

LIFE IS FOR LIVING NEWSLETTER

Issue 51
January - April 2011

For senior people & those who provide services to them in the Horsham District

Produced by Horsham Leisure Link, the District Council's Sport, Art and Recreation Development Team

High Sheriff visits ICIS in East Preston



Elizabeth Bennett DL, High Sheriff of West Sussex, with Liz Hall, CEO, and Harry Bates, Trustee, of ICIS.

“An amazing service!” This was the response from Mrs Elizabeth Bennett DL, High Sheriff of West Sussex, when she visited ICIS in East Preston recently. The High Sheriff was attending the ICIS Open Day to find out how this small local charity helps people in West Sussex. Staff explained the work involved in searching out sources of help, keeping the information up to date, and how they help people who contact their Enquiry Service.

ICIS is a confidential and impartial countywide information service, providing information for all

West Sussex residents, from people coping with a long or short term health conditions, to the ‘worried-well’ and people who are caring for or supporting others.

Often people are unaware how and where to find information to help them. The High Sheriff observed that “Just one small bit of information or a contact can make a huge difference to someone’s life.” Liz Hall, Chief Executive Officer, added that “Having access to information about sources of support is empowering, and helps people make informed choices on a day-to-day basis. It can help people manage their lives, and maintain their independence and wellbeing.”

If you would like to know where to find support services in your area ring ICIS on 0800 859929, Monday to Friday. Information can also be found on the ICIS website www.icis-info4life.org.uk

*For more information about ICIS please contact: Liz Hall, Chief Executive Officer
01903 777603 liz.hall@icis-info4life.org.uk*

ICIS is a West Sussex charity and social enterprise that enables people to find help, support, care, advice and information to enhance their independence and wellbeing. ICIS runs a freephone enquiry line, and develops and manages information resources for service providers to support their work with clients. ICIS has a contract with West Sussex County Council and NHS West Sussex to facilitate information provision in the county for all people.

SENIOR PERSONS' COUNCIL - A REMINDER...

Older people in Horsham District have the opportunity to present their views on local issues to Horsham District Council. The Senior Persons' Council was established in 2006 to give over 50s an opportunity to put forward ideas and undertake their own initiatives. Meetings start at 10.15am and the next meeting is on:

- Tuesday 7 December, Lower Beeding Village Hall
- Friday 21st January at Henfield Village Hall, Henfield,
- Wednesday 15th June 2011 at St Michael's Church Room Hire,
- Thursday 15th September 2011 at Rudgwick Village Hall, Rudgwick

Why not come to one of these meetings?
If you would like to attend, or for more information, contact Clare Ebelewicz on 01403 215137 or email community.development@horsham.gov.uk.

LISTING OF FACILITIES AND SERVICES FOR OLDER PEOPLE

A listing of facilities and services for to older people is available to older people living in the Horsham District as well as professionals and volunteers working with older people.

For your copy of the directory, please contact Shirley Gardner on 01403 215207 or email community.development@horsham.gov.uk

PREPARING FOR AN AGEING POPULATION

Population projections for the Horsham District show that between 2006 and 2026 the number of over 65 year olds will increase by 60%.

Horsham District Council is producing a strategy setting out its priorities for responding to the ageing population - please get in touch if you want to contribute to it. Contact Clare Ebelewicz on 01403 215137 or email community.development@horsham.gov.uk

ANTI-SOCIAL BEHAVIOUR

Anti-Social Behaviour is any aggressive, intimidating or destructive activity that damages or destroys another person's quality of life. Behaviour may include causing damage, littering, graffiti, harassment or using abusive words or gestures.

Horsham District Council's Anti-Social Behaviour Team are based at **Horsham Police Station** and are available to offer advice, support and help to resolve problems. Please contact the team on **0845 60 70 999 extension 30233**.



