

# EAST SUSSEX Seniors' Association

*The Voice of Older People*



The Voice of Older people

Autumn/Winter 2012 ~ Newsletter No.8



*Have your say, Get involved, Make a difference, Shape the Future*

**[www.essaforums.org.uk](http://www.essaforums.org.uk)**

# Chairman's Report

ESSA launched the Forums' events for celebrating **International Older People's Day** on 30 August 2012. It was a great success and was attended by over 100 people including the High Sheriff of East Sussex, Mayors and Councillors of some of the districts.

Our Guest speaker **Mrs Kathy Gore**, Deputy Lieutenant of East Sussex opened the occasion reminiscing that she was the inaugural speaker at the launch of ESSA in 2007. She expressed her delight at our progress since that time, as we now number a membership in excess of 5,000 people throughout East Sussex. She referred to her comments back in July 2007 when she said the Forums would be regarded as the "Shakers" & "Movers" in getting older people's messages heard by the Service Providers in the county and now we are certainly doing just that! Kathy also reminded us all that shaking and moving were not the negative things that some might associate with the elderly, but rather more closely related to the modern day meaning of shakers and movers being the initiators of new ideas. She brought with her, her Olympic Torch and gave us a few insights into her experience of having the privilege of carrying it in the county.



Steve Thornett, Kathy Gore and Kate Davies

This was followed by each of the seven ESSA forums including HOPE G (Hastings Older People Ethnic Group ) addressing the meeting with details of their special upcoming events to celebrate Older People's Day (Officially 1st October each year).

Many supporting organisations, together with each of the seven ESSA forums, manned display tables. There were taster demonstrations of Extend exercises, Laughter Therapy and Maureen Connett and the Songwaves jazz quartet entertained us.

## ESSA Management Committee

We were all sorry to hear that because of ill health our Chair, Terry Steeples decided to stand down. We are grateful for all the hard work and dedication that he gave to ESSA and wish him a speedy recovery. Kate Davies - Vice-chair, will take over from Terry, Pat Bowman becomes Vice-chair and we welcome Roy Neeve as the new Treasurer. Our other officers include Ruth Rose - Secretary, Ron Sunderland and Steve Thornett - Publicity.

*Kate Davies, Chairman*

# Handyperson Grant Scheme 2012/13

Have you heard of the **ESCC Handyperson Grant scheme?**

If you are aged 65 or over, and have no more than £10,000 in savings, regardless of income, you can apply for a **Handyperson Grant** of up to £200 to help with small maintenance or repair jobs around the home.



*Help to clear your guttering*

This could be anything from putting up shelves, clearing garden waste, plumbing, assembling flat-packed furniture, boiler service or repair, clearing guttering, fixing leaky roof or windows, fitting security door chains, window locks etc. the list is endless.



*Help to draught proof your doors*

*If you would like more information, or would like to refer someone for help, please contact:*

## **Social Care Direct**

Telephone: 0345 60 80 191  
or you can email them at:  
[socialcaredirect@eastsussex.gov.uk](mailto:socialcaredirect@eastsussex.gov.uk)



*Door chains offer visible security which allows conversation without giving access to visitors*

# Wise Up on Mobility Scooters!

**An electric mobility scooter can be your ticket to personal freedom, helping you live a more independent life.**

Currently there is no legal requirement for you to insure your mobility scooter. It is however recommended to take out

***Mobility Scooters are divided into three classifications:***

**Group 1:** Manual wheelchairs, i.e. self-propelled or attendant propelled, not electrically propelled. These are not required to be registered with DVLA.

**Group 2:** Powered wheelchairs and mobility scooters intended for pavement use, with a maximum speed of 4mph and an unladen weight not exceeding 113.4kgs. These are not required to be registered with DVLA.

**Group 3:** Mechanically propelled invalid carriages that are constructed or adapted to be capable of exceeding a speed of 4mph but incapable of exceeding 8mph on the level under its own power. Such scooters are for both road and pavement use. They must also be fitted with a device capable of limiting the maximum speed to 4mph for use when travelling on footways/pavements. The unladen weight must not exceed 150kgs. These do have to be registered with DVLA.

insurance to cover against accidents or if you become the victim of a crime.

