

Newsletter Winter 2022/23



Step into the Warmth with MSOPC

Looking forward and backwards, 2022 has been a year of mixed blessings. After a long spell of isolation and distant meeting, and working, we were able to socialise again, mainly due to the vaccination programme, and as always in times of need has been supported by an army of volunteers up and down the country.

We had joy and sadness. The joy of the Platinum Jubilee, and the sadness of our dear Queen's death. I think we will skip the shenanigans of the political issues.

We do however start the New Year with concerns over the fuel and the full costs of living affecting many of us. To help —→

WSSCC Helpline: 0330 22 27980

We hope to provide advice and help in this newsletter, but if you need help and don't know where to turn, phone the West Sussex County Council Community hub on 0330 22 27980, which operates 7 days a week, including bank holidays, Monday to Friday 8am—8pm and on weekends 9am—5pm. They will be able to signpost you to the people that can help.

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 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

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(continued from front cover) bring us together, MSOPC launched its 'Step into the Warmth with MSOPC' project on the 31st of October, at the event in East Grinstead which we were delighted to partner and host with Healthwatch. It was attended by the Mayor of East Grinstead and many old friends of past and new friends and partners going forward.

MSOPC will be providing free lunches during January and February at various locations for over 60's. So please keep an eye open for venues which will be in your location. It is our intention to bring the warmth to you, rather than you having to travel miles to seek a warm place. It will also be an opportunity to meet up with friends and share lunch and a chat with.

Our next big event is of course our Christmas Afternoon tea which we advertised in our last newsletter. This is now fully booked, and we have a waiting list. This year for the first time we will be issuing tickets and those who have booked will be receiving their tickets either with the newsletter they regularly receive, or via post. Please note that the doors will open at 1.45pm, not before. We are still restricted by Covid rules to the maximum numbers we can have in the hall.

The MSOPC team therefore looks forward to seeing you at the King Edward Hall, for the first Christmas event since 2019. Our entertainment this year will be provided by Tania Rodd. So, bring your best singing voices with you!

All that remains for me to do now is to wish everyone

A very Happy Christmas and New Year.

Barbara

A poem sent in by one of our members—

The Poppy Red in Valour- Was not always so!

Poppies of stems fragile and thin, In field after field did grow. A magic carpet of red. As far as the eye could see.

Dancing in the wind like a fan changing colour, One moment bright red for you to see, Next as our dark under belly now on show

Changed by the wind direction so fierce. But in our scarlet uniform did stand proud. As shoulder to shoulder we resisted the force

Soon after a different story we had to tell. As under foot we were trampled to death. Thousands upon thousands of boots did pass overhead. In our fields where once we proudly stood. Bent and withered we became! Fields mass of destruction.

Years later Peace arrived to our fields. Time to rise again to Honour those who had died. Out came our Best Scarlet Uniform.

Bigger - Bolder stronger than ever. But?
Could we match those Number's. That once stood Shoulder to Shoulder in these fields.

SO REMEMBER THE DEAD! WE ARE
THEIR SYMBOL DRESSED IN RED.

Copyright – Bob Scott – 2014



MSOPC, represented by the Chair, laid a wreath at the Lindfield War memorial on Remembrance Sunday.

Step into the warmth with MSOPC

We will be having our 'Step into the warmth' events in the new year, with tea, coffee and a light lunch. We are also hoping to have some organisations local to each venue, to bring some information and a speaker about the help available. We have 6 dates in various venues;

Lindfield Evangelical Free Church, 1 Chaloner Close, RH16 2NH
Friday 13th January 12.30-2.30pm

Haywards Heath Ashenground Centre, Southdown Close, RH16 4JR
Friday 20th January 12.30-2pm

8th Burgess Hill Scout Hall, Royal George Road, RH15 9SL
Monday 30th January 12.30-2pm

East Grinstead St Swithuns Church Hall, 8 Church Lane, RH19 3BA
Friday 10th February 12.30-2pm

Haywards Heath Ashenground Centre
Friday 17th February 12.30-2pm

8th Burgess Hill Scout Hall
Wednesday 1st March 12.30-2pm

If you would like to come along to any of the days, please leave your name and number **(and please tell us WHICH DATE YOU ARE BOOKING FOR otherwise we will get very confused!!)** on our answerphone 01444 242760. We won't phone everyone back to confirm, but we will book your place.



