

Another Very Successful Transport Open Day!

The biennial Transport Open Day at the Town Hall on the 17th of July was once again very well attended with numerous very pleasing comments being made about the presentations and information available.

Members of the Transport SIG are very grateful to Hastings Borough Council and the Council's Business Support Team who came and helped us set-up the Council Chamber for the event.

Southern Railway, East Sussex Disability Association, and Empress Coaches, all first time participants, joined Stagecoach, Hastings-Dial-A-Ride, Sussex Community Rail Partnership (Marshlink), Sussex Police, and RVS in having stalls. Representatives from the organisations were on hand to answer questions and hand out literature.

There was standing room only when Roger Sweetman, chair of the Forum's Transport Group introduced the first speaker Chloe de Renzy-Martin, public liaison officer for the Bexhill –Hastings Link Road who gave a presentation. The audience listened avidly to Chloe who showed photos taken in the last few days, and gave comprehensive answers to questions, particularly on concerns about the environment and wildlife. We were told that £20 million of the cost of the project was spent on these issues.



Roger Sweetman & Chloe De Renzy-Martin

Southern Railway was a popular stall to visit with the possibility of a new high-speed line in the offing, but as the company's Mark Epsom said, it is not the train company's decision to make.

Many people had never previously met anyone from ESDA, which is a registered charity with over 70 years' experience, and found the information that was provided by Jo on their stall extremely helpful. Their Disability Information Service is free, confidential and advice is impartial. Tel: 01323 514500 or email info@esda.org.uk. **Continued on page 4**

In this issue

Proposed cycle route in Alexandra Park - page 2 Autumn in your garden - page 2
Care Workers pay increase - page 3 A.G.M. Notice - page 6 Diary dates - page 7

Proposed Cycling Route in Alexandra Park

Hastings Borough Council has recently had a public consultation, which closed on 21st August, on proposals for introducing a cycling route on existing, widened paths through Alexandra Park and which would form a part of the Greenway route through the town.

Members of the Crime & Safety SIG have discussed the proposals, and although we are certainly not anti-cycling, we are opposed to the proposals on a wide variety of safety grounds.

Unlike on the promenade, which was divided into separate paths for pedestrians and cyclists, cycling in the park would be on shared paths with no separation of pedestrians and cyclists.

Part of the route would be along the path directly in front of the café, which is a popular area for families with young children who can currently play quite freely in this area but would need with cyclists on the path to be very closely supervised.

Any pedestrian with hearing difficulties, which many elderly people have, may well not be aware of cyclists approaching from behind them, and what at present can be a very enjoyable stroll through the park could be fraught with potential danger.

Advocates of the cycling proposals have said that there have not been any accidents on the promenade involving pedestrians and cyclists, but that may well not be the case in the park on paths that are not divided, and who, if anyone, would be liable if a pedestrian were to be injured by a cyclist given that cyclists are not legally obliged to have insurance?

Wanting to open the park up to more users is admirable, but surely it should not be at the expense of the pedestrians who currently use it?

I have submitted to Hastings Borough Council on behalf of the Crime & Safety SIG our very real concerns about the implementation of the cycling route in its proposed form.

Paul Broadhurst, Chair of the Crime & Safety SIG

Autumn in your garden by Steve Gillis

Summer is nearly over, but there is still plenty to do in the garden, and the last few years the weather has remained mild well into October.

Autumn is traditionally the best time to plant new shrubs and trees as the soil is still warm and the soil should be moist, so roots will quickly establish and the new plant will have a head start next spring.

There is plenty to do to maintain your lawn, clear leaves as they fall because a carpet of leaves blocks out the light and can harbour fungal diseases, remember to compost the leaves as they make wonderful leaf mould. Scarify and feed the lawn with an autumn feed which contains less nitrogen than spring and summer feeds, these promote root growth rather than green sappy growth, making your lawn stronger for next year. Clear away crops from your vegetable plot and start to dig over the soil incorporating organic matter, a few crops can be planted now such as broad beans and over wintering onions. **Continued on back page**

CARE WORKERS AND THE RISE IN THE MINIMUM WAGE

We think it is likely that many of our Seniors reading this will be grateful for the help they receive from care workers. We also expect that you will welcome the news that their pay is to be increased, for too long they have not had the status they deserve.

