



# THE UCKFIELD VOICE

MAY 2018

EDITION 185

thevoice

## MAKING UCKFIELD A MORE DEMENTIA FRIENDLY TOWN

**By Cllr Paul Sparks**

Most of us know somebody living with dementia. The incidences of the disease are growing and it is now the biggest cause of death in the UK. Last year, in view of these startling facts, Uckfield Town Council decided to commence a programme to make Uckfield a dementia-friendly town for the benefit of those residents living with dementia and their carers.

### **Uckfield Dementia Forum**

The programme started with the establishment of the Uckfield Dementia Forum which comprised members from the Town Council, retailers, banks, care providers, CAB, Freedom Leisure, GP surgeries, voluntary bodies and the Police. This varied membership is of great assistance in formulating actions to take within the town. This has included running successful dementia-friendly sessions for employees and volunteers of the various organisations including all Town Councillors and staff.

### **One year anniversary event**

Last November, to celebrate the one-year anniversary of the UDF, a free event was held at the Luxford Centre for those living with dementia and their carers. They enjoyed some refreshments before watching the film of André Rieu's Christmas concert. All had a very enjoyable time in a safe, comfortable and friendly environment.



### **Dementia Finance Information Session**

The next planned event in Uckfield is being organised during the National Dementia Awareness Week and is on 23 May again at the Luxford Centre starting at 1.45pm. The session will provide key financial and legal advice and guidance and will be followed by afternoon tea.

In the last six weeks, alongside a media campaign, we have requested feedback via suggestion boxes located around the town and also online. From this feedback, the forum will create an action plan to support local residents and service users.

Finally, we would welcome new members onto the Uckfield Dementia Forum. Please contact Cllr Paul Sparks via [admin@uckfieldtc.gov.uk](mailto:admin@uckfieldtc.gov.uk).

### **WHAT'S INSIDE**

- Hughes Way play area opened
- Healthy Uckfield
- Update from Wealden Police
- Upcoming meetings



## HUGHES WAY PLAY AREA OPENED



©Ron Hill Photography

*On Saturday 7 April 2018, members of Uckfield Town Council, Church Coombe Residents' Association and local residents of all ages celebrated the opening of a new and upgraded play area at Hughes Way, Uckfield.*

Despite some delays caused by the wet winter weather, new play equipment was installed by HAGS-SMP along with some smart new surfacing. The design of the play area is aimed at children aged up to 12 years and provides a variety of equipment in this compact space. It includes a fantastic climbing frame, swings, basket swing, free rider, seesaw and play panels. Further plans will also see improvements made to the seating, fencing along one boundary and the addition of a couple of small activities for the younger age groups. These additions will be delivered using grant funding received from Wealden District Council and the Tesco Bags of Help scheme.

We hope the new and improved play area will bring lots of joy and improved wellbeing for young people living in the vicinity of Hughes Way.



©Ron Hill Photography

## HEALTH AND WELLBEING IN UCKFIELD

*One of the priorities of the Town Council this year is to map our open spaces and footways and introduce initiatives to increase their use. One such initiative is to encourage residents to get more active and so improve their health and wellbeing.*

### Healthy Wealden Uckfield

#### Get up and get active

We all know that we need to be more active and to spend less time sitting down. Sitting for long periods is thought to slow the body's ability to regulate blood sugar, blood pressure and break down body fat.