Christmas party—fully booked!

Our Christmas party, very kindly funded by the Coomber Trust and Lindfield Parish Council, will be on Saturday 10th December 2-4pm. Normally at this time of year, we start receiving bookings, but this year places got booked up very quickly, and we have a waiting list. We have to be very strict with numbers due to Covid, and so we are posting tickets to the person who booked your ticket. If you receive this newsletter by post, your tickets should be in your envelope, if you don't, we will post it separately. Please ensure that you bring it with you on the day. If you can no longer make it, we would be very grateful if you let us know on 01444 242760 so that we can give the place to someone on the waiting list. Thank you!

Thank you Co-op!

Thank you to everyone who chose us as their cause to support when you shop at the Co-op. With your help, we raised £1405.16, which the Co-op presented to us in their Bolnore Village store. Please would you support us again this year, you need to have a Co-op card and either online, sign in to your account and choose our cause on this page: membership.coop.co.uk/causes/67990 or phone **0800 0686 727** and ask to choose MSOPC as your local cause. It doesn't cost you anything, but the Co-op will donate 1% of what you spend to us when you use your Co-op card in their shops and services. Thank you.



What have we been up to recently...

Silver Sunday Coffee Morning, Haywards Heath



On Thursday 6th October we held a Silver Sunday coffee morning, on 'The Green', sponsored by the Orchards Shopping Centre, Haywards Heath. Tania Rodd (pictured) sang and entertained us and coffee, tea and cakes were funded by the Orchards, from the Bay Tree Café. It was a fantastic morning, so many of you turned up,



so thank you for coming and thank you to the Orchards, the Bay Tree and Tania, and all our helpers.

Elisabeth Willett Coffee Morning, Burgess Hill

On Saturday 8th October we had our annual coffee morning in memory of our friend Elisabeth Willett at the 8th Burgess Hill Scout Hall on Royal George Road.



Delicious cakes were baked by Dianne, one of our volunteers. Elisabeth Willett's daughter and granddaughter attended and everyone sat together with old and new friends and enjoyed their drinks and cakes. So again, thank you to everyone that helped and the Scout Hut who were very helpful!



Macmillan Coffee Morning, Lindfield



Our final October coffee morning on Friday 14th October was to raise funds for Macmillan, which was hosted by our vice Chairlady Val in her own home. Volunteers Dianne and Kathryn baked some wonderful cakes and scones and it was lovely to see old and new faces. We raised a total of £145 for Macmillan so thank you to everyone.



East Grinstead Community Event

On Monday 31st October, we worked with Healthwatch West Sussex to put on a community event at Kings Leisure Centre in East Grinstead. The event was to offer people information about the local organisations which can help you, including Age UK East Grinstead, Mid Sussex Health and Wellbeing, Citizens Advice, Tapestry Lunch Club, Community Transport Sussex, Appetito, Prevention Assessment Team, Mid Sussex Voluntary Action and Alzheimers Society. The East Grinstead Mayor Adam Peacock opened the event for us, and we were pleased to also have Councillor Julie Mockford and it was great to learn more about each other and how we can all work together in the future.



Cherry and Coconut Scones

If you were lucky enough to enjoy Dianne's cherry and coconut scones at our Macmillan coffee morning, or if you wish you had, here is the recipe to recreate them at home!



