Dear Friend please see our latest ESF eNewsletter containing some local and national items that we hope will interest you.

**Chair’s Message**

Summertime is here. Unfortunately, last weekend the weather was very inclement for the first Hampden Park Balloon Festival which did not happen as planned. Congratulations though to the organisers, the exhibitors and the groups and individuals who provided the entertainment (amongst which two Choirs: Bourne and Concentus) for doing their best in difficult conditions.

Following our e-mail to you last Friday concerning a Channel 4 Programme, a couple of our members, who made an initial inquiry, understood that they had to pay a hundred pounds. As I had no knowledge of this, I have contacted Larissa again and I would like to share this information which she sent today.

"As requested here is some clarification about your question.

*There is no £100 fee to be paid for applying to be on the show.*

*The idea of the segment is that contributors will be reviewing a few different investments that our presenter, Dave Fishwick believes would be good short-term investments. If contributors want to try out the investments themselves, the minimum investment would be £100. There will be likely be 6 different investments to be reviewed.*

*Hope this helps, please let me know if you have any other questions, I will be happy to help.*

*All the best*

*Larissa”*

In July I was invited to attend, along with colleagues of other Forums in East Sussex, an **NHS Planning and Partnerships Workshop** in Hastings. The workshop, at which about 140 people took part, was planned by a working party involving around 50 organisations. During the last six months, they have conducted a review about the way people are involved in the planning for Health and Care in East Sussex. The aim of the workshop was, from the results of the review, to share ideas on how to develop between organisations and individuals a more effective way of working together.

Some of the objectives include:

*To create a clear and transparent way for users and carers to influence decision-making and to amplify the voices of service users and carers.*

All the information/suggestions/comments from the day’s activities was collated for review by the working party in preparation for the second stage of, what I felt is, a big and exciting initiative. More to follow.

Also, I was invited to a **Diabetes UK Discussion Meeting** led by the Regional Head for the South East region and a representative of the Clinical Commissioning
Group; both responsible for Diabetes Care in the area. The discussions centred on what is working well and what is not working so well. We were able to make suggestions and comments which the panel noted to take them to their next Review Meeting.

Let’s consider some facts:

- Every 3 minutes in the UK someone learns that they have Diabetes.
- 10 billion Pounds a year are spent on Diabetes Care and most of that money is actually spent on complications.
- A person could have the symptoms of Diabetes for 7 years before a diagnosis.
- A person with Diabetes spends on average only 3 hours a year with a Healthcare professional.

Have you heard of the 15 Healthcare Essentials?
The quality of Care is the biggest concern: how to improve the Services, GP Practice work, prevent complications and to help people to manage their diabetes at home as well as offer them emotional and psychological support.

What can you do if you have concerns?
You can join diabetes voices groups, join Local Patient Participation Groups, write to the Chief Executive of your Clinical Commissioning Group in the first instance, write to your Hospital Trust or Community Provider, join your Local Health watch, raise concerns with the Health and Well-being Board.

There is a lot of very useful information and guidance on the Diabetes website: www.diabetes.org.uk, various booklets and leaflets are available for example “Eating well with Diabetes” Tel: 0345 123 2399

A very interesting month for me.

Best wishes

Nadine Harris

Health & Well-being

Mental Health and Parkinson’s – Have your say.
The All-Party Parliamentary Group (APPG) on Parkinson's (a group of MPs and Peers, assisted by Parkinson's UK, which aims to improve the lives of people affected by Parkinson's) has launched a ground breaking inquiry into anxiety and depression in Parkinson's. To understand how access to quality mental health services can be improved, the inquiry needs to hear from people with Parkinson's who have experienced anxiety or depression, as well as from professionals.

It is your insights and expertise that will directly shape the inquiry’s final report and recommendations to government on improving mental health support for people with Parkinson's. You can take part by completing an online survey: just click on the link below

http://surveys.parkinsons.org.uk/s/appginquiry/
You can also respond by email or post. Please read the call for evidence document, which includes background to the inquiry along with the terms of reference and submission guidelines.

The deadline for responses is **25 August 2017**.

**Crime & Safety**

**Message from our Police and Crime Commissioner last week:**

Cyber-crime has been making the headlines this week and I was interviewed on BBC Sussex on Tuesday about the rise in online crime against the elderly.

The recent Crime Survey for England and Wales showed an upward trend in the level of fraud and the National Fraud Intelligence Bureau has reported a 5% increase in the number of fraud offences nationally.

Here in Sussex we know criminal gangs are deliberately targeting our older residents because they can often be more trusting and have substantial savings.

Victims of fraud can feel embarrassed and sometimes see it as their own mistake or misjudgement, instead of reporting it. The Crime Survey for England & Wales suggests only 17% of fraud victims do go on to report to the police or Action Fraud.

