



## Chairman's Column

**Paul Broadhurst**



**I would like to thank** everyone who returned the questionnaire that they received with the last newsletter. A special thanks goes to the members who said they were unable to receive the newsletters by email and made donations and sent stamps towards the costs of having them continue to be sent by post.

Considerable interest has been shown in having more social events, and we are now starting to organise them. Quizzes and talks on local history were high on the list of requested activities, and we will be having a quiz and a talk, both at the Friends Meeting House. Details of these free activities are on page 2.

If you don't have a car visiting places that you would like to go can be a problem if it isn't accessible by public transport, and requests have been made for short coach trips to a variety of places of interest.

Our first coach outing will be a morning one in November to Blackbrooks Garden Centre at Sedlescombe. You may well ask why a garden centre in November? We decided on Blackbrooks because it isn't far, and it's not an ordinary garden centre. It has a huge indoor sales area where as well as indoor plants you can shop for gifts, clothes, have a snack or a light lunch in the restaurant, and in November it usually has a range of beautiful Christmas decorations. It will be a good place to visit even if you just want to have a browse and maybe a tea or coffee. Details of how to book places are on the back page.

More activities of the kind that you have requested will be arranged in the future. Information about them will be on our website and available at our popular monthly coffee mornings.

Please remember that the forum is your organisation, and if there is anything that you consider we could be doing to improve the lives of older people in our town do let us know what it is.



Summer Solstice tea party. More photos on the back page.

### **Is your electric blanket safe to use?**

The Fire & Rescue Service are arranging free testing. Just bring your blanket to Bohemia Road Fire Station between 2pm & 4pm on Friday, September 22<sup>nd</sup>.

## Social Activities & Other Events

**HSSF's Health & Hobbies Fair - Celebrating Older People's Day** October 4th from 10.30 am to 3 pm on Hastings Pier. Free entry, free tea/coffee

**Concert by Friends Unlimited** November 4th at 11 am in the Art Gallery at Hastings Museum, Bohemia Road, Hastings. A fund-raiser for the forum. Tickets are £8 and include refreshments.

**Coach trip to Blackbrooks Garden Centre**, Tuesday morning, November 14<sup>th</sup>

Full details on the back page

**New & Free! Friday events at 2 pm at the Friends Meeting House**

**Nostalgia Quiz** September 29th

**Local History Talk** December 1st

Free tea/coffee with cake & biscuits

Dates of events for next year will be available at a later date

Please visit the website or enquire at a coffee morning

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

September 26<sup>th</sup>, October 31<sup>st</sup>, November 28<sup>th</sup>, January 30<sup>th</sup>, February 27<sup>th</sup>, March 27<sup>th</sup>, April 24<sup>th</sup>

**Amber Rudd's Seniors' Fair Friday, October 27<sup>th</sup> (Postponed from June)**

Free admission. 10am to 1pm. The ground floor of the Saga Building, 1 Priory Square, Hastings. Please come along and visit our joint stall with the Hastings & St. Leonards Dementia Action Alliance.

### Meetings

**HSSF's Annual General Meeting** 2pm, Friday, November 17<sup>th</sup> at the

Friends Meeting House, South Terrace, Hastings. Please come to this important event.

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

**Transport, Mondays at 10.30 am on** September 4<sup>th</sup>, October 9<sup>th</sup>, November 13<sup>th</sup>, December 11<sup>th</sup>, February 12<sup>th</sup>, April 9<sup>th</sup>.

**Crime & Safety, Tuesdays at 10.45 am on** September 5<sup>th</sup>, November 7<sup>th</sup>, December 5<sup>th</sup>, February 6<sup>th</sup>, April 3<sup>rd</sup>.

**Quality of Life, Tuesdays at 11 am on** September 19<sup>th</sup>, October 17<sup>th</sup>, November 21<sup>st</sup>, January 16<sup>th</sup>, February 20<sup>th</sup>, March 20<sup>th</sup>, April 17<sup>th</sup>.

**Health & Social Care, Wednesdays at 2pm on** September 13<sup>th</sup>, October 11<sup>th</sup>, November 8<sup>th</sup>, January 10<sup>th</sup>, February 14<sup>th</sup>, March 14<sup>th</sup>, April 11<sup>th</sup>.

