



EASTBOURNE SENIORS FORUM

THE OVER FIFTIES FORUM

www.esf-online.org

Summer Newsletter Issue 22

A Message from the Chair....



Dear Members,

I hope you have all recovered now from the hurly burly of the General and Council Elections which rather took over life. Hopefully we can now relax a bit and look forward to enjoying summer, our lovely town and our friends and families.

I must take this opportunity to thank Stephen Lloyd for all his hard work over the past 5 years and whatever your political persuasion, I know he had a heart for our town and making it a better place for us all. Our new MP Caroline Ansell will have a very busy job to do, to continue to represent all our interests. At some point we will get her along to speak to members and answer questions, as we have done with all our MP's since the start of the Forum.

This last month saw the passing of a valued member Dr Walter Wigfield who was a great support especially in our Health Group. *(See page 6 for more details of his life)*

Next month on June 17th will be our 7th AGM to which you and your friends are warmly invited and where our speaker will Candice Miller from ESCC Adult Social Care Department speaking about the new Care Act and its implications *(See page 2 for details)*.

If any of you feel you could help in any way in developing ESF we are always looking for new Committee members with different interests and abilities in admin or publicity and we currently need a minute secretary for our 5/6 meetings a year ...Can you help?

Do enjoy the summer in this fabulous town of ours ... the pier will soon be open again and there is lots to see and do with the many shows and exhibitions. Hope to see you at the various events throughout the Summer and especially at the **Good Life Show on October 1st** in the Winter Garden.

Steve Thornett

Welfare for vulnerable customers during power cuts



In Eastbourne, it is **UK Power Networks** who own and maintain the electricity network and who are responsible for keeping the lights on. They hold a **Priority Services Register** – of customers who may feel more vulnerable during a power cut and to provide them with extra support if needed.

Who can apply?

Customers who are:

- dependent on medical equipment;
- chronically sick or have a disability;
- who are blind, visually impaired or deaf;
- customers with young babies
- elderly customers.
- anyone who would need extra support during a power cut.

They can't get your power back on more quickly, but can:

- Offer a priority phone number to call if you have a power cut
- Keep you updated during a power cut, either by text or calling you
- With your agreement, we can ask the British Red Cross to visit your home for extra help and support

How to apply

Call: 0800 31 63 105 or 0333 32 32 105 (from a mobile)
Email: psr@ukpowernetworks.co.uk
Online: at www.ukpowernetworks.co.uk/priority

The Care Act update: April 2015

The **Care Act** came into force in April 2015 and is the biggest change in social care for 60 years. It will help to make care and support more consistent across the country and puts the wellbeing of individuals at the heart of health and social care services.

If you have any questions about how the changes will affect you, please contact Adult Social Care Direct on 0345 60 80 191. Find out more at www.eastsussex.gov.uk/careact or www.gov.uk

We will be having a talk on the **Care Act** at our AGM (see info below).



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A.G.M.

Wednesday 17th June 2015
At St Saviours Church Hall,
South Street BN21 4PA
At 2.00pm

*The AGM business will be followed by a short break for Refreshments and a talk at approx 2.45pm by **Candice Miller**, ESCC Policy Development Manager / Adult Social Care on the implementation of the new Care Act*

For information contact
01323 479846

ESF ~ Keeping you informed on local issues

Getting help in East Sussex visit:
www.eastsussex1space.co.uk

-  Find local care, support and wellbeing services
-  New services are joining all the time
-  Visit us and explore what's in your community

Access Group New Booklet Available

There's more information this year following feedback like the list of the public wheelchair accessible toilets.

Hard copies of the guide are currently available from Tourist Information Centre in Cornfield Road and over the coming month supplies will be available in libraries, Shopmobility, mobility shops, CAB, Age Concern, WRVS, ESDA, etc.

The Eastbourne Access Group is also having a brand new website where you will be able to see the Access Guide plus much more information. Visit: www.eastbourneaccessgroup.org.uk

They are also interested in hearing your feedback, you can email them at: info@eastbourneaccessgroup.org.uk



All the FREE local information you need. Covering East Sussex and Brighton & Hove.

