

# Member Information Service

## Cabinet Member Decisions

**Call-in deadline – 10:00 a.m. on Monday, 17 August 2015.**

The following decision has been made by the Cabinet Member for Health and Community and will come into effect at 10.00 a.m. on Monday, 17 August 2015, unless the call-in procedure is activated. If you wish to request that a proposed decision is called in, please contact Member Services on 01444 477111 ([committees@midsussex.gov.uk](mailto:committees@midsussex.gov.uk)) in addition to making a written request to the Monitoring Officer, Tom Clark.

### **Licence Fees for Private Hire and Hackney Carriage Drivers and Operators**

The Cabinet Member approved the schedule of fees set out in Appendix 1 to take effect from 1 October 2015.

**A copy of the report has been attached to this email. After the call-in period, this will be a Cabinet Member Decision which can be found on the attached public link:**

<http://mid-sussex.cmis.uk.com/mid-sussex/ExecutiveDecisions.aspx>

## Information and News

### **CHANGES TO WEST HOATHLY POST OFFICE**

A new-look Post Office is scheduled to open at the Costcutter Store, Sharpthorne Garage, Top Road, Sharpthorne on Friday, 21<sup>st</sup> August at 1.00 p.m.

To enable refurbishment, the branch will need to close on Wednesday, 19<sup>th</sup> August 2015 at 1.00 p.m. The following branches will be happy to provide customers with post office services during this period:-

- East Grinstead Post Office, 101 London Road, East Grinstead, RH19 EQ; and
- Ardingly Post Office, 37 High Street, Ardingly, Haywards Heath, RH17 6TB.

When the new-look branch opens customers will benefit from longer opening hours: Monday to Saturday, 7.00 a.m. until 7 p.m. Monday to Saturday and 8.00 a.m. to 2.00 p.m. Sunday.

### **MID SUSSEX OLDER PEOPLE'S COUNCIL (MSOPC) – NEWSLETTER**

Attached is a copy of MSOPC's Newsletter for August 2015.

## Affordable Suitable Housing

Barbara Baldwin, Chair, MSOPC writes

This past year we have seen many commemorative services celebrating VE Day, some in the form of parties and others in our churches with prayers and thanksgivings for those who fought so bravely for our freedom. Last year we saw similar services in Britain and in Europe with Heads of States coming together to commemorate the Normandy landings.

It is because of these important historic events in our own history that our generation have mostly enjoyed a lifestyle that our parents' generation could only ever have dreamed of. We must, therefore, ensure that we maintain and improve - for our children and our grandchildren - the benefits and standards that we have enjoyed and that were so bravely fought for and so hard won, whether this be our Health Service or our welfare system.

But – and there is always a but! --currently a huge cloud hangs over all generations and, unless we resolve it, health, welfare, education and general standards of living will suffer and threaten everything that was so bravely fought for. That cloud is housing. Young people are finding it almost impossible to get on to the housing ladder; rents are eye watering expensive. However, here is the crunch: older people are finding it increasingly, and almost impossible in many circumstances, to downsize. Whether they are owner-occupiers or rent their homes, there are insufficient reasonable, medium-sized houses to meet the needs of the older generation. True, we have seen flats being built, many with older people in mind, but, even if they could afford to buy them, often service charges costs are so high that, when taken into consideration with the actual

cost of moving -- removal costs, legal costs, the practicalities such as having to purchase smaller furniture, etc. -- they are not a viable option. Also, a lot of older people still view flats as unfriendly places to live in. They are all right for youngsters who can get out and about easily to work and socialise but they become problematic when mobility issues arise. Older people would like to have at least one spare bedroom in which they can accommodate their children, grandchildren or a friend when they come to visit. Isolation is also an important consideration with older people and threatens both their mental and physical wellbeing.

So, at both ends of the housing market we have issues that need to be addressed. Young families need a home, preferably with a garden where children can play safely. Older people want a home that they can afford to heat properly in the winter months -- this is very important -- is easy to maintain, and neighbours they can see and chat to so that they do not feel cut off from society.

