

EAST SUSSEX Seniors' Association

The Voice of Older People



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Winter 2018

Newsletter No.17



Bodiam Castle

Photo by a Wealden senior citizens' partnership member

Have Your Say • Get Involved • Make a Difference • Shape the Future

www.essaforums.org.uk

10th Anniversary Event

Celebrating ESSA's 10th Anniversary – how to do this?

There were so many memories both good and bad.

As chair I was given the task of planning the day at the Wellshurst Golf Club where many of our earliest meetings had taken place.



ESSA Chair (Kate Davies) with Steve Thornett viewing the ESSA display.

I thought the easiest way to celebrate was for all of us to take a Trip Down Memory Lane.

Each forum to give a brief talk about their forum from the time it started to the present day. This was really very funny. Most of the memories being when things had gone wrong. The

competition amongst the forums to gain the most membership with Hastings and Seaford galloping ahead into the thousands and Lewes and the Meridian shaking their heads in wonder. We welcomed HOPEG as a forum as we had long pressed ESCC to include them.

Ron Sunderland (Rother) had asked me if he could go last as he had a very special presentation that we would all enjoy – it was certainly that – Ron had made a short film based on each of the forums with a carefully selected musical accompaniment. It was absolutely brilliant and illustrated perfectly all the ingredients that makes ESSA great – we are gifted, talented,

thoughtful, computer-literate and know how to laugh at ourselves.

There were sad memories of John Appleyard, Don Hart, Kathleen Manning and many others who had made a massive contribution to the ESSA Story.

Sam Williams (ESCC) finished the morning by talking about how working together in this very new way had



Some of the attendees at the event.

over the years proved to be invaluable in understanding and planning for the large numbers of older people living, working and

having fun in East Sussex.

I wasn't quite sure how to finish off our celebrations until Jane Clark (Wealden) said 'Let's have some fun! A magician or something'.

So we did.

Ron's video can be seen on our website:

www.essaforums.co.uk/ under the News tab "older entries".



ESSA chair Kate Davies with Sam Williams of Assistance Director, Planning Performance & Engagement at ESCC Adult Social Care.



How to naturally boost your energy levels in winter

Here are some simple ways...

Nap in the morning

Just 15-20 minutes is enough to recharge your energy and by doing it in the late morning you avoid getting over-tired and falling asleep for longer in the afternoon. Have a cup of coffee just before you shut your eyes, too. It'll take around 30 minutes for the caffeine to kick in - so when you wake up, you'll feel more alert instead of groggy.

Snack on seeds

Have you ever seen a bird taking a nap? Probably not and that's because their diet is full of energy-boosting seeds. Essential fatty acids in seeds and nuts help increase energy production.

Eat oatcakes

A slice of cheese on an oatcake or wholegrain bread will keep you going far longer than a chocolate bar. The reason being that protein (in the cheese) mixed with complex carbs (in the oatcake) helps give you sustained energy release, whereas chocolate makes your energy levels spike then fall.

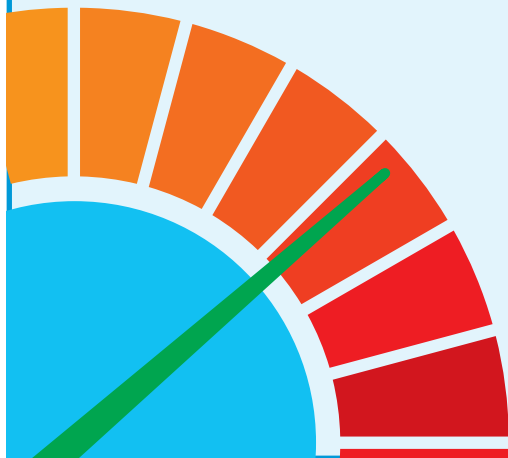
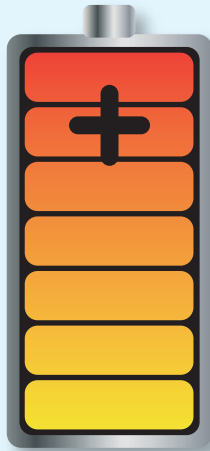
Turn on the radio

According to a study from Brunel University listening to up-tempo music (think classical Mozart, do-wop or for something more modern, Miley Cyrus or the Libertines) helps reduce fatigue.