Search the site for local clubs, services, groups and societies. visit: www.escis.org.uk

Contact them: 01273 481754

Email: info@escis.org.uk

Community information provided by your Library Service



Quality care in your own home

in the Eastbourne and Wealden area

A realistic alternative to residential care

- Your care plan will be tailored to your care needs and wishes
- High quality care from 15 mins to 3 hours or more
- Full live-in carer service provided
- We help you maintain your independence
 - Personal hygiene
 - Shopping and cleaning the home
 - Assist with medication
 - Overnight care
- Call us for a free assessment of your care needs

The foremost home care company in the UK **Tel: 01323 727903**

The Old Printworks, Commercial Road, Eastbourne, East Sussex BN21 3XQ

email: eastbourne@bluebirdcare.co.uk
web: bluebirdcare.co.uk

ESCC - Meals in the Community

Changes to how meals are provided from September

We know that the meals service doesn't suit everyone, but that it is really helpful for some. We are looking at all the different options we can put in place to make sure clients still get the best possible nutrition, and importantly more choice and who provides it. That is why East Sussex County Council is working with a range of new providers.

What options we are looking at?

We are working with a range of organisations who can deliver chilled, hot or frozen meals. We will also be working with other groups (charities or community groups, for example) that have luncheon clubs or other meal schemes. This means clients who are eligible for support will be able to choose what the best option is.

What will change in September?

For most people, we think there will be more than one option. Clients might get hot meals delivered from somewhere else, or have frozen meals instead, or, we might arrange for a home carer to prepare lunch. For some people all they will need is the right information so they choose meals for themselves.

Finding out about other options

Over the following months we will be developing an extended list of providers who can support people in different ways, depending on individual needs. This will be published on the Council Website.



OPEN ENDED AT TOWNER GALLERY Tuesday 2 June, Tuesday 7 July From 10am - 12pm

Sessions for people with memory problems and their carers. This is a groundbreaking initiative for people with memory problems and their carers – developed jointly between Towner and Sussex Partnership NHS Foundation Trust.

Open Ended provides participants with facilitated access to our unique collection. More a conversation through art than a formal tour, it was inspired by a similar project at the Museum of Modern Art in New York.

£4 per person (£3 concession) carers free
We can also accommodate group bookings – please phone 01323 434670 for details.

New NHS Service

A new NHS service to treat local patients with muscle, bone and joint conditions is now available in Eastbourne, Hailsham and Seaford.

The service will begin by receiving referrals from GPs for their patients who have conditions affecting their bones, muscles and joints and who require onward diagnostics, care and treatment.

Patients referred into the new service will be reviewed using a multidisciplinary (mixed professional) approach so their physical and mental health needs can be considered together. They will then be advised of treatment options that might be suitable for them and be supported to make informed choices about what care and treatment to go ahead with. All emergency or trauma related MSK treatment or care remains unchanged and will continue to be delivered as usual in local hospitals. Any patient who has any concerns about their health should continue to visit their GP in the first instance.

Eastbourne Borough Football Club Priory Lane Langney Eastbourne BN23 7QH*

BOROUGH FITNESS CLUB

Free Taster Session on 11 May!

Mondays from 18 May, 3:00 pm to 4:00 pm
Drop-in Only £3 per session

- Start your week with a new afternoon fitness club.
- Personal trainer led class, tailored to all abilities.
- Improve Activities of Daily Living.
- Improve balance, strength and flexibility in an enjoyable, friendly environment.
- Wear comfortable clothing and footwear.
- Light refreshments and equipment provided.

Contact:
Gabbi Simmonds
g.simmonds@grace-eyre.org
07436 093 171

Peter Lock, Personal Trainer
www.peterlockfitness.co.uk
07843 182 636

chances change
Hastings & Eastbourne

*Served by the Eastbourne Loop Bus

Police and Crime News

Doorstep Callers

Police are alerting residents to the latest scams targeting the most vulnerable in our communities. The latest appears to be relating to alarm systems for your homes. PC Faulkner, Neighbourhood Constable for Eastbourne East said "We understand that a company is contacting elderly residents offering a free alarm system, however what follows is a very high pressured sales technique which sometimes leads to a potential bill for £5,000. They normally hook people in offering a free system but once all the added extras are added on the cost soon rises.

