

EAST SUSSEX Seniors' Association

The Voice of Older People



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Spring 2015 ~ Newsletter No.13

LDSF
LEWES DISTRICT SENIORS' FORUM

Wealden Senior Citizens' Partnership

ROTH SENIORS

East Sussex

Meridian Mature Citizens' Forum

ESF
EASTBOURNE SENIORS FORUM
THE OVER FIFTIES FORUM
www.esf-online.org

HST
HASTINGS & ST LEONARDS SENIORS' FORUM

HOPE-G
Hastings Older People's Ethnic Group

Serving the over 50's

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

www.essaforums.org.uk

Chair's Letter



Two things are occupying my mind at the moment, planning Older People's Day celebrations and who to vote for at the next election.

First and most importantly – Older People's Day planning has started in earnest with many of the forums having already booked venues but are left with – on the one hand shall we continue with what we have always done or on the other hand shall we try something completely new? You will just all have to wait and see. But I would say try something new, something you have never done before and laugh your way through it.

I have commented on the Age UK General Election Rally on page 7 in this newsletter but the talk in the lunch hour between other forum members from up and down the country was about the impact of cutbacks and not about the savings the Government had made.

Dealing with percentages is not quite the same as talking to a struggling neighbour who feels the quality of her life is getting worse. So it's a wait and see game – what are you going to see in the 2015 Older People's Day booklet and what else can we brace ourselves for whoever wins the election?

Kate Davies



Healthwatch East Sussex want to hear what you think about all health and social care services. They are listening to the views of the community and will be telling service providers about your experiences both good and bad, which will help to improve the services.

They cover: Ambulance Services, Care Homes, Dentists Doctors, Home Care, Hospitals, Mental Health Services, Opticians and Pharmacies.

Post your comments to their freepost address:
RTER-ZRLC-CRDK, Healthwatch East Sussex, 8 Saffrons Road,
Eastbourne BN21 1DG. Tel: 0333 101 4007
or visit their website: www.healthwatcheastSussex.co.uk

Keeping You Informed

An Exciting Development For Those Of A Certain Age

The Centre for Aging Better is being launched later this year. Headed by Lord Filkin, (Chair) and six other Trustees, it is being promoted by the Government and with the award of a £50m ten year endowment from the National Lottery (awarded on 13 January 2015), the Centre aims to address the issues our gradually aging population face.

It is estimated that approximately 25% of babies born today will live to celebrate their 100th birthday, and the Centre recognises that we all have a collective responsibility to ensure that these “bonus” years are to be lived as well as possible.

The Centre for Aging Better has researched certain areas of modern life to focus on and tackle, such as health, relationships, finances and living conditions.

This Centre will be a “Do Tank”, rather than a “Think Tank”, and will work with local government, policy makers, education bodies, public health, business and service providers as well as voluntary organisations.

For further information see their website:
www.centreforagingbetter.com



Your online reports, emails and tweets helped us fix over 65,000 potholes in 2014. It's now easier than ever to report a problem on the roads by using our new fix-my-street map. This allows you to upload pictures, see whether a pothole has already been reported and track the repair.



Last year we resurfaced over 400 roads to prevent potholes appearing. This year, we have an extensive programme of planned road works. You can find out what road works are planned near you, by checking out our roadworks map and set up alerts for your local area.

See our website:
www.eastsussex.gov.uk/roadsandtransport

Useful Advice

'Skypereach' Citizens Advice Bureau



Since November 2014 Wealden Citizens Advice have offered an advice service over the internet using 'Skype'.

This means that you can get free, independent, impartial and confidential advice in the comfort of your own home. There will be a CAB adviser available from your local bureau every weekday morning 10 am to 12 pm.

Skype is encrypted as it is transmitted, so your communication remains just as private and confidential as if you were talking to one of our advisors in person.

No appointment is necessary and our help is totally free of charge.

Further information can be obtained from their website:
www.wealdencitizensadvice.org.uk

Advice can also be obtained by visiting the Citizens Advice website:
www.adviceguide.org.uk



Care & Support in East Sussex all in "1Space"

East Sussex County Council provides a website which will help people find the care, support and wellbeing services they need.

