

Newsletter Spring 2025



Lindfield Parish Council Chairman Will Blunden with MSOPC Chairman and Vice Chairman of Lindfield Parish Council Val Upton

Spring is in the air

Hello everyone

As I write we are enjoying some very lovely sunny days it's not quite spring but by the time you read this it will be spring. We are enjoying the daffodils, the crocuses and the Primroses, just on the way out some of them already out the beauty of spring is ours.

When we had our Christmas tea in December it was good to see so many I think over 100 people sat down for afternoon tea and it was a great joy to enjoy looking forward to Christmas. —→

MSOPC is a local charity set up in 2004, 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, quarterly newsletters, website and helpline.

It is free to join MSOPC

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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We thank the **Orchards Shopping Centre & Burgess Hill Town Council** for sponsoring this newsletter



—→ In January we had an amazing afternoon tea to celebrate Burns Day at Ashenground Community centre and it was a great joy to have Peter Candy to play the bagpipes and Keith Morrison both dressed in their national costumes and Kathryn in the middle carrying the haggis that was then cut by Keith Morrison everybody enjoyed it. A very special time.

We had our Annual General Meeting on the 3rd of March thank you to everyone who came, it was good to have the meeting with an audience there, to hear about Mid Sussex Older People's Council and our position at the end of the year.

On Monday, the 10th of March we held our public meeting which was held at the Lindfield Evangelical free Church, we are very grateful for the church allowing us to use their premises. We enjoyed some coffee and biscuits on arrival and a look at some of the stalls we had Gemma from Flo podiatry Lindfield to speak on the care of our feet. Thank you Gemma for coming you were much appreciated. We had stalls there, and the stall holders gave a little resume of what they were about, which everyone appeared to find very interesting and there was a lot of time spent at the stalls gaining information. Later in the morning Cllr. Cavan Wood From Mid Sussex District Council gave a resume of his work that he has done since he was elected to be a counsellor everyone appear to find it very interesting. Thank you Cavan for a lovely talk.

I gave a talk in the morning mostly about events that had been going on, we are very grateful for everybody's help that they give to support MSOPC.

Cllr. Will Blunden Chairman of Lindfield Parish Council, attended the event, thank you for coming.

Prior to lunchtime we had the Ukaholics playing the ukuleles and leading singing everyone joined in the singing and it was a thoroughly enjoyed hour. We are very grateful for them coming.

We finished with the lunch prepared by the committee and volunteers who helped. It was a lovely time to sit and get to know each other better and enjoy food together.

Thank you to each and everyone who helped and made it a successful day.

I begun with nature, and will finish with nature, I have just seen baby Goldfinches, they are early they are just getting their colour.

Best Wishes

Val

East Grinstead Information

Our resident East Grinstead expert, Linda Vickers, gives us an insight into what is going on in the area;

Sunday 27th April Classic Bus Running Day, 10am-4.30pm.

Over 25 classic buses representing types that used to operate in and around East Grinstead. Rides on the buses are FREE but the timetable sales help offset the considerable running costs. The event is centred on the High Street which is closed to normal road traffic for the day

Monday 5th May, East Grinstead & District Lions May Fair, 10-4pm

On the bank holiday Monday in East Grinstead High Street. Live entertainment throughout the day, children's rides, crafts and charity stalls, book stall, food and drink and much, much more!

Thursday 8th May, VE Day 80, 6-10pm

King George's Field, Moat Road, East Grinstead RH19 3LH. Open to all there will be music of the era, food, old fashioned garden games and relevant stall holders such as the Veterans Breakfast Club, Poppy Art UK, East Grinstead Museum and others. The East Grinstead Community Bonfire group will hold a torchlit guard of honour for the Town Mayor to light the beacon at 9.30pm while we sing 'I Vow To Thee, My Country'.

