I achieved a goal on my bucket list

“Sky diving! Wow! It was amazing!”

I never realised throwing yourself out of a plane at 12 thousand feet could be so much fun.
I wasn’t really scared or nervous, I didn’t really have the time to think about it. It’s up, up and away, then down to earth, it was over in a flash!
I would highly recommend it for clearing your head. I would do it again in a heartbeat.
—Peta Lambird Senior House Manager

Development update

Abbeyfield South Downs have taken a big step towards being part of the solution to the national housing crisis facing future generations of older people.

On Tuesday 27th August 2019 our construction team arrived on site in Heathfield to commence work after many years of planning for this day.

The buildings at Mill Road had been demolished back in January and now we will start to see a new and exciting assisted living with care scheme emerging from the ground. To reach this stage, our property director has spent twenty years planning and for the last five years our board have been working furiously to obtain planning consent and attract funding for the scheme. Development Director, Ian Thomas said ‘We are very proud that 27th August marked a major milestone in the evolution of Abbeyfield South Downs and the Abbeyfield movement in the South East’.

Did you know? We have a new website which features our houses and information about the society. We will be developing our website and social media presence further in the coming months. If you would like to look at the website, you will find us at www.abbsd.co.uk
**Summer Garden Party**

Abbeyfield House in Aymer Road hosted its summer garden party over the bank holiday weekend.

The weather made for a great event in the garden with entertainment from Rodger... playing many classics from the 60’s and 70’s. Residents and visitors were dancing in the garden. The hot buffet lunch served by the house staff followed by cakes and homemade truffles was very much enjoyed by all that attended.

**South Downs Way has received a makeover!**

We will be issuing our new shorter newsletter four times a year rather than the infrequent magazine. Will Dobson will be giving his professional touch to the publication.

We intend to capture house life and organisational news in a timelier manner. Your news on house life and stories are essential in creating an interesting and informative read for all tenants, staff and residents with in Abbeyfield South Downs. If you are having an event, special occasion, visitors or have a hobby or interest you would like to share please send details and pictures to info@abbsd.co.uk

**“Wellness is easier than you think”**

– the words of Kelly Wilson Aymer Road Housekeeper.

Kelly has just completed the Skills for Care and PD Approval endorsed chair-based instructor exercise (CBE) qualification. This course has enabled Kelly to plan and deliver chair-based exercise for older adults whilst incorporating the key principles and values of the adult social care sector. Kelly will begin to run inclusive exercise sessions at Aymer Road in September. The sessions will be open to residents and friends of the house which are intended to have a real impact on improving the quality of later life in older adults.

**House Social Groups**

- **Aymer Road - Coffee Morning**
  Last Thursday of every month 10.30 – 11.30

- **Cadogan Gardens - Exercise Group**
  Tuesday Mornings 11.00 – 12.00

- **Alfriston - Exercise Group**
  Friday Afternoons

- **Alfriston - Coffee & Cake Afternoon**
  Second Tuesday of every month 3.30 – 5.00
Real Life Scam

Scams seem to be getting more and more elaborate as you can read below. If you have any doubts about calls from their bank please check with someone within the society. For those of you who have a resident meeting, this would be a good topic of discussion. I have just been having to deal with the police regarding a sickening financial scam which has involved my 89-year-old mum. I thought it would be worth sharing across the Abbeyfield family to inform our tenants to be careful.

My mum is very sensible and usually so careful when it comes to telephone hoaxes, but on this occasion was drawn in to believe that the police at Scotland Yard had noted fraudulent activity with her bank. I won’t go in to all the details, but it is worth sharing some of the 'hooks' that conned her of £8000 this week.

The very pleasant phone caller said he was a Police Officer. He told her to call 999 to verify his credentials, but her line had been held open and someone confirmed his credentials were correct. He told her to keep her line open throughout the day (14 hours in total) so he could keep her informed of events.

He convinced her that the bank was aware of the fraudulent activity and she spoke to a very nice lady called Sam, who confirmed money had been taken from her account and it had been put back in and apologised for the inconvenience.

He then arranged for someone to collect it at, wait for it, 1.30am!

A man turned up at the house and had a password which she had been given.

She was told not to inform anyone as it was an ongoing investigation. She was convinced it was all true and only shared it accidentally with me yesterday (6 days later) when she said she was waiting for a new bank card by recorded delivery. I said that they don’t come by recorded delivery.

On calling her bank they confirmed that she had withdrawn the money. It is very unlikely she will ever retrieve it as she actively withdrew the cash and answered all their questions (lied as she was told to do).

Paul Boul

The Abbeyfield Society

Paul’s mum is fine, feeling shell shocked and little silly but she is fine and was not physically harmed, we all wish her well.

The phoney police officer convinced her she needed to go to her bank to draw out the £8000 to assist with her enquiries and she booked a taxi to do so. (She has no idea why this would help them but did it to help them with her enquiries). She is frail and doesn’t normally go outside her gate without someone with her to hold her arm. This is so out of character for her. He told her that the bank will ask some questions about why she was taking out so much cash and told her to say it was for her niece’s wedding. (She did this)

When she returned home with the cash, he told her to put on some gloves and count the money and then informed her that the money she had just taken from the bank teller was counterfeit as the Bank of England had just confirmed this to him from the numbers on the notes that she gave him.

John Boul

The Abbeyfield Society

John’s mum is fine, feeling shell shocked and little silly but she is fine and was not physically harmed, we all wish her well.

The police arrived at 4.45am and said they had only come because they had been given.

The officer then told her to put on some gloves and count the money and then informed her that the money she had just taken from the bank teller was counterfeit as the Bank of England had just confirmed this to him from the numbers on the notes that she gave him.
Strawberry Tea Party

Abbeysteel Alfriston baked their way to another very successful strawberry tea in June! They were joined by residents from our houses in St Leonards, Eastbourne and Hove. Christine Klassen’s [Alfriston Housekeeper] scones were the talk of the afternoon as they are truly delicious. The Alfriston visiting volunteer team lend their ‘washing up’ hands to the event, which is always appreciated by the house staff. Christine is very happy to share her Scone recipe she can be emailed at: christine.klassen@abbsd.co.uk

Family Connections in New Zealand

Cheryl Dean, Abbeyfield International Partnership Manager, visited New Zealand to deliver a presentation to Abbeyfield New Zealand’s AGM.

After the meeting, Cheryl met Rod Shaw, cousin of Abbeyfield founder Richard Carr Gomm - you can see the family resemblance from the picture!

Cheryl also met Fenn Shaw, Rod’s wife, who is Chair of Abbeyfield Christchurch since 2008 and Chair of Abbeyfield Wigram Inc. Fenn is a retired nurse, who specialised in gerontology care. She has been an active volunteer in her retirement for organisations including Rotary and Zonta International, as well as founder of the Abbeyfield Christchurch steering committee, and she was elected to the Abbeyfield New Zealand Board in 2017.

Abbeyfield in New Zealand

Abbeyfield was introduced to New Zealand in 1991 by Wakefield GP Dr Ted Bassett, who had encountered Abbeyfield on a visit to the UK to explore retirement accommodation models. On his return, Dr Bassett recruited a small energetic group of supporters and Abbeyfield New Zealand was born. Abbeyfield New Zealand Incorporated was first established as a charitable organisation in 1992. While Abbeyfield NZ operates autonomously, being part of an international network strengthens its work at home, giving them access to information and a wide range of operational experience.

Learn more at: www.abbeyfield.com/about-us/