**Please note:** If you are coming to a meeting for the first time it is advisable to contact the SIG chair (details below) to enquire if there has been a change of time or day.

**Transport** Roger Sweetman tel: 446168 email roger.sweetman@hotmail.co.uk

**Crime & Safety** Paul Broadhurst tel: 0780 4010 455 email paul.broadhurst@live.co.uk

**Quality of Life** Ann Lowndes tel: 439861 email: lowndesann@yahoo.co.uk

**Health & Social Care** Duncan Cameron tel: 754200 email: duncan\_1066@yahoo.com

# DON'T FALL VICTIM TO SCAMS

(Report by Ann Fergy)

**“YOU are more likely to be scammed if you're elderly because you are more likely to be trusting!”**

*The shocking warning came from Deborah Derber at a free meeting held by the Seniors' Forum's crime and safety special interest group at the Friends Meeting House, South Terrace, on May 19.*

Deborah, Scam Prevention Co-ordinator and benefit adviser for Age UK East Sussex, advised: “We need to be more wary as we are too trusting.”

She gave instances of how people had been ripped off and emphasised: “Scam equals fraud, it's a crime and it's going on.”

Deborah gave examples of scams such as phone calls to people at home whereby the caller became a “friend” - with you as the target.

**“It's a total epidemic, scams are costing the UK economy £10billion a year,” she said.**

Deborah advised on telephone call blocking to intercept unwanted calls and how to deal with callers at the door, strongly advising people not to give personal information.



- never disclose security details, such as your pin or banking password
- don't assume an email, text or phone call is genuine
- don't be rushed
- listen to your instincts, you know if something isn't right, and stay in control.

***The number to call police if you think you've been scammed of money is 101. Trading Standards is 0345 404050.***

## A MORNING OF SONG FOR THE FORUM

**What could be nicer than a light hearted Saturday morning of song by Friends Unlimited – plus tea, coffee and homemade cake!**

It's a fun event to raise funds for the Seniors' Forum so make a note in your diary for Saturday, November 4, at 11am in the Art Gallery, Hastings Museum, Bohemia Road.

Admission is £8 which includes all the refreshments.

Organiser and pianist Helen Bird, who is also forum secretary, said: “We look forward to seeing you there for a morning of music and fun.”



\*More details from Helen on 752258

# MIKE *FLIES* IN WITH BIRD GROUP NAMES

Inspired by a winner in our poetry competition last year, forum stalwart **Mike Rose** has come up with a charming list of collective nouns for groups of our feathered friends.

*The poem by Muriel Johns was entitled: "An Unkindness of Ravens."*

Mike says he's been pleased to hear a "murmuration of starlings" used in a broadcast showing an aerial display of them prior to roosting at dusk.

Said Mike: "It would be nice to hear someone say 'I had a blitz of blue tits at the bird table' or 'heard a watch of nightingales last night in the woods'."

**He went on: "Just for fun here's a list of our common garden birds and their collective nouns. They are jumbled but see if you can pair them."**

1 blackbird: 2 bullfinch: 3 crow : 4 goldfinch : 5 magpie: 6 sparrow: 7 thrush: 8 wren:

A bellowing: B charm: C herd: D host: E merl: F murder: G mutation: H tiding:

Mike added: "Some birds have more than one collective noun and some collective nouns are shared by more than one species.

"Our national bird is the robin which has no recognised collective noun. The British Trust of Ornithology ( BTO ) with the Sunday Express ran a poll to find the most popular word for one. Out of 241 suggestions, the most popular was ' round' ."

p.s. the answer to the pairing can be found at the foot of the next page

**Mike Rose**

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## OBITUARY **Patricia Dunn** **1931 – 2017**

### **Forum stalwart Mike Rose, a close friend of our former chair, Pat Dunn, has written this tribute.**

Pat had a happy childhood and lived her teens and twenties (apart from war years) in St Leonards enjoying life. Dancing and jazz was her passion. She worked at the Royal Victoria Hotel cocktail bar, getting to know many famous people. During her married life she lived in Ghana and for two years in Kuwait, returning to spend the rest of her life at The Mount in St Leonards.

