

GREY MATTERS

GREETINGS TO ALL OUR MEMBERS AND FRIENDS!

We're sorry that we have not been in touch for a while but we have been working hard on a programme of events for 2024. These will be on May 31st (Fairwarp), July 26th (Crowborough) and October 4th (Uckfield). Save the dates, and we will be in touch again after Easter with more information.

HELP WITH YOUR BILLS

If you live in the Wealden area and meet the criteria, you could get financial help with your energy and food costs, the council tax energy rebate, and also the Council Tax Reduction scheme.

The council completely understands that residents of pensionable age may not be aware of the help they can currently get, or do not have the online access to make these applications, or they may just need a little help to do this and they want to help them!

Below are the eligibility criteria for each scheme. You can make a claim online or maybe you can help a friend or family member by talking to those you know about these schemes and perhaps helping them to apply?

HOUSEHOLD SUPPORT FUND

In order to qualify for a payment you must meet all 4 elements of the first criteria or all 5 elements of the second criteria:

1. Be over 18 years old 2. Be resident within the Wealden District 3. Be getting Housing Benefit and/or Council Tax Reduction 4. Not be getting any relevant means tested benefits OR

1. Be over 18 years old 2. Be resident within the Wealden District 3. Be getting Housing Benefit and/or Council Tax Reduction 4. Be getting another means tested benefit (plus one of the benefits in section 5) 5. Be getting Carer's Allowance, the Carer's element of Universal Credit, a disability benefit, or be in the Support Group for Employment and Support Allowance

WHO CAN GET COUNCIL TAX REDUCTION?

If you are over pension age any support you receive will be based on the National Scheme. If you have capital over £16,000 you will not be entitled to any Council Tax Reduction unless you get Guarantee Pension Credit.

COUNCIL TAX DISCOUNTS

There are a number of discounts that may be available for Council Tax, details of which can be found below. If you are currently in receipt of a discount and your circumstances change, you must notify the Council Tax department within 21 days of the change. If you fail to tell us about the change, you may be liable for a penalty.

If you are on a low income you may be able to get Council Tax Reduction. Even if you have any of the discounts below, you can still apply for Council Tax Reduction

Single Person Discount - People with Disabilities - People caring for someone with a disability who is not a spouse, partner or child under 18 (carer must live in the same dwelling) - Patient resident in hospital - People receiving care, in a home or nursing home.





ANOTHER COMPUTER HINT FROM PAUL

Why defrag? Defragging your computer can both solve and prevent a number of problems. If you don't regularly defrag your hard drive, your computer may run slowly and/or may take a long time to start up after you turn it on. If a hard drive is too fragmented, your computer may freeze up or not start at all.

How to defragment your Windows 8/7/Vista/10 PC

Method 1: Allow Disk Defragmenter to run automatically

Windows 8, Windows 7, Windows Vista®, and Windows 10 are built with an updated Disk Defragmenter utility, which automatically performs periodic defrags. Unless you need to perform a manual defrag, you don't have to do anything – just let it run!

If you want to change when Disk Defragmenter runs, follow these steps:

Click the Start menu or Windows button. Select Control Panel, then System and Security

Under Administrative Tools, click Defragment your hard drive. Click Configure schedule...

Select the schedule you want. Pick a date and time that the computer will be on but no one is typically using it. The computer can be asleep. Click OK

Method 2: Manually run Disk Defragmenter

To run Disk Defragmenter manually, it's usually best to analyze the disk first.

Click the Start menu or Windows button. Select Control Panel, then System and Security

Under Administrative Tools, click Defragment your hard drive

Select Analyze disk. The report you get will indicate if you need to defrag your disk.

If you need to manually defrag your disk, click Defragment disk.

After defragmenting, you should experience a performance increase from your computer.



Day	Location	Club or Activity - Enquiries to 01273 494300
Monday 10:00am - 2:30pm	Bushy Wood Activity Centre, Main Road, Hailsham BN27 3LZ	Woodland Moments Hailsham. Indoor and outdoor woodland activities within the beautiful Bushy Woods. Crafts, music, outdoor cooking and so much more await at this friendly, welcoming group.
Alternate Mondays 2:30 – 3:30pm	The Civic Centre, Bellfarm Lane, Uckfield, TN22 1AE	Musical Moments Uckfield, A new music and singing group for people with any neurological condition and their care partner.
Tuesday 9:30am – 12:30pm	St Mary's Church Hall, Church Road, Buxted TN22 4LP	Memory Moments Café Buxted, Informal café including tea, coffee and cake, a little fun and laughter with games, talks, music, dance etc. Everyone welcome, especially those with memory problems and their family supporters.
Thursday 2:00pm – 5:00pm	St Richards Church Hall, Park Road, Heathfield TN21 8DT	Memory Moments Café Heathfield, Informal café including tea, coffee and cake, a little fun and laughter with games, talks, music, dance etc. Everyone welcome, especially those with memory problems and their family supporters.
Friday 1:30pm – 4:30pm	Crowborough Community Centre, Pine Grove, Crowborough TN6 1FE	Memory Moments Café Crowborough, Informal café including tea, coffee and cake, a little fun and laughter with games, talks, music, dance etc. Everyone welcome, especially those with memory problems and their family supporters.

