

NEWSLETTER SUMMER 2019

MSOPC is a local charity, managed and run by older people for older people in Mid Sussex. Our aim is to improve their lives through the representations we make to decision-makers about older people's needs. We also aim to reduce isolation and loneliness, offering support, advice and information on many issues which older people face, through our social opportunities, public events, roadshows, quarterly newsletters, website and helpline.

There is no charge to join MSOPC, either as an individual or as an organisation working with older people, and your information will not be passed on to third parties. To find out more information, please e-mail nicola2@msopc.org.uk or phone 01444 242 760. Further details of MSOPC and upcoming events can be found on our website at www.msopc.org.uk or Facebook page www.facebook.com/msopc.org.uk



Councillor Bruce Forbes with Chairman Barbara Baldwin

Our Annual Conference

It was lovely to see so many people at our Annual Conference on Thursday 25th April, many old friends and familiar faces but also some new ones.

Councillor Bruce Forbes, Chairman of Mid Sussex District Council opened the Conference to a packed hall and thanked and praised MSOPC for its contribution to helping older people in the community and especially its continued efforts in helping to reduce isolation and loneliness.

Our main speaker Katy Bourne, Police and Crime Commissioner for Sussex followed by giving an interesting and lively insight into the running of what is a very busy department and covered many of the issues that have hit the headlines recently. But also, many of the things that we don't always realise that goes on in the background, and as in many organisations, most of the work being done out of sight by ordinary men and women just getting on with their work, which in this instance is keeping us all safe. But it was good to hear and appreciated by the audience that many more police officers and PCO's are now being recruited across the county.

Many questions came forth from the audience, some of which Katy took away with her to deal with in more depth. It was a lively and good-natured exchange of ideas and some concerns, but not without a bit of humour at times.

There then followed some light and excellent entertainment by duo 'Anything Goes', which took us through to a very enjoyable lunch, which had been prepared and was served by the Clair Hall Catering staff.

MSOPC would like to express its thanks to all our supporters who attended, our guests, Crime and Police Commissioner, Katy Bourne, and The Chairman of Mid Sussex District Council, Councillor Bruce Forbes. Our thanks to everyone who took part in our raffle and gave donations, we raised £179.38.

Barbara

MSOPC Annual AGM was held at MSVA meeting room offices on 16th April 2019

In attendance:- Barbara Baldwin (Chairman), Val Upton (Vice Chairman) Joan Brown, Barbara Lank, Margaret Spendiff, David Waite, Tony Reynolds, Nicola Brotherton

Apologies for absence Annie Greenfield.

Minutes of the 2017 AGM had been circulated previously to committee members and approved as correct and a true reflection of the Annual General meeting held on 5th March 2018 at the above address.

The followed people were duly voted onto the committee

Chairman, Barbara Baldwin pp by Val Upton, seconded by Joan Brown

Vice Chair, Val Upton pp by Barbara Baldwin, seconded by Barbara Lank.

Committee members

Annie Greenfield, Joan Brown, Barbara Lank, Tony Reynolds, Margaret Spendiff, David Waite. Were voted on en-bloc by prior agreement. Approved by the Committee.

Treasurer Chris Ollif agreed to continue as Treasurer until a suitable replacement can be found. Therefore, no change to bank mandates were necessary.

The role of Secretary remains vacant.

The Financial report for year ending December 31st 2018 which had been previously circulated to all committee members, and filed by Mrs Alison Henderson, Independent Examiner, with Company's House was approved by all present.

The Chairman's report was read and approved by all present.

The chair asked for the adoption of all reports, including the Financial report, these were pp by Barbara Lank. Approved by David Waite. Unanimously agreed.

Appointment of Mrs Alison Henderson as Independent Examiner for year 2019/20 was unanimously agreed, by all present.



MSOPC Committee Members from l-r; Barbara Baldwin, Chairman; Tony Reynolds; Joan Brown; Margaret Spendiff; Val Upton, Vice Chairman; David Waite, Annie Greenfield.

MSOPC Chairman's Report AGM 16th April 2019

Looking back over 2018, over all I think MSOPC did very well indeed. The public events we hosted were by and large a huge success and with the advertising of all our events now being done in a timely and positive manner and also very professionally all due down to Nicola, the response is also much more positive. Thanks to those of you who have gone around the towns asking shops, cafes etc., to display them.

