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 St George’s Day edition. Well more political headlines this week – we do live in exciting times!

For those who attended our Open Event this week we hope you are now well aware of how easy it is to get “scammed” and want to help your friends and relatives to avoid this plague. For those who missed this invaluable session from Trading Standards there is more information below within our section on Crime.

Within ESF things are changing and a number of our committee are moving on after a number of years helping run our Forum. If you now feel you have some spare time and want to help with some of the “lifting” then please contact me. Our AGM will be in June and new committee members will be announced then.

Lastly, the warmer days are now with us, well most of the time, and the trees and gardens around us are showing that we have a most beautiful place to live. Bank holidays coming up so let’s get out and enjoy it to the full.

Best wishes
Beryl Newson

Health & Well-being

High blood pressure (hypertension) is when your blood pressure is 140/90mmHg or greater. It’s not known for certain what causes blood pressure to rise, but your daily habits can make a difference to how likely you are to develop high blood pressure.

Do you like a sprinkle of salt on your meals every day? And do you enjoy a glass of wine with dinner and a coffee afterwards? These habits sound harmless enough, but they could be increasing your risk of high blood pressure.

The causes of high blood pressure cover a range of possibilities. Just knowing about potential triggers is one step towards having your blood pressure checked. And if your blood pressure is high, with the help of your GP and practice nurses, you can start taking steps to bring it down to a healthier level.

Atishoo…

One in five of Brits gets hay fever, which may mean you’re allergic to various kinds of pollen, including grass, trees, flowers, and weeds. Why not see if any of the suggestions below work for you?

Draw the curtains

A key aspect to preventing hay fever symptoms is to keep the house cool. Pollen rises with heat and by shutting out sunlight your home should stay cooler.
**Dab Vaseline around your nose**

Rub a little Vaseline on and around the edges of your nose before you go out. Some pollen will stick to the Vaseline, preventing it from causing your allergic symptoms to worsen. Steer clear of polluted areas. Air pollution increases the severity of hay-fever symptoms so while a trip to the city might seem like a good idea, it’s just as likely to result in sneezes and itchy, watery eyes.

**Know your allergy**

Try to find out exactly what kind of plants you’re allergic to and avoid areas with lots of those. For example, in the UK around one in four people with hay fever are allergic to pollen from birch trees. These are releasing pollen earlier in the year, starting in March in the South, April in the north of England and Scotland. Symptoms usually last around four weeks.

For other allergies, the seasons are:
- Tree pollen - late March to mid-May
- Grass - mid-May to July
- Weeds - end of June to September

For flower allergies, each will cause allergies depending on when it blooms.

The most allergenic plants include:
- Chrysanthemums
- Daisies
- Sunflowers
- Least allergenic are:
  - Begonias
  - Clematis
  - Zinnia
  - Columbine
  - Pansy
  - Host
  - Petunia
  - Periwinkle
  - Tulip.

**Skip the booze**

Drinking makes you mildly dehydrated which makes it more difficult for your body to flush out pollens and keep your nasal passages and mouth moist.
**Cover your bed**

Stop dust and pollen in the air from settling on your bed-sheets by covering it with a sheet or something similar during the day. Remove the sheet gently and fold it up before you get into bed at night.

**Close your windows**

Plants normally emit pollen between 5am and 10am each day, so sleep with your windows shut.

**Wash often**

Have a shower before you go to bed each night to wash any pollen out of your hair and off your skin. And try a shower with Eucalyptus. “Eucalyptus is great at clearing the sinuses and soothing the throat, by the time you get out of the shower you will be breathing freely.”

**Squirt or rinse**

Saline sprays help keep your nasal passages moist, which helps remove pollen and prevents you getting too stuffy too. Squirt saline spray up your nose right before you go to bed. You could also try a Neti pot. These help rinse out your sinuses by moving water into one nostril and out of the other, using saline solution, and so will flush out any pollen before you sleep.

**Use a humidifier**

Dry air exacerbates symptoms and helps pollen move around freely, moist air does the opposite. Of course, using a humidifier may make you unbearably hot so an alternative is to spray the room lightly with a fine water mist.

**Do your laundry more often**

It is also recommended that washing your bedding more often helps to remove pollen and dust there. Sheets should be washed at a minimum temperature of 60° since hot water has been proven best at killing dust mites, removing dog hair and tree pollen from materials. Dry your clothes and towels indoors if possible, to avoid pollen collecting on wet things on the line.

**Sorted?**

**Transport**

Southern Rail have announced that buses replace trains via Lewes on Sunday 30 April and Monday 1 May because Network Rail is carrying out engineering work between Haywards Heath and Seaford / Polegate, closing all lines.

Therefore, on Sunday and Monday, buses replace trains between **Haywards Heath and Lewes** and between **Lewes and Polegate / Seaford**.

On Sunday buses will also replace trains between **Lewes and Brighton**.
Check before you travel:
You can plan your journey using the National Rail Enquiries Journey Planner

Going Green or going Deutsche?
Some time ago we notified you about the latest requirements for driving in some French cities that now want to control emission by raising revenue from “All Who Pass”. Also, this applies to many German towns. A green sticker is mandatory for your windscreen and best check out is you need it at one of the sites offering help.