But there is a problem... who will pay for this increase ? We know that enormous sums have been cut from local authorities budgets over recent years (£4.6 billion) is quoted. If these local authorities are called on to pay for the care workers increase, there will inevitably be fewer care workers, and therefore less help available to care for people who need help to stay in their own homes.

Those of us seniors who get involved in E. Sussex Adult Social Care, want to see pressure on central government to recognise that their decision to increase pay needs to be matched by a commitment to allocate the necessary funding.

We believe you will want to support this aim, and would welcome your support, or indeed any comments you may have. Contact us at HSSF, Freepost RSUK-TELCG- TCGX, Jackson Hall, Portland Place, Hastings, TN34 1QN.

Pam Brown

A Message from the Chair

Hello again, I hope you all had a good summer. Your Forum is struggling because of the shortage of members who take an active part, and with the AGM coming up in October we are looking for Committee members. You will see from the agenda that we need to reduce the numbers that make up a quorum because we are having trouble reaching the right numbers. The SIG's also need more members; whatever your interests you would be made very welcome. The forum works to represent you with local transport, health and crime and safety with the QoL looking to the lighter side with coffee mornings etc. Although we have hundreds of members there are only a handful who are active. Like all organizations for older people we lose people through illness etc and need to replace them.

We now have a Membership Secretary for which we are grateful, and our Treasurer Ken Hales would very much like someone to shadow him. We also need help with stuffing newsletters into envelopes 3 times a year. I am standing down as Chair at the AGM although I will remain as chair of the Quality of Life SIG. This year as usual we will be celebrating Older Peoples Day on October the 1st with our Craft and Hobbies Fair at the Azur. I look forward to seeing you there. We will be presenting the prize in our Art competition at the AGM, and the finalists will be on show at the Fair.

Ann Lowndes

Member News

We unfortunately have to report that since our last newsletter two stalwart Forum members, Max Scard, a Founder member and long-time membership secretary, and Ian Willett, who was treasurer for many years, have both passed away.

Max and Ian will be greatly missed by the Forum.

Our sincere condolences go to both families.

The articles appearing in this newsletter are the views of the contributors, and are not necessarily endorsed by the Forum. Likewise, the inclusion of an advertisement should not be regarded as an endorsement.

Transport Open Day continued from front page

There were many questions for our second guest speaker Ruth China-Roberts who spoke of the work of the Highway Stewards of East Sussex County Council, of which she is the manager, and about potholes. There are two Highway Stewards that cover Hastings, St Leonards and Bexhill. Although many questions were not the responsibility of Ruth's section she took people's contact details and their questions and promised to refer them on to the appropriate department.

Roger Sweetman, chair of the Transport SIG said " I am delighted that so many people commented that they were able to obtain in one place information they needed. It proves the need for the event to continue to be held in future years".

Should you have any questions on highways, street lights, road safety issues, countryside management & rights of way – public footpaths, bridleways & byways, passenger transport either phone 0345 6080 193 or email highways@eastsussex.gov.uk. When the enquiry is received the Contact Centre will allocate it to the appropriate teams.

Special Interest Group Contacts

Crime & Safety: Paul Broadhurst tel: 01424 446168

Health & Social Care: Duncan Cameron tel: 01424 754200

Quality of Life: Ann Lowndes tel: 01424 439861

Transport: Roger Sweetman tel: 01424 446168

A Delicious Afternoon Tea!

Forum members tucked into a splendid traditional afternoon tea last month at the Friends Meeting House.

We enjoyed cups of tea with ham, cheese, and cucumber sandwiches, which of course a traditional English afternoon tea would not be without followed by delicious scones made by Ann (chair) and served with strawberries, jam and cream. A variety of cakes were also available.

When I arrived, I was amazed by the quantity and variety of food that the ladies in the Quality of Life group had prepared, and provided for a charge of only £2.50 per person, the cost in many cafes these days of just a coffee!

Ken Hales, the Forum's treasurer, received a round of applause when he thanked on behalf of everyone present Ann, and Pam W., Sheila, and Vilna who had spent the afternoon in the the kitchen washing-up and refilling tea cups.

Paul Broadhurst

How is your brain today?