I ask you all to make good use of the MSOPC events Calendar that Nicola has produced and please read it and make notes in your own diary for forthcoming events that MSOPC is holding throughout the year.

Despite all the above we are still in desperate need of extra help, not only at Events but also with the planning of them, and the day to day running of the Charity. I have put together a new specification for someone to help, that I have sent to MSVA and I hope that will result in some extra help, but the competition for people is hard and we are a small organisation and therefore cannot offer the benefits that some of the better-known charities can offer. If each and every one of us can only do one extra thing a month between meetings it would be of help.

The role of Treasurer also still needs to be filled. We are very grateful to Chris who is continuing to help us.

At both our AGM and our Public meeting last year. I announced my wish to stand down as Chair, not for any reason other than I feel we need some new and younger blood in the organisation. I am happy so long as you are all happy to put up with me to stay on the committee and help where I can, and with anything that I can. **But folks, I am also very conscious of the fact that I am now turned eighty years of age and would like to see something that I helped set up and that started with a ream of donated printing paper, some envelopes, and a few £5 and £10 notes by those of us there thrown into a fruit bowl in someone's dining room fifteen years ago, to continue to prosper and meet the needs of the next generation of older people here in Mid Sussex.** Because believe you me, I think the upcoming generation will have a much tougher retirement than we have experienced and their needs could be much greater.

Which brings me to more or less where we started. Because now is the time where serious consideration needs to be given to what sort of an organisation **you** want MSOPC to become in the future. Part of a Management Committee's responsibilities is to consider this and put forward ideas. We must have a vision set out for where we need to be next year and in five years' time. The question I therefore put to you is, **what would you like to see MSOPC be doing for older people in Mid Sussex?**

I thank you all for your support over the past year, in particular I would like to say a big Thank you to Val without whom half of what we do wouldn't get done. "Thank you, Val"

Let's look forward to another year of good works.

Barbara Baldwin

Chairman
April 2019

Thank You

During the course of the year, MSOPC have many people to whom it would like to thank and without whose help MSOPC would not have been able to maintain its busy schedule.

The following organisations who have generously donated to our funds.



The Sussex Community Foundation



Lindfield Co-op

JOAN AINSLIE CHARITABLE TRUST

Joan Ainslie Charitable Trust



Haywards Heath Town Council



Parish Council

Lindfield Parish Council



Mid Sussex District Council

Not least of all The Supporters and members of MSOPC who have sent in cheques and letters of appreciation. We would like to say a big thank you to everyone.

The helpers:- Friends of MSOPC, those who have replied and helped us in the course of our work as we have researched information that has enabled us to keep you informed.

Nicola our Community Support Worker who works very hard to support us all in every way she can. We would like to give our sincere thanks to all.

Some of the Committee Members Voted in at our AGM

Barbara Baldwin - Chairman



After a busy life working in Personnel Management, it soon became apparent that retirement for me was not going to be sitting with a book, or a lady that lunches. So, when I attended a meeting about setting up an organisation for older people in Mid Sussex, I realised that the knowledge, skills and experience I had could easily transfer into helping others. Ensuring that older people had a voice and were seen as well as being heard and were treated with dignity by all. So it was that myself and a number of others, all with good business knowledge and people skills put our heads together and formed what is now known as MSOPC. There have been a few bumps and rocky roads along the journey, but I have also met some amazing kindly people. MSOPC has come a long way since 2004 and now we need to make the next 15-25 years even greater as there is still lots to do and lots of people who need our help. So, anyone out there who feels they can contribute, please bring your skills and your knowledge and volunteer with us. Contact us on 01444 242760 or write to our registered office, 93 Barnmead Haywards Heath, RH16 1XB.

Valerie Upton – Vice Chairman



Prior to my retirement which was 10 years ago, I worked for the National Health Service for 45 years, working in the latter years as a Senior Nurse Practitioner and Stroke Coordinating.

Before retirement I was asked to volunteer as a school governor and also for the Parish Council. Sadly, I had to give up being a school governor after a few years because so much voluntary work came my way.

