Dear friend please see our latest ESF eNews Bulletin containing some local and national items that we hope will interest you.

Message from the Chair

The end of the year is fast approaching and the colder weather of the last few days is reminding us that Winter is also on its way. What an eventful year 2017 has been! At all levels, major, life-changing decisions and choices have been made, paving the way for a new era, bringing feelings of excitement and/or uncertainty.

Many consultations took place locally and regionally about a number of issues, which affect our Community. Providers have recognised the bigger need to network with as many organisations, groups and individuals as possible so that their voices are heard and their feedback taken into account to guide improvement in services. ESF received and responded to a number of networking invitations. It is therefore important that you, ESF Members, share with us your views, experiences, concerns that can help influence changes. Having your views shared is what ESF stands for and so I would like to draw your attention to the Consultations we have included in this e-News. The Libraries; ‘Equality Objectives’; ‘Stand Up for Sussex’ and the ‘Community Transport’ petition. In addition you may wish to support the ‘Painful Journey’ campaign with AgeUK.

Finally, as we all prepare for the festive season and look forward to Eastbourne’s programme of events including the Winter Wonderland Christmas Market, I should like on behalf of the ESF Committee to wish you all a Merry Christmas and a Happy New Year.

Nadine Harris

Health & Well-being

NHS Clinical Commissioning Group (CCG) Annual Report 2016/17

The aim of the CCG is to support “the health and care needs of the patients we serve in the Eastbourne, Hailsham and Seaford areas, moving towards a single health and care entity for our local area in the future”. This is an unusually readable summary report, packed with facts and figures and two emotional case studies. Visit CCG-Website to find out how you can get involved.

The CCG spent £287m on healthcare services for more than 193,000 local residents in 2016/17. Visit www.eastsussexjsna.org.uk to see how the money was spent from a budget of £292.7m.
During 2016/17 services and projects launched by the **East Sussex Better Together** programme went from strength to strength. Go to [www.eastsussex.gov.uk/esbt](http://www.eastsussex.gov.uk/esbt) for full details. Recommended reading and have particular local interest are the **Crisis Response Service** (tel. 07972242134) and **Working Together for You**

**Need a friendly voice?**

A reminder about Friendship Services, someone to chat with to help brighten your day run by Age Concern Eastbourne. Tel. **01323 749034**, Email [info@ageconcerneastbourne.co.uk](mailto:info@ageconcerneastbourne.co.uk) or look online: [www.ageconcerneastbourne.org.uk](http://www.ageconcerneastbourne.org.uk). Befriending, Forget Me Not and the Friendship Circle are some of the most important services for older people in the Eastbourne area, offering long-term support to people who live alone and do not have family or friends living nearby.

*Step with care and great tact, and remember that Life's a Great Balancing Act. Dr Seuss*

Answer these six simple questions and find out how if you can reduce your risk of falling. No wrong answers...

1. Are you taking four or more medicines?
2. In the past year, have you experienced:
   - Blackouts; dizziness; fainting or waking up to find yourself on the floor?
3. Have you had an eye test in the last two years?
4. Have you fallen in the last year?
5. Do you have problems with your strength and balance when walking?
6. Do you have a fear of falling?

**Answers:** If you answered **yes** to any of these please call Health & Social Care Connect on 03456080191

**More information and advice:**

Contact Age UK on 0800 1696565 to request a copy of the Staying Steady leaflet. Also available from [www.ageuk.org.uk/publications/health-and-wellbeing-publications](http://www.ageuk.org.uk/publications/health-and-wellbeing-publications).

More information on falls is available from [https://www.nhs.uk/conditions/Falls/](https://www.nhs.uk/conditions/Falls/)
**Made you jump? Trampoline Clubs**


Email: sports@eastbourne.gov.uk

**Crime & Safety**

Sussex Police Precept 2017/18 *Strengthening Local Policing*. Gives useful numbers and information including details on how the budget is spent from Katy Bourne, Police & Crime Commissioner for Sussex

[https://www.sussex-pcc.gov.uk/](https://www.sussex-pcc.gov.uk/)

**SCAMS**

**Shopping till you Drop?**

**How To Shop Online Safely**

**Check the web address**

Always check you’re on the correct website. Criminals can set up fake websites that have a similar design and web address to the genuine site.

**Is it a secure connection?**

Web pages you enter personal or financial details into should display a locked padlock sign and have a web address that starts with https. This means your connection to the website is secure.

**Phishing**

Don’t click on links or attachments within unsolicited emails. The number of online shopping related phishing emails increases significantly during the holiday period.

