



Patient Choice - Information Day 29 April

From Director Jim Baker

We have recently become involved with the Department of Health in the roll out of the Patients Choice agenda, as it affects older people. As a consequence they will bring their Battle bus to Brighton & Hove on the 29th April to talk to people, answer queries and bring more awareness of the agenda.

This Free Event will take place in Leach Court, Park Street on Wednesday 29 April 10.30am—1pm with refreshments and cakes. There will also be a number of stalls.

From the 1st April patients have a legal right to choose where they have treatments when they are referred to their first out-patients and they will also be required to be

informed about the choices available. For example if an older person in Brighton needs a hip operation and that operation can be done in Exeter (where their daughter lives) they can choose to go to Exeter. From my point of view it seems older people are not well informed to date and we will be helping by assisting the road show.

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Reaching Out With LifeLines

It was a Celebration Day for LifeLines on Friday 20 March, serious yet light hearted, informative, entertaining and participative, all free, food included. This innovative project aims to empower older people to improve health and well-being in Brighton & Hove. To find out more about its work and how you can get involved on a project contact them on 01273 720603.



Gardeners for Help at Home Service

Spring has arrived and the Help at Home service is recruiting gardeners to meet increased requests from service users.

Work ranges from lawn mowing, to removing weeds, cutting hedges, planting and watering .

Anyone can apply including retired/semi retired people with basic gardening skills.

Having your own transport is not a must but certainly an added bonus.

Gardeners work on a self-employed basis, earn £9 an hour and references and a CRB check are carried out for all workers.

To find out more contact us on 01273 720603 or email info@ageconcern-bhp.org.uk



Donations of clothes and volunteer help wanted

Donations

By donating good quality goods and clothes to us, you are helping us to stock our shops, attract new customers and raise money for older people who need our help. Children Clothes

Retail volunteers

Volunteering can be fun and your help and support

is vital in ensuring the smooth running of the shops. You can also enjoy being part of a team and knowing that your time



and effort will contribute to the promotion of the well being of all older people. g customers, using the till, pricing items.

shops or how you may help with volunteering contact us at :
16 St James Street,
Brighton,
tel. 01273 679217



As of 31st March E.ON

Cost of electricity has gone down by 9%

This applies to new and existing Age Concern customers and the current price differential between E.ON Standard tariff and Age Concern at High and Low consumptions has been maintained.

Customers received a Cold Weather Payment this year of £22.88 plus VAT well in excess of the guaranteed amounts of £10 for customers over 60 and £20 for those over 80.

If you think you might benefit from switching to Age Concern Energy Services for your electricity and gas contact us on 01273 720603 or come to our office at 29-31 Prestonville Road, Seven Dials, Brighton.

One Voice: Shaping Our Ageing Society



This conference on 7th April marked the joining together of

Age Concern England and Help the Aged to form a single new charity dedicated to improving the lives of older people.

Tom Wright, new Chief Executive, took up his role in January. 'I want to build on the success that

Age Concern England and Help the Aged have achieved as separate charities and create what I passionately believe will be one of the most powerful and influential new charitable and social enterprise organisation in the UK,' he said.

He added that he wanted, 'to help fashion an organisation that will have the influence to create change, to deliver flagship

the challenges of growing older both in the UK and across the world'.

However, the charity will not be renamed or re-branded until 2010 and shops, groups and organizations will continue to operate under their existing brand and name.



When You're Smiling...

Happiness is contagious, according to social network researchers, and spreads through social groups like an emotional virus. (The Psychologist). Using 12,000 interconnected people it was found that a person's happiness level is influenced not only by that

of immediate friends and relations but friends of friends, and their friends too, although closer proximity of happy people produced the strongest influence. Also discovered was that people at the centre of social networks, with more and better connected relationships

become happier over time and that the causes of happiness spreading are possibly the contagious nature of smiles and laughter and the tendency for happier to act more kindly towards those they have contact with.



Easter Egg Hunt

National Trust event

Eggciting fun for all the family. Come along to Devil's Dyke any time between 11am and 3pm to collect your quiz sheet and map. Find the eggs around the Dyke countryside to solve the clues. Prizes for all! Moderate walking

with hills (approximately 1.5 miles).

Suitable for accompanied children. Please wear appropriate clothing and footwear. Dogs welcome under close control.

Transport : Bus 77
Location: Devil's Dyke (Brighton) Meeting point: Stone seat in front of pub

Price: £2.00. NT members £1

Event held on 11/04/2009, 12/04/2009 and 13/04/2009

With Best Wishes this Easter from everyone at Age Concern