I was asked to represent the Parish Council on Mid Sussex Older People's Council which was about 12 years ago, since then I have become very involved in the organisation. I also do quite a lot of voluntary work for All Saints Church in Lindfield, as well as being the Vice Chairman of Lindfield Parish Council and the Chairman of the Lindfield branch of the Royal British Legion. It's a great joy to serve in the community.

David Waite – Committee Member



Age 71, married for 47 years with 2 children aged 45 and 43. 1 Grandchild. We have lived in Haywards Heath for 40 years

I was a Chartered Surveyor working as Property Manager for Ericsson, Philips Electronics and EMI Limited. For the last six years I worked as Property Manager for Mid Sussex District Council. I have always been interested in current affairs in our town and have always been keen to support MSOPC. I have been retired for 7 years. My interests comprise running Groups and giving talks to Haywards Heath University of The Third Age, Member of Haywards Heath Probus, playing Bowls for Haywards Heath and Beech Hurst Bowls Club, practicing Yoga and keeping fit.

People willing to be volunteers



Back in March, I was asked to go and talk to the women section of the Hassocks Women's Section of the Royal British Legion. I was asked to speak about Mid Sussex older People's Council.

Many of you know that we are always looking for people to Volunteer to help us at events. At the end of the talk I mentioned this and a lady came up to me and offered herself and four friends who were willing to volunteer for Mid Sussex Older People's Council. She gave me her telephone number and I contacted her afterwards and it was great to see four of them at our annual meeting at Clair Hall in April. They enjoyed being there, and we had time to discuss dates when they are coming to help. Thank you to those who volunteer to help us it's much appreciated.

Don't Forget to Choose MSOPC!



We need your help! In order for MSOPC to receive 1%, every time you shop at Co-op, at no cost to you, we need you to register your Co-op card.

To help direct funding to MSOPC, go to <https://membership.coop.co.uk/causes> to select MSOPC as your cause. Or phone 0800 023 4708. We are only nominated for a year which finishes this October, so please register your card to MSOPC as soon as possible to help us raise funds. Thank you.

MSOPC would like to say thank you to the Lindfield Co-op who have been so generous to us, donating money and supplies at times such as coffee, and mince pies for our Christmas tea. A big thank you to them, we are very grateful.

Val



The Happenings in East Grinstead

Well, here we are again, as I am typing this its Easter Monday afternoon, and we have had marvellous holiday weather, in fact I sat out in it far too long yesterday at my daughter's so it's nice to be inside in the cool.

First of all, just a little bit of news about AGE UK EAST GRINSTEAD, some very good news in fact; very soon they will be moving to new premises, namely GLEN VUE. The office informed me it's only a matter of crossing the Ts and dotting the Is, and as you read this, it will all

be in the bag so to speak, so keep a look out for information in the local paper and from AGE UK themselves. Just to let you know that there is a lunch trip on the 24th June to the POT CAFE at Turners Hill, ring Swan Mead Centre for more info, number 01342 327406, I understand it's a very nice place and the food is very good.



On the 8th April we went on an organized trip to the Bluebell Railway with lunch, that wasn't so good, it was all arranged for 16 of us to have a Fish & Chip lunch there but when we arrived they had not laid up any tables for us, so the poor helpers (who do an excellent job) had to run around like tornadoes getting everyone a seat and cutlery etc., never mind we did have a laugh and the trip down was beautiful the country side the colour yellow, yellow and more yellow, (bluebells not out then) very nice. Scientology provided the coach and helper, they are very good and so was the trip back on the train; the views amazing, it was a laugh trying to get on the old steam train - now I have trouble with my legs, I am beginning to know what it's like to be disabled!



It's not much fun, so I have taken it upon myself to find out where the best facilities are and the worst, must admit Bluebell Railways toilet was very good. I have ordered some disability items off the internet to try them out, one being a KEY THAT UNLOCKS PUBLIC TOILETS, and other items, I will let you know how I get on and if any of you have an item you use that you think would be of help to any of our readers or a super toilet or user friendly premises OR NOT please let me know, there are laws covering disabled places and I would like to know if these establishments are covering the law. As I mention its only now that I realize how difficult it can be, and I am one of the lucky ones, that I only use a stick or my trusty 3 wheeler. Well dear

friends, let's hope this weather continues; should I be saying that or should I be wanting rain - CLIMATE CHANGE IS AS BAD AS BREXIT NOW!!!!!!

