Message from the Chair…

Dear Members

I hope that 2018 has been a good year for you and that you have made the most of the exceptional weather by doing all the things you enjoy.

Welcome to those of you who took up the opportunity to join (for free!) the Eastbourne Seniors’ Forum this year. We are delighted that our membership has increased again and now stands at over 1300.

This year we were proud and delighted to celebrate the ESF’s tenth Anniversary along with its achievements over the years. This could not have happened without the vision, commitment and hard work of Steve Thornett, the founder of ESF supported by committee members and by networking with local and regional groups and individuals. However, I am aware that there is still work to be done to promote ESF within our Community as I regularly come across people who are not aware that we exist! How can this be?

Through the size of our membership we can promote the voice of the over 50s in Eastbourne and surrounding areas and influence decision-making at different levels. This is why we encourage you to share your views and raise your concerns with us. Details of how you can do this are in our Newsletters and also on our website which by the way will be getting a facelift next year. so, remember to log on regularly! Do make a note in your diaries of important dates and we hope to see you at our events. This year again we have attended a number of networking events and have been keen to be involved in the Community.

We held many activities which included a coffee Morning, a half-day promoting ESF at the Arndale Centre and the Langney Shopping Centre, an Open meeting on Scams, an Open meeting with a representative East Sussex Better Together, our AGM followed by a talk by Alan Wenham about the history of Eastbourne’s Parades, networking with 3VA, a table at an NHS Arthritis Action Event, attending the annual Speak Up Big Event, an Open meeting with a speaker from One You East Sussex about “Keeping well”.

Our biggest annual event which many of you will be familiar with: The Good Life Show was held at the View hotel; the weather was glorious and the Show successful. We are very grateful to our sponsors: Heringtons, The Chaseley Trust and Meads Care for their financial contribution, support and presence at the show. I would also like to thank all the exhibitors and visitors. It was a pleasure to meet you and see you again.

In the present climate of uncertainty as to what next year and the following years will hold for us, it is important that we work together with other local and regional groups and play our part in sharing relevant information to support the community and raising our awareness of those who are lonely and vulnerable.

As we read in the local paper “Eastbourne is set for six weeks of festive fun including a market and winter light parade” so enjoy what is on offer!

Nadine Harris, Chair

Merry Christmas and a Happy New Year to you all!
ESF Open Meeting

On a beautiful sunny day thirty of us gathered at St. Andrew's Church Hall on Seaside Road for tea, coffee, a biscuit or three and a chat. It was an opportunity for people to meet new members before we sat back to hear a talk by Tayla Steckoll about "One You East Sussex". This is an organisation which offers various ways of supporting people of 40 + years. It's an initiative linked with the NHS and its main focus is on encouraging each of us to take control of our lifestyles, be that addressing particular problems or suggestions for changing our life-style in order to keep healthy. It offers guidance on giving up smoking, weight-loss management and 'moving more' (exercise). An initial private interview is held with a Health Coach who then directs one towards available programmes or courses. It is important to mention also that people can self-refer, if they want advice or have any concerns. To do this they need to fill in the self-referral form.

It was an informative and encouraging talk and many of us took home the leaflets and brochures provided by 'One You'. For those who missed the morning and wish to know more there are links below for further information:

- East Sussex Healthy Walks
  www.walkingforhealth.org.uk/walkfinder/
east-sussex-health-walks
- Warm Home Scheme
  www.gov.uk/the-warm-home-discount-scheme
- Warm East Sussex
  warmeastsussex.org.uk/

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 Nadine, either on 01323 768868 or nadineharris@sky.com

Your support would be greatly appreciated.

Dates for your Diary in 2019

Open meetings and AGM all at St Andrews Church Hall, Seaside Road

From 2 to 4pm Speakers TBA on the following Tuesday afternoons:

- February 12th
- April 23rd
- November 12th AGM

Funny! :) :) :) inesisaires

What happens to elves when they behave badly?

Santa gives them the sack!

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

www.esf-online.org

Newsletters…

Would all members who have given us their email addresses please note that whereas in the last quarter, we had to send out a printed copy of the Newsletter to everyone, we are now able to continue with sending an email copy. This has an enormous cost saving effect on our resources but we recognise that some e-members may still have a preference for a printed copy. This will be possible but if that is the case we would very much appreciate a contribution of say £5 a year to cover our additional printing and postage costs.

If you would like a printed copy for the future please write to the editor (details on back page) with your details and we will arrange to post you one in the future.