Our advice is simple, never do business on the doorstep. East Sussex Trading Standards have an excellent "Buy with Confidence" scheme where local businesses register and are vetted to ensure they operate good quality, trustworthy, services. People that offer services via cold calling are sometimes not always as they appear, and we hear too many cases where elderly and vulnerable people have been ripped off. From gardening to gas, from tea towels to televisions, don't buy anything on the doorstep".

If in any doubt East Sussex Trading Standards can be contacted on 08454 040506.

Home Security Advice

Now the lighter and warmer weather is here I'm sure we will all be out in our gardens more and more. Please remember to keep your property secure. There has been a small rise in burglaries in the last couple of weeks and all properties were entered via insecure windows or doors. So if you are out in your back garden make sure the front of your house is secure - keep doors and windows shut and locked. Don't give opportunist thieves a helping hand by leaving bins propped up against open windows or leaving high value or desirable items on view.

Good News

Eastbourne police made three significant arrests for drug dealing. Two men were arrested in a drug policing operation in Firle Road midday on 14 May. They were charged with possession with intent to supply crack cocaine and heroin, worth £2,000.

A taxi driver was also arrested after passing officers smelled cannabis at a service station in Eastbourne. His taxi was searched - cannabis worth £40,000, and cocaine worth £80,000 was found in the boot. He was arrested for possession with intent to supply. *Chief Inspector Emma Brice said:* "Police respond to the needs of the community by proactively policing areas where there are reports of drug dealing. If anyone has concerns about crime in their neighbourhood they should contact police."

YOUR PCs and PCSOs

From Eastbourne Neighbourhood Watch

1. **TOWN CENTRE** – Sgt Ed Ripley 07787 685688. PC Scott Franklin-Lester 07909 873752. PCSOs: Olga Sniezko 07733 308071 Lisa Izzard 07787 685804 Lukasz Kowalski 07733 308069.
2. **SEASIDE** – Ed Ripley 07787 685688. PC Paul Rolfe 07787 685815. PCSOs: Rob Chrystie 07733 308070 Kasia Rudnicka 07787 685818.
3. **MEADS** – Sgt Ed Ripley 07787 685688. PC Keith Rockingham 07787 685800. PCSO Brian Burton 07787 685814. Sgt Howard Nevill 07785 714976. **PCs IN AREAS 4-9 ARE NOW COVERING THE WHOLE AREA TO GIVE GREATER SUPPORT: PCs: Lisa Cousins 07787 685802 Vicky Bishop 07787 685798 Dan Toft 07767 647237 Jaqui Bird 07919 174786.**
4. **OLD TOWN & MOTCOMBE** – PCSO Andrew Harlow: 07827 954577.
5. **RATTON & RODMILL** – PCSO Austin Milson: 07787 685808.
6. **UPPERTON & SUMMERDOWN** – PCSO Anita Rockingham 07787 685810.
7. **HAMPDEN PARK** – PCSO Ania Raczynska 07733 308060.
8. **THE HYDNEYE** – PCSOs Ania Raczynska 07733 308060 Mike Perry 07787 685807.
9. **WILLINGDON TREES** – PCSO Mike Perry 07787 685807. Sgt Julian Williams 07769 931280. PC Rachel Bourne 07787 685703 **IS NOW COVERING AREAS 10-16 TO GIVE GREATER SUPPORT**
10. **LANGNEY VILLAGE** – PC Ed Faulkner 07787 685813. PCSO Libby Horsman 07825 356675.
11. **WEST & NORTH LANGNEY** – PC Ed Faulkner 07787 685813. PCSO David Kerr 07901 552698.
12. **SHINEWATER** – PC Louis Thompson 07787 685801: PCSO Andy Monico 07787 685819.
13. **ST ANTHONY'S & LANGNEY POINT** – PC Ed Faulkner 07787 685813. PCSO Tony Holland 07787 685821.
14. **KING'S PARK & KINGSMERE** – PC Louis Thompson 07787 685801. PCSO Tony Holland 07787 685821.
15. **ROSELANDS & BRIDGEMERE** – PC Louis Thompson 07787 685801. PCSO Libby Horsman 07825 356675.
16. **SOVEREIGN HARBOUR** – PC Ed Faulkner: 07787 685813. PCSO Martin Hylands: 07909 873787.