Annie

2019 Diary of Events

Throughout the year, MSOPC holds many events. These events serve to bring people together, to help reduce loneliness and isolation, but they also serve to inform, and educate, such as our regular I.T. help events, and Burgess Hill Festival events.

Did you know?

There is a lot more to MSOPC than just our events and newsletters. The charity's aim is to improve the lives of older people through the representations we make to decision-makers about their needs, and we attend many key meetings in Mid Sussex, on behalf of the older person. MSOPC also aims to offer support to older people through our helpline, and at our events. MSOPC are very well connected in Mid Sussex, and can offer advice on where people can go for further help.

MSOPC Event at the Burgess Hill Festival 2019

Wednesday 5th June 10am-2pm

We are excited to announce details of our free event at the Burgess Hill Festival this year.

We will be holding it at St. Wilfrid's Catholic Church Community Hall on Station Road, Burgess Hill, RH15 9EN. There is plenty of free parking, and it is also close to the bus stop and train station. We will be having Tania Rodd to sing for us, as well as many stalls and activities. Lunch and refreshments will also be included, so please book by 29th May so that we know how many to cater for.



To book, please leave a message on our answerphone, with the name(s) and phone number(s) of the people you are booking for, on 01444 242760, or e-mail Nicola2@msopc.org.uk. Please be reassured that we will add you to our guest list, but we don't phone back unless there is a problem with your booking.

We are also taking **bookings for information stands** on the day, so please phone or e-mail as above. Space is limited, so stands will be booked on a first come, first served basis.



Burgess Hill Festival, June 2019

Burgess Hill's annual Summer Festival takes place from Saturday 1 – Sunday 9 June 2019. One of the highlights of this year's Festival is an open-air performance of Shakespeare's perennially popular *A Midsummer Night's Dream* performed by acclaimed professional theatre company, The Lord Chamberlain's Men, in the lovely grounds of Burgess Hill Girls. Bring a chair and a picnic!



During the 9 days of the Festival there will be plenty of other events and activities for all ages and a wide range of interests, including a variety of music, art and craft, literature, walks, talks, history and local history, workshops, taster sessions and so much more. The Festival is a celebration of the wonderful community we have in Burgess Hill so come along and join the fun!

MSOPC continues with its 3 FREE I.T. Sessions

Ardingly College Monday Afternoons

Having problems with your phone, laptop or iPad? Then why not come along to our free one to one I.T. sessions on **Monday afternoons 4.20 – 5.20pm at Ardingly College**. No need to book, just turn up. The next session is Monday 20th May, the following week is half term week, then it recommences in June. During the summer term, it is held in the C classrooms next to the College library.



Spire Café, St. John's Church, Burgess Hill, Thursday Mornings

The team continues to help people every Thursday Morning 11.00 -1pm. Bring your phone, Laptop or iPad no need to book just drop in. For further information ring 01444 242760, or e-mail Nicola2@msopc.org.uk.

NEW Hurstpierpoint College, Tuesday Afternoons

Hurstpierpoint offers a free drop-in one to one session with their students on a Tuesday afternoon during term time. Sessions are 2.30-3.30pm, just turn up to reception on College Lane, and one of the lovely staff will take you to the light and airy library, where the students and a tutor will be on hand to help you. There are computers for you to use but it is better if you can learn on your own device. Coffee, tea and biscuits at the end of the session. If you don't drive, or don't know where the college is, just come to Trinity Road car park, behind the Hurstpierpoint High Street, and a minibus will be waiting at 2.15pm to take people to the college. It will drop you back at around 4pm. No need to book. Dates for the remainder of this term are 14th and 21st May, 4th, 11th, 18th and 25th June.

Are our IT Sessions for you?

You might think; it's not for me, I can use my mobile phone, and I can answer, make calls from it and send a text. Which is good. You have also most likely seen all those adverts for doing your grocery shopping on line, and may also possibly think, oh that's not for me. Well it really is for you. We can help with it - we have one lady who regularly comes along to our sessions and always gets help with ordering her shopping on-line. Because of an injury she has problems with her hands, so inputting things is difficult for her, and because of the injury she can no longer drive or carry her shopping and taxis were costing far too much, but she has solved the problem by coming to our **one to one sessions and receiving help. Come along and give it a try.**

You will also get a cup of tea a biscuit and meet some friendly likeminded people. It really is that simple.

