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

Chair’s Message

Well “Life begins again after 50” and ESF hopes that will be the last political statement we make for a while. So much happening this month that we have expanded our “Out and About” section. Also, we invite you to our own event being held on the 19th April at Saint Saviours Church Hall, South Street from 9:45am. Our main speaker will be from the Trading Standards Scams Team.

It’s probably going to be a tough financial year for most of us when you read all the information about budget cuts. We’d like to hear your opinions on the issues involved. However, on a brighter note, holiday times will soon be with us and may I wish you all a very Happy Easter.

Beryl Newson

Health & Well-being

More Budget News

East Sussex County Council has approved a budget, which will see £365 million spent on vital services for residents in 2017/18. The proposed budget includes £17 million of savings for 2017/18. As well as a 1.99 per cent increase in their council tax precept, residents will also pay a Government approved three per cent adult social care levy, which will fund some of the shortfall for adult social care services. East Sussex Better Together (ESBT) has developed a Single Investment Plan, which brings together budgets from health and social care, totalling £864.6m. Even with this investment there is a total savings requirement of £53.7m, which includes required savings of around £7m for Adult Social Care and £36,000 for Children’s Services.

In addition to the savings required as part of East Sussex Better Together, the Adult Social Care and Health department needs to deliver £1.552M savings for 17/18.
The Chancellors budget announced Wednesday, March 8 allocated additional funding to address some of the shortfall in Adult Social Care budgets. Two billion pounds will be shared among local authorities over three years with East Sussex County Council due to receive:

- 2017/18 £11 million
- 2018/19 £7.3 million
- 2019/20 £3.6 million

In 2017/18 this extra three per cent will raise £7.4m to help provide adult social care services in East Sussex

**Injury at 0 mph?**

Current UK exercise guidelines recommend that adults take at least 150 minutes (2.5 hours) of moderate to vigorous intensity physical activity each week, aiming to be active every day. However, it has been estimated that in Western countries 75% of work is now performed sitting and modern lifestyles are becoming more sedentary.

It is important to change your posture regularly and avoid sitting for long periods of time. Moving and stretching on a regular basis will keep your joints, ligaments and muscles healthier, which in turn should make you more comfortable and productive. *Get with the programme or else...*

**Mobility News**

We have been contacted by AgeUK Mobility and asked to include some of their mobility advice and news content. On their website below there are guides that cover a wide range of subjects such as 'how to stay safe on the internet', 'The beginners' guide to Podcasts' and accessible attraction guides.

[http://www.ageukmobility.co.uk/mobility-news](http://www.ageukmobility.co.uk/mobility-news):

**Save our DGH**

With the budget cuts going on in the Health Services it’s probably a good idea to keep in touch and, perhaps, support the ongoing campaign to save our DGH. [http://www.savethedgh.org.uk/](http://www.savethedgh.org.uk/)

**Transport**
**Off the rails -Again**

More engineering works impacting your rail journey over the next month – keep up to date and don’t waste time. For latest information check out Southern website at

[Off-the-rails](https://www.southernrail.co.uk)

In addition, there will be another strike on Saturday 8th April courtesy of the RMT. (Rest My Train?)

**Has your concessionary bus pass arrived yet?**

Don’t miss the bus! If you have not yet received your new Older Person’s bus pass, it has been reported that some renewals have been impacted by a ‘computing glitch’. If this is the case call the concessionary bus pass team on 0300 33 09 471.

**Environment**

*Bourne to Recycle – getting into plastic*

Latest news about all that plastic waste – and we’re not talking credit cards!

Check out what’s what at

[https://content.govdelivery.com/accounts/UKEASTBOURNE/bulletins/18aa3ae](https://content.govdelivery.com/accounts/UKEASTBOURNE/bulletins/18aa3ae)

Want to know your “plastic footprint”?  

[https://secure.greenpeace.org.uk/page/content/plastics-calculator](https://secure.greenpeace.org.uk/page/content/plastics-calculator)

Answers probably delivered in a bottle!

**Dog Poo – what’s the problem?**

There has been considerable media this week on this never-ending problem in our town. What could stop you enjoying a walk in the park, on the downs or on the beach more than putting your hand into a pile of ......
Well Eastbourne Customer First have been encouraging residents to raise complaints and reports about dog fouling along with many other irritations.

They have been going since 2013 and have even developed an App. [http://www.eastbourne.gov.uk/news/2013/july/customer-first/](http://www.eastbourne.gov.uk/news/2013/july/customer-first/)

However, if you want to see the future, then check this out. [http://www.litterati.org/](http://www.litterati.org/)

**Money**

*In for a Penny – Out for your pound!*

Still keep trading in those soon to be old £1 coins but might be worth keeping a few for those parking machines which may take a dislike to the new 12-sided version. But it’ll all be fixed when your old coins cease to be legal tender after 15th October this year.

**Sharing your Disability Benefit issues**

The Citizens Advice Eastbourne is hosting a public event for people who have been adversely affected by the disability benefits decisions. This event will take place on 6th April form 2-4pm at Eastbourne Town Hall. “Come and tell your story”. Can’t make this date then why not email your story to survey@eastbournecab.co.uk or post it to them at Unit 6 Highlight House, 8 St Leonards Road Eastbourne.

**Pension Credit**

Could you be entitled to this? To find out if you are entitled to Pension Credit logon onto [https://www.gov.uk/pension-credit](https://www.gov.uk/pension-credit) and use their pension credit calculator.

**Council Elections**

County Council Elections will be held this year on the 4th May. Should you wish to stand as a Councillor for this election then nomination papers must be delivered to the Deputy Returning Officer, at The Elections Office,
Eastbourne Borough Council, Ground Floor, Town Hall, Grove Road, Eastbourne, BN21 4UG before noon on Tuesday 4th April 2017.

