



# EASTBOURNE SENIORS FORUM

THE OVER FIFTIES FORUM  
[www.esf-online.org](http://www.esf-online.org)

Spring Newsletter 2022 Issue 45

## Message from the Chair...



### Dear Members

We continue to live in uncertain times so it is only too easy to become disheartened, but scientists are understanding more and more about the variants of Covid which brings us promise and hope. We give thanks for their knowledge and their fight to find a vaccine and for the NHS who so magnificently made it available to us in this country.

Let's be grateful for the positives that have emerged from the pandemic; we need to remind ourselves that most people are basically good and not self-serving and dishonest. We think of the NHS staff who have worked to the point of exhaustion, the key workers who have kept our society functioning, the people who have delivered food to the vulnerable and those who have telephoned and listened to the isolated and the lonely.

This is what has emerged out of the darkest times; let us celebrate what we have learnt; that selfishness and greed can be defeated by generosity, that deceit can be overcome by those who live by honesty and that community is stronger than individualism.

Mahatma Gandhi said "When the power of love overrules the love of power, the world will know peace".

Stay safe. Best wishes to you, those who you care for and those who care for you.

With best wishes **Judy, Chair**  
Contact me on: [judythurlow@gmail.com](mailto:judythurlow@gmail.com)

## New committee members welcome!

We are keen for more members to strengthen our committee, which meets bimonthly to discuss ideas and plans to help support and inform seniors in Eastbourne.

If you can help, please contact **Des Davis** on: **01323 472167** or email: [desdavis@talktalk.net](mailto:desdavis@talktalk.net)

**Your support would be greatly appreciated.**



**Wear Something  
Red, White and Blue**  
and let's celebrate  
**The Queen's Platinum Jubilee**

**Wednesday 25th May 2022**

**2pm to 4pm**

**St Saviours Church Hall,  
South Street, Eastbourne, BN21 4PA**

Come along and join us for  
Tea and Cake, Raffle Prizes and  
Entertainment by *Reminiscences*.

Cost: **£4**

*Booking Essential (Limited Spaces)*

To reserve your place and book,  
please contact: **Gill Morris (Secretary) ESF**

Email: [gill.morris.518@btinternet.com](mailto:gill.morris.518@btinternet.com)

Telephone: **01323 722256**

# Report on Annual General Meeting

The ESF Annual General Meeting was held on 15th November 2021 at St Saviours Church Hall where approximately 40 members were in attendance.

Judy Thurlow, Chair, reported that the pandemic had caused most of our activities and events to be cancelled in 2020 and much of 2021, including our annual Good Life event.

The committee had been meeting via Zoom as a means of supporting each other and discussing ESF business. Two events had been held:-

1. Harriet Cameron from Tunbridge Wells gave a very interesting and enlightening talk on loneliness – a subject of particular importance during lockdown periods. This event had been held via Zoom
2. The Older People's Day event in September had been a great success. Sixty two people sat at tables, decorated by balloons and brightly coloured napkins and were able to enjoy the happy atmosphere with friendly conversation, sandwiches. Scones, cake and, of course, tea. Unfortunately, again due to Covid, Duality were unable to provide the entertainment for the afternoon but we were able to engage an excellent singer, Dave Hammond, who crooned his way through old favourite songs.

We are hoping to be able to hold the Good Life Event in 2022, albeit on a much smaller scale and also to meet up for a tea and chat afternoon.

Des Davis, Treasurer, presented the Accounts pointing out that because of the Covid restrictions the income and expenditure were well down on the previous year. The Forum had received the annual Grant from the East Sussex County

Council of £2249. Donations of £115 towards the newsletter and postage had also been received from members. Total income for the year ended 31st March 2021 was £2746 and total expenditure £2233.

Following the AGM, Committee Member and retired Detective, Nigel Goodyear gave a talk on Scams, of which several members present had experienced different types. Nigel explained that Scams are a multi-billion pound industry and one of the biggest losses from crime in the UK. Nigel urged members to be suspicious of:



1. unsolicited telephone calls,
2. texts and emails from Companies you do not know,
3. requests for money
4. reports that you have won something
5. clicking on links or downloading apps.

He also stressed that your Bank would NEVER telephone you to ask for your pin or password. These are just some of the Scams that people need to be aware of.

Nigel advised members to keep their search software, virus protection and firewall as up to date as possible, to back up files and have different passwords for each application and not to use easy passwords.

**Gill Morris** (*ESF Secretary*)



## COVID-19 Vaccination *Have you had yours?*

There is still a chance you might get or spread COVID-19 even if you have the vaccine, BUT having the vaccine:

- Reduces the risk of getting seriously ill or dying from COVID-19
- Reduces the risk of catching or spreading COVID-19
- Protects against COVID-19 variants

Whilst it is not compulsory to wear a mask, we recommend that you still do so in shops, at supermarkets, on public transport etc. and continue to wash your hands and use sanitisers.

## Patient Transport Services in East Sussex – Present And Future

There has been some disquiet recently over the future of out-patient transport. Finally, we understand that Caroline Ansell, Eastbourne's MP, recognises the problems caused by the dispersal from Eastbourne DGH (there is a public consultation regarding this issue going on at the moment) and is engaging with Central Government, the Area Health Authority and the Local Council to try and obtain proper and regular bus transport to and from our most used hospitals (Bexhill, the Conquest and, of course, Eastbourne DGH).

## Energy Bills

Many older people are worried that their income simply won't keep up with rising prices. Thousands have been in touch with Age UK to say that keeping warm is a constant struggle and they cannot go on like this.

