



ROTHER SENIORS

Rother
Reader

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RSF's 10th Anniversary Event:

Our Anniversary coincides almost exactly with the Queen's 90th Birthday. So we have decided to mark both events collectively.

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. The Programme finishes with a cream tea.

To Book:

As we are catering we must have your bookings. Complete the Booking Form and post with a S.A.E. for ticket return also enclose your cheque for £6pp payable to Rother Seniors' Forum. We will provide free transport from some outlying areas only as listed on the form. Please keep this booking form etc **completely separate** from the other event mentioned on this page.

Our Spring Day Out is late this year as we are having a very busy year.

RSF's Spring Day Out 2016.

We have chartered the "Wiggonholt" a canal boat that holds up-to 50 people (all seated with tables) on Thursday 7th July 2016 for 2½ hours trip, boarding at

1:00pm. The boat departs from the wharf beside the Canal Centre in Loxwood (near Billingshurst, West Sussex) close by the B2133 (Postcode RH14 0RD). Parking will be at The Onslow Arms Car Park in the Wey & Arun Canal Trust Parking Area next to the Canal. The boat sails on the Wey and Arun Canal. We are planning for a full Ploughman's lunch to be delivered on-board for all. This plated lunch (from the Onslow Arms Public House) plus a tea/coffee which will be served on board. We have hired a coach with the usual pick-up and drop-off points.

Booking for members only is by submitting the attached booking form to: Mr. Ron Sunderland, Loaf Cottage, The Street, Sedlescombe, TN33 0QB. Price is: £ 17:50pp.

Please keep booking Forms and payments for this event **completely separate** from the 10th Anniversary event earlier on this page.

Places will be allocated on a first come-first served basis. Tickets will be issued in June 2016. Please choose your pick-up points from the list below. (Times given are **departure** times).

A Sedlescombe Car Park	10:15am
B George Hotel Robertsbridge	10:30am
C Budgeon's Coach Park Battle	10:45am
D Town Hall Square Bexhill	11:05am
E The Wheatsheaf, Little Common	11:10am
Arrive : Loxwood	12:45pm
Depart: Loxwood	16:00pm

Help to keep warm and well:

By: Rother Voluntary Action

Assistance is available throughout 2016 – 2017

Have you suffered from feeling cold this winter because your house is cold? We have just had a warm winter but next year might not be the same. Now is the time to plan so that you don't have the same problems next year.

A free Winter Home Check service is available all year round.

It's open to people on low incomes who are in certain groups more affected by the cold, including older people, families with young children, disabled people and people with long-term health conditions.

The service includes:

- an assessment of your home to identify how to keep warm
- small works such as improving insulation or repairing boilers
- emergency temporary heating
- advice on getting help to pay for heating.

Installation of replacement boilers, central heating systems or home insulation is also possible subject to eligibility and limited availability.

This East Sussex County Council service is provided by Osborne Energy.

Eastbourne, Hailsham and Seaford: Clinical Commissioning Group & Hastings and Rother Clinical Commissioning Group.

Locally, EHS and H&R CCGs are working with doctors, community pharmacists and local people to improve the way that medicines are ordered, supplied and used. This will increase

quality and safety, help people get the best from their medicines and reduce waste. As medicines are the most common intervention in healthcare and up to 50% of medicines are not taken as intended by the prescriber, it is essential to ensure our population gets the best value from the £65m spent every year on medicines in the CCGs locally. In order to involve local people in our project, a short-lived group is being organised to help shape the messages that will make sure local people benefit from every penny we spend on medicines. We would be very keen to have anyone who has an interest in medicines or medicines waste to come along to our event in Bexhill-on-sea at the end of June

We are looking for interested local people to join a focus group to help us design campaign materials that will speak to our local population. If you would like to be invited to the focus group please register your interest by contacting us on the details below. The focus group will be held in the Cooden Beach Hotel, Bexhill-on-sea on Wednesday 29 June 2016 – places are limited and you must be pre-registered to attend.

Find out more If you are interested, please contact Helen Groves from the CCG Medicines Management Team on Helen.groves2@nhs.net or 078 278 20264. We will be in touch at the beginning of May to confirm your place at the event.

Jeanne Margaret Bullock:

It is with considerable regret that we advise of the death of Jeanne Bullock, who died on 11th March 2016 some 3 years after the loss of her husband Alan. Both Jeanne and Alan came to us from

National Heritage where they had organised outings for that organisation for some years. Many of you will recall some of the notable days out that they organised for Rother Seniors and the unforgettable events such as: The Shoo Shoo Babies when Alan was in his element with them on stage. Jeanne and Alan were both significant members of our Management Committee. Over the recent few years we have lost membership from that Committee to the tune of 6 active souls. This has included three deaths, plus one to Alzheimers, one to loss of partner and one who has returned to an earlier committee of another organisation.

Needless to say this leaves us with a dramatically reduced Committee. So we are now actively seeking for members to nominate themselves to join the Management Committee. Their involvement amounts to six 2-hour meetings per annum, and helping at our events. Our meetings are usually held at The Town Hall, Bexhill at 10am to 12 noon on the second Tuesday of each odd numbered month. If you are interested please come forward to help us continue with the running of the group. Contact Ron Sunderland on (01424) 870801 or Email: 88suro88@gmail.com

To provide some background for potential new Committee members, the following paragraphs are taken from The ESSA Newsletter No 15 from an article entitled Spotlight on Rother Seniors' Forum.

“Effectively, the Rother Senior’s Forum started in March 2006 with the members of our Steering Committee; today we have reached a plateau of just over 700

members. We have a large essentially rural community covering the whole of Rother District.

Our reason to be: We exist to provide a voice for the over 50’s to the Service Providers, in particular to Adult Social Care (ASC) and NHS.

What we do: We meet and negotiate with ASC; NHS; CCG’s; Local Councils; Local Voluntary Associations and many others. Our Committee members attend many Service Provider meetings. We work from grass roots up by holding Special Interest Group meetings and taking the outputs to the ESSA Theme group meetings with Providers on a two monthly basis. We take our seats in ESSA Management”

Death of the orange train ticket:

The move towards combining smart phone technology with ticketless train journeys could leave many older travellers facing higher fares, the NPC (National Pensioners Convention) has warned. As soon as 2017, rail users will be able to buy journeys online using a computer or mobile phone and travel carrying just the credit or debit card with which they paid. In time it could mean commuters will simply tap their card or smartphone against a digital “reader” at the barrier and there would be no need for a paper ticket. Campaigners are concerned that it could lead to older travellers becoming second class passengers facing higher fares because extra charges could be added to the price of the fare for those requiring a paper ticket and fewer staff at ticket offices.

Per **NPC’s** Campaign bulletin, Issue: 107.

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.

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. Also, every Friday 10.30am setting off from Pickford Lane car park (30 minutes), mostly town routes, occasionally in dry conditions the group may venture out to the countryside. 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:

The Diabetes Group is now in its 5th year, with 50+ active members, benefiting from our informative 2nd Tuesday monthly afternoon meetings. Our guest speakers include 2 Lead Diabetes Doctors and a Consultant, with a message of following a sensible Lifestyle plus the importance of understanding the effects of our blood sugar levels and answering your queries. We have extra events during the summer(see our web site).We hope to see you at our stand at the Bexhill Hospital Fete 11th June and Bexhill Farmers Market on 17th.June.

<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.