

EAST SUSSEX Seniors' Association

The Voice of Older People



The Voice of Older people

Spring 2016

Newsletter No.15



Peter White

Town Crier for Seaford

See article on page 10

Have Your Say • Get Involved • Make a Difference • Shape the Future

www.essaforums.org.uk



Letter from the Chair

I hope you like the changes we have made to the newsletter.

The long-established Editorial Group decided that it was a good time to take a fresh look at the newsletter particularly the front cover.

I am often asked – ‘*What does ESSA actually do?*’

Well, I think the *Story of ESSA* at the end of the newsletter will go some way towards giving you an answer. The original ‘*Story of ESSA*’ was drawn up by Ron Sunderland when he was Chair and I have just up-dated it.

In this issue I have invited the Forums to contribute something about

themselves and what they are up to. I am reminded that the planning for *Older People’s Day* begins in March and I know that many of the Forums have already got their plans in place. Many of the Forums have celebrated their 10th Anniversary and how to celebrate ESSA’s 10th next year will be on the next Management Meeting’s Agenda.

Roy Neeve is our new Editor and the committee is very pleased that he has volunteered to do this.

(Email: treasurer@essaforums.co.uk)

We look forward to hearing from the Forums and from the membership what you think of the changes we have made and would welcome contributions from you.

Kate Davies

Previous Newsletter Editor receives his ageUK award

Steve Thornett received his *Certificate of Merit* from



Baroness Cumberlege of Newick CBE in October of last year.

Steve was nominated by ESSA for his hard work and commitment as Editor of the ESSA newsletter and as Publicity Officer. He will continue to be involved with Eastbourne Seniors Forum and has given his blessing to the re-vamping of the newsletter.



Spotlight on ROTHER SENIORS' FORUM



Effectively, the Rother Senior's Forum started in March 2006 with the members of our Steering Committee; today we have reached a plateau of just over 700 members. We have a large essentially rural community covering the whole of Rother District.

Our reason to be:

We exist to provide a voice for the over 50's to the Service Providers, in particular to Adult Social Care (ASC) and NHS.

What we do:

We meet and negotiate with ASC; NHS; CCG's; Local Councils; Local Voluntary Associations and many others. Our Committee members attend many Service Provider meetings. We work from grass roots up by holding Special Interest Group meetings and taking the outputs to the ESSA Theme group meetings with Providers on a two monthly basis. We take our seats in ESSA Management.

What we are proud of:

- We have a full Management Committee; our Logo, a constitution and a bank account.
- Our ongoing participation at ESSA Theme Group Meetings.
- We have helped start a Diabetes Support Group & 2 Dementia Action Alliances.
- We produce 4 Newsletters annually.
- We have secured grants and operate within our funds.
- We have run many good events locally for our members. We run two outside visits to places of interest yearly.

What's next:

We plan to join our Special Interest Group meetings with Hastings & St. Leonards Forum to gain a larger group meeting.

Daliea Redman: rdaa@outlook.com

Photographic Competition

Hopefully you have noticed a change in our front cover for this edition! We are running a photographic competition with a

£25

£25 prize for each edition and the winning entry will appear on the next edition's front page.

The photograph is to depict something about our great county and is to be your own, original and unenhanced work. Entries are only accepted by email to the

treasurer@essaforums.co.uk and the winning entry will be judged by the Editorial Group. *Closing date for the next edition is 1 August 2016.*



The **ESSA** Story

East Sussex Seniors Association(ESSA) celebrates its **10th Anniversary** next year.

In 2004 the first Senior (50+) Forum was set up in Hastings by John Appleyard who further pressed for Senior Forums to be set up across the county.

With guidance from John and encouraged by speakers from Shrewsbury Seniors Forum from 2005 slowly the seven Senior Forums gradually emerged.

East Sussex County Council (ESCC) Adult Social Services (ASC) provided funding and a dedicated officer with Age Concern (now part of AGE UK) gave sound advice and support.

Our aim was to provide a platform where issues important to older people could be voiced, listened to and acted upon.

ESCC set up a series of Engagement Events where members from all the forums gave valuable information to councillors and officers about services they would like and a commitment that through the forums they would always have the opportunity to have their say.

In 2007 ESSA was formed with HOPE-G (Hastings Older Peoples Ethnic Group) coming on board as the 8th Forum in 2015. Two subgroups

were set up, Health & Social Care and Transport (since renamed CET (Community Services, Economy & Transport)). Two representatives from each of the forums are nominated to the Management Group or to one or other of the sub-groups.

