

Newsletter

Spring 2020 Issue 48 www.hssf.org.uk

Letter from the Chair

Dear Members

Welcome to our spring Newsletter

The move to the Central Hall (formerly Pop In) has worked well and we have seen an increase in numbers at the AGM and the Coffee Mornings. I am on the steering committee and can tell you that some exciting plans are being made.

It was shocking to hear on a recent radio programme that older people are becoming increasingly insolvent or bankrupt. With so many businesses closing many older people find themselves out of work with years to go before they can draw a pension. Over 75s not on pension credit will soon have to pay for a TV licence. There are detail inside on how this benefit can be claimed by anyone on a low income. Looking forward to seeing you at this years events.

Ann Lowndes



Beryl Mynett with the Mayor at the Palm Court Tea

Older Peoples Day

On the 2nd of October for the second year running the Quality of Life Group organized a Palm Court Tea at the White Rock Theatre. Once again this was enjoyed by the 73 members who attended. As last year music was provided by Friends Unlimited who kept us entertained with a variety of songs. A delicious tea was served with sandwiches, scones and cakes. There was a raffle with 40 prizes. The Mayor was present and closed the event with a short speech.

The Museum at Christmas

On the 14th December a most enjoyable morning was held at the Museum. Hot punch and mince pies were served. Helen Bird and Friends Unlimited entertained us with a selection of Christmas songs and carols we could join in.

The raffle had some nice "Christmas presents" to win. The room was beautifully decorated and with the music and punch got us all set for the Christmas Celebrations.

Coffee mornings 2020

25th February (with pancakes) . 31st March- Easter.

28th April. - 26th May. -30th- June-. 28th July.- 25th August.

29th September.- 27th October.- 25th November -Christmas

Which Service do I need

Only go to A&E if you need immediate emergency care.

For urgent but not emergency care www.nhs.uk.
NHS 111 for advisers who can connect you to nurse, dentist or GP. Calls free.

Pharmacy. They can advise on a number of infections and ailments.

GP Evening and weekend appointments now available, you will be informed which Hub you need or if not a GP a practice nurse will advise.

. Walk in. Station Plaza from April 8am to 6.30pm
01424 884410

Mental Health Crisis Support. For those at risk or in need of support.

www.sussexpartnership.nhs.uk/sussex-mental-healthline 03005000101

Samaritans. 116123 www.samaritans.org at any time

Natural cleaning and saving on plastic.

Replace shower gels and liquid hand wash with soap. Shampoo can be found in bar form although dearer they last for many months.

Furniture polish.

1 part olive oil to 1 part lemon juice.

All purpose cleaner

Half white vinegar half water + 15 drops of Tea Tree Oil

Windows

Half vinegar half water

Bicarb or Borax substitute will clean toilets

Bicarb can be bought in larger quantities at ESK

Compostable rubbish bags also widely available.

Beeswax wrapping which can be used for at least a year.

Cleaning cloths which can be washed in machines Tea Tree oil easily available

Highly recommended Thrifty Ways for Modern Days edited by Martin Lewis

Bus Users Group

This group has started up again. Stagecoach are not surprisingly unhappy with the number of road works which are making life difficult for all drivers. Some very radical ideas were put forward to change all the routes. The subject of electric busses was raised but Hastings has

Pension Credit

Over a million people who are eligible do not claim Pension Credit. People on this benefit will still get free TV licences after June, also help with NHS costs.

The quickest way to claim is to ring 0800991234 (you can get someone to do this for you). You need your income, savings, NI number, bank details and your partners details if you have a partner.

The online staff will fill in the form for you or you can ask for a paper form.

Isobel Blackman Centre -re -opening

It is good to be able to give much better news on the efforts to get this building operational again.

After many setbacks, the IBC consortium (which includes HSSF) has managed to establish helpful liaison with ESCC, leading to fruitful talks.

At the same time funds to buy the property and to meet the considerable associated expenses, have been coming in. thanks to the efforts of Dick Edwards HOTRA chair. It is expected that by our next newsletter IBC will be up and running. Operating for limited days. It does look as new life is about to be breathed into this project.

AGM 2019

Thirty people were present on 26th November 2019 at the AGM of the Hastings and St Leonards' Forum, who were welcomed by the Forum President, Pam Brown OBE Pam made special mention of the presence of the Mayor of Hastings, Councillor Nigel Sinden thanking him for finding time to join us.

Pam remembered our Publicity Officer Ann Fergy, who had been with us at last year's AGM following a serious operation, but sadly died a few months later, she is greatly missed.

Pam continued to express everyone's sincere thanks to our Chair Ann Lowndes, who works so hard to keep us up to date with all that is happening.

Pam mentioned the sub groups , Health and Social Care and Quality of Life and thanked everyone who serves on these committees together with the work of the Secretary and Treasurer.

Members of the Committee were voted 'en bloc'

Chair Ann Lowndes

Treasurer John Tudgay

Secretary Helen Bird MBE

Membership Secretary Beryl Mynett

Committee:

Pam Webb, Vilna Lee, Laretta Okagbue, Joyce Thatcher,
Pam Brown and newly elected Ron Sollars

Since then Sheila Martin has been Co-opted

Coach Trip to Brighton

There will be a trip to Brighton on Tuesday 5th May.
Leaving at 10.15am from Harold Place we will leave Brighton at
3.15pm

Cost will be £6.00 per person

Please return slip below with cheque made payable to HSSF to Mr

Ken Palen, 11 Lower Park Road, Hastings, TN34 2LB

Tel 01424 714410

Book early to avoid disappointment

I/we would like to book for the outing on the 5th May

Name-----

Address-----

Tel-----

I enclose a cheque for £-----



A winner!



At the Museum