Hate Incident Drop In

Confidential advice and
support for victims
and witnesses of:

- Racism
- Religious Hatred
- Transphobia
- Homophobia
- Disability Discrimination

1st and 3rd Tuesday
of the month
between 1pm-3pm

The Orchard, 1-2 Gleneagles Court
Brighton Road, Crawley
West Sussex, RH10 6AD



Safer Crawley Partnership



Victim Support
Helping people cope with crime

For more information call Victim Support on 0845 3899528
(8am-8pm) or visit www.westsussex.gov.uk/harmreduction

We are changing our name

You will see the new logo appear on our buildings, letterhead, minibuses and literature over the next few months.

As **Age UK Horsham District**, we will be here as always, the same people,

- in the Day Centres,
- at the end of the phone,
- visiting you at home,
- driving the minibuses ...

and caring about our older people as we have always done.

As **Age UK Horsham District** we will still be an independent Charity and a Company limited by Guarantee, with a Board responsible for our own operation, services and fund raising.

So why change name?

Age UK is the new charity combining Age Concern and Help the Aged. As a Partner to the national organisation we share the vision to help more people than ever before to enjoy later life.

Our charity's work focuses on older people living within Horsham District and we will be working more closely with the Age UK shops in Billingshurst, Henfield and Horsham.

50 years on and Getting Stronger

We are delighted that the Lord Lieutenant of West Sussex, Mrs Susan Piper, will join members and invited guest at a Garden Party on 7th May to officially launch our **Golden Jubilee Celebrations**.

Fund raising events will take place throughout the coming year.

- ***Wonder what it's like to fly Concorde?***
- ***Do you know your Rhône from your Riesling? A wine tasting evening could help.***

There will be more events that you can come and join to help us celebrate.

Talks for groups

Want to know more about what we do and how we might be able to help? We would be pleased to come along to your meetings and talk about the services we provide for older people within the district and hear about your concerns and the issues that are important to you.

Services include,

- Information & Advice
- Visiting & Befriending
- Help at Home,
- Door to Door Shopping Trips

Day Centres in Horsham

With wholesome meals, events, activities and services catering for a variety of interests, needs and abilities.

Our Mini-Buses Pick Up from

Ashington, Billingshurst, Cowfold, Henfield, Horsham & Southwater - with more planned.

Kingsfield Club - Storrington for older people with dementia and memory problems.

Call us on: 01403 260560 to find out more
www.ageconcernhorsham.org.uk

Lavinia House, Dukes Square Horsham West Sussex RH12 1GZ
Registered Charity 1085988 Company Reg No 4169358

Horsham Churches Together is a group of 29 Christian Churches working together within the town of Horsham.

Horsham Matters was set up in 2009 to enable the member churches to demonstrate God's love and concern for the local community in a practical way.

Horsham Matters Charity Centre is located in the old Tanfield Garage on the corner of Blackbridge Lane and Guildford Road in Horsham. They are open Tuesday - Friday, 10am - 1pm and 10am - 2pm on a Saturday and there is ample free parking on site for customers.

For further information please contact 01403 217381 or log onto their website: www.horsham-matters.co.uk

CROSSROADS



Crossroads is a national organisation which seeks to support carers.

The Crossroads Social Club in Horsham meets at Hordern House, Granary Way, (off Blackbridge Lane) every Wednesday between 10am and 4pm. We support the "cared for" while the "carer" has a break.

Three members of staff are available throughout the day and we provide a varied programme of quizzes, games and crafts in order to make the time enjoyable and stimulating. A hot lunch is provided for those attending the club.

The cared for arrive at 10am in time for coffee and a chat, the newspapers are reviewed and a crossword and quiz are completed before lunch. Lunch is a well prepared hot meal with a dessert and coffee. After a short quiet time an afternoon activity is provided.

The carer is always welcome to stay too but many carers use the time to shop, go to the hairdressers or just spend time at home relaxing.

For further information contact Helen on 07730 136990 or the Crossroads Office on 01903 790270.