This is why MSOPC has made Housing one of their Projects for 2015-2016. On 8 September we will be holding our first housing event on this difficult subject in Lindfield. Come and hear what our speakers have to say on the subject. We would like your thoughts and your opinions; we would like to hear about any problems that you have or are facing regarding meeting your own housing requirements. Have you given any thought to downsizing? Or have you looked into it and decided to stay put in a large family home because what is available is unsuitable for whatever reason, be it too costly either to rent or to buy? Would it mean moving too far from family and friends and your support circle?

Please do come and talk to us and have your say at our housing event on the 8 September (Further details can be found on page 3.)

## Elisabeth Willett, our Secretary, writes about the **Annual General Meeting 2015**

MSOPC's Annual General Meeting to review the events of 2014, and to elect its Officers and Management Committee for 2015, took place at The Martlets Hall in Burgess Hill on 28 April 2015. Prior to the formal business of the meeting, under the Chairmanship of Sol Mead, Dr Minesh Patel (Lead Clinician on the Horsham & Mid Sussex CCG) and Amanda Rogers (currently Head of Adult Services at West Sussex County Council) outlined those statutory changes of the new Care Act 2014 that came into effect on 6 April 2015, and others -- including the very controversial cap on care costs -- that will become effective in April 2016.

The most significant change in social care law for 60 years, the legislation sets out how people's care and support needs should be met and introduces the concept of the right to an assessment for anyone, including carers and self-funders in need of support. The Act's wellbeing principle sets out a local authority's duty to ensure that people's wellbeing is at the centre of all it does. There will be more emphasis on outcomes and helping people to connect with their local community, and -- most important of all -- people's eligibility for services will be the same across England, replacing the allegedly very much criticised postcode lottery.

The idea behind the new Act is that it enables people to have more control over their own lives, with the emphasis being on prevention and ultimately of helping people to stay independent. There will be greater reliance on community support, which could reduce costs, but local councils are expecting that the increased number of assessments that will be required will put extra strain on already very tight resources.

Following this very interesting session, lunch of soup and sandwiches was served to all those attending, which gave an opportunity for a lot of interaction, and noise levels reached quite a high crescendo!

Then it was back to business, under the chairmanship of Barbara Baldwin, who emphasised the increasing role of MSOPC in the Mid Sussex local community and the fact that we now have the ear of "those who matter". She paid tribute to retiring Committee members Jean Goater and Mike Bright, referred to our 10<sup>th</sup> anniversary celebrations in December 2014, emphasised the changes in the way that MSOPC now works, following recommendations on courses attended by both herself and other Committee members whereby we now have small sub-committees to support the lead worker on any given subject. Barbara finally reported that Val Upton had become a Trustee of MSOPC and that former MSDC councillor Christopher Snowling -- now that he has retired from most of his public duties -- had agreed to join MSOPC as an Independent Trustee, and that Linda Dove, MSOPC's Treasurer, had also been appointed as Trustee and Director of MSOPC.

Linda Dove, our Treasurer, then guided us through the accounts, stressing that fund raising was vital to MSOPC's existence -- something that was becoming more and more difficult in the current economic climate.

Following the elections for the Officers and Management Committee members, the following will serve in this capacity until the next Annual General Meeting in 2016:

Chairman: Mrs Barbara Baldwin;

Secretary: Mrs Elisabeth Willett;

Treasurer: Mrs Linda Dove.

Management Committee: Mrs Elizabeth Greenfield (AnnieG); Ms Barbara Lank; Mrs Fidelma Ollif; Mr Tony Reynolds; Mrs Margaret Spendiff; Mrs Valerie Upton.

Mrs Theo Verner and Mrs Marie Puta also serve as co-opted members on the Committee.

Full copies of the Chairman's Address and the MSOPC's Annual Accounts are available on our website, but if you would like your own copies and do not have a computer please leave a message on our answerphone 01444 242760.