**Bank transfers**

65% of Action Fraud reports during the 2016 Christmas period were linked to online auction sites. Don’t pay for goods or services by bank transfer unless you know and trust the person. Payments via bank transfer offer you no protection if you become a victim of fraud.

**Happening in Meads**

Roy Peacock, of Meads Neighbourhood Watch, has been alerted to a lady cold caller trying persistently to arrange to call and demonstrate a security alarm system. She just did not want to listen to the words "NO THANKS". The caller's mobile phone number is **07516158683**. Should anyone have such a call and the number is the
same, please report the call to "101" or by email to 101@sussex.pnn.police.uk

Roy also mentioned three Garage Break-ins or attempts to break in that happened overnight, 26/27th November. These darker nights need everybody to stay vigilant.

**Environment**

**In the bin?**

Confused about Re-Cycling? No need to be with the latest guide from Eastbourne Borough Council (email customerfirst@eastbourne.gov.uk) giving helpful advice on what or what NOT to put in your re-cycling bin. Also if you register with Bourne to Recycle www.eastbourne.gov.uk/bournetorecycle you will be entered into a monthly prize draw with five households each winning a tempting £100.


**Dogged days?**

Did you know, as from April 2016 it became a legal requirement that your dog is micro-chipped and dogs must wear an identification tag? In Eastbourne, dogs must be on a lead from 1st May-30th September on the promenade; are not permitted to be on any beach between the Wish Tower and the Pier; the gravel paths, western lawns and any other beaches are all dog friendly. Toxocariasis is a horrible disease caused by dog fouling and can lead to blindness. Failure to clear up dog fouling from an area where public have access is an offence and you could be liable for a £75 fixed penalty notice.

http://www.lewes-eastbourne.gov.uk/environmental-problems/responsible-dog-ownership/

Check out the free Poo bags at the Town Hall.

**Get With IT**

**What is App–ening?**

We’ve already mentioned the EBC Report IT App which, when you have got the hang of it, really makes you feel good when you tell the Council to fix something! However, if you have got an iPhone or Android phone and still using it just to make phone calls? Why not take a look at some of the other benefits of that Smartie Device you have!
https://myageingparent.com/technology/communication/top-ipad-apps-for-the-elderly/

Or try this

https://techwiser.com/android-apps-for-old-people/

Some of the items mentioned on this site are just incredible and if you have somebody who likes to help with your phone very handy.

Lastly, if you are determined to learn IT why not take a look at

https://www.digitalunite.com/guides

Money-Money-Money

The Budget Report – from AgeUK

https://www.ageuk.org.uk/information-advice/money-legal/budget/

Transport

Community Transport

Implications of DfT threat to Section 19/22 permits

The Department for Transport has announced its intention to enforce EU regulation 1071, which means that all community transport operators will have to obtain an Operators Licence and all drivers will have to apply for a Certificate of Professional Competency (CPC) or a PSV. If this is implemented the cost to operators will be punitive and many may be forced to cease operating. Operators are writing to their MPs and a petition has been set up, as well as a pressure group campaign. Nationally, The Campaign to Challenge the DfT’s Proposed Changes to s19 and s22 Legislation estimate that at least 1,000 community transport groups will be affected operating, between them, some 6,000 minibuses and delivering some 40 million passenger trips a year. The community benefits from the input of 25,000 volunteer drivers, some driving regularly and some occasionally, but between them donating at least 10 million hours of their time every year. Currently most CT operators provide MiDAS (Minibus Driver Awareness Scheme) training, and it is suggested that this is equivalent to, or even superior to the CPC qualification.

Want to have your say? Then click below:-

https://you.38degrees.org.uk/petitions/save-community-transport
Ever Missed Your MOT!

Sign-up to get free reminders by text message or email when your car’s MOT is due. You’ll get a reminder one month before your MOT is due. You’ll get another reminder if you still haven’t had your vehicle tested 2 weeks before your MOT is due.

You can be fined up to £1,000 for driving a vehicle without a valid MOT. Sign Up Now

Are you being de-railed over Christmas?

In keeping with their regular standard operational traditions Southern Rail are taking the opportunity to support your Christmas journeys with no services on Christmas and Boxing day and reduced services, with no doubt delays and cancellations, to ensure that in future the services will be improved. Network Rail have been charged with providing the message with all the details below


Consultation Stuff

Passionate about Your Library? Consultation on ‘proposals’ to close 5 Community Libraries around Eastbourne, the mobile library and volunteer visits to the housebound, closes on 14th December. Please, please, please take the trouble to pick up a consultation questionnaire from your local library (which may be closed by this time next year), or visit https://consultation.eastsussex.gov.uk/economy-transport-environment/draft-strategy/ to fill in the questionnaire on-line. Once these services have gone, they will never return. This is your last chance to make a difference!

