



EASTBOURNE SENIORS FORUM

THE OVER FIFTIES FORUM

www.esf-online.org

Summer Newsletter 2022 Issue 46

Message from the Chair...



Dear Members

Eastbourne has much to offer, for both its residents and its visitors. We have the summer events of tennis and the airshow, along with the theatres and marathons in the cooler months and always the beautiful background of the sea and the Downs. We are blessed with strong support for both the Arts and Sporting Events. It's little wonder that we enjoy having so many visitors to Eastbourne.

Of course not everyone can be so active, many are house-bound, but there are numerous organisations, such as Age Concern and religious groups which offer assistance and opportunities to socialize; it is acknowledged that isolation correlates with dementia so groups such as our Seniors Forum offers the chance to socially interact and enjoy afternoons out. Please take our events as an invitation for you to join in and do bring your friends and neighbours, be they members or not, as we all take responsibility to care for others and share the delights of living in (or visiting) Eastbourne.

With best wishes **Judy, Chair**

Contact me on: judythurlow@gmail.com

Remember you can contact me if transport is required to our events. We will do our best to help you. My mobile number is 07803 546767.

Eastbourne Seniors Forum Annual General Meeting

The Eastbourne Seniors Forum (ESF) 2022 Annual General Meeting will be held on **Thursday 17th November 2022**

at St Saviours Church Hall, South Street, Eastbourne at 2pm.

Further information will follow – ***please make a note in your diary!***

Platinum Jubilee Celebration

On Wednesday afternoon, 25th May, around 30 Forum members gathered at St Saviours Church Hall, South Street, to celebrate the Queens Platinum Jubilee. Those attending soon got into the spirit of the occasion with their red, white and blue clothing and some with lovely festival hats on show.



The Reminiscences with Shirley on the keyboard and Veronica on the guitar entertained everyone with songs from around Britain. They provided lyric sheets for everyone to sing along. During the singing of some of the songs people were given percussion instruments to participate while others did all the actions, which all added to the fun of the afternoon.

Following tea and cake, the afternoon continued with more singing including some Beatles songs, finishing with a raffle. Overall it was an enjoyable afternoon and the Committee members present and all those members who also attended thanked the Reminiscences, Shirley and Veronica, for all their work and agreed it was a great way in which to celebrate the Queens Jubilee.



Gill Morris, Secretary



Picture courtesy of John S. Langton.

**It's the sunshine coast
we love the most**

**Go for a walk
or just sit and talk**

**Watch the waves
come and go**

**Or go to the theatre
to watch a show**

**Fishing boats bring in their catch
for freshness and quality
there is no match**

**So many places to eat
and coffee bars to meet**

**For those who want art and more
you'll get at the Towner
That's for sure**

Copyright: John S Langton 2022

Paying the Price of Privatisation

My life turned topsy-turvy the other week as I gradually went deaf over a twelve day period.

I have my hearing back now, but it was a salutary experience because I learnt just how miserable a hearing loss can be. It can lead to a sense of isolation and a subsequent withdrawal from social interaction.

My loss came over the Jubilee weekend, preventing any participation in local community activities. There seemed little point going out as I couldn't hear or talk with people. I didn't leave my flat for three days as I withdrew from society. On the other hand there was a lot of fun stuff on television (I used sub-titles). The irony was that everyone was being encouraged to get out and commune with others, just when I couldn't.

I went to an audiologist and my GP who both advised me to use olive oil. It was that or pay for private treatment (the NHS no longer offers free syringing of ears). I would have to pay. On principle, against the privatization of the NHS, I struggled with the olive oil treatment until I eventually capitulated and paid £95!

I am angry about it, because once again seniors are being targeted for cuts to essential services (hearing loss is often age-related). Also there is a recognised correlation between isolation and dementia. I was fortunate because my daughter paid and I can now hear. That is not possible for everyone.

So I intend shouting out my protest from the roof-tops – *I just hope someone is listening and can hear me.*

Judy Thurlow, (Chair, ESF)

New Committee Members Welcome

**Two new Committee Members
wanted to serve on the
ESF Committee.**

If you are interested and want more information, please contact:

Des Davis on 01323 472167

Or email: desdavis@talktalk.net

Your Say...

In order for our Forum to develop an understanding and awareness of the needs and concerns of older people in Eastbourne we would ask that you write in to ESF either by post or email – addressed to the Editor – to let us know what your concerns are in 2022.

