



EASTBOURNE SENIORS FORUM

THE OVER FIFTIES FORUM

www.esf-online.org

Winter Newsletter 2016 Issue 28

Message from the Chair...

Dear members

What a wonderful summer we have had with so many lovely days and now the fantastic autumn colours, however it seems that we must face it as we enter November, that the end of another year is really upon us. The mornings are cooler and the evenings darker earlier and colder, so I have started putting the heating on.

Since our last newsletter we have once again had our successful Good Life Show at the Winter Gardens, and for this the weather was very good and the attendance was as strong as ever with over 1200 people coming to support and view the 60 displays that were on show. It was good to meet many of you personally. Thank you for so many positive remarks. (See full report on Page 2)

Next year the Congress Theatre will be closed due to the improvements being made to Devonshire Park and the Winter Garden, so although we know we will not be able to use our usual venue, we are having discussions about what alternatives there are.

By the time you receive this newsletter Christmas will be on the horizon and a new year coming.

I would like to wish you all a Merry Christmas and a Happy New Year.

Beryl Newson



Eastbourne is a Happy Place!

According to a recent study, Eastbourne people are some of the happiest people in the country.

We are well above the national average for satisfaction with life and our anxiety levels are plummeting below the national average.

This is no doubt contributed to by being the sunniest place in the UK, with vibrant events, culture and a stunning natural environment.

This brings in nearly 5million visitors a year who come to enjoy the benefits too.

Writer Bill Bryson is quoted recently as saying: "The charm of Eastbourne is that it is so comfortably old fashioned and is my favourite place in East Sussex if not on the entire south coast."

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.



E-MAIL

Are you on email and happy to receive this newsletter that way?

If so, it would be a very helpful saving to us.

Please e-mail us at: info@esf-online.org to let us know. Thank you!

The Good Life Show

Our Good Life Show, held in partnership with Age Concern Eastbourne, was once again deemed a great success and was very well attended, with some 1,200 visitors.

The event took place in the Floral Hall and the Congress Suite, where we had 61 Exhibitors from a wide range of suppliers and services. This included a number of new and interesting exhibitors, as well as Disability Road Show suppliers and services.

Many visitors expressed their satisfaction and there was a real buzz in the halls. 34 of them filled in evaluation forms and 27 rated the event as good or very good. Comments included: Informative...Very friendly...Good range... Helpful stall holders...Lots to learn about, as well as some suggested improvements including "more cup cakes and samples needed"!

Many visitors came to see us on our stand and we enjoyed a range of good conversations across a variety of topics. Eastbourne Buzz did a video interview with our Chairperson which was posted on line and a number of Councillors and the local MP paid us a visit.

On the day we signed up 55 new members. The raffle was also a great success and raised approx £400.

Based on surveys carried out on the day, 52 of the 61 exhibitors were satisfied, or very satisfied, with the Show and 59 said they would come again. Some of their comments included: Good footfall...Invaluable day...Vast improvement...Well organised...Excellent show...Well advertised.

A big thank you to the good group of volunteers that helped bag up the various leaflets provided by exhibitors ready for handing out to visitors on arrival and for those that manned the stand.

There is good reason to believe that the Good Life Show will remain a permanent fixture in our forthcoming programme of events, notwithstanding the challenge of finding a new location with the upcoming renovation to the Congress Suite and Winter Gardens.

SECURITY TIP...

When disposing of an old Credit Cards, be sure to cut through the Chip as well as the whole card!

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**

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



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email: eastbourne@bluebirdcare.co.uk
web: bluebirdcare.co.uk

Smile Connect

www.smile-connect.com is the new free to use social networking website for everyone over the age of 50. Smile Connect gives people the opportunity to connect with others in their area, who share their hobbies and interests and enables them to create a rich and active social life. The free to use website lets people create a profile based upon their location and interests. Users can search for and make friends with other Smile Connect users who live in their area and share their pastimes, by using our 'Find Connections' feature. The website also features groups of users who meet regularly, to enjoy their particular hobbies and activities. Groups cover a variety of interests such as Food & Dining, Music Appreciation and attending Seasonal and Festive events, to name but a few. Finally the Calendar lists all upcoming social events. Our social events are often hosted by our users. We encourage our users to be active and involved in the website. Volunteering to host events surrounding their hobbies, is a great way for people to meet other Smile Connect users and invigorate their social lives. Users of the website can RSVP to and attend as many events listed on the Calendar as they like, for free. Smile Connect is unique in that we also host regular Get Togethers throughout Sussex. These are events where new and existing users can mix and socialise with each other in an informal atmosphere. If you are new to the website, it's a good way to meet other Smile Connect users. We are also on hand at our Get Togethers to answer any questions people may have about using Smile Connect. The founders of Smile Connect hope the website will transform the lives of older people, saying: "We started Smile Connect as we realised that it can be hard for older people to enjoy an active social life for many reasons, such as overcoming bereavement and family

living far away. Smile Connect is a real and active community of people that enjoy all that life has to offer. Our users are able to build long-lasting, online and face to face friendships". To join for free, visit <https://www.smile-connect.com> or ring Sharon on 07984 803 907 for more info.