# MSOPC's Housing Event

10.30am – 2.30pm  
8 September 2015  
Lindfield Evangelical  
Free Church



## **Are you aged 60+ and living in Mid Sussex and would like to improve your housing situation?**

Attend our event and you will

- Hear one person's experience of Retirement Housing then a presentation from the Mid Sussex District Council's Housing Enabling Manager, about your housing options, and ask questions.
- Be able to discuss your situation with representatives from the WSCC Here to Help and Affinity Sutton Assist housing support services
- Discuss housing problems and solutions with others on your table which will help inform MSOPC's work
- Enjoy networking with others over a cuppa and lunch

Please book yourself a place at our event using the contact details below by leaving a message on our answerphone 01444 242760 or by sending an email to [anita@msopc.org.uk](mailto:anita@msopc.org.uk)

## Mid Sussex Older People's Council

A collective voice for the interests of older people  
[www.msopc.org.uk](http://www.msopc.org.uk)

Registered Charity 1147878  
MSOPC Ltd is registered in England and Wales 07113147



## Connecting our Communities and Information Roadshows

- reaching out to all older people living in Mid Sussex

The Big Lottery granted MSOPC some funding to go out and meet older people in the Mid Sussex villages. Our aim? To connect all older people via our information network, collect their views and help improve wellbeing. Anita our Development Officer shares with us some of what has been happening.



**In Scaynes Hill**, our launch event in March, we offered older people the opportunity to learn more about dementia and become a dementia friend, connect to the internet and with friends and family via email and Skype, and to join in some healthy exercise.

We have received some excellent feedback about each of the sessions, though one very active and fit 80 year old commented that she was a bit disappointed that we only offered chair-based exercises!

Apart from the constraints of how much room we had to exercise, what we wanted to illustrate at the Scaynes Hill event was that anybody can exercise – because we all should!

Information Roadshows are where we provide information about services and benefits that could help older people improve their lives.

**In Hurstpierpoint**, where not everyone knew each other, we ran it as a quiz which meant people introduced themselves and were working together – it also made it a little more fun.

At the **Burgess Hill Park Wives** group meeting there were one or two questions that have not been asked before. One such was about how you ensure that you get your congratulatory letters from the Queen.

### ***Exercise is good for you!***

The NHS advise taking an active break from sitting every 30 minutes. This advice applies to everyone, even people who exercise regularly, because too much sitting is now recognised as an independent risk factor for ill health or for those who have reduced mobility. "Long periods of TV should be avoided, and you should try and take part in activities that involve light movement and being 'on your feet' as much as possible." It was further recommended that you should "Do some tasks standing, like having coffee and chats, or even writing a letter – Ernest Hemingway wrote his novels standing."

Tips to reduce sitting time:

- avoid long periods sat in front of a TV or computer
- stand up and move during TV advert breaks
- stand or walk while on the phone
- use the stairs as much as possible
- take up active hobbies, such as gardening and DIY
- join in community-based activities, such as dance classes and walking groups
- take up active play with the grandchildren
- do most types of housework

## Connecting our Communities (continued from the previous page)

In **Ardingly** in May, when it poured with rain all day, we invited key organisations to provide information and offer help. Appointments were offered to allow people to find out from the Energy Efficiency Officer, Matthew, from Mid Sussex District Council, whether switching their fuel provider would be beneficial. People were also able to see demonstrated the benefits of different types of lightbulbs.

Many thanks also to the West Sussex County Council Prevention Assessment team and the Alzheimer's and Carers Support Services who also attended the event and to Ardingly Parish Council who we worked with to set it up.



## Future Connecting Communities Events

Coming up are several Connecting Communities events as follows:

**Wednesday 12 August** in Cuckfield and **Friday 11 September** in Bolney (plus one more yet to be confirmed): small group discussion on how to quality assure care.

**Thursday 13 August:** Midway review of the Connecting Communities initiative. Discussion about MSOPC.

**Wednesday 19 August** in Bolney, **Tuesday 1 September** in Hurstpierpoint and **Friday 4 September** in Horsted Keynes: Creating Safer Communities discussion with the Sussex Elders.

**October:** Ardingly and Worth – Get Connected IT and phone drop in sessions.

If you would like to attend any of these, or would like to book one for your village or group, please contact [anita@msopc.org.uk](mailto:anita@msopc.org.uk) or leave a message on 01444 242760.