Take a sniff

Remember smelling salts? Well, they're making a comeback as an instant pick-me-up. You can buy them at a chemist.

*Roger Sweetman
from Saga magazine*



ESSA – The Birth Process and becoming 10 Years old

Seniors Forums formed after Government pilot in Shrewsbury, to give seniors a 'grass roots' voice to Service Providers.

2002 – Hastings & St. Leonards Seniors Forum launched.

2003/4 - Five more Forums launched. Interface with ESSC gets difficult.

13/4/2006 - Vicky Smith, ESSC met Older People's Forum Chairs to seek a good input plan from grass roots, via Special Interest Groups.

A Steering Group of all six Forum chairs, initially coined East Sussex Seniors Executive (ESSE) was formed. We liked the short form to save time writing the full title. This later changed to ESSA (Association as Executive was not in keeping with "grass roots").

A Draft Constitution was produced by Sub-group: John Appleyard, Hanno Fry, David Glen & Ron Sunderland and accepted after review.

18/4/2007 Key meeting at Uckfield Civic Centre. Ron Sunderland chaired to reassure those with concerns re-bureaucracy to agree that ESSA be born



4/5/2007 Inaugural ESSA meeting- John Appleyard was appointed 1st Chair and Ron Sunderland, Vice-Chair. Much organisation set in place and our next Key Event was:

Launch of ESSA on Thursday 12th July 2007: 10:30am–2:45pm at Weald Hall, Uckfield Civic Centre, guest Speaker was Deputy Lieutenant Kathy Gore. Kathy Gore stated that she was sure that "ESSA would become the Movers and Shakers in our society".

2007/14 – two East Sussex Forums launched to create 8 in total for ESSA.

12/7/2017 – 10th Anniversary Celebration of ESSA

Abdominal Aortic Aneurysm (AAA) Screening

The NHS in Sussex is offering the above screening to all men older than 65 who have not previously been screened and are registered with a GP in East Sussex.

An **AAA** occurs if the aorta wall gets weak and starts to expand. The condition can be serious and screening

can help to find an aneurysm early so that it can be monitored or treated.

The scan is pain free and should last no more than 20 minutes.

To self-refer yourself, please call:
01903 843834.

OLDER PEOPLES DAY 2017 EVENTS

Hundreds enjoy fantastic forum fair

THE AWARD WINNING Hastings Pier location proved a fantastic success for Hastings and St Leonards Seniors' Forum's Health and Hobbies Fair on October 4.

Well over 300 people flooded to this lively, free event, held especially to celebrate Older People's Day, making it the best ever in most members' views!

People strolled along the pier in the sunshine to enjoy the fair, which was opened by Mayor Judy Rogers who then enjoyed visiting the wide range of fascinating stalls, beautiful craft displays and health information stands.

The mayor was greeted and thanked by forum chair Paul Broadhurst and vice chair Ann Lowndes, who was also main organiser supported by fellow members of the forum's Quality of Life committee.

Ann said: "I'm delighted so many



people enjoyed the fair and found the venue so accessible. It was fortunate that the sun was shining so there was a good attendance to visit the lovely stalls."

As well as all the visitors on foot, people with mobility scooters were delighted to be able to buzz along the pier to the fair and visitors also included several dog owners pleased to be able to bring their pets. Everyone was able to have a sit down to enjoy a free tea or coffee, with forum president Pam Brown among those having a chat with visitors and members. A major attraction was the amazing tombola

Visitors browsing some of the stalls on Hastings Pier at the Health & Hobbies Fair for the Older People's Day Event.

organised by Pam Webb aided by Vilna Lee – so many prizes, so little time! – while the quality of life stall manned by Beryl Mynett and stocked with attractive items made by members was a great success.

It was a busy time for hardworking Joyce Thatcher who signed the visitors in at the entrance, with a helping hand from Paul and membership secretary Roger Sweetman.

Roger gave out 25 application forms, sent out another 15 and also signed up six new members on the spot!

"It was good to see so many people with smiles on their face enjoying the event," said Roger.



The Mayor of Hastings, Councillor Judy Rogers, with Pam Brown O.B.E. President, Ann Lowndes, Vice-chair, and Paul Broadhurst, Chairman of the Hastings & St Leonards Seniors' Forum.

