



EASTBOURNE SENIORS FORUM

THE OVER FIFTIES FORUM

www.esf-online.org

Winter Newsletter 2017 Issue 32



Message from the Chair...

Dear Members

The end of 2017 is fast approaching; it is now time for our Winter Newsletter. I hope that you had a great Summer and have enjoyed the amazingly mild Autumn weather! Eastbourne has had a very busy year in many ways including the start of a major refurbishment and building project.

First of all, we are delighted to welcome all those of you who decided to become members this year. Eastbourne Seniors Forum works to keep you informed of local, regional and national issues. Through the size of our membership we can promote the voice of the Over-Fifties at various levels and influence decision-making. This year the Committee has received a number of invitations to network and get actively involved in the planning and review of services. The exchange of information is important if it is to benefit the community.

We encourage you to share your views and raise your concerns and I would like to thank those of you who have done just that in response to our Newsletters. Please keep those coming in. Please also talk to your friends about ESF and encourage them to join.

Since our last Newsletter, we have held our big annual event, *The Good Life Show* – see report on page 7. This was followed by our last Open Meeting of the year at St Saviour's Hall where we welcomed Dr Martin Lau, a dietician with Arthritis Action, who gave us a very informative talk as well as practical guidance on diet and

exercise to help manage Arthritis.

Do look out for the information coming up next year about our Open meetings and remember to make a note in your diaries! These are well advertised on our website, in our Newsletters, at the Tourist Information Office, the Town Hall, library, various shops etc or you can simply contact us. If you can think of any other good places to display our leaflets, please let us know... which brings me to the next point:

In view of a few changes within our Committee this year and of our increasing involvement in the community and networking with various organisations, we need volunteers to join our Committee and get more actively involved or offers of help (however small!) with the various events we run (help to advertise or with refreshments or raffle etc...). If you think this might be for you, to find out more, do get in touch.

Finally, as we have now put our clocks back and the dark evenings are starting earlier, this could be a time when we feel more lonely or isolated so... have you considered the Friendship Services (Someone to chat with to help brighten your day! Befriender or Befriended!) offered by Age Concern Eastbourne? The Services cover the Eastbourne, Willingdon, Polegate, Pevensey and Westham areas. For more information and to request a brochure "Friendship Services", please contact: www.ageconcerneastbourne.co.uk or Tel: 01323 749034 or The Venton Centre, Junction Road, Eastbourne on 01323 638474 e-mail: info@ageconcern.eastbourne.co.uk

A Merry Christmas and a Happy New Year to you all.

Nadine Harris

The coldAlert Service

Older people and those with pre-existing medical conditions are more vulnerable during periods of



cold weather. If you are over 65, have a health condition exacerbated by cold weather, or care for someone who does, you could benefit from signing up to the coldAlert service.

coldAlert is a free service (funded by East Sussex Public Health) that sends text, voicemail or email directly to you when severe weather is expected in your area. A coldAlert is sent when severe weather (cold temperatures, ice or snow) is forecast. The warnings are usually sent 24 to 48 hours prior to expected cold weather, so it can give you more time to prepare.

When you receive a coldAlert it will give you time to stock up on food and medications, it will act as a reminder to keep your home heated to at least 18°C, wear additional clothing to keep warm and stay indoors as much as possible.

Keep yourself and those you care for warm and safe this winter by signing up for free coldAlerts, for more information or to register, call **01273 484337** or visit our website: **www.coldalert.info**

Winter Home Check Service

Eligible vulnerable people in East Sussex can also receive a free Winter Home Check which includes a holistic assessment of the home to identify how to keep warm, offering small works such as improving insulation or repairing boilers. For more information visit:

www.eastsussex.gov.uk/keepwarm or call Osbourne Energy free on: **0800 085 1674**

Opening Car Doors

Look out for cyclists before opening your car door. Between 2011 and 2015, 3108 people were injured and eight fatally where a vehicle door opened or closed negligently.

Look behind the car and limit how far you open the door until you are really sure there is no cyclist passing you, before you open it fully.

Council Tax Rebate

Did you know some people with dementia are eligible for a discount on their council tax bill. Sometimes the people who care for them are eligible for a discount too... Council tax applies to both owner-occupied and rented homes.

The bill for each property is calculated on the basis that two or more adults are living there.

For more details go to **www.alzheimers.org.uk** or call the National Helpline **0300 222 11 22**.

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**
- **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**

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New Lady Chiropractor

Lushington Chiropractic is delighted to introduce their newest member to the team, Dr Carran Lefever DC, LRCC, McChiro, BSc(Hons), NLSSM, Dip SMRT, MMCA.



Dr Lefever has this to say about her short time at the clinic "I love being here at Lushington Chiropractic, working with such a fantastic team and meeting wonderful guests".

I think we can all agree, Winter is here!

