



# EASTBOURNE SENIORS FORUM

THE OVER FIFTIES FORUM

www.esf-online.org

## Spring Newsletter 2017 Issue 29

### Message from the Chair...



#### Dear Members

2016 was a very busy year with so much happening on all fronts.

In politics Britain voted to leave the EU followed by a change of leadership of the main parties, and Donald Trump has now become President of the USA. There have been several terrorist attacks all over the world, and an outbreak of the Zika virus spread by mosquitoes.

A host of celebrities have died including David Bowie, Alan Rickman, George Michael and Terry Wogan beloved by the Tog's (Terry's Old Geezers).

The MP Jo Cox was targeted and murdered in broad daylight in her constituency, leaving a husband and two young children.

On the brighter side the Queen celebrated her 90th birthday and 65 years on the throne. There were events and street parties and celebrations went on for weeks.

Andy Murray won the Wimbledon Singles, became world number 1, won gold in the Olympics in Rio and was knighted by the Queen.

Team GB won 67 medals in the Rio Olympics our best result and our Paralympics also did very well. Tim Peake went into space and will be going again. We also got issued a new £5.00 note made to last a lot longer. All in all a very interesting year you will agree.

Will this year be so exiting? No doubt it will now we are into Brexit and all that will need sorting as a result, but we seniors are a resilient lot so lets look forward to what it brings with a smile and a positive attitude .

**Beryl Newson, Chair**

## ESF Membership Advantage Scheme

As well as providing our members with up to date news and information about the many services available to them, the committee of ESF have been thinking about what else we can do to provide some tangible benefits to our members.

As a result we have decided to trail a scheme to provide special rates and discounts across a range of services and facilities available in Eastbourne.

We are in negotiation with a number of companies and plan to have full details of them in our May issue.

Benefits will include discounts in shops and restaurants and special rates and offers on a range of services.

To enable this to happen we shall need to have in place a method that enables companies participating in the scheme to identify the ESF members, so we shall be producing membership cards which will be specifically numbered for each member and we will be issuing these in due course.

Meanwhile it would be great if members could let us know names of companies or services where they would like to get special rates.

Please contact me by phone: **01323 479846**  
or email: **sthornett2@gmail.com**  
with any suggestions.

### Night Visibility – Be safe – Be seen

You and your children's (and dog's) lives depend on cars seeing you. If out at night, take extra care to be seen – wear an item of high visibility that is reflective or fluorescent.



# Theatre Closures and this years Good Life Show

I am sure most of you will know of the exciting new plans that the Council have for the Devonshire Park complex which once completed will give Eastbourne a prestigious venue for International Tennis, the arts and an up to the minute group of theatres catering for all tastes.

Those of you that came to our AGM in June would have heard the talk by Rob Cottrell EBC Chief Executive on the plans and the complexity of the work

The Congress is a listed building and so for it to receive the complete refit that is needed it is having to be closed for it to be gutted inside and refitted with state of the art equipment, amplification, air-conditioning, new décor and seating, as well as easy access to all levels from the new Welcome Building to the right of the existing building

This work will also involve a refit and refurbishment of the Floral Hall which will also need to close.

Much of the work is already beginning and the schedule as we understand at time of going to print is:

- Congress Theatre is closed now until June 2018.
- Congress Suite is being demolished to make way for the new *Welcome Building*.
- Winter Garden is closing in January 2018 or before until June 2019, but will only have limited use during this year 2017 whilst demolition goes on around it.
- Devonshire Park Theatre has been refurbished and is fully open and operational with a good range of events for 2017.

## The Good Life Show

The closures above mean we cannot have the *Good Life* in the Floral Hall as usual in October so we are currently seeking an alternative venue and recognise the Show will have to be smaller this year.

We will keep you informed as soon as we have a venue.

## Your Committee...

Throughout the year we attend numerous meetings on behalf of the forum, where we are able to put across the point of view of seniors that will help to influence decision makers.

