



EASTBOURNE SENIORS FORUM

THE OVER FIFTIES FORUM

www.esf-online.org

Winter 2011 Newsletter Issue 8

A Message from the Chair

Dear Members,

As we move from what have been some really warm late summer days towards the winter, and we view what is going on around us, especially in Europe, we might be tempted to pull the curtains, snuggle down and wait for Spring. Instead lets be positive and get involved in all the good things that are going on, keep active, dress up warm and go for walks, or get out to a coffee morning (See article below) It's amazing how many different types of activities are going on in Eastbourne especially for Seniors, no one needs to be lonely but sometimes a bit of effort is needed to get out and about. Is there someone you know you could go and encourage ...they will appreciate it and you will feel loads better for having done it.

I was very encouraged when visiting one of our members recently and she said 'I haven't been too well lately and my husband died last year so I haven't been out for a while, and my daughter said, Come on Mum lets go to the seniors 'Healthy Living' event, so we did and I really enjoyed the afternoon It took me out of myself.'

As our next newsletter will be in February I want to take this opportunity to say that I hope you will all have a very Happy Christmas and a Peaceful New Year whatever your circumstances - we have so much to be thankful for in this country and especially in Sunny Eastbourne! In the words of one of my favourite carols... "Joy to the World"... may the wonders of His love be yours as you read this. **Steve Thornett**

ANYONE FOR COFFEE?



Not the most athletic of activities but for us of more mature years it gets us out of our castle and can present a challenge.

It's a paradox that, for some of us, as we get older, instead of confidence and fearlessness with those years of life's experience behind us we are exactly the opposite! Slowing down inside a less agile body, with perhaps a few health issues starting to show, ignites those fears to drain the confidence away.

It's always a daunting experience to go somewhere on your own. "I won't know anybody"; "Nobody will talk to me". But how about "I can meet new people"; "I can make new friends"; "It'll be warm and friendly". That's what I consider the Coffee Morning is all about.

From my childhood it was a few mums getting together to share their child focussed lives. Nowadays charities or groups hold a Coffee Morning to raise a few quid for their cause in an informal, welcoming and friendly environment. It's still the main reason but I consider that the overriding outcome is that people meet and make new friends; it is an opportunity. Opportunities give you a choice; opportunities open doors; opportunities initiate change. I visit St John's Parish Hall every Friday for the Paperback Library & Coffee Pot. Did you know that way back a whole community would live in the 'hall'?

Can't imagine it sharing everything with my neighbours but that was a very long time ago. Only as we 'progressed' and moved to reside in our own castles did our 'community' scatter. Nowadays throughout Eastbourne small groups are occupying the 'halls' to bring a bit of community back into our lives. However, it's not just in the halls but also in small cafes and in our homes where the Coffee Morning lives. Also, it's not just coffee either there are activities too, U3A has lots going on in Eastbourne. We're a long way from a few mums getting together to swap gossip!

A few members have shared their coffee choices with me and please excuse me if the list is missing yours.

So if you live nearby and fancy a coffee then try:-

Mon-Fri 10 - 12 Central Methodist Church, Pevensey Rd;
Tues 10.30 - 12 Community Centre, Maywood;
Avenue (St Mary's Church, Willingdon);
Weds 9.30 - 11 Christ Church, Seaside (Hanover Rd);
Weds 10 - 12 Victoria Baptist, Eldon Rd,
Weds 10 - 11:30 Seamoors Café waterfront at
Sovereign Harbour;
Thursday 10.30 - 12 in Church Hall, Church Street,
Willingdon. (St Mary's Church, Willingdon);
Friday 10 - 11.30 at St John's Parish Hall, Meads;
Regular events at St Richard's Church, Etchingham Rd,
Langney.

Are You Living on a Low Income?