This list is correct at the time of going to press. If an Officer's number is on answerphone DO NOT leave a message to report a crime or suspicion of one. Use 999 for Crime in Progress, 101 for other crime, or e mail contactcentre@sussex.pnn.police.uk or Crimestoppers (anonymously) 0800 555 111

New Minister for Pensions appointed Dr Ros Altmann

Previously the Business Champion for Older Workers, her recent report which can be found at: www.gov.uk/government/publications/a-new-vision-for-older-workers makes several recommendations including funding a major research and communications campaign to fully demonstrate the business case for retaining older workers, apprenticeships for older workers and improving services offered by job centres for older jobseekers.

The Prime Minister's Challenge on Dementia:

Significant progress has been made in improving health and care for people with dementia and carers, creating dementia friendly communities, and boosting dementia research says a recent report.. Coupled with this an additional £300m has been pledged, including more research to inform effective service models and the development of an effective pathway to enable interventions to be implemented across the health and care sectors.

Health and Wellbeing Home Visiting Service

The Health and Wellbeing Visits Project, is delivered by trained volunteers from **East Sussex Fire and Rescue Service** in close partnership with the voluntary and community sector in the local area. It reaches people over the age of 50 with long-term health conditions, or those simply in need of support to continue to live as well as possible in their own homes are visited in their own homes.

Volunteers seek to understand each individual's health and wellbeing priorities by talking with the people they visit and are likely to see the person on at least two occasions to see how they are managing, how useful the organisation referred to has been and explore other options if necessary. They will also check to see if there are any fire safety issues that need attention.

The volunteers wear uniforms and badges and can be easily identified as part of the Fire Service, providing the assurance associated with a well-known and trusted organisation. They offer Information, advice and referral to the most useful service to meet someone's needs – whatever they may be.



On a recent visit to a woman in Eastbourne who wanted information on having bannisters fitted on her stairs, volunteers were able to make an immediate referral to Living Well and an appointment was made for the following week. As a result of another visit to a woman who had been housebound for two years, volunteers made a referral to a befriending scheme at Age UK.

For further information or to arrange a visit, please visit www.healthandwellbeingproject.org or contact Ceilidh Jackson-Baker on 01323 462 437.

Our Quarterly Meetings

Here's a list of all the various meetings and events that committee members have attended on your behalf since the last newsletter, which are in addition to our regular Committee meetings.

Eastbourne Dementia Alliance Group, DIG, EBC Equality Group, OPD, Eastbourne Designed for All, ESSA meetings, ESF newsletter production, ESSA Main Committee and Health and Transport groups, ESSA at Meridian, Good Life Show preparation, 3VA Chairs Group, Isolation and Loneliness Group, NHS meetings and Neighbourhood Champions Launch.

Need a bit more help to live independently?

The Health and Wellbeing Visits Project can arrange for a trained volunteer to help.

Are you over 50?
Do you have a long term condition or disability?
Are you feeling isolated?
Would you like to know more about the services available to you?

If you would like more information or to book a visit, please contact us:
01323 462 437
ceilidh.jackson-baker@esfrs.org

We have trained volunteers able to visit you at home to talk about your health and wellbeing, offer advice and information and put you in touch with the most appropriate source of help.

3VA
Working in partnership with ESFRS

DR WALTER WIGFIELD

Walter Wigfield, a valued member of ESF, died in Eastbourne on April 6, 2015, aged 87.

Walter was born in Nottingham. He grew up there and in Bedford before the family came to Godalming when he was eight.



After leaving school he attended Cambridge University (Emmanuel), and the Middlesex Hospital Medical School, reading Natural Sciences and Medicine, and qualifying as a doctor. National Service followed, in which he was sent as an Army doctor to Malaya, first as a lieutenant and then as a captain in the Royal Army Medical Corps. Here his tenacity in solving an incident of infection through lack of hygiene began a life long interest in healthcare.

Back in England he worked in preventative and community healthcare, mainly in Eastbourne, with assignments in Oxford, Middlesbrough and Coventry. His last role before retirement was as a Geriatric Consultant and Specialist in Community Medicine.

Walter married Mary Clothier, a fellow doctor, in 1955 and their marriage lasted 50 years until her death. They had four children. In 2007 he married Susan Hemsley, a retired geologist and science teacher. Walter's children and Susan all survive him.