Scooters can be expensive to purchase and the peace of mind and financial benefits of being insured can be a worthwhile investment. Deciding which mobility scooter to buy can be daunting. However, mobility products are an investment that you can enjoy for many years, so taking the time to do your research can save you frustration down the road and avoid purchasing the wrong model for your needs.

The staff at the **East Sussex Disability Association's Daily Living Centre** can offer guidance and information regarding local and national retailers and suppliers. If you are at all unsure about whether a particular mobility scooter is really suitable, you are welcome to contact the DLC at ESDA for advice before you buy.

Drop-in mornings are held on the first Thursday each month between 9.30am and 12.30pm, where you may view products. You can book appointments from Monday to Friday 9am to 12.30pm.



You can also contact **ESCC Trading Standards Department** to get advice about your consumer rights and the authenticity of product suppliers.  
Tel: 01323 418200

Eastbourne buses do not accept powered vehicles at present, due to safety issues, but you can travel on Southern Rail, provided your vehicle is less than 700mm wide and 1.2 metres long. Be sure to tell the ticket office which train you are catching, so they can put out the ramp to enter the Accessible Coach. (The one with the red stripes on the door). There are 4 spaces for vehicles, (but you must share these with child buggies and cycles).

Safety issues sharing the pavement with pedestrians have been raised. The Highway Code regards mobility vehicles as 'Pedestrians',

but they must give way to other pedestrians. With common sense and care there should be no problem.

There will continue to be a need for door-to-door transport services for those who cannot use public transport. Most community transport providers operate wheel-chair accessible vehicles which may be able to accommodate mobility scooters, dependant on the size.

The Eastbourne Access Group publishes an Access Guide containing maps to show the 'Chairways' (main vehicle routes throughout Eastbourne). Get your free copy from the Tourist Information Centre in Cornfield Road, Eastbourne.



For information on products and suppliers contact the **East Sussex Disability Association Daily Living Centre** Tel: 01323 514515, Fax: 01323 514501  
Text Messaging: 07768187916  
Text-phone Via Type Talk  
Email: [dlc@esda.org.uk](mailto:dlc@esda.org.uk)  
Website: [www.esda.org.uk](http://www.esda.org.uk)

# Low Energy Light Bulbs

**Lighting a typical home accounts for around 20% of its electricity bill. The good news is that fitting energy-saving light bulbs is one of the simplest ways to reduce energy use and bills.**

Traditional light bulbs - 40W, 60W and 100W varieties - have now been phased out in this country. Many people worry that the new low-energy versions are more expensive and provide less light. The equivalent low-energy versions give out similar light outputs, but are rated approximately 8W, 11W and 15W respectively. They also last longer. So if you replace a 40W traditional bulb with an 8W low-energy equivalent, you're immediately using just 20% of the energy you used before.

Most energy-saving light bulbs produce light output close to, or matching, manufacturers' claims. If you are concerned that some lamps are slow to come to a good level of light, choose an LED or Halogen bulb, both of which produce instant light.

***There are three main types of low-energy light bulb options:***

## **Compact fluorescent light bulbs (CFLs)**

These ultra-efficient bulbs come in all shapes and sizes and offer good quality light as well as fantastic energy efficiency. CFLs convert more of the power into light, rather than heat - they use just a quarter of the electricity of ordinary bulbs to generate the same amount of light, reducing our electricity bills and helping our homes produce less carbon dioxide. They last up to 10 times longer than a standard bulb.

## **Halogen lights**

Halogen lights use less electricity than ordinary light bulbs, but they're not as energy efficient as CFLs.

However, they give a natural, bright light anywhere that you need great visibility, such as in the kitchen.

\* Low-voltage halogen lights are around 35 per cent more efficient than normal bulbs, last twice as long and are up to 20 per cent brighter.

\* Long-life energy-saving halogen lamps come with a special infrared coating (IRC) and are up to 65 per cent more economical than standard halogen lights.