Other dates for your diary;

Saturday 1st June, Lindfield Village Day

Saturday 17th August, MSOPC Barbecue Fundraiser at Val's House, Lindfield, from 6pm

Saturday 7th September, Haywards Heath Town Day, Victoria Park, 12pm

October

Wednesday 2nd Macmillan Coffee Morning, Lower Library, King Edward Hall, Lindfield 10-12pm

Saturday 5th Elisabeth Willett Coffee Morning, Burgess Hill Help Point Upstairs, 10-12pm

Thursday 10th Haywards Heath Silver Sunday Coffee Morning, Orchards Shopping 10-12pm

Friday 18th East Grinstead Silver Sunday Coffee Morning, East Grinstead Library 10-12pm



Nicola the MSOPC Community Support Worker

Nicola Brotherton joined us as a Community Support Worker in August 2017. Some of you may have seen Nicola at some of our events with a camera. Please do not hesitate to contact her either by e-mail at Nicola2@msopc.org.uk, or by phone on 01444 242760.

Our Stallholders at this year's annual conference

It was a real pleasure to invite the stallholders for the MSOPC 2019 annual conference, we had some great organisations attending, and for those of you who couldn't make it, I just wanted to tell you a bit more about them. All the stall holders said how much they enjoyed our event and the opportunity to engage with each other as well as everyone who may need their services. We would like to thank all the stallholders for coming.

For the artists among you, we had '**She Sells Chic**' which we have an article about on page 12. They endeavour to make art accessible to all.

Jane Reid's artwork proved very popular, and she sold many paintings and books of local places such as Lindfield. Jane lives in Haywards Heath and it is so nice to have a local artist at our events. She will also be attending our Burgess Hill Festival event on 5th June, of which there are details on page 6.

The **Haywards Heath U3A** (University of the Third Age) were there to tell us about all the many and varied groups they have on offer. You would be hard pressed to not to find a group which covers topics you want. I think it's such a shame you have to wait until you've retired to join because learning about the things you are interested in should be what life's all about! Everything from the arts, to IT, languages, travel, sports, you name it! For further information phone Susanne Roberts on 01444 459982.

We also had many organisations who help people to stay independent in their own homes, such as **Home and Company**. They can help with shopping, cooking, cleaning and laundry, as well as household administration, building and decorating, gardening, foot care, hair & beauty and much more. They can also take you shopping, to appointments, activities or just out to a nice café for coffee or lunch. They even visit many people just for a cuppa and a chat whether that's in their own home or if they have moved into a care home. For enquiries, phone 01273 434190.

Age UK also offer a lot of home help plus many specialist services, as well as their activity centres, and they have a free helpline for questions about social care, housing, scams or legal issues; call free between 10am-2pm every weekday, on 0800 019 1310. They sent us a useful article which is printed on page 11.

Sussex Home Improvement Agency also helps residents to stay independent by helping with access to local housing related services in response to a person's needs. Professional help is provided with organising home adaptations and improvements. Support is available with the design, planning, consultation and build process. For enquiries, leave a message on their answerphone on 020 3198 8945. We also welcomed **Re:Map**, who we heard about through Lesley Bright (thank you Lesley). They are a national charity that provides custom-made equipment for disabled people. Their skilled volunteers provide innovative, practical solutions to everyday challenges encountered by disabled people. For enquiries phone Annie Smedley on 07827 709035 or Sara McLafferty on 07741 722310.

Sussex Community Transport are ever more important in these times when public transport services are being cut. You can find a list of the community transport services in West Sussex here <https://www.westsussex.gov.uk/find-my-nearest/community-transport-provider/> But it was **Mid Sussex Bluebird transport** who came along to our conference. For their Dial-a-ride door to door service, you need to book 24 hours in advance on 01444 471919 between 9.30-12 noon Mon-Fri.

