Message from the Chair…

Dear Members

It’s October! The fiery red, brown and gold colours of the trees and leaves around us and plenty of rain have confirmed that we are well into October.

I hope that you have been keeping well, that you had a great Summer and made the most of the beautiful weather to enjoy all that was on offer in Eastbourne and surrounding areas.

As members of the Eastbourne Seniors Forum (ESF), you should all have received the “Let’s Celebrate” Booklet 2019 produced by East Sussex County Council. It offered a full and varied programme of activities put on by all the Seniors Forums and other organisations in East Sussex. Which ones did you attend and enjoy?

I hope that within that programme, you were able to attend ESF’s biggest annual event – The Good Life – which took place on September 26th at the brand-new Welcome building in Eastbourne. You can read more about it in this Newsletter.

On behalf of our Committee, I would like to express our sincere thanks to Shirley Davis who this year again, organised and coordinated the whole event, and to Ian Weeks, our IT specialist for his input before and on the day. Their hard work and professional approach helped to make the event a real success.

October is a month of transition or as someone quoted “a month of permanence and change”. In the current news climate and the challenging times that we face, it is important that we work together within and for the community and that we keep well informed of what is happening at all levels.

The exchange of information is important if it is to benefit the community so we encourage you to share your views and raise your concerns with us so we can promote the voice of the over fifties and influence decision-making.

My Chair’s message also marks a time of transition for ESF as it will be my last message. I will be stepping down as Chair at our AGM in November due to personal commitments.

During my time serving on the ESF Committee as a Member and as Vice-chair and Chair, I have enjoyed meeting many members of ESF who have supported us and attended our Open meetings and various events. I have also appreciated the opportunity to network and establish stronger links with representatives of many worthy and committed organisations as well as representatives at local and county levels. I have been grateful for their support.

Thank you to all the Committee members who have supported me and ESF over the years, with special thanks to Steve Thornett the founder and for many years the Chair of ESF and Newsletter editor, and to Des Davis, our Treasurer, for his guidance and unfailing support.

I give you all my best wishes for the future and I hope to see you soon at our AGM in November.

Nadine Harris, Chair

---

Robert Cooper

It was with sadness that we heard recently of the sudden passing of a very faithful committee member, Robert Cooper, who had been with us for a number of years, representing ESF at the ESSA Transport committee and DIG.

Robert kept bright in the face of a number of disabilities and was always able to lend a hand when well enough.

Nadine Harris, our Chair, represented ESF at the funeral and was as surprised as others to meet so many representatives of the wide range of clubs and associations that Robert was involved in.
A big thank you to all eight hundred attendees, around fifty exhibitors, our sponsor Stephen Rimmer Solicitors llp, and the countless volunteers who made this year’s event a great success.

The exhibition contained varied and relevant stands, from local support agencies, the NHS, legal advisors, known and established companies, not to mention the interest from the wider area not only in the community, but other parts of the South East. A number of councillors including The Deputy Mayor, Councillor Sammy Choudhury, and David Tutt, Leader of the Council came and enjoyed the event visiting many of the displays.

We had a Tombola and thanks to our generous donors, by day’s end, we had raised a very respectable two hundred and eighty four pounds. There was a large array of sweets, cakes, other treats, and amazing promotions available all day, so everyone went home happy.

The new Welcome Building (shown bottom left) is a truly impressive venue, offering superb facilities and excellent accessibility which we were grateful for. Due to year on year increase in demand for our event, we utilised both of the enormous “Shackleton” and “Mallory” halls, which we have every expectation to be booking for next year’s Good Life.

The weather on the day started out quite appallingly, but everyone believed in the event and knuckled down for some impressive teamwork. Despite this poor and inclement start to the day, it brightened up by mid-morning and it certainly didn’t seem to deter attendees at all. The feedback we received was very positive, and we have had some interesting suggestions for possible exhibitors for next year’s event. We thank you for all of your suggestions, they will be given equal consideration. We encourage all of our readers to provide us with any ideas for next year by emailing us.