Walter's enduring passion throughout his life was Christianity and he lived out his beliefs through helping people in need. He was generous with his time and contributed in a highly practical way. He volunteered with the St. John's Ambulance, campaigned for improvements in public health (e.g. hearing loops and wheelchair access in town centres), and conducted church outreach work.

In ESF Walter was one of our original Health Group members and the producer of our very successful 'Directory of Leisure, Learning and Sports Facilities for Over 50s' (*See page 8*).

Walter was a steadfast friend to many and had a lasting and positive impact on the communities in which he served. He will be greatly missed and is remembered with sincere fondness.

Musings from Vera...

The Best Medicine



OK so we have to take medication, some of us lots of it, some to make your blood thinner, your heart beat slower/faster, to get the water works up and running (so to speak), sort out the indigestion, make the legs work a bit faster (or at all!!). Thing is, even now after forty years of having to take one tablet a day I forget unless the thing is there in front of my eyes, so obvious I almost fall over it. Question is then how on earth does everybody manage with the massive cocktail of daily pills?

I speak as an observer of my seventy-nine year old husband and his daily round of pills and potions. A proportion of Sunday morning is spent with him surrounded by an assortment of colourful cardboard boxes containing goodness knows what types of medication: these he meticulously sorts into morning/noon/night for each separate day in the clever box designed for this purpose.

Until recently this was relatively easy as all he had to do was get the blue box and swallow the pills designated for that day and time, but oh no, now it is not that simple. It goes like this ... "You mustn't take aspirin with that one, they cancel each other out and whatever you do leave the indigestion tablet till later otherwise" You get the gist, it's complicated.

As if all that wasn't enough on Sunday morning after the usual groans of frustration when this pill went missing or that capsule wouldn't go in the right box he let out a louder than usual moan, "I nearly took a double dose of Ranitidine" he told me. He held out two completely different packages; dissimilar in name, size and colour, but exactly the same medication. One generic (well I think so who can tell) and the other a brand name of the same medicine. I wonder how many of our generation take either dangerously more or less of a prescribed drug due to unnoticed changes.

Over all it strikes me that on the one hand we are sometimes treated as just very slightly less than capable, on the other we are given the complex task of managing medications using words even doctors struggle with. The manufacturers seem to deliberately choose long, unpronounceable names and then expect us, the 'slightly less than capable' population to remember around twelve of them. For goodness sake!

Finally when you do become accustomed to them, more or less, there comes the 'review' and it all starts again.

*We are actually a rather clever, canny lot.
Keep smiling, Vera*

... Of course when you get problems understanding your meds, what goes with what and so on, don't despair, you can always go and chat with the local friendly Pharmacist they are always there to help.



Local campaign *Eastbourne Designed for All* has recently launched a scheme in which existing customer toilets in commercial or social premises are opened for use by the general public. This offers residents and visitors to the town more facilities in more places.

Director of EDA Tom Serpell said the scheme had been created to make visiting the town a more comfortable and relaxing experience for visitors who frequently need to use the bathroom, including elderly and disabled groups along with those with small children.

It offers the hosting organisations the chance to show their products, services or premises to potential customers whilst doing something worthwhile for the community. Some premises owners have already agreed to participate: The View Hotel, Premier Inn, The Pavilion Café and many more to come.

ESF members were part of the team which visited and recommended suitable premises.

For a GPS enabled online map go to: <http://eastbournecommunitytoilets.co.uk>

Look out for premises with these stickers:



Special Commemoration - 800 Years of the Magna Carta

There are several significant anniversaries this year including Waterloo in 1815, but it could be argued that none is more important than the 800th Commemoration of Magna Carta on June 15th at Runnymede. It has been described as Britain's greatest export and the most important constitutional document of all time.

Pevensy and the Court House Museum were invited to join to join the nations 'Magna Carta 800 Trail' (the only site in Sussex). We are marking the occasion with a special display "King John in Sussex and The Magna Carta Story" which is on until mid October.

By granting a Royal Charter in 1207 with membership of the Cinque Ports King John strengthened our coastal defences against an imminent French invasion threat and was able to charge the barons of Pevensy for the privilege! The Earl of Arundel together with the bishops witnessed both our Charter and Magna Carta. An annual fair and markets were also granted.

