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

**Health & Well-being**

**Survey Healthwatch**

Health and social care affects everyone at some point in their lives.

This short questionnaire is your opportunity to share your views on health and care services and influence change in your local area, as part of the East Sussex Better Together programme

https://www.snapsurveys.com/wh/s.asp?k=146944250515

**More statistics – believe it or not!**

1. Diabetes Type 2 has gone up 43% on last year.

2. Obesity is now a global epidemic and costs the NHS £1.2 million every hour.

3. Over 80% of the population are dehydrated.

4. 92% of people do not have a healthy breakfast; it is the most important meal of the day.

5. Nutrients in food are nearly 70% deficient compared to the same foods back in 1960.

6. 33% of children living in Eastbourne are obese.

**Shocked?**

If so then is it time for **A Healthier You!**

A Healthier You is a trial project and is being funded by Devonshire West Big Local from November 2016 to April 2017. With the help of other local community groups and organisations their aim is to encourage people to adopt healthy lifestyles! With their mind, body, soul and their finances!


**Transport**
TRAVEL – France/Paris

This is the time we start organising our holidays or even taking them. Going to France? Then you may have heard about pollution stickers for cars in Paris. All vehicles (including foreign registered vehicles) will be required to display them, firstly in the capital but with the intention to rollout the programme in other French cities over time. The idea is to limit the most polluting vehicles from entering population centres at certain times. We will keep you updated, but for now if you are travelling to Paris, the deadline to display a sticker is 31 March 2017. On-the-spot fines will be levied for those who fail to do so. The sticker costs around £3.50 and motorists are being directed to apply online


Vive La France!

Do you need an MOT every three years?

A consultation from our Department for Transport wants your views on extending the period before the first MOT from 3 to 4 years. Well worth a read and see if you can find paragraph 4.3? Consultation closes on the 16th April at 11:45pm!

https://www.gov.uk/government/consultations/extending-first-mot-date-to-4-years

Is your concessionary bus pass due to expire in March 2017?

If you have an Older Person’s bus pass, blue stripe, it will automatically produced during late February and sent out to arrive 2 weeks before expiry.

Disabled Person’s bus pass, orange stripe, we have written to all holders to request current proof of disability.

If you have changed your name or address and haven’t notified us, please call the concessionary bus pass team on 0300 33 09 471.

Any changes notified after 17 February 2017 could mean a £10 replacement charge.

Environment

The Eastbourne Borough Council’s proposal for the sale of the Downland farms is still a highly emotive issue around our town. Don’t miss your opportunity to engage in your community and having your say. No online voting option for this but you can download a form to print and complete. Postage is free but last chance today as “consultation” closes on the 3rd March.

You can readily get the Council’s view at
**Bourne to Recycle**

Why not join the number of Eastbourne’s residents wanting to be recycled!

[https://content.govdelivery.com/accounts/UKEASTBOURNE/bulletins/183ff28](https://content.govdelivery.com/accounts/UKEASTBOURNE/bulletins/183ff28)

**Money**

**In-heritance?**

From April 5, each individual can claim an additional allowance of £100,000 to offset the sale of a family home on death, on top of their existing £325,000 inheritance tax exemption. This new tax allowance will rise to £175,000 by 2020, allowing a couple to pass on £1m estates tax-free.

However, not everyone will qualify for the new perk. It will not be available to those without children, or to many business owners. Estates worth more than £2m will also be penalised.

**Demise of pound coins**

Start trading in those soon to be old £1 coins because this month the Royal Mint is starting the introduction of a new 12-sided version. Your old coins will cease to be legal tender after 15th October this year. Spend! Spend! Spend! It is also probably a good idea to familiarise yourself with paying for car parking with your Smartphone!

**Housing**

If you live in East Sussex and are starting to think about where you want to reside when you get older, East Sussex County Council would like to hear from you. They want to hear from all sectors of residents: home owners, renters and people living in all types of properties.

