



Manor Park and Hempstead Fields Residents' Association



SPRING NEWSLETTER

A message from Paul Sparks, Chairman of the Association:

"It does not feel much like Spring as I write this article looking out on a very snowy scene but it provides time to reflect on the achievements of your Association. One of the main reasons for starting the Residents' Association was to establish a Surgery Car Service.

Therefore, I'm delighted that last year we undertook 173 journeys which makes it the busiest year since it was introduced in 2014. Many thanks to all those who help to run this great service.

Hope you all have a lovely Spring and enjoy reading our Newsletter".

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Knit and Natter!

'Wooly Fingers' is a knitting group on Manor Park that meets every Tuesday from 1-3pm. New and experienced knitters are welcome for a nice chat, coffee/tea and biscuits.

Contact Sue on 01825 767761 or 07766513953 or email sue_k999@yahoo.co.uk.

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Good Neighbour Scheme – is it needed, will it work?

The Association, in conjunction with AiRS and the Uckfield Volunteer Centre, is hoping to introduce a Good Neighbour Scheme for the residents of Manor Park and Hempstead Fields.

A Good Neighbour Scheme is a voluntary group run by local residents who recognise the value in having 'good neighbours', particularly where public transport and other local services can be limited and where people's family may not live close by. Each volunteer decides what sort of help they are able to offer, how much and when. Volunteers would not undertake jobs best left to qualified professionals but help with things like occasional lifts, befriending or shopping.

All volunteers would be fully insured and DBS checked for extra peace of mind.

Anyone who wanted a bit of extra help would ring the group's phone number and a volunteer phone-handler, would then match the request for assistance with an available volunteer.

On the opposite page you will find a survey form listing some of the services that we might be able to offer through the scheme and columns for you to tick either the **services that you might use** or where **you might be able to help**.

Please take a few minutes to complete the survey. Your replies will then help us decide whether a scheme is needed and whether it would work. Please be assured we will not share your personal details with anyone else.

The TN22 Plus Club – supporting people with dementia and their carers

Our long-term supporter Bill Hadgkiss submitted this article to tell us about the important work of the TN22 Plus Club. Bill has been a volunteer since it began in November 2013, and also helps out at its sister club, the TN22 Club, which provides a social and luncheon club for the over 60's.

The TN22 Plus Club provides fortnightly activities and companionship on a Wednesday, plus a two course freshly cooked meal for those with mild to moderate dementia.

Many older people are becoming increasingly isolated and lonely and we aim to combat that with our unique blend of fun, frolics and food.

Members of the TN22 Plus Club benefit from a full five hours of activities, companionship and fun - usually around a theme of the day, when they are encouraged to recall their memories with music, poetry, laughter and song playing a large part in the process. After a hearty meal, the afternoon is usually devoted to other activities, for example painting or crafts, or perhaps by enjoying a visiting entertainer.

The members' carers benefit from knowing their loved ones are being looked after in a caring, safe and welcoming environment, and gain free time to pursue their own interest for the day.

As a volunteer, there is tremendous satisfaction in helping members to enjoy their day, getting to know them, what they are happy to talk about, knowing what makes them laugh! Volunteers have regular meetings, and training sessions covering such things as basic but essential first aid. I have gained many new friends as a volunteer, and we mix socially whenever possible.

New members and volunteers are always welcome and at the present time we are particularly in need of **volunteer cooks** to plan and prepare meals on a rota basis alongside our regular team of volunteers. If you can spare one or two days a month of around five/six hours a day, please let us know. You don't need to be a Jamie Oliver or a Nigella Lawson!! Just someone who enjoys cooking tasty, hearty meals for a crowd of around 25 to 30 folk.

If you are interested in joining the volunteers at these clubs then please contact Suzanne Hammond (manager TN22 Club) on 01435 661054 or Wendy Coleman (manager TN22 Plus Club) on 07961 450357 for an informal chat about how you too can help improve older people's lives.



Good Neighbour Scheme - residents' survey

MP&HF Residents' Association working in collaboration with
Action in Rural Sussex and the Uckfield Volunteer Centre



Listed below are the services we think a Good Neighbour Scheme could offer and might be useful to our residents. Please read the list and tick the boxes to show whether you might use the service listed or if you might be able to volunteer your help. Please tick boxes all the boxes that apply.

If you think you might like to help then the amount of time you volunteer is entirely up to you, even a couple of hours a month will help. All volunteers would be fully insured and DBS checked.

Possible Services	I might be interested in using this service	I know someone who might be interested	I might be able to help with this
Befriending – such as popping round for a chat over a cup of tea			
Form filling / letter writing / help with a computer			
Collecting prescriptions, pensions, occasional help with shopping			
Small household repairs / practical tasks (such as changing a light bulb)			
Pet-care / dog-walking etc.			
Indoor plant watering / light gardening			
Being part of the phone rota to answer callers and matching them to a suitable volunteer			
Being part of the organising group – helping with publicity, fundraising, etc.			
Other – please specify on a separate sheet			

If you are happy to do so, please add your name and address below – your personal details will not be shared with anyone else.