CLUBS & HOMES NEWS & VIEWS

SOUTHWATER WELCOME CLUB

The programme for Southwater Welcome Club is as follows:

12 January 2010	Where did you go/what did you do over Christmas?" & the shoe box report
26 January 2010	Bingo
9 February 2010	Herbs in our history" - Sue Broadbridge
23 February 2010	Quiz with Pat
9 March 2010	Indoor game with Paul Taylor, Horsham Leisure Link
23 March 2010	Clever Cavaliers Dog Display Team

Meetings are held in the Village Hall, Church Lane, 2:30pm - 4:30pm.
For further information please ring 01403 731661

THE EVERGREEN CLUB

The programme for the Evergreen Club is as follows:

18 January 2010	"Steining Scandals" - illustrated talk by Dr Janet Pennington
15 February 2010	"Saddle Sore in Montana" - talk by Mrs Ann Chance
15 March 2010	Musical entertainment by the Pleasure Singers
19 April 2010	Bingo and a quiz

The club meets at the Roffey Institute, 219 Crawley Road, Horsham at 2pm. The talks are followed by refreshments and a raffle is held at each meeting. Visitors are always welcome.

THE COBBLERS

For the second year running, the Cobblers have been awarded the Slinfold Horticultural Society shield for the best kept garden cultivated by retired persons over the age of 65.

This is due to the hard work of Gordon and Lofty, ably assisted and directed by Ann and Margaret and appreciated by all the residents of the Cobblers sheltered housing here in Slinfold.

VALERIE MANOR

Valerie Manor extension - Phase 1 completion



We are very pleased to announce that phase 1 of our extension works is now complete. Our stunning new dining room, commercial kitchen and two new tastefully decorated bedrooms are now open. The feedback from our residents and visitors has been extremely positive, with many commenting on how well the exterior of the new build complements the existing building.

Final completion of the new nursing wing extension is due early 2011. This will give us 11 highly desirable new bedrooms all with nursing facilities, a conservatory, and assisted bathing facilities. We may then register as a dual registered home, providing nursing care in addition to the high standard of residential care that we currently provide.



The extension will also provide a landscaped garden with raised planters and safe flooring allowing residents to enjoy the outdoors safely and independently.

You can find out more about progress of the Valerie Manor extension on our blog at; <http://news.valeriemanoor.co.uk/blog/ExtensionNews>

South East Regional Care Team of the Year Awards

We are also delighted to say that we have been selected as one of five finalists for the Regional South East Care Team of the Year Award which we are very proud of as a team and thank our lovely volunteers and relatives for writing such special testimonials about the Valerie Manor Care Team - Fingers crossed for the 27th November 2010!

Entertainment News

Cotillion

Annie, Bonnie and Alan come together to give you Old and Modern Songs with accompaniment to listen to or join in. For further information please contact 01798 875412 or 01273 492465.

It Takes Two

Musical duo comprising vocalist Dawn Wainford and pianist Mark Reeves. Their repertoire is wide and varied which makes for a very enjoyable programme. If a suitable piano is not available, a portable, electronic piano can be provided.

For further information and bookings, please contact Mark Reeves on **01403 269760** (mobile 07966 452688)

The Pleasure Singers

are a group of ladies who will entertain you with a variety of songs for approximately 45 minutes. They are available for afternoon performances and will require chairs. **For further information and bookings please contact Diane Walters on 01403 251144**

“Down Memory Lane with Songs & Laughter”

With a choice of 500 songs from Music Hall to the present day, Stuart Reed plays acoustic guitar and sings without the need for microphones and will intersperse his performance with pre-recorded clips of classic radio & TV shows from the 30s 40s & 50s. He is a qualified teacher who worked in schools, colleges and in adult education teaching English before becoming a professional musician.

Since then he has performed all over the world, recording ten albums and making countless TV and radio appearances, including a residency on BBC Radio 2.

To check availability call:
01273 776014

The Muse and Music Society

are now available for afternoon entertainment recitals of poetry and music, free of charge for residents of nursing and sheltered homes within the Horsham District. All you need to do is provide the venue, the audience, the piano/keyboard and we will do the rest.