This winter why not make the decision to tackle those common problems that affect our quality of life, those little aches and pains we get. Maybe you have picked up a back injury gardening this summer, or maybe you have some achy muscles from a new sport you have embarked on. Increasingly people are taking their health into their own hands. After all it's your life, so why not make sure you're getting the best out of it! Thousands of Eastbourne residents have already found an expert solution with chiropractic care at Lushington Chiropractic. Aches and pains can be difficult problems, which is why it's best to speak to an expert. The Chiropractors at Lushington Chiropractic take the time to get to the root of the problem and hope to give you the quality of life you deserve. The chiropractors at Lushington Chiropractic will take time to answer all your questions. They believe in specific and gentle healthcare, personally tailored to your needs.

It's your life, your health and your choice

This December Lushington Chiropractic are offering Half Price New Consultations usually worth £49.00, offer ends December 31st

To book a half price new consultation call Lushington Chiropractic on 01323 722499

Please bring this article with you to claim your half price consultation.

If you need expert advice, call the clinic on:

01323 722499

www.chirocare.co.uk

All about blume

How it works

Blume is a new social venture, which is free to use and finds paid flexible work for older people.

The work ranges from DIY tasks to dog walking and mystery shopping. and much more besides.

There are also telephone and computer-based jobs that you can do from home. In fact, if you have a skill that you think others will find useful then please tell Blume about it. You decide what you want to do and when you want to do it. You also decide how much you want to charge as long as it is above the national living wage - and if you don't need the money then the site allows you to donate what you earn to charities.

Blume then goes out to organisations and individuals who are looking for help in these areas and – hopefully – finds a match!

Background

Blume was started in response to four emerging trends:

1. We are living longer. In the next twenty years the number of over-65s in the UK will grow by 6 million to 17 million.
2. We are rubbish at employing older people... 80% of 50 year olds are in work but this declines to 60% of 60 year olds and just 30% of 65 year olds.
3. ...but the economy needs older people. At current rates older people will vacate 14.5 million jobs by 2022 but just 7 million new people will enter the workplace. There are huge gaps to be filled!
4. ...and surveys suggest that many older people want to carry on working (but preferably part time); for example 4.8 million 65 to 70 year olds would like to be working.

Become a Blumer!

Please join us and become a blumer by visiting www.blume.life/become

Please get in touch with me if you have anything to share: alexander@blume.life



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Families who leave court the losers after inheritance claims

Record numbers of inheritance disputes are going through the courts as modern family structures and rising house prices push more families to contest unfavourable outcomes.

Two recent cases which have seen families losing out after legal action include two brothers who have run up fees of more than their entire inheritance by disputing a stepmothers' share of their father's estate, and estranged daughter Heather Ilott who challenged her mother's will after discovering she had been excluded.

That challenge set her on a ten-year battle which ended this month, when the Supreme Court gave its ruling on Ilott v The Blue Cross and others. Heather Ilott was excluded from her mother's will following a long estrangement after she left home as a teenager. After her mother's death, finding that the entire estate had been left to three animal charities, she claimed provision under the Inheritance (Provision for Family and Dependents) Act 1975 (the I(PFD)A 1975), which is designed to protect a surviving spouse or civil partner and dependents who are in need of maintenance but are not left adequate financial provision under the will of a deceased person or under the rules that apply when there is no will.

Heather Ilott's case rested on her claim that she would be in a position of poverty, reliant upon state benefits. That claim was successful, with the Court of Appeal making an award of £143,000 plus an option on a £20,000 fund. Now, that has been overturned by the Supreme Court, who have reduced it to £50,000. In making their decision, the Law Lords resolved many concerns around the general principle of testamentary freedom which had arisen following the Court of Appeal judgement, and clarified a number of issues under the I(PFD) Act.

Said wills and trusts expert Nick Manning, Partner of Eastbourne Solicitors Stephen Rimmer LLP: "The reduction in the award to Heather Ilott by the Supreme Court is a good sign for anyone wishing to make a potentially difficult decision over where they leave their estate, as it reinforces the right of individuals to make their own choices when writing their will. It pushes back against the earlier ruling, a landmark judgement which had caused concern that it might prove harder for parents to disinherit children in future, unless they had very strong grounds for doing so."

The trend towards increased inheritance disputes has been attributed to a number of factors:

Increasing numbers of so-called 'blended' families where divorced parents re-marry is one such factor, with original family members not wishing to share with newer members, such as step-parents or step-siblings.

That was the reason behind the recent legal action by two farmer's sons, who attempted to block their stepmother getting an extra £25,000 in their father's will. Their action has cost them their entire inheritance of £62,500 each, as Richard and Jonathan Powell have been ordered to pay £200,000 in legal fees, after claiming that their disabled father was unfit to make the final will which left £125,000 to his second wife. The sons had maintained that an earlier will should stand, which would have seen their stepmother receive £100,000.