*These meetings include:*

- **East Sussex County Council on health, adult social care and transport**
- **Eastbourne Borough Council on Equality and Diversity**
- **NHS and Clinical Commissioning Group on health matters and services.**
- **Trading Standards**
- **East Sussex Seniors Association on countywide issues**
- **Age UK and Age Concern serving seniors**

**Scrabble Club** meeting every Wednesday from 2-4pm at Community Wise in Motcombe. £2.50 a session inc. a cup of tea. All Welcome. Contact Jean Walker 01323 732 798



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# Southdown East Sussex Community Links Mental Health Service

Southdown's East Sussex Community Links is a free service offering up to 12 individually tailored coaching sessions for adults (aged 16+) with mental health needs or adults with Autism and mental health needs to identify and achieve goals, develop skills and sustain participation in a variety of activities including:

- **Employment /Volunteering**
- **Education/Training**
- **Faith /Spirituality**
- **Arts/Culture**
- **Health/Leisure**
- **Special interests**

Stephanie Foard, Community Links Team Manager says, "The service can help you to find out about, and access, activities in your local community that you're interested in and help you create links with support agencies and groups. We will encourage you to have confidence in your own abilities and work with you to overcome any challenges you may have. Meeting people and developing networks of support can make a big difference."

A client of the service said, "Community Links has given me confidence and helped me see what's available in my community. Thanks to the support I receive, I really feel like I'm getting somewhere."

For further information about the East Sussex Community Links service contact Stephanie Foard on: **01323 340151** email: [s.foard@southdownhousing.org](mailto:s.foard@southdownhousing.org) or visit: [www.southdownhousing.org/community-support/community-links-east-sussex](http://www.southdownhousing.org/community-support/community-links-east-sussex)

## Dates for your Diary

### Open Meeting

All Welcome at St Saviours Church Hall on **April 19th**

*A talk from Trading Standards Scam team 'Take a Stand Against Scams' Refreshments available from 9.45 am Talk from 10.15 followed by Q & A.*

Our **AGM** will be on **June 15th**  
Same venue from 2pm till 4pm Speaker TBA

### Open Meeting

**September 14th** 10 am till 12  
Same venue. Speakers TBA

## Right at Home Eastbourne

is a premium quality home care provider, committed to making a difference every day to the people we serve by promoting independence, dignity and well-being.

We provide personal care in the home to the elderly, people living with dementia and adults with learning or physical disabilities. Whether support is required on a short or long term basis, we can offer anything from hourly daily visits through to 24-hour support, seven days a week.

Our services range from light housekeeping, shopping and hospital visits to toileting, washing and dressing, medication support, meal preparation and bedtime calls.

In order to ensure the best outcomes for the people we serve, our visits last a minimum of one hour, and are only made at times convenient to our client. Our highly trained CareGivers are carefully matched to our clients and are always introduced prior to the commencement of services.

We provide the best quality care by going the extra mile and making sure that the service we deliver is one we would be happy for members of our own families to receive. This person centred approach has led to Right at Home becoming the highest rated home care provider in the UK based on customer feedback. (Source: [www.homecare.co.uk](http://www.homecare.co.uk))

For full information on our services in Eastbourne, Seaford, Bexhill, Hailsham and surrounding areas, please call us on **01323 414 658** or email us at: [eastbourne@rightathomeuk.com](mailto:eastbourne@rightathomeuk.com)

Alternatively, please visit our website to get more information about our range of services."



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# Does the word **Telecare** mean anything to you?



***If not, it should!***

Charlene Saunders, Welbeing Marketing Manager, tells us why telecare can be key to continuing to live in your own home as you get older.

Awareness is still low about how telecare can be a great help to living independently in your own home. It is often not until someone looks into ways a loved one or themselves can remain safe at home, that they start to find out about it. A typical scenario might be someone who lives in their own home, but concerned they might fall and not be near the phone. Or a friend you know has health issues and it worries you if something happens and you miss their phone call.

This can lead to online searches for things like “elderly personal alarms”, “red button pendants” and “falling at home”, until you find the information you are looking for. Put simply, telecare is a method of connecting you to a trained team of professionals when you feel vulnerable, at risk or simply want reassurance. The Lifeline home unit simply connects to the telephone line, and works with a pendant, which can be worn on the wrist or around the neck. Once you press the button the contact centre staff will assess the situation and connect you straight away to the emergency services or friends and family if needed.

East Sussex Seniors Association members have regularly told us that Lifeline is an essential service which enables them to enjoy their independence, confident that if a problem arises help is at hand.

