



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

**Summer Newsletter 2019 Issue 38**



**Message from the Chair...**

**Dear Members**

A warm welcome to those of you who have become members of

ESF since the last Newsletter.

May is here which means it is time for me to write my message for the Summer edition of our Newsletter which I hope will find you well.

I wanted to share with you this quote about May which might also remind you of a place:

“May, queen of blossoms, And fulfilling flowers,  
 With what pretty music, Shall we charm the hours?  
 Wilt thou have pipe and reed, Blown in the open mead?  
 Or to the lute give heed, In the green bowers?”

— **Edward Thurlow, 1st Baron Thurlow, To May**

I would also like to share with you this photo which I took along the seafront in Eastbourne whilst enjoying browsing round the Continental Market during the Bank Holiday week-end.

What a glorious day it was and a real joy and treat to be there to admire the magnificent gardens on the other side: the result of a lot of hard work, care and a commitment to make our town look its best for locals and tourists. An explosion of wonderful colours and

from so many different perspectives!

What a transformation our town has undergone in the last 18 months and as we begin to enjoy the benefits of the redevelopment, we need to remember that this is still work in progress.

Being fairly new to this area and keen to learn about the town, its past and what is planned for its future, I discovered a document called “**The Eastbourne Core Strategy Local Plan**” adopted by Full Council in 2013 after consultation with local people, civic groups and Wealden District Council.

This plan explains the proposed development for Eastbourne and area right up to 2027. This makes really interesting reading and gives me a better understanding of why so much is or will be happening in so many different areas.

Whilst these developments are taking place a key issue mentioned in various parts of the Plan and will need to be addressed is the Quality of our environment:

“At its heart we wish to see Eastbourne evolving carefully as a place that protects its outstanding environmental quality, its historical character and tourism potential.”

*Continues on back page...*



**The Good Life**

**...a Lifestyle event 2019**

Sponsored by

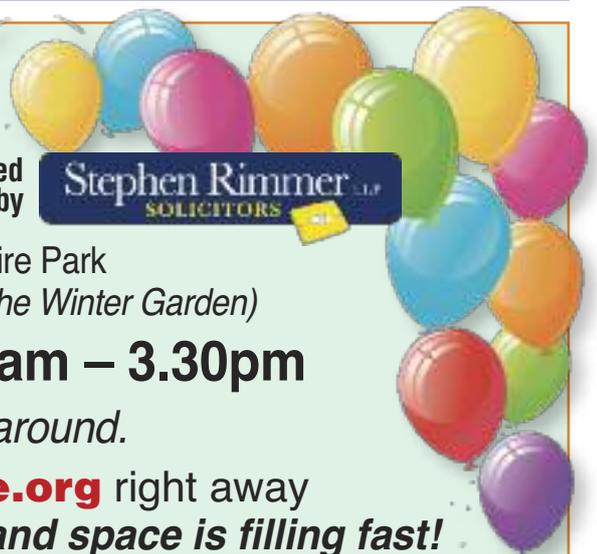
**Stephen Rimmer**  
SOLICITORS

**The Good Life** will be back in the newly rebuilt Devonshire Park Welcome Building (between the Congress Theatre and the Winter Garden)

**Thursday September 26th, 10.30am – 3.30pm**

*Make a note of the date and pass the word around.*

Exhibitors contact: **goodlife@esf-online.org** right away to book a display space. **Demand is high and space is filling fast!**



# Forum News



## Open Meeting – Tuesday 23 April 2019

### *Keeping Well with Health in Mind*

This was a very interesting talk on “Keeping well with Health in Mind” by representatives from Health in Mind which is an NHS organisation providing courses and other types of therapies that help with stress, anxiety and low mood. The Health in Mind service is provided by Sussex Partnership NHS Foundation Trust and services are free for the residents of East Sussex. It is part of a national programme throughout the UK to help with conditions such as Depression, Anxiety, Panic Attacks, Social Anxiety, Low Self-Esteem, Obsessive Compulsive Disorder, Post Traumatic Stress Disorder and Phobias. There is no need to go through your GP, you can self-refer and in most cases choose whether Health In Mind share the information with your GP.