Another factor behind many inheritance challenges is property values. Where family are excluded, or receive less than expected, a large property price tag is believed to be fuelling many more claims, as more people are inclined to take the costly step of litigation to get the matters before the courts.

To make a claim under the Inheritance (Provision for Family and Dependents) Act 1975, a claim must be

Continues on next page...

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made within six months from the date of the grant of probate. For cohabitants, they need to show they were living as husband and wife or as civil partners with their partner throughout the two-year period before they died.

He added: "It all comes down to careful planning and, wherever possible, communicating your decision to family, to try and avoid later rifts. And if you are excluding children, a spouse or civil partner from your will, you should certainly get specialist advice, to be sure that your plans will not cause problems down the line. Doing so also means there is clear evidence of what you intended to do if a will is challenged at a later date."

At **Stephen Rimmer LLP**

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Don't follow his example!!

"To get back my youth I would do anything in the world, except take exercise, get up early or be respectable."

Oscar Wilde

Scams = Fraud = Crime

Have you been affected by or are worried about being scammed?



If so Age UK East Sussex can help by providing support and information to you or a family member through home visits, telephone advice or support with issues around benefits and feelings of isolation. We can also do talks to groups and we can supply and fit telephone call blockers to the most vulnerable.

We have a wealth of information to make sure you remain safe. To find out more, please email: **scams.prevention@ageukeastsussex.org.uk** or call us on **01273 476704**.

Flu Vaccination

Have you had your Flu jab yet ?

We are being warned of possible high incidence of flu and many who qualify haven't had a jab yet
Keep yourself out of hospital.

Demelza Community in East Sussex



Demelza
Hospice Care for Children
Registered Charity Number 1039881

Demelza offers a community hospice at home service for children and young people up to the age of 19, providing therapies, respite and end of life care in the comfort of a child's own home across East Sussex.

Our specialist nurses also provide care and support in other community settings, allowing a child or young person to continue life as normal with as little disruption as possible.

Care in the home gives families a break without having to travel and enables children and young people with life-limiting and life-threatening conditions to have specialist care in familiar surroundings. As a result, families are given more flexibility and helped to retain a sense of control and independence.

Families needing reassurance at the end of the phone can contact our specialist team between 9am and 5pm, Monday to Friday. We also provide 24 hour support for children and young people requiring end of life care in conjunction with other healthcare professionals. Following a detailed inspection in 2016, Demelza Community was rated Outstanding by the Care Quality Commission.

It costs £1,600 per day to run our East Sussex service and less than 10% of our costs are covered by government funding. We have to rely on support from generous people and groups within the local community to be able to survive. If you can help us in any way or would like to find out more about our services visit www.demelza.org.uk.

To help with local fundraising please phone Julie Brett on **07917 603075** or email: **Julie.brett@demelza.org.uk**



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There are more than 100,000 strokes in the UK each year.

That is around one stroke every five minutes in the UK.

Stroke incidence rates fell 19% from 1990 to 2010 in the UK.

Every two seconds someone in the world will have a stroke for the first time.

Some weeks ago my husband (Peter) had a stroke. It was the second one for him, the first occurring in December 1999. On that occasion he was in hospital in Leicester for around fourteen days; then returned by ambulance to our home in Norfolk, where he gradually recovered, but without any outside help or support of any kind.

My goodness how things have changed.

Firstly our trip to the hospital: I dialled the emergency services at 8.30am on Monday 31st July. By 9.30am we were in the EDGH and he was being assessed by a stroke nurse. After a three day stay in the hospital he was returned home and since then we have been (nicely) inundated with every possible kind of help you can imagine. (Just a quick mention... the hospital staff were brilliant).

To put you in the picture the event was life-changing, although I suspect nowhere near as bad as it could have been. Peter's problems are complex. The loss of movement (for Peter on the right hand side) is common and manageable. More debilitating is the lost of sight, which means that now he only has the use of one eye. Perhaps, most difficult and what makes life particularly complicated are the problems with memory and thinking processes.

My heart goes out to him when he has to ask a number of times either where we're going, what we're doing or where something is in our house. Of course we often make a joke of it, laughing keeps you going, but there are times when the frustration catches up and we have to face some hard facts. Any successful recovery will be slow

and not through a miracle but hard work and patience.

Although his problems are clear in many ways, there are so many difficulties which are hidden and it is this that I find most difficult. I can see from the outside how he is struggling, how frustrated and upset he gets when his memory lets him down yet again (minutes after he's clarified the point), but nobody can feel just how it is for him and this is my big problem. Like a mother with her child I want to take the hurt away. I need to make it better but I can't. The best I can do is to be patient answering the same question over and over again, give a hug when needed and smile when I feel like screaming (at myself, not him).