We would really appreciate your input or suggestions for the future.

Please reply to:

Des Davis (Treasurer)

Eastbourne Seniors Forum,

13 Brisbane Quay, Eastbourne, BN23 5PD

Email: desdavis@talktalk.net



Cost of Living

Cost of Living **CRISIS**

The Chancellor recently announced a large package of support to help with the Cost of Living crisis that we all find ourselves in.

Hopefully this will come as a relief to many, particularly those who are on means-tested benefits or living with a disability.

Pensioners will receive £700 to help with bills this year and if you are a disabled person on means-tested benefits you could get up to £1650.

If you are below State Pension age you will still get at least £400 off your bills.

Eastbourne Seniors Forum were also relieved to see that the Chancellor committed to bringing back the triple lock next year.

We would like to invite you and your friends to celebrate

Older Peoples Day 2022

Thursday 6th October
2pm to 4pm

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

ADMISSION FREE

(Free Refreshments available)

A talk to be given by a member of the Kent, Surrey and Sussex Air Ambulance Service.



A raffle will be held with 50% of proceeds being donated to the Air Ambulance Charity Kent Surrey Sussex (KSS).

The Kent, Surrey & Sussex Air Ambulance Service responds rapidly to 999 calls with a Helicopter Emergency Medical Service serving the people who live, work or travel through the Counties of East and West Sussex

NOT TO BE MISSED!



The Eastbourne Residents' Campaign for Safer Pavements (ERCSP) recently met with Caroline Ansell (MP) and Karl Taylor (East Sussex County Council, Assistant Director of Operations, Communities, Economy and Transport).

East Sussex County Council (ESCC) have approved an additional £1.8m of capital investment in pavements in East Sussex this year to £3.1m. This increased financial allocation sounds excellent but to put this into perspective for Eastbourne, this

means £500,000 spend in 2020/2021 and £775,000 in 2022/2023.

All the maintenance programs are published on the East Sussex Highways website where residents will be able to find out what ESCC are doing and when.

So, Eastbourne residents, this is your call to action to get lobbying! Apart from raising the matter with your local Councillor, please keep reporting unsafe pavements to the East Sussex Highways website:

www.eastsussexhighways.com/report-a-problem or by phone: **03456 080193** or write to East Sussex Highways, The Broyle, Ringmer, Lewes, East Sussex BN8 5NP. If you have problems with unsafe tree-root-growth on pavements you use regularly, then there is a web-page for reporting at: **www.lewes-eastbourne.gov.uk/streets-parking-and-travel/report-an-issue-on-a-path-or-walkway/** or speak to **Customer First** on **01323 410000**.

Marie Hennelly, Chair, Eastbourne Residents' Campaign for Safer Pavements (ERCSP)

SCAM Pensions Scams Do Not Get Stung!

We often talk about the everyday Scams that affect people, but we perhaps do not think about Pension Scams where a Lifetime of savings can be lost in a moment.

According to the recent figures from Action Fraud the average loss per scam has reached £50,000. This is up from the typical figure of £23,689 reported pre the pandemic. Action Fraud reported that the average losses in each case ranged from less than £1,000 to £500,000 and the real figures could be much higher as many scams go unreported.

The scammers have a variety of tricks to catch you out. They may:

- Claim you can access your pension pot before the age of 55
- Approach you out of the blue over the phone, via a text message or in person at your door.
- Entice you with upfront cash.

- Offer a free “Pension Review” or try to lure you in with so-called one-off investment opportunities.
- Pretend that the Government has asked them to contact you.

What they do not tell you is that you will probably never see your pension pot again.

**DO NOT BE FOOLED
BY THEIR PROMISES!**



Fraudsters will seek out every opportunity to exploit innocent people. Check the status of a firm before making a financial decision about your pension.

More information on how to avoid pension scams is available from the FCA:

www.fca.org.uk/Scamsmart/how-avoid-pension-scams

or call **The Pension Advisory Service** on **0300 123 1047**.

If you have already accepted an offer, call **Action Fraud** on **0300 123 2040** or visit:

www.pension-scams.com

to find out more.

SR | Stephen Rimmer LLP
Solicitors

We can help you with writing a Will and preparing Lasting Powers of Attorneys

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
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



For Editorial content, contributions or queries, please contact

Gill Morris at: Tel: 07900 860861 Email: gill.morris518@btinternet.com