East Court Live! Sundays 1st June, 6th July, 3rd August, 1pm-5pm

East Grinstead Town Council will be hosting these free outdoor music picnic events on the terraces of East Court, College Lane, RH19 3LT. Pay bar, food stalls and free disabled parking. For more information, go to www.eastcourtlive.co.uk or phone 01342 410121.

For more information, East Grinstead Town Council's Community and Tourism desk in the library has a wealth of local information available from help organisations, community groups and sports activities to local coach trips. They can also provide timetables for the Metrobus routes 400, 291, 281, 271, 23 and 84. Phone 01342 410121 or communityandtourism@eastgrinstead.gov.uk

A Chat with a Difference

Our upcoming events. All free or donation on the day

Sadly, we had about 20 people book but not turn up to our public meeting, which meant that we had a lot of left over food, and we couldn't offer the spaces to anyone else. Therefore, we would be very grateful if people book for only those in their own household, leaving your full names and phone number, and ask others to book themselves separately. Please let us know as soon as possible if you are no longer able to attend. Thank you.

St. Georges Day tea, East Grinstead

Thursday 24th April 2-4pm, St. Swithuns Church Hall, Church Lane, East Grinstead, RH19 3AF

Afternoon tea to celebrate St. Georges Day. Please book, details below.



Lindfield Parish Council Village Roadshow

Wednesday 7th May, 7-9pm, King Edward Hall, 24 High Street, Lindfield RH16 2HH

MSOPC will have a stand at this event which will showcase the work of the local groups and charities in the village. Free for all residents to attend. No need to book.

HOTTER® Hotter Shoes Spring/Summer 2025 Launch

Wednesday 21st May, 10.30am, Hotter Shoes in Garden Pride, Ditchling

Courtesy of Hotter Shoes, we will meet for a viewing of their new collection, with nibbles and discounts on purchases of any new products. Free event, but please book, details below.

Lindfield Village Day 2025

Saturday 31st May, 12-5pm, Lindfield Common

MSOPC will be one of over 150 stalls on Lindfield Common. Come along and see us! There will be a food and drink quarter, an arena for events and games and a procession down the high street.

The
2025
Lindfield
VILLAGE DAY



Wellbeing Afternoon

Wednesday 11th June, 12-3pm, Redwood Centre, Haywards Heath, RH16 3DN

We will be having a wellbeing afternoon, including lunch and refreshments, at the Redwood Centre, next to Clair Hall in Perrymount Road, Haywards Heath, RH16 3DN. Free event, or donation, but please book your place using the details below.

VE-VJ Day 80 Celebration

Saturday 5th July, 2-4pm, King Edward Hall, 24 High Street, Lindfield RH16 2HH

Afternoon tea, music and information to celebrate 80 years since the end of World War II. Free or donation on the day. Please book your place using the details below.



To book on any of the above events, please leave a message on our answerphone **01444 242760**. Please start with the event you wish to book for, followed by your full name and phone number. Please ask others who would like to come to book themselves separately. We can cater for dietary requirements if you advise us when booking. We won't call you back but will record your booking.

Our recent events

Christmas Tea

Our Christmas party on 7th December at the King Edward Hall in Lindfield was a great afternoon as always, we had the usual afternoon tea, some singing from band Consilience and a raffle. Haywards Heath Town Council also kindly gave us some hampers, which people took for their neighbours and friends who were housebound, to give them some Christmas cheer. A lady took one of the boxes and gave it to her neighbour who stays at home to care for her severely invalided husband. She said it nearly reduced her to tears, she couldn't believe that people were so kind. We thank the Lindfield Comber Trust and Sussex Community Foundation for helping to fund the event, as well as the King Edward Hall, Consilience and all the helpers, as well as everyone who came.



MSOPC BURNS AFTERNOON TEA



On 20th January, we held our very warm 'Burns' afternoon tea, at the Ashenground Centre in Haywards Heath, which was a combination of a celebration of the Scottish poet Robert Burns, and advice on heating your home. We made sure to give a great tribute to 'Robbie' Burns, with some information about him read out, along with some of his poetry and a haggis ceremony in a great Scottish accent from Reverend Keith Morrison, fully accompanied by a piper and a toast to the haggis with some 'whisky'! Then followed a feast with some Scottish delights, and some Scottish singalongs and Scottish dancing tasters.

