



SAVE OUR POST OFFICE



Our main post office in Cambridge Road central Hastings is under threat.

It has been earmarked, along with another 70 Crown post offices to be "franchised" with a local retail outlet. Shops like WH Smith and the Co-operative have been mentioned as possible partners.

We are told there is to be a six week consultation period with the local community.

So Forum members if you want to save our post office now is the time to speak up.

Online users can join the petition organised by our MP Amber Rudd to save our post office on amber.rudd.mp

[@parliament.uk](https://twitter.com/parliament.uk)

In the meantime watch out for Forum members with clip boards collecting signatures to SAVE OUR POST OFFICE.

Five Town Surgeries get the thumbs down from patients in appointments survey

We now have the final results from the Seniors' Forum Doctor's Appointments Survey.

Of 191 people responding 66 were **not happy** with their Doctor's Appointments system. However 125 were **content** with their Doctor's system.

A resilient team from The Forum led by our **Health & Social Care Group** braved a dull day on Thursday 24th January to ask passers by in Priory Meadow to fill in survey forms. **Five** surgeries had more negative marks than positive scores. These results will be presented to the New Clinical Commissioning Group that now controls our GP healthcare.

The most common complaint was not being able to make an appointment over the phone. Lines always engaged and then when connection is made, told all appointments have gone. In fact it was found the only way to make an appointment on the day was to queue at least half an hour before the surgery doors open. One gentleman complained "I am too old and frail to wait outside in all weathers".

The responses were only taken from patients in the Hastings & St. Leonards area. We also sent a survey to all the 22 Doctor's practices in the Town –so far 13 have replied.

Your comments can still be e.mailed to the Health & Social Care Group on omniwatch24@hotmail.co.uk or write to: The Secretary, HSSF, Jackson Hall, Portland Place, Hastings TN34 1QN

Member Mike's Navy Lark

Founder member *Mike Rose* has written a book about the seven and a half years he spent at sea with the Royal Navy. Titled "*A Dabtoe's Story*" a seamans life on the lower deck it will be published in March. It is all under wraps at the moment but we hope to give Newsletter readers a peep below deck in future copies—funny, dangerous and magnificently naughty!





CALLING ALL GRANDPARENTS

Looking for something different while caring for your bundle of joy grandchild ?

Your problem can be solved at least every Tuesday.

The clever and thoughtful people at The Bridge Community Centre, Priory Road, have started a club especially for grandparents and their pre-school grandchildren. IT'S FREE and IT'S FUN.

There are lots of toys, books and fun games. The GRAND CLUB (as it is called) hopes granddads and grandmums will enjoy meeting each other too.

The Club runs from 10am to 11.30am.

No need to book just come along and ask for Jacqueline and the GRAND CLUB.

SUE ADEY OF THE WRVS ST. LEONARDS IS PUTTING ON TWO SPARKLING EVENTS

Get yourself pampered on PAMPER DAY at the WRVS Isabel Blackman Centre, South Street, St. Leonards. Sue has some exciting treats in store.

"We have many therapists here offering a variety of treatments like reiki, reflexology, Indian head massage, gel nails, facials, eyebrow plucking and much more all at reduced taster prices. Most treatments cost £6. for a twenty minute session. There will also be stalls selling craft products on the day and refreshments & lunch are available."

Sue recommends you book up in advance if you want any of the treatments as sessions get booked up very quickly. Ring Sue at the WRVS on 01424 717674



HOME IMPROVEMENT MORNING

Sue has gathered a galaxy of reliable tradesmen who have helped out the WRVS or she has used herself and found very reliable, never overcharged and are good at their job. They include intruder alarms, double glazing, electrician, plumber, handyperson, plasterer, gardener, builder, chimney sweep, smoke detectors and more. Sue feels this will give peace of mind to many people who may be looking for a reliable tradesman.

The Event takes place on Thursday 2nd May 9.30am to 12.30 pm WRVS, South Street, St.Leonards on Sea



WONDERFUL EVENTS COMING SOON

If you care about saving some of the wonderful buildings in Hastings & St. Leonards come along to the White Rock Hotel on Wednesday 10th April to a **Heritage Group Meeting** and have your say.