For carers, we invited **Crossroads Care**, which you can find an article about on the next page, and **Carers Support**, who provide a wealth of support, workshops and events for anyone caring for friends and family. Phone their carer response line on 0300 028 8888. We had the brilliant **Mid Sussex Health and Wellbeing** team there to chat to, and information about their healthy walks. They can help you to find local wellbeing information and services. You can also get support for things like getting your family fitter, doing some regular exercise, dealing with stress, kicking a habit, or simply improving your general wellbeing. This is the team that produce the very helpful 'Community Connections' directory of services for older people. For enquiries, please phone 01444 477191.

I'd also like to thank the many organisations who were more than happy to publish the articles I sent them about the event, and indeed the many other events they help us promote throughout the year, including the **Mid Sussex Times and Gazette, Mid Sussex Argus, Sussex Living Magazine, the Village Voice magazines, the Hurst, Cuckfield and Lindfield Life Magazines, and all the doctors surgeries, libraries, councils, shops, and older people's centres** willing to display our posters as well as sharing everything online for us. Also, **Burgess Hill Radio, and BBC Sussex Radio**, who are always more than willing to share our information and invite us in to talk on air about what we're doing.

Finally, I'd like to thank **Katy Bourne** and her office for making the process of liaising with them to organise our event so efficient and professional. Katy Bourne also arrived long before she needed to, even stepping in to start her presentation earlier than anticipated.

Hurstpierpoint IT Help

Of course, it is always useful to be able to look up the above companies online to see what services they offer. If you don't know how to do this, please don't hesitate to come along to one of our free one to one IT sessions and ask how to do it. As you many know, we recently set up our third IT help sessions in Mid Sussex, at Hurstpierpoint College. They are a very friendly bunch and a real pleasure to deal with when setting up the sessions, as they were so willing to help, even offering to put on a minibus to take people to and from the college. In case you are unable to get there, here are a few little IT tips to get you started;

- Let's start with the basics! If you don't know what a 'search engine' is, don't worry, all you need to do is open up the internet, and in the space at the top, type in what you want to search for and press enter.
- If you have trouble reading small print on the internet, an easy and quick way to enlarge what you are looking at is to hold down the Ctrl key with one hand, and with the other, press the + key as many times as you need to, to enlarge it. To make it smaller again, hold down the Ctrl key and press the – key.
- Scams – if you receive an e-mail which looks genuine, for example from HMRC, hover over the sender's e-mail address with the mouse cursor, and the real e-mail address of the sender will pop up. A lot of the time, the e-mail address will give away the fact that it isn't really from that company.

Health and Wellbeing Network and Library Facilities

MSOPC also regularly attend the Mid Sussex Health and Wellbeing Network meetings, they invite speakers from various local organisations, and it is always a very useful and interesting morning. You can see the organisations that spoke at the last few meetings here;

<https://midsussex.westsussexwellbeing.org.uk/topics/more-topics/health-wellbeing-network>

At the last network meeting, someone from the libraries came to talk about the many facilities they offer that people might not know about. There are many services, such as volunteers bringing books to your home if you are housebound, facilities to help visually or hearing-impaired people. They can even send someone to your home to help you to understand how to use a tablet, and even bring one with them. There is a link to all these services here; <https://www.westsussex.gov.uk/libraries/using-library-services/library-access-for-all/> Also, Lesley Bright sent us a great tip; Haywards Heath Library offers digital borrowing of ebooks and audiobooks. This means that you can access reading and audiobook material on your tablet, smartphone or e-reader, for free, without having to make a trip to the library—subject to being registered as a library member. For more information contact the library or look on line <https://www.westsussex.gov.uk/libraries/elibrary-electronic-library/>

Also, there is going to be a new reading group starting up in Haywards Heath library on the first Thursday of each month from 2-3pm, starting on the 4th of July. The first book will be *The Miniaturist* by Jessie Burton. If you would like to join in, pop into [Haywards Heath Library](#) to sign up and collect your copy of the book! The library also offer many talks from authors and other events throughout the year, including events during the Burgess Hill Festival and a **free afternoon talk with actress Madeline Smith**, at **East Grinstead Library**, accompanied by music and poetry, on **Wednesday 5 June, 1.00pm - 2.00pm**, Madeline was one of the faces of 1960s modelling, TV and films. She appeared as a 'Bond Girl' in *Live and Let Die*. Tickets are **free** but please book by contacting the library on **01342 332900** or by [visiting in person](#).

So, it's always worth asking at your local library if they can help you, and what they have coming up.