For those of you who were not able to attend, we would invite you to have a look at a short film we made at the event, viewable at http://goodlife.esf-online.org

A very special thank you to Shirley Davis for all her hard work in once again planning and running the event so smoothly. We very much look forward to seeing you all again at Good Life 2020.
The eternal scone debate – cream or jam first?

Reflective of our present times there appears to be no conclusive finality.

On a trip through Devon and Cornwall, I was first introduced to this lifelong dispute. I mean, really who cares, the end result is delicious regardless of which is put on first.

To set the records straight in Devon it is the cream and in Cornwall it is the jam in case you were wondering.

The contest continued when I visited Australia. My friend who lived in Jimboomba outside Brisbane, loaned me her car while she was working and I was off on an exploratory trip up a mountain on one of their tourist trails. I stopped for tea in a quaint Tea Pot Cafe. They had a collection of the most amazing teapots from pottery to metal shaped like anything from a house to a post box and everything in between. I did not stay long enough to get the definitive answer to the conundrum and left with the argument still in full swing.

As I have Cornish connections (something to chat about next time) it’s jam before cream for me.

This was a short Tea and Chat as the pace gathers speed towards the “C” time. Yes, Variety Vagabonds are already rehearsing for their next show. Come along to Age Concern on Friday 6 December at 1.30.

Christmas Celebrations - our show takes the place of the usual film afternoon.

Yours – Gladys Lopato

Catch me on www.facebook/gladysgallivants
Wills and Probate Dementia and the power of attorney

One of the fastest growing health issues in UK society is the seemingly relentless rise in dementia. This terrifying category of diseases combined with an older population means that it's never been more important to get your affairs in order as early as possible. But if dementia does take hold, at what point do you hand over responsibility to a nominated person and grant them Power of Attorney over your financial affairs? And what alternatives do you have?

LPAs – there to look after your affairs

Wills are, without doubt, an essential part of the process of later life. It's not something that people want to think about at any age, but unless you want to leave a financial tangle behind for your bereaved relatives to sort out after you’re gone, it’s crucial to make sure your will is taken care of earlier rather than later. A key part of that could be creating an LPA.

An LPA (or Lasting Power of Attorney) is a document that allows you to appoint one or more people to look after your affairs and make decisions on your behalf when you are no longer able to. These nominees are referred to as attorneys, although they do not necessarily have to have legal experience to qualify, and are usually close relatives or trusted friends. There are two types of LPA:

- **A Health and Welfare LPA** can specify what kind of treatment and palliative care you want if you have a degenerative disease like dementia, whether you should be moved into a care home, and specifics concerning your daily routine.

- **A Property and Financial Affairs LPA** often gives your attorney access to your finances to manage your affairs when you are unable to. They will be able to access your bank accounts, pay bills, and arrange the sale of your property if you go into a care home.

LPAs must be registered with the Office of the Public Guardian, which can take up to ten weeks to complete. LPAs are appointed by a person while they are still capable of making rational decisions concerning their future care, financial matters, and how their estate is to be managed once they are no longer capable of doing it for themselves. There has to be a degree of trust between the sufferer and the person appointed to take responsibility for the instructions laid out in the LPA, whether that’s a Financial or a Health and Welfare agreement.

**Court of Protection appointed deputy**

There is an alternative to an LPA in the form of a Court of Protection appointed deputy. These are usually appointed by a third party on behalf of a dementia sufferer once they have lost the ability to appoint their own representative.

However, this is rarely offered as an option to an LPA, primarily because in the majority of cases an LPA has been arranged long before a dementia sufferer lose the ability to make considered decisions about their future care. As long as the person nominated to look after the stipulations laid out in the LPA has the trust of the donor, and the donor is mentally capable of making the decision to nominate a person as their LPA executor, there shouldn’t be any problems.