Recently there have been two big announcements on energy bills:

- From April 1st the energy price cap will increase by 54%
- The Chancellor has announced a package of support to address this rise, including a Council Tax rebate for some households and a 200.00 reduction in energy bills from October.

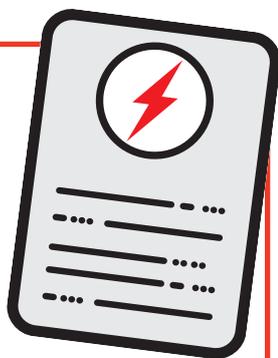
However, the question must be asked: "Does this support go far enough?". With energy bills now set to increase by a staggering £693 per year, many older people will still be left with energy costs they cannot afford to pay.

Age UK reports that over 50,000 people have signed their campaign letter to the Prime Minister asking him to take urgent action to help everyone to keep warm.

If you want to know more about the Age UK campaign, visit:

[www.ageuk.org.uk/campaigns](http://www.ageuk.org.uk/campaigns)

Twitter: @ageukcampaigns



## Does your household need extra support this winter?

**If you will find it difficult to keep warm, get enough food or pay essential bills you may be able to get extra help.**

People in every part of East Sussex can apply for help from the Household Support Fund, which makes 3.9 million pounds available to residents most in need this winter. Anyone who receives a means-tested benefit can apply for help to the Borough or District Council in the area they live. Residents who qualify will get support with vouchers to help buy food or with financial payments to help with essential bills.

In East Sussex, the fund will also provide extra resources for the Warm Home Scheme which can offer free checks, advice and grants for households without the means to stay warm, and for foodbanks, voluntary organisations and Citizens Advice in the county.

There is also funding for free school meals into 2022 for families with children who are eligible and funding to help families that East Sussex County Council are already working with because they are in need.

### **Lewes and Eastbourne Councils**

Household Support Grants – **01273 471600**

### **Hastings Borough Council**

Household Support Fund – **01424 451066**

### **Rother District Council**

Household Support Fund – **01323 787000**

### **Wealden District Council**

Household Support Fund – **01323 443322**



**keep warm and well**  
...in East Sussex

## Warm Home Check

We have all read in the press and heard on the news about the huge price increases that are on their way for both gas and electricity. As we head further into winter, we know many people will find it hard to afford to keep warm and well. This can have a big impact on your physical health and mental wellbeing. If you, or someone you know, is struggling to stay warm at home, you can reach out for a Warm Home Check. This is especially important for people with pre-existing health issues such as heart and breathing conditions or children who are asthmatic.

The East Sussex Warm Home Check Service will provide you with free impartial advice and support and is a service that is available all year round. It also helps you to increase the energy efficiency of your home meaning you can stay warm for less while helping the environment.

Find out more about the **Warm Home Check Service** online or alternatively, you can text **WARM** to **80011** or call **0800 464 7307**.

# The Needs of Older People

The last two years have been memorable, have they not? We may have endured the loss of loved ones because of Covid or else we may have struggled with the isolation of the lockdowns. We have had to reconcile that our family and friends have been out of touch except by phone or online contact. The loneliness that some people endure daily has been exacerbated by Covid restrictions.

In 2021 the Eastbourne Seniors Forum concentrated

on loneliness and how it affects older people and what we can do about it, the risk of being scammed when, according to an Age UK report, 43% of older people believe they have been targeted by scammers.

Despite Covid and the impact it has had on general life, particularly with the restrictions on social contact, many older people continue to enjoy life and what it has to offer but a significant proportion struggle with loneliness, low level mental health problems, financial matters, general cost of living and concerns over health and care.

## So what are our current plans for 2022?

We are going to look at how loneliness affects people and continue to warn members of the latest scams to watch out for.

We will also be holding an event in May to celebrate the Queen's Platinum Jubilee and instead of the annual Good Life event, normally held at the end of September, we will be holding an event to celebrate Older Peoples Day – an afternoon tea with entertainment.

With regards to the Good Life event, our intention is that this will return in 2023. The Committee are also considering further open meetings with speakers.

*Your suggestions would be most welcome*

## Your Say

In order for our Forum to develop an understanding and awareness of the needs of older people in Eastbourne we would request that members, even non-members, write in to Eastbourne Seniors Forum, either by post or email – addressed to The Editor – to let us know what their concerns are going into 2022.

We would really appreciate your input and we are therefore offering a **Marks & Spencer £20 voucher** for the most helpful and relevant suggestion.

Please reply to:

**Des Davis** (*Treasurer*) ESF,  
13 Brisbane Quay, Eastbourne, BN23 5PD



**Stephen Rimmer** LLP  
**SOLICITORS**

If you would like more details on:

- Lasting Powers of Attorney
- Wills
- Inheritance Tax Planning

Please do get in touch with us

**Tel: 01323 644222**  
28-30 Hyde Gardens, Eastbourne  
[www.stephenrimmer.com](http://www.stephenrimmer.com)



## HOLIDAY PLANS ON HOLD?

Whilst we are still experiencing the effects of the Coronavirus pandemic, the future of the travel industry is uncertain.

Over recent weeks I have focussed on cancelling and rearranging trips and organising refunds wherever possible. I am always monitoring global updates on travel restrictions and quarantine requirements.

I've also booked several last minute holidays and trips in the UK for people who are desperate to get away. Right now the most important thing is to stay healthy and be sensible about travelling.

But after the pandemic, the world will still be there... waiting for us. So when you are ready to book a holiday, why not give me a call on 01323 304736 or email: [sarahd@travel-pa.com](mailto:sarahd@travel-pa.com)



For Editorial content, contributions or queries, please contact

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