Basically I'm sharing this with all of you, letting you know, but also realising how precious our time together is and has been.

Most of all I realise we are lucky. We are still here; I am capable and want to look after Peter.

Whilst his illness is seriously debilitating if you look at the statistics you will see that I am by no means alone and I think it's right that I should remember this and enjoy every minute of the time we have left together.

I want to take this opportunity to thank all the people who help us. It is impossible to mention them all, but suffice it to say our days are full and we have made many new friends within the NHS. They make our lives fun; offer challenges, but with compassion and patience. From a personal point of view Care for the Carers is amazing as well because they think of my needs which I often forget.

If there's a message here it must be to know you can't put yourself in another's shoes; you will never quite see the world from their perspective. What you can do is be aware of that and accept there are many versions of the world.

Be happy and appreciate each day.

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.***

Friendship

Feeling lonely? In order to have a good friend, you must first try to be a good friend.

An unknown poet wrote: "I went out to find a friend, but could not find one there; I went out to be a friend, and friends were everywhere."

Friendship doesn't require having a dynamic personality. Even shy, quiet, and reserved individuals can learn to be friendly. Its next to impossible to have no friends, if you yourself are friendly.

Here are five ways to make friends:

- 1 Maintain eye contact. When you talk to people, look them in the eye.
- 2 Smile! It takes 72 muscles to frown but only 14 to smile- and a smile warms hearts and encourages conversation
- 3 Call people by their names. Strangers are just that, strange, but a friend is known.
- 4 Talk to others about their favourite topic – themselves.
- 5 Find an occasion to give a word of encouragement, a compliment, or show an act of kindness

You will soon find friends.

Independent Age is offering a friendship service to older people who are feeling lonely. It has friendly volunteers who will make regular calls.

People who would like to receive regular calls can call: 0800 319 6789 or visit the website: www.independentage.org

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
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

Do you measure your own blood pressure or BMI?

- **Do you ever measure your own blood pressure or your BMI?**
- **Do you own a blood pressure monitor or a weighing scale that measures BMI?**
- **Have you ever downloaded an app to help you track either of these things?**

If you do this now or have done in the past, would you be willing to take part in an interview?

Interviews can take place at a time and place convenient for you and people who take part will be offered a £20 voucher for their time and effort.

The project has been reviewed by the Department of Sociological Studies Research Ethics Committee at the University of Sheffield.

If you are interested in taking part or would like more information, please email Ros at: r.g.williams@sheffield.ac.uk or call: **0114 2226423**.



Growing Older Getting Bolder

Growing old gracefully is a very fine art
To explain it is a challenge –
I don't quite know where to start
We've all lived our lives with memories galore
And as we grow older we have such a store

Doing the school run – Oh what a chore!
Holidays with the kids – buckets and spades –
candy floss toffee apples
Kids sick in the car! Are we nearly there Dad?
When we hadn't gone very far!

But now they have children and lead their own lives
With their friends Partners Husbands or Wives
We also have our lives and now we can rejoice
We can rev-up or slow down that is our choice

As for me I revup and seek adventure I go to the gym
Play badminton golf and in the sea I often do swim
Grow old – slow down – no never not me!!
I've even put on my roller skates
"He's crazy – must be mad – lost the plot!!"
Say all of my Mates

I've lost two stone in weight and really feel great
Look at my waist band there's room in here for two
If you take my advice this could happen to you
So don't laze around just watching the telly,
go for a walk and give it some WELLY!!
Visit the gym and you might reduce the size
of your b-e-l-l-y!

Use it or lose it often is said so next time you feel
like lazing in bed
Throw open the window and heartily exclaim
"Today is the first day of the rest of my life!"
"I'm going to live it to the full and make that my aim"
You'll feel terrific – great – young again – full of energy
And you'll soon be ahead of the game !!

Roy Payton 2014

Do you write poetry or short articles?

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

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



The Good Life Show 2017

This year, due to the major work being carried out in the Devonshire Park, we had to move from our regular venue in the Winter Garden to the International Tennis Centre.

This was always going to be a challenge both to exhibitors and to our members finding us easily and enjoying the Show.

We had to reduce the number of exhibitors to 45 but still over 700 people attended on the day.

Although from the responses we got, a majority of you thought the show good, many found it rather cramped, hot and crowded, but all but a couple of our exhibitors want to come again next time.

It is difficult to find another suitable venue that will give us the space and be accessible within the town so we are carefully looking at how we can move forward with the show again in 2018 as we understand there is no possibility of the Winter Garden being ready for Oct 2018.

Many people have told us that they would rather we held a smaller show that was compact, than for us to not hold it at all, as it is so valuable both to members and exhibitors... so WATCH this space and once we have decide we will be letting you know the date as soon as we can.

**"Its better to be 70 years young
than 40 years old."**

Oliver W Holmes 1900