We have sought to present some of the best and worst aspects of this infamous monarch both in Sussex and nationally including the their facsimile versions of the Charter. The lighter insights have not been neglected either nor the wider relevance of freedom it represents to the world of today.

**Peter Harrison,
Curator**

Old Court House & Gaol,
Pevensy High Street
www.pevenseyvisit.com
www.magnacartatrails.com



Useful Telephone numbers

Age Concern Eastbourne	01323 638474	Energy Caring Trust	0800 5112 012
Age UK East Sussex Advice	01424 426162	Independent Living Service	01424 464890
Alzheimer's Helpline	0845 300 0336	Independent Providers Forum	01580 715660
Care Home Listing East Sussex	0800 389 2077	National Talking Newspapers	01435 866102
Congress Theatre Box Office	01323 412000	Pension Service	0845 6060265
Cineworld - Crumbles	0871 200 2000	Post Office Services	0845 7223344
Citizens Advice	01323 417177	Silverline Helpline	0800 328 8888
Conquest Hospital	01424 755255	Social Care Direct (SCD)	0845 6080191
District General Hospital	01323 415528	Supermarket Trolley Collection	07930 662042
East Sussex County Council	01273 481000	Sussex Police (non-urgent)	0845 6070999
East Sussex Disability Assoc.	01323 514516	Trading Standards	01323 418228

Computer Help For All

Coffee Morning

On June 17th ESF Members living in the following zones are cordially invited to a coffee morning with Coffee Pot Computing in the Eastbourne Sovereign Sailing Club on the sea front (Near the Beach Deck restaurant)

Zones: Along Seaside Road from Redoubt Road to top end of Cavendish Place, Royal Parade to Marine Parade including Wilowfield Road and Hoad Road.

This will be an opportunity to meet people who can help you get used to modern technology on an individual basis. So if all you want to know is how to send emails then that is what you will be helped to do.

A friendly welcome will ensure you enjoy yourself and over a cup of coffee you can get to grips with Skype and Facebook as well, if you would like to. You can also meet members of the ESF committee to have a chat and ask any questions.

Across our town there are numerous organisations helping to get you online.

Age Concern Eastbourne

- 01323 638474 (drop in Thurs 9.30-11.30)

Eastbourne Classes

- 07956 358796

Eastbourne Seniors Club (Alice Croft House)

- 01323 728157

Eastbourne Sovereign Sailing Club

- 07973 549155 (Weds 9.30-12.30)

ESDA'S Karten Centre - 01323 514500

(drop in Tues and Thurs 1400 - 1600)

Library Service Eastbourne

(Appointments needed) - 0345 6080196

St John's Parish Hall Meads

- 07872 030297 (Fri 9.30-11.30)

Postage Costs

If you can accept newsletters online please email us at: info@esf-online.org or for those of you not on computers, a contribution by cheque would be greatly appreciated.

Our Address: ESF, C/o 1 Wellington Close, Eastbourne BN23 5AR

Tel: 01323 479846 **Email:** info@est-online.org **Have you visited our website recently?**

If not please have a look and comment on its usefulness. www.esf-online.org

Follow us on: **Facebook** and **Twitter:** @ESFonline



New ESF-Digital News

We hope you have visited our exciting new concept for our eNews which supplements this quarterly newsletter with regular features and local items.

It is a little different to usual as we try to use more Internet features to deliver a better quality of news. We have already had very positive comments and there is a place in it for you to make your comments on any subject .

Focus Groups

Health and Wellbeing Group

Our Health group continues to meet regularly and has recently published the new Directory of Leisure, Learning and Sports Facilities (see below) which has been very well received, members saying such things as 'Excellent document, informative, helpful, attractive cover and well done' Copies are available on request and each come with a pull out sheet for non-members to join us.

All members should have received a copy in the post of this excellent booklet. If you need a copy, one can be posted to you or it can be found on line on both the ESFand ESSA websites.



**Free Laptop Clinic
at the
Under Ground Theatre**
(below the central library)
1 Grove Road.



Drop in with your laptop or tablet and a profession tech volunteer will help give guidance.
**Held on the last friday of every month
from 1.00 -4.00pm**

Member Notes

With this issue you will find some adverts or flyers from organisations who we think will be of interest to you. These pay towards posting out our newsletters, if you use them please tell them you heard about them from ESF.