



HASTINGS & ST LEONARDS  
SENIORS' FORUM

# Newsletter

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## WILL WE LET THEM DESTROY OUR TOWN ?

### *Or will it be our Apathy ?*

For most of us, planning issues are not something we get passionately involved in or try too hard to understand – until, that is, it becomes personal. Everyone knows

(too late) when a ghastly planning permission has been given. Suddenly an ugly, inappropriate and overbearing building impinges on your daily life, ruins the ambience of the Town and puts another nail in the coffin of sensitive regeneration. And it happens all the time, leaving many of us distraught.



Within the next eight weeks decisions are going to be made that decide the future of our lovely Victorian Town with its wonderful architecture.

Do we, the Townsfolk (together with the planning department and councillors) acquiesce to the ambitious demands of developers – thus allowing high density and unsustainable housing to be built on two precious sites in the midst of our Town? **These are the vital decisions to be made.**

1 ) Whether to allow 155 dwellings to be built in the heart of the conservation area of Burtons' St. Leonards on the ARCHERY GROUND.

2 ) Also whether to grant permission for the erection of 197 dwellings at the CONVENT SITE at Magdalen Road.

3 ) Then there's the *development plans* for **the whole of** Hastings and St. Leonards for the next 16 years - the Local Development Framework Plan has been exhibited and you can still have your say up to 27 April 2012. When agreed, the new Local Plan (which goes up to 2028) will be the blueprint for the Town's planners to follow when granting permission for development. Government says that we – as residents – should give ideas and objections before council/ government approval of the Plan.

We managed to avoid the destruction of the corrupt developer Poulson, who ripped out the heritage from the centre of so many English cities in the name of profit. And now is the time to put apathy away, put your opinions forward and let your councillors and the planning department know that YOU CARE WHAT HAPPENS TO HASTINGS & ST. LEONARDS!

Those of you who do care and want to have your say on the future of the Town (but are unsure how to go about it) can get advice and information on these issues from AUBREY INGLETON, Chair of the Seniors' Planning Special Interest Group, on 01424 717736. Or contact LEON, Newsletter Editor, at 24 Albany Road. St. Leonards-on-Sea TN38 0LN, 01424 460797, email [Omniwatch24@hotmail.co.uk](mailto:Omniwatch24@hotmail.co.uk).

The Seniors' Planning SIG meets 2-4 p.m. on the first Monday of every month (unless public holiday) at Jackson Hall, Portland Place, Hastings. The next is on Monday 2<sup>nd</sup> April and you will be very welcome at this or any future meeting. We look forward to seeing you!

## Get Online at the Bridge

**Go-On** at the Bridge is a free friendly group where people can come and learn at their own pace and level, whether you are a complete beginner or if you just want a helping hand to get more out of the internet. All are welcome. It is **FREE** on every **Wednesday** and **Friday** 1.30pm to 3pm.

The Bridge Community Centre, on Mount Pleasant Rd.. also provides cheap internet access to everyone in the Café Monday to Friday 9am to 4pm.

The Go-On course is flexible and learners can start at their own level, for example if you have mastered the mouse and keyboard but would like help getting started emailing then we can start by learning about emails.

The Bridge and our group is a relaxed and friendly place to learn without any pressure, so why not come along and enjoy a free complimentary drink and find out what you can get out of the internet.



### ***SEARCHING for SIGS***

Members are welcome to join our SIGS. Have your say—get involved - Meet new people.

#### **Special Interest Groups**

#### **QUALITY OF LIFE**

Contact:

**Ann Lowndes**

Tel: 01424 439861  
lowndesann@yahoo.co.uk

#### **CRIME & SAFETY**

Contact:

**Roger Oxenbury**

Tel: 01424 203515

#### **PLANNING & REGENERATION**

Contact:

**Aubrey Ingleton**

Tel: 01424 717736

#### **TRANSPORT**

Contact:

**Clive Turner**

01424 432295

E.mail; transport@  
hssf.org.uk

#### **HEALTH & SOCIAL CARE**

Contact:

**Aubrey Ingleton**

Tel: 01424 717736

## **HOPEG (Hastings Older People's Ethnic Group)**

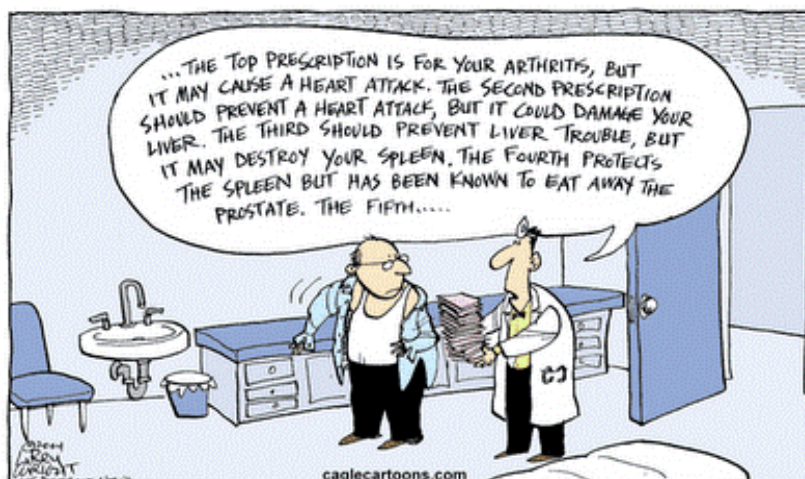
HOPEG is an organisation for black and minority ethnic people aged 50 plus.

Our aims are:

- To provide information to senior citizens
- To raise awareness of the needs, values and interests of senior citizens from diverse ethnic and religious backgrounds
- To speak up about social, economic and community issues that affect senior citizens from all diverse ethnic and religious backgrounds.
- To offer social activities to help reduce isolation for senior citizens in Hastings & St Leonard's and the surrounding area
- To provide opportunities for senior citizens to be consulted on improving and developing services for older people.

Membership is free and once a member you will receive regular information about our Open Meetings and events and you will also be invited to our Annual General Meeting.

To become a member contact: **Lilian Chikwendu Tel: 01424 465237** or email **June Pratley on [june.pratley@eastsussex.gov.uk](mailto:june.pratley@eastsussex.gov.uk)**



## ***CHAIR CHAT FROM PAT DUNN***



HELLO, EVERYONE.

HOPE YOUR WINTER HASN'T BEEN TOO BAD,  
WITH ONLY ONE SPELL OF REALLY COLD WEATHER,  
NOW IT'S HERE COMES THE SPRING! WINTER HASN'T STOPPED YOUR FORUM  
FROM WORKING ON YOUR BEHALF, PLANNING EVENTS.

STARTING A NEW YEAR OF THE FREE COFFEE MORNINGS (HOT X BUNS, AS WELL,  
ON MARCH 27TH!). WE CONTINUE TO HAVE PRODUCTIVE MEETINGS WITH  
COUNCILLORS AND STAGECOACH. OUR PRESIDENT, PAM BROWN OBE AND DR.  
DUNCAN CAMERON REPRESENT US ON THE EAST SUSSEX SENIORS FORUM  
ASSOCIATION, ALL OF US TRYING TO DO OUR BEST FOR THE SENIORS OF  
HASTINGS. IF YOU ARE INTERESTED IN ANY WAY, PLEASE GET IN TOUCH, IT'S  
ALWAYS GOOD TO SEE FRESH FACES AND HEAR, MAYBE, NEW IDEAS.  
BEST WISHES *PAT*

## Health Notes from the Seniors' SIG



### **DISCUSSION ON DEMENTIA**

In February we had a very informative talk by two ladies who are Dementia Advisers for the Hastings and Rother areas. This made us look into what the situation is in our area.

We found that the number of people being diagnosed with dementia in the locality has increased to around 3429 in 2011 marginally up from the previous year.

Chris Wyatt of the Alzheimers Society has stated it was shocking that well over half of the people that are living with dementia still don't have a diagnosis and aren't receiving support. benefits and medical treatment and said anyone concerned about memory problems **should contact their Doctor as soon as possible.**

People who are worried can also contact the Alzheimers Society on 0845 300 0336 or online at [www.alzheimers.org.uk](http://www.alzheimers.org.uk) /roadshow.

