EASTBOURNE SENIORS FORUM

1st November 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 end of 2017 is fast approaching, it is now time for our Winter Newsletter. I hope that you had a great Summer and have enjoyed the amazingly mild Autumn weather! Eastbourne has had a very busy year in many ways including the start of a major refurbishment and building project.

First of all, we are delighted to welcome all those of you who decided to become members this year. Eastbourne Seniors Forum works to keep you informed of local, regional and national issues. Through the size of our membership we can promote the voice of the Over-Fifties at various levels and influence decision-making. This year the Committee has received invitations to network and get actively involved in the planning and review of services. The exchange of information is important if it is to benefit the community.

We encourage you to share your views and raise your concerns and I would like to thank those of you who have done just that in response to our Newsletters. Please keep those coming in. Please also talk to your friends about ESF and encourage them to join.

We have held our big Annual Event: The Good Life Show. This was followed by our last Open Meeting of the year at St Saviour’s Hall where we welcomed Dr Martin Lau, a dietitian with Arthritis Action, who gave us a very informative talk as well as practical guidance on diet and exercise to help manage Arthritis. (For those who attended the presentation slides are now available, just use this link)

Do look out for the information coming up next year about our Open meetings and remember to make a note in your diaries! These are well advertised on our website, in our Newsletters, at the Tourist Information Office, the Town Hall, library, various shops etc or you can simply contact us. If you can think of any other good places to display our leaflets, please let us know… which brings me to the next point:

In view of a few changes within our Committee this year and of our increasing involvement in the community and networking with various organisations, we need volunteers to join our Committee and get more actively involved or offers of help (however small!) with the various events we run (help to advertise or with refreshments or raffle etc…). If you think this might be for you, to find out more, do get in touch.

Finally, as we have now put our clocks back and the dark evenings are starting earlier, this could be a time when we feel lonely or isolated so.... have you
considered the Friendship Services (Someone to chat with to help brighten your day! Befriender or Befriended!) offered by Age Concern Eastbourne? The Services cover the Eastbourne, Willingdon, Polegate, Pevensey and Westham areas. For more information and to request a brochure “Friendship Services”, please contact www.ageconcerneastbourne.co.uk

Tel: 01323 749034 Or The Venton Centre, Junction Road, Eastbourne on 01323 638474 e-mail: info@ageconcern.eastbourne.co.uk

Best wishes
Nadine Harris

Health & Well-being

Dangers of a damp home.

Winter rains may bring more than a refreshing change from those hot autumn days we are used too! Check out this link to see the impact of a damp home.

Demelza Community in East Sussex

Demelza offers a community hospice at home service for children and young people up to the age of 19, providing therapies, respite and end of life care in the comfort of a child’s own home across East Sussex.

Their specialist nurses also provide care and support in other community settings, allowing a child or young person to continue life as normal with as little disruption as possible.

Care in the home gives families a break without having to travel and enables children and young people with life-limiting and life-threatening conditions to have specialist care in familiar surroundings. As a result, families are given more flexibility and helped to retain a sense of control and independence.

Families needing reassurance at the end of the phone can contact our specialist team between 9am and 5pm, Monday to Friday. They also provide 24 hour support for children and young people requiring end of life care in conjunction with other healthcare professionals. Following a detailed inspection in 2016, Demelza Community was rated Outstanding by the Care Quality Commission.

It costs £1,600 per day to run our East Sussex service and less than 10% of these costs are covered by government funding. They need to rely on support from generous people and groups within the local community to be able to survive. If you can help us in any way or would like to find out more about our services visit www.demelza.org.uk
To help with local fundraising please phone Julie Brett on 07917 603075 or email Julie.brett@demelza.org.uk or write to your local MP and complain about this level of government funding.