## MSOPC's forthcoming Public Events

Three important public events in 2015 and early 2016. We are taking bookings now for the September and December events. If you need help getting there please let us know when you make the booking.

**Tuesday 8 September 2015**, meeting on housing for older people will be held at Lindfield Evangelical Free Church Hall, Chaloner Road, Lindfield. Refreshments (lunch, teas and coffees) will be provided. Emma Shuttleworth, Housing Enabling Manager, Mid Sussex District Council will be our main speaker outlining our housing options. For full details see page 3.

**Saturday 5 December 2015**, Christmas Party at King Edward Hall, Lindfield, 2-4 p.m. Join us for mince pies and Christmas cake. Enjoy entertainment provided by pupils from the Music Department of St Paul's Catholic College. Appreciate the Christmas lights surrounding the pond opposite the hall in the historic and beautiful village of Lindfield.

**Tuesday 15 March 2016**, Creating Safer Communities event and AGM in Burgess Hill. Katy Bourne, Sussex Police and Crime Commissioner will be our guest speaker.

## More MSOPC Volunteers Needed



Marie is one of our most recent volunteers. She has agreed to be seconded to the Management Committee and in this role she gave out information about MSOPC in Carers week. She and several others were at Sainsburys in East Grinstead on 8 June. As someone new to the area, she has been finding out lots of information about the activities available for older people living in East Grinstead. You will find these in the About the Towns & Villages page.

Mick is a Friend of MSOPC. He took the photographs for MSOPC's Care Act and AGM event in March, and also at the VE Day Celebration arranged by the Bentswood Community Partnership in which MSOPC has played an active role (see page 10 for one of them). Both events were reported with photos in the Mid Sussex Times.

But we still need more volunteers. Could you, or someone you know, be a volunteer mini bus driver, for instance, or a steward at our events? Could you help us promote MSOPC or become a Connecting Communities volunteer? We'd love to hear from you and about your talents and if you would like to help. For more information please visit our website [www.msopc.org.uk](http://www.msopc.org.uk), or leave a message on our answerphone 01444 242760 or email [anita@msopc.org.uk](mailto:anita@msopc.org.uk).

## What will the new State Pension really be worth?

The following is a short summary of an article that appeared in the SAGA magazine of May 2015, and we hope they do not mind us passing on a few important points made in that article that you may find of interest.

The new state pension comes into being on April 6 2016 but, contrary to expectations, some new pensioners may find that they will be entitled to no more than their older peers. The new state pension is supposed to be higher than the old pension – at least £151.25 a week compared with the current basic pension of £115.95, and additionally by next April there will probably be an additional £2.90 added on to both old and new. But recent published figures show that nine out of ten men and two out of three women will be receiving a new state pension that is no more than it would have been under the old rules. Everyone reaching state pension age from 6 April 2016 will have two pension entitlements calculated: first, their entitlement under the current system; second, their entitlement under the new state pension rules. Whichever is the higher will form the basis of their pension. But far from being the expected £150 a week, many will receive less than £100 because they were contracted out of SERPS and paid lower National Insurance contributions, having paid instead into another work or private pension which is being taken into account when calculating their new state pension by way of a rather large deduction from their new state pension. The rules say that no one will get less than they would have done under the old system, but eight out of ten will not get any more. The new state pension applies to men born 6 April 1951 and later, and women born 6 April 1953 and later.

When you have finished with this Newsletter, please do not throw it away; pass it on to a neighbour or a friend. In turn, they may like to have their own copy in future. Contact us (please see the details given above) if you would like to be added to our distribution list. We do not share your details with anyone and would like to hear from you.



# Health and the NHS

## Doctors & Nurses

Tony Reynolds, Management Committee Member brings us up to date.

It is not very well known that the Sussex County and Princess Royal are the leading providers of training for medical students at the Sussex Medical School. In late May the General Medical College gave the School a routine inspection on the standard of undergrad and post grad teaching. The Medical School has become the most popular in the country in student reviews and the quality of training was closely scrutinised. Our doctors have one of the longest training programmes in the world and you may have come across newly qualified students in your surgery or with a consultant at a recent visit to hospital.