NB Members with no email address will continue to receive printed copies as normal.
November
by Thomas Hood

No sun - no moon!
No morn - no noon -
No dawn - no dusk - no proper time of day.
No warmth, no cheerfulness, no healthful ease, No comfortable feel in any member -
No shade, no shine, no butterflies, no bees,
No fruits, no flowers, no leaves, no birds! - November!

Do we have the Courage?

The other day someone said to me that what you need most in later life is courage.
Courage to deal with those fears lurking in the mind. This is apart from the ability to deal with those daily aches and pains and the loss of friends and spouses.
Then, apart from health concerns there is the fear of having to move into a retirement home that is if there is even a place available. It is reported that more than 70,000 new care places will be needed in England alone by 2025. A third more than are available currently.
The fear of developing dementia, according to research this is the biggest later life health concern for millions of Britons aged 55 and over.
Then there is the growing worry of being targeted by fraudsters and not having enough money for our retirement.
Then, dare I mention that in later life there is also the fear of loneliness.

What can we do?
Well I have come to the conclusion that however scary the only thing we can do is to have the courage to try to live life to the full and ignore those fears – or at least try to.
Try to tell ourselves that these fears are a natural part of getting older. Of course, we need to look out for each other and to look at life not as a burden but to be enjoyed.
Was it Bette Davis who said that old age was not for sissies – and who wants to be a sissy?

What do you think?

Des Davis
Eastbourne Seniors Forum

What you can do to ward off illness...

Recent analysis by Age UK suggests lifestyle plays a significant part in preventing dementia.

♦ Following a Mediterranean diet, avoiding smoking, ana drinking alcohol only in moderation all decrease the risk of Alzheimer’s.

♦ Prevention and treatment of diabetes, high blood pressure and obesity all contribute to well-being.

♦ Exercise, whether aerobic, resistance or balance activity, helps ward off cognitive decline - the age-related changes in brain skills that affect memory and speed of thinking.

♦ Mental exercises such as crosswords, maths puzzles and chess can take 10 years off the age of the brain.
A review by the University of Edinburgh showed that more than three quarters of cognitive decline was accounted for by lifestyle and factors including level of education.

With our delicious frozen meals and desserts, you’ve more time to enjoy the things you love.

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OFFER 300 DELICIOUS DISHES
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The message is slowly starting to get through to the public – making a will is an important life decision that could save your relatives a great deal of heartache once you’ve gone. You can express your wishes, designate who gets what, and that’s the end of it.

Or is it?

Law firm Nockolds reported that the number of disputed wills has shot up in the last couple of years, from 116 in 2015 to 158 in 2016. That may not seem like a high number, but it represents nearly 160 families in turmoil, with the last Will and Testament of the deceased being openly challenged in the courts. Disputes over wills can last for years, while fees eat into the inheritance of those contesting who gets what.

The number of disputed wills quoted by Nockolds may just be the tip of the iceberg, though. It’s thought that far more are settled before the dispute reaches the courts. So, what are your rights if you do decide to leave someone out of your will, and how can you ensure that your last wishes are not challenged after you’re gone?

The Inheritance Act 1975

If the nearest relatives (the spouse, children, or dependant) feel that a will does not make adequate provision for them, then they may be able to challenge it. However, because ‘adequate provision’ is such a vague term, it is open to interpretation and, therefore, dispute.

If a person challenges a will under this provision, then the courts will look at a number of factors, such as the financial situation of the plaintiff, and the needs of other people named in the will. However, it’s an area that’s filled with so many shades of grey, it can be almost impossible to navigate a clear path through, and someone, somewhere, is invariably going to end up disappointed.

Why the rise in challenges to wills?

Much of the increase in inheritance disputes has (rightly or wrongly) been put at the door of what is termed ‘blended families’ – those units where spouses are on their second marriage and bring with them children from a previous marriage or partnership. The fact that step-children are often factored into a will can cause conflict between blood relatives and those who are part of the family unit through marriage.

The Ilott case

It’s a sad fact of life, but sometimes relationships between parents and children break down, in some cases, irretrievably. It’s quite common in these instances for a parent to cut a child out of a will entirely and give the inheritance to another party (often a charity) not only because they support that charity, but to snub the child. A flurry in recent cases (such as the high profile Melita Jackson case last year) have highlighted this problem. Mrs Jackson had left her daughter, Heather Ilott, out of her £500,000 Will when she passed away in 2004, instead bequeathing the money to three animal charities. Ilott challenged the Will, and was awarded £50,000. However, she again challenged this ruling and the amount was raised to £163,000. Once again, the ruling was contested by Ilott, and the high courts reversed the final amount, leaving her with just £50,000, much of which was taken up in legal costs. It demonstrates that sometimes, continually contesting a ruling can in fact be counter-productive.