One in four people will have an episode of depression and/or anxiety. Only 15% of needs are being met at present. Not enough people over 65 consult their GP. 60% of over 65s have another health condition and sometimes have mental health problems because of this, particularly depression or anxiety. They may also attribute being depressed or anxious as part of the ageing process.

The audience was asked what might stop people from accessing help for their mental health. Answers included: stigma, not being heard, appointment times being limited, not being able to see their own GP, being put off by what the therapy might entail.

Health in Mind is a professional service provided by qualified Therapists and Counsellors, Psychological Wellbeing Practitioners, Primary Care Mental Health Practitioners and Employment Advisors. They do not provide a service for people with a diagnosis of severe and enduring mental health problems or offer long term support. The average number of sessions a person may require is 12. Referrals or self referrals can be made online:

[www.healthinmind.org.uk](http://www.healthinmind.org.uk), by email [spt.healthinmind@nhs.net](mailto:spt.healthinmind@nhs.net) or telephone for a self referral form **0330 00 30 130**. Lines open Monday to Friday 9.00am to 5.00pm.



## “We Are Just Friends”

### *New venue*

We will be meeting every Tuesday,  
10- 12 noon at the Alice Croft House  
in Cornfield Lane,  
Eastbourne, BN21 4NE

“We Are Just Friends” is a social group for people who live alone, including carers and past carers, who do not want romance, a partner or relationship – just want friendship.

We enjoy days out, weekend breaks, lunches, theatre, walking, opera/ballet, historic town visits, steam train journeys and more.

**No membership fee,  
No expectations,  
No age limit.**

### **Be bold – Join the Fold**

*For further information please contact:*

**Frederick Smith – (01323) 725882**



## **ANNUAL CREAM TEA & SUMMER FAIR**

**East Dean & Friston Village Hall**  
No 12 Bus runs every 15 mins from Eastbourne

**Sunday 9<sup>th</sup> June 2019**  
**1.30 pm – 4.30 pm**

**Raising funds for the Eastbourne DGH & to  
equip the enlarged Urology Investigation Suite**

**CREAM TEA from £6**  
with musical entertainment

**FREE ENTRY**  
**to a selection of great stalls**

Free parking and disabled parking

## **Tea and Chat...**



### **“Hello, come in take a seat, cup of tea?”**

“Milk, no sugar,” the reply. I won’t do a Cecily (from The Importance of Being Earnest) and pile in the unwanted sugar lumps! We are now so conscious of our intake, but a cuppa is an excuse to chat.

I was thrilled to be asked to write a few words for this newsletter and went straight to the laptop. Fingers rushed away with a huge gripe about Terminus Road. Then the light bulb flashed!

Find a pleasant topic – moans there are too many.

A little life began early in May – a very special event for not only the parents but due to lineage the whole world wants to be in on the act.

The son of the Duke of Sussex born Monday 6 May 2019 was announced. Sounds good but what a heavy responsibility that could be; with a film star for a mother and a Prince for a father. Not forgetting his Great Granny is the reigning monarch, his Grand Father is next in line and his Uncle will follow after that.

How can any little person have a quiet and ordinary life with family connections of that magnitude ?

I may only have been in East Sussex for not quite six years, but feel a great affinity to the county and as a history crazed individual looked up the previous Duke of Sussex. He walked Queen Victoria down the aisle at her wedding. The dukedom was not created again until Harry met Meghan.

Perhaps the photograph displaying dear little Archie’s feet is a way of showing the media that the new parents would like to be left alone. Let us hope they do have some quiet moments with their new offspring.

My wish for them would be that Mum and son, when a toddler could slip away and enjoy a day on our Eastbourne seafront. Our new little man of Sussex – Sussex by the Sea.

