

Newsletter

Summer 2019 Issue 47 www.hssf.org.uk

Letter from the Chair

Dear Members

Welcome to the summer newsletter. The last few months have included a very pleasant outing to Tenterden, a lunch and a cream tea. This year we will be celebrating Older Peoples Day with another Palm Court Tea booking details inside. We are moving our coffee mornings this month to the Pop In, Central Hall in the town centre where there will be good disabled access and tables already out which will make life easier. See Pam's piece below. It has been very sad to see the Isabel Blackman Centre and the WVS centre in St Leonards closing, making things difficult for so many. Efforts are being made to save the IBC.

Ann Lowndes

Good News!

We know that you have all missed our tombolas and raffles. I am pleased to announce that from August 27th when we move to new our venue (Pop In) we will resume them again. Once again we would appreciate any items you could donate to be used as prizes.

Many thanks for your support Pam

Palm Court Tea

Wednesday 2nd October
2.30pm

White Rock Theatre Restaurant
Cream tea, entertainment and a
raffle.

Cost £5.00

Bookings to Ann Lowndes, 23 Kenrith
Court, St Helens Crescent Hastings
TN34 2SQ

Cheques should be made payable to
HSSF

Please include name, address and
telephone no

Last date for booking

16th September.

Tickets will be sent to you.

Primary Care Networks

Surely not another?

Hopefully better collaboration!

All our practices will become part of a Primary Care Network, typically 6-8 practices about 50,000 patients; a new form of collaboration to combine primary and community care, and as close to home as possible. There will be a focus on prevention and supporting people in their own homes with new funding for social prescribers, pharmacists and paramedics. Practices will be open longer extended hours, together with enhanced Health in Care homes and medication reviews. There will be a special focus on early diagnosis of cancer by 2020/21 and cardiovascular disease by 2021/22. The community will be involved more actively which should help to reduce neighbourhood inequalities, together with better diagnosis and treatment of mental health

Dr Duncan Cameron.

Special interest groups.

Quality of Life Ann Lowndes 10424 439861

Health and Social Care Dr Duncan Cameron 01424 752400

Transport Peter Hiller-Palmer 7771860526

(meetings bi monthly)

Bus Users Group

There were apologies from Stage Coach for the lateness of timetables after the recent changes, promised would not happen again. Concerns expressed by several people about No 28 service.

Coffee Mornings

At the Pop In Central Hall (three doors from Body Shop) Car drop off Middle Street
10am -12n00n

August 27th

September 24th

October 29th

November 26th—Christmas with Mince Pies- Tombola
To be followed by AGM at 1.30pm
Coffee and snacks at 1pm
All the above at the Pop In

Saturday December 14th Celebrate Christmas with
Mulled wine, mince pies, carols, raffle ,at Hastings
Museum 11am cost £2.50
Tickets will be available in September.

Remember When? Before we fell in love with plastic

Butter, bacon and cheese which were weighed out at the counter, as were biscuits, sugar and dried fruit were put in paper bags. Milk, pop and beer came in bottles and were returned.

Nappies had to be washed, no machine to dry them or our clothes

Microwave Tips

1. Citrus fruit yields more juice after heating for 30sec on high
2. Freshen stale bread or buns by heating 10sec
3. To skin tomatoes pierce skins place in boiling water microwave 30sec then plunge into cold water.
4. Reheat cold coffee allowing 1 1/2 min per cup
5. Melt Chocolate 4oz in a bowl 1 1/2 min stir after 1min
6. Skinning a peach easier if first heated 15-30sec

Vilna

In -Movers

Dr Steven Jakes of Plymouth University is researching to the seaside (no matter how long ago), why you moved to Hastings and your experiences. Survey at <https://tiny.cc/xa5c8y>

Electric blanket testing 18th October 2-4pm Bohemia Fire Station.

Ann Fergy

Sadly our vivacious Publicity Officer Ann Fergy died in March this year, following a sudden illness. Ann was loved by all and is terribly missed by her husband Ron and children Suzannah, Simon and Nick. To all who knew her and worked with her she has left a big hole. Ann was always fashionable and possessed a wicked sense of humour. Whilst working as News Editor of the local paper she showed enormous empathy in sad situations. At Seniors' events she was to be found with camera in hand ready to snap something of interest. Ann adored her family and if I was asked to describe the perfect friend it would be her.

Helen



ANNUAL GENERAL MEETING

To be held on Tuesday 26th November

At the Pop In Central Hall at 1.30pm

Coffee and snacks will be served from 1pm-
1.30pm

1. Welcome by Pam Brown OBE President
2. Apologies for absence
3. Minutes of 2018 AGM
4. Matters arising
5. Chair's report
6. Treasurers report
7. Adoption of accounts
8. Election of Officers and committee
9. Any other business

To be followed by a talk given by Anne Scott
of OHPS



Easter Goodies

Ploughmans Lunch

