

EAST SUSSEX Seniors' Association

The Voice of Older People



The Voice of Older people

Winter 2019

Newsletter No.18



Duke and Duchess of Sussex
arriving in Peacehaven for their first visit
to Sussex on 4th October 2018

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Report from our Vice Chair

Most of our eight forums are having trouble in finding new committee

members, making it difficult to run their committees and attend all the meetings that we are invited to and organise events for their membership. We have been lucky that existing committee members have managed to attend all those meetings as many happenings in East Sussex in Health and Social Services, Transport and Environment are now and will be in the future affecting our members.

Essa held an "away day" in April, attended by representatives from each forum, to discuss how we will cope with the reduction in our grant from East Sussex County Council which will be more than halved from next year. It was decided to decrease the number of meetings of the Community, Environment and Transport sub-committee to 3 instead of 6 per year and to reduce our newsletters to 1 per year.

All of our forums have once again

successfully organised Older People's Day events which I am sure were enjoyed by all those who attended. Much work goes into organising these events and we would like to thank all those involved including the venues and East Sussex County Council for their help in once again compiling, printing and distributing the booklet.

ESSA is a charter member of East Sussex Against Scams Partnership so receives alerts about the latest scams. Unfortunately, many of these scams are aimed at older people and it seems that as soon as one is shut down another appears. Contact details for all of our forums are on the back page and each has a website where on some you can find their latest news particularly about scams.

With the cut to our grant from ESCC next year there are sure to be challenges ahead. Your forums will need the support of all their members if the voice of the "older person" in East Sussex continues to be heard.

Lin Neeve, Vice Chair

Cover Photo: *Harry and Meghan stun the crowds – Argus headline 4th Oct. 2018.*

What a wonderful occasion for us in Meridian Forum and so unexpected! A royal visit to the Joff Youth Centre in Peacehaven and the first visit of the Duke and Duchess of Sussex to the County.

The Royal couple met young people and staff who use the centre and discussed with them their work around mental health support.

Waiting outside the Joff building were children from local schools cheering and waving with many holding bunches of flowers. They were

so thrilled to see the royal couple who managed to talk to many of them. Everyone agreed that they were so friendly and relaxed and made it a wonderful day.

Some people said "Why Peacehaven?" Our response was "Why not?"

Kate Davies, Chair Meridian Forum

Thanks to: Deborah Donovan, Civic Marketing Officer Peacehaven Town Council Daniel Moon, who will receive our £25 prize for the cover Picture.



The Good Life Show ESF

This year the View Hotel on the seafront was the venue for the ever-popular Good Life Show organised by Eastbourne Seniors Forum.

Once again, the show was a buzz of interest around the 50 lifestyle displays from a wide range of different companies and organisations providing support and help to seniors in Eastbourne and beyond.

This year was the seventh year of the show which has had to move the last 2 years from its well-established format in the Winter Gardens which we are hoping will be open again in time for October 2019.

The Show was sponsored by a group of local companies "Herrington's Solicitors", The "Chaseley Trust", "Meads Care" and included health, clubs, fitness, hobbies, leisure, legal and many more areas.

The show, which was visited by the Mayor of Eastbourne, other councillors and 900+ attendees were kept amazed too by the expertise of

Magician Marko and his table magic. Refreshments were available and there was a tombola with some excellent prizes provided by local hotels and businesses.

Thanks are due to the organiser Shirley Davis and to the ESF committee members who all worked hard throughout the day to ensure it all went smoothly.

Exhibitors were all very complimentary about the success of the show and the response they received and are already booking up for next year.

Enquires for 2019 should be sent to:
goodlife@esf-online.org



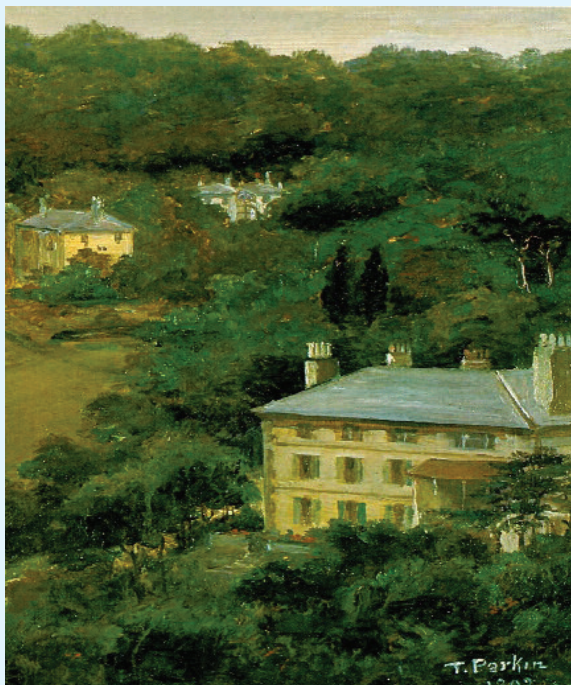
Marianne North's Home in Hastings

In September, Hastings has been focusing on the life and work of Marianne North.