A court-appointed deputy is only really appropriate after a dementia sufferer has lost the ability to make rational decisions for themselves, or there is no one to act as an LPA nominee. They have to provide a full list of assets and annual accounts, as well as a security bond.

**Sorting things out sooner rather than later**

As power of attorney is often agreed upon before the condition really starts to affect the cognitive ability of the sufferer, it can be months or even years later when the power of attorney status really comes into play. By then, the family dynamic may have dramatically altered, as may the financial situation of the sufferer, especially if they have been forced to go into a care home.

This is why it is so important to sort out not only your will, but any LPAs as early as possible, especially after the diagnosis of a degenerative disease. LPAs can, in fact, bring families closer together, as they ensure the sufferer is cared for properly, and that those granted the Power of Attorney are fully aware of their responsibilities from the outset.

If you’d like further information concerning will writing, don’t hesitate to get in touch with us on 01323 644222 or enquiries@stephenrimmer.com

---

If you would like more details on:
- Lasting Powers of Attorney
- Wills
- Inheritance Tax Planning
Please do get in touch with us

Tel: 01323 644222
28-30 Hyde Gardens, Eastbourne
www.stephenrimmer.com
I've just been pottering in the garden in the warm September sunshine. Such a beautiful day to be outside, but my thoughts have been elsewhere. Over the past few days I've learned my twenty year old grandson has acquired a small flat in Aberdeen (his university city) where he will live independently a considerable distance from his parents who live in the West Midlands.

A few weeks ago while I was staying with his parents I asked to see the room which is his 'workshop.' This consists of filming and recording equipment; his room scattered with bits of paraphernalia I know little about. His chosen pathway is to produce, in speak I understand, videos which are distributed to a wide audience via You Tube; his audience diverse, large and growing. Clearly he's pretty successful at what he does despite opting out of the Uni-course he chose deciding it wasn't for him. I could give you an indication of what the videos are about, but despite being so popular they may not appeal to you and me and specifically what he does is not the point.

Traditionally, we, the older generation may feel, shall I say, wiser than those following and thus qualified to utter words of wisdom into youthful ears. Trouble is I'm not sure I am wiser.

I certainly don't have the knowledge or ability of this young man and it's pretty certain that most grandparents will be left behind in terms of current technology and perhaps in making sense of these strange and difficult times.

As an ancient sage, after all I've lived nearly eighty years, surely I must have some genuine gems of advice to pass on, but the very word 'advice' has danger written all over it. How do you counsel a young person who has already made super inroads into a chosen pathway? My ideas sound corny, trite and outdated yet there hangs in the air this need to make a difference and aid progress.

I think it is my need not his. Jay is perfectly OK in his world; he is happy with his friendships, totally capable of getting on with his work and adequately copes with the odd problem that crops up from time to time. Plus when he requires help he has a perfectly capable mum and dad equally able to offer assistance.

What about you? Do you have a relationship with grandchildren or any young person and feel as though a bit of guidance would be a good idea? If you do are you sure your input could make a difference? Don’t be mistaken I’m not suggesting that anybody knows it all, young or old, nor that our youngsters have all the answers, simply that they are a savvy lot with so much more knowledge than we had at their age. This certainly applies to me.

The question is does this mean we have nothing to contribute? Speaking for myself I don’t think so, doesn’t my obvious keen interest, my passion to know what’s happening next count for something? I am fascinated by what he does; keen to learn and understand how his You Tube offerings are constructed; where the ideas come from, what part of the population make up his audience and much more. The intricacies of putting these seemingly off the cuff productions together stagger me; the amount of planning is incredible.

As ever there is no clear cut answer. This is just about one lad, one grandchild, but will be relevant for everyone who wants to be part of a young person’s life while lost in some kind of knowledge wilderness. Have you ever thought about this? Do you already offer your views and opinions? Are they well received? I would love to know.

Just as nobody taught me how to be a parent, I was never given instruction on the best way to be a grandparent either so I muddle through and hope I’m getting it more or less right. It would be interesting to be a fly on the wall and hear what they say about me when they’re my age. (There are two of them).

