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

Chair’s Message

Welcome to our pre-election Day edition. All we can say is that with such important issues at stake, and despite the horrific events over the last weeks, make sure you take your opportunity to vote.

This will be my last message as chair of ESF as I am stepping back at our AGM along with two other members of our committee. If you now feel you have some spare time and want to help then please contact me. Our AGM will be on 15th June and new committee members will be announced then. We would like to see you and just to remind you it’s at St Saviours Church Hall, South Street, BN21 4PA. There has been a change of speaker for our talk about Telecare and Technology Enabled Care Services. It will be John Redford, Project Manager for Technology Enabled Care Services. We start around 2pm.

Finally, may I wish you all a safe and enjoyable summer, watching tennis, visiting the bandstand or walking along our glorious promenade.

We have a most beautiful place to live so let’s get out and enjoy it to the full.

Best wishes

Beryl Newson

Health & Well-being

Public Events from ESHT

Please see below details of a public event East Sussex Healthcare NHS Trust (ESHT) is holding on the 13th June 2017 from 09.30 – 13.00 hours. If you are interested in attending, please follow the booking instructions directly with the Trust.

https://www.eventbrite.co.uk/e/change-the-way-east-sussex-healthcare-nhs-trust-works-public-forum-invite-tickets-
If you can’t make it on the 13th then perhaps this is of interest also from ESHT?

**Cardiology open day: 14 June 2017**

You are invited to see and support your local cardiac services in East Sussex. To attend it is important that you [register online here](#).

Come and find out how they diagnose, assess and treat patients with heart problems when the East Sussex cardiac care unit at Eastbourne hospital opens its doors. You will be able to visit their labs and see where they perform those procedures. A range of consultants and staff will be on hand giving talks, answering questions and demonstrating the cardiac equipment.

Details: The open day is on Weds 14 June 2017, from 14:00 to 17:00 Eastbourne District General Hospital in Kings Drive. Please come to the main reception.

Travel: Information about [car parking is here](#) information about [public transport is here](#)

**Are you having Brain Waves?**

Is you eating brain food? Check out this article from Saga.


**HealthWatch Survey  Your views on patient transport**

Healthwatch would invite you to share your views about the experiences you have had using the Patient Transport Service, to take you to and collect you from your hospital appointments. They understand recently that
there have been challenges and changes with this service, and this short survey gives you the opportunity to feedback about the quality of the services you now receive. They would like to ask you about your experience of booking the service, your journey to and from appointments and your overall thoughts about the vehicles and staff.

You can complete the short survey by clicking here

It should only take approximately 10 minutes to complete.

Crime & Safety

There seems to have been another surge of Cold callers to landline numbers in the Meads Ward advising that your computer is being affected by a virus or that your router is sending us messages to say that it is holding a virus until the computer, laptop, tablet or mobile phone is used via the router.

These callers are bogus and do not deserve our time talking to them, although at times I find myself trying to determine their frustration level.

What they are seeking to do is to gain access to your computer, after which many things can be done be them. We know this because of incidents that have occurred and widely reported in the Press, Police and Alert messages.

The calling line identity is often NOT AVAILABLE, and if there is one it is usually NOT AVAILABLE when dialled

Smishing – the term used for SMS phishing – is an activity that enables criminals to steal victims’ money or identity, or both, as a result of a response to a text message. Smishing uses your mobile phone (either a smartphone or traditional non-internet connected handset) to manipulate innocent people into taking various actions that can lead to being defrauded.

The National Fraud Intelligence Bureau has received information that fraudsters are targeting victims via text message, purporting to be from their credit card provider, stating a transaction has been approved on their credit card.

The text message further states to confirm if the transaction is genuine by replying ‘Y’ for Yes or ‘N’ for No.

Through this method the fraudster would receive confirmation of the
victim’s active telephone number and would be able to engage further by asking for the victim’s credit card details, CVV number (the three digits on the back of your bank card) and/or other personal information.

**Protect yourself:**

Always check the validity of the text message by contacting your credit card provider through the number provided at the back of the card or on the credit card/bank statement.