The Hastings and St Leonards Seniors Forum had a display at their coffee morning and events were held all over the town.

Marianne was a very remarkable lady. Many people will have visited her gallery in Kew Gardens where 832 paintings are on show.

She was born in Hastings in 1830 her father Frederick was MP for Hastings. The family travelled extensively, her mother dying in 1855. When her father died in 1869 she was left a wealthy woman. She wrote "For nearly forty years he had been my one friend and companion, and now I had to learn to live without him" Marianne never married describing marriage as a terrible experiment! She began on her plan "paint the peculiar vegetation of other lands."



Marianne spent most of the rest of her life travelling on her own to exotic places; painting for long hours in sometimes difficult terrain. Her offer to Kew to give them her botanical paintings and a gallery to house them was accepted and it opened in 1882. Marianne died in 1890 at Alderley, Gloucestershire where she had retired. Several plants that she discovered are named after her.



HASTINGS OLD PEOPLE'S ETHNIC GROUP

2018 Older People's Day Celebrations

Hope-G celebrated nine years this year. For Older People's Day celebrations we had two events.

Our 8th Coach Outing was to Kensington Palace on Monday 3rd September with 45 people. With the help of funds from ESSA and ESCC we charged £12 pp.

One of the problems was 11 people requested front seats, this caused problems, initially, two people refused to go unless they had front seats. We eventually resolved this issue.

We received 45 feedback forms as that was their pass when they left the Coach. Some of the comments;

"Excellent day out. Cannot be improved."

"Julia looks after us very well. Well done."

"Thank you, Julia for a lovely day out, very enjoyable. Thank you."

They enjoyed the treats Hope-G provided. I have received Thank you emails and two Thank you cards.

The second event was at Azur, St Leonard's on Sea on Thursday 20th September. We had our 8th Health & Wellbeing Day.

This took a lot of time from me since the Treasurer resigned in March due to ill health. (I had eye surgery 2 days after the Outing. I should have been

resting my eye but had to run the event).

71 people attended this event. It was opened by Lord Brett.

We had ½ hour sessions of Yoga enjoyed by nine people; 30 people joined in with the Belly Dancer; 22 joined in with Chair exercises; and 12 enjoyed Tia Chi.

Our offer was a 15 minute session of Hand Massage; Foot Massage; Nail Painting or Shiatsu. From last year's feedback I employed extra therapists this year which enabled Committee members to enjoy treatments as well.

22 people enjoyed two bikes by pedalling for smoothies, controlled by two Health Trainers.

On the day we had six stallholders, with very good feedback from them.

We ended the day with a lunch. The event was free, but lunch was provided if a completed feedback form was handed in, therefore all the feedback forms completed.

I thank the Azur staff for their help and support to Hope-G.

Due to these events we have 21 new members.

Membership is now: 153

Julia Wells, Chairlady



MERIDIAN MATURE CITIZENS FORUM

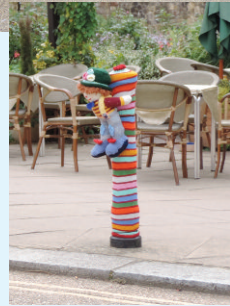
Celebrating Older Peoples Day

The Meridian Forum (Newhaven to East Saltdean) enjoyed a wonderful coach trip to Battle for afternoon tea. The weather was sunny and warm and the Sussex countryside as always was spectacular but not as golden as promised in the booklet. The golden autumn came a few weeks later.

Arriving in Battle we found ourselves surrounded by dozens of knitted creations on chairs, bus stops, trees and lamp posts. It was the Battle Festival and we were in the middle of Yarned-Bombed Battle. We couldn't wait to get out of the coach to have a closer look. This annual event takes place throughout October. It was such a



colourful, entertaining addition to our day and made us all laugh. Tea at Burtons Tea Rooms was absolutely delicious and we had the whole place to ourselves. We did have one or two complaints though – the scones were absolutely enormous!



As chair of the Older Peoples Planning Day (OPPD) group we were delighted at the response to this year's booklet – so many more contributors and so much more variety. Thank you all for supporting OPD whether as organisers of events or for participating in them.

Kate Davies,
Chair Older People's Day Planning Group



ROTHER SENIORS' FORUM

The ESSA Story

"The ESSA Story": Is an old booklet and shows how ESSA developed and how it supports our Service Providers. This booklet is out of date, but the cost of a new one is too high.

After the success of the "The ESSA Film", presented at our 10th Anniversary Celebration Event, we felt a similar film to be the solution. Ron produced an apt 12-minute film version of "The ESSA Story", which is now available on memory sticks. We decided to re-produce this version for all on You Tube. Our attempt, using the excellent music choices of the ESSA Team, ran into music copyright issues. This meant that we could not publish on You Tube.

To prove this a quick version with simple copyright-free music was constructed and produced on You Tube but this music is unsuitable. Ron says when he can find time, he will re-do it, provided he can find good copyright-free versions of the chosen music.