There is a **DEMENTIA ADVISER SERVICE IN EAST SUSSEX** contact either

**Louise Sears-Smith** for Hastings & St. Leonards

**07850 928794** e.mail [louise.stears-smith@alzheimers.org.uk](mailto:louise.stears-smith@alzheimers.org.uk)

**Jan Cutting** for Rother & district

**07715 802135** e.mail [janet.cutting@alzheimers.org.uk](mailto:janet.cutting@alzheimers.org.uk)

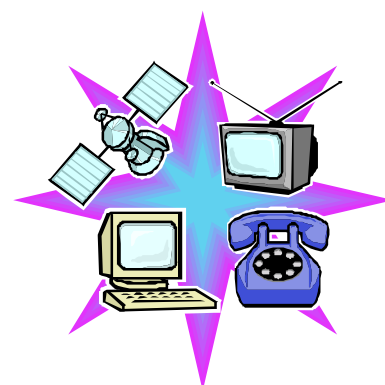
Our Health SIG are concerned about the numbers diagnosed, quality of service, who provides it, whether in hospital, in the community or residential homes. The SIG will now try to find answers for our members. Aubrey, the Chair will be pleased to hear any feedback on these matters on Tel: **01424 717736**

Any member who is interested in dementia or general health issues are welcome to the **Health & Social Care Group meetings** on 10<sup>th</sup> April, 8<sup>th</sup> May 12<sup>th</sup> June 2012  
**2pm room 13, Jackson Hall, Portland Place, Hastings.**

## ***ARE YOU ALL SET FOR DIGITAL TELEVISION ?***

Many members may have received their **Switchover Details** in the post by now. Although you needed to be over 75 or receiving some disability benefit.

Unless you have a digital box or digital Television  
**YOU WILL NOT BE ABLE TO GET A PICTURE  
AFTER 30TH MAY 2012**



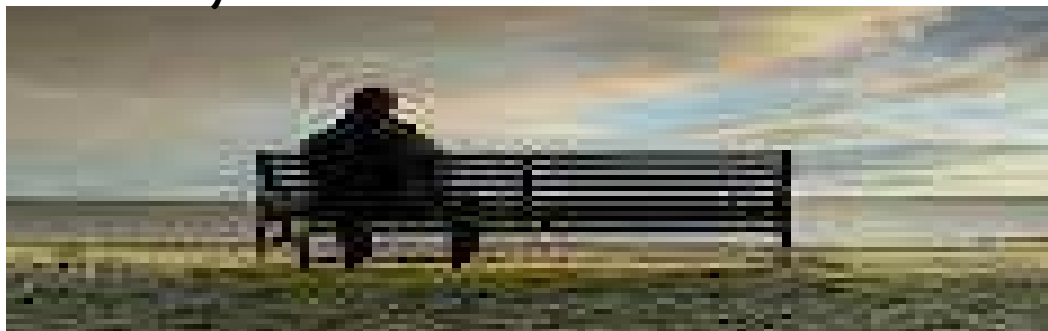
If you have any problems ring **0800 40 85 913** FREE to find out what to do. This is a scheme run by the **BBC**. They will give you free advice and you may find that you can have a digital box for your existing TV for the princely sum of **£40**. This includes installation and one year's service in case anything goes wrong

***DON'T LEAVE IT TILL IT'S TOO LATE !***

***You could miss the latest episode of Eastenders***

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Only the Lonely Know what's like .....



***Loneliness is not just having a bit of peace and quiet. It is rapidly becoming a sadness for an increasing number of Seniors. As we live longer it means someone loses a loved one after years of being together. Or it may be just moving to another address or maybe the close family have moved away.. Not everyone is a natural joiner and it is more difficult to join that new club or society if you are feeling low. We are told by the experts that loneliness can even affect our health and well being. So we at the Seniors want to try to reach out to those who need that helping hand. We're not experts we are just human beings with feelings. We want **your** advice and help on how we can help out **our** fellow seniors. **Our Quality of Life Special Interest Group** is starting with **Easter Coffee Morning 10.30 to 12noon** Friends Meeting House, Hastings . Don't be put off by everyone chatting. Just look for the person in the **Lone Ranger** cowboy hat and say "I'M A Lone Ranger" and we will help you to mix successfully.***

## CAN'T MANAGE ANYMORE : MAYBE YOU CAN GET SOME HELP

If we believe what we hear on the News and in the Press the NHS is in a state of flux if not uncertainty. This can be worrying. But you can find out at least about **ADULT SOCIAL CARE** in East Sussex . If you can't do the things of ordinary life, like looking after yourselves There is no need to go on suffering and wondering what to do. This is **the message of hope** from the **SOCIAL CARE DIRECT** set up by the East Sussex County Council.