Oven gas 7(220c/200fan)
15 mins then turn over for
last 5 mins

Ingredients

beaten egg for glaze
12 oz. self-raising flour 350gm
1 teaspoon baking powder
3 ½ oz. butter/marg.85gm
3 tablespoons caster sugar
175 ml milk
1 teaspoon vanilla extract
41 pack/box cherries
150gm desiccated coconut

Method

- Mix flour and baking powder.
- Add butter/Marg and mix till it looks like fine breadcrumbs.
- Stir in Sugar.
- Heat milk in microwave for 30/40 seconds.
- Add the vanilla and lemon juice (may look as if is curdling this is normal).
- **LEAVE FOR A FEW MINUTES.**
- Make well in middle of dry mix and add milk mixture
- Add cherries and coconut
- And mix with wooden spoon
- The mixture will look wet at first.
- Flour the work surface and tip the dough onto it.
- Tip a little more flour on the scone mixture.
- Fold the dough over 2 or 3 times, this will smooth it out.
- Flatten with your hand. About 1 inch deep
- Cut into rounds
- Brush tops with beaten egg

CAN BE FROZEN WILL NEED 10 MINS IN OVEN GAS 7 TO REHEAT.

Cost of living crisis

We know that many of you will be struggling financially due to the high costs and especially fuel bills. You may be finding it difficult to eat healthy meals or heat your home properly. In the following pages, we hope to offer some help and advice.

If you are struggling with affording to eat, there is a highly rated cookbook by a person called Jack Monroe, called 'Cooking on a Bootstrap', which contains very simple recipes for cheap but tasty meals. If you can get onto the internet, you can see the recipes at cookingonabootstrap.com. A lot of the meals can be cooked in one pot, and some of them serve 4, but if you are on your own, you can cook a batch, and put the other 3 batches in the fridge / freezer to warm up another day. Online she even tells you the specific product she bought and where from.



The Computer/IT Help at the Spire Café (rear of St. John's Church, Burgess Hill) continues every Thursday 10.00-13.00

They send out regular emails about the latest scams to everyone on their database. If you would like to receive these, e-mail spire.computer.help@gmail.com. The following is from the most recent e-mail:-

The rising cost of living is having an impact on everyone's bills and for many people this is a worrying time. Sadly there are dishonest people who are using this to scam people into giving away their personal details, sending money or setting up direct debits to receive discounts.

Remember the A,B,C - Assume nothing , Believe nobody and Check everything.

There are a number of ways you can report a scam:

- Forwarding suspicious emails to report@phishing.gov.uk
- Forward suspicious texts to Ofcom on 7726
- Contact Action Fraud by visiting actionfraud.police.uk or calling 0300 123 2040
- Contact Crimestoppers by visiting crimestoppers-uk.org

If you believe that you have become a victim of an online scam and would like some help, contact Victim Support by visiting victimsupport.org.uk

Warm Spaces in Mid Sussex

Many organisations across the country will be offering 'warm spaces' this winter if you are struggling to heat your home. You can spend time in the warm space and some will offer extra things such as food and drink or benefits advice. All of the libraries and Age UK in each area will be offering warm spaces. We have listed below the other ones that we know about so far, but we expect there to be more announced;

East Grinstead

Jubilee Community Centre Café, Charlwoods Road, RH19 2HL—Monday, Wednesday and Friday 9-4pm, Tuesday and Thursday 9-4.30pm

Trinity Welcome Café, corner of Lingfield Road, RH19 2HA—10-3pm weekdays (term time)

Dunnings Mill Pub, Dunnings Road, RH19 4AT—12-4pm every day (with special meal deals too)

Glen Vue Café, Wareland House, Railway Approach, RH19 1BS—10-3pm weekdays (winter coat donation / collection point)

Stone Quarry Café, 54 Holtye Avenue, RH19 3EG 10.30-4pm Tuesday-Friday (community pantry and fridge also available)

Haywards Heath

Haywards Heath Methodist Church, Perrymount Road, Every Sunday 2-4.30pm from 20th November to 30th April. Warm welcome, hot drinks, cake, biscuits, fruit.

Haywards Heath Baptist Church, Sussex Road, RH16 4DZ. Every Monday and Wednesday 9am-5pm starting 28th November. Share community, to have a safe place to 'hang out', drink coffee, charge your phone, use the wifi or do some work

Ashenground Community Centre, Southdown Close, RH16 4JR phone 01444 447050 for latest info.

Burgess Hill

Cherry Tree Centre, Fairfield Road, Burgess Hill, RH15 8QB phone 01444 258102 for latest information.