To find out more about Demelza see:

https://www.youtube.com/user/DemelzaVideos


https://twitter.com/DemelzaHospice

https://www.facebook.com/demelzhospice?ref=ts

**Say goodbye to inflammation**

A healthy dose of antioxidants is the perfect way to relieve inflammation, pain and stiffness. Antioxidants tackle free radicals, the compounds that can cause tissue damage. Arthritis sufferers often turn to anti-inflammatory antioxidants where medication fails. Ever heard of Black garlic?

https://www.victoriahealth.com/editorial/health-benefits-black-garlic

Or you could try **an apple a day ....**

Autumn has officially arrived, so now is the perfect excuse to catch up on your daily apple intake. Whether it is cider, apple bobbing or picking, no other fruit is as strongly associated with this time of year and eating the recommended one a day can work wonders for your health. You get roughly 15% of your recommended dose of vitamin C from just one apple and the high fibre content of the peel can help with your digestion. Apples are also a source of vitamin A which is a powerful antioxidant to fight off infection and inflammation.

And if you would like help with **Weight Management** and diet there is now a new service called One You East Sussex

https://oneyoueastsussex.org.uk/
Crime & Safety

Police reports of incidents in your neighbourhood.

*Crime report site:* [https://www.police.uk/](https://www.police.uk/)

Once on the site, hit find your neighbourhood and then put your postcode in the search box at the top right-hand corner. A map will appear which can be enlarged and moved around to cover the reports. Click on the black dots to see the report classification.

*Road accidents in the area.* Again, your postcode is used. The site is: [http://www.crashmap.co.uk/](http://www.crashmap.co.uk/)

(Thanks to Neighbourhood Watch for this information)

SCAMS

Keep updated on those scamming activities at [http://www.tradingstandardsecrime.org.uk/alerts/](http://www.tradingstandardsecrime.org.uk/alerts/)

Environment

*Now Eastbourne’s Air Quality is national news!*

Reported at 14 out of 15 for the air pollution. The quality of the air in Eastbourne is worth keeping an eye on at: -

[https://uk-air.defra.gov.uk/forecasting/](https://uk-air.defra.gov.uk/forecasting/) and just enter Eastbourne

*Plant a tree to help our planet* or perhaps something completely different!


Money-Money-Money

Money talks ...but all mine ever says is good-bye.
Transport

Southern Service Announcement

On Saturday 4th November, due to the Bonfire Celebrations in Lewes, Southern trains will not be calling at Lewes and the following stations from midday until the end of “service”. Cooksbridge; Falmer; Moulescomb; London Road (Brighton) and Glynde.

These changes have been made at the request of “local authorities” and “Emergency services” in order to ensure public safety.

Consultation Stuff

Are you a Ratton resident or their neighbour? If so you may have an opinion on the Eastbourne Borough Council’s plan. Closing date is 18th November.


There was a consultation on proposed Public Spaces Protection Orders in Eastbourne that closed last September. 1211 people responded out of our population of over 90,000. – Must do better?

Stand Up For East Sussex

Why not add your name to ask the Government for more of a fair share for East Sussex.

https://www.eastsussex.gov.uk/yourcouncil/consultation/stand-up-for-east-sussex

You may also find things are going to be “Buy the Book”

https://consultation.eastsussex.gov.uk/economy-transport-environment/draft-strategy/

On this day..

On the 1st November in 1929 Lundy Island, part of British Isles, issues its own stamps.
Local Events

Eastbourne Strategic Partnership invites you to their event to showcase some of the many organisations working to promote the interests of Eastbourne. It takes place Thursday 9th November 2017 in the Hardwick Suite at the International Lawn Tennis Centre, College Road, Eastbourne, BN21 4JJ from 4pm to 6.30pm.

There will be over twenty exhibition stands to browse and from 5pm onwards there will be short presentations on key developments in Eastbourne such as:

- **Update on the Arndale Centre**

  *Neil Crawford, Head of Retail & Leisure Development, Legal & General*

- **Town Centre Improvement Plan**

  *Matthew Reid, Project Manager, East Sussex Highways*

- **Quality Environment**

  *Jane Goodall, Strategy and Partnerships Lead – Quality Environment Lewes and Eastbourne Councils*

- **Housing and Development**

  *Jess Haines, Strategy and Partnerships Lead – Housing and Development Lewes and Eastbourne Councils*

- **Voluntary and Community Sector Networks**

  *Miriam Wilkinson, Head of Development, 3VA*

**Remembrance Day**

We shall remember them – we owe it to them.


**Did You Know**

Your tongue is the fastest healing part of your body.

**Thought for the day**

The best anti-ageing cream is ice-cream. What other food makes you feel like you’re 8 years old again?
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. 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