We have achieved such a lot since those early beginnings – ESSA

members are busy in Health and Transport Consultations,

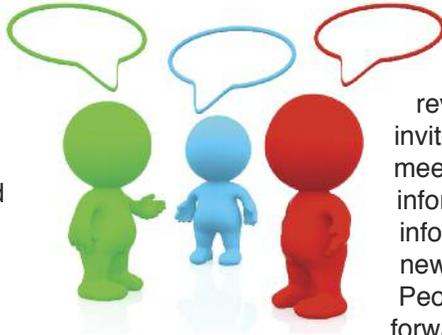
review new publications, invite speakers to attend meetings to clarify information, publish useful information through the newsletter, plan the Older People's Day booklet, put forward members concerns

at the Better Together meetings, encourage members to form Patient Participation Groups, contribute to research with both Brighton and Sussex Universities, work closely with AGEUK (London) and with Sussex Police in reducing incidence of Elder (Cyber) Abuse. ESSA members are heavily involved in Dementia Groups and Alliances across the county.

Apart from that forum committees work in their own locality, listening and gathering information about local concerns and passing the information on. They arrange outings, lunch clubs, transport, quizzes and Tea & Cake public events with speakers or entertainment.

Our website contains countywide news and access to the 8 forums:

www.essaforums.co.uk



After the Crisis – FLOODING

Older people and power loss, floods and storms

In April of last year, ESSA members were invited to participate in a new AGEUK publication around older people's experiences in extreme weather conditions.

After speaking to many local residents Tony Moore (Rother) and Kate Davies (Meridian) set up a workshop with eight to talk of their experiences when their properties were threatened with flooding. John Attrill from Lewes District Council's Environmental Department also joined us to learn more about older people's experiences and to ensure that the right information was available and made sense.

ESSA's narrative contributions indicated a general reluctance to leave their properties, concern about 'where will I sleep tonight?' and an adamant refusal to leave their pets. Many spoke of having gone through this all before. Meridian's information came from residents of known local areas where a combination of rain, wind and high tides may cause flooding. Rother's was about continual sea flooding that local Rye residents felt was not being properly addressed.

Unfortunately Tony and Kate noted that a great deal of the information relied on websites and text messages.

Preparing yourself for extreme weather conditions leaflets are available at District Offices or Town and Borough Councils across the county. Each will refer to the areas where you live. Listed are essential



phone numbers for water, electricity and gas.

Although it is Kate's experience that in gales the telephone wires are often damaged and Tony added that in a crisis it's impossible to get through to the emergency phone numbers.

Be prepared! Have candles, a torch and matches close by ready for an emergency. When there is a forecast of possible bad weather or the lights start flickering, fill a flask with boiling water. Have blankets or duvets to hand. Put together a Grab Bag to contain, medicines, insurance details, gas and electricity phone numbers and of course contact details of friends or family should you have to leave your home.

The full AGEUK publication will be out shortly. It will be available on the ESSA and AGEUK website.



Wealden Senior Citizens Partnership Celebrating 10 years

Last year Wealden Senior Citizens Partnership celebrated its 10th year.

The picture shows our Chair, Ivy Eley cutting our celebration cake with the Vice Lord Lieutenant, Sara Stoner after she had opened our UK Older People's Day Event on the 1st October. Our attendees enjoyed a slice with their morning drink. There wasn't a crumb left!

Many of the original participants have moved on and we are now looking for the next generation of enthusiastic committee members to continue the work of WSCP for the next ten years!



Older People's Day



Hastings & St. Leonards Seniors' Forum once again celebrated Older People's Day last October with a Craft & Hobbies Fair in a function room at a local restaurant.

The event was opened by the Mayor of Hastings, it was a great success, and attracted even more visitors than in previous years. There was a strong emphasis on quality in the hand-made goods that were offered for sale, and we had stalls selling such diverse items as jewellery, beautifully made wood bowls and clocks, cards, and items in felt. A lace-maker gave a demonstration, and hobbies featured included family history and Scottish dancing.

Our funds were boosted by an extremely popular Tombola that was organised by Forum member Pam Webb who spent many hours collecting and preparing the large number of prizes.

Pictured above: (left to right) Pam Webb (committee member & tombola organiser), Vilna Lee (committee member), Ann Lowndes (vice-chair) and Roger Sweetman (membership secretary).