Leaving a child out of your will

To avoid all the potential unpleasantness that comes with contesting a will, there are things that you can do to avoid the situation in the first place, when initially drawing up the will document.

If you do decide to leave someone out then it’s important you make your reasoning clear, preferably in writing. Known as ‘attendance notes’, they can be left with your solicitor for up to six years and show that the child was considered, and that the final decision was not a ‘spur of the moment’ impulse, but a measured and carefully thought-out choice.

If you are suffering from dementia (even in the very earliest stages) then it’s important that a doctor testifies that you are of ‘sound mind’ and are fully mentally aware of the contents of your will. Having your doctor act as a witness puts a seal on this and could help prevent the will being questioned later on due to the grounds of mental incapacity.

Rather than cutting someone out entirely, it may be a good idea to leave them a token gesture or offer an inheritance amount on condition that the child does not contest the will.

Finally, one of the best ways of ensuring a fair distribution of your estate is to place it in trust, as long as it is not obvious that it has been done to deprive a child of their inheritance. The money will be controlled by the trustees, and it’s usually only worth doing this if the amount exceeds £20,000.

If you’re having trouble deciding how to draw up your will, or if you are thinking of omitting a close relative and you want to ensure your wishes are adhered to, contact us.

At Stephen Rimmer LLP
Telephone: 01323 644222
Email: enquiries@stephenrimmer.com
Website: www.stephenrimmer.com
from struggling to keep cool to turning on the heating. At the same time there’s Halloween, bonfire night and the dark evenings which lead up to Christmas.

I started wondering what everyone makes of Halloween and November 5th so I asked around and began to realise that due to religious beliefs Halloween is not necessarily light hearted. Vicki told me that she ‘can’t stand seeing kids dressed up just for a night of free sweets.’ Her church holds a ‘light party’ (based on ‘light of the world’) with fun activities for the children. Another friend told me their church has an alternative party also with fun, games and treats for the youngsters. He feels the whole affair has become commercialised, which of course it has. He told me that, as a family, they celebrate bonfire night, but also pointed out the irony that the protagonists were considered the terrorists of their day!

It’s also been suggested that Halloween has no relevance in British culture. It’s an interesting thought; what do you think? My search reveals that its origins date back to the ancient Celtic festival of Samhain (pronounced sow-in) celebrated by the Celts 2,000 years ago. I guess my friend is referring to the current manifestation of ‘trick and treating’ as a relatively recent innovation. However a quick search tells me differently. It seems the people who believed that evil spirits arose that night would disguise themselves by dressing up as demons, thus appearing to be one of them. At this time poor people would also go round begging for food. (References to websites below). Now to local opinion of those that matter, the kids themselves.

“Will you be celebrating Halloween?” I asked two boys in Morrisons. They gestured towards their trolley containing three large pumpkins and said after they’d made lanterns there would be plenty of pumpkin soup. (So much for sweets). I chatted with two lads in Polegate (around 11/12 years old I guess). One told me “I think it’s kind of weird, knocking at people’s doors asking for candy.’ (Note the Americanism here I would still call them sweets). They would, however, have some kind of celebration at school with fireworks, although it wasn’t clear exactly when. These boys also told me they objected to the ‘trick’ bit and thought it should be a treat for something in return and this is a sentiment I wholly endorse. A poem, song or just an interesting fact, anything to claim the gift is earned.

I wonder what our readers think about the zombie walks; there will be many of them on October 27th including one in Eastbourne. Looking at the adverts they are all hoping to collect money for various charities. By the time this goes to press these walks are likely to have raised several thousand for well deserving good causes so I leave it to you to decide how you feel about such events. Lisa tells me she’s going on the Bristol zombie walk: “It’s just a chance to dress up and be silly.” I can tell you she never went trick or treating, it didn’t seem to be such a big deal when she was a child in the 1980s.

So, what happens on November 5th? It appears most people will celebrate in the usual way, but the question has been lost in the discussion. The origin of the Gunpowder plot in 1605 is a story we learn in our childhood, but of course that was also of religious significance occurring in troublesome times when through successive reigns both Protestants and Catholics were routinely persecuted for their beliefs.

This is all food for thought, what do you think? And me? I think it time I wished all our readers a very Happy Christmas and spectacular New Year.