We have developed a shortage of both GPs and some hospital consultants because the numbers of students allowed in Medical Schools was cut ten years ago. Although subsequently the Coalition increased places, it will still take at least seven years of training to produce a doctor. Not all will want to be GPs and it will take years to make up the shortfall! In Mid Sussex it is known that over one-fifth of current GPs are retiring in the next year or two, or are thinking of going in the next few years. The problem is compounded by the increasing longevity of people and the added complexity of new treatments. The only answer at present seems to be to bring in more doctors from overseas.

Also, currently in our area there is a shortage of nurses, and Sussex Hospitals are busy recruiting in Spain, Italy and the Philippines. Nurses pay has stagnated and, as with doctors, the cost of living in our area is high, especially for housing. The course at Brighton University trains many nurses each year but, on qualification, many move away to other areas, in part for financial reasons. Local hospitals cannot cover all nursing absences, due to sickness and for other reasons, and have to hire Bank staff, (retained nurses on call for temporary duties) or Agency Nurses from private companies. Both are expensive to hire and are paid more than the regular nurses. In the past year some £11m has been spent by Sussex hospitals on employing these temporary staff to fill the gaps, and sometimes there are insufficient staff available so wards may close or operations restricted. Brighton and Sussex Hospital Trust has recently been successful in recruiting 150 overseas nurses and, having passed all the appropriate admission tests, many are now working in Brighton or Haywards Heath.

Sussex Community Trust is facing similar recruiting problems and the difficulties extend into shortages of all sorts of therapists, making delays for treatment even longer, but it has had less success recruiting overseas. Locally the most important problem in the NHS is probably staff shortages. Nationally, training programmes should be expanded. Newly qualified doctors should sign contracts to work in the UK for, say, three years rather than disappear to Australia; and nurses could be encouraged by having a London weighting allowance extended to our county to increase their salaries, aided by government grants to the employers. Healthcare Assistants could receive more incentives to study for qualified nurse status and to fill nursing gaps. Housing assistance, perhaps by way of lodgings in redundant hospital buildings, might also help retain doctors and nurses in this area. The new Government should take note, as it has promised to improve the running of the NHS, and consider some of these measures!

As a footnote, it has just been announced that in Mid Sussex our life expectancy has gone up FIVE years -- men from 83 to 88 and women 85.5 to 89. I feel this is something to look forward to personally but then I think of the increased pressure on the health and social services!

## Management Committee Member Annie G tells her own story

We hear and read a lot about the bad things that happen in the NHS: How long it takes to be seen! Not enough information! Hospital food 3rd rate! Dirty Hospital! Unsympathetic Staff! etc, etc.

(Continued on the next page)



## **Health and the NHS** (Continued from the previous page)

Well, my experience was the opposite of all the above. I was diagnosed on Thursday, 23 April 2015, with breast cancer, and within three weeks (on two of which I was allowed to have my holiday) I had major surgery. From day one, everyone -- and I mean everyone, from my surgeon to the cleaners -- was polite and professional in every way. The food was good too; we had choices! Three meals a day, tea, coffee. I could see from my bed how hard those people work, and I thank the NHS and East Surrey Hospital, my doctors at Moatfield Surgery, and my dear friend Carol Williams who made me go and ask for a mammogram because at the age of 77 I was not called automatically to have one. So I say to all you ladies out there who have not had a mammogram for a few years, go and ask for one. Also, they are now saying that cervical cancer is showing up in ladies from 50 onwards! So we must keep a check on ourselves.

This article is not meant to frighten you but to make you more aware. By the way, if you are looking for a good boat holiday on a river, the river RHONE in France is a very good place to start. It is so beautiful; we found little town cafes, had a bottle of wine, lovely French bread and cheese, and -- with the man you love sitting opposite you -- it was Heaven.

Elisabeth, our MSOPC Secretary and Newsletter Editor, adds her own plaudits to those of Annie G. I recently had a rather lengthy debilitating, but fortunately not life-threatening, period of illness when on two occasions I had to make contact with the 111 out of hours GP service. I have nothing but praise for the attention I received -- speedy, sympathetic and efficient, both at home and at the 111 surgery at the PRH.

