



ROTHER SENIORS

Rother
Reader

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RSF's "A Song and Dance":

To celebrate International Older People's Day this year, we present a new event on Monday 17th October 2016, "**A Song and Dance**" at St Peter's Community Centre, Church Road, Bexhill TN40 2HE from 1pm. Price to members is £5pp. A hot drink and biscuit awaits your arrival. The event starts with a dance presentation by the "**Chloe Dent Belly Dance Troupe**" from Hastings. This will be followed a "**Silver Song Session**" presented by Stuart Brown who is the founder of the "**Sing for your Life**" organisation from Kent. He will be accompanied by Julia Reid who will be offering "Sing for your Life" sessions as she is our new local Representative.

We finish with a buffet 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 £5pp payable to Rother Seniors' Forum. We will provide free transport from some outlying areas as listed and from Rye.

RSF's 10th Anniversary & Queen's 90th Birthday Celebration event:

In the 3rd week of May we were advised that our event on 20th June 2016 was to be sponsored by Rother District Council under the Queen's 90th Birthday Grants Scheme. RSF was awarded a £400 grant towards defraying the costs. This is especially welcome in these really trying times for funding.

NHS/ESCC: Baffled by Benefits?

If the answer is **YES** ring 0333 3440681 for advice now (03 calls cost no more than national rate calls to 01 or 02 numbers and count towards inclusive minutes (landline or mobile packages).

Are you confused about benefits, worried about your income and need sound advice? If the answer is yes then the East Sussex Benefits Helpline can help you.

Expert benefit advisors are on hand to answer queries or put you in touch with an advisor who can give face to face advice and support to resolve your benefit issue. Appointments can be made quickly to avoid long waiting times. Get help with all benefits including:

- Attendance Allowance
- Pension Credit
- State Pension
- Child Benefit
- Housing Benefit
- Employment and Support Allowance
- Income Support
- Disability Living Allowance
- Personal Independence Allowance
- Council Tax reduction
- Jobseeker's Allowance
- Tax Credits
- Universal Credit

This free, confidential independent helpline will be answered by experienced, trained staff. It was set up by the County Council to help you, your family, friends and neighbours. You can call between 9-5 Monday to Friday. Or Email:

benefitseastsussex@harcuk.com

From John Hooker (Member)

Why do teachers drink?

The following questions were set in last year's School Certificate examination. These are genuine answers (by 16 year olds).

Q. Name the four seasons.

A. Salt, pepper, mustard and vinegar.

Q. How is dew formed?

A. The sun shines down on the leaves and makes them perspire.

Q. What guarantees may a mortgage company insist on?

A. If you are buying a house they will insist that you are well endowed.

Q. In a democratic society, how important are elections?

A. Very important. Sex can only happen when a male gets an election.

Q. What are steroids?

A. They keep carpets still on the stairs.

Q. What happens to you as you age?

A. When you get old, so do your bowels and you get intercontinental.

Q. What happens to a boy when he reaches puberty?

A. He says goodbye to his boyhood and looks forward to his adultery.

Q. What disease accompanies cigarettes

A. Premature death.

Q. How can you delay milk turning sour?

A. Keep it in the cow.

Q. How are the main 20 parts of the body categorised? (eg The abdomen).

A. The body is consisted into 3 parts -- the brainium, the borax and the abdominal cavity. The brainium contains the brain, the borax contains the heart and lungs and the abdominal cavity contains the five bowels: A, E, I, O, U.

Q. What is the fibula?

A. A small lie.

Q. What does 'varicose' mean?

A. Nearby.

Q. What is the most common form of birth control?

A. Most people prevent contraception by wearing a condominium.

Q. Give the meaning of the term 'Caesarean section.'

A. This section is a district in Rome.

Q. What is a seizure?

A. A Roman Emperor. (Julius Seizure, I came, I saw, I had a fit.)

Q. What is a terminal illness?

A. When you are sick at the airport.

Q. What does benign mean?

A. Benign is what you will be after you be eight.

From Rother District Council:

The annual canvass of electors starts in August and continues until 1 December. The canvass is an essential part of the electoral process, and allows us to keep the electoral register up to date and ensure that all those who are eligible to vote are able to.

The way we conduct the canvass and the forms we use are decided for us by legislation, and can be off putting for more vulnerable electors.

If we do not get a response from a household we are required to send a reminder and a personal canvasser to visit. We train all canvassers, and they carry ID, but we know that electors can worry about people knocking on doors, especially as the evenings get darker.

Once we receive a reply to the canvass form, if there are people who have been

added to the canvass form who are not on the electoral register, we will send those people an extra, individual form to complete to join the register. Once they have filled in the registration form, if they want a postal vote they can apply with...another form!

There can be confusion about the type of forms that we send out, as the canvass and registration forms look similar. On occasion electors will think that they have responded, when, in fact they have not done so, which can mean that people fail to register to vote, or we may even begin the process to remove someone from the electoral register if we do not get a response from the canvass form. People who are already on the electoral register do not need to register again, but even registered electors should respond to the canvass form- as it is a legal requirement

We are keen that older people remain on the electoral register, and if they need help to register to vote, or to vote, then help is given, this applies to all older people in Rother, including those in residential care & caravan parks, where often we struggle to get responses.

Older People's Day Booklet:

If you have not received an Older People's Day Booklet for October 2016, please note that copies are available at your local library.

From: (PHES Bulletin July 2016)

East Sussex Better Together ESBT:

The programme that's transforming local health and social care services entered its 100th week on Monday 20 June.

The 150-week programme – a partnership between NHS Eastbourne, Hailsham and Seaford Clinical Commissioning Group (CCG), NHS Hastings and Rother CCG, East Sussex Healthcare NHS Trust and East Sussex County

Council – was launched in August 2014 with the aims of improving and joining up local health and social care services, making people healthier and reducing costs.

2015/16 was the year ESBT shifted from planning to delivery, with a vast range of new initiatives having a major impact on patient experience and local services. So far ESBT has:

- Launched Health and Social Care Connect (HSCC) - a new phone service that's helping people and professionals to receive the right health and social care support faster – in 2015-2016 it received over 100,000 enquiries in total.
- Developed 6 teams of health and social care professionals to work in local communities. For the first time local people's health and social care needs are provided by one team, in one convenient local place.
- Launched a new service at East Sussex Healthcare NHS Trust to support frail people to live independent and healthy lives out of hospital
- Launched the Health Help Now app to help people make the right choices about accessing NHS services.
 - Developed a new urgent care service model that includes the new integrated care hubs at the front of emergency departments and extends access to community-based seven-day urgent care services.
- Continued delivering a major programme to tackle health inequality in our most deprived wards in Hastings and Rother, that's included: Awarding £200,000 in grants to local community groups to support healthy activities. Rolling out an award-winning social prescribing service for people with low-level mental health need. Extensive public and stakeholder engagement to develop new health and wellbeing centres. A major focus on cancer prevention and treatment
- Launched a £3million programme to tackle obesity in schools and nursery schools.

The full press release can be found at:

<https://news.eastsussex.gov.uk/east-sussex-bettertogether/2016/06/22/>

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

Stop press: **Paula Hubens** has just advised that she is moving away from East Sussex. So we wish her farewell and the best of good luck in her future.

Bexhill Diabetes Support Group:

Michael Gebbie, Chair of Bexhill Diabetes Support Group has advised that there are changes ahead as he is standing down as Chairman at the end of July 2016 for health reasons. The group has actively sought and found a new Chairperson. Further details will be in our next Newsletter. More information is available from:

Michael: Tel: 01424 732878.

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

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.