan to those in need at the Red Cross Centre Streatfield Road, Heathfield between 10.00am and 12 noon.

The equipment, which includes wheelchairs, commodes and other items are loaned in return for a donation to the British Red Cross. Telephone 01435 864 122 for further information.

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## **Every First Wednesday of the Month**

If you are caring for someone with any form of dementia you might like to join a friendly and informal Carers Support Group which meets at Heffle Court, Station Road, Heathfield from 12.30 until 2.30pm. A light finger buffet is provided.

You would be made very welcome and the opportunity to chat to others in like circumstances is bound to be beneficial. You might also like to bring the person you are caring for.

Ring Mrs. Eley on 01435 863 719 for information.

The Alzheimer's Society can also provide advice and support.

Ring Sarah Burchett, Dementia Support Worker : 07525 403854

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## **Every Second Wednesday of the Month**

The Waldron Country Market is held at the Lucas Memorial Hall in Waldron, commencing at 10.30am. There are free refreshments and easy parking.

It is an opportunity to buy home cooked sweet or savoury dishes, cakes, biscuits, preserves and bread. Also on offer are fruit, vegetables, plants and flowers in season.

Items can be ordered in advance from month to month and parcels can be made up and despatched to countrywide addresses.

The Market incorporates a drop-in centre which offers free coffee and biscuits as well as the opportunity to purchase goods from the stalls. It is open from 10.00 to 11.00am.

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### **Every Thursday**

1. 'Extend' (gentle movement to music) exercise sessions are held at the West End Room, Christ Church Centre, Horam between 2.00pm and 3.00pm. The cost is £2 per person, which includes tea and biscuits, plus a 50p donation towards the upkeep of the Hall.

For more information, ring Jane Morris on 01323 483 529.

2. For residents of Heathfield, Broad Oak, Cade Street, Old Heathfield and Cross-In-Hand the Age Concern Heathfield Shopping Bus is on the Road, morning and afternoon. It will pick you (and your trolley) up at your door and deliver you to where you wish to go in Heathfield High Street.

You may like to do your shopping and then make your way to the Union Church 'Do Pop Inn' where you will receive a warm welcome any time between 10.00am and 3.30pm. You can enjoy a cup of what you fancy, a snack or light lunch and a chat.

Ring Clary Pont to book a seat on the minibus.

3. Whist drive at Heathfield's Red Cross Hall, run by the 'Out and Abouters' and commencing at 7.00pm. The cost is £2.50 per head to cover refreshments and raffle prizes. Ring Sue on 01435 862 577 for details.

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### **Every Friday**

1. The minibus makes its second visit to the Holdenhurst Day Care Centre in Mill Road from 10.00am until 3.00pm, all as described under 'Every Tuesday'

2. Chair-based exercises in the lounge at Mary Burfield Court, Heathfield, from 10.30am to 12.00 noon, £1.50p per person including refreshment. Open to non-residents. Everybody welcome. More information from Ann on 01424 774 764.

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### **Every Friday Morning**

As listed under 'Every Wednesday Morning', equipment for the disabled is available on loan from the British Red Cross in Streatfield Road Heathfield between 10.00am and 12 noon.

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### **Every other Friday**

A Senior Citizens' Lunch takes place at the Heathfield Park Cricket Club in Old Heathfield. minibus can pick you up to get you there for a 12.00pm start and take you home at 2.30pm. To book please contact Mrs.A Kenward on 01435 862 618

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### **Every Tuesday, Wednesday, Thursday & Friday**

The State Hall Café in Heathfield's Station Road is open from 9am to 3pm , courtesy of the Kings Church. Go along and enjoy reasonably priced refreshments in a warm and relaxed atmosphere.

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**The Wealden and Eastbourne 'Lifeline'**

Emergency Response System is a combined telephone and alarm unit which is programmed to call a Control Centre automatically when a red emergency button is pressed. Once alerted, Control Centre staff quickly summon assistance. The system is ideal for those living alone who may occasionally need help. Ring the Control Centre in Eastbourne on 01323 644422 for details.

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**Age Concern Home Support Service** provides limited help in the home at an affordable cost for those who have difficulty in managing on their own. The service is available in the Heathfield area as well as Mayfield. Please ring Ruth Daniels on 01825 830697 for more information.

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**Community Legal Service Direct** is a Government funded confidential advice service for those on low income or in receipt of State Benefits. It offers advice over such problems as with benefits, tax credits, debt, employment and housing. In some circumstances the service may take on your problem and help solve it. Contact the service on 0845 345 4345.

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**Free Benefits Entitlement Check** is available from Wealden District Council who are concerned to make the over-65s aware of their possible qualification for welfare benefits.

Anyone who believes that they may be entitled to Housing or Council Tax Benefit or Pension Credit or Attendance and Carer's Allowances. should ring Wealden Council's Benefits service on 01323 443 774.

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**Wealden Talking News** provides a weekly memory stick of local news plus three magazine memory sticks per month for the blind or partially sighted. The memory sticks are free and are also mailed at no charge. The organisation is a registered charity and is entirely staffed by volunteers. A memory stick player can be supplied on loan. Ring 01435 862 304 for details.