### **Contrast this with this snippet from another Committee Member:**

Just something to remind everyone how wonderful our health service really is. I have just received an email from a relative who lives abroad and had an op on his knee recently. This was not a major op; that was done two years ago. This was a follow-up. Before he was let out of hospital he had to hand over £7,540. Now he has the follow-up physiotherapy and the drugs to pay for. So we must always remember that, in other parts of the world, things may look rosy but there are also lots of thorns.

### **Breast Screening for the Over 70s**

Elisabeth continues. Of all women diagnosed with breast cancer, one in three are over 70. Why then, when women reach 70 are they no longer automatically every three years called in for a mammogram but have to self-refer? It can be difficult to remember because the years seem to roll by more quickly as we get older, but it is very important that you do this. The telephone number to ring is 01903 239757. It is very efficient and they will make an appointment for you within a reasonable time, although it may involve some travelling to get to where the mobile testing unit is. So give yourself choice of where you travel to by ringing well in advance of your due date so that you get the best chance of attending for a mammogram somewhere near to where you live. Ladies, you owe it to yourselves to make sure that you do self refer. In the meantime, however, I have written to our MPs, Sir Nicholas Soames and Nick Herbert, asking them why people over 70, where the incidence of breast cancer is so high, need to self-refer rather than being routinely called up for a mammogram in the same way as women aged 50-70 are. We await their reply with interest!

By sheer coincidence, when preparing this Newsletter, I was invited to a charity dinner in Burgess Hill in aid of Breast Cancer Now, an organisation created by the merger of Breast Cancer Campaign and Breakthrough Breast Cancer. I enjoyed a very good dinner, took part in a raffle where some wonderful prizes had been donated by local shop keepers and commercial organisations, at the end of which it was announced that £600 had been raised to donate to Breast Cancer Now. The two young ladies organising the evening had already raised £150,000 this year towards the charity, which has as its aim that by 2050 everyone diagnosed with breast cancer will live. What a wonderful goal to have in life.



Last January MSOPC, with the help of Affinity Sutton Digital Unite and St. Johns Church in Burgess Hill, set up an 'IT Walk in Help Desk'.

We have found that more and more organisations, especially government departments, are expecting people to have access to a computer and to be able to respond to their requests online.

This is causing a problem and stress, especially with some of the older people who are not already computer literate. So, if you are feeling a little uneasy about computing and accessing the internet, please do drop in and see us.

Online access does have a number of benefits with banking and shopping, as well as enabling contact with friends and family to be maintained regularly. We do also encourage everyone to be secure and take back-ups of their information.

Originally the Computer Help Desk was set up to help older people connect to the internet. However, that has been extended to cover most software aspects and age groups.

We have found that some of the problems require a home visit, i.e. desktop computers, printers and routers, and also to help our less mobile clients. We try to accommodate wherever we can by visiting with a man and woman team.

### Laughing is good for us too!

While on a road trip, an elderly couple stopped at a Pizza Hut for lunch. After finishing their meal, they left the restaurant, and resumed their journey . When leaving, the elderly woman unknowingly left her glasses on the table but she didn't miss them until they had been driving for about forty minutes. All the way back, the elderly husband became

## Do you need help with your phone, tablet or laptop?

**Drop into to see the Digital Champions at the Spire Café, St John's Church, Burgess Hill – every Thursday 11am – 1pm.**

Linda Dove, MSOPC Treasurer, and one of the Digital Champions, writes:

On average there are four 'Digital Champions' available to assist with a variety of computing problems and training on a one-to-one basis.

We can help with PCs, Laptops, Tablets and Smart Phones.

It doesn't matter whether you are completely new to computing or are just having a few problems.

Either way we should be able to help, or at least advise, on the best course of action.

If possible you should bring the equipment with you to the Spire Café with any relevant manuals and passwords.

We can cover most of the common brands of computer but the more unusual equipment may require us to familiarise ourselves before we attempt to solve any problem or offer advice.



Ring 01444 242760 and leave a message if you'd like to ask a question before you drop in or email [anita@msopc.org.uk](mailto:anita@msopc.org.uk).

the classic grumpy old man. He fussed and complained, and scolded his wife relentlessly during the entire return drive. He just wouldn't let up for a single minute. To her relief, they finally arrived at the restaurant. As the woman got out of the car the old man yelled to her . . . while you're in there, you might as well get my hat and the credit card.