**GET THE
QUALITY OF LIFE
MEDICINE AND ENJOY
LIFE TO THE FULL**

More Free Coffee Mornings on
Tuesdays, 30th April, 28th May,
25th June, 30th July, 27th August, 24th September, 29th October

*New Chair of our Transport
Special Interest Group
Paul Broadhurst has arranged a*

TRANSPORT

OPEN DAY in Hastings

Town Hall on Friday 12th July 10am to 3pm

There will be stalls with representatives from a variety of transport organisations, including Stagecoach. This will be a rare opportunity to obtain information and advice all in one place so why not come along and tell your friends about it? Entry to the Open Day is free, and refreshments will be provided free of charge.

The Transport SIG is a friendly group, and we make new members very welcome. If you would like further information about the Open Day, or the SIG then do please contact me by email at transport@hssf.org.uk or write a letter to me at the Forum's address.



Free Coffee Mornings

10.30 to 12, Friends Meeting House, South Terrace, Hastings. **Hot Cross Buns**, tombola and **Easter Bonnet Competition**
Tuesday 26th March.



COMING SOON

In April—Ploughman's and Pud

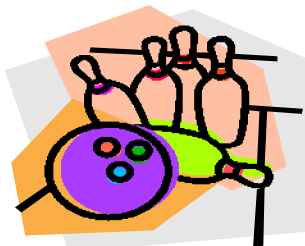
In June—Strawberries and cream Tea

***In September—Craft, Hobbies & Health Fair,
White Rock***

Details to be confirmed.



**IT'S WII TIME ON
Thursday 7th March
Friends Meeting
House, South terrace,
1.30pm to 4pm**



**Get some gentle exercise at
bowls, golf & tennis..
Other dates: 4th April,
2nd May, 6th June.**



ESSA NEGOTIATES A DISCOUNT FOR FORUM MEMBERS

You can get installation of the basic Lifeline Telecare system and a pendant for £18.50 instead of the usual £37. There is a subscription charge for the use of the Lifeline system of £3.68 per week payable monthly, half yearly or annually. There are also discounts on other devices available. The company Wellbeing has a 24 hour response centre for in Eastbourne for alerts & can provide further info on 01323 644422 and email info@wellbeing.org.uk

STEPS IN THE RIGHT DIRECTION

STEPS is an East Sussex County Council funded organisation that aims to give support to over 65's who may need support to live independently. They will help you claim benefits, liaise with landlords, find suitable accommodation obtain debt advice, ensure your home is safe, resolve disputes, change utility suppliers help you find healthy activities, find out about local activities & groups.. **ALL TO MAKE YOUR LIFE BETTER AND WORTH LIVING.** Call: 0300 123 2422 Text: 07944 140 016



STEPS provides a free, confidential, short term service, can visit you at home and help you work out what support you personally need.

*This publication is supported by East Sussex County Council,
Hastings Borough Council & SAGA*

Special Interest Groups

QUALITY OF LIFE

Contact:
Ann Lowndes
Tel: 01424 439861
lowndesann@yahoo.co.uk

CRIME & SAFETY

Contact:
Mike Rose
Tel: 01424 715841

PLANNING & REGENERATION

Contact:
Aubrey Ingleton
Tel: 01424 717736
aingleton@sky.com

TRANSPORT

Contact;
Paul Broadhurst
transport@hssf.org.uk
or Tel: Leon
01424 460797

HEALTH & SOCIAL CARE

Contact:
Aubrey Ingleton
Tel: 01424 717736
aingleton@sky.com

MEMBERSHIP SECRETARY & WEBSITE EDITOR

Contact;
Clive Turner
Tel: 01424 432 295
membership@hssf.org.uk

Please contact any of the above if you would like to attend a Special Interest Group
Any ideas or comments are most welcome by the Forum. Please write to
The Secretary, HSSF, Freepost RSUK-TELG-TCGX, Jackson Hall, Portland Place,
Hastings TN34 1QN