1st September 2017

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 warm sunny Summer weather is back again so make the most of it before the first signs of Autumn appear. Eastbourne has been very busy during August. I have enjoyed the scarecrows festivals; I think they are fun. Along the seafront, from Beachy Head, with or without a picnic or even from your own gardens, many of you will have enjoyed the Airbourne Show celebrating this year its 25th Anniversary, quite a record wouldn’t you agree?

Whilst all this has been going on, so has the major work, which will give our town a facelift and a more significant shopping centre. I cannot but fail to be impressed by the sheer scale of this ambitious project. I feel for the people who day in day out are busying themselves in a cloud of dust to the sound of pneumatic drills, hammers, giant cranes in order to make this happen!

Next some feedback from last month’s Adult Social Care and Health Workshop. From the discussions some key points emerged on how to improve the quality of care:

- Need for better dialogue between the users of services and the professionals who support them
- Need for a good countywide collaboration at all levels and recognising the value that groups and also individuals can bring.
- Importance of building strong communities and of nurturing them.
- A realistic and flexible approach.

I shall keep you informed about future developments.

Lastly please remember our Big Event, the Good Life Show on the 28th of September and we look forward to seeing you there. Please remember also to log on regularly to our ESF website which offers really useful information.

If there are any comments you would like to make or raise awareness about local issues which affect you or other people, we would very much like you to get in touch.

Best wishes

Nadine Harris
Health & Well-being

Going to the Gym?

Thanks to carehome.co.uk for this article. Get that brain going again!

Brain-Gym

Are you up there with your cholesterol?

Just check out what you need to know about your cholesterol

http://www.healthline.com/health/high-cholesterol?ref=global

Health Research projects

The University of Sheffield are looking for people in East Sussex who track either their blood pressure or their BMI for a study of self-monitoring in health and hope some of you may be interested in taking part.

This is what they are looking for:

Do you measure your own blood pressure or BMI?
- Do you ever measure your own blood pressure or your BMI?
- Do you own a blood pressure monitor or a weighing scale that measures BMI?
- Have you ever downloaded an app to help you track either of these things?

If you do this now or have done in the past, would you be willing to take part in an interview?

Interviews can take place at a time and place convenient for you and people who take part will be offered a £20 voucher for their time and effort.

The Department of Sociological Studies Research Ethics Committee at the University of Sheffield has reviewed the project.

If you are interested in taking part or would like more information, please email Ros at r.g.williams@sheffield.ac.uk or call 0114 2226423.

Got the Tumeric habit?

Want to try something completely different? Then check out the top-10-evidence-based-health-benefits-of-turmeric Thanks to our committee member Pauline for sharing this.
Breaking news 31st August

Only 1 in 10 MPs in England believe the social care system is fit for purpose for the UK's ageing population Read-The-Article

Crime & Safety

SCAMS

25 per cent admit to having fallen for a scam email or text in the past

When asked to identify whether two near identical emails (one real, one fake) showing an online account statement update for a bank account were real or fake, 12 per cent were fooled by the phishing email, believing it to be legitimate. Those aged 16 – 24 were twice as likely to be duped, with 25 per cent of this age group believing the fake email was genuine. Almost two-thirds (61 per cent) though, believed both to be fake, even though one was authentic.

Only 60 per cent of those surveyed were able to correctly identify another phishing email as fake, this time a supposed security update from a bank.16 per cent believed the email to be authentic, while a quarter (24 per cent) admitted they were unsure as to whether it was real or not. Fake emails, posing as security updates, often require customers to log in to a fake site with their details. This gives hackers a free rein to their passwords and security information.

Users of online money transfer services, such as PayPal, are also at risk of falling for scam emails. 12 per cent of those surveyed were duped by a hoax email pretending to be from PayPal, and only two in five (42 per cent) were able to correctly identify when an email from the service was genuine. However, it seems the nation is much more savvy when it comes to phishing attempts by text; 72 per cent were able to correctly identify all three examples as scam texts.

Join the army of scam fighters at Friends Against Scams

Crime Supermarket thieves – Checkout!

https://sussex.police.uk/news/sussex-supermarket-shoppers-reminded-to-be-on-alert-for-thieves/

Environment

The weather always plays a significant part in British life and we can only make sure we enjoy it when we can. You may have read about the successful prosecution of “fly-tippers”. Well done to Eastbourne Borough Council’s Neighbourhood First Team. It’s not just the weather that we enjoy in Eastbourne – we have the environment too.
KEEP BRITAIN TIDY

Can you help improve food waste collections?

Do you recycle your food waste or is it something you avoid? What would make it easier for you to recycle your food waste at home? What do you think of your council's food waste collection service?

Your input is invaluable. This anonymous 10-minute survey will help your council, and others, improve waste collection services in the future.

http://keepbritaintidy.cmail20.com/t/i-l-ozkrdl-ukihtinu-j/

Are you in a haze about Air Quality?