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*Let me introduce myself – a writer and entertainer with a regular column in Golden Times Magazine and involved with a theatrical group called Variety Vagabonds. Oh, yes - and an occasional performance at the Hippodrome. Most of all I look forward to another tea and chat.*

**Gladys Lopato**

# Supporting St Wilfrid's Hospice

Stephen Rimmer Solicitors are pleased to support St Wilfrid's Hospice again this year in their Make a Will month throughout June. Last year the campaign saw over £26,000 raised for the hospice. We have a number of free Will making appointments during June and would encourage anyone thinking about writing a Will to book an appointment by calling 01323 644222 or emailing [enquiries@stephenrimmer.com](mailto:enquiries@stephenrimmer.com)

The scheme allows for Simple Wills to be drawn up for free with individuals being encouraged to make a donation to St Wilfrid's Hospice rather than pay our legal fees.

## Why is a Will important?

A will makes it much easier for your family or friends to sort everything out when you die – without a will the process can be more time consuming and stressful.

If you don't write a will, everything you own will be shared out in a standard way stipulated by the law called intestacy.

Writing a will is especially important if you have children or other family who depend on you financially, or you want to leave something to charity.

## What to think about

If your family is small and you want to leave everything to them, making your will is fairly straightforward. If your situation is a little more complicated you should start by thinking about what you have and where you want it to go, talk to your family and begin to make a plan.

We can guide you through what you should be thinking about and the different options you have.

## Where can we see you?

We can offer appointments at our Eastbourne or Hastings offices or if you are unable to attend these we can offer some home visits at no extra cost.

If you are interested and would like more information or to make an appointment,

call us on **01323 644222**

or by email at [enquiries@stephenrimmer.com](mailto:enquiries@stephenrimmer.com)

**Stephen Rimmer** LLP  
SOLICITORS  
Established in 1981

Working with  
**Make a Free Simple Will in June 2019**  
St Wilfrid's Hospice

Call into us at our offices in central Eastbourne and by appointment in Hastings.

If you are unable to attend our offices we offer home visits at no extra cost.

**01323 644222**  
[enquiries@stephenrimmer.com](mailto:enquiries@stephenrimmer.com)  
[www.stephenrimmer.com](http://www.stephenrimmer.com)

Subject to availability

**Sound Advice...** When you have a headache, take two tablets and keep away from children – *just like it says on the bottle!*



## AP-it Your local friendly I.T. Service...

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Supporting Eastbourne and surrounding areas.....



### The other 'B' word

Are you a morning person? Up at the crack of dawn looking forward to breaking the night's fast?

I've been trying to find some breakfast facts and it goes like this:

"Breakfast provides the body and brain with fuel after an overnight fast - that's where its name originates, breaking the fast! Without breakfast you are effectively running on empty, like trying to start the car with no petrol!" ([www.shakeupyourwakeup.com/why-is-breakfast-important](http://www.shakeupyourwakeup.com/why-is-breakfast-important)). This web article goes on to suggest eating breakfast can reduce obesity and develop good habits which last a lifetime.

However, before you go rushing off to find the porridge, or preferred break-fast fare, there's something else you should read.

*"Breakfast is optional: The evidence is clear; there's nothing special about breakfast so long as you eat well for the rest of the day. Breakfast does not jump start your metabolism and skipping it does not automatically make you overeat and gain weight."*

I've also read that there was no word for breakfast until the 15th century. Apparently in old English the word used was 'morganmete' meaning 'morning meal.' The introduction of a meal to break our fast seems to have come from the necessity of 'going off to work' and consisted of leftover food together with bread and ale.

There's also a suggestion that breakfast has been excessively promoted by the producers of breakfast cereals. It seems these manufacturers were responsible for the introduction of phrases like 'breakfast is the most important meal of the day.' They also promoted the idea that the traditional, eggs, bacon etc meal was a bad choice. Whilst Mr Kellogg and his colleagues may be right about that some of my friends tell me they still enjoy eggs and bacon (plus) on Sunday mornings.