As part of the ESF Advantage Scheme we shall be offering a special half price installation. See front page of this newsletter for contact details.



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## Useful Telephone numbers

Age Concern Eastbourne	01323 638474
Age UK East Sussex Advice	01424 426162
Alzheimer's Helpline	0845 300 0336
Care Home Listing East Sussex	0800 389 2077
Congress Theatre Box Office	01323 412000
Cineworld - Crumbles	0871 200 2000
Citizens Advice	03444 111444
Conquest Hospital	01424 755255
District General Hospital	01323 417400
East Sussex County Council	01273 481000
Energy Caring Trust	0800 5112 012
Independent Living Service (STEPS)	01424 464890
Independent Providers Forum	01580 715660
National Talking Newspapers	01435 866102
Pension Service	0845 6060265
Post Office Services	0845 7223344
Silverline Helpline	0800 328 8888
Social Care Direct (SCD)	0345 6080191
Supermarket Trolley Collection	07930 662042
Sussex Police (non-urgent)	101
Trading Standards Consumer Advice	03454 040506

## Member Notes

With this issue you will find some adverts or flyers from organisations who we think will be of interest to you. These pay towards posting out our newsletters, if you use them please tell them you heard about them from ESF.

**If any members cannot access websites** shown in or at the end of articles, please contact us and we will be pleased to download the article and post it to you.

There will be a small charge for this service

## Postage Costs / Email

**If you can accept newsletters online please email us at: [info@esf-online.org](mailto:info@esf-online.org)** or for those of you not on computers, a contribution by cheque would be greatly appreciated.

### The Good Old Days

How do you I'm thinking about 'the good old days.' What sparked this off was a comment from a friend explaining why he voted the way he did in the referendum; his vote is immaterial here, what fascinated me was his reference to wanting to return to the *good times*. For him that was the time before we were members of 'the club.'

Putting all serious arguments on one side (compared to other issues this is nothing) I remembered little annoyances as you got across the channel and bought some French francs, drove on a bit, left France, then a mile down the road entered Belgium, this time, changing your money into Belgian francs. This went on and on as you progressed through various countries, costing time and a little money in the exchanges.

However for me they *were* good, amazing in fact. I had youthful energy, the fitness to face that long straight road out of Dunkirk on foot; plus we actually felt safe thumbing lifts and making friends with kind strangers. For Peter and I, our first foray to the 'continent' was without a car, in August 1959 when I discovered the delights of travelling light, but was horrified to find French tap water undrinkable!

Perhaps it was a bit of a mixed bag; less convenient, but that didn't matter because we were young, energetic and carefree. Money wasn't a problem; we had very little and eked it out by sleeping one night on the beach and others in the cheapest pensionne available.

By the time we arrived back at Victoria Station we had only sixpence (6d) to our names! This purchased a welcome bar of Cadbury's chocolate from a machine at the station. Not having cash was of no consequence, it was normal and what's more we weren't worn out by all that walking.

In 1964 we drove through all the passport control check points down to Italy, stopping en route to explore hidden spots and take in the wonders of these foreign places. Still strapped for cash, this time we slept in the car to save money. I felt a bit nervous in Germany despite the friendly truck driver, the wonder of their autobahns and amazing roadside service stations. It all seemed incredibly modern. Everything was so fresh and new ... to me that is. There would have been many people looking back to their 'good old days' in the 1930's before the dreadful events of the 1940's.

The point is that 'good times' are subjective and you can be 'hard up and happy' or rich and miserable and the hazy mist of time colours many events a rosy pink.

It's good to ponder sometimes.

May there be many good times for you, some in the past but many yet to come.

Vera

*If you would like to contact Vera to comment on her musings, please feel free to do so by emailing:*  
***info@esf-online.org***  
*or by writing to our usual address.*

Are you over 75?  
Have you  
claimed your  
**FREE TV licence yet?**



Hundreds of people haven't and so are losing out. It's simple to do, but you must apply to **0300 790 6073** or **www.tvlicensing.co.uk/over75info**

If you are not over 75, but live with someone who is, their licence can cover all the viewing in the property

### Did You Know?

**Eastbourne Borough Council sends almost nothing to landfill** (less than 3%).

Any refuse is taken to the Newhaven Energy Recover Facility where it is used as a fuel to generate electricity.