**“If you are over 18, living in East Sussex and need support, get in touch to find out how we might be able to help. You can contact us yourself or ask someone else to do it for you. Our aim is to make sure you get the support you need to live as independently and safely as possible.**

**You are the best person to decide what works for you, so you will be in charge of making all the major decisions about your care. But if you need help at any stage we are here to support you. We give free information and advice to everyone who contacts us for help, even if you don't qualify for social care support.**

**Please bear in mind that we don't have the resources to offer care services to everyone. This means we have to prioritise the people who need our help most. But even if you don't qualify for social care services we can give you information and advice about other sources of support”**

There are three levels of support **Critical, Substantial and Moderate / low**. Unfortunately ESCC has only enough money to fund the two top levels – critical & substantial. Still the guidance is free so you have nothing to lose by asking.. **Social Care Direct can be contacted on 0345 60 80 191**

*Lines are open Monday to Thursday 8.30am to 5pm: On Fridays 8.30am to 4.30pm*

*Minicom via type talk – 1801 0345 60 80 191 Mobile SMS text – 07797 878111 or Write to: -*

*Social Care Direct (Adult) St. Mary's House, 52 St. Leonards Road, Eastbourne, BN21 3UU*



***Let the Seniors know how you get on. (contact details on back page)***

## A MESSAGE FROM THE HASTINGS & ROTHER RAINBOW ALLIANCE

- | **Hate crime** in the context of Lesbian, Gay, Bisexual and Transgender people is any incident, not necessarily a criminal offence, that the victim perceives to have been motivated by their sexual orientation.
- | Victims of hate crime have been physically attacked, robbed, verbally abused, and become prisoners in their own homes, afraid to go out because of what may happen to them, especially at night, whilst others have been driven out of their homes by the anti-social behaviour of their neighbours.
- | For a variety of reasons hate crime in our area is underreported, a fact recognised by Sussex Police who are endeavouring to address the problem.
- | You may believe I am never going to become a victim so why should I care? The fact is that at the heart of this unacceptable conduct is a lack of respect for other people's right to live their lives in peace, and that makes us all potential victims.

# DIARY DATES

2012

Thursday 15th March



**SPRING BUFFET LUNCH** 12.30 at The Friends Meeting House, South Terrace, Hastings  
Tickets £4. You need to book. ring Marie Garaty  
01424 421369

Tuesday 27th March

**EASTER COFFEE MORNING**

10.30 to Midday at the Friends Meeting House, South Terrace, Hastings. hot cross buns, stalls,



tombola. Don't forget the Lone Ranger !

Also on 24th April, 22nd May, 26 June

Wednesday 4th April

**SENIORS ADVICE DAY—ALL FREE**

On Benefits, health, safety, mobile phones computers etc. **10.30 to 2.30 WRVS Centre**  
South Street, off London Rd., St. Leonards.

Thursday 5th April



**Wii TEAM** Yes its Nintendo sports. Try gentle exercise at bowls, golf and tennis then have a cup of tea amongst friends. **1.30pm to 4pm**

Friends Meeting House. South Terrace, Hastings  
Also on Thursdays 3rd. May & 7th June.

Saturday 9th June

**JUBILEE TEA PARTY**

Start the weekend well and celebrate with us..**2.30** at the Friends Meeting House, South Terrace, Hastings



**19TH SEPTEMBER**

**CRAFT & HOBBIES FAIR**

10.30 to 4pm, Sussex Room. White Rock Theatre  
FREE Entry & tea, Coffee. Talks and demos.



**FEEDBACK—** Tell us your views. Write to:-

HSSF, FREEPOST RRJK-JGLY-RUYU

Jackson Hall, Portland Place, Hastings, TN34 1QU

or Leon Newsletter Editor 01424 460797 E. Mail [omniwatch24@hotmail.co.uk](mailto:omniwatch24@hotmail.co.uk)