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The photo on the right was taken at last October's Hobbies & Health Fair on Hastings pier.

Organised by Ann Lowndes and members of the Quality of Life group it was our best ever attended event.



issue 44

L - R

President Pam Brown, Vice-Chair Ann Lowndes, Mayor Cllr. Judy Rogers & Chairman Paul Broadhurst

From Our Chairman Paul Broadhurst

An increasing number of older people are falling victims to frauds of various kinds with many people affected losing significant sums of money and thinking afterwards I would never have thought this could happen to me.

Becoming a victim is not an indication of being gullible. Many fraudsters are professional at what they do, and they are aware older people can be very vulnerable at times, especially if they are ill, live alone or are perhaps recently bereaved.

Following last year's scams talk by Age UK we will be having another talk by a different speaker and focusing on different scams. Details are on page 6.

We live in a beautiful county but visiting some places can be very difficult without a car. With this in mind, we are organising a coach trip in June to the delightful village of Alfriston. Other activities yet to be finalised include lunches (information will be available at the coffee mornings), and various activities at the Friends Meeting House on some Friday afternoon's.



Organiser Roger Sweetman, who prepared an excellent assortment of quiz questions for the forum's first quiz afternoon, chats to a trio of entrants. Everyone enjoyed it – but what a shame more didn't turn up to compete! The questions weren't *that* hard, really!

We will be having another quiz on Friday April 25 at the Friends Meeting House, South Terrace, Hastings at 2 p.m. Free refreshments!

WELCOME TO OUR COFFEE MORNINGS THEY ARE FREE AND FUN

The monthly coffee mornings are held at the Friends Meeting House, South Terrace, on the last Tuesday of the month and all are welcome to drop in for coffee and biscuits – and a chat! Pop in from 10.30 am to 12 noon



Dates for your diary are: March 27, April 24, May 29, June 26, July 31, August 28, September 25.

Had a problem with buses? Has a bus passed your stop without picking you up? A bus been very late? If you let me know the day, time, route number I'll take it up with Stagecoach. My contact details are on this page. **Roger Sweetman**

OUR EASTER COFFEE MORNING TREAT

THERE'S no need for us to egg you on to attend the forum's Easter Coffee Morning on Tuesday, March 27, 10.30 am-12 noon at the Friends Meeting House, South Terrace, Hastings!

The very thought of free hot cross buns with a hot cup of coffee should attract plenty of over 50s. You don't have to be a member to attend so drop in – we'll be pleased to see you. You can enjoy a chat and maybe make new friends.

There will also be books, cakes and cards.

SPECIAL INTEREST GROUPS OPEN TO MEMBERS

Meetings are held in the forum's office at Jackson Hall, Portland Place, Hastings.

The groups are not committees and all members can attend on any dates. It's a good idea to contact the chairs in advance (contact details follow) in case the date has been changed.

Crime and Safety: Paul Broadhurst tel: 01424 446168 paul.broadhurst@live.co.uk

Health and Social Care: Dr Duncan Cameron tel: 01424 752400 duncan_1066@yahoo.com

Quality of Life: Ann Lowndes tel: 01424 439861 lowndesann@yahoo.com

Transport: Roger Sweetman tel: 01424 446168 roger.sweetman@hotmail.co.uk

MEETING DATES

Crime and Safety: Tuesdays at 10.45 am on April 3, June 5, August 7. **Health and Social Care:** Wednesdays at 2 PM on March 14, April 11, May 9, June 13, July 11, August 8, September 12. **Quality of Life:** Tuesdays at 11 am on March 20, April 17, May 15, June 19, July 17, August 21, September 18. **Transport:** Mondays at 10.30 am on April 9, June 11, July 9, August 13.

PLAY YOUR CARDS RIGHT FOR HELP ON THE BUSES

“PLEASE give me time to sit in case I fall down” is the wording on just one helpful new card for bus passengers produced by Stagecoach.

With the aim of making bus travel accessible for everyone, Stagecoach says: “If there’s anything we can do to make your journey easier, please let our driver know and we will be happy to assist in any way we can.”