999, 101 and 111 Telephone Calls

Are you confused by the above three telephone numbers?

Allow us to explain:

999 is for **emergency** POLICE, FIRE, AMBULANCE OR COASTGUARD

101 is for **non-emergency** POLICE

111 is for **non urgent** MEDICAL ADVICE

Seems fairly straightforward, **or is it?**
The confusion comes around the cost of calls.

999 is **free** from all landlines and all mobiles

101 is a **chargeable** (currently 15p per call) from all landlines and mobiles

111 is **free** from all landlines and mobiles.

Add to the mix some numbers you may not be aware of:

105 for UK-wide power cut helpline – free from all landlines and mobiles

112 for Emergency services – free from all landlines and mobiles

116 Freephone numbers – free from all landlines and mobiles, and

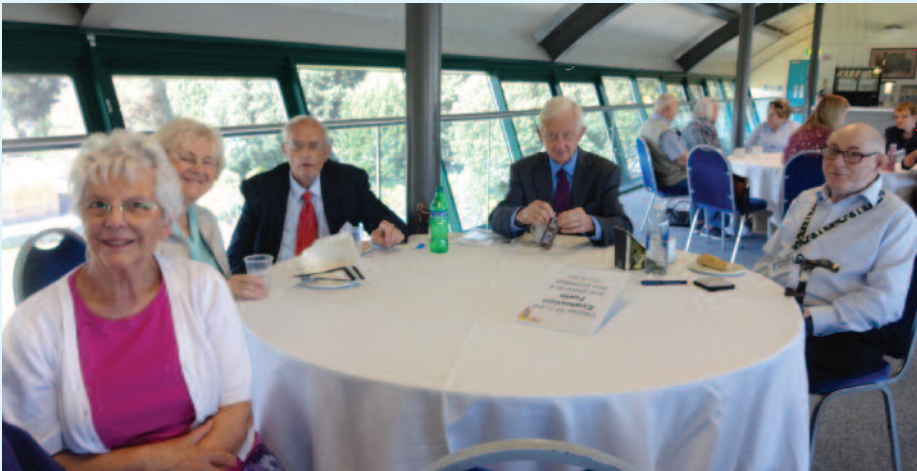
Finally – just when you thought it was safe...

118 – Directory enquiry numbers regulated by the Phone-paid Services Authority: up to £5 and your phone company's access charge (landlines & mobiles) plus possibly up to £6.98 per call!

Eastbourne Seniors Forum Good Life Show

“The Good Life Show” is a popular annual event organised by the Eastbourne Seniors Forum (ESF) in celebration of Older people’s Day. This year the Show was held at the International Lawn Tennis Centre in Eastbourne.

43 exhibitors offered a good mix of information and guidance to over 700 visitors.



Third from left, Steve Thornett (founder of Eastbourne Seniors Forum) and Ursula Thornett, long-time helper for the event.



Dr Martin Lau, Dietitian from Arthritis Action talking to Members and demonstrating useful exercises to manage Arthritis at a recent ESF Open Meeting at St Saviour’s.

Friends against SCAMS



Scams affect the lives of millions of people across the UK. People who are scammed often experience loneliness, shame and social isolation.

Friends Against Scams is a National Trading Standards (NTS) Scams Team initiative, which aims to protect and prevent people from becoming victims of scams by empowering communities to “Take a Stand Against Scams”.

Friends Against Scams has been created to tackle the lack of scams awareness by providing information about scams and those who fall victim to them. This information enables communities and organisations to understand scams, talk about scams and cascade messages throughout communities about scams prevention and protection.

Friends Against Scams encourages communities and organisations to take the knowledge learnt and turn it into action.

Anybody can join **Friends Against Scams** and make a difference in their own way.

*The aims of **Friends Against Scams** are:*

- To highlight the scale of the problem by getting communities and the nation talking about scams.

- To change the perceptions of why people become scam victims.
- To prevent people from becoming or continuing to be a scam victim by providing more adequate support.
- To recruit people to join the fight against scams to make this a scam-free nation.

If you would like to be a Friend Against Scams you can attend a short awareness session either in person or online.