Beware of cold calls purporting to be from banks and/or credit card providers.

If the phone call from the bank seems suspicious, hang up the phone and wait for 10 minutes before calling the bank back. Again, refer to the number at the back of the card or on the bank statement in order to contact your bank.

If you have been a victim of fraud or cyber crime, please report it to Action Fraud at [http://www.actionfraud.police.uk/](http://www.actionfraud.police.uk/) or alternatively by calling 0300 123 2040

**Environment**

Electronic gadgets and items are now an essential part of our everyday lives. Technology is changing and developing at a fast pace and as we all try to keep up, we find ourselves left with electrical waste that we’re unsure what to do with. For every 5.9kg of small electricals purchased in 2012 (the average amount per person), only a fraction of these items (1.8kg) were sent to be recycled. Recycling electrical items is important as they may contain hazardous materials that could contaminate our soil and water if they end up in landfill. How do you know it can be recycled?

It’s easy to check if an electrical item, toy or game is recyclable. Simply ask the following questions and if the answer is yes (to any of these) - it is recyclable:

**Does it have a plug? Does it use batteries? Does it need charging? Does it have a picture of a crossed out wheelie bin on it?**

**Local Out and About**

*Phoenix Choir 10th June*
An evening of musical sunshine and shining night from 7:30pm at All Saints Church, Grange Road, Eastbourne. Tickets £14 at the door or for more information visit https://www.phoenixchoir-eastbourne.co.uk/concerts

**Sussex Day 16th June**

Don’t forget it’s our County Day soon and Sussex Police along with Heritage Eastbourne are holding an event to celebrate Sussex Day at the Redoubt Fortress in Eastbourne from 10am until 3pm. You can take a journey through the history of policing seeing artefacts - uniforms, photographs, batons and more from the beginning in 1840. Entry is free to the displays although there is a small charge to the rest of the fortress.

**Great Get Together Walk (Eastbourne) 16th June**

From 14:00. Meet at Eastbourne Pier and it’s free.

As part of the National Great Get Together event on the 16th June, Devonshire West Big Local and East of the Pier Heritage Trails have joined forces to organize a history walk through Devonshire West! Want to learn more about where you live whilst taking in some summer sun? Or maybe you know the area well and want to share your memories? Then join us at Eastbourne Pier at 2pm! The walk is for all ages and abilities and will end at Seaside Community Hub at around 2:45pm for tea, cake and fun! No booking required.

**European Stuff**

*We Are Roaming, We Are Roaming, Costa packet, Cross the sea!*

Mobile phone roaming charges end throughout the EU on 15 June. This good news means you can keep your phone on while travelling across the EU.

*Full Board Fraud?*
British tourists who make fraudulent claims of food poisoning after going on all-inclusive trips to Spain have been warned they could face prosecution amid fears the increasingly prevalent scam is damaging the UK’s reputation abroad.

Spanish hoteliers are furious at the growing market in false insurance claims, saying it cost their industry €60m (£52m) last year alone.

According to the Spanish hotel owners association (CEHAT), cases of tourists on all-inclusive packages making false complaints of stomach problems have soared over the past 12 months; with tour operators in Mallorca reporting a 700% rise.

CEHAT estimates that the 90% of the claims – usually made through small-claims management companies who target tourists in resorts or after they have returned home – are bogus.

Part of the problem, it says, is that medical evidence of illness is seldom needed to make an insurance claim. “The patience of the Spanish hotel industry is coming to an end,” CEHAT said.

“Twelve months after the first incidents of fraudulent claims were detected, no measures whatsoever have been put in place to reduce the number of cases. If anything, it’s been the other way round and businesses are saying enough is enough.”

**Slow down Louis!**

The EU has put a system in place to share driver details across borders, for some safety-related driving offences:

It only applies where the offender isn’t penalised while still in the country

It only applies to specific, road safety-related offences:

- Speeding;
- Drink/drug driving;
- Seatbelt/crash helmet;
- Red light/forbidden lane, and
Mobile phone offences

The UK joined the system for new offences committed after 6 May 2017

What does this mean?

