



ROTHER SENIORS

Rother
Reader

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Rother Seniors' "Fun & Song":

Have you booked your place yet?

Monday 21 March 2016 at St. Peter's Community Centre, doors open at 1:00pm. A hot drink and biscuit awaits your arrival. Our event starts at 1:40pm. It is a show with two acts and presents both a Crooner and a Singing Duo. The Crooner is Bob Hammond, who has a gentle style and bases his presentations on 60's and 70's popular music. Gin & Tonic is a fun singing duo accompanied by keyboard. The event ends with a cream tea. Price to members is £6pp.

To book: complete the Booking form and post with a S.A.E. for ticket return and cheque for payment of £6pp to Rother Seniors' Forum

RSF's 10th Anniversary Event:

On Monday 20th June 2016, we will be **celebrating** Rother Seniors' Forum's **10th Anniversary** in a very special way at St Peter's Community Centre, Church Road, Bexhill TN40 2HE from 1pm. Price to members is £6pp We will present a musical Concert with Mike Hatchard and Herbie Flowers, who are both British session musicians with long experience in the pop music field. They specialise in music from the 60's and 70's and create a lot of fun in their act. A hot drink and biscuit will be available on arrival. We will finish with a cream tea. As we expect this event will be popular please mark in your calendar and watch for the booking form in our next newsletter. We will provide free transport from some outlying areas only as per listed on the form.

News from Rye:

The Rye and District Dementia Alliance (RDDAA) was launched during the National Dementia Awareness week in May 2015, by its 3 newly appointed Dementia Champions and backed by its Steering Group. The "3" all living in Rye are: Daliea Redman (a Rother Seniors' Forum Committee member); Colin Slack and Dawn Jobling. All have been trained by the Alzheimers Society as Dementia Champions to deliver awareness sessions to the public making them Dementia Friends.

The RDDAA Aim is to transform the quality of life of people living with Dementia and their Carers.

Their detailed objectives are to:

1. Increase awareness and understanding of Dementia through Dementia Awareness sessions run by the Champions.
2. To break down barriers and reduce stigma.
3. To support the development of a role for people with Dementia and their Carers.
4. To establish "Community Support" including local businesses, statutory and voluntary organisations and community groups.

The programme starts from mid-Jan 2016 to end April 2016, prior to the start of the Rye Tourist season, so that shops and businesses can sport a Window Sticker saying "Working towards becoming a Dementia Friendly Community" The Dementia Champions, working with the Alzheimers Society, are encouraging

everyone Nationwide to become a Dementia Friend. E.g. We strongly encourage everyone to stop using the words “suffering from”; instead use the words “**living with Dementia**”. Just having a little more understanding can make such a difference. The Champions will be running awareness sessions throughout the locality including: Camber; East Guildford, Playden; Rye Harbour; Winchelsea & Winchelsea Beach; Icklesham; Pett; Fairlight; Guestling; Westfield; Brede; Udimore; Iden; Sedlescombe; Whatlington; Broad Oak; Peasmarsh; Rye Foreign; Beckley; Northiam; Ewhurst; Udimore and Bodiam.

From: Dalia Redman, Chair RDDAA,
Dementia Action Alliance.
Dementia Champion.
Email: rddaa@outlook.com

FLU: Fact versus Fiction:

Fiction: The Flu jab gives you flu!

Fact: Wrong, it contains no live Viruses!

Fiction: The Jab didn't work as I got Flu!

Fact: For ten years it has provided good coverage, it is still the best way to fight flu

Fiction: The vaccine is not safe!

Fact: It has an excellent safety record.

Fiction: A healthy diet + Vitamen C will prevent Flu!

Fact: Flu is a virus and can affect anyone no matter how good your immune system

Fiction: I've never had Flu, so I'm not likely to get it.

Fact: The Flu virus mutates so you need to be vaccinated yearly for protection.

Fiction: I'm not in an “at risk Group”.

Fact: Anyone can get Flu and pass it to those vulnerable-even with no symptoms.

From: Public Health England

New leaflet on paying for care

Together with other advice specialists in the county, East Sussex County Council has put together a leaflet called ‘Paying for care: information and advice’.

Many people don't know that unlike the NHS, care and support usually isn't free. In fact, 9 out of 10 people pay towards their care and support, even when it's organised through the council. The leaflet is a good start to finding the right information and advice for someone's individual situation.

Whether they're making arrangements now or starting to think about the future, paying for care can feel like a big worry, especially when it involves so many uncertainties. Someone might be thinking about care for themselves, or for a partner, family member or friend – either way, there is information here to help.

The leaflet has been put together as part of the council's duty under the Care Act 2014, and it has been issued as an initial print run to test its usefulness.

You can find the leaflet at most council offices across the county, with Citizens Advice Bureaux and other voluntary organisations, as well as from Adult Social Care.

For more information: Email careact@eastsussex.gov.uk

For a summary, see website: <https://new.eastsussex.gov.uk/socialcare/getting-help-from-us/moneyadvice/ifa>

It's good to Laugh:

Don't worry about avoiding temptation! As you grow older it will avoid you. **Sir Winston Churchill.**

However you look, marry a man your own age. As beauty fades, so will his eyesight

Housework can't kill you, but why take a chance?