Name:

Address:

Tel/email:

You can return your completed survey form

by post or drop-off: 2 Woodlands Close, TN22 1TS
27 Romans Way, TN22 1UY
Uckfield Volunteer Centre, 79 High Street TN22 1AS

or by email: mphfres@gmail.com

or you can complete online: <https://www.surveymonkey.co.uk/r/MPHFGNS1>

News in Brief

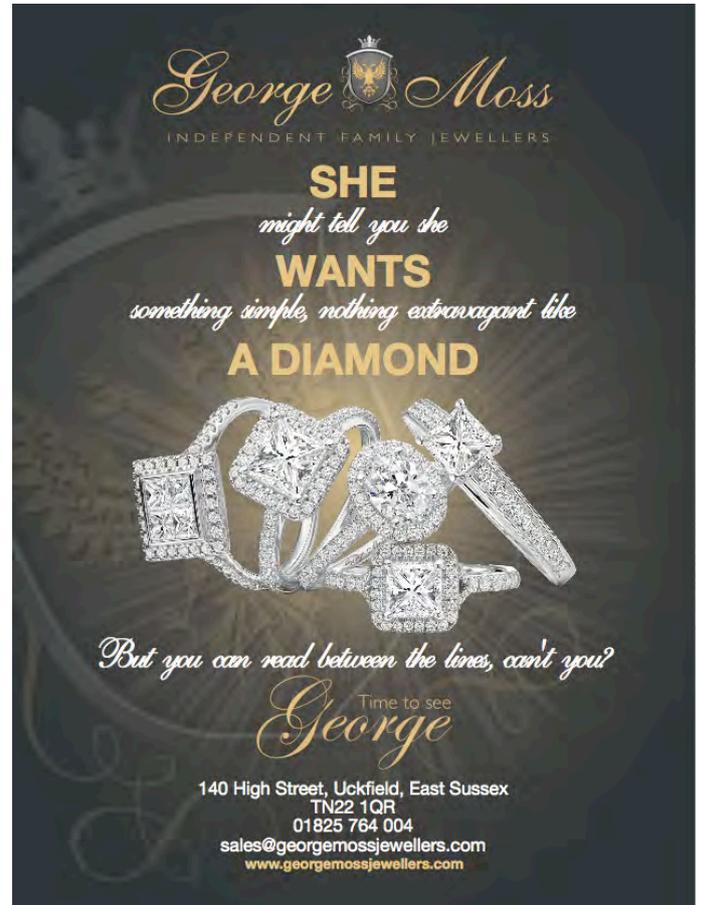
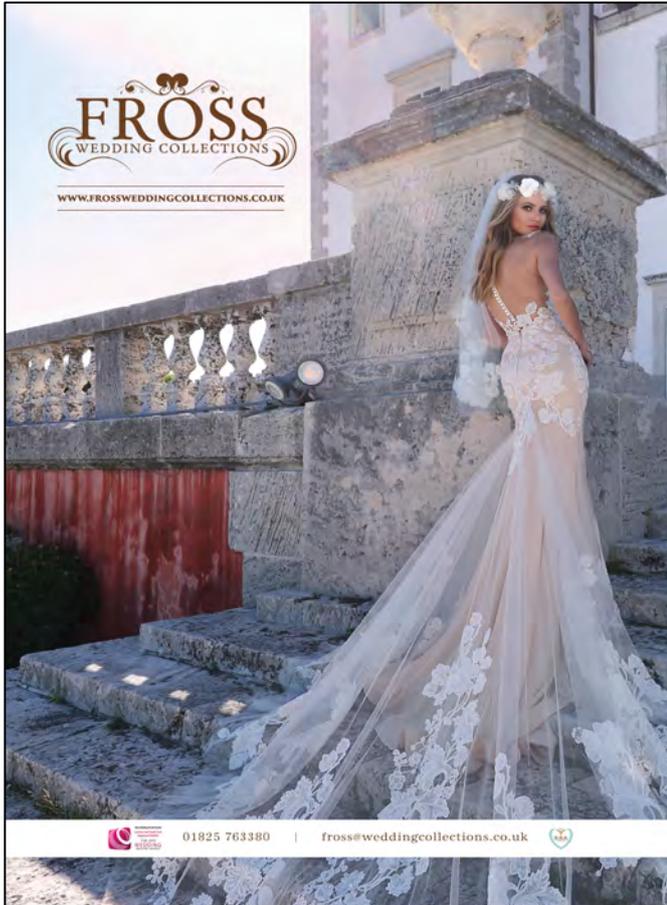
Shoppers Discount Scheme – Anytime Fitness, the new Uckfield Gym, and Peter Oliver Homes have both joined the scheme recently and are offering Association members excellent discounts on their fees

New handrail at Browns Lane Shops – a member has kindly volunteered to do this work without charge and so we are now exploring his offer with the landowner and our insurer

Christmas Lights competition – the winners chose the Uckfield Foodbank and the Salvation Army to benefit from donations jointly funded by Peter Oliver Homes and the Association

Footpath clearing in Downsvie Crescent – members will soon be hard at work again clearing the overgrown pavement that runs along the side of the Uckfield College playing field that is used daily by parents going to and from Manor Primary and Twiglets Nursery

Verge parking – it looks like the worst of the verges in Downsvie Crescent will be reinstated this year



The Big Lunch 2018 – June 10th

Make sure you keep Sunday June 10th free if you don't want to miss this year's Big Lunch.

We have something to please all ages:

- ✓ Bouncy Castle assault course
- ✓ Punch and Judy
- ✓ Face Painting
- ✓ Fun Dog Show
- ✓ Ice Cream vendor
- ✓ and lots more!

A big thank you to the National Lottery for their grant towards our costs.

How to contact us:

Post: 2 Woodlands Close, TN22 1TS
Email: mphfres@gmail.com
Facebook: @ManorParkResAssoc
Surgery Car: 01825 578006

Surgery Car Service volunteer's five years of service is recognised

Jane Shepherd has been working quietly behind the scenes taking calls and arranging journeys for the surgery car service for five years.

As an expression of thanks for her important work and loyal service Jane was presented with a flower arrangement.

The flowers were kindly donated by Peter Oliver Homes our local estate agent.

The Car Service number is 01825 578006 and the cost of a return trip to your local GP or Uckfield Hospital appointment remains at just £3.50

