

# Newsletter

Spring 2019 Issue 46

## Letter from the Chair

Dear Members

Welcome to the Spring newsletter. We have a number of events for you in the next few months which you can read about inside. Many thanks to those members who let us know that they wished to remain with the Forum. Looking forward to seeing you in the coming months.

Ann Lowndes

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### Annual General Meeting Held on Friday 30<sup>th</sup> November 2018 At the Friends Meeting House

Happily a good number of members attended with only 7 apologies and were welcomed by the President Pam Brown O.B.E. Pam welcomed everyone in particular the Mayor of Hastings Councillor Nigel Sinden. She thanked Hastings Borough Council for their support.

The Forum had experienced a very problematical year with the Vice Chair having to take over as acting Chair at short notice. Taking over the reins of everything was not an easy task but Ann Lowndes had done a wonderful job. Pam continued that the Secretary and Treasurer are the 'backbones' of the Forum as are the committee.

AGM cont

The Chair said that the coffee mornings had been well attended but the Forum no longer had an office at Jackson Hall, HBC had been generous in the past for which we are thankful ,there is money from ESSA and ESCC but this has reduced and may not be very much next year. We have done well to keep going with outings, talks and Older Peoples Day events.

The Mayor said groups like the Forum are always respected as they are about older people. Although he is very busy as a Hastings man he loves the town. The meeting was followed by refreshments.

Chair Ann Lowndes  
Secretary Helen Bird  
Treasurer John Tudgay  
Membership Secretary Beryl Mynett

Committee Pam Brown, Pam Webb, Joyce Thatcher,  
Vilna Lee, Laretta Okagbue

Helen Bird

Older Peoples Day

## Palm Court Tea

On the 3rd of October The Quality of Life Group organized a Palm Court Tea at the White Rock. This was very much enjoyed by the 73 members who attended. There was a delicious tea with sandwiches, scones and cakes with tea and coffee (lots of it!) Entertainment was provided by Friends Unlimited which was enjoyed by all, this included a sing-a-long. There was also a raffle. Many thanks to Pam Webb for this.

## Wiltshire Farm Foods

A good crowd came to the FMH to hear about Wiltshire Farm Foods and the service they provide and to taste what was on offer. There was nothing left at the end !

## Special Interest Groups

Quality of Life-- Ann Lowndes 01424 439861

Health and Social Care --Dr Duncan Cameron 01424 752400

Transport--Peter Hiller-Palmer 7771860526

Three members of the Forum, Peter, Laretta and Clive recently attended a meeting called to set up a Bus Users

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Group. More about that in our next newsletter

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## Health and Social Care

### Volunteer for Health

A study from Southampton Research Institute shows improved wellbeing and mental health in those who volunteer regularly. This positive link peaked at 76-80. It later showed it could help older adults to live longer and healthier lives, and provide a sense of purpose particularly those who have lost earnings and status.

People who donate their time feel more socially connected, thus warding off loneliness. Volunteering can be on a personal level eg neighbours, or visiting someone in Residential care or hospital.

There are a number of organizations looking for help. Adult Social Care have a People Bank where volunteers can be matched with activities.

Age Uk, Care for the Carers, Seniors Forum and the League of Friends of the Conquest Hospital to name but a few.

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Age Uk have launched a campaign to reverse the decision

to change the eligibility for pension credit and housing benefit where one of a couple is younger. They are also urging those who are eligible for Pension Credit to apply now before the changes. They are very keen to talk to any couple who would be affected.

They hope to set up a petition locally and to encourage people who will lose by the change to visit Amber Rudd's surgery to explain the negative impact this will have on them.

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### Forthcoming Events

The Quality of life will be holding two events in the coming months. A ploughmans lunch on 24<sup>th</sup> May and a Summer Tea on July 19<sup>th</sup>. Details and tickets for these will be available at the coffee mornings from March.

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### Coffee Mornings

March 26<sup>th</sup> Easter coffee morning with hot X buns  
April 30<sup>th</sup> - May 28<sup>th</sup>- June 25<sup>th</sup>- July 30<sup>th</sup> - August 27<sup>th</sup>-  
September 24<sup>th</sup>- October 29<sup>th</sup>- November 26<sup>th</sup> - Christmas

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## Coach Trip to Tenterden

There will be a trip to Tenterden on  
Friday June 28<sup>th</sup>

Leaving from Harold Place (where the  
toilets used to be ) at 10.30 am we will leave Tenterden at  
3pm

Cost will be £5.00 per person.

Please return slip below with  
Cheque made payable to HSSF  
Post to Mr Ken Palen, 11 Lower Park Road, Hastings,  
TN34 2LB Tel 01424 714410 Receipt will be sent

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I/we would like to book for the outing on the 28<sup>th</sup>  
June

Name-----

Address-----

Tel-----

I enclose cheque for £-----

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The Isabel Blackman Centre

Pam Brown

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You will have heard the Centre is to close this month. As things stand CC staff are interviewing users to find local facilities for those who need specialist care. This is of course traumatic for users and carers who worry that that what is found will not match the present provision.

Can this valuable provision be saved?

HSSf have been asked to join a small group set up by Steve Mainwaring to try to find a way to keep it open for those who do not need specialist care.

The first objective is to try and get the centre approved by HBC Planning Dept as a community asset, this would prevent ESCC selling the site off. If this happened the next step would be to persuade them to hand over the building to a local trust, who would operate it as a day centre with space for activities as at present.

No specialist staff would be needed and this facility would be available for community use.

In due course the whole community will need to support the proposal, if IBC is closed we will lose an asset dating from the 1960s.



Friends Unlimited

Leader Helen Bird



Vilna in her Easter Bonnet

## Easter Coffee Morning March 26th



Coffee Crew