Melting Pot Café, Court Bushes Community Hub, Willow Way, Hurstpierpoint BN6 9TH phone 07748 644570 for the latest information.

King's Church, Burgess Hill

The King's Church in Burgess Hill are part of the national Love your Neighbour initiative in response to the Covid-19 crisis. As a church they want to play their part in serving those in our community who might need some practical support. They provide services such as 'King's Auto Repairs' (KARs), which provides free car servicing and repairs to those who have an essential need for a car but face serious financial difficulty. Also Kings Money Advice, which is committed to supporting individuals and families who are experiencing difficulty in managing their finances and the impacts of this.

ASDA Asda has launched its £1 'winter warmer' in its cafes. You will get soup, a roll and unlimited tea or coffee offer for over 60s every day throughout November and December.

B&Q Partnered with the Energy Saving Trust, B&Q are offering a free energy saving service, which involves looking at your home and advising where improvements can be made to save energy. The service is free but you would pay for any works or products you want. Book at diy.com/landingpage/appointment-booking/energy-assessment.

Free warm coats!

East Grinstead

Glen Vue has a rail full of lovely winter coats available for FREE for anyone who needs one. Just drop in and choose a coat from the rail, no questions asked. The coats have been donated by local members of the community to help make sure no-one is cold this winter.

Haywards Heath

At the Town Hall in Boltro Road, you can get a free coat, with no questions asked. There is a wide range of coats available.

Love Your
NEIGHBOUR



Financial help available

Government Winter Fuel Payments

If you receive the state pension, you will automatically get your winter fuel payment in your bank in November or December. If you were born on or before 25th September 1956 and live alone, or with people who don't qualify, you will get £500. If you live with a partner that qualifies, you will get at least £250, and if you receive certain benefits, you will get double these amounts. If you were born on or before 25th September 1942 you will get £100 extra. More details are on www.gov.uk/winter-fuel-payment. If you haven't received the money in your bank account or a letter telling you how much you will get by 13th January, then contact the winter fuel payment centre on 0800 731 0160.

WSSC Household Support Fund

If you are of state pension age, the Household Support Fund is available to provide one off help to meet immediate needs and help those who are struggling to access food, energy or water. You will need to provide evidence of hardship with your application form. Go to www.westsussex.gov.uk/fire-emergencies-and-crime/coronavirus-covid-19-information/advice-and-support/community-hub or phone 0330 22 27980.

If you need to talk or find information about what is happening locally, Carers Support West Sussex can offer you guidance and a listening ear from their fully trained staff. Phone 0300 028 8888, e-mail info@carerssupport.org.uk. You do not need to be in a caring role to benefit from this service.

Mid Sussex District Council

Warmer Homes funding is available until March 2023, to install insulation, solar PV panels or air source heat pumps. You need to have a total household income of £30,000 or less and have an EPC rating of E or below. Go to www.warmerhomes.org.uk/programme and apply or email retrofit@warmerhomes.org.uk. Alternatively, call 0800 038 5737.

ECO is the main government scheme for supporting energy efficiency improvements including insulation and some heating improvements in low income and vulnerable households. There are various improvements that energy companies can install to meet their ECO targets, but most companies offer cavity wall insulation and loft insulation. If anyone in your household is receiving benefits contact your energy supplier to see if they can help.

LEAP

If you are on certain benefits, you will be eligible for an energy advice service from LEAP, where someone visits your home, advises on how to reduce your energy bills, change supplier, install LED lightbulbs and reflectors behind radiators and more. Some will even be eligible for a boiler or appliances if they meet certain criteria. Go to applyforleap.org.uk/eligibility or phone 0800 060 7567.

Go to West Sussex Energy westsussexenergy.co.uk/save-energy-save-money/save-on-your-energy-bills/ for more information on grants and ways to save on your energy bills.

Have you been switched to a prepaid metre?

If your supplier has switched you to a prepaid metre and you think they have not followed the correct process, for example if they haven't given you enough notice or offered you ways to pay money you owe, you can complain at www.resolver.co.uk/complaints/energy-complaints, or phone your energy provider directly to lodge a formal complaint. You can refuse to move to prepayment if an illness or disability means you'd be harmed if your gas or electricity was cut off, or if you wouldn't be able to either get to your meter or top it up - either because you can't afford it or you can't get to a shop.