Smile Connect –
Create the social life you always wanted!



**WANT TO IMPROVE
YOUR SOCIAL LIFE?**

smile-connect.com

**THE FREE TO USE SOCIAL NETWORK
FOR EVERYONE OVER 50**



Smart Meters

These new electric and gas meters are being fitted throughout the country.

However, Smart Meters can only be used by users of 'Duel Fuel'. The First phase is run by the fuel companies who want/will install their own meters, which will not work properly if later the customer changes their supplier.

The Second phase will be a universal Smart Meter that will work with all fuel companies.

Report from the ESSA Environment Theme Group by Robert Cooper the ESF rep on this group.



Social Media... *Love it or hate it.*



Seniors are of course concerned to protect their security and privacy but when I hear people say I would never use Facebook because it has so much nasty stuff on it. I think 'would you say the same about your TV or radio?' No you would just control what you watch or read and you can do just the same with social media.

One in four seniors are now using social networking sites such as

Facebook and Twitter as older people increasingly turn to the internet to share family photographs and keep in touch with loved ones.

Dubbed "Instagrans", after the photograph-sharing website Instagram, the proportion of over-65s who say they are active on social networks grew by more than 50 per cent last year, according to the Office for National Statistics.

Silver surfers are not just viewing content, as one in five said they uploaded their own videos or photographs to the internet.

Age UK recently said: "We know that over one million people can go for a month at a time without speaking to anybody, and social media is a place which can help alleviate loneliness among older people.

But of course at the end of the day don't stop talking to family and friends and you can even show them the pictures you have been sent.

To lighten your day...

Why Teachers Drink

Children's answers...

Christmas:

"In last years Christmas concert Linzi played the main prat. I played one of the smaller prats and I would like to have a bigger prat this year."

Science:

Helicopters are cleverer than planes. Not only do they fly through the air they can Hoover.

History:

Joan of Arc met her end. She was burned as a steak.

Religious Studies:

If you marry two people you are a pigamist, but morons are allowed to do this.

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

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

Night, night...

How do you sleep at night? No I'm not questioning your conscience just wondering how getting older affects sleep patterns and what people do when the sandman just won't call. Peter (husband) often complains he doesn't get enough sleep, just lays there contemplating, longing for that elusive good night's rest. Years ago my mum would get up and make a cup of tea (that old favourite) and watch the odd night time traffic pass on the road below her bedroom window.

I rather like Jean's idea of making lists, although I'm not sure what of or how that would make Peter tired; he'd just get more and more complex and probably start making them rhyme! Steve's answer was to meditate, which makes good sense for him as he is a Yoga devotee and probably pretty good at slipping into meditation at will; not as easy as it sounds. Brian gets up and sits on the settee, which doesn't sound like a solution to me, but who knows maybe his head drops and he slips into the arms of Morpheus. A more typical response was to bring our friend the computer whirring into life; at least it won't complain about being kept awake, but that brilliant light seems so intrusive when all else is dimmed and peaceful.

Years ago when I heard the plaintiff cry 'I can't get to sleep mum,' from either of our girls I would stand just inside the bedroom door and talk them through a relaxation routine; starting at their feet then working through till every bit was rested, then tell them to breath in some happy thoughts; this worked surprisingly well for the girls, but for not so for Paul (son) who always failed to take it seriously.

My solution is not that good; as I turn on the Kindle, force my poor sleepy eyes to focus and my brain to slip into that other created fictional world that requires mindful concentration, thus defeating the object of putting me to sleep!

Top favourite, when I asked around at Coffee Pot computing a couple of weeks ago, was Alf's solution and at ninety four he probably does have some sleepless nights. He told me he sings to his wife, a love song, which many years ago had a special meaning for them. If this seems a little unusual think about it ... they were married for sixty-nine years! She passed away two years ago and I can't begin to imagine how difficult it has been for him to adjust to life without her, which makes singing their favourite love song during a sleepless night one of the most romantic ideas I have heard in a long time.

Now to the question: what do you do when you can't sleep; read, write, go for a walk, make lists ... or quietly sing?

Pleasant dreams.

Vera

...I have to add that Peter has now concluded that he sleeps more than he thought, which is possibly true for a large number of us; still I'm grateful to him for making me think!