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**East Sussex Association of Blind & Partially Sighted People** provide information on aids and equipment that can help you with your daily life. Then can offer a 'Try before you Buy' scheme for some equipment. Contact Steve Saunders on 01323 832252

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**Age Concern Heathfield's Volunteer Car Service**

offers transport for essential journeys and particularly for those who cannot obtain other transport or cannot afford taxis. The cost covers petrol only and is according to distance travelled. Please ring John Willson for further information and for bookings.

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**Age Concern Heathfield & District Minibus Service**

Most of the local residential homes for the retired and elderly call upon our services. Whether it is to take groups out for lunch, to go on theatre outings or to visit local and indeed further away attractions then we will be happy to consider your request. The buses are less used on a Monday.

Please contact Clary Pont on 01435 813284 to discuss your requirements and to make a booking.

### **Microwaving Water- A True Story - this is worth knowing**

A man put a cup of water in the microwave to heat up (not sure for how long) to boil it for tea. When he removed the cup from the oven he looked into the cup but the water did not appear to be boiling, but suddenly the water in cup 'blew up' into his face and cause severe burns. The cup remained intact but all the water had flown out into his face due to the build up of energy.

The Doctor attending him stated that this was a fairly common occurrence and water (alone) should not be heated in a microwave oven, always cover the container or add a wooden implement (NEVER METAL!) to help diffuse the energy.

Microwaved water and other liquids do not always bubble when they reach boiling point. They can actually get superheated and not bubble at all. The superheated liquid will then bubble up out of the cup as soon as it is moved or when something is added to it.

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### **The Alzheimer's Society Dementia Support**

If you care for a person who is suffering from Dementia the North Wealden Dementia Support Service offers information, advice and support to people with dementia and those who care for them.

### **Heathfield Coffee Morning – quarterly**

The Ian Price Room, Community Centre, Sheepsetting Lane, Heathfield. On the first Tuesday in the month, (Feb, May, Aug, Nov) 10.30am to 12.30pm.

They also have various outings and Pub Lunches throughout the year and send out regular mailings to inform carers of our planned activities.

If you are caring for a person with a form of dementia and live in the North Wealden area of East Sussex they would really like to hear from you.

Sarah Burchett, Dementia Support Worker

Ring 07525 403854 or email [sarah.burchett@alzheimers.org.uk](mailto:sarah.burchett@alzheimers.org.uk)

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## Home Visiting Chiropody

Mary Hawkins mcfhp., mafhp. Is a very experienced semi-retired Foot Health professional who has recently sold her large practice in Uckfield and had moved to Heathfield. She is offering a discounted home-visiting Chiropody service to the elderly in the Heathfield area who find it difficult to get out to appointments. Charges would be £15 for nail cutting alone, or £20 for nail cutting and dealing with corns etc. Her telephone number is: 01435 864496.

## Fashion or Fit?

Have you ever wondered why more women suffer with bunions than men? Have you ever looked at the difference between men's shoes and women's? Simple really! Women's shoes are designed for fashion, we want to look good in our shoes, never mind what they do to our feet. With age comes wisdom and eventually we succumb to flatter more sensible, dare I say comfortable shoes, but the damage is done!

We have crammed our feet into fashion shoes with their high heels, pointed toes, shoes that are far too narrow, for far too long. Ah, but the current fashion is for sensible low heeled 'ballet' type pumps I hear you say. All today's young people are wearing them, should we try them too? Better not! No support, you slop in and out of them, you have to grip with the toes to keep them on, and they are soon out of shape. Our feet suffer, pain, bunions all sorts in the name of fashion. Meanwhile our men folk are comparatively safe in the comfort of their wide fitting, sensible shoes. No bunions for them.

A good tip is to put your foot on a piece of paper and get someone to draw round your foot, then put your shoe on the same paper & draw round your shoe over your foot drawing. Which is wider your shoe or your foot? If your foot is wider than your shoe – you have a problem!

What to do? Find shoes wide enough for your feet, can you wiggle your toes, do they support your feet and have they got a small heel? (around 1 inch max is good). Most trainers are actually good for your feet. Look for house shoes that give better support than slippers. Look out for the Healthy Footwear Guide symbol on the next pair of shoes you buy. If you still have foot problems, or cannot find the right shoes for your feet, get advice from a professional.

So which professional should you see? A Podiatrist/Chiropodist will give you advice about your feet; sort out your corns, calluses and toenails. An **Orthotist** will assess your feet in relation to the rest of your body. He/She can advise on footwear and where to buy wider deeper shoes than you find in the shops.

Orthotists look to see what is going on beyond the feet. The hip bone's connected to the knee bone; the knee bone's connected to the....etc....is quite true. If your feet are painful, callused and have suffered they may not be correctly aligned and you may also need foot orthotics to correct them.

Further information and advice can be obtained from Linda,  
Galaxy Healthcare: telephone: 01825 732590

## HEATHFIELD & DISTRICT NEWSLETTER

### SERVICES

MINIBUS TRANSPORT.....

HOSPITAL CAR SERVICE .....

UNION CHURCH SENIOR

CITIZENS' LUNCH .....

HOME SUPPORT HELPLINE .....

NEWSLETTER .....

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