



Amazing prizes to be won in the Grand Afternoon Tea free raffle!

Arrangements for the tea at the Azur on Friday, 21st October are now well advanced. Local singing group Friends Unlimited will entertain with a repertoire including songs from shows, and there will be opportunities to learn from representatives of several organisations about the services they have available of benefit to HSSF's members.

A scrumptious tea that will include sandwiches, cakes, scones with jam and cream will be served, and some lucky tea ticket purchasers will be going home with one of the truly wonderful prizes that Ken Hales, our treasurer has obtained. Amongst the prizes are a brand new 32" TV, a digital camera, and an Amazon Fire tablet!

If you have purchased a ticket, it will be in the envelope with this newsletter and will be exchanged at the tea for a free raffle ticket.

Not bought a ticket and now wishing that you had done so? The good news is that if you apply very quickly you might still be able to come. Just print your name, address, email address if you have one, and a phone number (in case of query) and send it with a cheque for £2.50 per person (members are very welcome to bring non-members) to the Forum's address which is on page 7. Please print Tea in the top left hand corner of the envelope.

The purpose of this event is to help to combat loneliness and isolation in older people, so if there is someone you know who perhaps lives alone, even if you don't know them well, why not do them a good turn by telling them about the tea and bringing them along?

Crime & Safety event

The Friends Meeting House was the venue for a very well attended Crime & Safety SIG drop-in information session on June 10th in which a wide variety of organisations participated including Age UK, Sussex Police, and East Sussex Hearing Resource Centre.

Giuliana Bracciali from East Sussex Fire & Rescue gave a very informative talk about the service's free home visits service and then answered questions.



Annual General Meeting

This year's AGM will be held at 2 pm on Friday, November 18th at the Friends Meeting House, South Terrace, Hastings. We would very much welcome some new committee members willing to work on members' behalf. The AGM notice/nomination form is on page 6.

Diary Dates

Social Events at the Friends Meeting House, South Terrace, Hastings

Tuesday Coffee Mornings from 10.30 am September 27th, October 25th, November 29th.
Thursday Wii, Tea & Chat Afternoons from 1.30 pm September 1st, October 6th, November 3rd. We welcome members who would just like to have a chat over a cup of tea or to watch the players, so why not come along?

Special Interest Group Meetings in the Forum's Office at Jackson Hall

Crime & Safety: Tuesdays at 10.45 am September 6th, October 4th, December 6th, February 7th. (There will not be a meeting in November and January).

Contact: Paul Broadhurst email paul.broadhurst@live.co.uk or tel: (01424) 446168

Health & Social Care: Wednesdays at 2 pm September 14th, October 12th, November 9th, December 14th, January 11th, February 8th.

Contact: Dr. Duncan Cameron email: duncan_1066@yahoo.com or tel: (01424) 754200

Quality of Life: Tuesdays at 11 am September 20th, October 18th, November 15th, December 20th, January 17th.

Contact: Ann Lowndes email lowndesann@yahoo.co.uk or tel: (01424) 439861

Transport: Monday, 11 am September 5th, October 10th, November 14th, February 13th. (There will not be meetings in December and January).

Contact: Roger Sweetman email: transport@hssf.org.uk or tel: (01424) 446168

Important! Please note: The dates above are decided several months in advance, and are subject to change. If you are not a regular attendee at meetings please contact the person named as the contact to check that the meeting time/date has not been changed.

Craft & Hobbies Fair The Azur Marina St. Leonards
Thursday September 22nd 10.30 am to 2.30 pm

Member's Letter

Hastings Pier

We went on the pier, it's wonderful. I can quite see where the money has gone.

We didn't go right to the end, but it's better than the old pier and you can spend quite a while on it as a family. Me and my friend Pete went, he's 76, and even he said he enjoyed it.

I can see why some people like the open spaces, yes altogether very nice and right opposite the White Rock theatre and bus stops. I didn't see any postcards? People of all ages were enjoying themselves.

Christine Barry

Tombola appeal

HSSF is committed to having completely free membership for all, but we do of course have to raise money to fund our various activities, including our very popular coffee mornings.