If you are not registered to vote or are going to be away then applications to register to vote must reach the Electoral Registration Officer by 12 midnight on Thursday 13 April 2017. Applications can be made online: www.gov.uk/registertovote.

Turnout at the last election in 2013 for most of the wards was less than 40%. Worst wards for democratic representation were Sovereign, Langney, Hampden Park and Devonshire- all under 30%.

**Crime & Safety**

*Friends Against Scams* aims to raise awareness of scams and encourage people to “Take a Stand Against Scams”. ESF has now two Scam Champions on its committee. If you can not attend one of the local sessions why not do a simple learning course online. After you complete the course please inform us and our Scam Champion can send you an “official certificate” confirming you are a Friend Against Scams.

https://www.friendsagainstscams.org.uk/article.php?xArt=37

As a small exercise why not see if you can recognise a Scam Email?

https://whichcouk.bsd.net/page/content/testyouremailknowledge/yes/

7/7 become a Scam Champion; 4-6 you’re okay; 1-3 watch out!

**Local Out and About**

*Be Bowled Over*

If you have thought of bowls as a staid and stuffy pastime, please think again! Lawn Bowls is one of the most popular games played in Eastbourne.

It has afforded very many people in the town opportunities to enrich their social lives, improve their physical flexibility and maintain their mental acuity.

Bowlers are a friendly bunch who really enjoy themselves, and play a game which can involve ALL the family; grandparents, parents, children and grandchildren, who can all play together (or in opposition!), on a level playing field. Gone are the days of strict dress codes and solemn play, the
only requirement is that flat-soled shoes must be worn in order to protect the greens.

Eastbourne Bowls Club is the largest lawn bowls club in the town, and their new bowls season begins on Saturday 22nd April.

If you have never tried bowls, why not come to one of their taster days or one of their coaching sessions all conducted by their friendly and effective trainers?

If you would prefer you can arrange an informal visit by calling 01323 724340 or contacting them through their website http://www.eastbournebowlingclub.com/

What more could you ask of a bowls club? Well free access to a car park close to the town centre would be good. You've guessed it. They have it!

The price? A special introductory offer for 2017, a mere £60 (about £1 a week), and it’ll include fresh air, light exercise, 150+ new friends, bowl from 10 am till 9 pm 7 days a week and an undisclosed amount of sunshine at no extra cost! Start your journey today!

Are you 15 – Love?

If you've got the grand children to manage over the Easter holidays why not take “advantage” of the two weeks free tennis for children starting on the 3rd April from 9:30am until 12:30pm. Tennis Camps are at Gildredge Park, Old Town Rec and Hampden Park and include matchplays in the afternoons.

You’ll “love” it. Sessions finish on Thursday 13th April – OUT!

For the less energetic?

The first Tea Dance since Boxing Day takes place at the Winter Garden on Tuesday 4th April. Take your partners from 2-5pm for three hours of ballroom magic with a varied programme of live music from Chris Mannion.

Into Books?
Book Launch. Jane Bwye, who spent most of her life in Kenya, will be signing her new book GRASS SHOOTS, the sequel to her award-nominated historical novel BREATH OF AFRICA, on Saturday 22nd April from 12 - 2pm at the Christian Resource Centre, 91-93 Seaside Road, Eastbourne, BN21 3PL. (01323) 732070.

Check out more at Jane's website: Jane Bwye - Jane Bwye

A place called Alice

Alice Croft House, in Cornfield Lane Eastbourne BN21 4NE, is holding an Open Day on the 11th April between 10am and 3pm. They have many indoor activities going on so why not call Lesley on 01313 728157 and check out their programme.

Advanced Notice – the sky’s the limit

Red Arrows will be again performing at Airbourne this summer. They’ll have three displays between the 17th and 20th August. Whilst we are thinking about this special RAF Squadron let’s remember all those former RAF personnel and their families who have given so much in service to our country. The Royal Air Forces Association is looking for volunteers to help in a wide range of activities. Got some spare time to “reach for the skies” then visit their website at https://www.rafa.org.uk/volunteer/ or call 0800 018 236.

On this day...

1st April 1957 BBC fools the nation. There was a mixed reaction to a spoof documentary about spaghetti crops in Switzerland. Perhaps the original faked news item?

ESF’s Fake News Section

"10 year old daughter helping her Mum with baking a cake for Grandma "Where's the dementia sugar Mummy?"
"My sister has a lifesaving tool in her car which is designed to cut through the seatbelt if she gets trapped. She keeps it in the car boot!"

**And finally...for men only!**

This is what all of you 70+ year-olds have to look forward to!

This is something that happened in an Aged Care Centre.

The people who lived there have small apartments but they all eat at a central cafeteria.

One morning, one of the residents didn't show up for breakfast so my friend went upstairs and knocked on his door to see if everything was OK. She could hear him through the door. He said that he was running late, and would be down shortly, so she went back to the dining area.

An hour later, he still hadn't arrived; so she went back up towards his room and she found him on the stairs. He was coming down the stairs but was having a hell of a time. He had a death grip on the hand-rail and seemed to have trouble getting his legs to work right.

She told him that she was going to call an ambulance but he told her no, he wasn't in any pain, and just wanted to have his breakfast. So she helped him the rest of the way down the stairs and he had his breakfast.

When he tried to return to his room, he was completely unable to get up even the first step so this time they called an ambulance for him.

A couple hours later she called the hospital to see how he was doing. The receptionist there said he was fine, that he had just had both of his legs in one leg of his boxer shorts.

**Ouch!**

**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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