#### **Forum ambassador**

In 2005 Pat joined the newly formed Hastings and St Leonards Forum, becoming active in the transport Special Interest Group. She always helped at events including joining in the fun of carnival floats. Pat served on the main committee and as vice chair, with two years as chair. **Pat was a great ambassador for the forum and will be sadly missed by all.**



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

## **CELEBRATE *OLDER PEOPLE'S DAY* AT OUR HEALTH AND HOBBIES FAIR**

**HASTINGS and St Leonards Seniors' Forum's special free event to celebrate Older People's Day will be held on Hastings Pier for the first time this year.**

*Hastings Mayor Judy Rogers has kindly agreed to do the opening honours at 10.30am.*

**The forum is hoping for a bumper turnout for the health and hobbies fair on Wednesday, October 4, from 10.30-3pm.**

There will be demonstrations and advice on healthy living, hobbies, socialising with others, lace making and more - plus free tea and coffee! There is a charge for stallholders.

Ann Lowndes, vice chair and main organiser, said: "We think the pier will meet with approval as buses stop outside, it's easy access and a flat walk on the pier and on the seafront from the town. There's also parking nearby. Look forward to seeing you!"

### **EXTENDED HOURS AT THE DOCS?**

*Dr Duncan Cameron, chair of the forum's health and social care special interest group, takes a look at the current GP surgery situation in the town – and also urges us to do all we can to stay healthy. He writes:*

**WE HEAR of recruiting difficulties, inadequate buildings, a shortage of finance and so on but the service remains vital.**

At present there is a local shortage of GPs; we know of a West St Leonards' Practice a doctor short, with patients being referred to the Plaza Centre (at going to press).

**The Forum's Health group has put the case to our local Clinical Commissioning Group for more practices to use 'extended hours' and therefore widen the doctors' availability. Also one interesting idea is that of a 'mobile doctor'.**

*However, when you are concerned with a clear change in your health don't delay in getting advice. For less important issues see the Pharmacist or practice nurse - and, maybe, avoid Google!*

**Our CCG, with Adult Social Care, are working to reach the most vulnerable, prevent problems getting worse, support people in their own homes – and prevent falls. The aim is to keep us out of hospital and, ultimately, out of nursing homes.**

\*Every surgery should have a Patient Participation Group – why not join for your own and others' sakes and for that of The Practice.

## **AGE UK'S HELPING ON THE HOME FRONT**

**After her talk about scams at the Crime & Safety event on May 19<sup>th</sup>, Deborah Derber gave a talk on Age UK's Home from Hospital and Help at Home Services.**

Details of helpful services, such as volunteers working with you perhaps doing shopping, changing sheets and some light housework when you were home from hospital, were presented.

She also spoke of day clubs, respite for carers, foot care, referrals to specialist agencies from GP surgeries, help for people following bereavement, healthy living clubs and a service to take people home from hospital if they had no one. **Chair Paul Broadhurst thanked Deborah for her excellent talk.**



**September 1st 2017**  
**Notice is given that the 13th Annual General Meeting**  
**of**  
**Hastings & St. Leonards Seniors' Forum**  
**will be held at**  
**2 pm Friday 17th November 2017**  
**The Friends Meeting House, South Terrace, Hastings**

**Agenda**

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| 1. Welcome by Pam Brown OBE, President   | 3. Minutes of the 2016 Annual General Meeting                    |
| 2. Apologies for absence   | 5. Chair's report  |
| 4. Matters arising   | 7. Adoption of the annual accounts                               |
| 6. Treasurer's report for the year   | 8. Election of the management committee for the forthcoming year |
| 9. Any other business  | 10. Guest speaker: to be confirmed                               |
| 11. ESSA - The Film ( about ten minutes duration, the story of HSSF, the first East Sussex forum, and the other forums from the beginning) |  |

**\*Free tea/coffee & cake/biscuits will be available\***

**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 17th October 2017.

**Please detach the form below or request a copy of it**

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

**Nominees's name** \_\_\_\_\_

**Nominee's address** \_\_\_\_\_

**Nominee's signature** \_\_\_\_\_

**If nominated for Officer, please state which post** \_\_\_\_\_

**Nominated by**

**Seconded by**

**Name** \_\_\_\_\_

**Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**Address** \_\_\_\_\_

**This publication is supported by East Sussex County Council & Hastings Borough Council**  
**Hastings & St. Leonards Seniors' Forum is a member of East Sussex Seniors' Association**