Views are varied; Julie tells me 'breakfast is free calories,' whereas Carol says she has never eaten breakfast even resisting maternal persuasion in childhood. Steve feels breakfast sets him up for the day but enjoys cereals over our traditional fare. Lisa, not known for being moderate, loves breakfast and

does a good job of providing an indulgent morning feast for us all. Here I feel compelled to copy an email from her brother, Paul, about breakfast for his family *"Breakfast: I haven't eaten breakfast in years, it makes me sleepy. Tony (son) and Sue (wife) both eat a shed load for breakfast. Tony usually has two or three, a bowl or two of cereal followed by some toast. Sue doesn't always have a big breakfast but given half a chance she will eat forever in the mornings."*

Wikipedia is the most comprehensive reference, just look up 'The History of Breakfast.' Apparently both the Greek and Roman civilisations were keen on a good start to the day with, what we would call a 'continental' style breakfast, washed down with wine flavoured with honey and spices. As I've mentioned Europe was a slow starter and breakfast virtually non-existent in the medieval period.

During our travels Peter and I experienced a variety of breakfasts and oh my goodness Brazil tops the list for indulgence with so many sweet breads and cakes. In much of South America scrambled egg was the main choice, although we never went for five star catering; always got by on a shoestring. One of my favourite countries for breakfast is Malaysia because they provide for a variety of cultures and thus include not only Asian cuisines, but also North American and European. The choice is amazing, but it's best not to count the calories.

The more I ask the more I find opposing views and the more I look the more I find different answers. My conclusion is people are diverse so while I enjoy my muesli and nuts with a dash of porridge you carry on with your... well whatever is right for your body and lifestyle. Have the courage of your convictions, feel comfortable eating what is right for you.

Enjoy the summer – **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](mailto:info@esf-online.org)**  
or by writing to our usual address.

## Dates for your Diary in 2019

### **The Good Life**

*Devonshire Park Welcome Building*  
**Thursday September 26th**  
**10.30am to 3.30pm**

### **AGM**

*St Andrews Church Hall, Seaside Road.*  
**November 12th**  
**From 2 to 4pm**

# ESF Committee Members attend ESSA groups for Health and Transport which are held bimonthly

*Here are extracts from their latest reports...*

## Health Group Report

### The NHS long term plan

#### Supporting people to age well

- Increasing funding for primary and community care by at least £4.5bn
- Bringing together different professionals to coordinate care better
- Helping more people to live independently at home for longer
- Developing more rapid community response teams to prevent unnecessary hospital spells, and speed up discharges home.
- Upgrading NHS staff support to people living in care homes.
- Improving the recognition of carers and support they receive
- Making further progress on care for people with dementia
- Giving more people more say about the care they receive and where they receive it, particularly towards the end of their lives.

**Pauline Archer**

## A New Initiative

### Improving how patients' medicines are managed on hospital discharge

Did you know that a new initiative in East Sussex will help hospital pharmacy teams to send patient medication details directly to their community pharmacist? This will be done via the secure PharmOutcomes platform. Up to 112 community pharmacies in East Sussex are supporting this programme, which went live on Monday 1 April.

## Report from the ESSA transport and Environment Theme Group inc. the following useful information

### Police Community Support Officers

Their role is to support fellow Police officers and visit/look after the local community with home visits, educational talks etc  
There are 12 PCSO within the Eastbourne/Hailsham area  
They classify over 60's as vulnerable people.

**Robert Cooper**

### Library Service

The mobile service is now closed, but there are 17 libraries across East Sussex

- There is a home service for elderly or disabled
- An on-line service with E-books, audio books & for visual impaired persons
- One can re-new (avoid late costs) with the on-line or phone service
- Books on prescription – for all kind of health conditions
- Arranging Blue Badge & Parking applications
- Computer usage – with a computer buddie, help with computers
- Reading groups (cost £60 per year)
- And the Wellbeing Box – a useful package of items to borrow for groups or individuals, that includes health information
- Most services are free of costs

## Can you help us?

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

If you could help please contact Nadine, either on: **01323 768868** or email: **nadineharris@sky.com**

***Your support would be greatly appreciated.***

**Don't forget to keep looking at our website for latest news and information as well as the newsletter.**

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



**Keep a light on.**

Don't let burglars know you're not home. Once it gets dark, make sure you leave a light on.