Citizens Advice

If you are struggling, don't wait, contact Citizens Advice as soon as possible so that they can help you access funds and give you financial advice. You can walk into your local branch and if they can't see you straight away, they will arrange an appointment for you. The Burgess Hill branch is in Burgess Hill Library; Haywards Heath branch is behind the library on Oaklands, Paddockhall Road, Haywards Heath RH16 1HG; and East Grinstead branch is in East Grinstead Library. Or phone 0808 278 7969.

The Mid Sussex Health and Wellbeing team have published a winter guide with further advice. You can find a copy inside the latest Mid Sussex Matters Magazine, or online at www.midsussex.gov.uk/media/8709/msdc-winter-support-guide-2022.pdf



Regular stamps soon to be invalid

After 31 January 2023, regular stamps without a barcode will no longer be valid. You can either use up these stamps before this deadline or swap them for the new barcoded stamps.

'Stamp Swap Out' forms are available from the Customer Service Point at your local Delivery Offices. Or you can call the Customer Experience Team on 03457 740740. You can also download the form online at <https://www.royalmail.com/sending/barcoded-stamps>



Contact us

If you would like to get in touch with us about anything, please phone our answerphone on **01444 242760** with a clear message and we will phone you back.

Or you can write to us at 93 Barnmead, Haywards Heath, West Sussex, RH16 1XB

Please do have a look at our Facebook page www.facebook.com/msopc.org.uk and new-look website www.msopc.org.uk.

Alzheimer's Society Christmas Carol Service



Alzheimer's Society is a vital source of support and a powerful force for change for everyone affected by dementia. They have a Dementia Connect support line on [0333 150 3456](tel:03331503456) and run local activities. A Christmas carol service will be held at Holy Trinity Church, Church Street, Cuckfield, Haywards Heath RH17 5JZ on Friday 16th December. 3.30pm start, followed by refreshments at The Old School opposite the Church. For further information call 07801 136212 or e-mail Tim Wilkins at tim.wilkins@alzheimers.org.uk

Sunflower Lanyard Project

The Sunflower is a globally recognised symbol for non-visible disabilities (also known as hidden disabilities or invisible disabilities). It has one simple purpose - choose to wear a Sunflower lanyard, badge or wristband, *when it suits you*, to let people around you know that you, or someone with you, has a non-visible disability and may need a helping hand, understanding, or just more time. You can buy one at hiddendisabilitiesstore.com or pick one up free from the customer service desk of B&Q, Marks and Spencer's, Sainsbury's and Tesco's.



Know Dementia cafes



Know Dementia runs Memory Moments cafes in all corners of Mid Sussex, as well as a Brainwaves Choir in Hassocks, for people with dementia and their carers. Details of days and venues can be found on knowdementia.co.uk/west-sussex-moments or phone 01273 494300.

Reading Friends, Haywards Heath Library

Are you interested in meeting new friends, having a good chat and sharing your love of books in the heart of your local community? Reading Friends will meet on the first Wednesday of every month from 10.30am-11.30am at Haywards Heath Library, starting on Wednesday 7th December, and everyone is welcome. It will be very relaxed and informal, and tea and coffee will be provided.

Good Grief Pop-up Café

Good Grief Pop-up café, run by Carers Support, on Tuesday 24th January 2023, 10-12pm, at Age UK, Haywards Heath is for people who have lost someone to dementia and any former carer who is bereaved. Join them in an informal, friendly setting for chat, mutual support, local and national information – not forgetting tea and cake! Come along and make new friends and connections. Booking not required.



Community Connections

Mid Sussex Health and Wellbeing Team have produced an updated version of their Community

Connections booklet, which can be found in Help Points and other information points, or online at midsussex.westsussexwellbeing.org.uk/topics/more-topics/community-connections. It is a directory of organisations in Mid Sussex which help older people with all sorts of issues.