COMMUNITY CAFES AND CLUBS

Withyham Cafe Kings' Hall, Withyham, Between 10.30am–12pm on Fridays. Please contact Anne Radford on 07885 486733

Crowborough Community Café: Last Thursday of the month – 2-4pm at Oasis Community Church, Crowborough Heather View Care Home, Beacon Road, Crowborough: Watson's Rest, is a dementia friendly safe space and is open to families with loved ones living with dementia. You are welcome to join us to enjoy a hot drink and a sweet treat in Watsons Rest Café, anytime between 9am and 5pm Monday to Friday and 10am-4pm weekends
Pie and a Pint-Gentleman's Club: This bi-monthly lunch club is open to gentlemen in the community to meet up with other gents and enjoy a pie and a pint on us! The next event is to be confirmed, please email lisa.phillips@careuk.com or call 01892 653634 to book. @ Heather View Care Home, Beacon Road, Crowborough, TN6 1AS.

Uckfield Saturday Social will start again in April 2024

Ridgewood Village Hall: Every Monday – 12 to 2.30pm. Nibble & Natter at Ridgewood Village Hall. Soup, Drinks & Cake supplied. Free for everyone. Further details from ridgewoodvillagehallbooking@gmail.com

Third Wednesday of each month – 12.15 to 3pm, Community Lunch at Ridgewood Village Hall. £7 for 2 course meal and entertainment. Must be pre-booked via rvhlunchclub@gmail.com

Every Thursday – 1pm to 3pm, Every Mind Matters at Ridgewood Village Hall, Mental health friendly group to support those struggling with anxiety / depression, Free for everyone, Further details from ridgewoodvillagehallbooking@gmail.com

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

Hailsham: Café at Abbots Wood Care Home: Every Wednesday in Hailsham. Please contact Richard Hollands for more information: enquiries@hamberleycarehomes.co.uk

Monthly Community and Carers Cafe with complimentary Afternoon Tea 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 karen.milligan@careuk.com

The Stroke Friendship Café, Bowes House Second Wednesday of the month, 2pm – 3.30pm: 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. The café will take place on the 2nd Wednesday of the month at Bowes House, 25 Battle Road, Hailsham, BN27 1DU. For further information and to book please call 01323 440188 or email karen.milligan@careuk.com

Pie & a Pint Gentleman's Community Club Bowes House- The Second Thursday of the Month, 12:30pm -1.30pm. Join us in our bar area for a sociable chat with other gentlemen from the local community over a pie and a cold pint. Carers welcome too! Take the opportunity to meet our friendly team and explore our beautiful home. The event will take place on the 2nd Thursday of the month at Bowes House, 25 Battle Road, Hailsham, BN27 1DU Advanced booking is essential by calling reception on 01323 440188 or emailing karen.milligan@careuk.com

Sporting Memories

Oasis Community Church in Crowborough once a month. The next session is on Monday 4h March. A chance to reminisce about sports you used to play, loved to watch at your local sports ground or on the telly. www.sussexcricket.co.uk/sporting-memories

For more information please contact: emma.brooke@sussexcricket.co.uk

Every Wednesday at Polegate Community Centre, 10.00am-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.

EAST SUSSEX LOCAL TRANSPORT PLAN 4

Consultation 27 November 2023 – 25 February 2024



We want you to have your say on the future of transport in the County.

The draft East Sussex Local Transport Plan 2024 – 2050 sets out how we will plan and provide transport for residents, businesses and visitors in East Sussex now and for future generations, to help connect them with the places they need to go on a daily basis.

The strategy focuses on:

- enabling safer and more accessible journeys
- developing healthy places to enable people to live well
- decarbonising transport to help us to achieve net zero targets by 2050 at the latest
- maintaining and strengthen our transport networks so that they are resilient
- supporting a more equitable, inclusive, and sustainable economy within our coastal towns, market towns and villages in more rural areas

The LTP Strategy, Implementation Plan and supporting documents and the consultation questionnaire are available on the County Council's consultation hub:

<http://eastsussex.gov.uk/DraftLTP4>

Contact details

If you want to contact ESCC to discuss this you can do so in the following ways:

- Email - LocalTransportPlan@EastSussex.gov.uk
- Telephone: 0345 608 0190 lines (open 8am to 5pm, Monday to Thursday, and 8am to 4:30pm on Friday) and ask to be put through to the Local Transport Plan Team.



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, 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

Detach and return this slip to: Linda Graham, Membership Secretary, 5 Rectory Field,
Hartfield TN7 4JE Tel: 01892 770487, Email: lindagraham@wealden.scp.org

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