Vera
Warm Home Check Service

The Warm Home Check service offers advice to anyone who struggles to afford to keep warm at home. It also provides eligible vulnerable households with a holistic energy and fuel poverty focused home assessment. This can include:

- advice on how best to keep their home warm/reduce energy costs
- advice on financial support available to help with heating costs
- minor home improvement measures such as improving pipe insulation, draught-proofing, boiler service.
- subject to funding being available, the Service can also coordinate & source funding for the installation of heating & insulation measures available through schemes such as the government’s Energy Company Obligation (ECO).

An emergency temporary heating scheme is also available.

For more information about eligibility and to contact the Winter Home Check Service phone free on 0800 085 1674 • email whc@osborneenergy.co.uk • visit eastsussex.gov.uk/keepwarm

Benefits & Debt Advice Project

Contact us now for FREE confidential and impartial benefits and debt advice:

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benefitseastsussex@harcuk.com

Billions of pounds of welfare benefits go unclaimed every year*.

Our expert benefit advisers are on hand to answer your questions and we provide face to face advice and support for people with complex benefit issues. We also provide expert Debt advice for people with long term physical and mental health conditions. Both services are available in the Hastings, Rother, Eastbourne, Hailsham and Seaford areas.


East Sussex Carers Card

Are you signed up yet? Register now to get discounts at many retail and leisure venues in East Sussex, at:

www.cftc.org.uk/get-a-carers-card

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FEB /one.lf/eight.lf /one.lf/six.lf-/one.lf/seven.lf /three.lf/one.lf/six.lf

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Do you write poetry or short articles?
We would love to hear from you for inclusion in this newsletter. Please contact the editor.

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benefitseastsussex@harcuk.com

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Make savings with automatic energy switching service

Look After My Bills is a new service that aims to protect against price rises, by switching your energy supplier for you. Founded by two friends who wanted to make saving money and time much easier. Call the support team on 020 3950 1166, or email at support@lookaftermybills.com

East Sussex Carers Card

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www.cftc.org.uk/get-a-carers-card
Sussex Police ran their autumn burglary prevention and awareness campaign – Operation Magpie – this Autumn during the week after the clocks changed.

There were 644 burglaries across the force in September 2017, but this fell to 518 in September 2018. The autumn campaign aims to maintain this decrease, as well as raising awareness about how you can protect your own home.

During the week there was prevention advice to specific communities as well as social media posts, in an effort to prevent burglaries from happening in the first place.

Detective Chief Inspector Alasdair Henry, Sussex Police burglary lead said: “Operation Magpie acts as a reminder for residents and business owners to keep their property safe and reduce the chance of being burgled.

“Despite Sussex being one of the least likely areas of the country to be a victim of burglary, we still need to work together to ensure our dwellings and work premises are secure from intruders. At this time of year I would encourage people to remind themselves of our crime prevention advice advertised through our flyers and social media messaging out this week. Please also help us by recording details of your valuable property on the free to use “Immobilise” website.

“Tackling burglary is business as usual for our teams, and we will be focusing our resources across Sussex to undertake high visibility patrols and to provide crime prevention advice in selected areas. We’ll also aim to keep you up to date on our efforts to prosecute criminals linked to this type of crime via our local district social media accounts.”

Of the 43 UK police forces, Sussex is rated as fifth highest in the national league table as one of the least likely places to live and be burgled.

Communities can work together to prevent crime. By joining an existing Neighbourhood Watch scheme or becoming a NHW coordinator your community can be stronger together.

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The Good Life Show

This year the View Hotel on the seafront was the venue for the ever popular Good Life Show. 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.

This year was the seventh year of the show which has had to move the last two years from its well established format in the Winter Gardens. The Show was sponsored by a group of local companies Heringtons Solicitors, The Chasley Trust and Meads Care.

The show which was visited by the Mayor of Eastbourne, other councillors and 900+ attendees were kept amazed by the expertise of Magician Marko. Refreshments were available and there was a tombola with excellent prizes provided by local hotels and businesses.

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

Enquires for 2019 should be sent to: goodlife@esf-online.org
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**Safe from Harm**
A service to provide support if you are experiencing anti-social behaviour, hate crime or harassment
Tel: **07825 409 552** or email **safefromharm@sussexcommunity.org.uk**

**Help looking after your feet**
East Sussex Age UK  Tel: **01273 476704** or email **footcare@ageukeastsussex.org.uk**

**Deaf, Hard of Hearing and Deaf Blind People Contact**
Tel: **01323 722505 or 07950 855580**

**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](http://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**