Try these Mensa brainteasers

1. Rearrange the following letters to give two five-letter words E G O R U

2. Place the two words together and rearrange the letters to give an eight letter word, then rearrange them to give another eight letter word. ROTA SING.

3. Look at the meanings of the following words, which is the odd one out?

AROMA, SMELL, BOUQUET, SCENT, PUNGENT, FRAGRANCE.

4. What letter should appear next in this sequence

Z S M H D.

The answers are on the back page

LATEST NEWS ON DEMENTIA FRIENDS

We like to keep you up-to-date on our progress to create a Dementia Friendly Town. Because we urgently need to offer sessions of under 1 hour to those who want to be a Dementia Friend, we needed a Dementia Champion to come to Hastings and train a number of us to carry out this task.

So we asked the Alzheimer's Society for help, and we are very pleased to say that on 29th September, 25 people are now booked in to be trained to preside over sessions which will be available for people who we will ask to become a Dementia Friend.

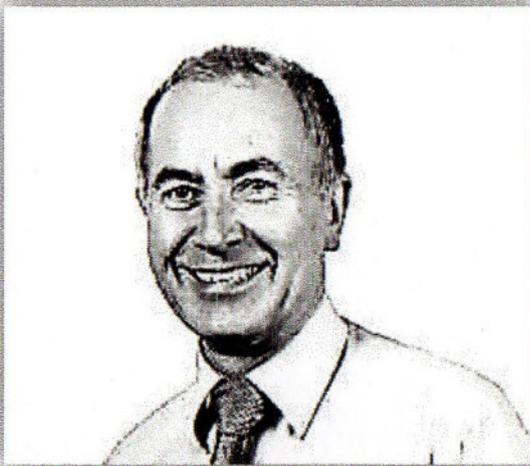
We will be seeking representatives from business, shops, and taxi drivers, anyone who may come into contact in their daily lives, with someone who may need help and advice if they become confused and forgetful.

We hope we will find sufficient 'Friends' to qualify as a Dementia Friendly Town.

We are grateful to South Coast College for sponsoring this Champions Training Session, and look forward to a busy time in October/ November.

Pam Brown

Special Autumn Offer



**Michael Foster says:
"Don't leave it too late
to make a Will
or a Power of Attorney!"**

Will and 2 POAs
(Property & Finance and Health & Welfare)

ONLY £450
(For one person)

*£850 for a couple (mirror wills). Includes VAT. Statutory fees extra.
Appointment must be booked before 31.10.15 but can be taken after that date.
PLEASE QUOTE "SENIOR FORUM OFFER"*

**For more information call 01424 203040
or email mail@michaelfosterlaw.co.uk**

Michael Foster Law www.michaelfosterlaw.co.uk Lacuna Place, Havelock Road,
Hastings TN34 1BG (SRA no.542604)

September 1st 2015

Notice is given that the 11th Annual General Meeting of
Hastings & St. Leonards Seniors' Forum
will be held at

2 pm Friday 23rd October 2015

The Council Chamber Hastings Town Hall



Agenda

1. Welcome by Pam Brown OBE, the President.
2. Apologies for absence.
3. Minutes of the 2014 Annual General Meeting.
4. Matters arising.
5. Chair's report for the year.
6. Treasurer's report for the year.
7. Adoption of the annual accounts.
8. Amend clause 8d (Meetings) of the Constitution to read ' Minutes will be taken at each meeting by the Secretary and stored at a place chosen by the committee'.
9. Amend clause 8e ii of the Constitution to read 'At committee meetings a quorum shall consist of a minimum of 6 members'. (A reduction of 2 from the present number).
10. Election of the management committee for the forthcoming year.
11. Vote of thanks to Ann Lowndes, outgoing chair.
12. Any Other Business.
13. Guest Speaker: Sue Adey, Manager, Royal Voluntary Service, St. Leonards.

Committee Nominations

Please submit nominations for an officer or committee member on the form below, which must be signed by the nominee, and **for officer posts received by 29th September** (late nominations for the committee only may be made at the AGM) to -
Secretary, HSSF, FREEPOST RSUK-TELG-TCGX, Jackson Hall, Portland Place, Hastings, TN34 1QN

Nomination Form for election of HSSF Officers & Committee Members
(Please print clearly)

Nominee's name _____

Nominee's address _____

Nominee's signature _____

If nominated for Officer, please state which post _____

Nominated by

Seconded by

Name _____

Name _____

Address _____

Address _____

Membership no. _____

Membership no. _____

Protect Yourself Against Cyber Crime - Advice from Sussex Police

Recent advice given by Sussex Police is that the most secure passwords for Internet use are those over 16 characters long.

