

# ***EASTBOURNE SENIORS FORUM***

***1<sup>st</sup> May 2018***

## **Message from the Chair**

### ***Dear Members***

First of all, a warm welcome to all those who have recently become members of ESF and please remember that as well as sending you information we are always glad to receive your feedback on our

Newsletters and any comments about particular issues of concern.

Last week the weather was so warm and sunny and yet this week we have felt a definite chill in the air and the rain has returned! There it was again this afternoon when I was making my way to our NHS Open Meeting at the RAFA Club.

I would like to thank Josh Broadway our Speaker, Community Officer from **the East Sussex Better Together** Team, for giving an informative and useful talk at our Open meeting about the recent changes and restructuring in the services that the NHS offers. Josh also provided the following links Health and Social Care Connect: Tel: 0345 60 80 191 and the ESBT website [www.eastsussex.gov.uk/esbt](http://www.eastsussex.gov.uk/esbt)



2018 is a special year as several organisations are celebrating "landmark" Anniversaries:

the RAF: 100 years, the NHS: 70 years, women getting the vote: 100 years, the University of the Third Age: 25 years.

ESF also had cause for a special celebration: its **10<sup>th</sup> Anniversary!**

**The celebration which took place at the International lawn Tennis Centre was attended by over 30 guests including Steve Thornett, the founder member and his wife Ursula, the Mayor of Eastbourne Pat Hearn and her consort Philip, Caroline Ansell, Representatives from ESCC, ESSA and ESBC, Gwynne Pickering ESF's first Treasurer as well as long time and more recent supporters of ESF.**

**One member of our Committee had put together a PowerPoint and after a retrospective look at the last 10 years of ESF with commentary by Steve, guests were treated to a "round the tables" and then, still Magic Show provided by the fantastic Marco. Our grateful thanks also go to Sarah Tingley and her Team at the ILTC for their wonderful organisation and support to ensure the smooth running of the afternoon, which was enjoyed by all.**

We thank **everyone** who has been involved in supporting ESF over the years or more recently and helping its founder member Steve Thornett to drive his vision and to make ESF the successful organisation it is. We are now looking



forward to the next ten years and hope, with your help, to continue raising awareness and influence decision-making at Local and County levels.

Following the closure of many libraries, will the Langney Community bid succeed in saving the library? More nurses are to be hired by the NHS trust for two hospitals'

A&E Departments: will this relieve the pressure in coping with extra demand? At least it is a step forward!

The petition to stop the closure of Milton Grange and Firwood House has gathered enough signatures to spark a Full Council Meeting on the 15<sup>th</sup> May. Watch this space!

How proficient are you at building your own air quality monitor?

I recently attended an eye-opening Workshop organised by The Clean Air Eastbourne group. The guest speaker was a lecturer in atmospheric science from the University of Brighton, Dr Kevin Wyche. The second part of the workshop building an air quality monitor but as I realised not every local was attending but air quality monitor kits and data readings will be available as the project develops. More information about this to follow.

As we look forward to the Summer, we also look forward to discovering the town's new image and the opportunities it will provide. Some of us will also be looking forward to the "Nature Valley International", our town's International Tennis event, the Carnival or simply some lovely walks or outings in the Downs and along the seafront.

Please remember to make a note of our AGM in June and we look forward to welcoming our guest Speaker Alan Wenham after it. See further details in Newsletter.

My Best Wishes to you all and have a wonderful Summer. Till next time!

**Nadine Harris**

## Health & Wellbeing

### Health Care Checks

#### ***When I'm seventy-four***

*Now that I'm old and lost my hair*

*So many years ago*

*Can you still send me a valentine*

*Birthday greeting, bottle of wine?*

*If I'd been out till a quarter past six*

*Would you lock the door?*

*Will you still check me, will you still heal me*

*When I'm seventy-four?*



If you're aged between 40 and 74, you may be eligible for a free NHS Health Check that can help you live a longer and healthier life.

The NHS Health Check programme aims to prevent heart disease, stroke, diabetes and kidney disease. If you are aged 40 to 74 and don't already have one of these conditions, you'll be invited to a health check once every five years. [Check-Here](#)

### **NHS Trust savings**

*A new Royal College of Physicians report looks how NHS trusts and individuals can make financial savings when dealing with waste.*

In England there are 165 hospital trusts with a combined expenditure of over £4.6 billion a year on medical supplies and other consumables. We know that every 36 hours one million patient contacts take place.

If we can empower NHS staff to become advocates of change, even simple changes will add up to significant saving for trusts but will also have a wider societal benefit for the patients we treat.