## LED lights

Long-lasting, attractive and colourful, LEDs are an energy-efficient way to add colour and atmosphere to your home or garden. At the moment, LED lighting is less common due to its slightly higher price. But as technology improves, it's likely to become more affordable and available for more general home lighting. In addition alternative fittings may be required and at present they only provide directional lighting. With improvements in LEDs making them more and more viable, they will be the choice of the future.



## Cut your energy costs

By swapping a normal bulb for an energy saving bulb you could cut energy wastage by three quarters and save £9 on your electricity bill. It might seem like a small change, but if every home in the UK changed just 3 light bulbs, enough energy would be saved to light the UK's street lamps. Low energy bulbs do contain a small amount of mercury, which is not at all dangerous when contained within the bulb. The bulbs should be disposed of responsibly and can be recycled at your local council's Household Waste and Recycling Centre or at collection points provided by some light bulb retailers.

Should you break a bulb in the house, it is advised that the broken material is swept up using a damp cloth and both the debris and cloth put into a double-layered plastic bag and taken to a collection point for disposal.

The room should then be well ventilated for at least 15 minutes.

# Be Prepared to Keep Warm this Winter

**Keeping warm during the winter can help prevent colds and flu as well as more serious health problems, so think about planning ahead now!**



Loft and cavity wall insulation can help to keep your home warmer, the recommended depth for loft insulation is at least 270mm (about 11 inches). If your loft has less than 100 mm (4 inches) consider having it topped up. You may be eligible for financial help with this and cavity wall insulation, contact the **Energy Saving Trust** Tel: 0300 123 1234, or [www.energysavingtrust.co.uk](http://www.energysavingtrust.co.uk) or your local authority for information.

It is also a good idea to fit draught-proofing to seal gaps around windows and doors and insulate pipes and the hot water cylinder. Check smoke alarms are working and have the heating system serviced if due, gas fires should be serviced annually.

Try to keep occupied rooms heated to 18-21C. If you have a timer set it to come on before you get up. In very cold weather set the heating to come on earlier rather than turning the thermostat up.



Have an annual flu jab, the flu virus changes every year so you need a new jab. It is free if you are 65 or over or have certain medical conditions, contact your GP surgery for details. Do you have an adequate supply of essential prescriptions?

Stock up on some non-perishable food items, including tinned and frozen fruit and vegetables. Having regular meals will help provide energy as well as warmth, try to have warm drinks regularly and plan meals to keep your diet as varied as possible.

Keeping as active as you can will help you keep warm. Any activity gets the circulation going so try not to sit still for more than an hour at a time.

Wearing several layers of thin clothing keeps you warmer than one thick layer, wearing thermals helps to trap warmth.

Claim any benefits and grants, being in receipt of certain benefits can give access to grants to make your home warmer and more energy efficient, contact Pension Credit Helpline 0800 99 1234 or Pension Advisory Service on: 0845 601 2923, or Benefits Claims helpline (if under 60) tel: 0800 055 6688.

If you are over 60 you may be able to claim the Winter Fuel Payment to help pay your heating bills (helpline 08459 151515). If you are worried about paying your bills you can contact the Citizen's Advice Bureau for free debt and benefit advice (see box below). Other organisations offering information and advice include Age Concern Eastbourne, Age UK East Sussex, your local district or borough council.

**The Energy Saving Trust has plenty of information on the following**

- available grants and discounts;
- tips on saving energy;
- setting your heating at the right temperature in winter;
- how to check if you're getting the best deal on your gas and electricity; and
- what to do if you're worried about paying your heating bills.

**Contact them on 0300 123 1234 or**

**visit: [www.energysavingtrust.co.uk](http://www.energysavingtrust.co.uk) to find out more.**

The Direct Gov website has lots of tips on how to stay warm and well in winter, at: [direct.gov.uk/en/HomeAndCommunity/InYourHome/KeepingSafeAtHome](http://direct.gov.uk/en/HomeAndCommunity/InYourHome/KeepingSafeAtHome).