## **Dementia Action Alliance- (Keeping in Touch)**

### **Pam Brown reports**

THERE was good news at Hastings and St Leonards Dementia Action Alliance (HSLDAA) AGM. This was the reported acceptance of details of how some of the funds allocated by Hastings & Rother Clinical Commissioning Group (via Sussex Community Foundation) had been spent since the Alliance's successful bid early in 2016.

Jamie Faulkner is the new Chair of the Steering Group; he is involved with social care, and has said that the DAA is seeking additional volunteers to join a vibrant team in the next exciting stage of making our town dementia friendly. No involvement is considered too small! To find out more about participating in any capacity please phone Jamie on 07470 136044.

Ken Hales remains as Treasurer and Pam Brown is Vice Chair (pending another recruit for the job!)

## **East Sussex Healthwatch: Helping on the Health Front**

*Reports Roger Sweetman*

**AWARD-winning East Sussex Healthwatch had an amazing year, it was revealed at the annual review held on Hastings Pier in July.**

It reached 50,000 through social media and interviewed 537 people about their hospital experiences. Volunteers carried out two 24 hour visits to the Conquest Hospital and Eastbourne DGH talking to patients and observing.

It has been Highly Commended for its work with the Quality Care Commission (QMC) - chosen from 148 health watches in the country!

**Healthwatch East Sussex Information and Signposting Line is open Monday to Friday 10am to 2pm.** It's free, friendly and confidential, independent of the NHS and social care services, offering information on:

- \* details of services you have asked about.
- \* where you might get help for health, social care and well being needs.
- \* NHS and social care services in East Sussex.
- \* what to do when things go wrong and you don't understand how to make a complaint.

Phone: 0333 101 4007. Website [www.healthwatcheastsussex.co.uk](http://www.healthwatcheastsussex.co.uk)

Email: [enquiries@healthwatcheastsussex.co.uk](mailto:enquiries@healthwatcheastsussex.co.uk)

Freepost RTTT-BYBX-KCEY, Healthwatch East Sussex, 32 St Leonards Road,  
Eastbourne BN21 3UT

The articles appearing in this newsletter are the views  
of the contributors and are not necessarily endorsed by the Forum

## Summer Solstice Tea Party

THE FORUM'S summer solstice tea party in June at the Friends' Meeting House was well supported, reports Ann Lowndes, chair of the quality of life group which organised it.

From the comments afterwards, everyone enjoyed themselves – and had plenty to eat! Thanks are due to QoL members for their hard work.

*Newsletter editor Ann Fergy adds: Ann has omitted to mention that she was up at 7am on the day baking dozens of delicious scones for the event. Well done Ann!*



Monica & Mike

### Coach Trip to Blackbrooks Garden Centre

Blackbrooks at Sedlescombe is much more than a garden centre. Inside, it is rather like a small country department store on one level with an attractive restaurant serving snacks and light meals, and a wide variety of goods to buy including clothes, Christmas gifts, items for pets, and usually beautiful Christmas decorations.

Book now for Tuesday 14<sup>th</sup> November by sending a cheque for just £4 to HSSF at the address on page 6 and stating your name, address, phone number/email address, and choice of pick up point which can be either the Queen Victoria statue, Warrior Square at 10.15 or outside Londis, Harold Place at 10.30.

We will be back at about 1.30pm in Hastings & 1.45pm Warrior Square.

Tickets will be allocated on a first come first served basis, so please book early!



*Vilna & Ann shopping for the tea*



Shirley & John

If you have any items suitable for tombola prizes Pam Webb would be delighted to receive them at one of the coffee mornings

### Our new Editor



Retired journalist Ann has lived in Hastings for 45 years and has been publicity officer for the forum for just over four years. She was News Editor on the Hastings Observer for many years, working prior to that on other Sussex newspapers, including The Mid Sussex Times, the Crawley Observer and the Sussex Express. Ann is married and has three children and five grandchildren.