From personal care to getting odd jobs done, from advice to coping with ill health, East Sussex **1Space** will help you find solutions around to help you live independently, safely and in good health.

www.eastsussex1space.co.uk

High Speed Broadband

*Don't forget to keep looking at our website:
www.goesussex.co.uk
for regular news and updates.*

Speakers Corner

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

Send your letters to the Editor:

Steve Thornett,
1 Wellington Close,
Eastbourne,
East Sussex, BN23 5AR.

Email: sthornett2@gmail.com

New Homes with support for Hailsham

September this year will bring new purpose-built homes in Hailsham specifically designed for vulnerable older people and those with learning disabilities.

Ten self-contained homes for working age people with learning disabilities will be available to rent in a self-contained building in Binder Lane, with a care suite, communal lounge and kitchen, buggy store and independent, secure communal gardens.

Next door is Bentley Grange, an 'extra care' scheme that will enable older people with care and support needs to live independently. The scheme has 45 large one and two-bedroom apartments, designed and built to a very high standard, with en suite wet rooms, fitted kitchens and lounge/dining rooms. Some have balconies with lovely views of the Weald and everyone at Bentley Grange will be able to enjoy the communal gardens and wildlife pond.

Built by housing association Saxon Weald, 35 of these apartments will be for affordable rent and a further 10 for older peoples' shared ownership. Six of the rented apartments are for older people with learning disabilities.

Extra care housing is about much more than the building. For a start there's a professional care team on site 24-hours a day to give commissioned care and respond to emergencies.



The is also a restaurant which provides a hot meal every lunchtime and snacks and drinks at other times of the day.

In addition, a scheme manager is on site during office hours to help residents with any housing-related problems and support the wide range of activities and interests residents choose to organise. A visitors' lounge will be available for use by local community and voluntary groups as well as residents, so Bentley Grange will be a vibrant and interesting place to live.

Collette Burgman is the new scheme manager at Bentley Grange, she says:

"The scheme will be a fantastic asset to the town of Hailsham. I'm very excited to be a part of it and look forward to welcoming our new residents very soon."

To find out more about renting a home at Bentley Grange, email: collette.burgman@saxonweald.com or call 01403 226000.

For sales enquiries, email: sales@saxonweald.com or 01403 226145.

Workshop Feedback

Urgent care workshop 20th January 2015 Feedback summary

This programme of work has been named **East Sussex Better Together (ESBT)**. Local and national evidence suggests patients will go where the 'lights are always on' and where they will be seen quickly – namely A&E, which is a victim of its own success with a national average wait time of 50 minutes. We know A&E is not always the most appropriate service to manage up to 40% of their attending patients, but to reduce this attendance, there needs to be a number of reliable urgent care alternatives.

Urgent care services in the community and primary care are currently fragmented and inconsistent, with different urgent access criteria, availability, operating times and contact points. To move forward to reduce inappropriate A&E attendance and improve urgent care access for patients in East Sussex, we will carry out a systematic review across the whole system and look to providing a number of pragmatic alternative solutions, for the delivery of integrated urgent care in the community and front end A&E, which will fundamentally reshape and transform services for local people.

The purpose of the session in January was to start the process of developing a system wide approach for a sustainable long term urgent care solution in East Sussex.

This session included attendees of public, voluntary services, G.P's, community services, local acute hospital trusts (BSUH, ESHT, MTW), social services, housing, ambulance trust, mental health and local clinical commissioners.

The session used typical urgent care patient scenarios for groups of attendees to look at current gaps, barriers, challenges and solutions, with opportunities to redesign the urgent care provision in East Sussex from a patient and CCG perspective.



To read the full summary or view their newsletter go to:
www.highwealdleweshavensccg.nhs.uk/about-us

Age UK Rally London 25th March

ESSA was there taking it all in!

The heckling was down to the fact that David Cameron would not answer any of the questions he was being asked - mostly about the NHS needing more funding, was it safe in his hands, recruitment and training of nurses and the high cost of agency nurses. People from the audience shouted out about keeping the free bus pass.