If you have anything to add I’d love to hear.

Thanks – Vera

Musings from Vera...

I am Grannie.

Looking Good
My face in the mirror isn’t wrinkled or drawn. My house isn’t dirty. The cobwebs are gone. My garden looks lovely and so does my lawn. I think I might never put my glasses back on.

If you would like to contact Vera to comment on her musings, please feel free to do so by emailing:
info@esf–online.org
or by writing to our usual address.
ESF Committee Members attend ESSA groups for Health and Transport which are held bimonthly

Here are the key items discussed...

**Health and Community Care Group**

- Community Meals
- Isolation and loneliness
- Integrated working between Care Commission and NHS in East Sussex
- Commission Reform
- Urgent Care Reforms

**Transport Group**

As we have recently lost our representative Robert Cooper for this group, there was no report this time.

Could you fill this role?

---

**Can you help us?**

We would welcome more members to help strengthen our committee, which meets bimonthly to discuss ideas and plans to help support and inform seniors in Eastbourne.

If you could help please contact Des Davis, either on: 01323 472167 or email: desdavis@talktalk.net

Your support would be greatly appreciated.

---

**Quality care and support in your home**

from 1-hour visits to 24-hour live-in care

Our services in Eastbourne include:

- Companionship
- Transportation and errands
- Meal preparation
- Light housekeeping
- Help with washing and dressing
- Personal care
- Medication reminders
- Post-operative support
- Holiday and respite cover
- Specialist dementia care

…and much more!

Contact us for more information

01323 414 658
ulrica.delaney@rightathome.co.uk
www.rightathome.co.uk/eastbourne

---

Don’t forget to keep looking at our website for latest news and information as well as the newsletter.

www.esf-online.org
LET ME TAKE CARE OF YOU AND YOUR HOLIDAY PLANS

My job is to take the stress and worry out of booking all types of holidays. I am trustworthy, have a strong sense of integrity and I love chatting with people. I can save you time searching for your dream trip and I have access to lots of great holidays and offers.

I live in Willingdon and I’m happy to visit you in your home or somewhere local to chat things through, answer questions and provide travel advice.

My holidays are all ATOL protected and I’m the single point of contact for all enquiries.

Whatever you want from a holiday, I will take care of it for you. Why not give me a call on 01323 304736 or email sarahd@travel-pa.com to chat about your next holiday and see what I can do for you.

---

**Free call blockers**

The National Trading Standards Scams Team are offering **FREE call blocking** units for people who receive a high level of scam or nuisance phone calls.

**Do you or someone you know would benefit from a call blocker?**

If you answered yes, then apply for a **FREE** call blocker today!

www.FriendsAgainstScams.org.uk/callblocker

**Why install a call blocker?**

Research from the previous call blocker project shows that **99%** of scam and nuisance calls were blocked.

People have reported many benefits from having a call blocker, such as:

- Significantly reducing the risk of financial harm.
- Reducing the risk of trips, falls and distraction accidents due to answering the phone unnecessarily.
- Helping those who live alone feel safer and more in control and giving peace of mind to their family and friends.

If you would like to receive a social media pack or have any queries regarding the project please contact: CallBlockerProject@surreycc.gov.uk

---

Useful Organisations

**eSCIS**

EAST SUSSEX COMMUNITY INFORMATION SERVICE

Use the ESCIS directory to find out about different groups that are on in your area:

www.escis.org.uk

This is a large directory, which you can also access via your mobile phone via the **My Local Health App** under Local Services. If you do not have access to the internet, you can access this directory via the libraries or ring Health and Social Care Connect on 0345 6080191.

---

**Health and Social Care Connect**

Contact point for adults with health, care and support needs. They give information, advice and community services.

Tel: 0345 60 80 191 or email HSCC@eastsussex.gov.uk

---

**Do you write poetry or short articles?**

We would love to hear from you for inclusion in this newsletter. Please contact the editor.
What is a Pharmaceutical Needs Assessment?