Not green but on the green!
On a lighter and, perhaps more reliable note, transport that has been lovingly preserved and cared for will be on display on Saturday & Sunday 29th & 30th April. The Western Lawns & Wish Tower slopes again host Magnificent Motors. This event is free to all. This long established motoring event regularly attracts interest from over 40 car clubs across Sussex, Kent and further afield, with the likes of Aston Martin Owners Club Area 16, East Sussex BSA Owners Club, East Sussex Stag Owners Club, Ford Consul Capri & Classic Club and many more gracing Eastbourne’s green lawns.

If you can’t make it this weekend one of our members reported that they have visited Haynes Motor Museum in Sparkford, Somerset. This company produces the Haynes Motor Workshop Manuals, for the amateur repairer. It's a great day out, with the cars in the museum and guided tour. It was all arranged for the Hooe's Old Motor Club. More details at:-
http://www.hooeoldmotorclub.org.uk/

Crime & Safety
Many of you missed our open event and the Trading Standards’ presentation on “Taking a Stand against Scams”. There is so much to relate but in order to keep it short here are the headlines.

- 53% of people aged 65+ have been targeted by scams and criminals. (Action Fraud)
- Scams cost the UK between £5-10 billion each year. (Annual Fraud Indicator)
- Anyone can be a scam victim, regardless of age, gender, education or economic background.
- Scam victims might not always admit (or be aware) that they are a victim of a scam. Only 5% of victims report the crime. (Age UK 2015)
- Scams are the product of organised, predatory criminals who gain trust to exploit and steal money.
Tips to help protect yourself and/or others:

Take Five

- Never disclose security details, such as your PIN or full banking password.
- Don’t assume an email, text or phone call is genuine.
- Don’t be rushed – a genuine organisation won’t mind waiting.
- Listen to your instincts – you know if something doesn’t feel right.
- Stay in control – don’t panic and make a decision you’ll regret.

Environment

It’s all very much in the air!

You may have seen news of the not so good ‘benefits’ of life in Eastbourne, reported in the top WHO’s ten most polluted towns in the UK back in September 2016. Well some of us don’t believe that is possible so we have purchased our own “air quality measuring kit” from Friends of the Earth. Also, we know those touring coaches and building trucks with their diesels running aren’t doing our clean air any favours. However, have you ever heard of “anabatic” or “katabatic” winds? These winds in combination with the shipping traffic could mean us getting poor air from the channel.

http://www.metlink.org/other-weather/weather-hazards/local-winds/

Why not check what’s happening outside today at:-

https://uk-air.defra.gov.uk/

Earth Day

Yesterday was Earth Day – this year’s theme is about environmental and climate literacy. It’s our biggest asset and our biggest challenge. Fortunately it is something we can all help with.

Money

Well if you haven’t already lost it to scammers you may lose it to the Bank of England. Those old fashioned “cotton paper” £5 note are dropping off the legal tender list from May 5th and to save money even the Banks may not accept them. According to Sun sources there are 165 million still “out there”.

Also, take a look before you chuck your £1 coins away; some are already on the collecting books – worth checking them in the mirror!

http://www.mirror.co.uk/money/gallery/24-most-valuable-1-coins-9863715

or in the sunlight

https://www.thesun.co.uk/money/2523342/rarest-most-valuable-pound-coins-ebay/
Council Elections

County Council Elections will be held this year on the 4th May. For those of you voting by post you should have the necessary papers by now. As we mentioned in our last bulletin the 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%. Let’s make a difference on May 4th – it’s what our country stands for.

Of course, these elections are overshadowed by the general election of the 8th June. Make sure you don’t miss out on this one – it’s the biggest for generations. Registrations to vote must be done by the 22nd May. Quote from unknown politician - “It is a paradox that far too few British participate in the wonderful ritual of democracy that we call Election Day”

Have your say online

We have yet to get digital with our General Election voting but in the mean time you can make some comments about:-

Anti-Social Behaviour Policy

Eastbourne Borough Council and Eastbourne Homes have been working with Lewes District Council to look at how they can provide a single housing service for both Lewes and Eastbourne. As part of this initiative they are looking at their policies to see if they can be streamlined and brought up to date. This would enable their staff to work more effectively and efficiently across both areas. Their Anti-Social Behaviour Policy outlines how they prevent, respond to and manage reports of anti-social behaviour from their residents and tenants. They’d like to hear your views on their draft policy. This draft policy and a summary is available to download from their website and they have provided an online survey to help you structure your feedback.

Anti-Social Behaviour Policy consultation

The closing date for responses is Wednesday 31 May 2017.

Pharmaceutical Needs Assessment for East Sussex

Take the opportunity to have a say about pharmacy services in East Sussex. Every three years the Health and Wellbeing Board is responsible for publishing a Pharmaceutical Needs Assessment (PNA) which sets out the pharmaceutical services needed in East Sussex.