A valuable source of income comes from our tombolas, and if you have any good quality unwanted items or gifts that you would like to donate for prizes, please bring them along and give them to me at one of the coffee mornings where I would be very pleased to accept them.

Pam Webb
Committee Member

Concert raises funds for the local Dementia Action Alliance

Hastings Big Choir led by Roger Wilcock and soloist Anya Williams delighted the audience that filled St. Thomas of Canterbury Church, Magdalen Road, St. Leonards on July 22nd with their performance of popular songs in a fund-raising concert for the Hastings & St. Leonards Dementia Action Alliance and St. Thomas's Church.

One of the highlights of the concert was a most moving rendition by Hastings-born Anya, who is both an actress and a singer, of Ave Maria.

Other songs performed by the one hundred and thirty strong choir included If I Ruled the World from the musical Pickwick,

The latter part of the concert was a flag-waving scene reminiscent of the Royal Albert Hall's Last Night of the Proms as the audience joined the

the choir in the singing of several patriotic songs. A rousing singing by the choir and audience of Sussex by the Sea brought the concert to a close.

Pam Brown, the chair of the Dementia Action Alliance then thanked Roger Wilcock, the choir, Anya, and Val Batty, a founder member of the DAA, for all the hard work that she had undertaken over several months to organise the concert.

Val said later "It was an amazing night and we'd like to thank everyone who came for their support".



Healthwatch has been very busy on our behalf

As you probably know the East Sussex Healthcare NHS Trust was placed in special measures in September 2015 following two Care Quality Commission (CQC) inspection reports with overall ratings of inadequate. Healthwatch East Sussex were asked if they could assist the Trust with their improvement plan to meet the required standards of service that not only the CQC, but us, the public, expected in the Conquest and the Eastbourne District General hospitals.

This piece of work has taken many hours and a lot of dedication from volunteers who have been trained as authorised representatives. Their reports have just been published and include; Round the clock care (June 2016) – 24 hours in East Sussex acute hospitals, the patients view; and Special measures to Special moments (April 2016) - An overview of maternity services provided by East Sussex Healthcare NHS Trust, from the parents and families perspective; and Making complaints personal (March 2016) – a volunteer led independent review of East Sussex Healthcare NHS Trust complaint process.

Remember Healthwatch is there for all of us to use for information and I can recommend their Feedback Centre which can be found on the home page of their website www.healthwatcheastsussex.co.uk. You can contact Healthwatch by writing to Freepost RTTT-BYBX-KCEY, Greencoat House, 32 St Leonards Road, Eastbourne BN21 3UT. By phone 0333 101 4007 or email: enquiries@healthwatcheastsussex.co.uk. **Roger Sweetman**

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.

Autumn in your garden

Once again we come to the shortening days of late summer, and it is time to start preparing our gardens for Autumn and Winter, although there is still much to look forward to.

Many flowers will continue until the first frosts, particularly if you remove faded blooms regularly. Other flowers are yet to put on their show. A popular Autumn show stopper are Chrysanthus, many suppliers will be selling huge balls of Chrysanthus often known as Charms. Did you know that these were originally produced by the Dutch growers simply to show off their best varieties, and were never meant to be sold to the public, but were spotted by some British nurseries who knew they would be popular as Autumn bedding, and are now produced in their thousands each year. Again to prolong the flowering period keep dead heading, and avoid watering the foliage, instead water from below.

It has been a strange year for lawns, the wet start to the summer meant grass was growing vigorously well into July, normally growth would have slowed from mid June, then the hot week in the middle of July turned many a lawn brown almost overnight. Do not panic if this has happened to your lawn. Grass has amazing powers of recovery, and will green up again as soon as we get the Autumn rains. Do though remember that an Autumn feed of your lawn is important, but ensure you use a product formulated for Autumn with lower nitrogen than the spring feeds.

Soon the suppliers will have their new seasons products available, spring bulbs and Autumn bedding to refresh your baskets and borders.

If you are planning any major planting of new shrubs, we are approaching an ideal time, once the soil is moist again after the dryness of summer.