There seemed to be a mismatch between audience and speaker – Cameron was trying to present a standard pre-election party political speech and the audience were expecting answers about things that had affected them and their families over the past few years – more people in work vs low-paid, part-time, zero hours jobs.



ESSA Chairs at Age UK Rally

To be fair – there were a lot of Pensioner's Groups there with their own agendas some of whom were not quite up-to-date with their information. The best speaker of the day was Paul Burstow (Lib. Dems) he spoke about safe-guarding the NHS and how to go about it although he did have the advantage of hearing David Cameron speak first so could adjust his speech accordingly.

ESSA behaved itself impeccably- the real conversations took place over lunch. The report in the paper about a member of the audience shaking his walking stick at Cameron was exaggerated – he was merely trying to attract his attention. There will be a full report of the day from Age UK.

Kate Davies (Meridian)

Richard Partridge (Lewes)

For full report on the rally and other helpful news from Age UK go to: www.ageuk.org.uk

Update on The Care Act

From April 2015, care and support in England is changing. The Care Act aims to ensure that an individual's wellbeing is at the heart of health and social care services.

The changes coming into force in April include:

- A new duty to provide county-wide information and advice about care and support services to help people make the best choices,
- New national eligibility criteria,
- Giving carers the same rights to support as the people they care for, and
- A national deferred payment scheme (to replace the local one already provided in East Sussex).

Find out more about the changes at: www.eastsussex.gov.uk/careact.



If you think you might be affected, or have questions about your own circumstances, contact Adult Social Care Direct on 0345 60 80 191.

Financial elements:

The financial elements (including the much publicised cap on care costs) of the Care Act are due to be introduced in April 2016.



This includes the much publicised lifetime cap on care costs of £72,000 for anyone over the age of 25 who develops care and support needs, and a duty for the local authority to monitor individuals' progress towards that cap.

East Sussex County Council – and many other local groups - recently responded to the government's public consultation on its draft guidance, which set out how local authorities ought to implement the cap on care costs.

The final guidance will be issued in October 2015.

Look out for an interview with Director of Adult Social Care and Health Keith Hinkley on the cap, in May's issue of *Your County* magazine, which reaches all households in East Sussex.

Did You Know?

HAD YOUR 'FLU JAB'? DO YOU QUALIFY FOR PROTECTION AGAINST A PNEUMOCOCCAL INFECTION?

The Pneumococcal infection can lead to infections such as pneumonia, septicaemia (blood poisoning) and meningitis.

The Pneumococcal vaccine protects against these infections.

If you are aged 65 or over, or if you have certain long term health conditions such as a serious heart or kidney condition, you should be offered a type of "Pneumo Jab" (pneumococcal polysaccharide vaccine or PPV).

You only need a single vaccination which will give protection for life. This is offered free, so please ask your GP surgery if you think you qualify and haven't been offered it.

Find out more about the vaccination at:

<http://www.nhs.uk/Conditions/vaccinations/Pages/pneumococcal-vaccination.aspx>, or speak to your GP surgery

Power Cut? Do You Qualify for Extra Support If You Had A Power Cut?

Power cuts don't generally happen very often, but when they do, it is the job of UK Power Networks to get your power back quickly.

Do you, or someone you know need extra support during a power cut? Perhaps a relative, neighbour or a friend?

UK Power Networks cover East Sussex (as well as other areas) and they own and maintain the cables and lines in this part of the country, so if you think you or someone you know would qualify for extra support, for instance:

- Dependent on medical equipment
- Visually impaired or blind
- Nursing or residential home
- Chronically ill
- Hearing impairment or deaf
- Young baby in household
- Disability
- Elderly

Then register online at:
www.ukpowernetworks.co.uk/priority,
email: psr@ukpowernetworks.co.uk,
text or phone general enquiries
on 0845 601 4516845601

FOCUS ON FORUMS

Hastings Older People's Ethnic Group

Hastings Older People's Ethnic Group (HOPE-G) is a seniors' forum in Hastings & St Leonard's. We were established six years ago to meet a need to help represent senior members of the BME (Black Minority Ethnic) community living in Hastings and the surrounding area. To date we have over a hundred members.