A memorable line from a favourite song or a quote is said to be far more secure than using a family member's name, that of a pet or just one word followed by a number.

Hackers use technology to break easy passwords, but the examples given here would be much more difficult to break.

Paul Broadhurst
Chairman, Crime & Safety SIG

Tombola prizes needed please!

If you have anything that you consider would make a suitable prize for the Forum's fund-raising tombola, would you please bring it along to one of the coffee mornings where **Pam** will be delighted to receive it.

Letters

Dear Sir

At the Forum's Craft Fair held at the Azur last October, one of the stallholders was kind enough to lend me a video entitled 'The cinemas of Hastings & St Leonards'.

Although I have taken it to the Forum's coffee mornings on several occasions I have failed, thus far, to meet with the lady. Indeed, I have yet to discover her name. Should she perchance happen to read this letter would she be kind enough to telephone me on 07825 588025 so that I can return the video.
Yours etc.

Derek Alexander

Dates for the Diary

**Tuesday Coffee Mornings from
10.30 am at the Friends Meeting House**

29th September 27th October
24th November

(November will be our Christmas celebration with mince pies)

26th January 23rd February
29th March 26th April 31st May

Craft & Hobbies Fair

10.30 am to 3 pm Thursday 1st October
The Azur Marina St. Leonards
Free admission Refreshments

Wii Sessions at the Friends Meetings House

Thursdays 1.30 pm to 3.30 pm
1st October 3rd November

Dates for 2016 are yet to be confirmed and will be posted in due course on the website and be available at the monthly coffee mornings.

Wii Sessions

This year has seen the Wii Sessions that are held on the first Thursday of the month improve the play of the regular attendees with many strikes, "pro" status being achieved by one of the ladies. Why not come along to see what it is all about, enjoy gentle exercise in friendly company, with tea/coffee and biscuits. **Mike Rose**

Useful Tip

To hull (remove the stalks) from strawberries insert a straw through them from bottom to top and the stalk will come out with the straw. **Pam Webb**

**We welcome your ideas, comments & letters, which can be sent without a stamp to The Editor, HSSF,
Freepost RSUK-TELCG-TCGX, Jackson Hall, Portland Place, Hastings, TN34 1QN**

Autumn in your garden continued from page 2

In this part of his article, **Steve Gillis, Forum member and RHS qualified gardener**, deals with questions raised by Forum members who only have a balcony or patio on which to grow plants.

For those of you who only have a small space such as a balcony, your summer baskets and containers will be coming to an end now. I like to plant fresh to give some colour through the winter and early spring.

Ensure that you have adequate drainage in these winter containers as they will be exposed to the wet winter weather; broken pieces of clay pots, or even broken up pieces of polystyrene from the bedding plants you are going to include, over the drainage holes in pots will ensure these do not get blocked with the planting compost.

I also like to add a couple of handfuls of grit to the compost to aid drainage. I then plant a few bulbs as I fill the pot, and try to ensure a succession of bulbs, so deep in the pot I will put a few tulips to flower in April or May, above these a few Daffodils such as Jet fire or Tete a tete which are compact, to flower in February or March. Finally, a number of crocus which can appear in January.

At the surface of the pot I like Violas which are smaller than pansies and seem to survive the worst of the winter weather better. Modern Cyclamen such as the variety called “miracle” flower from Autumn and will survive until January. A small evergreen such as cupressus “Wilma” will add height. The retailers will also have a good choice of other possibilities such as heathers, hebes and chrysanthus to fill your autumn pots.

Remember even though the days are getting shorter, we can still enjoy our gardening.

V E Day Commemoration

Right: Forum helpers Pam, Vilna, Joyce, & Marie taking a break during May’s coffee morning when members brought along a variety of World War II memorabilia.



Brainteasers answers

1. Rogue & rouge
2. Roasting & organist
3. Pungent
4. A