Making new glass from recycled glass uses less energy than using raw materials.

Recycling one glass bottle saves enough energy to power one of the following:

- A computer for 25 minutes
- A colour TV for 20 minutes
- A washing machine for 10 minutes.

# Winter Recipe

## Easy Recipe for Soup of the Earth

Make yourself a simple and tasty soup for winter days. It can be frozen too, so you can keep some for another time.



### Ingredients

1oz Butter  
1 large onion, peeled and chopped  
4oz potatoes peeled and roughly chopped  
8oz carrots\* peeled and thickly sliced  
8oz swede\* peeled and roughly chopped  
1½ pints of chicken stock  
Parsley chopped  
½ pint Milk  
Salt/pepper to taste  
*\*Ready chopped carrots and swede can be bought at some supermarkets.*

### How to make it

Melt the butter in a large saucepan adding the onion and cook until soft. Add all the other ingredients except milk, parsley and salt/pepper and bring to the boil. Simmer till veggies are all soft and leave to cool a bit.

Place it all in the blender until smooth and then return to the pan and add the milk and seasoning and reheat

*Delicious!*

## Writing Ideas

Seeking: searching,  
Trying to hold the thought  
That floats elusively  
beyond the grasp of sense.  
Like a dream  
On waking  
fully known but fading.  
Following tenuous links  
That hold it in suspense.

*Peter Tyler*

### Do you write poetry or short articles?

We would love to hear from you for inclusion in this newsletter. *Please contact the editor.*

## Did You Know?

**Laughter is such good medicine** that it can help to relieve stress, cure headaches, fight infections and alleviate hypertension.

Some doctors say that laughing produces physical benefits similar to those we get from physical exercise. As you laugh out loud some of your abdomen and chest muscles are brought into play and your heart rate and blood pressure are stimulated.

## Wit and Wisdom...

Now I'm over 60 my doctor says I should go out and get more fresh air and exercise. I said: "All right, I'll drive with the car window open"

I remember things that happened 60 years ago, but if you ask me where I left my car keys five minutes ago, that's sometimes a problem...

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## Make 2017 the year you banish your back pain!

We all too often dismiss back pain as 'just one of those things'. 'It'll be gone in a few days, won't it?' Annually, back pain affects half of the population and statistics show that a quarter of women and a third of men over 65 struggle with more severe, prolonged episodes.

Here are **FIVE** top tips for tackling back pain from Doctor of Chiropractic Dr James Revell at Lushington Chiropractic:

- **Keep Moving:** Keeping fit and active is a must! This benefits spinal strength and mobility. A 20 minute walk is much better than a 20 minute sit down. If British weather is holding you back, why not go for a swim at the local pool?
- **Sit Correctly:** Keep your lower back supported when sitting. Keep your feet flat on the floor, with your hips slightly higher than your knees. Although it's always tempting to curl your legs up on the sofa whilst hugging that cup of tea, try to avoid doing it!
- **Sleep Comfortably:** Sleeping on your back is best for the body. If you have to sleep on your side, put a pillow between your knees and try not to twist into the recovery position. Never sleep on your front because it twists your neck and lower back. Sweet dreams!
- **Get a Good Start to the Day:** When you awake, pull your knees into your chest to stretch the hips. This wakes up the lower back and relieves stiff joints.
- **Warm Up and Chill Out:** Do some light stretching before and after physical activity, including things such as gardening and clearing up. This will make sure your muscles are warmed up and cooled off properly.

If the tips aren't working for you, seeking help is probably a very good idea. It's time we stopped aching and started shaking our back pain! The chiropractors at Lushington Chiropractic are always happy to help.

Feel free to telephone the clinic on:  
**01323 722499**  
[www.chirocare.co.uk](http://www.chirocare.co.uk)

## Thank you!

**Thank you** to all our members who send us messages of encouragement and for contributions we get towards postage. These are much appreciated, especially as with such a large number of members, postage has now become a significant cost to ESF.