It's never too early to make a Power of Attorney

“It's never too early to make a power of attorney”

says Michael Foster.

It's not the most pleasant thing to think about, but one day some of us may no longer have the capacity to deal with our own affairs. Many of you may have heard of (or, worse, experienced at first hand) a situation where someone is unable to manage their pension, bills and other obligations – whether temporarily or permanently – so that their family is forced to apply to the Court of Protection. The delays can be monumental. The cost even more so.

But a safeguard is available. By registering a Power of Attorney (POA) whilst you still have capacity, you can make sure that if anything happens your affairs will be delegated to someone of your choice.

There are two Powers of Attorney; one for Property and Finance, and one for Health and Welfare. The documents can be completed at any time but they have no effect until they are registered with the Office of the Public Guardian.

The Property and Finance POA can be used any time you wish, even while you still have capacity. One couple I know chose to use theirs whilst they spent a year travelling around the world – allowing their son to manage



their bills and rent out their property! It can be used on a temporary basis, if you are unwell and unable to manage, and then revoked once you recover.

The POA for Health and Welfare can only be used once you have lost capacity, and it allows your attorneys to make decisions about how you are cared for and what treatments you are given if you are unable to act for yourself. You can also choose to give them the authority to decide whether your life is prolonged artificially – something I know many of us are deeply concerned about.

It costs nothing to fill in the document, which can be done online, although many feel there is a benefit in asking a solicitor to do the work. Apart from solicitor's fees, the cost of registering a single POA with the Office of the Public Guardian is £110, but if you are on means tested benefits it is free and if you have an income below £12,000 a year there is a 50% fee remission.

Making these Powers of Attorney while you are fit and well can prevent difficulty and stress for your loved ones later on, and ensure that your wishes are understood and acted upon.

Michael Foster,
former MP for Hastings and Rye,
is principal solicitor at Michael Foster Law.
www.michaelfosterlaw.co.uk



Know Dementia

education, advice & support



Know Dementia is a local charity based in Sussex, providing services for families affected by dementia across Sussex. The charity aims to provide advice and support through activities that include all family members/carers in order to maintain relationships where someone has been diagnosed and develop networks of support groups.

Know Dementia also provides one-to-one support for families in their own homes as well as developing resources that support Dementia Friendly Communities. The Charity currently organises and supports a variety of activities such as:

- **Green Moments**
Gardening project
- **Memory Moments**
Cafés for families
- **Musical Moments**
A jazz, swing and blues choir
- **Sporting Moments**

They have also run daily activities for people with dementia such as furniture restoration, bicycle restoration, gardening, music, fruit picking and chutney making, baking, poetry, drama and sporting activities.

The Charity works closely with key partners, including local self-supporting groups of people with dementia and their carers, local GPs through Medical Centres, Friends of Medical Centres, other local voluntary organisations and businesses, especially through Dementia Action Alliances.

The concept of the cafes is to give support to Carers and Cared for with Cognitive recognition problems such as Dementia. Parkinson's, Stroke etc these will be held on a weekly basis usually between 10.00am 1.00pm.

Peacehaven is our first of the new cafes for 2016 and we are hoping that volunteers would like to work with us: see contact details below.

We are also in the process of trying to find suitable locations and volunteers for weekly Memory Cafes in Lewes, Uckfield and Crowborough.

Mike Kiernan
Project Coordinator
Tel: **01273 494300**
Mobile: **07977 449218** or

www.knowdementia.co.uk

Charity Number: 1154361

Crying for My Town...

An early involvement in the infant Seaford Museum, a need to don one of the few costumes it had in 1973 to draw some publicity, and the career of a Town Crier was born. Officially in post from 1977, so one of Britain's longest-serving Criers, Peter White wears his splendid livery for Seaford, as Town Crier and Sergeant at Mace.

The uniform has been crafted by a Royal-Warranted tailor, G.D. Golding, who makes Naval Uniform for the Royal Family. The hat comes from Patey's, purveyors of pith helmets and pukka riding headwear.

The Voice comes from a former History Teacher and Company-Secretary, and is produced more in song than in the gravelly-roar of the sergeant-major.

Events that Peter has cried for, apart from local fêtes and shows, include the opening of a medieval clock and two radio stations, a wine race from Alfriston to Paris, announcing the Freedom of the Town, and taking a Bride to the Altar when Father was too nervous. The Mace is carried for the Mayor, or the Lord Lieutenant when in town.

