Message from the Chair

I should like on behalf of the ESF Committee to wish you all a Happy and Healthy New Year and welcome to the latest ESF eNews Bulletin containing a few local items that may interest you. Keeping healthy over this winter is a top priority and we hope some of the items we have included help. Also, we now seem to be in the midst of a “scamming epidemic”. Our committee are all Friends Against Scams. Why not join us – it is free and gives you plenty of advice on scams and those who are being scammed. IT is becoming so critical in everyday life – why not learn a little more with our partners Coffee Pot Computing who provide free help and advice as well as pleasant company and a nice coffee. We can all benefit from that in 2018.

Best wishes

Nadine Harris

Health & Wellbeing

Hang on to this advice if you have a hangover!

https://www.nhs.uk/Livewell/alcohol/Pages/Hangovers.aspx?dm_i=3IW9,BSBN,2ZRMT1,181OS,1

If it’s not drinking that’s slowing you up, then the NHS has some advice to help you feel more energised over the winter.

https://www.nhs.uk/Livewell/tiredness-and-fatigue/Pages/winter-tiredness.aspx?dm_i=3IW9,BSBN,2ZRMT1,181OS,1

And if you are still in the business of a New Year’s Resolution..

https://www.nhs.uk/Livewell/Healthychristmas/Pages/NewYearresolutions.aspx?dm_i=3IW9,BSBN,2ZRMT1,181OS,1

Why not take a look at AgeUK’s campaign “Painful Journeys”. They need your story and perhaps your support.


Lastly, are you fit?

https://www.nhs.uk/LiveWell/Fitness/Pages/Fitnesshome.aspx

Transport

A special tribute to Southern Rail

For all the passengers you forgot,
And never brought them home,
For all those passengers you forgot
And never arrived on time.

Chorus

For awful long delays, your job,
Your awful long delays,
You’ll take our money all the time,
For awful long delays.

Are you into the A27?

Want to know about any road plans in Sussex? Just click on the link for the latest information on the planned works to the A27.

http://roads.highways.gov.uk/projects/a27-east-of-lewes/

If you like to keep moving when you drive it is well worth catching up on the East Sussex Highways latest web-stuff.

Their home page at http://www.eastsussexhighways.com/
Or go straight to their “Problem Page”.

http://www.eastsussexhighways.com/report-problem

Crime and Safety

Our Top Tips on Christmas Crime Prevention

1. Light up your house
As its gets darker earlier, use a timer switch to ensure your lights come on when you aren’t at home. Most burglaries happen when a property is empty and leaving a light on is an effective way of deterring burglaries.

2. Keep all valuables out of sight
Don't make your home a target for thieves - keep your doors and windows locked and keep all your valuables and Christmas presents out of sight.

3. Mark your property with an ultraviolet pen
Property, which is lost or stolen, can be returned to its owner quickly if it is marked with the house number and postcode.

4. Be aware of bogus callers
Don’t let anyone into your house that you are not expecting or who does not have an appointment. Always check identification and call the company if you are unsure. Genuine callers won’t mind. If you are suspicious, report the incident to police.

5. Keep your car safe
If you are Christmas shopping, make sure you park in a well-lit car park and lock your car. Never leave any valuables in your car, such as mobiles or satellite navigation systems.

6. Keep yourself safe
Personal safety is paramount. If you are going out, make sure you have your keys, money, phone and plans to get home. Make sure someone knows what time you will be back.

7. Don't drink and drive
Drink or drug driving can be fatal. If you are going out for the evening, stick to soft drinks if you are driving. Nominate a designated driver who can get you all home safely.

8. Alcohol related anti-social behaviour
We want people to go out and have a safe and enjoyable evening. Anti-social behaviour, particularly related to alcohol is one of our top priorities and we will clamp down on it. Know your limits.

9. Online shopping

Make sure you use a secure online payment service and use credit cards rather than debit cards. Don't give out your personal or financial information online unless you know your contact is legitimate and mark off your online transactions against your bank statement.

Telephone Scams

Around this time of year the last thing anyone wants to worry about is being a victim of a telephone scam. Sometimes it can be difficult to tell what a 'scam call' is. However, it's good to know some of the typical tricks that scammers use so that you can be prepared if you ever get a call like these:

Bank Scams - These are calls that come from an individual who will pretend to be from your bank saying that you have a problem with your account or card. They will usually ask you details about your account such as what your PIN number is. They could even advise transferring money into a 'safe account'. This is a very common scam and your bank would never ask you to give over these details or to transfer any money.

Compensation calls - This is where someone will phone you up and ask about a car accident you have had recently and then follow onto offer you compensation. Although some of these calls can be genuine, if you have had an accident it is best to call your own insurance company and not engage in these types of calls.

HMRC scams - You could get a call from someone claiming to be from HMRC suggesting that there is an issue with your tax refund or an unpaid tax bill. Again, HMRC would never contact you this way and would not ask you to reveal personal information such as your bank account details.

So, what how can you avoid phone scams?
1. Register with the Telephone Preference Service - this is a free service that allows you to opt out of any unsolicited live telesales calls. Although this can help reduce the number of cold calls you receive it may not block scammers.
2. Talk to your phone provider and see whether they offer any privacy services and call blocking services.
3. Most importantly, have awareness of what scam calls look like and prepare yourself if you find yourself in this situation.

Learning in Later Life

Did you get a new iPad, Tablet or laptop for Christmas why not go along to one of the sessions below and get some tips on how to get started and avoid some of the frustrations and risks of using all your new technology.