Meanwhile, we had 2 ladies from Citizens Advice to help advise people with any struggles they had paying for heating their home. Everyone enjoyed the celebration and it got the year off to a great start. With thanks to the Ashenground centre, Peter Candy, Reverend Keith Morrison, Leila Wilson and Kim Bayne from the Mid Sussex Caledonian Society, Citizens Advice, and all the helpers.





Matters of the Heart Afternoon Tea



We had a very informative and fun afternoon on Valentine's Day, with our 'matters of the heart' afternoon tea. Dave Fletcher and John Rod from the Henfield Hart team came along to talk about their lifesaving experiences and demonstrate a defibrillator. They also told us what to do if someone has a cardiac arrest, i.e. seems to collapse and 'die' because their heart has stopped beating. The only thing that can restart the heart is a defibrillator and so you need to get someone to go and fetch one quickly, they are all in public places, so its worth finding out where your nearest one is. Meanwhile phone 999, and get the patient on their back on the floor, and start manually pumping their chest and heart to pump the blood to the brain as quickly as possible. Lots of people were keen to practice on the dummies. British Heart Foundation has a 15 minute training course RevivR at www.bhf.org.uk

We had a lovely heart themed afternoon tea with heart themed music. Thanks go to Hurstpierpoint and Sayers Common Parish Council for funding the event, the catering team and Sayers Common Village Hall, Henfield Hart and also Cycling Without Age who brought their trishaw along so that people could have rides around the village.



Annual Public Meeting

Our Annual Public Meeting this year was held in the Lindfield Evangelical Church on Monday 10th March. We had Gemma from Flo Paul Podiatry to come and tell us all about how to look after our feet and what podiatrists do to help you. She explained that a podiatrist is the same thing as a chiropodist, but we are using the term podiatrist more now in the UK, as it is the more internationally recognised name. She explained how its important to get your feet and walking right, as the foundation for correcting issues further up the body. And if you are older, it is important to have your feet checked regularly and make sure you can still feel things properly with your feet, especially if you are diabetic. We also had a talk from Mid Sussex District Councillor Cavan Wood to tell us what projects the council are working on locally. Information stands included Age UK, Home and Company, HILS (meals on wheels), and the Royal Voluntary Service, to tell us how they can help and chatted to people. We were very lucky to have the Ukaholics band to play some great singalong tunes and then we all enjoyed a buffet lunch. Thank you to everyone who came and participated in the day.



Correction from our winter newsletter. **Cards Direct** very kindly made and delivered a balloon arch for our 20th Anniversary party. Apologies for the error and thank you very much, it was much appreciated.

Cardsdirect
MAKING PEOPLE SMILE



Val's Talk on her voluntary work

On the 18th of March I was invited to go to Rehoboth Church in Horsham, to speak to an afternoon group about the Voluntary work I do. The group were Older people either that live on their own, or couples that need somewhere they can go. About 25 to 30 people there.

I had never been to this place before but had been invited by someone who knew me. When I got there I was made very welcome. In the 45 minutes I was given, I spoke about MSOPC and its aims and objectives, and gave each person a copy of our newsletter.

I then spoke about Lindfield Royal British legion and the work I do for them, also talked about school assemblies that I co ordinate in Lindfield and go into our two primary schools to lead assemblies (which have changed a lot since I went to school.)

When I had finished we were served tea and biscuits and I had the opportunity to talk to each person there, many shared their needs and problems, which was a privilege to listen to.

Val

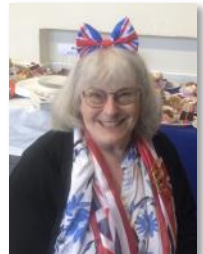
Volunteer of the Year!