On a lighter note, Rother Seniors Forum celebrated Older Peoples Day 2018 by taking a coach party to enjoy "Killer Queen", the tribute band for "Queen", at the Theatre Royal, Brighton. This was an evening event,



we picked up at various points from Sedlescombe to Little Common, and then on to Brighton with slightly aged 'Queen aficionados' having great anticipation. A few of whom, with some trepidation, had brought ear defenders as with age we tend to get troubled even by Queen's gentle music!!

The music: it was amazing, super; staggering; terrific are there other more suitable adjectives? "Pseudo" Freddie Mercury was incredible and superbly active, the Guitarist was a dead ringer for Brian May and played his socks off, the drummer turned in an especial performance! The rendition of "We are the Champions" was most memorable and sung with such gusto and affection by some horribly good voices. Our group must have enjoyed it as on the way home our driver broadcast to all songs from Queen from his phone. Would we do it again? You can bet on it! Nice one Cyril!

Ron Sunderland, *Rother Seniors' Forum*

SEAFORD SENIORS FORUM

This has been a difficult year for our forum with only four committee members. At our AGM our longest serving member, Sandy Richards, decided to stand down due to family commitments.

Our thanks to Sandy as she has been an invaluable member of the committee and has been our representative to all the meetings concerned with Health. We have managed to attend all the meetings we are invited to but we really do need more committee members.

It is important for us to be represented at Health meetings as there are so many changes happening, not only in the county, but Seaford in particular. Our two Doctors surgeries, whilst receiving excellent reports, are both full to capacity. We have a full complement of Doctors and both buildings have no further room for expansion. A new building is being discussed to merge both surgeries! The train service from Seaford during this last year has been "hit and miss". There has often been a bus service provided and not just



when there have been engineering works. Our local MP, Maria Caulfield, is asking all her constituents to write to her with their complaints about the train service and she will pass them all to the Minister for Transport.

Seaford has seen a lot of house building in this last year but it seems to be mainly for the over 50's! This will inevitably put more pressure on our already over stretched medical services at the same time as cuts are being made to the Social Services budget. This year we have seen services at Warwick House cut and users are been forced to travel to Eastbourne.

This may seem look like a negative report but Seaford is still a great town to live in and your forum will continue to campaign for the things that affect the over 50's.

Lin Neeve, Secretary

WEALDEN SENIOR CITIZENS PARTNERSHIP

The Wealden Senior Citizens' Partnership Committee are very sad to

report the death of our Chair, Ivy Elsey, who passed away on Friday, 27th July.

Ivy had been a member of our committee since our launch in 2005 and was Chair for about eight years. She was also Vice Chair of ESSA, and chaired the ESSA Health and Community Care Theme Group. She had been fighting bravely against illness for a number of years and will be very greatly missed.

Ivy is pictured above at our 10th Anniversary Older People's Day event in 2015, alongside Vice Lord Lieutenant of East Sussex, Sarah Stonor.

Our committee is now very depleted, being without a Chair, Secretary or Treasurer, but those who remain are working hard to support our members. So far this year we have produced and circulated two newsletters and organised three Cream Teas, the most recent of which took place on



Friday, September 7th at Deans Place Country Hotel in Alfriston.

Over 40 members attended from all parts of Wealden, and transport was provided by committee members and the Wealdlink Community Bus.

Our main event for Older People's Day 2018 will take place at Heathfield Community Centre on October 13th and will include a home-made tea and musical entertainment.

Linda Graham, Vice-Chair



A new Lifeboat for the South Coast at Hastings “RNLI 13-02”



Top speed is 25 knots and range 250 nautical miles. Waterjets allow for manoeuvre in shallow waters or intentional beaching in emergency. This lifeboat is ideal for offshore searches and rescues in calm or rough seas and her power means she can tow large vessels from danger. Her boat crew is 6 with a survivor capacity of 79 (non-self-righting) or 23

Hastings has a new Lifeboat as the previous one was approaching 30 years old, having been launched in 1989. Lifeboats are planned for 25 years life. The new boat “A Shannon Class” costs some £millions. A donation by Richard and Caroline Corton of two vintage Mercedes which were sold, effectively covering the purchase of the new boat.

The boat has a power source of 2 Scania diesel engines and propulsion is via twin Hamilton waterjets. She is launched via a tractor-borne carriage directly into the sea and is recovered from the beach bow first. A turntable in the carriage rotates the Shannon 180° ready for her next launch.

with self-righting capability. The Lifeboat was delivered during the Hastings Festival in Oct 2018.

Regarding the old boat – apparently it is one of the oldest examples of a lifeboat, and Chatham Dockyard want to exhibit it. Everyone wants this to happen rather than it be sold off.



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Pursuant of the Data Protection Act 1988 and the EU General Data Protection Regulation (GDPR)

ESSA takes your privacy seriously. By you signing our membership form you agree that we use your personal details,

which will be used purely for the purposes of sharing documents and information with you in matters relating to the business of ESSA and general matters of interest relating to each of the individual Senior Forums.

*Taken from
ESSA Privacy Policy Document (2018)*

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Seniors Forum

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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.