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

Chair’s Message

Thank you to all members who supported us at our AGM this year. Many thanks too to Beryl for last year as our Chair. Also, thanks to Chris who walked the streets delivering our news. We welcome Stephanie as our new minutes secretary and thank the remainder of the current committee for volunteering for another year.

We do live in interesting times and with so much uncertainty it’s even more important to keep informed on what’s happening: specially those issues that could impact us in Eastbourne.

Warm summer days are here, well some of the time, and there are so many events and activities to enjoy outside in the warm weather. This month we have “Love Parks Week” and what better and beautiful places to enjoy a summer’s day in one of our many parks.

Best wishes

Nadine Harris

Health & Well-being

Perhaps one of the better summer problems to have is “How long should we spend in the Sun”?

NHS Choices offers some advice

Most people can make enough vitamin D from being out in the sun daily for short periods with their forearms, hands or lower legs uncovered and without sunscreen from late March or early April to the end of September, especially from 11am to 3pm.

It's not known exactly how much time is needed in the sun to make enough vitamin D to meet the body's requirements. This is because there are a number of factors that can affect how vitamin D is made, such as your skin colour or how much skin you have exposed. But you should be
careful not to burn in the sun, so take care to cover up, or protect your skin with sunscreen, before your skin starts to turn red or burn.

People with dark skin, such as those of African, African-Caribbean or south Asian origin, will need to spend longer in the sun to produce the same amount of vitamin D as someone with lighter skin.

How long it takes for your skin to go red or burn varies from person to person. Cancer Research UK has a useful tool where you can find out your skin type, to see when you might be at risk of burning.

Your body can't make vitamin D if you are sitting indoors by a sunny window because ultraviolet B (UVB) rays (the ones your body needs to make vitamin D) can't get through the glass.

The longer you stay in the sun, especially for prolonged periods without sun protection, the greater your risk of skin cancer.

If you plan to be out in the sun for long, cover up with suitable clothing, wrap-around sunglasses, seeking shade and applying at least SPF15 sunscreen.

**Getting an On-Line check-in**

Airports have had it for some time and now Eastbourne’s DGH has it. A new outpatients service to help avoid that missed time slot or even appointment. [Full story click here.](#)

Did you know that each week more than 500 people fail to attend their outpatient appointments at the hospitals within East Sussex Heathcare. Every missed appointment costs the NHS at least £190 as well as meaning an extra wait for somebody else. Just imagine how much that becomes over a year across the whole NHS?

Finally, make sure you don’t need A&E due to what you’ve eaten from your BBQ! [Check out some advice from our Council.](#)
Crime & Safety

There are some Ofcom statistics about that indicate the number of over 75s using social media has nearly doubled in the last year, leaving a less savvy older generation at risk from online scams. You are perhaps one of the 48 per cent of 65 to 74-year-olds with Internet connections now having a social media profile. The number is 41 per cent of over-75s, up from 19 per cent a year ago. Ofcom warned that older users are less savvy about the Internet than their children or grandchildren, with 16 per cent of over 55s saying they never considered privacy implications when uploading a photograph. Another 54 per cent of over 75s could not identify sponsored links in search results, while 72 per cent were unaware of personalised advertising. The study found four in 10 baby boomers now use a smartphone, up 11 percentage points in a year, while the use of smart phones among the over-75s has nearly doubled from eight per cent to 15 per cent.

Alison Preston, head of media literacy at Ofcom, said: "The UK’s older generation is beginning to embrace smart technology, and using it to keep in touch with friends and family. But some older people lack confidence online. Many are new to the internet, so we’d encourage people to help older friends or family."

In order to help East Sussex Trading Standards has set up Friends Against Scams and ESF has its own ScamChampion who can come along and talk to your group for an hour or so to help you understand how to avoid the scams and scammers.

Environment

On the fly?

One of the most heartening stories this week was the 12-month jail sentence for a Hailsham man who had a fly-tipping spree across our county. Litter and fly-tipping costs councils everywhere money they cannot afford cleaning up somebody else’s mess. In this we can all play a part and anyone witnessing fly-tipping is asked not to intervene but take the details of any vehicle involved and a description of the suspects and pass the information on to the Council. Click here

If you are one of those smartphone users then why not take advantage of the Council’s Report It App
**Wet-Wet-Wet**

Southern Water wants you to give them some feedback so they can come up with a new five-year plan. Why not give them your opinion via [this link](#)

**Ragwort –OUT**

Melanie Bucknell from the Eastbourne Homes team is organising a **Ragwort Removal Session** on Thursday 3rd August from 10am the location will be near to Belle Tout. Should be something completely different?

**Transport**

**Low Flying?**

Are you starting your holiday by plane? Well latest figures for a Gatwick departure won’t be doing your holiday spirit any favours! Nearly a third (30 per cent) of services leaving the Surrey airport between June and September 2016 were more than 30 minutes behind schedule, a statistic much worse than those of the joint second tardiest, Belfast International and Luton, where 23 per cent of flights left more than half-an-hour late. Best of the airports were Birmingham and Bristol but imagine getting there on time via the M25 and M4!

**Bus-sing!**

Our Council have a survey for you about the changes to all the bus terminus and stuff around Gildredge Road.

You have until the 3rd July – then forever stand in line! [Click here](#)

**Off the rails – again!**

Yet again Southern are having a few issues and on the 29th June started an overtime ban. Well that’ll be another “Nothing has Changed” moment.