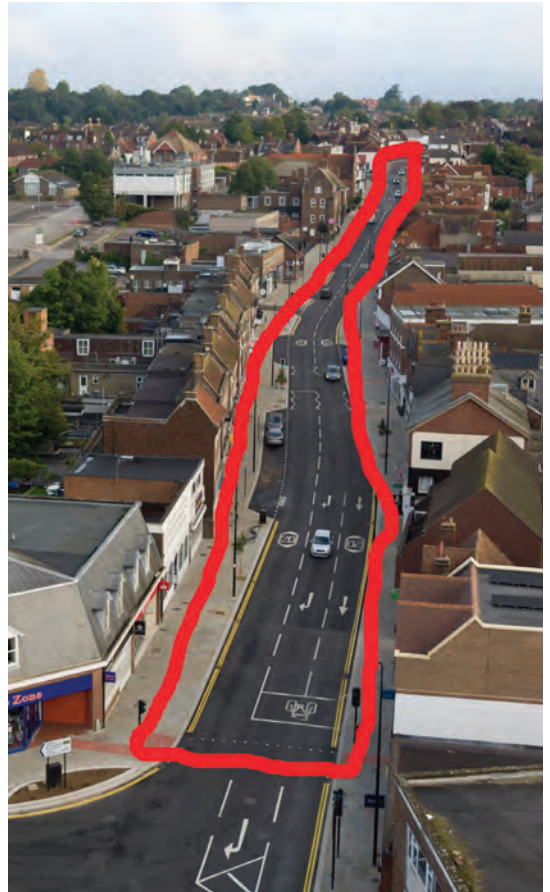
Many adults in the UK spend more than seven hours a day sitting or lying and this typically increases with age to 10 hours or more. This includes watching TV, using a computer, reading, doing homework, travelling by car, bus or train but does not include sleeping.

#### Take advantage of Uckfield's green spaces

Uckfield has many green spaces that residents and visitors can use and enjoy. They are free and on your doorstep. They offer excellent opportunities to get out there and #GetactiveinUckfield!

Visit our website for more details of Uckfield's green spaces and links to other ways you can get active. <http://www.uckfieldtc.gov.uk/Health-and-Wellbeing.aspx>

Always remember if it has been a while since you have exercised and/or you have health issues or concerns, it is a good idea to talk to your doctor before starting a new exercise routine.



#### #GetactiveinUckfield

Did you know that if you walk a circuit of the High Street from the Bell Lane junction up to the Hooke Hall bus stop (just past the Broadway) and back down again you will cover just over 1km or 1,500 steps. With all the wonderful shop windows to look at on your way around you won't even notice how far you have walked!

## UPDATE FROM WEALDEN POLICE

In the past few months Sussex Police have been responding to a number of issues of youth related anti-social behaviour at various locations in the town. We have identified those involved and have taken enforcement action against those most frequently coming to notice. This has involved collating lots of evidence and information from the community in order for the police and other agencies to take punitive action against the most prominent instigators. This has now happened and we believe is starting to have a positive effect.

We recognise that the Community are still experiencing some issues but the level of reporting has reduced in recent weeks – certainly from its height in the February half term.

In recent weeks I have met with a number of community groups and representatives of the local business community to discuss the police response. These meetings have been positive and led to wider conversations about youth provision in the town. We have also discussed how some of the larger businesses may be able to strengthen their own procedures for minimising youth related problems

at their premises. We will be having a follow up meeting with key local businesses and community leaders later this month.

Solving the anti-social behaviour in the town remains a priority for the Wealden Policing team and we continue to monitor reporting on a daily basis. It is therefore important that people in the community continue to report things to us so that we can maintain momentum over the coming weeks.

Police resources have been identified to patrol the identified locations where anti-social behaviour has been occurring and have been instructed to take positive action to remove young people from any area where their behaviour is causing harassment, alarm or distress.

As I have stated in a recent press release, the vast majority of young people in the community are a credit to the town – it is the behaviour of just a few individuals that has been causing issues – and they will continue to be dealt with robustly each time they come to notice.

**Inspector Jon Gross – Wealden Policing Team.**

## UPCOMING MEETINGS

Full Council agendas and minutes can also be seen at the Uckfield Library.

8 MAY	–	ANNUAL STATUTORY COUNCIL
14 MAY	–	PLANS
29 MAY	–	GENERAL PURPOSES
4 JUNE	–	PLANS
11 JUNE	–	ENVIRONMENT AND LEISURE
18 JUNE	–	FULL COUNCIL
25 JUNE	–	PLANS

If you wish to ask a question at a meeting, on items on the agenda, it is advisable to submit your question beforehand to allow a full response to be given at the meeting.

All questions should be directed to the Town Clerk.

Please email [admin@uckfieldtc.gov.uk](mailto:admin@uckfieldtc.gov.uk)

### COMING NEXT MONTH

- **Introducing the new Mayor**
- **Report on the Annual Town Meeting**
- **New Town Crier**