## Around the Towns & Villages

### Haywards Heath – Barbara Baldwin our Chairman writes



On Friday 8 May I attended a V.E. celebration at the Warden Park Primary Academy in Haywards Heath, where we were taken down memory lane and transported back to that memorable day in 1945. This was organised by the Bentswood Community Project, of which MSOPC is a partner.

We were given a demonstration by the IMPACT Tasty Team of a typical war-time dish-- I understand that it was a Marguerite Pattern recipe -- of corned beef fritters. which we had for lunch along with a war-time soup and pudding.

They showed everyone the tiny portions of butter, fat, cheese and other foods that were an individual's weekly ration and which many mothers gave to their children. Praise must go to the ladies of the Tasty Team who not only gave a demonstration on how to prepare and cook this dish with the very meagre ingredients available, but then went on to cook our three-course meal on little more than camping stoves. The IMPACT Tasty Team works with a number of targeted adult groups within the community. The participants learn practical cooking skills and also about eating a well-balanced healthy diet, budgeting and weekly meal planning. They ensure that recipes are not only affordable and nutritious but also quick and easy to prepare – and tasty!

A lot of chatter took place during the morning as people recalled memories -- some good, some sad, but also some that were very funny and had us roaring with laughter.

After lunch we were entertained by the younger children of the school who were accompanied by much flag waving and swaying backwards and forth from the grownups as they sang popular songs from that era.

But I think that the highlight of the day was when the older children, possibly year six, came and shared with us their 2<sup>nd</sup> World War II projects that they had all been working on, each one different and individual but each told the story so well. It was a wonderful moment of intergenerational communication and understanding between old and young, and *vice versa*, as stories were passed between the generations. There were a few tears in the eyes of the older generation. This, I feel, is also a tribute to the teachers because not only was it a disruption of their normal day's activities but to have inspired that many very young children to get involved and to have produced the quality of the research and work was in itself an achievement. Well done to everyone.

### Haywards Heath Town and Sussex Police 999 Fun Day, Victoria Park, Saturday 5 September midday – 5pm

Do come along and join us at this event if you can – MSOPC will have a stall there. Why not come with all the family? As well as our stall providing lots of useful information and maybe some tasty things to buy there will be others and also rides and stage/arena displays – including the emergency services and Thames Valley horses.



## **Burgess Hill**

### **Car Parking**

Car drivers in Burgess Hill will be pleased to know that we have some free car parking – not very much but it is a step in the right direction. Although the necessary signage has not yet been installed, it is possible to park your car FREE for 20 minutes – only 20 minutes and the wardens are being very sharp – in a designated area in Church Road, on the left hand side going down the one-way street, just below Barclays Bank and finishing just above WH Smiths. Mayor Anne Jones hopes that Burgess Hillian car drivers will find this useful but says that making some limited time free parking available in the car parks, where charges exist, would not be possible.

Editor's comment: It still means that if I do not use the bus (which I mostly do) I shall have to pay an 80p parking charge when I want to go to the Post Office, because 20 minutes will not be sufficient time to walk down the pedestrianised bit, queue up for whatever I need to do in the Post Office and then walk back; I shall still have to park in the multi-storey. Perhaps our Mayor could think about finding a space near the Post Office that would help car drivers as many of our old people still collect their pensions from the Post Office.

### **Burgess Hill Town Football Club**

Many of our gentlemen supporters, and no doubt many of our lady supporters also, during the more active parts of their life followed a major Champions League Football Club and continued to do so perhaps for a few years into their retirement. Then the difficulty of travelling in overcrowded, unreliable trains (at a cost!), plus the exorbitant prices of season and one-off tickets for the major clubs, may have brought an end to these outings. Perhaps you have missed watching 11 very fit, over paid young men kicking a ball around on a Saturday afternoon so you might be interested to read a note that we have received from Steve, Ian, Jim and Terry about the virtues of supporting your local football club.