**Local Citizen's Advice Centres:**

Crowborough - 01892 655303, Eastbourne - 01323 417177

Hastings - 01424 721420, Hailsham - 01323 842336

Lewes - 01273 473082, Rother - 01424 215055/734549

Seaford - 01323 8962089, Uckfield - 01825 764940

***Taking small steps now could make a big difference next winter!***

# FOCUS ON FORUMS

## Hastings & St. Leonards Seniors' Forum



HASTINGS & ST LEONARDS  
SENIORS' FORUM

We continue to thrive, and have a membership of over 900. Our main social event - a free coffee morning held monthly is always popular and often includes 'side' attractions.

Other events have included an 'Open' Transport Day, held in the Town Hall. This was an opportunity to ask questions of representatives from the local bus company, ESCC, Urban Bikes and Dial a Ride. For the second year, HSSF organised a 'Hobbies and Craft Fair' at the White Rock Theatre, with a variety of Arts and Crafts on sale. This proved popular with exhibitors and they had over 250 visitors at their event in September.

Our Special Interest Groups (SIGs) meet monthly and report their outcomes to the main committee elected at the AGM. Matters of interest are aired in our quarterly Newsletter. We recently held an 'Advice' event at the local WRVS Centre in which organisations were available for information, including Age UK, both Fire and Financial Services, STEPS and Gay Helpline. We will be organising a repeat of the previously successful Pedestrian Awareness Week held in Priory Meadow Shopping Centre, which was (we think) a first in the country.

Another regular event involves our WII Games where participants can try their hand at ten pin bowling, tennis, golf etc, played either sitting or standing.

Quarterly meetings with local Councillors are an opportunity to keep the Council in touch with seniors' concerns and for us to seek information about what may be being planned. These may be unique to Hastings seniors we think.

HSSF benefits from a cordial relationship with Hope-G (Hastings older Peoples Ethnic Group) with who we share an office in the Hastings Voluntary Action building, paid for (on a time limited arrangement) by the local Council.

Finally, we organised and hosted a 'Networking Conference' in May this year. This was to encourage voluntary groups and individuals, involved with older people to learn about what others do, with the aim of improving the quality of life for older people through greater understanding, co-operation and involvement. This event was judged to be a success by those attending.

## Local Events ~ Local News

### Article by Zena on the Second Annual Seahaven Para Games.

Just 10 days before the London Paralympic Games opened in London, I took part in the second annual Seahaven Para Games, at the Downs Leisure Centre on Sunday 19th August. It was great fun.

The event was opened by Peacehaven resident **Eddie Kidd**, as he waved his Olympic Torch.

The morning saw attendees take on a session of *New Age Kurling*, followed by a *Wheelchair Basketball* session that was introduced by Jan Haydock, herself a Paralympian, giving a demonstration and participants then getting to have a go at a number of skills themselves.

After a buffet lunch, we played *Boccia* (pronounced Bot-cha), a traditional recreational sport, similar to Bowls/Boules, facilitated by Lewes Boccia Club, followed by rather exciting *wheelchair slalom*.

The enjoyable day ended with a presentation of certificates of attendance from the Mayor of Seaford Cllr. Linda Wallraven and 2012 Paralympics badges courtesy of Sainsbury's.



Zena receiving her certificate

**If you would like to tell us about a local news story or event or maybe have an interesting tale to share we would love to hear from you. Please contact the Editor Steve Thornett**

## Seniors' Forums Contact Details



### Eastbourne Seniors Forum

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### Lewes District Seniors Forum

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### Hastings & St Leonards Seniors' Forum

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MERIDIAN MATURE  
CITIZENS FORUM

### Meridian Mature Citizens Forum

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Wealden Senior  
Citizens'  
Partnership

### Wealden Senior Citizens Partnership

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Website: [www.wealden-scp.org](http://www.wealden-scp.org)

### Speakers Corner

We are always interested in hearing your views, or maybe you have an item of interest to share with other readers?

Do send your letters to the Editor Steve Thornett, 1 Wellington Close, Eastbourne, East Sussex, BN23 5AR



[eastsussex.gov.uk](http://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."