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

Last Thursday, at the International Lawn Tennis Centre, took place our Older People’s Day big Annual Event: The GOOD Life Show. As you can imagine the last few months have been very busy in preparation for the Show.

We appreciate that in view of the Winter Gardens being closed, the change of venue caused some difficulties and we tried to do what we could under new circumstances. We thank you for your comments and feedback, which we will take on board.

The Show was a success and there was a really buzzing and purposeful atmosphere. Did you see Marco the Magician on his walk-about and did you hear the Ukulele band performing in the Hardwick Suite? We also appreciated the visit from the Mayor of Eastbourne, Councillor Pat Hearn and her husband, Consort Philip and from Caroline Ansell and her husband.

It was great to see so many of you and to be able to speak with you face to face. We also welcome those of you who have become new members of ESF.

On behalf of our Committee, I would like to thank all the Exhibitors, our Sponsors Gaby Hardwicke, Stephen Rimmer and MyHealth Mobility, County Representatives and contributors to the Raffle for supporting our Show.

Huge thanks also go to Sarah and all her Team at the International Lawn Tennis Centre, for their friendly and professional support throughout the day.

Lastly thank you to Steve, our Committee members and supporters for their hard work and help before and on the day. As you might be aware Steve Thornett, Chair of ESF for many years and the driving force behind the Good Life Show was recently unwell. I am delighted to say that he is making good progress and we give him our Best wishes for a speedy recovery.

Please note for your diary: On Friday the 20th of October at 2pm, we are looking forward to welcoming you and a friend to our Open Meeting at St Saviour’s Church Hall. Our guest speaker is Martin Lau, a Dietician from Arthritis Action and we are very much looking forward to his talk and the practical guidance he will offer.

Best wishes

Nadine Harris
**Health & Well-being**

*How old is your heart?*

Click on the link below and find out

https://www.nhs.uk/Conditions/nhs-health-check/Pages/check-your-heart-age-tool.aspx#

*Got the Turmeric habit?*

Want to try something completely different? Then check out the top-10-evidence-based-health-benefits-of-turmeric

**Crime & Safety**

*Police reports of incidents in your neighbourhood.*

_Crime report site:_ 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/

(Thanks to Neighbourhood Watch for this information)

**SCAMS**

So-called _Charity Salesmen_ are roaming our streets looking to take your money. If confronted get a tad aggressive. Phone 101 and get the Police involved if you get him knocking on your door.

No reason not to join the army of scam fighters at Friends Against Scams

*Why didn’t the man report his credit card was stolen?*

*Because the thief was spending less than his wife on the card!***
Environment

Launch of **Pride in Our Neighbourhood** – check it out at


Friends of the Earth Eastbourne are well worth a visit.

https://www.foe.co.uk/groups/eastbourne

*No real news about haze - how about Air Quality?*

The air quality in Eastbourne is worth keeping an eye on at: -

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

Money-Money-Money

Saving your money!

The best way to save money is to forget whom you borrowed it from!

I lost my job at the bank on my first day. A woman asked me to check her balance, so I pushed her over! - Ouch

Transport

*Off the Southern rails – again and again and again.*

Strike 1 – 3rd October

Strike 2 – 5th October

Will it ever end?

*Passenger said to the train driver “I want to go to Paris” He said “Eurostar?” I said “I’ve been on telly but I’m no Dean Martin”!!

Take the bus instead but watch out –

*Woman gets on the bus with her baby. The bus driver says “Ugh that’s the ugliest baby I’ve ever seen!” The woman walks to the back of the bus and sits down fuming. She says to the man next to her “The driver just insulted me!” The man says, “Just go up there and tell him off. Go on, I’ll hold your monkey for you.”*
Consultation Stuff

Repeated notice but after reading the 256 pages you must do the survey!

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

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.

More consultation about your CCGs

https://consultations.dh.gov.uk/cqc-sponsorship/performance-assessments-of-providers/

EU Stuff

EU Public Prosecutor to better protect taxpayer’s money!


On this day.

On the 2nd October in 1968 – the birth of six babies was hailed as the first recorded case of live sextuplets in Britain.
Local Events

Become a Dementia Friend

SETUP (South East Training Uniting People) and Dementia Friends are running a session about becoming a dementia friend on Wednesday 18th October. Venue is Langney Community Centre Etchingham Road BN23 7DX from 10:30 am until 12:30 pm.

Why not go along and find out what you can do to make a difference to people living with dementia. Book your place by 11th Oct with an email to Angela.Sharman@optivo.org.uk or call 01424 776642.

Did You Know

The average person falls asleep in seven minutes.

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

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

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