We are nearing the end of Scams Awareness Month, led by Citizens Advice and Trading Standards. Sussex Police has been taking this opportunity to share crime prevention messages and co-ordinating with partners including East Sussex and West Sussex County Councils and Neighbourhood Watch, while members of my Elders’ Commission have also been out spreading the word.

Fraud now affects more UK residents than any other type of crime so it’s vital that we all play our part in preventing scams by reporting them and telling others about them.

*In Sussex all fraud should be reported to Action Fraud by calling 0300 123 2040 or by visiting [www.actionfraud.police.uk](http://www.actionfraud.police.uk).*

*If the victim is vulnerable or elderly, please contact Sussex Police directly by calling 101 or emailing [101@sussex.pnn.police.uk](mailto:101@sussex.pnn.police.uk).*

**Environment**

**Waving the Green Flag**

Eastbourne has received the Green Flag award again this year. This award confirms we have some of the best green spaces in the country. Hampden Park, Princes Park and Old Town Recreation Ground all achieved the status.

“Each flag is a celebration of the many staff and volunteers who works tirelessly to maintain the high standards demanded by the Green Flag Award” quoted an International Green Flag Award manager.
Are you into Ragwort?

Melanie Bucknell from the Eastbourne Homes team invites you to a Ragwort Removal Session on Thursday the 3rd of August from 10am the location will be near to Belle Tout. Pick your own – for free!

Are you boiling over?

Did you know that over £68million is wasted every year by people filling their kettles with more water than they need for that cuppa!

Transport

South East Coast Ambulance Service

Check out their latest news at

http://www.secamb.nhs.uk/get_involved/membership_zone/newsletters.aspx

Local Out and About

Sunday 6th August - Hooes Old Motor Club, Vintage Car Show, Hooe Recreation Ground, Hooe, East Sussex. 10am to 5pm

http://www.hooeoldmotorclub.org.uk/

Songs of Praise

12th August between 12 noon and 3pm at the Bandstand. We have no more information except you’ll need to book a place by calling 07704202409

Are you Up for Airbourne?

If you had not yet heard our annual air show starts on 17th August, this year and finishes with the fireworks at 10pm on Sunday. Love it or hate it – it’s going to be a busy Eastbourne over those days. If you do love it and want to keep it free there is a donate button on their website. If you hate it – well why not try marmite!

http://www.eastbourneairshow.com/

Saturday 26th until Monday 28th August - Festival of Transport,

Broad Farm, Hellingly, Hailsham, East Sussex. 10am to 5pm

https://www.steamheritage.co.uk/steam_rallies_and_events/listing/hellingly_festival_of_transport

Having Your Say counts - still open surveys

The NHS-111 service - The Sussex NHS-111

European Stuff

Going to remain in Europe for your holiday? Then check out some of the Foreign Office data about your country of choice. Some of the information may surprise you. Like days when you can’t drive in certain cities with an odd final number in your car registration plate; as they try and cut down on air pollution.

https://www.gov.uk/foreign-travel-advice/france
On this day.

On the 1st August in 1774 the British scientist Joseph Priestley discovers oxygen gas. This corroborated the prior discovery of this element by the German-Swedish chemist Carl Wilhelm Scheele.

ESF’s Fake News Section

Maybe if we tell people the Brain is an App, they’ll start using it!

Some days I amaze myself; on others I put my keys in the fridge!

If only we knew then what we know now!

“The Americans have need of the telephone, but we do not. We have plenty of messenger boys.” Sir William Preece, Chief Engineer, British Post Office, 1878

Did You Know

August has the highest percentage of births!

Cats spend 66% of their lives asleep! (Try not to beat that!)

Advanced Notices

Another flight of the Phoenix

Come and Sing Day with John Rutter. The Phoenix Choir invites you to come along on Saturday 9th September between 11am and 4:45pm to Willingdon Community School, Broad Road, Lower Willingdon. Advanced booking only and it’s £20 a head. More details via phone to 01323 506921 or 735442.

East Sussex Fire & Rescue Service

Electric Blanket Testing Events 2017

Bring your electric blanket along for a free safety check at any of the below events. If you are unable to attend an event, have you asked a family member, friend, carer or neighbour if they are able to bring your electric blanket along for you?

Monday 25th September 2017

10.00am – 12.00pm – Eastbourne Community Fire Station – Whitley Road, Eastbourne, BN22 8LA

2.00pm – 4.00pm – St Johns Church Hall - Polegate, BN26 5BX

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. All members should receive by the end of July a printed copy of the Older People’s Day booklet. If you don’t get one – we have an incorrect post address for you. If you have changed your address in the last 12 months, please let us know soon. Otherwise try the online copy now.
And finally...

Thought for the day.

“The difficulty lies not so much in developing new ideas but escaping from the old ones” - John Maynard Keynes

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

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