The cards include requests to : **Please scan my pass for me; Please count my change; Please tell me when we reach my stop; Please be patient I have a hidden disability; Please be patient I have difficulty speaking; Please be patient, I am deaf and Please let me know when we get to**’

The laminated 3 ins by 2 ins cards can be kept with your bus pass.

If you would like an assistance card contact Stagecoach at Beaufort Road, St Leonards, tel: 01424 441115.

Combating Phone Crime

I wondered if I might be allowed to make a suggestion adopted by some of my friends regarding accepting strange phone calls. Make sure you have Caller Display on some if not all of your phones. Then NEVER accept and listen to INTERNATIONAL calls unless of course you have friends abroad. Instead simply quickly terminate the call without saying anything.

Make a list of all the phone numbers of all your friends. Then likewise never accept any calls outside our 01424 area unless you recognise the phone number on your list.

Experience shows most of the above rejected calls are spammers like fools claiming you have a problem on a PC without knowing if you actually own such.

Why take risks with complete strangers?

Gordon Sweet Member

POSH PARTIES FOR OVER 60'S!

RITZY Friday afternoon parties from March to May are being put on by “Duckie” for Hastings' over 60s.

It promises spectacular cabaret and classic afternoon tea - all for a fiver!

“Swanky senior citizens, elegant elders and glamorous golden girls” are being invited to theposhclub.co.uk parties which will be held at St John the Evangelist Hall, Brittany Road, Upper St Leonards, on Fridays from March 23 to May 25.

To book you can call 07848 831 290 or email hastings@theposhclub.co.uk.

The posh club parties are also held in London and are supported by funding from the Arts Council.

HOW TO TACKLE LONELINESS: WHAT DO YOU THINK COULD HELP?

By Ann Fergy

If you wake up in the morning and think you have no one to speak to or see for yet another day, life must be very hard going.

Loneliness particularly hits older people whose family and friends may have moved out of their lives for different reasons. No wonder it can have a bad impact on health. It's rated worse than obesity, physical inactivity and smoking 15 cigarettes a day!

In January Tracey Crouch MP was appointed Minister for Loneliness – a new and difficult task.

Do you feel lonely and what do you think could be done to help you and others?

Please write to me with your suggestions at annterryfergy@gmail.com or at the forum's address (in this Newsletter) so that we can publish these in an edition of the forum Newsletter – and forward a copy on to the Loneliness Minister.

CHECKING OUT 'THE BIG C'

A special update from Dr Duncan Cameron

CANCER is no longer the inevitable threat to our lives - at least it doesn't have to be," writes Dr Cameron, chair of the forum's health and social care special interest group. **“ Earlier diagnosis and above all, preventive measures are now within the reach of most of us. But if in doubt take the first step, have it checked out.**

As a general guide, anything out of the ordinary, change in your routine that doesn't settle down. Unusual fatigue, weight loss.

There are new guidelines to achieve an earlier diagnosis and treatment once you have been referred by your GP. While the diagnosis is being clarified your GP remains responsible for you. Many more will be referred than will be positive. Your GP will give you a leaflet called “Why have I been referred urgently to hospital”. Remember to inform if you can't keep the appointment.

A summary of target waiting times:

2 week wait from referral to first appointment, 2 weeks to be seen with general breast symptoms, 31 days from decision to treat to start of treatment, 62 days from urgent GP referral to start treatment.

A message for men: deaths from Prostate cancer are now greater than those with breast cancer. Report a change in bladder symptoms, straining and nightly frequency. A blood test, with a higher level can be useful; the examination is quick and no problem to the examiner. A harmless swelling of the gland is a more common cause of symptoms. But if in doubt check it out.

AGM PUTS THE SPOTLIGHT ON ANOTHER SUCCESSFUL YEAR FOR THE SENIORS' FORUM

by Ann Fergy

“WE are the voice for the town's older people,” declared chair Paul Broadhurst at the annual general meeting of Hastings and St Leonards Seniors' Forum at the Friends Meeting House, South Terrace, on Friday, November 17.