Basically, if you commit one of the listed offences after 6 May 2017 and the authorities in another country request your details, then DVLA have to provide them. The new regulation (SI 2017/554) requires the DVLA to provide details of the registered keeper/owner at the time of the alleged traffic offence. If the authorities in another EU country contact DVLA within 12 months of the date of the alleged offence with:

Details of the alleged offence (date, time, location)

Vehicle registration number

Vehicle category and, if known, its make and model

Net result is that you could be fined up to £640!

Last year just one camera on the A-4 motorway in the Cordoba region of Spain netted 3.9 million euros.

OUCH!

On this day..

In 1977: Queen celebrates Silver Jubilee

More than one million people lined the streets of London to watch the Royal Family on their way to St Paul's at the start of the Queen's Silver Jubilee celebrations.

The Queen, dressed in pink on her Jubilee Day and accompanied by Prince Phillip, led the procession in the golden state coach.

Despite the rain thousands camped out over night to try to get a better view of the procession as it made its way down the Mall and through Trafalgar Square, Fleet Street and Ludgate Hill.
ESF's Fake News Section

Did I read that sign right?

In an office:
TOILET OUT OF ORDER....... PLEASE USE FLOOR BELOW

In a Laundromat:
AUTOMATIC WASHING MACHINES: PLEASE REMOVE ALL YOUR CLOTHES WHEN THE LIGHT GOES OUT

In a London department store:
BARGAIN BASEMENT UPSTAIRS

In an office:
WOULD THE PERSON WHO TOOK THE STEP LADDER YESTERDAY PLEASE BRING IT BACK OR FURTHER STEPS WILL BE TAKEN

In an office:
AFTER TEA BREAK STAFF SHOULD EMPTY THE TEAPOT AND STAND UPSIDE DOWN ON THE DRAINING BOARD

Outside a second-hand shop:
WE EXCHANGE ANYTHING - BICYCLES, WASHING MACHINES, ETC. WHY NOT BRING YOUR WIFE ALONG AND GET A WONDERFUL BARGAIN?

Notice in health food shop window:
CLOSED DUE TO ILLNESS

Spotted in a safari park:
ELEPHANTS PLEASE STAY IN YOUR CAR

Seen during a conference:
FOR ANYONE WHO HAS CHILDREN AND DOESN'T KNOW IT, THERE IS A DAY CARE ON THE 1st FLOOR

Notice in a farmer's field:
THE FARMER ALLOWS WALKERS TO CROSS THE FIELD FOR FREE, BUT THE BULL CHARGES.

On a repair shop door:
WE CAN REPAIR ANYTHING. (PLEASE KNOCK HARD ON THE DOOR - THE BELL DOESN'T WORK)
**Advanced Notices**

On the 19th July Healthwatch East Sussex are opening their doors and showcasing their work. Everyone is very welcome and you will hear about the impact they have had in health and social care, as published in their annual report and about their plans for the future.

There will be opportunities to hear from some of their key partners on local issues and plenty of time to ask questions. They will also be asking you to give your feedback about health & social care services in East Sussex.

Registration will open at 9.30am and the event will run from 10.00 – 13.00 followed by lunch at the Hastings Pier.

For further details and to register your free place, please go to [https://www.eventbrite.co.uk/e/healthwatch-annual-showcase-2017-tickets-34823971436](https://www.eventbrite.co.uk/e/healthwatch-annual-showcase-2017-tickets-34823971436)

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**ESF’s Good Life Show**

The year’s event will be held at the International Lawn tennis Centre in Devonshire Park on the 28th September between 10am and 4pm.

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**And finally…**

Thought for the day..

“I wonder if Common Sense will ever make a comeback?”

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**Publicity**

Please let your friends and neighbours know about us and get our message out there. Perhaps forward this email to all your friends in Eastbourne and spread our news. 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.
Thank you.

Eastbourne Seniors Forum
Digital-Team

Email: esf.publicity@gmail.com

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

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