Such purchasing power and patient contact, demonstrates our ability to guide change should not be underestimated.

### **Case Study**

NHS West Suffolk launched a campaign encouraging local inhabitants to hand back NHS equipment no longer required. In one month over 8,500 items were returned, including crutches (£12.70 per pair), commodes, adjustable wheeled frames and air mattresses (£1,650 per mattress).

Crutches, walking sticks and frames are listed in the Sustainable Development Unit's top 20 priority items. These items are thought to account for more than 70% of the footprint of procured items, in terms of expenditures and carbon footprint.

- Savings per month £608,500
- If all CCGs achieved similar results £128 million worth of equipment could be recouped.

A report, that is not available via East Sussex Healthwatch but nevertheless online elsewhere. Check out [FULL-Report](#)

## **Transport**

### **Railway Stuff**

***The times they are a-changin'*** (on 20<sup>th</sup> May)

*Come gather 'round people  
Wherever you've roamed  
And admit that the railways  
Around you have groaned  
And accept it that soon  
You'll be waiting again.  
If your time to you  
Is worth savin'  
Then you better start workin'*



*Much more from home,  
For the times they are a-changin'.*

New timetables will herald more reliable and regular services across the routes where we operate and add capacity into London for 40,000 more passengers in each three-hour peak across the whole of our network.

### **These changes are part of RailPlan20/20**

Please check online to see your new timetables and services to help you plan ahead effectively and see the new destinations that you can travel to directly. [New-Timetables](#)

### **On the road without insurance?**

Since that decision to stop showing tax discs we now have no idea whether a car is insured so up pops a new initiative to let you find out. Not free but if you are involved in an accident priceless. Get that smartphone out.

<http://www.askmid.com/>

### **Crime and Safety**

Police and council officers are working together in a new way to tackle the issues associated with the Street Community in Eastbourne Town Centre. A **Multi-Agency Street Community Operations Team (MASCOT)** will focus their work around several hot-spot locations across the town where the presence and behaviour of the street community is impacting on local neighbourhoods. [More...](#)

### **Know your numbers 101 or 999 or ???**

Sussex Police getting a message out trying to stop you wasting 999 operators time. Get their message [NOW](#)

### **Environment**

#### **Plastic Free Eastbourne**

*It would be fantastic,  
If we stopped using plastic,  
And eased the world's pain,  
With a healthy food chain.  
Turtles would no longer gag,  
On a supermarket's bag.  
Sea birds could have a meal,  
Of food that was real.  
Less chemicals in the sea,  
Would be healthier for you and me.*

*If we protest en mass,  
Perhaps they'll use more glass,  
So the next time you buy squash,  
You can take back the bottle to wash.*



*Cry out again,  
And again,  
'When,  
Oh, when,  
Shops re-use paper wrapping,  
They'll have us all clapping.'*

*We can choose from today,  
Things wrapped the right way.  
When we see a container,  
Using it again is saner.  
Take care what you throw away,  
Most will be here to stay.* **Stephen Katona**



<https://www.survivequasaction.org/>

### **Great Plastic Pick Up**

Want to be part of this Daily Mail campaign?  
May 11th to 13<sup>th</sup> than sign up now [Plasticity](#)

### **Clean-air Eastbourne**

Last weekend a number of people attended a seminar, supported by the Devonshire West Project, at the Leaf Hall on Air Pollution and two ESF committee members attended it. One member participated in the "create an air monitor project".

All the active monitors can be seen at [Eastbourne-Air](#) . Do click on any one

of the monitors; then click on the number under Sensor ID to view the data from the last 24 hours. It may

surprise you as it did us!



### **Money-Money-Money**

#### **When I'm 75....**

After your 75th birthday, you can get a free TV Licence. It covers you as well as anyone you live with. Available to apply when you're 74. [Check-TV](#)

### **For your diary?**



#### **Magnificent Stuff**

Remember your first car? Well it's possible it is now a classic and there is one or two still going cared for by a passionate owner. Come along to the Western Lawns this weekend 5-6<sup>th</sup> May and check them all out. [More at..](#)

### **The Eastbourne Society**

They are holding their seventh AGM on Tuesday 8<sup>th</sup> May from 7:30pm at St Saviour's Church Hall, South Street, Eastbourne. Membership is £15 per annum and their journal "Observer" always has much to interest. Take a look at their news and [website](#).