Cleaning your house while your kids are still growing up is like shovelling the footpath before it stops snowing.

How to get rid of kitchen odours? Eat out.

A bachelor hasn't made the same mistake once.

I want my children to have all the things I can't afford. Then I'll move in with them.

Most children threaten to run away from home. This is the only thing that keeps some parents going.

We spend the first years of our children's lives teaching them to walk and talk and the next telling them to sit and shut up.

Burt Reynolds once asked me out. I was in his room.-Phyllis Diller

What I don't like about the office Xmas party is looking for a job the next day.

The one time I enjoyed ironing was the day I got gin in the steam iron.

His finest hour lasted a minute and a half.

Old age is when the liver spots show through your gloves.

My photographs don't do me justice -they just look like me.

Tranquillizers work only if you follow the instructions - keep away from children.

The golf pro' tells you to keep your head down, so you can't see him laughing.

You know you're old if they have discontinued your blood type.

A few seniors were sitting talking about their ailments at Merlo's Coffee.....

"My arms have gotten so weak I can hardly lift this cup of coffee," said one.

"You know," said another. "My cataracts are so bad, I can't even see my coffee."

"Yes. I understand, since I have macular degeneration," answered another.

"I couldn't vote at election time as my hands are so crippled," said a third.

"What? Speak up! What? I can't hear you, said one elderly lady!"

"I can't turn my head because of arthritis in my neck," said one, to which several nodded weakly in agreement.

"My blood pressure pills make me so dizzy!" exclaimed another.

"I forget where I am and where I'm going," said another.

"I guess that's the price we pay for getting old," winced a senior man. The others nodded in agreement.

"Well, count your Blessings," said Sid. Thank Goodness we can all still drive!

Perks of being older:

No one expects you to run – anywhere! Am/pm, they call & ask” Did I wake you? There is nothing left to learn the hard way Things you buy now won't wear out! Secrets are safe with your friends, they can't remember them either. You can live without sex, but not your glasses!

From ESF Newsletter 23.

Useful Tel. Numbers:

Rother Seniors' Forum	(01424) 870801
Rother District Council	(01424) 787000
Rother Voluntary Association	(01424) 217259
Age UK East Sussex Advice	(01424) 426162
Independent Living Service	(01424) 464890
Hugh Merriman MP-Bexhill	(0207) 219 1852
Amber Rudd MP-Hastings & Rye	(01424) 205435
Conquest Hospital	(01424) 755255
Sussex Police (Non urgent)	(0845) 6070999
Pension Service	(0845) 6060265
Post Office Services	(0845) 7223344
Alzheimer's Helpline	(0845) 300 0336
Citizen's Advice Bexhill	(01424) 215055
Trading Standards	(01323) 418228
Independent Providers Forum (Carefinders) Visit:	(01580) 715660 carefinder.org.uk
Care Home Listing:-E. Sx.	(0800) 389 2077
Social Care Direct (SCD)	0345 60 80 191
E. Sussex Disability Assoc.	(01323) 514516
Health Trainers-Bexhill	(07825) 113570
Energy Caring Trust	(0800) 512 012
National Talking Newspapers	(01435) 866102
Silver Line helpline	0800 328 8888

Health Walks:

Battle: every Friday 10am, setting off from the Green opposite Battle Memorial Hall. Town and countryside routes

Bexhill: every Friday 11am, setting off from inside the De La Warr Pavilion.

Town routes only.

Rye: every Monday 10am, setting off from Gibbet Marsh car park, Udimore Road; Town and countryside routes.

Sidley: every Monday 11am, setting off from the New Inn, Ninfield Road. Town and countryside routes

Robertsbridge: every Tuesday 9.30am, setting off from the George Inn, High

Street. Countryside routes only.

Ticehurst: every Monday 10.30am, setting off from Pickford Lane car park.

Countryside routes only.

All walks are free, last no longer than an hour and usually end at a cafe. No need to book, just turn up. For more info about the walks or volunteer opportunities for walk leaders contact Paula Hubens, 07740 899559/ p.hubens@tcv.org.uk

Bexhill Diabetes Support Group:

Bexhill Diabetes Support Group celebrated its 4th Birthday with a very enjoyable meeting on 8th Dec 2015.

Boots gave us a useful talk on Eye Care and hearing problems. This was followed by a lovely tea with musical accompaniment. For the 2nd part of the afternoon we sang old favourites and finished with a rousing round of popular Carols.

We have a full monthly programme for 2016 starting Tues 12th Jan. on "Helpful nutrition for Diabetics." Our AGM is on Tues. 9th Feb. If you think we can be of help come along to see us in action. Details on our website

<http://www.bexhill-diabetes.co.uk/>

Or phone Michael on 01424 732878

Postage Costs:

With costs increasing posting out a newsletter to all members without a declared Email address continues to increase. We run on an entirely voluntary basis so this takes up a big part of our funds. Accepting the Newsletter on line saves. Send your Email if we don't have it already. We are pleased to report we are now receiving cheque donations from some members to offset costs.