Take time now to assess your garden, and make notes of any plants that are not working, and consider moving or replacing. A quote I always remember from Alan Titchmarsh is that most shrubs should be looked upon as a 10 year investment, but after this time most will need replacing, either because they have outgrown their space or because they have lost vigour, so never be afraid to dig up an old plant and replace with something new.

Did you know that when asked, gardeners generally say the number one pest is slugs and snails, and this year the mild winter and wet spring meant they appeared in record numbers. From my own point of view my Dahlias were nearly destroyed, and I am sure you all have your own problems. Slug pellets are always effective, but need replacing after heavy rain and some of you may prefer not to use them. Other wildlife friendly options are available, a circle of coarse grit or broken egg shell around prize plants will help. A ring of copper tape around pots works as slugs and snails will not cross it, you can buy copper tape with a sticky back from garden centres. A new product is a barrier to put around your plants made from sheeps wool, the natural oils in the wool deter the pests, and it is completely harmless to wildlife.

Happy Gardening.

Steve Gillis RHS qualified gardener

A visit to the Isabel Blackman Centre (IBC) in the Old Town

Roger Sweetman, our membership secretary, and I accepted an invitation to meet Carleton Astley the centre's manager who showed us around the building and told us about the services provided.

Working in close partnership with East Sussex Adult Social Care, the services are provided by Sussex Community Development Association, and the centre is open every day including bank holidays and Christmas from 8.30 am to 5 pm.

We were welcomed with a cup of coffee in the very pleasant café which provides a community lunch for the over 55's every day, served from 12.30 pm, and costs only £5.00. The menu changes daily, and to find out what is on offer and to book a meal you just need to contact the IBC either in person or be phoning (01424 446428).

During our post-lunchtime visit a group of people were enjoying being entertained by Tim, a young man who was playing an acoustic guitar and singing some well-known songs.

The centre offers a variety of enjoyable well being activities which aim to have a positive impact on the centre's users by providing skilled, knowledgeable care and support for those who have physical, mental and social needs in a day care setting. We were told that carers are central to the service given and the IBC aims to provide support to carers too.

To access the service, users need to be assessed by East Sussex County Council's Adult Social Care as being in need of them or alternatively anyone can apply direct if they feel it would benefit them and is able to pay the fee that is charged. The activity sessions are £5. For full details of what is on offer at the IBC phone (01424 446428) or send an email to enquiries@sussexcommunity.org.uk.

We found the centre to be comfortable and friendly, and an excellent place to meet other older people in a relaxed atmosphere. It is a definite asset to our town and like so many other places and organisations in these times of austerity it has to be used sufficiently to generate enough income to survive. Why not book a lunch and see for yourself how the centre can benefit you?

Paul Broadhurst

Dementia Friends Session

Our local Dementia Action Alliance recently welcomed representatives of some of the town's major retailers to a Dementia Friends session.

On the hottest evening of the year (so far), we were very pleased that Bon Marche, Marks & Spencer, Specsavers, and Hinds Jewellers all sent one, two and in some cases three staff members to listen and get involved with the proceedings.

All received a 'Dementia Friend' sticker to display in their shop. "Our problem is", said chair of the DAA Pam Brown, "that these stickers are not being displayed, so that sadly, people living with dementia and their carers are not aware that these retailers, plus two firms of solicitors, are now pledged to assist and advise if help is needed. We want to see our town joining others who are Dementia Friendly, and displaying our signs are an important part of achieving our goal."



September 1st 2016
Notice is given that the 12th Annual General Meeting of
Hastings & St. Leonards Seniors' Forum
will be held at
2 pm Friday 18th November 2016
The Friends Meeting House, South Terrace, Hastings

Agenda

1. Welcome by Pam Brown OBE, the President.
2. Apologies for absence.
3. Minutes of the 2015 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. Election of the management committee for the forthcoming year.
9. Any Other Business.
10. Guest Speaker: Steve Manwaring, Director of Hastings Voluntary Action

Officer & Committee Nominations

Please submit nominations for an officer or committee member on the form below, which must be signed by the nominee. Nomination forms should be sent to the Secretary, HSSF, Hastings Voluntary Action, Jackson Hall, Portland Place, Hastings, TN34 1QN, and received by 18th October 2016.