**Transforming our Transport?**

However, something is happening and a new initiative has been launched to transform the transport in the South East region. [Click here](#)

You can take the opportunity to express your views, [click here](#)

Beam me up Scottie!
Bridging that gap

There is one piece of good news this week for regulars on the Seaford road. A new two-lane bridge is now on the agenda at Exceat. Watch that space and it’s all down to your East Sussex County Council to get the job done – soon!

Technology Stuff

e-Theraphy?

If you like to help with designing mental health solutions for the over 50’s then do contact Matthew Bennion who is conducting a study for Technology for Healthy Ageing and Wellbeing Network (THAW) at the University of Sheffield. Click here for a brief explanation.

Interested enough to contact Matthew? Then call him on 0114 2224399 or email to: m.bennion@sheffield.ac.uk

Where’s my Orange gone?

Your friends who had an email with “orange”, “freeserve” or “wanadoo” had their email serve terminated on 31st May 2017. Looks like EE - Everything Everywhere should be AA -Anything Anytime!

Local Out and About

Beat The Street!

This is new and you could be coming to the party late. Running until 26th July a fun activity to get you out and about around Eastbourne. Check it out here.

Away from their post?

If you are a regular customer at Hampden Park Post Office you’ll probably know that it is getting rewired for two weeks from Monday 3rd July. Bit of a trek to the closest nowadays at Langney, Rodmill or Wish Hill.

Know your neighbours?

Why not try out the latest community connecting website and keep up with local stuff on a daily basis.
Dementia Friends Information Session

Sunrise of Eastbourne is calling all local businesses and organisations to join them for our latest Dementia Friends session. Learn more about what it is like to live with dementia and turn that understanding into action. This is an opportunity for you to network with others over a glass of wine and selection of cheeses on Wednesday 5th July from 4.00 - 6.00pm.

Please call to book your place to Emma or Sandy on 01323 525000

999 Display

We have had a great deal of news involving our emergency services lately so why not come along to their annual Eastbourne event over the weekend of 8-9th July and thank them all personally for the services they give to our community. The event is open from 11am to 5pm on the Western Lawns on the seafront. More information

Music Maestro Please

John Mann who played at the wedding of Charles & Diana, the first London marathon and the Winter Garden will be back at the Garden for perhaps the last time on Sunday 16th July. Tickets are £7 available on 01323 412000 or the Eastbourne Theatres website.

Healthwatch Open Day

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, click here.
Sussex Wildlife Trust

Fancy a walk? They invite you on Saturday 8th July to an organised walk around Laughton. [Click here for details.]

Love Parks Week

This national event runs from 24th to 30th July. In Eastbourne you have so many to choose from. Why not go and visit a new place and all the information is available with [the click of your mouse!]

If you have your smartphone with you why not take a picture and share it with us. All your photos will be added to “Our parks” on our Facebook page.

Show Time?

And for one of our wet days why not take in a show at The Royal Hippodrome Theatre? [Check their website] for performances

If you like Monty Python’s Spamalot – it’s on from 7-9th July. Tickets £16 (£13 conc)

European Stuff

Another taxing problem?

Over in Strasbourg the Economics and Legal Affairs committees agreed on new EU rules which would obliged multinationals with a worldwide turnover of €750 million or more to make information publicly available about the tax they pay in each country. The legislation aims to increase tax transparency by providing the “public” with a picture of the taxes paid by multinationals, and where those taxes are paid. It is designed to crack down on corporate tax avoidance, which is estimated to cost EU countries €50-70 billion a year in lost tax revenues, according to the European Commission.

Revolting Locals?

It looks like residents in some of the more popular destinations have had enough of too many summer visitors. Barcelona is planning to ban Airbnb; Venice is banning new hotels and probably large cruise ships; Dubrovnik also has a problem with large cruises.
**Rome** has banned eating and drinking near fountains. What a great place Eastbourne is for our visitors.

**On this day..**

On the 1\textsuperscript{st} July in 1997 Hong Kong was handed over to the Chinese Government after 150 years of British rule. This was after the event on the 26\textsuperscript{th} June in 1843 when the island of Hong Kong was ceded to the British “in perpetuity” with the Treaty of Nanking. Lost in translation perhaps? [https://en.wikipedia.org/wiki/Hong_Kong_Island](https://en.wikipedia.org/wiki/Hong_Kong_Island)

**ESF’s Fake News Section**

Q: Why should you never fall in love with a tennis player?

A: To them, "Love" means nothing

If people are prisoners of their phones is that why they are called Cell Phones!

**If only we knew then what we know now!**

"X-rays will prove to be a hoax." – Lord Kelvin, President of the Royal Society, 1883

**Did You Know**

**East Sussex Better Together** has a mandate to bring together Health and Social care services across East Sussex and been going for 150 weeks now. They have produced a short video of what they have been up to. [Why not take a look](#) and see if they can help you. It’ll only take about four minutes.

**Advanced Notices**

**Another flight of the Phoenix**

**Come and Sing Day** with John Rutter. The Phoenix Choir invites you to come along on Saturday 9\textsuperscript{th} 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.
**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.

**And finally…**

Thought for the day.

“Well done is better than well said”. Benjamin Franklin

**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.

Eastbourne Seniors Forum
Digital-Team

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

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