Coffee Pot Computing will resumed their free computer training session at St John’s Parish Hall, Meads on Fridays at 9:30am on the 12th January 2018.

Their free sessions, at Eastbourne Sovereign Sailing Club, start on Wednesday 10th January at 9:30am.
**Environment**

*Recycling real Christmas trees*

If you are buying a real tree for Christmas, don’t forget to recycle it. Real Christmas trees are usually shredded into chippings, which are then used locally in parks or woodland areas.

You can either cut your tree up into small pieces (less than 120cm) and place in your garden bin if you have one, or take it to one of the designated tree recycling sites across the town. Please make sure all decorations, tree stands and pots are removed.

Visit [www.lewes-eastbourne.gov.uk/christmastrees](http://www.lewes-eastbourne.gov.uk/christmastrees) for more information.

**Have you bin-ned out? Recycling to be reviewed in Eastbourne**

The Borough Council’s Cabinet councillors have agreed to look at introducing a new recycling system that could mean residents use one bin to recycle everything.

The new system would mean residents could put glass in their wheelie bin. At present, separate box containers are used for glass and a wheelie bin for paper, cans, cardboard and plastics. The change would bring Eastbourne in line with other councils in East Sussex.

If councillors decide to adopt a new, simpler system, it would come into place in June 2019.

Councillor Jonathan Dow, Portfolio Holder for Place Services, said: “Glass doesn’t need to be kept separate in order for it to be recycled so everything could be put in one bin which would make recycling easier and simpler for everyone.

"It would also be beneficial for the collection crew in terms of health and safety and will save the council money too. If introduced, we hope the new system would encourage more people to take part in recycling."

**Interested in the new Arndale Centre?**

Check out all the latest information at [http://www.eastbournearndaleshopping.co.uk/](http://www.eastbournearndaleshopping.co.uk/)

**Money-Money-Money**

Credit card so called “rip-off” fees is becoming illegal on 13th January 2018 and there is some concern that the charge will be hidden in the price. At present councils, travel agents and shops charge up to 3% extra for customers paying with their credit card. This is a 900% profit on the true cost of this “transaction cost” which was capped at 0.3% by the EU in December 2015.

**Do we need more Council-ing?**

*Charge for garden waste to be introduced in Eastbourne*

Cabinet councillors on Wednesday 13 December agreed to introduce a charge for the collection of garden waste in Eastbourne from April 2018.

Many types of Council already charge for this service and now Eastbourne is going to be in line with them.
The annual charge of £52 is expected to bring in around £300,000 every year. The Council expects that this charge will allow the council to maintain essential frontline services in a financial climate of severe cuts in government funding.

For those who would prefer to compost at home, a free compost bin will be offered as an alternative. This offer will be available for the first six months of the scheme. Lewes District Council already charges for collection of garden waste and Wealden District Council is set to introduce a charge from April.

For that new Calendar?

Getting the Bird?


International Women’s Day Conference to be held in Eastbourne

“Improving the lives of women and girls” will be the theme for the International Women’s Day Conference in March.

The conference, organised by Eastbourne and District Soroptimists, will be in collaboration with Eastbourne Mayor Councillor Pat Hearn and held at the Town Hall on March 8.

It is hoped that up to 300 people will attend the event that will support the Mayor’s charities, Embrace and Rebourne Corner.

Subjects to be discussed include keeping the focus on girls’ learning, women and leadership, women in public office, the role of women in suicide prevention, human trafficking and the ‘Hidden Women of Eastbourne’.

Speakers will include Vice Lord Lieutenant of East Sussex Sara Stoner and Deputy Lieutenant, Deborah Bedford, Head teacher of Brighton and Hove Prep High Sixth Girls’ School Jennifer Smith and Assistant Principal of Sussex Downs College Rebecca Taylor. In addition, Laura Murphy, founder of WayfinderWoman Trust, Fiona Malcolm, Executive Director of Operation at The Samaritans and Lorraine Hayes from the Sophie Hayes Foundation will speak.

President of Eastbourne and District Soroptimists Lynne Chiswick said: “We are excited to have a fantastic line up of speakers who will address issues that are relevant to women in society today. It promises to be a very thought-provoking day.”

The cost of the day is just £15. To reserve a place either email Lynne at lynne.chiswick@sky.com or telephone 01323 479032

Lots more going on in Eastbourne at

https://www.thebestof.co.uk/local/eastbourne/community-hub/blog/

Bored with Fake Brexit News?

Do we know enough about how the EU works?

The EU’s long-term budget

- In addition to the annual budget, the EU has a long-term budget for a period of at least five years.
• The current budget, covering 2014-2020, amounts to €963.5 billion (2011 prices).
• It's the first long-term budget to have less money than the previous one

Just in case you’d like to know more about the EU – why not start at their news section below.


Did you know?
Rio de Janeiro translates to river of January
And
The most commonly used word in English conversation is 'I' – (Ouch!)

Publicity

You are our best advertisement throughout Eastbourne – let your friends and neighbours know about us and get our message out there. Please forward this email to all your friends in Eastbourne and spread our news.

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.

Want our Future Newsletters?

Finally, if your email is changing or even your postal address please drop us an email so we can keep in touch.

Thank you.

Eastbourne Seniors Forum
Digital-Team

Email: esf.digital17@gmail.com

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ESF Digital - We deserve better in 2018