Nicola

Looking to The Future

National Council for Voluntary Organisations (NCVO) Annual Conference

The last time anyone from MSOPC attended the NCVO Conference was more than three years ago and we thought it was about time we made a return visit. Sometimes it is important as we move from one phase of either our life, or as in this instance our organisation, that we re-establish what we are about and ask ourselves are we fulfilling the very thing we set out to do. But also more importantly, are we fulfilling the things that are needed now?

The theme of the NCVO conference was Looking to the Future, and as it celebrated its 100th Anniversary it seemed a very appropriate time for us to make our return visit.

So, on Monday 1st April 2019, Val and Barbara attended this very auspicious event and we were not disappointed. A very inspiring and thought-provoking opening address on the state of the Voluntary Sector by its CEO Sir Stuart Etherington, soon had us thinking and considering MSOPC's future and were we on the right tracks to meet current and future needs. Learning from the past but getting inspiration to go forward, we soon realised we had already started along that pathway as one of the things that Sir Stuart raised was Focus on the Community, and he said, Quote. **"A re-focusing on our society around those things which truly make life worthwhile. Investing in people and communities, is not hostile or adverse to economic success, it is in fact essential to it. Investing in wellbeing means, not- longer hours at desks, but more flexibility. Fewer hours at desks, more time to engage in community life and to volunteer"** Unquote. As those of you who know us, bringing communities together is what MSOPC tries to do, and is something that we have had quite a considerable amount of success at, but there is still much, much more to do. There was also another important observation that Sir Stuart made that was re-invention, so whilst we learn from the past, deal with what it is needed, we mustn't be afraid to re-invent ourselves in order to serve the purpose for which we set out in the beginning. Which often means bringing fresh young blood into our voluntary organisations and listening to what the needs of the upcoming generations have to say, move on from old ideas and embrace new ones. But always keeping focused on our core aims and principles.

We learned a lot from our day in London from: What's new in Charity Regulation in 2019, 21st Century Leadership, Building our Equality, Diversity and Inclusion capabilities and why we need to change and much more. The formal part of the day ended with a sterling presentation from a young woman by the name of Ruth Ibegbuna who is the founder of a multi award winning youth leadership charity, RECLAIM. She was listed in the Times as one of the 500 most influential people in the UK. She was also listed by Virgin as one of the top six female change makers internationally.

The day having started in London at 9.30am, ended at 18.45. So, a very early start for us, plus a long journey there and back made it a very long, tiring, but most informative and enjoyable day.

Barbara and Val

Driving When You're Older

Driving gives you the freedom to go where you want to, at the time of your choosing. And in later life, your ability to drive may feel even more important to your sense of independence. Having a car can make it easier to get to the shops or appointments, and to keep in touch with friends and family.

Independent Age have produced a guide that covers things you can do to help you feel safe and confident when driving, and what the alternatives might be if you do decide to stop driving in the future. This decision should be based only on your ability to stay safe on the roads, not on your age.

Order a free advice guide on this and many other topics on the Independent Age website;
<https://www.independentage.org/information/advice-guides-factsheets-leaflets>



Mobility Scooter Safety Lessons

In Horsham, more than 50 scooter and powered wheelchair drivers have attended FREE, 90-minute sessions giving information on how to be safer on the pavement and road. Horsham Scooter Safety was set up by volunteers after it was found that a high number of accidents involve these useful, little vehicles and that many of their drivers have not been shown the correct way to drive them.

"Everyone attending has told us that they have discovered more about their machine and now understand how to deal with hazards and be safer", says David Searle, leader of the group. "There is no test or exam, just a friendly chat with a 'Scooter Tutor' and time spent on practical safe driving techniques".

All scooter drivers are recommended to attend a Session which are usually in Horsham Park but can be held elsewhere. Village or community halls are often ideal. Three successful sessions were held at local retirement homes. People thinking of getting a scooter also benefit by driving one for the first time and finding its (and their) capabilities. Website: <http://horshamscootersafety.org.uk/> Initial contact is best made by phone: 01403 269384.

David Jessop



Good Neighbours CARE in Haywards Heath

In case any of you have not heard of Care, they are a very useful charity, who serve Haywards Heath, Lindfield and Cuckfield. Their volunteers will take you to appointments, visit you in the home, take you shopping or to visit a relative in a care home. There are more details on their website, <http://careinhaywardsheath.co.uk/what-we-do/> or phone 01444 455955.