**Stay Secure**

Check the essential home security tips overleaf.




**Keeping Safe...**

On the 26th February 2019, we had a useful talk and Q/A session on various aspects of keeping safe.




**Robbins Financial are locally based Equity Release Specialists**

If you are considering raising funds to:

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- Help out family
- Undertake home improvements
- Get help with care costs
- Raise a deposit on a new home

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Tel: 07724 452972 Email: [zoe@robbinsfinancial.co.uk](mailto:zoe@robbinsfinancial.co.uk)  
[www.robbinsfinancial.co.uk](http://www.robbinsfinancial.co.uk)

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“  
 My life  
 My home  
 My cuppa, just  
 the way I like it

Home & live in care  
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Find out more about home care and the difference it could make to your life. Email the Bluebird Care team to find out more about our home care service: [eastbourne@bluebirdcare.co.uk](mailto:eastbourne@bluebirdcare.co.uk) or call us on 01323 727903 [bluebirdcare.co.uk/eastbourne-wealden/home](http://bluebirdcare.co.uk/eastbourne-wealden/home)



**Do you write poetry or short articles?**  
 We would love to hear from you for inclusion in this newsletter. *Please contact the editor.*

**...Continued from front page**

“We know that climate change is a reality and that we need to plan to adapt to the effects of a warmer world, particularly in a south coast town such as ours.”

“1.1.10 The Council is keen to promote environmentally sensitive transport to help to reduce carbon emissions from transport with the intention of establishing Eastbourne as a ‘low carbon town’. Over the course of the plan period measures will be implemented to help encourage more cycling, walking and public transport use. These will seek to improve reliability, perception and safety”.

If you want to know more about this, you can read **The Environment Strategy** document which states that

“The Strategy is based on seven themes for **collective action**:

**Creating a low carbon town; Reducing and managing our waste responsibly; Protecting our green spaces and biodiversity; Ensuring the quality of the air we breathe; Adapting to a warmer world; Ensuring we use water sensibly; and Protecting our marine and historic environment.”**

Important points which we all need to take on board with the concept of “Localism” in the plan. It is also essential that we liaise with the Council so we can inform you of the ways in which it proposes to address the issues quoted.

On a different note, thank you to all of you who supported our two recent Open Meetings, and to those of you who responded to the e-mail.

If you have any issues you would like to raise concerning the over 50s in Eastbourne and area, please contact us (details on our website or newsletter).

The Eastbourne Seniors Forum is independent and run by seniors for seniors. Anyone aged 50 or over interested in local, regional and national issues can get involved. Forum members are volunteers and actively seek to improve the quality of life for seniors in their community. We are looking for new Committee members/ volunteer helpers so if you think this might be for you, please get in touch.

**Best wishes for a great Summer.**

**Nadine Harris, Chair**

## Useful Telephone numbers of organisations that can support you

*Tear out and keep for future reference*

Age Concern Eastbourne	01323 638474	Fire Safety	0800 17 7069
Age UK East Sussex Advice	01424 426162	STEPS	01323 436414
Alzheimer’s Helpline	0845 300 0336	Independent Providers Forum	01580 715660
Care Connect	0345 6080191	National Talking Newspapers	01435 866102
Care Home Listing East Sussex	0800 389 2077	Pension Service	0845 6060265
Congress Theatre Box Office	01323 412000	Post Office Services	0845 7223344
Cineworld - Crumbles	0871 200 2000	Silverline Helpline	0800 328 8888
Citizens Advice	03444 111444	Social Care Direct (SCD)	0345 6080191
Conquest Hospital	01424 755255	Supermarket Trolley Collection	07930 662042
District General Hospital	01323 417400	Sussex Police (non-urgent)	101
Eastbourne Borough Council	01323 410000	Tourism Information Office	01323 415415
East Sussex County Council	01273 481000	Towner Art Gallery	01323 434670
ESCIS – East Sussex Community Information Service	01273 481754	Trading Standards Consumer Advice	03454 040506

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