### Recent member messages:

*"Very useful information –as always. Thank you for all the information you pass on to older folk who may not otherwise find out about such useful things."*

*"Brilliant newsletter. Do not know where I should be without it."*

### Have you visited our website recently?

*If not, please have a look and comment on its usefulness.*

**[www.esf-online.org](http://www.esf-online.org)**

Follow us on:

**Facebook and Twitter @ESFonline**

## HEALTH TIP

### Keep Active...

**Do something to keep fit each day**—something you enjoy that maintains strength, balance and flexibility and promotes cardiovascular health. Physical activity helps you stay at a healthy weight, prevent or control illness, sleep better, reduce stress, avoid falls and look and feel better, too.

### Did You Know?

#### This is what it costs...

Calling out an Ambulance _____	<b>£247</b>
Going to A/E _____	<b>£124</b>
Going to a GP _____	<b>£32</b>
Phoning NHS 111 _____	<b>£6</b>
Clicking on NHS website for advice ___	<b>0.46 p</b>

### Wit and Wisdom...

If logic tells you life is a meaningless accident, don't give up on life. Give up on logic.

# Getting IT together for older people...

## Lies, damned lies and Statistics?

*Age is a factor as to whether an adult has used the Internet.*

Surveys on the nation's users of the Internet since 2011 have revealed that adults over 75 years have consistently shown the lowest rates of Internet use.

In 2011, the percentage of Internet users aged 75 and over was 19.9%.

In 2016, this number had nearly doubled to 38.7%; and was up from 33.0% in 2015.

In the age group 65 to 74, Internet use has increased by 68.7% since 2011 and since 2015 the increase was 7.5%.

For comparison in 2016, almost all adults aged 16 to 24 (99.2%) and 25 to 34 years (98.9%) were Internet users. Those are the statistics but why are they important to us?

Because everybody in the UK, old as well as young, should be Connected so we can all benefit.

So what could be stopping us older folk? The most common reason that people give for not using the Internet is that they are not interested. However, other barriers such as the costs, a lack of knowledge and confidence could be stopping them.

Local organisations across Eastbourne recognise this and are providing free access to the Internet; free tuition and an easy learning environment to help Get IT together.

However, even a warm welcoming environment can be daunting when you go on your own, don't know anybody, and don't know who to talk to or who's in charge. ESF is now offering an "IT Introduction Service" providing a confidential referral service to help you find an organisation and venue that is best for you. If you think we can assist you please text only, with your name, to **07761 030728**

We shall call you back for more details on what you want to do. Then we can help you in finding the best organisation for your needs. Also, we can let them know you are coming to visit should you wish it.

Finally, when you do decide to get that new device please take note of the following.

Getting a family member to set up the basics for your device inevitably leads to you not knowing, account identities, passwords, or what you have signed up to and generally gives you an experience so frustrating that you may give up.

Similarly those helpful shop assistants (SA), who with lightening speed and touch, get an email, phone account and App Store set up. SAs never ever write anything down that you need to get the best from your device. Don't let it happen to you! **ALWAYS** make the grandchild, friend or shop assistant **WRITE DOWN** what **SETTINGS** they have changed. It will save you (and any IT tutor) a great deal of time.

***It is your device – make sure you stay in control.***

## Sussex Police - Serving Sussex Changes to the PCSO arrangements

When an individual wants to contact a Police Officer or PCSO, they should no longer call or email that Officer separately, as the contact process has now been changed.

Our PCSO's no longer have their own areas and are responsible for all of Eastbourne.

If residents or visitors require contact with Eastbourne Police they now need to go to the following contact details:

Telephone: **101** extension **577247**,  
however in an emergency please call **999**

Email: [district.eastbourne@sussex.pnn.police.uk](mailto:district.eastbourne@sussex.pnn.police.uk)

## Getting help in East Sussex visit: [www.eastsussex1space.co.uk](http://www.eastsussex1space.co.uk)

- Find local care, support and wellbeing services
- New services are joining all the time
- Visit us and explore what's in your community

## Wit and Wisdom...

I couldn't find my luggage at the airport baggage area and went to the lost luggage office and reported the loss. The man there told me not to worry as he was a trained professional and said I was in good hands.

"Now," he asked me, "Has your plane arrived yet?!"

**For Editorial content or queries, please contact Steve at:  
1 Wellington Close, Eastbourne BN23 5AR.  
Tel: 01323 479846 Email: [sthornett2@gmail.com](mailto:sthornett2@gmail.com)**