Mixed-aged couples – Pension Credit, Housing Benefit and Universal Credit

A mixed-aged couple is where one person is over State Pension age and the other is under. Currently, they have a choice and can claim Pension Credit (PC) and/or Housing Benefit (HB) instead of Universal Credit (UC). For most people, it is better to claim PC as their income is likely to be higher and they are not subject to UC work seeking conditions.

From 15 May 2019, the rules will change so that both members of a couple will have to reach State Pension age to claim PC and/or HB. Existing mixed-aged couples at the date of the change will stay on PC/HB. Mixed aged couples making a new claim after this change will have to claim UC until they both reach State Pension age, when they can then claim PC and/or HB (although, even after the change, claims for PC and/or HB by mixed-aged couples can still be made up to 13 August 2019 due to the three month backdating allowed with both benefits).

If someone is only claiming 1 of the 2 benefits at the date of change (PC or HB), they can establish a new claim to the other after the change is introduced. So, if someone is claiming HB for pensioners on 15 May 2019 and this claim continues, they can at some later point make a new claim for PC. Similarly, someone entitled to PC on 15 May 2019 can make a claim for HB subsequently and does not need to claim UC.

However, unlike most other benefits, we understand that there will be no linking rules, so anyone who loses entitlement to both PC and HB after 15 May 2019 for as little as one day will no longer be able to reclaim either and they will instead have to claim UC until both members of the couple reach State Pension age.

The above rules will likely be in place until at least 2023, at which point the aim is to replace HB for pensioners with a new housing element as part of PC. For further help please contact Age UK West Sussex Information and advice team. Freephone 0800 019 1310 10am – 2pm Monday to Friday. Email: Information@ageukwestsussex.org.uk

Inclusive arts and craft sessions



ART FOR ALL – Dee’s art sessions provide inclusive arts-based sustainable projects to care homes, hospitals and underserved areas of the local community by providing a safe, welcoming space to build on existing talents and build confidence through creative and artistic exploration.

Since 2010 Dee has worked in social care and has a range of freelance experience preparing and delivering fun and engaging Arts and Crafts classes to client groups across Sussex. Trained as a teacher in lifelong learning, Independently, she has facilitated meaningful creative sessions to people of all ages, designed to be client group appropriate.

Art projects have been delivered in creative partnership with individuals and organizations on a wide variety of themes and media. Workshop materials are provided and sessions cover a variety of craft techniques including decoupage, sewing, clay, colouring, card making, photo image transfer, therapeutic painting sessions and jewellery making...etc.

Working in both Illustration and craft-based media; Dee has a Masters Degree in Inclusive Arts Practice (University of Brighton) and a BA in Illustration (Westminster University) Her main focus is helping others to enjoy the freedom of creative expression, wellbeing and relaxation and this has become inspirational in her own creative development.



Dee wishes to extend her workshop practice by reaching out to additional dementia care homes, hospices, housing organisations, hospitals and meeting the needs of vulnerable individuals and underserved areas of the local community. Dee responds to all creative opportunities within care environments and as part of her arts-based research transformed a run-down garden in to what is now a valued social outside gallery space.

Previous clients include

Age UK, Horsham; Mill River Lodge, Elderly Care Home, Horsham; Manor Green Special School, The Burside Centre, The Strawfords Centre, Ferring Country Centre, The Bewbush Centre and Southdown Housing where she conducted an Arts-Based Research Project as part of my Inclusive Arts Practice Masters Degree at Brighton University.

Inclusive art workshops for groups

For more information delivering vibrant, Inclusive art workshops for groups or to regenerate unused space contact Dee Walkden on **07813459921** deekdeek@btinternet.com www.shesellschic.com

[DWALKDEN VIDEO Vimeo720HD from Dee Walkden on Vimeo](https://www.vimeo.com/720HD)
<https://www.instagram.com/deewalkden/>
<https://www.pinterest.co.uk/deewalkden/>



Dental Care

MSOPC would like to thank those who responded to our article on dental care, we are continuing our research and hope to be able to have more information for the next edition of our Newsletter.