Every Health and Wellbeing Board (HWB) in England has a statutory responsibility to publish and keep up to date a statement of the need for pharmaceutical services in its area. This is known as a Pharmaceutical Needs Assessment (PNA).

Telephone User Survey

Between the beginning of October and the end of November 2019 a telephone user survey about pharmacies will be undertaken by a market research company, Latimer Appleby. The results from the survey will help inform the pharmaceutical needs assessment. This will be published in July 2020, following a period of public consultation in April and May 2020. An online version of the survey will be also made available on ESCC website.

Please take part

We hope that you will take part if invited to do so. This will help inform the development of pharmaceutical services in the County for the next three years. This is the fifth PNA to be carried out in East Sussex. The fourth was carried out in 2017.

These PNAs have been published on the dedicated Joint Strategic Needs Assessment website: www.eastsussexjsna.org.uk.

Useful Telephone numbers of organisations that can support you

<table>
<thead>
<tr>
<th>Organisation</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age Concern Eastbourne</td>
<td>01323 638474</td>
</tr>
<tr>
<td>Age UK East Sussex Advice</td>
<td>01424 426162</td>
</tr>
<tr>
<td>Alzheimer’s Helpline</td>
<td>0845 300 0336</td>
</tr>
<tr>
<td>Care Connect</td>
<td>0345 6080191</td>
</tr>
<tr>
<td>Care Home Listing East Sussex</td>
<td>0800 389 2077</td>
</tr>
<tr>
<td>Congress Theatre Box Office</td>
<td>01323 412000</td>
</tr>
<tr>
<td>Cineworld - Crumbles</td>
<td>0871 200 2000</td>
</tr>
<tr>
<td>Citizens Advice</td>
<td>03444 111444</td>
</tr>
<tr>
<td>Conquest Hospital</td>
<td>01424 755255</td>
</tr>
<tr>
<td>District General Hospital</td>
<td>01323 417400</td>
</tr>
<tr>
<td>Eastbourne Borough Council</td>
<td>01323 410000</td>
</tr>
<tr>
<td>East Sussex County Council</td>
<td>01273 481000</td>
</tr>
<tr>
<td>ESCIS – East Sussex Community Information Service</td>
<td>01273 481754</td>
</tr>
<tr>
<td>Fire Safety</td>
<td>0800 17 7069</td>
</tr>
<tr>
<td>STEPS</td>
<td>01323 436414</td>
</tr>
<tr>
<td>Independent Providers Forum</td>
<td>01580 715660</td>
</tr>
<tr>
<td>National Talking Newspapers</td>
<td>01435 866102</td>
</tr>
<tr>
<td>Pension Service</td>
<td>0845 6060265</td>
</tr>
<tr>
<td>Post Office Services</td>
<td>0845 7223344</td>
</tr>
<tr>
<td>Silverline Helpline</td>
<td>0800 328 8888</td>
</tr>
<tr>
<td>Social Care Direct (SCD)</td>
<td>0345 6080191</td>
</tr>
<tr>
<td>Supermarket Trolley Collection</td>
<td>07930 662042</td>
</tr>
<tr>
<td>Sussex Police (non-urgent)</td>
<td>101</td>
</tr>
<tr>
<td>Tourism Information Office</td>
<td>01323 415415</td>
</tr>
<tr>
<td>Towner Art Gallery</td>
<td>01323 434670</td>
</tr>
<tr>
<td>Trading Standards Consumer Advice</td>
<td>03454 040506</td>
</tr>
</tbody>
</table>

For Editorial content or queries, please contact Steve at:
Tel: 01323 642084   Email: sthornett2@gmail.com

This Newsletter is for general information only You are recommended to seek competent professional advice before doing anything based on the contents of the Newsletter.

Printed by Printing Services, Town Hall, Grove Road, Eastbourne. Tel: 01323 415037.