After this session you will be asked to start taking action to “Take a Stand Against Scams”. This could be by talking to your neighbours, friends or family about scams or writing to your local MP asking them to promote scams awareness action by delivering the message against scams.

People can learn how to become a Friend Against Scams online at www.friendsagainstscams.org.uk

Anyone who is worried they or someone they know might have become a victim of scams is asked to call the Citizens Advice consumer helpline on 03454 040506.

A recent announcement by The Payment Systems Regulator (PSR) has announced action on bank transfer scams in response to Which’s super-complaint.

They have unveiled plans of a reimbursement scheme, meaning victims could be entitled to a refund if they’re tricked into transferring money to a fraudster. If banks fail to protect their customers they will have to foot the bill.

How much water should I drink a day?

Headaches, tiredness and constipation are just a few of the symptoms that can result from drinking too little water. Find out how much you need every day...

Take a good look at your body. Flesh, blood, bone, nails, hair and some gristly, squidgy bits that, luckily, you can't see. All of it needs water to work well and feel good.

How much water is in our body?

'About 72% of our weight, not including fat, is water (reducing to about 56% in older men and 47% in older women)' says Paul McArdle, dietician and spokesperson for the British Dietetic Association (BDA). 'That's around 45 litres in a 70kg man, and a little less in a woman. Most of this is contained in our body cells. The rest is part of the fluid that surrounds cells and plasma.'

So how much water should I drink a day?

Under normal circumstances, around 1.5 litres of fluid a day (about eight glasses of liquid) should be enough to keep your liquid levels healthy. If it's very hot, you've been very active and sweaty, or you've had diarrhoea and/or vomiting, you'll need to drink more to keep your stocks from running low.

Plain old tap water is perfect, but you don't have to limit yourself to this. Milk, fruit and vegetable juice, squash and fizzy drinks will all add fluid to your system. Tea and coffee do have a slight diuretic effect – the caffeine in them and in some fizzy drinks can make you produce more urine than other drinks. But in most cases it makes very little difference, so these drinks still help you stay hydrated.

Alcohol is a stronger diuretic, and drinks with a high proportion of alcohol, such as spirits, will increase your fluid loss, and add to the effect you feel the next morning, as dehydration is part of the cause of hangover symptoms. But that doesn't mean you have to stick to mineral water. Drinks that have a low alcohol content, such as wine spritzers and many beers, won't normally upset your fluid balance.

Cheers!



Recognising Frailty

Many people with multiple long term conditions may be living with frailty as a consequence of this. This group is well known to health and care services.

However there is another group of people who may be living with frailty who do not seek medical advice and are unaware that they need to be seeking help.

We all know as we get older that we sometimes feel we are not functioning as well as we should. Things like gardening that we once enjoyed suddenly become a problem, going on long-haul holidays and even making up our minds what to pack for a weekend away makes you wonder if it's worth the bother at all.

Other things – household chores, shopping, walking round the shops, visiting friends are added to your growing list of things you can no longer be bothered to do.

This has been recognised by the NHS and AGEUK and has been added to the term 'frailty'. There is nothing physically wrong, no long-term underlying illness and usually not something you can explain to your doctor in the hope they will write out a magical prescription to perk you up. Sometimes it is a normal process of getting older.

But it shouldn't be seen like that. The secret is to identify these feelings by doing a rough count of all the things you 'can't be bothered to do'.

If you can't be bothered to go shopping



eventually you may find you can't be bothered to cook and then you will stop eating properly.

Have a word with your doctor and ask if someone from the practice – it might be a nurse or someone from a new primary care team who could have a word with about how you feel.

This new team have good local knowledge and can talk you through options like lunch clubs, falls prevention services, art and craft, singing, discussion & walking groups.

Some charities are beginning to re-start their befriending services and AGEUK have a free telephone friendship service
Call in Time: 0800 434 6105
where someone will call you once a week by arrangement, just to have a chat.

That first step takes courage, but it's worth it.

Kate Davies

Seniors' Forums Contact Details



Eastbourne
Seniors Forum

Eastbourne Seniors Forum

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East Sussex
County Council



eastsussex.gov.uk

East Sussex County Council (ESCC) is proud to support the East Sussex Seniors Association (ESSA). However, it would like to point out that ESSA is an independent organisation and that the views stated in its newsletter will not necessarily reflect the views or policies of the County Council.