Contact Pam Bergin on 01403 259450 giving 3 alternative dates and times.

Entertainment News

'Rhythmic' Entertainment

Classical to disco, cockney and sing-a-longs, country and western and more **Robert Lashmar**, a Crawley entertainer who performs under the stage name 'Rhythmic', is available for performances at social clubs, parties, residential homes, sheltered housing units and day centres.

Featuring his unique visual cabaret keyboard and vocal act, he plays a wide variety of music to suit many tastes including songs from Elvis, Stevie Wonder, Elton John, Frank Sinatra and Al Jolson. He appeared on the national lottery programme a couple of years ago and his act is designed to make people laugh and have a good time through the music. For further information and bookings please contact

Robert Lashmar direct on
01293 427254 or 07747 827088

The Elsdon Theatre Dance Company

are a group of young people aged 8 - 15 years who sing and dance for your enjoyment. The performance lasts between 30 - 45 minutes.

Contact **Jackie Bearman**
on **01403 731578**

Poetry in Motion

Poetry Readings (including poems by a particular favourite Joyce Grenfell) to beautiful background music is offered for an hour's session. **Ring Georgina Hawkins on 07782 310408 for further details/bookings**

Pick 'n' Mix

Musical entertainment and fun which includes songs, poems, piano solos, etc. A piano is a necessity.

For further information please contact Ann on 01403 268016

Golden Sounds Disco

Bill Meikle has a selection of memorable music from the '40's onward and has provided afternoon and evening sing-a-long sessions at a number of venues throughout the district, including Longfield Manor, Horden House and Kensington Close. Bill provides the service for FREE but asks for a contribution to petrol costs from Horsham. For further information or to book this service please contact **Bill Meikle on 01403 255110 or 07832 174532**

chat

cognitive help and therapy

Cognitive Help And Therapy (Chat) is a Horsham community based organisation who run popular and successful weekly Cognitive Stimulation Programmes for people living with early to moderate cognitive impairment or dementia. They are based at Lavinia House, Dukes Square, Horsham and offer small friendly interesting groups for people wishing

to try to help maintain their cognitive skills and improve self confidence and self esteem. They also run adapted weekly Tai Chi sessions which can be taken seated or standing by those struggling with cognitive/memory issues and their relatives/carers and monthly Carers Groups and support and information sessions.

If you would like further information please contact us for a friendly informal 'chat' at Chat,

Lavinia House, Dukes Square,
Denne Road, Horsham RH12 1GZ

Tel: 07970994886 (answerphone)

Email cognitivehelpandtherapy@hotmail.com

Website <http://www.cognitivehelpandtherapy.org/2.html>

VOLUNTEER VISITING SCHEME

Contact: Joint Co-ordinator Jill Westlake on 01798 812104

The Volunteer Visiting Scheme (VVS) has been operating in Pulborough and the surrounding villages for the past ten years. We have 20 accredited visitors, who visit 28 people, either in their own home or care home - mostly on a weekly basis. We are able to offer a chance for a friendly chat as well as an opportunity to talk through any worries or concerns in complete confidence. We offer support to carers by giving them an opportunity to get out, knowing that they have left their relative or friend in safe hands. Not all the people we visit necessarily need regular contact but may only require help for a short time or just on an occasional basis. We visit people who have recently been discharged from hospital and need more than a weekly contact in the first instance; in a few weeks this may be reduced to a weekly visit. In time, when they are able to manage for themselves, as they did before their stay in hospital, the visits may end if the client so wishes.

If you would like a visitor please contact Jill Westlake on 01798 812104 or if you prefer ask your Doctor, District Nurse or Social Worker to make the contact for you.