The forum, which has well over 900 members, features four special interest groups and Paul explained these were not committees but groups holding meetings to which anyone could turn up to pass on information and receive it.

The four groups are crime and safety, health and social care, transport and quality of life.

Paul listed the past year's successful special events including the crime and safety meeting where people were briefed about fraudsters targeting older people and the health and hobbies fair on Hastings Pier to celebrate Older People's Day which had been an outstanding success, attracting well over 300 people.



L - R Pam Brown, president, Helen Bird, secretary, Paul Broadhurst, chairman, John Tudgay, treasurer & Ann Fergy, publicity officer

“We are committed to running a free forum,” said Paul, who referred to the recent fund raising concert held by Helen Bird, secretary, and her Friends Unlimited singers.

President Pam Brown said the forum was the only one in the East Sussex Seniors Association to be supported by the local council and she thanked Mayor Judy Rogers and Deputy Mayor Nigel Sinden for attending.

The president, chair, vice chair Ann Lowndes, treasurer John Tudgay, secretary Helen Bird, membership secretary Roger Sweetman, publicity officer Ann Fergy and committee of Pam Brown, Vilna Lee, Beryl Mynett, Laretta Okagbue, Joyce Thatcher and Pam Webb were re-elected.

Egle Kelsaite gave a talk about how county council and NHS health and social care services could be accessed by different area teams and Mike Rose showed a film to celebrate 10 years of ESSA made by Ron Sutherland which was full of information and had an excellent soundtrack of songs from yesterday.

Crime & Safety event - Free Talk About Scams

2 pm Friday, April 27, at the Friends Meeting House, South Terrace, Hastings

A talk by a different speaker than at last year's event about other ways in which crooks are targeting older people. Free tea/coffee & cakes/biscuits. **An event not to be missed!**

A JUNE OUTING TO THE COUNTRY

Report from Roger Sweetman

The Forum has planned a leisurely day out by coach for Thursday June 14 visiting Middle Farm near Lewes, the delightful village of Alfriston and taking in surrounding Sussex countryside.

It all sounds a lovely treat – and it's only £5! (Cost subsidised by the forum). It could also provide an opportunity to make new friends, especially if you are a solo passenger.

The coach will pick you up either at Warrior Square by the Queen Victoria Statue at 10.15 or in Harold Place opposite the former toilets at 10.30.

Our first stop will be at Middle Farm where there will be time to enjoy the delights of the farm shop, the cider barn, bakery, and/or have a coffee, perhaps even a cake.

Back on the coach we make for Alfriston, an unspoilt village with specialist shops and beautiful buildings, including the church and The Clergy House, the first property bought by the National Trust, which are near the village green. We will have about two hours here to explore and you could maybe have lunch at a pub or tea room.

Our journey back will be via High and Over to Seaford and then along the beautiful coast road across the Downs to Eastbourne arriving back in Hastings before 5 p.m.



The parish church & village green



Alfriston's main street

The cost is only £5.00 for members and it's first come, first served, as numbers are limited. Please complete and return the tear-off slip either to our office or hand it to a committee member at a forum coffee morning.

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Coach Excursion to Alfriston – 14th of June 2018

Name

Address

Pickup point.....

Telephone number

Email address

Amber Rudd's Seniors Fair



Ann Lowndes, vice-chair and Helen Bird, secretary, manned the forum's stall, which we shared with the Hastings & St. Leonards Dementia Action Alliance at Amber Rudd MP's first Seniors' Fair held in the Saga Building, Hastings last October.

Opposite Helen with Amber Rudd and Publicity Officer Ann Fergy



Left L- R Paul Broadhurst, Pam Webb, Vilna Lee & Ann Lowndes at the forum's Hobbies & Health Fair

STOP PRESS NEWS:

Keiron Pelling, the new transport officer at the Conquest Hospital, is happy to hear from anyone with transport issues related to the hospital. His email address is kieron.pelling@nhs.net



Members arriving for the AGM 2017

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