Led by East Sussex PNA Steering Group, the new 2017 PNA is now available for consultation until 1 June 2017. You can read the draft PNA and Appendices at: https://consultation.eastsussex.gov.uk/public-health/pna17/
Key points from the PNA are:

- The numbers of older and younger people in East Sussex are set to increase over the next few years while the working age population will decrease.
- The increase in older people will mean more people living with long term conditions such as diabetes, respiratory illnesses, heart disease or dementia.
- Pharmacies are an under-used resource for health advice and could be more active in prevention and supporting management of long-term conditions.
- Pharmacies are well placed in rural communities and areas of deprivation to provide centres for health advice.
- Pharmacies can help to reduce the pressure on GP services.
- Studies have shown that community pharmacies can have a significant impact on the health of local communities.
- Where people have a car there is adequate access to pharmacy services.
- A third of pensioner households do not own a car and this can make access to pharmacy services difficult in rural areas which lack public transport.

Questions you might want to think about are:

- Does the PNA meet the needs of the local population?
- Does the PNA fully cover all of the important issues relating to pharmacy services?
- Do you agree or disagree with the conclusions and recommendations?
- Do you support the recommendations set out in the PNA?
- Are there any gaps in the PNA?

Once you have read the PNA you can share your feedback in several ways by:

- completing our online form via the weblink above
- emailing your comments to us using the subject heading 'PNA consultation' to public.health@eastsussex.gov.uk
- writing to us at: PNA consultation, East C, County Hall, St Anne's Crescent, Lewes, East Sussex, BN7 1UE

Borough Council’s Statement of Community Involvement

Eastbourne Borough Council has published a new Statement of Community Involvement for consultation within the local community and other interested parties. The consultation, between Friday 24 March and Friday 19 May 2017, can be accessed on the Consultation Portal.

The Statement of Community Involvement sets the standards and approach that Eastbourne Borough Council takes to involve stakeholders and the community in the consulting on planning matters, including the handling of major planning applications. It is intended to ‘signpost’ opportunities for anyone who wishes to make a contribution to planning for Eastbourne’s future. The current Statement of Community Involvement was adopted in 2009. All can be seen here.
Local Out and About

Are you going to seed?
If sow you’ll need to get down to the Enterprise Shopping Centre today with any seeds you’d like to swap at their Seedy Sunday event. Also, there will be arts and crafts and workshops. Admission is free and there is free parking. Check it out at https://www.seedysundayeb.co.uk/

Murder Mystery Dinner
Tuesday 25th April - 7.30pm

One of the Royal Hippodrome Theatre’s corporate Stakeholders/supporters, The Mowbray Murders, are launching a new Murder Mystery-“THE DEATH FACTOR”-A parody to the X Factor and other such talent shows!!

They are previewing it at the YORK HOUSE HOTEL on TUESDAY 25TH APRIL 7.30PM.

Tickets are available at £29 (usually £39 for Murder Mysteries) and include a 3-course meal plus tea/coffee. In addition to the already cheaper trial price of £29, the team at the Mowbray Murders have said that they will donate £5 from each ticket sold through this e-shot to the theatre’s bucket collection.

To book call the York House Hotel on 01323 412918 and say you wish to book and have £5 donated to the theatre.

Down at the Bowls Club there is free coaching on May Bank Holiday Mondays on 1st and 29th, every Tuesday and Thursdays throughout May. If you are interested then contact Eastbourne Bowling Club of 3 Saffrons Road on 01323 501851 or 720609 to book a session.

Banding Together
If there is one group we are all happy with it is Abba. Eastbourne Bandstand’s tribute season launches next Friday April 28th with a weekend of Abba, 80’s pop and a firework finale to start the Bank Holiday weekend with a bang. Tickets cost £7.75 when booked in advance - Money, Money, Money!

Bank Holiday Art
The Society of Eastbourne Artists’ Spring Bank Holiday Exhibition and sale of work is taking place in the Assembly Rooms of Eastbourne Town Hall from Saturday April 29th until Monday May 1st. Our Mayor will be opening the event and viewing times are between 10am and 4pm each day.

On this day..

23rd April 1968 the first decimal coins were making their way into purses throughout Britain, in preparation for replacing the current system of pounds, shillings and pence by 1971.

The five new pence and ten new pence coins operated alongside the shilling and the florin, and had the same value. They were also the same size and weight. They caused initial confusion to shoppers, many of whom refused to take them. There
was further misunderstanding over the value of a penny. Many thought the five new penny coin was worth five old pence - when it is in fact worth a shilling, or 12 old pence. Still got any left?

Also, today is England’s St George’s day but let’s keep it quiet because were English!

**ESF’s Fake News Section**

A man rushed into a busy doctor's office and shouted, "Doctor! I think I'm shrinking!" The doctor calmly responded, "Now, settle down. You'll just have to be a little patient."

"Reginald is on a sea food diet, every time he sees food he eats it!"

**And finally...**

“Oh, to be in England
Now that April's there,
And whoever wakes in England
Sees, some morning, unaware,
That the lowest boughs and the brushwood sheaf
Round the elm-tree bole are in tiny leaf,
While the chaffinch sings on the orchard bough
In England—now!"

*Thanks to Robert Browning*

**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.

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Thank you.

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