Congratulations to Val for her award of Volunteer of the Year in the Haywards Heath Town Council Community Awards, for her tireless volunteering for many charities over many years, and the outstanding work she's done for MSOPC. The award was presented by Haywards Heath Mayor Cllr. Stephanie Inglesfield at the Town Council offices on 9th March.



Barbara Lank

A few of you have asked about Barbara Lank recently, as she has been absent from our recent events. Unfortunately, Barbara has not enjoyed the best of health for some time now. But we are informed that she is now receiving the necessary care and support that she needs and deserves. We send Barbara our warmest wishes, and thank her for the many years of help and support that she so willingly gave to MSOPC over a period of fifteen or more years.



Pension Credit

A reminder following our article in our Winter newsletter, to check if you are eligible for pension credit, you or someone on your behalf can phone **0800 99 1234**, or textphone **0800 169 0133**.

Mass Observation Diary Day 12th May

Help tell the story of every day life in the UK. Every year on 12th May, the University of Sussex Mass Observation archive asks people up and down the UK to record their day. They want to capture as many different voices as possible and encourage everyone to take part! No day is too ordinary or unusual. Write, draw, photograph or collage your day and be part of recording everyday life, thought and feeling for future generations. Find out more at www.massobs.org.uk. Unfortunately they don't provide a phone number for those not online.

National Trust Mobility Scooters and wheelchairs

Did you know that Wakehurst Place lends out electric mobility scooters to use in the gardens free of charge? You need to have an induction session first. Book in advance, phone **01444 894067**. Nymans Gardens has 2 all-terrain wheelchairs and 3 standard wheelchairs available to hire free of charge from reception, either prebooked or on arrival. On certain days, mobility buggies take visitors on tours of the garden. Phone ahead on **01444 405 250** or email nymans@nationaltrust.org. Sheffield Park has powered mobility vehicles available, both single and double seated, free of charge. Call **01825 790231** and book well in advance.

Sponsors

MSOPC would like to thank all the organisations who are currently funding us, including Joan Ainsley Charitable Trust, Sussex Community Foundation, National Lottery Community Fund, West Sussex County Council, the Orchards Shopping Centre, and Burgess Hill Town Council. Without your support, we would not be able to hold our events and help older people.



Sussex and Brighton Devolution

At the time of writing, there will be no county council elections this May. Instead, plans to merge East Sussex, West Sussex and Brighton and Hove are being fast tracked, so that by May 2026, we will be voting for a Mayor to govern the whole of Sussex.

Local services in East and West Sussex are currently governed under a two-tier system, with an upper tier county council and a total of 12 lower tier borough and district authorities. The district councils deliver services such as bin collections, council housing and planning decisions, whilst West and East Sussex County Council are responsible for things like social care, education, public health and highways transport and major infrastructure, plus waste management, fire, public safety, trading standards and libraries. The district councils, including Mid Sussex district council would be abolished and all would be merged into a single authority.

Deputy Prime Minister and Secretary of State for Housing, Communities and Local Government Angela Rayner announced the plans in December, saying that 'devolving powers through the mayoral combined authority will help drive economic growth', because 'central government's first instinct is all too often to hoard power and hold our economy back'.

Government say the change will save money by cutting wasteful duplication of bodies, reduce the number of politicians and reduce fragmentation of public services. It wants combined authorities to provide strategic leadership on issues including housing, transport, skills, health, public safety, economic growth and climate change. It also announced locally-elected mayors would be given more powers over large planning applications, and police and fire and rescue services, taking over from elected police and crime commissioners.

Local authorities wouldn't get a say in how many houses they have to build, after areas were given targets. But they would get a say in how to manage housing growth in their region, helping identify areas for building and making decisions on affordable housing.

Some claim the change would deprive people of genuinely localised decision-making, and there is concern that powers and funding handed to elected mayors could be spread too thinly, and that one large council would be too remote from communities and local issues could be ignored. One district council leader said some smaller communities would become "the poor neighbour" and miss out to larger areas.