"Steve (Smudger), a carpenter of note and a Chelsea fan, decided to check out his local football team, Burgess Hill. He was joined by Ian who will take you anywhere in his taxi if you can afford the fare. The next one to succumb was another erstwhile carpenter, Jim, a Spurs supporter. A Sunderland fan all his life, Terry, a pensioner, also went to a couple of games.

They all found the experience of local football light years away from the regimentation of big clubs who herd you in and take your money. The effort and discipline of the Burgess Hill players is something that a number of highly paid professionals should attempt to emulate.

From the Quirkily named "Green Elephant" stadium to the bacon sandwiches and lovely greasy chips, a visit to watch Burgess Hill is different. Steve joined the 400 club and won £150.00 at his first attempt. He then won a prize the following month and was not the least bit embarrassed.

The club is friendly and welcoming, the players wholehearted and genuine when considering an injury could affect their daily occupations."

So -- they all enjoyed their visits, will support the team in the forthcoming season and urge others to do the same. Having finished top of the Ryman's League Division 1 South at the end of the 2014-2015 season, the team now moves into the Ryman's Premier League. Perhaps you too would like to join Steve and his friends in supporting your local team, and, you never know, your grandchildren might enjoy the opportunity to spend an afternoon with grand-dad or grandma watching 11 not quite so fit, but certainly not overpaid, young men (they are all amateurs) kicking a ball around on a Saturday afternoon.



## **East Grinstead**

As reported in the Development Officer's Report, Marie is our latest co-opted Management Committee Member. As someone new to the area, she has been discovering lots of information about the activities available for older people living in East Grinstead, and here are three of her suggestions:

### **How about joining the East Grinstead U3A?**

It has a multitude of clubs, ranging from book clubs to canoeing, to a theatre group, to painting and handicrafts groups, meeting Monday to Friday in a range of venues. Enrolment Day this year is on Saturday, 17 September at 2-4pm at Meridian Hall and the AGM and open meeting – a presentation on Talking Machines -- is on Wednesday, 23 November at 2pm at the Meridian Hall. If you have a computer, just Google "East Grinstead U3A" for more information. If not, leave a message on our help line (01444 242760) and we may be able to help.

### **How about visiting the local library?**

Right in the centre of things, opposite a car park, at 32-40 West St, East Grinstead, West Sussex RH19 4SR, and accessible by phone 01342 410050, East Grinstead library is a very helpful place for any information you require and a good place to start a search, with help from very well informed staff. If you live in a designated post code area, you can claim £6 discount on a railcard using information supplied at the library. On the last Wednesday of the month they have a free talk on a variety of subjects, and details are displayed in the windows of the library. Computers can be used for a small fee, with staff on hand to help. It also has a photocopying service. There are noticeboards on which there is information about lots of clubs and events. Also, as well as being a Sure Start centre for families, the library has a play area and children's library – so having your grandchildren with you should not stop you going.

### **Or a healthy walk down the Worth Way to Forest Row?**

When you pop into the library, why not ask for a map of the Worth Way? (Or email [buchan.park@westsussex.gov.uk](mailto:buchan.park@westsussex.gov.uk) or ring 01293 542088/544120.) Marie enjoyed her walk along it to Forest Row recently. It once was a railway track that runs past East Grinstead and is well used now by walkers, cyclists and horse-riders of all ages.

## **Lindfield**

Lindfield Fund raising for New Bells

Our Val continues with her bell ringing efforts!

We continue to raise money for new church bells at All Saints Church in Lindfield. Saturday, 30 May was Lindfield Village day. A team of fund raisers were out on Lindfield Common with the bell that was made last year.

The 'Golden Mile' was the heading for our group for the day. We invited people to donate a £1.00 coin and to place it round the bell. £15.00 made a foot. Each time a foot of money had been collected, we placed a paper foot up. We had 20 feet up by the end of the day. We also had a model church and when you put a coin in the tower the bells rang out. We collected £315.00, for which we are very grateful. We need a few more pounds to complete the Golden Mile!

Many thanks to our funders, including the Sussex Community Foundation, who fund the newsletter's production, printing, and posting which helps us to stay in touch with you.