**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.**

East Sussex Emergency NHS Dental Service

Out of hours Urgent dental advice and treatment

– for people eligible for NHS dental care.

If you think you need emergency dental treatment - such as for a suspected abscess or infection:

– **On Weekdays** you should telephone your dentist and ask for an emergency appointment.

If you are not offered an appointment (or are not registered with a dentist),

– **Before 12 Noon - telephone the NHS Dental Helpline on 0300 123 1663.**

You will be triaged (assessed as to the degree of urgency) and a same day one-off appointment locally will be offered to you if you meet the criteria (unlikely to be with your own dental practice as each has a number of emergency slots which can only be filled via this helpline).

– **After 12 noon - telephone 01323 449170 between 6.30pm to 10.30pm**, for appointments between 7.30pm to 9pm.

– **On Weekends - telephone 01323 449170 between 1pm to 5.30pm**, for appointments between 2pm and 4pm.



Lasting Powers of Attorney

Most people are aware of the importance of making a Will, ensuring their assets pass in accordance with their wishes on their death. Far fewer people, however, recognise the need to protect those very same assets during their lifetime. If a vulnerable person were to lose their mental capacity for any reason – whether suddenly, such as through a stroke, or gradually, such as through Dementia – their assets could be in danger. At best, their family would need to fund court proceedings in order to take control of the assets in question. At worst, the assets could be misappropriated by unscrupulous individuals; a situation which is sadly all too common today. The safest, cheapest and easiest way to prevent this is to draw up a Lasting Power of Attorney (LPA). This enables a person to nominate an individual or individuals (whether family members or professionals) to look after their affairs on their behalf if they are unable to. There are two different types of LPA: Property & Financial Affairs, and Health & Welfare.

The critical aspect of drawing up an LPA is that the donor must have the necessary mental capacity to understand the nature and purpose of the document. It is therefore imperative that an LPA is drawn up before it is too late. If a person was to suddenly lose their faculties as a result of, for example, a stroke, an LPA would no longer be an option available to them. An already difficult time for the family can therefore be made immeasurably worse, and months of uncertainty can follow. An LPA is by its nature a precautionary document and could be viewed as almost akin to an insurance policy that everyone should have.

LPAs can appoint up to four attorneys, and allow for replacements to be named if any are unable to act in the future. Before it can be used, any LPA needs to be registered with the Office of the Public Guardian. This is a public body which oversees the work of all attorneys and ensures a further level of protection for the donor. Although it does not need to be, it is generally recommended that an LPA should be registered as soon as it is created, so that it is ready as soon as it is needed.

LPAs are not just useful because of future mental capacity issues. In addition, a great many people, as they get older, simply find looking after their financial affairs (with all the attendant paperwork) more and more of a burden – this can be due more to physical than mental capacity issues. Making an LPA enables a person to choose the people they trust to deal with

things for them in the future, so that they can step in when the situation requires it.

The good news is that awareness does appear to be increasing. Last year, 547,000 new documents were registered, an increase of 34% on the previous year. If this trend continues, the hope is that in the future there will be far fewer people unprepared and therefore left without assistance at the time when they are most in need.

For further advice and information about LPAs and how to make them please contact Nick Manning, Joe Richardson or Andrew Morgan at Stephen Rimmer LLP 01323 644222.

Stephen Rimmer
LLP 01323 644222

Did You Know?

It's true, we are living longer.

A newborn boy in 1841 was expected to live to 40 compared to the age of 79 in 2011

A girl to 42 in 1841 and to 83 in 2011

They are still outliving us, Chaps!

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We all get caught up in the ever increasing run up to the festive season, but it's worth looking after ourselves and following good chiropractic advice:

DON'T SHOP TILL YOU DROP. This applies to us, more than to Father Christmas. Shopping really aggravates back problems. Wandering around the Arndale Centre, carrying all those Christmas goodies can cause joint aches and muscle stiffness. The best thing is to pace yourself, take a break when you need to.

WALKS can help gently mobilize the back. Bed rest is a thing of the past. It's usually best to keep active. Father Christmas will have to be careful on those roof tops.

GOOD POSTURE helps avoid injury in the first place. Avoid lifting and twisting at the same time (especially if you're carrying heavy toys). It's best to bend your knees and brace yourself by holding your tummy tight. Working in cramped spaces (chimneys) or having bad posture can cause very mild but constant wear and tear.

DRINK plenty of water. Dehydration affects the whole body, even the discs in your back! The recommended minimum is at least 4 pints of water per day.

ICE helps to ease any immediate sprains and strains. An ice pack (or rooftop snow) should be lightly wrapped so it doesn't freeze the skin (a tea towel will do). It should then be placed against the injury and must not be left on for more than 10 minutes at a time.