Spring 2011 Theatre Highlights



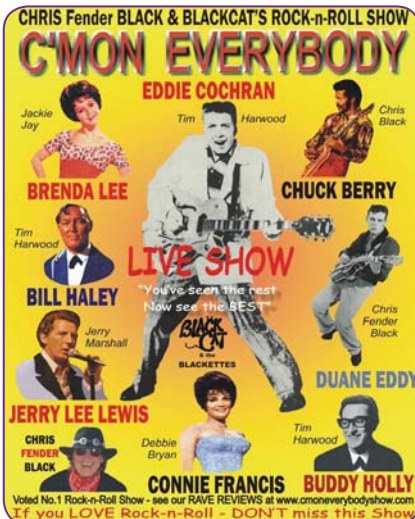
THE GREAT AMERICAN SOUL BOOK

Wednesday 9 February 7.30pm

Starring GARY U.S BONDS With Very Special Guest Ben E. King

Along with a stunning live band made up of the UK's greatest musicians from the bands of Van Morrison, Eric Clapton, Steve Winwood, Jeff Beck, Jerry Lee Lewis, etc, this is an amazing night made up of some of the greatest soul songs ever written, performed by some of music's most iconic performers.

The legendary Gary U.S Bonds will host the show, and as well as belting out his own hits such as 'New Orleans' and 'Quarter To Three', you'll also hear Gary sing some of the world's most loved tunes from one of the most loved eras. Gary will be teaming up with another Soul legend, Ben E. King for what promises to be one of the most talked about tours to come to the U.K in years.



C'MON EVERYBODY

Friday 18 February 7.30pm

All the greatest musical stars of the 50's and 60's come amazingly alive in this spectacular, vibrant, action packed, non stop, live, rockin' show.

Re-live the best loved hits of *Eddie Cochran, Buddy Holly, Brenda Lee, Chuck Berry, Jerry Lee Lewis, Connie Francis, Duane Eddy, Bill Haley* and many more. Take a nostalgic trip back in time with us to the greatest era of Rock 'n' Roll and enjoy top class tributes performed from the heart by high quality musicians, including the legendary Chris Fender Black



THE NEW SQUADRONAIRES ORCHESTRA

Sunday 20 February 7.30pm

Do you remember the original 'Squadronaires' from the 1940's we now introduce the New Squadronaires Orchestra. Based on, and as attribute to the original wartime orchestra, the band consists of young musicians as they did then!

Playing the music of the great swing bands including Glenn miller, Tommy Dorsey, Harry James, Benny Goodman, Artie Shaw and others, the programme of music includes some of the original Squadronaires musical arrangements which have been transcribed by orchestrator Greg Francis

Autumn 2010 Theatre Highlights



SOUNDS OF BURT BACHARACH

Sunday 27 February 7.30pm

The great songs, the look of love, twenty four hours from tulsa, raindrops keep falling on my head, always something there to remind me, close to you, walk on by, performed in the sixties by dionne warwick, dusty springfield, gene pitney sacha distel, the carpenters, barbra streisand now performed by three West End women singers a male singer plus a band of seven great musicians in all new arrangements in an all new fully staged show produced by chris dean - director of the famed Syd Lawrence orchestra.

AN AUDIENCE WITH ANN WIDDECOMBE IN CONVERSATION WITH IAIN DALE

Sunday 10 April 7.30pm

Larger than life politician novelist and TV celebrity Ann Widdecombe delights audiences across the land with her witty and controversial speeches.

Now she brings her show to the general public answering questions and sharing anecdotes in conversation with Iain Dale.

Iain Dale is a political commentator, publisher and broadcaster, appearing on numerous political radio and television stations.

In association with Clive Conway



Box Office: 01403 750220 www.thecapitolhorsham.com



Do you have access to the internet? Does your local community or voluntary group have an organised public event that you would like to add to the HDC website? If so, all you need to do is locate the 'Events in the District' page under 'Leisure & Tourism' on the main page of the HDC website (www.horsham.gov.uk) and enter your events as a public user.

Copies of this publication are available in larger print if required
Deadline for contributions to the next issue is Friday 18 March 2011 and
information should be sent to Oliver Collett, Horsham District Council, North Point,
North Street, Horsham, RH12 1RL or call 01403 215213.