All things being equal?

Your Council has initiated the following consultation with these guidelines

1- Eliminate unlawful discrimination, harassment and victimisation and any other conduct prohibited by the Equality Act;

2 - Advance equality of opportunity between people who share a protected characteristic and people who do not share it (for example by meeting specific needs, minimising difficulties faced or encouraging participation in public life); and

3. Foster good relations between people who share a protected characteristic and people who do not share it.

More information and an online option for having your say at
councils equality objectives Please complete before 15th December 2017.
Campaigning Stuff

AgeUK are running a campaign about Painful Journeys highlighting the problems of older people getting to and from doctors or hospitals. They need your help to persuade our MP and others to do something. You can find out more details via their website at https://www.ageuk.org.uk/our-impact/campaigning/painful-journeys/

Stand-Up-For-Sussex

Still open for you to add your name to ask the Government for more of a fair share for East Sussex.

https://www.eastsussex.gov.uk/yourcouncil/consultation/stand-up-for-east-sussex

On this day..

On the 1st December in 1990 Channel Tunnel sections started from the United Kingdom and France meet 40 metres beneath the seabed.

Local Events & Organisations

JPK Project Coffee Morning & Christmas Fair takes place on Thursday 7th December at the Old Parsonage, St Mary’s Church in Old Town BN21 1PW from 10:30am to 12:30pm. Free entry.

It’s a pleasure being All at Sea?

The Allchorn Maritime Trust is looking for supporters to reintroduce their pleasure boats. You can visit the boat shed at Fisherman’s Green on Mondays and Tuesdays from 9:30am to 3:30pm to see how they are progressing.

Or are You All Alone?

The Rotary Club of Eastbourne is seeking those who may be alone at Christmas to attend a festive lunch and party on Christmas Day at Our Lady of Ransom Church. The event runs from 1pm to 4pm and there is no charge and free transport for those needing it. Unfortunately, there are no wheelchair facilities so guests must be sufficiently agile to get into a car or mini-bus. If you know of anyone contact Dennis Thompson on 01323 749329 or 07808 761166.

Lighting Up Eastbourne?

Neon Noel, the Christmas animated light show, will light up Eastbourne Town Hall for the third year running.

The festive light, music and laser show spectacular takes place over the weekend of December 1-3 with a second show scheduled on the weekend of December 8-
10. Then finally, for the weekend of December 15-17. The venue will once again be the Town Hall and the display times are 4:30pm; 5:30pm and 6:30pm.

In addition, there will be a Christmas market in the town centre from Saturday December 9 to Sunday December 17. A Stagecoach Vintage Bus will run between the Town Hall and Christmas market. All money raised through bus fares will be donated to the RNLI.

**Xmas Bandstanding!**

Don’t forget the Christmas and New Year’s Concerts at Eastbourne’s Bandstand. On Christmas Day from 10:30am until 12:00pm, Eastbourne Silver Band will be giving you the chance to enjoy along with friends old and new some of the Christmas songs.

On Boxing Day and New Year’s Day from 11:00am until 12:30pm it’s the turn of The Ray Campbell Dance Band. All free from charges.

**Christmas - When I was five**

A holly wreath hung on the door,  
Open presents strewn across the floor,  
Our Christmas tree with lights so bright,  
We’d worked so hard to get that right.  
Roasted turkey and sprouts, the taste divine,  
Rich, fruited cake, with an iced design,  
Candles lit, it’s so much fayre,

Crackers pulled, a riddle to share.  
Carol singing out in the snow,  
Our Snowman built with eyes aglow,

At the end of it all it’s a family day,  
That celebrates a life in a special way,

A merry, merry Christmas Day.

(with apologies and thanks to Ernestine Northover)

**Did You Know**

The oldest word in the English language is 'TOWN'

**Thought for the day**

"I like nonsense – it wakes up the brain cells” Dr Suess
Publicity

Please let your friends and neighbours know about us and get our messages out there. A simple Forward of this email to all your friends in Eastbourne helps spread our news. Also, if you have any items you would like us to include in our messages please let us have them.

Notices of publications, events and services do not necessarily carry an endorsement by the editor or ESF, nor do they represent the views of ESF.

Except

MERRY XMAS

From us all at Eastbourne Seniors Forum

SF-Digital: Getting IT together for older people in Eastbourne

If you wish to make any corrections or you no longer wish to receive email NOTICES from ESF please advise to info@esf-online.org