### **How do you view being bowled over?**

Come and join the St John's (Meads) Bowling Club for a free taster session on the 13<sup>th</sup> May at Helen Garden, Dukes Drive, Meads from 11am until 2pm. Just need a flat pair of shoes and they'll do the rest. How about it Jack? More info via 01323 648364

### **ESF Annual General Meeting**

On Tuesday 19th June 2018 our AGM is being held at the RAFA Social Club, from 2.30 -4.30pm. After the formal business there will be a talk on the History of Eastbourne's Parades by Alan Wenham.

**Good Life Show** will be held on Thursday 27th September 2018: from 10 am until 4pm at the View Hotel, Grand Parade, Eastbourne BN21 4BQ. If you are a member of an organisation or a business and would like to be an exhibitor at the Good Life Show, please get in touch so we can provide you with the information.

### ***Lots more going on in Eastbourne at***

<https://www.thebestof.co.uk/local/eastbourne/community-hub/blog/>

### **From our Members**

#### **At The Cutting Edge?**

For years now everybody has been seeing cuts of finances of almost every statutory service in our daily lives. Government cutting spending because "We are living beyond our means" is the mantra from our Chancellor. If someone is **living beyond** their **means**, they are spending more money than they can afford. If someone is **living** within their **means**, they are not spending more money than they can afford. When it comes to defining "They" it gets a little complicated. They are the Government. But **They** are the one's who generate the **means**? These **means** never seem to be enough so the reason "we" are living beyond our means is totally down to our Government? Yet when you really analyse Cuts; it is no more than shifting the costs to "somebody else"! The **living** does not stop needing to see a GP, have an operation, have a carer, visit a library or rent a house. What does need to stop is the inability to **Find the Means** by our Government.

### **Did You Know?**

#### **Something about Eastbourne**

The Carpet Gardens in Eastbourne were dug up during the Second World War so that they could be used to grow onions.

#### **Something about May**

According to old superstitions, you should not buy a broom, wash blankets or get married in May: "Marry in May and you'll rue the day" – **OUCH!**

### **Something completely different!**

Each hair on a human head grows one centimetre a month.

## **From our Networking**

### **Eastbourne Access Group**

The new 2018 Eastbourne Guide for Disabled People is now available at Tourist Information Centre.

The Eastbourne Access Group has updated the guide which includes the 'Wheelchair Routes' showing the safest way for a mobility vehicle user to travel along pavements in the town and where the dropped kerbs are for safe crossing of roads. There is a list of public wheelchair accessible toilets, places to hire wheelchairs, access information on shopping centres, parks, theatres, cinemas and a list of useful contacts. With the additional information including accessible places to visit and eat in and around Eastbourne available on the Access Group's website <https://www.eastbourneaccessgroup.org.uk/> and Facebook page, residents and visitors with a disability or impairment can have information about access in Eastbourne readily on hand.

### **Care for the Carers**

Care for the Carers is an independent charity and the Carers Centre for East Sussex. They have been supporting and representing unpaid carers in East Sussex since 1989. [More](#)

### **The Dementia Support Service**

People living with dementia and their families can get help from the Carers Breaks and Engagement Team acting as the Dementia Support Service. They can be contacted on 0345 60 80 191 or online via the [Adult Social Care website](#).

### **Getting a VOICE**

Why not take a look at the new community newspaper produced by Eastbourne Volunteers. **Eastbourne Voice** is free and copies can be found around town or [online](#) and keep up to date on what's happening around town.

## **Have Your Say**

Click for the latest [Consultations](#) in Eastbourne.

### **And, finally –**

Did you know unless food is mixed with saliva you can't taste it.

### **Publicity**

You are our best advertisement throughout Eastbourne – let your friends and neighbours know about us and get our message out there. Please forward this email to all your friends in Eastbourne and spread our news.

Notices of publications, events and services do not necessarily carry an endorsement by the editor or ESF, nor do they represent the views of ESF.

**IMPORTANT INFORMATION ABOUT DATA PROTECTION.** You may know that Data Protection Regulations are changing, with effect from 25<sup>th</sup> May. ESF will only use the information you have provided in order to send you our Newsletters and e-News to keep you up to date with news of interest to older people. We may also from time to time, contact you with helpful information provided by external agencies such as the NHS, Adult Social Care. We are committed to keeping your records as accurate and up-to-date as possible. By providing this information you are consenting for us to contact you in this way. You can ask us to remove your details from our database at any time by emailing [info@est-online.org](mailto:info@est-online.org). Alternatively, you can contact the ESF Secretary (Stephanie Blackledge) on 01323 659 792. Your information will not be sold or shared with any other person or organisation not connected to ESF.

Thank you.  
Eastbourne Seniors Forum  
Email: [info@esf-online.org](mailto:info@esf-online.org)