Last week gave us plenty of concern about the air quality in Eastbourne. It was quite a shock to have the air quality around our town again being national news. Let's hope there is "clarity" soon on the cause. Why not keep an eye on it at:-

https://uk-air.defra.gov.uk/forecasting/ and just enter Eastbourne

Clothes Line?

Knowing how to care for your clothes means you can keep them looking great and make them last longer too. You can find out what all those symbols on the care labels in clothes mean by using this site

http://loveyourclothes.org.uk/care-repair/care-labels

Money-Money-Money

Saving your "beer tokens"

If you are ex-military, perhaps you might consider this help guide for ex-forces personnel that was created to help save money by Claire Mitchell whose partner is ex-military.

It contains helpful info about charities, grants and assistance. There's no adverts – just helpful information. Yes Sir!

http://job-prices.co.uk/service-personnel-help/
Transport

Off the Southern rails

Strike 1 – today 1st September

Strike 2 – Monday 4th September

Strike 3 – and you’re OUT

Consultation Stuff

Last month also seemed to be when “we want your opinion” has become very popular. We have included a number of consultations that we hope you can find time to complete and participate in. Technology today provides us with so many more opportunities to participate. In most things, even if we are not experts, we have an opinion.

Have you the Will for a Law Consultation?

The outdated law of wills needs an overhaul according to the Law Commission. Age UK has been asked by The Law Commission to share this public consultation published on 13th July 2017. It remains open for feedback until 10th November 2017. The Law Commission says that laws are failing to protect the vulnerable – and not allowing others to distribute their cherished possessions after they’ve gone.

The independent legal body estimates that 40% of people who die every year haven’t made a will and as a result wants to make sure that the law around wills is working for everyone.

The full paper and a summary are available at: [http://www.lawcom.gov.uk/project/wills](http://www.lawcom.gov.uk/project/wills)

Click on “Consultations and related documents” then “Wills Consultation Summary Easy Read” (or “Wills Consultation Summary” for a longer version!) Unfortunately, you have to complete the consultation document by downloading, filling in and emailing it back – full instructions on website above. Finishes 10 November 2017. Right!

Don’t be “in the doghouse”!
Consultation on Public Spaces Protection Orders

Eastbourne Borough Council would like to hear from residents about their latest proposals to establish new Public Spaces Protection Orders (PSPOs) in Eastbourne.

If you did not yet know, PSPOs are something councils can put in place to protect the community from anti-social behaviour. They put conditions or restrictions on what people can do within a specific area if there is evidence to suggest that a problem exists.

Council representatives have reviewed our existing orders and are proposing to establish the following orders with slight changes to their boundaries:

- 'Dog on lead' when in specified areas of Eastbourne, and
- 'Dog ban' when in specified areas of Eastbourne.

Under the proposals, anyone in breach of the orders may face a fine of up to £1,000. To take part in this consultation please visit:

Public-Spaces-Consultation

The closing date to respond is Sunday 10 September 2017.

Not much time left for your say on Eastbourne’s Cumulative Impact Area

Eastbourne’s Cumulative Impact Area was put in place in July 2007 to help prevent crime and disorder, increase public safety, prevent public nuisance and protect children from harm in the centre of town.

Their licensing policy and the Cumulative Impact Area element of it, seeks to balance the needs of businesses operating in town and the rights of residents living near them.

They are currently reviewing this policy and would like to hear from residents, businesses and local organisations about whether you think the area covered by this policy should:

- Be reduced (by removing streets in the Little Chelsea area)
- Be kept the same size
- Be removed completely

The closing date for responses is Sunday 3 September 2017 at 5pm.

https://content.govdelivery.com/accounts/UKEASTBOURNE/bulletins/1ac351c
Have your say on town centre heritage (Rerun)

Residents of Eastbourne are being invited to express their views on the management of heritage buildings and historic attractions in the town centre.

Eastbourne Borough Council has launched a consultation on its draft *Town Centre and Seafront Conservation Appraisal* that covers a large part of the town centre, between the railway station and the seafront and from the Redoubt Fortress to the Wish Tower.

The appraisal sets out proposals for the preservation and enhancement of the conservation area and historic buildings that lie within it. This includes extending the conservation area boundary to include Grove Road and Little Chelsea.

Councillor Pat Rodohan, Chairman of the Conservation Area Advisory Group, said: “We take our heritage very seriously in Eastbourne and are determined that our most visible town centre conservation area is well maintained for current and future generations to enjoy.”

Information events are being held at the Eastbourne Pier and Devonshire Collective as well as a series of talks and walks. Cllr Rodohan added: “We really want to open up a big conversation with residents about cherishing all the beautiful locations within it and invite people to read the report, offer their thoughts at a street stall, or attend one of the public events.”