If so we are planning something for you. Senior Forum Members have been meeting to discuss how we can help people over 50 living on a low income and we have decided to put on a series of seminars later on in 2012 on the following subjects

- Managing on a Low Income (changes to welfare system, maximising income)
- Retraining and Employment for over 50's
- Accessing legal services, how are individuals going to access services, information and advice after the reforms
- Government Changes to include the Department of Works and Pensions and Eastbourne Borough Council
- Fuel Poverty



We are planning to hold morning meetings say from 9.30 -1.00 to discuss these issues and invite speakers to address us.

Living on a Low Income Focus Group, meets regularly. Please contact us if you are interested in being involved

New Service from Age Concern, Eastbourne

AGE Concern, Eastbourne, is extending their Advice and Information service into the community around Eastbourne then further afield once the service becomes established. We are working in partnership with Eastbourne Homes - utilising the facilities within some of their sheltered schemes. The first session was at St Mary's Court, Church Street, Eastbourne; further sessions are now booked as follows:

Gwent Court, St James Road, off Seaside
Thursday 24th November 10 – 1

Upwyke House, Green Street – Old Town
Thursday 1st December 9.30 – 1

Willingdon Trees Community Centre
Tuesday 6th December 11 – 2

We are continually adding new locations so for further information contact Rowena Reeve on 01323 638474 (extension 55).

AGE
Concern



FRIDAY, October 7, saw the launch of Eastbourne's latest UK Online Centre at St John's Parish Hall in Meads.

Coffee Pot Computing is now part of the regular weekly Paperback Library and Coffee Pot held every Friday morning. Revd Alyson Lamb congratulated the organisers Lynne Kiernan, Pauline Rendall and Colin Akers. The Paperback Library and Coffee Pot provided an ideal environment to help overcome the fear of computers as visitors can see computer users enjoying themselves at their laptops.

As one of the registered Centres in Eastbourne, *Coffee Pot Computing* provides support to each learner helping them gain the skills and confidence needed to use a computer and the Internet through free and easy courses. Lynne Kiernan welcomed the participants to the Centre and stated that laptops are provided but learners can bring their own if they prefer. Learning topics covered include the keyboard, the mouse and emails, searching the Internet and how to access public services. All learners follow the course at their own pace, in a small, friendly group and an important element is to enjoy the experience. If it's not fun it's not for you.

So if you don't know the difference between Broadband and the Internet, and you are still being frustrated by a five year old doing it all for you; then come along to one of the sessions that are held every Friday morning from 10:00 till 11:30.

Other UK Online Centres in Eastbourne are :-

Eastbourne Library; Monday to Saturday;
call 0345 6080196;
Gildridge Park Café: Tuesday and Thursday
12:00 till 14:00: call 01323 720072;
C and D Training, Room 4b, DPB, Compton Road:
Monday to Saturday 09:00 till 16:00: call 01323 720072;
Global Information Centre: Unit 2 90A Tideswell Road:
Monday to Friday 10:00 till 17:00: call 01323 431770.

They are all ready to help you Get-Up-To-Speed online and travelling on Eastbourne's new faster broadband that's planned to arrive sometime next year.

**For any further information please
phone: 07872 030 297**

Southern Housing Group Limited is a charitable housing association

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Unlocking the potential
of people and places

New Street Trading Arrangements in Eastbourne

The Council is keen to understand what local people think about changing the street trading rules and regulations in the town. The new proposals are designed to be simpler. The plan is to make all streets in the Borough 'consent' streets – in other words streets where you will need a 'consent' to trade. The exceptions will be A roads and where the speed limit is above 30 mph, and the seafront.



This means that anyone wishing to sell anything on the street will need to apply to the Council for a license and there will be checks and approvals required to do this. One of the checks will be to ensure that mobile food sellers are up to standard.

There are also plans to include a regular street market in the town centre. The Council is keen for people to let them know what they think about a market – what type of products to be sold; where it should be held and which day of the week would be preferred and also whether there are any particular issues for any group of people. The only time a market can be permitted on the seafront will be as a one-off event or part of a larger event it will not be a regular event.