Seaford's twin town Bönningstedt pronounced Peter their Stadtausrufer in 1982, and 2 other towns followed, in Germany and Wisconsin. He announces Sussex Day (16th June) in Seaford and Crowborough.

In competition he has reached 3rd in the National (Hastings), 2nd in the South of England (Wimborne), and



first in Essex (Waltham Abbey) and Sussex (Arundel). His uniform was judged the best in Southern England, and 2nd in the World-Invitation-Contest at Chester.

Peter is delighted to announce voluntary events in Seaford and Newhaven, and in Sussex towns with no Crier. His talk "Town Criers and Bellmen Past and Present" is popular with Women's Institutes and historical societies.

With film-maker Chris Conil, Peter can illustrate the history of Seaford as told by its Town Criers and show the variety of Criers in their National Championships.

Visit **YouTube** to view the films:
www.youtube.com/watch?v=oTC0J7B6nTE
www.youtube.com/watch?v=NQpli-hJ-iQ

*Peter is a Committee Member
(Transport-interest) for
Seaford Seniors' Forum.*

Email him at: peterwhitecrier@hotmail.com

The Macmillan Horizon Centre

The Macmillan Horizon Centre is expected to open in late April / early May 2016, opposite the Sussex Cancer Centre, next to the Royal Sussex Hospital in Brighton.

It will be a new state-of-the-art Cancer Support Centre providing a range of information and support services for people affected by cancer across Sussex including:

- Specialist generic and tailored information, advice and quality resources
- welfare benefits and money advice to mitigate the financial impacts of cancer
- psychological support and counselling, complementary

In partnership with



Brighton and Sussex
University Hospitals



NHS Trust

therapies, physical activity advice and services, a cafe and dietary and nutrition advice, hair, skincare and body image support, wellbeing support and access to peer support.

More details and information about the support that will be provided and volunteering opportunities is available on the website at www.macmillan.org.uk/horizoncentre or by contacting horizoncentre@macmillan.org.uk or on 01273 468770.

New Leaflet on Paying for Care

Together with other advice specialists in the county, East Sussex County Council has put together a leaflet called 'Paying for care: information and advice'.

Many people don't know that unlike the NHS, care and support usually isn't free. In fact, 9 out of 10 people pay towards their care and support, even when it's organised through the council. The leaflet is a good start to finding the right information and advice for someone's individual situation.

Whether they're making arrangements now or starting to think about the future, paying for care can feel like a big worry, especially when it involves so many uncertainties. Someone might be thinking about care for themselves, or for a

partner, family member or friend – either way, there is information here to help.

The leaflet has been put together as part of the council's duty under the Care Act 2014, and it has been issued as an initial print run to test its usefulness.

You can find the leaflet at most council offices across the county, with Citizens Advice Bureaux and other voluntary organisations, as well as from Adult Social Care.

For more information, please email careact@eastsussex.gov.uk

There is also a summary of the information *on our website*:

<https://new.eastsussex.gov.uk/socialcare/getting-help-from-us/moneyadvice/ifa>

Seniors' Forums Contact Details



Eastbourne
Seniors Forum

Eastbourne Seniors Forum

Steve Thornett Tel: 01323 479846
Email: info@esf-online.org
Website: www.esf-online.org



Hastings & St Leonards Seniors' Forum

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Email: pambrown1066@tiscali.co.uk
Website: hssf.org.uk



Hastings Older People's Ethnic Group (HOPE-G)

Julia Wells Tel: 07511 248278
Email: julia72003@aol.com



Lewes District Seniors Forum

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Email: rwpartridge49@gmail.com
Website: www.lewesdistrictseniors.org.uk



Meridian Mature Citizens Forum

Kate Davies Tel: 01273 516207
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Website: www.meridian-sf.org.uk



Rother Seniors Forum

Ron Sunderland Tel: 01424 870801
Email: 88suro88@gmail.com
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Website: www.rotherseniorsforum.org.uk



Seaford Seniors Forum

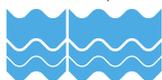
Jon Freeman Tel: 01323 899256
Email: contact@seaford-seniors-forum.org
Website: www.seaford-seniors-forum.org



Wealden Senior Citizens Partnership

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East Sussex
County Council



eastsussex.gov.uk

East Sussex County Council (ESCC) is proud to support the East Sussex Seniors Association (ESSA). However, it would like to point out that ESSA is an independent organisation and that the views stated in its newsletter will not necessarily reflect the views or policies of the County Council.