Further details are available at [www.eastbourne.gov.uk/about-the-council/consultations](http://www.eastbourne.gov.uk/about-the-council/consultations). The council’s specialist advisor for conservation is on hand to give talks to community groups or associations. Appointments can be made by calling 01323 410000.

**The information events take place at:**

**Ocean Suite, Eastbourne Pier**, Friday September 1, from 2pm to 4pm.

**Devonshire Collective 3 building**, Seaside, Saturday September 2, from 10am until noon

A guided walk around the conservation area will be led by Richard Crook, local architect and Sussex heritage champion, on Thursday September 14, starting at the Town Hall steps at 2pm

*The document produced for this consultation is well worth a read just to understand the wealth and diversity of heritage that is on your doorstep in our town.*
Local Out and About

Eastbourne Blind Society

Professional Vision Services, British Wireless for The Blind Fund, Macular Group & Guide Dogs for the Blind, in Association with Eastbourne Blind Society invite you to a Low Vision Day on **Thursday 7th September 2017** from **10.00am to 2.00pm** at:

Eastbourne Blind Society,
124-142 Longstone Road,
Eastbourne - BN22 8DA

To see the latest products, video magnifiers, talking CCTV, Braille, reading machines, handheld devices and specially made radios, for the blind and partially sighted people. For further information please call: 01323 729511

*Cancer Patient Focus Group* would like to hear your views on access to cancer information! Are you currently undergoing cancer treatment or recently diagnosed?

They would like to hear from current cancer patients who would be happy to take part in a focus group: and would like to hear your views on:

- **Accessing information – prior to, during and after treatment – your experience!**
- **What barriers did you face in accessing information and support?**
- **Your ideas! How getting information could be made easier.**
- **Your voice can help those affected by cancer get access to better cancer treatment and support.**

The meeting will take place at Sussex Coast College in Hastings on:

**Date:** Wednesday 6th September

**Time:** 10.00 – 12.00

**Venue:** Sussex Coast College, Station Approach, Hastings, TN34 1BA

Refreshments and snacks will be provided and all travel expenses for the patients will be covered. To book a place, please contact Greta Anderson:

**Email:** Greta.Anderson@escv.org.uk **Tel:** 01323 403590

*A talk on "Sussex Radiotherapy Developments" Thursday, 7th September 7:00 - 8:00pm Education Centre, Eastbourne DGH*

The Friends of Eastbourne Hospital invite you to learn about Radiotherapy Developments in Sussex and how the new Radiotherapy Unit at Eastbourne DGH will
revolutionise cancer treatment for patients in Eastbourne and the surrounding area. They are organising an educational lecture on “Sussex Radiotherapy Developments” by Oncology Consultant Angus Robinson, at 7 pm on Thursday 7 September in the Lecture Theatre at the Eastbourne DGH. There is free parking and complimentary refreshments after the talk. Booking is essential so please call 01323 438236 to reserve your place.

**Going up to the Underground Theatre?**

Check out their many activities at: [http://undergroundtheatre.co.uk/events/](http://undergroundtheatre.co.uk/events/)

**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. If you would like to help sponsor the event with a raffle prize please contact us at 01323 768868. We hope you can find the time to support us as we celebrate Older People’s Day – after all where would all our children be without us!

**Travel**

**Gatwick giving a hard landing!**

In the latest Which report Gatwick comes in at 20 out of 25 UK airports for passenger satisfaction.

"With Gatwick’s South terminal scoring 52% and North terminal at 51%, Gatwick was consistent with its levels of dissatisfaction throughout. Passengers here were particularly unimpressed by the prices charged in shops and food outlets, scoring just two stars in both terminals."

**Going overboard?**

Perhaps in anticipation or fear of a mass-Brexit migration our Government has published an updated guide to living abroad. [going-to-live-abroad](http://going-to-live-abroad)

**On this day..**

On the 1st September in 1958 – Iceland expands its fishing zone, putting it into conflict with the United Kingdom, and beginning the [Cod Wars](http://Cod Wars)
"I've had a perfectly wonderful evening. But I'm afraid this wasn't it." - Groucho Marx

The older we get, the fewer things seem worth queuing for. *(Mostly because we forgot why we were waiting in line in the first place)*

An older gentleman was on the operating table awaiting surgery and he insisted that his son, a renowned surgeon, perform the operation. As he was about to get the anaesthesia, he asked to speak to his son. "Yes, Dad, what is it?"

"Don't be nervous, son; do your best, and just remember, if it doesn't go well, if something happens to me, your mother is going to come and live with you and your wife...."

**Did You Know**

The average human brain contains around 78% water. (You may think some people have a great deal more!)

**Advance Notice**

**KNOW YOUR NUMBERS WEEK 18th – 24th September**

http://www.bloodpressureuk.org/microsites/kyn/Home/Freebpchecks/Findfreecheck

**And finally...**

**Thought for the day..** "Some cause happiness wherever they go; others, whenever they go." - Oscar Wilde
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.

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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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