If you’ve already moved, they’d really like to hear about your reasons for moving. This is your chance to influence the decision makers. They give you until 19th March.

[https://consultation.eastsussex.gov.uk/adult-social-care/op-housing-needs/](https://consultation.eastsussex.gov.uk/adult-social-care/op-housing-needs/)

**Crime & Safety**

*Friends Against Scams* aims to raise awareness of scams and encourage people to “Take a Stand Against Scams”
A Friends Against Scams session is being held on Wednesday 22\textsuperscript{nd} March 2017, from 9.30am – 10.45am.

And, for those who want to do more, you can also join a SCAMchampion session, also being held on from 11.15am – 12.30pm.

Both these sessions will be delivered at The William and Patricia Venton Centre Junction Road, Eastbourne, BN21 3QU

To reserve your space/s, please contact

Reception at Age Concern on 01323 638474

**Neighbourhood Watch moving up a gear.**

This information has been sent on behalf of Neighbourhood & Home Watch Network. Their February newsletter available below


**Learning in later Life**

**Be Online** is a national campaign running from 27\textsuperscript{th} Feb until 12\textsuperscript{th} March to encourage you to get and do more online. Unfortunately there are no events running in Eastbourne this year. However, ESF-Digital has created a web-learning site that may help. It’s our Digital Café and just take a click at what you fancy.


If that throws up more problems than you need then why not drop in and meet those friendly folk of Coffee Pot Computing to help. They have open sessions every Wednesday morning at a spectacular location on the seafront; the Eastbourne Sovereign Sailing Club. Next week on the 8\textsuperscript{th} they are hosting East Sussex Fire & Rescue Service who will be outlining some of the work they do to keep us over 50s all safe and living independently at home. There will be a short talk from around 10am followed by group or private discussions. Open to friends and neighbours and refreshments available.

**Local Out and About**

**On the run?**

Eastbourne half Marathon takes place this coming weekend on the 5\textsuperscript{th} March. All the details at http://www.eastbournehalf.co.uk/

**On the Raffle?**
Age Concern Eastbourne is starting, on the 2nd March, a monthly evening social at their Venton Centre. Going from 6 - 8 pm. Games, quizzes, music with cheese and nibbles for £5. Just drop in.

**What a star? Open evening at The Observatory Science Centre, Herstmonceux**

On Saturday the 4th March The Centre will re-open again for the evening at 6.30pm. Come and explore the Centre at night - it is a different atmosphere entirely. All the indoor hands-on interactive exhibits will be available and if the weather is good there is the added bonus of being able to look through some of the country's largest telescopes at some fabulous night sky objects including Venus, Mars and the Orion Nebula. The Moon will also be high in the sky when the Centre opens and being 1 day before first quarter it is a great time to look at this magnificent object. If the weather is not very good and you are not able to look through the telescopes don’t worry, if there are enough visitors in The Centre they will have a fascinating planetarium style show for you which will walk you through the wonders of the night sky showing you objects you wouldn’t ordinarily see. Normal admission price applies but if you are visiting during the day and would like to return for the evening, then take advantage of our special offer of just £5 per person (only valid with a receipt purchased during the day of the 4th March). Alongside the historic telescopes there will be the smaller telescopes of local amateur astronomers.

[http://www.the-observatory.org/open-evenings](http://www.the-observatory.org/open-evenings)

**International Women’s Day**

A celebration event is being held on Weds 8th March from 9.30am - 2pm at The Lansdowne Hotel, King Edward’s Parade Eastbourne East Sussex BN21 4EE. Why not go along and celebrate amongst Inspirational Speakers, World Café and Music Video. Bring and Share a dish from your country.

**On this day..**

1\(^{st}\) March 1966 Chancellor of the Exchequer James Callaghan confirms the "historic and momentous" decision to change over to decimal coinage. Britain was to go decimal in 1971.

**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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