Please detach the form below

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 _____

School day memories

Having a conversation at the coffee morning the topic as it always does got around to the good old days and in particular school days and the games played in the play ground. Top of the list among the ladies was the variation of skipping and the rhymes to skip to.

A popular rhyme seemed to be one that started with the words "My mother said that I never should" but no one could remember more than the first line. Being a boy I had no interest in skipping and all that went with it so I had no recollection of the rhyme but was never the less intrigued. Armed with modern technology, (the web), I did some research and was able to find the rhyme in question.

So to remind you ladies and recall some happy memories here it is in all its splendour and glory.

"My mother said I never should; play with the Gypsies in the wood. If I did she would say, naughty little girl to disobey. Your hair shan't curl, your shoes shan't shine. You gypsy girl, you shan't be mine. And my father said if I did, he'd hit me on the head with the teapot lid.

"The wood was dark, the grass was green. In came Sally with a tambourine. I went to sea – no ships to get across, I paid ten shillings for a blind white horse. I got up on his back, and was off in a crack. Sally, tell my mother I shall come back".

Mike Rose

Parkinson's UK Coffee Morning

Wednesday, 14th September 10 to 12.

For people with Parkinson's, their partners and carers. At the Isabel Blackman Centre, Winding Street, Old Town.

We welcome your ideas, comments, articles for publication, and letters, which can be sent to The Editor, HSSF, Hastings Voluntary Action, Jackson Hall, Portland Place, Hastings, TN34 1QN

AGE UK's Information & Advice Service run by Age UK East Sussex is re-locating from 50 Robertson to 45 Robertson Street at the Creative Media Centre. The new offices will be operational from Thursday 19th August. Age UK East Sussex will continue to provide a telephone signposting service and appointments can be made for benefits advice sessions in Hastings. Please ring 01273 476 704 for this service.

The Autumn of My Life

I am in the autumn of my life
My hair, like the leaves is changing colour
I have danced in the sunlight
Weathered the storm
Conquered the hill, coped with the heat
Battled through all, found my feet

I am in the autumn of my life
The foolishness of spring dead and gone
Wise and mature in outlook now attained
Thoughts and memories of which
I am fond
Laugh at the tricks of the past
Looking beyond

I am at the autumn of my life
Still so much to do, so little time
Grabbing at seconds before the decline
Aware of the future, at one with the past
Scared for tomorrow, it's coming too fast

Margot Shepherd

Poetry Competition

I would like to thank everyone who sent in poems on the theme of the Battle of Hastings. They have now been sent (without names) to three independent judges. The three winners will be notified by September 30th and the prizes will be awarded at the Grand Afternoon Tea at the Azur, on October 21st. **Roger Sweetman**

Can you help out at the monthly coffee mornings?

Before the start of the coffee mornings, the tables, some of which are a bit heavy, have to be put up and then taken down again before we leave. This isn't a task that the ladies in the Quality of Life group can undertake and they are very grateful for John's (photo opposite) assistance, which he willingly gives as well as helping out in the kitchen.



If you would be able to help out with the tables, either at the beginning of the coffee morning or just at the end, it doesn't have to be both please volunteer!

Perhaps you know someone who isn't a member, but who would be prepared to help out. If you do, please speak to Ann at one of the coffee mornings.

Warrior Square steps transformed in memory of Cllr. Jeremy Birch

Hastings Youth Council in collaboration with Hastings Borough Council and a local artist have created a stunning artwork on the steps leading to the beach.

The Youth Council wanted to commemorate Cllr. Birch, who died in May last year and was very supportive of their organisation.

HSSF was represented along with other local organisations at a ceremony at which the council leader, Cllr. Peter Chowney spoke about Cllr. Birch's dedication to the town, which was followed by a ribbon-cutting carried out by the mayor, Cllr. Judy Rogers.

When viewed from the beach, the steps can be seen to read *One Hastings, Many Voices*, a reference to the town's multi-culturalism of which Cllr. Birch was proud.



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