There is a questionnaire on the Council's website www.eastbourne.gov.uk/streetmarkets and everyone is welcome to participate. The closing date for responses is 2nd January 2012 but the sooner you have your say the better. The council will also accept your response in a letter if you wish – send all responses to:

Karen Plympton, Licensing Manager,
1 Grove Road, Eastbourne BN21 4TW.

Healthy Living Event

On Oct 5th we held this event in the Congress Suite. It was a great success, attended by over 150 people with some 20 display tables from lots of services for seniors. We had talks on dementia, continence and fitness as well as dance and a choir. Members put on a very thought provoking drama highlighting incidents of elder abuse which encouraged a great response ...one actor was severely criticised for being so unkind to the patient!!



Based on an analysis of our response forms, an overwhelming majority voted the whole event as Good to Excellent. For the first time we held a raffle with some very worthwhile prizes (all given by members) and raised at least £125 towards the cost of the event.

Our **Health and Wellbeing Focus Group** will be meeting again on thursday 8 march 2012 at Broadway United Church Hall to discuss next years event. Please come if you would like to be involved.

Look on the Bright Side

"I can still bend down and pick up a ball" said Rachel Hayhoe Flint - Britain's lady cricketer aged 72, "but then I can't remember what to do with it".

Don't forget your Flu jab.

Its free (and painless!) so make an appointment with your GP.

eastsussex.gov.uk

EASTBOURNE
Borough Council



Is your concessionary bus pass due to expire on 31st March 2012?

East Sussex County Council will send out new bus passes at least a week before the date of expiry.

If you have changed your name or address and haven't notified us, please notify either:

- the concessionary bus pass team on 0345 60 80 194 or buses@eastsussex.gov.uk;
- your local East Sussex library staff; or
- Eastbourne Borough Council helpdesk on 01323 410000 or enquiries@eastbourne.gov.uk

Requests for replacement bus passes due to a change in details which aren't notified before the end of January 2012, may result in a delay in receiving your new bus pass and you could also be charged a £5 administration fee for a replacement bus pass.

www.eastsussex.gov.uk/publictransport

Committee Member

It is with sadness we report the passing of one of our members Finn O`Shea on Thursday 13th October. Finn who was 73 had been suffering from cancer for some time but was always a bright and helpful member of our committee. The funeral service was at St. Peters, Hampden Park on 4th November.

Change of Date...

Eastbourne Herald's **East Sussex Over 50's Show** has been postponed from Nov 12/13th until April 28/29 2012.

Look on the Bright Side

Earl and Bud were sitting quietly in their boat fishing and having a beer, when suddenly Bud says, "Think I'm gonna divorce the wife, - she aint spoke to me in over 2 months"

Earl takes a long, slow sip of beer and says, "better think it over.....women like that are hard to find....."



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Membership is Free

We are, as you know a voluntary, self funded organisation and apart from a generous support grant from ESCC and occasional other sources we raise our own funds through advertising in our various productions and through other gifts. We have no intention of starting to charge for membership but at the same time would greatly appreciate any gifts towards postage etc that you might feel able to make and any contacts you might have who would be interested in advertising with us or supplying flyers for posting.

ESSA NEWS

With this newsletter you will receive the ESSA Autumn/Winter newsletter which covers most of East Sussex.

N.B. Please see the article on page 2 on capital digital switch over help.

Member Notes

In this issue you will find some adverts or flyers with details of services or suppliers who we think will be of interest to you. These suppliers pay towards the cost of posting out our newsletters which helps us a lot and if you use them please say where you heard about them.

Our Website

www.esf-online.org

If you are a silver surfer, have you visited our website recently?

Do take time to visit us and also comment on the site and its usefulness.



Wills * Powers of Attorney * Asset Protection *

FULL ADVICE WILLS 01323 741200

www.APWW.co.uk

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PO BOX 3080

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Tel: 01323 479846

Email: info@esf-online.org

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