HOPE-G gets involved in many activities. Once a month we have a coffee morning which is the first Wednesday of the month 11am – 1pm held at Royal Terrace, St Leonard's-on-Sea. It has proved very popular and it is a great way to catch up with friends and to make new friends in a relaxed setting. There is no need to book you just come along and one of the HOPE-G committee will be there to greet you.

We also hold regular Open Meetings every 2 months on a Thursday, again at Royal Terrace. We usually have a speaker on a chosen topic, such as finances, fire safety, keeping safe at home, keeping healthy or information about local events. We get a good turn out for these and there is an opportunity to enjoy a light lunch and chat afterwards. We have held 4 Health & Wellbeing events where people have had tasters of complementary therapies as well as nail painting. At the last event we had 55 people attending.



Organised outings are also part of what HOPE-G offer to members and we usually manage at least two outings per year. Last year we went to an Ice Show in Brighton and also visited the London Eye along with a boat trip on the Thames. There is a lot of work done “behind the scenes” by committee members to make sure activities continue throughout the year.

An important role for HOPE-G is to put forward views to service commissioners and providers to try and ensure that services are meeting the needs of the older BME community. We add our voice alongside the other seniors' forums and other voluntary sector organisation in the county.

Membership of HOPE-G

If you would like more information about HOPE-G, or would like to join, or you may be interested in getting involved in the work of HOPE-G please contact
The chair Julia Wells:
07511 248 278
or email: julia72003@aol.com

A tribute to Don Hart 1934-2014

Members of the Seaford Senior's Forum were very saddened to hear of the passing of Don Hart on 30th December 2014 and along with members of East Sussex Senior's (ESSA) Committee joined Gillian, Don's wife, their family and many friends at a moving but very appropriate and inspiring service of memorial and celebration of Don's life at Eastbourne Crematorium.



Don was a founder member of the Seaford Seniors Forum (SSF) which was part of a larger plan to have a voice for older people across East Sussex. This was a development due to the Government of the day's decision to close down the highly respected Community Health Council, of which Don was a very active member. Prior to this he was Chair for Care for the Carers for East Sussex and a School Governor at a local school, so he was already very involved in volunteering in local services.

The development of forums across East Sussex took place in 2004/5. Their aim was to have a strong voice for local people to put their collective views and concerns across to service providers such as the NHS and Social Services acting as a channel of consultation and communication back to older people. Don was a prime mover in these early days, when interested people from across Sussex formed a working party to discuss how to develop local forums. The Seaford Senior's Forum held an inaugural meeting early in November 2005. It was then decided by the county wide working party that there needed to be a central organisation into which all the 7 East Sussex forums fed. This, with the assistance of ESCC, became East Sussex Senior's Association known as ESSA. The development of ESSA took a huge amount of discussion and debate in which Don remained heavily involved. Following lengthy negotiations, ESSA was launched in 2007

Don was interested in all issues concerning older people but especially health and social care issues. He was Chair of the Health and Community Care sub-group of the Seaford Senior's Forum for several years and also he was the Chair for the Health and Community Care Group for ESSA. Under his able chairmanship, a role he undertook with efficiency, consideration, compassion and humour, and in which he continued until September last year, this group has gone from strength to strength. One of his more recent achievements was to take a lead role in negotiating a half-price installation deal for ESSA members (that is all forum members) with Welbeing Lifeline service. The ESSA Health and Community Group meet every two months to discuss key issues of the day with senior members from the NHS, Adult Social Care and representatives from voluntary agencies. Don was part of the negotiations that have led to the Lead Director of Adult Social Services ESCC and his counterpart in the NHS attending these meetings twice a year. The group has been recognised by these agencies to be "a force to be reckoned with" and an excellent engagement opportunity. Don's excellent relationships with professionals and committee members have had a massive impact on the success of this group and the loss to the committee from his passing is very considerable.

Don's unique skills, dedication, experience and hard work in order to improve the quality of life for older people are greatly appreciated and remembered and he will be greatly missed.

Seniors' Forums Contact Details



Eastbourne
Seniors Forum

Eastbourne Seniors Forum

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HASTINGS & ST LEONARDS
SENIORS' FORUM

Hastings & St Leonards Seniors' Forum

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

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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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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.