According to the BBC, Green Party leader of Lewes District Council, Zoe Nicholson, called the plans a "power grab" and said the idea it would give control to local people was "absolute nonsense" and "an insult to our intelligence". "It represents the death knell for local democracy," she added. She accused Rayner of "bringing down the elected institutions that stand in her way" to force through planning decisions about new house building." She added: "We cannot allow the government to ride roughshod over the democratic rights of residents and hand yet more power to men in grey suits."

Residents of Sussex are being asked to 'Have their say' at <https://consult.communities.gov.uk/lggc/sussex-and-brighton-devolution-consultation> by 13th April. There do not seem to be paper copies available for those offline.

Nicola

Join MSOPC! Its free to join and we won't share your details.

Name _____ Receive by Post ☐ E-mail ☐

Address _____

Post code _____ Telephone (including area code) _____

E-mail _____ Signed _____ Date _____

Questionnaire for new members (optional)

Office use: Date added to DB / / Date added to MC / /

If applicable, how easy out of 10 do you find it to get information on the following. **10 being very easy.**

Physical support /10 Mental support /10 Financial support /10 Socialising /10

How easy do you find it to have your voice heard to local authorities? **10 being very easy** /10

How lonely / isolated do you feel out of 10? **10 being extremely lonely** /10

What are you struggling with most _____

Other happenings around Mid Sussex

Health Checks

Burgess Hill Library will be hosting free health checks if you are aged between 40-74 and have not had a health check in the last 5 years. You must not be taking prescribed medication for things like high blood pressure. Call 0330 222 6999 for more information and to book.

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 37 Luxford Road, Lindfield, West Sussex, RH16 2LY

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

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MSOPC needs a Treasurer! Please see leaflet

Events at the Orchards, Haywards Heath

Saturday 19th April Easter Egg Hunt

Thursday 8th May VE day celebrations in collaboration with HHTC

Saturday 17th May Transforming Tomorrow's Power of Music

Saturday 14th June Haywards Heath Horticultural Society Summer Show

Thursday 28th-Sat 30th August Life's a Beach 10:30-2:30 each day

Saturday 22nd-Sunday 23rd November Christmas Festival Weekend

Sat 29th Nov, and Sats 6th, 13th, 20th Dec Grotto and Entertainment
Schedule may change. Visit theorchardssshopping.com or 01444 410620

Burgess Hill Town Council Events

Monday 7th-Thursday 17th April Easter Trail from the Help Point

Monday 14th April Easter Bonnet making parade and picnic at the Kiln

Thursday 1st May 2-4pm Pre VE Day Tea Party, Kings Weald Centre

Thursday 8th May VE Day 80 Celebrations, various times and locations

Sunday 1st June Lord Chamberlain's Men 12th Night, Burgess Hill Girls

Sunday 22nd June 11am-3pm Summer Fayre, St. John's Park

More info on 01444 247726 or www.burgesshill.gov.uk/town-community

Burgess Hill Bowls Club coffee morning

Burgess Hill Bowls Club are having their coffee morning on Saturday 5th April from 10:00 - 12:00. People who want to know more are welcome to come along, speak to members, see what it's all about and sign up for a beginners course starting in May. A great gentle sport for older people

Wakehurst 'Spring into Community' Event

24th, 25th April and 3rd May. Explore the stunning gardens free of charge. Mindfulness walks, dementia friendly walks, and many more activities.

Tickets and activities need to be booked. See www.kew.org/learning/community-access/community-access-at-wakehurst/spring-into-community or phone 01444 894066.

They also have regular dementia friendly walks, the next one being 9th April 11am-12pm. Free, including free entry to the garden. Phone to book, spaces are limited 0734111 4533 or email discovery@kew.org

Royal British Legion VE Day Service, Lindfield

8th May at 10:50, at Lindfield Memorial. 20 minute memorial service

Mid Sussex
MSOPC
Older People's Council

Please post to;
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37 Luxford Road,
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