DON'T IGNORE IT! Pain can be a warning sign. If you hurt yourself (e.g. from sudden sleigh stops) it's always best to seek expert advice and treatment as soon as possible. Pain is an important warning, don't ignore it!

Santa's Advice courtesy of Lushington Chiropractic

01323 722499
www.chirocare.co.uk

It's Getting Cold – Think About Others

Is there an elderly, housebound or isolated neighbour or relative you can make a bit of time to telephone or visit to make sure they are keeping well and warm (especially at night) and have stocks of food and medicines. Perhaps you can also help them to find ways to connect and keep in contact with their friends and the local community?

HEALTH TIP

Have you got the 'itch switch'?

Mother was right – if you scratch an itch it will only get worse.

Scratching triggers the release of a nerve chemical that intensifies the maddening sensation, scientists have discovered.

Scratching is known to provide temporary relief by generating a small amount of pain. For a short time, nerve cells in the spinal cord carry pain signals to the brain instead of itch signals.

But that is when the trouble starts, scratching can relieve an itch by creating minor pain. But when the body responds to pain signals, that response actually can make itching worse."

The best advice is not to scratch!

Did You Know?

Facebook helps you 'live a longer life'

Another good reason to get online...

Social network sites could help people live longer, a study of 12 million Facebook users has suggested.

The research found that using the site lowered the risk of death in any given year by 12 per cent.

Have you visited our website recently?

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

www.esf-online.org

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Getting IT together for older people...

Scams have been making the headlines nationally as well as locally over the last few weeks. It seems the scammers have a never-ending choice on how to relieve us of our money so just take the time to keep up with the latest bulletins from your local neighbourhood watch or the Sussex Police news.

Coffee Pot Computing, our partner in IT, held an information session on the 2nd November when Sussex Police gave the latest advice on scams. If you missed it then they report after the summer break they are now back to work - helping older Eastbourne residents to use their technology (tablets, laptops, smartphones) with confidence. Their approach is friendly, informal, and tailored to individual needs. No formal lessons, no keeping up with everyone else, no need to book - just come when you can and learn what you want to.

Come in for a chat - see if we can help - there's no obligation to join.

Learners are welcome to attend either or both of our sessions, and whichever venue you choose you will find that coffee and a chat is an integral part of our programme.

They are happy to talk to groups who are thinking about arranging some "bespoke" sessions in their own setting e.g. Retirement accommodation, specialist clubs, etc. Find us on Facebook, our website – www.coffeepotcomputing.co.uk, email us: coffeepotters@gmail.com or call Lynne Kiernan: 07973549155 for more information.

They currently have two weekly sessions: Wednesday 9.30 am to 12.30 pm at Eastbourne Sovereign Sailing Club, Royal Parade, BN22 7AA, a spacious venue on the sea front, with disabled access, bus stop close by and convenient car parking. Then on Friday 9.30 am to 11.30 am St John's Parish Hall, Meads Street, BN20 7ND, a traditional venue, with disabled access, bus stop outside, though not so convenient for parking! Our sessions are run in conjunction with St John's Coffee Morning and Paperback Library

Community Wise

Ocklynge Road, Eastbourne, BN21 1PY

Thursdays from 2pm until 4pm; Informal learning and help on anything that swipes, clicks or buzzes. Contact Sue Relf on 01323 722924.

Library Services

Every library has computers that you can use free of charge. The only requirement is that you need to bring your library card or proof of identity to access them. Visit Eastbourne, Hampden Park or Langney library or call 0345 6080196 to find out more and make a booking.

The Salvation Army

Help and advice given as needed and drop-ins on every Monday to Friday, 10am to 4pm. Also, sessions are held on Tuesday and Thursday 6pm to 7:30pm. Contact Pauline Peagam on 01323 417149

Changes to library opening hours

From Monday 28 November opening hours at East Sussex Libraries are changing.

Following a public consultation earlier this year, the changes will see a reduction in opening hours, mainly at less busy times.

The reduction in opening hours will save around £500,000 a year from library running costs, toward an overall savings target from the service of £2 million. All libraries will be open on a Saturday and many will stay open until 6pm on a Thursday. New opening hours for individual libraries can be found on the ESCC website and on ESCIS: www.escis.org.uk.

When libraries are closed, you can still access the e-library to renew and reserve books, update your details and download e-books. For those unable to visit a library due to ill-health, disability or caring responsibilities, there is a home library service, where volunteers select and deliver library books to your home. For more details visit www.eastsussex.gov.uk/libraries

You can also renew books through our automated renewals phone line by calling **0345 6080195**.



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