

MERIDIAN MATURE CITIZENS FORUM

NEWSLETTER

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CHAIR'S REPORT

What is it about this part of the county that makes it so difficult for the County Council to accept as an area of natural beauty?

Newhaven has the incinerator; Peacehaven the sewage plant. Both towns are looking at ways of improving the environment to make it a better place to live and ESCC seems determined to discourage investment and to dishearten local residents.

We love our towns and we are now becoming a laughing stock. Any old rubbish, just send it along the coast, they won't mind. **Well we do mind!** But there doesn't seem to be a lot we can do about it.

We must have written hundreds, probably thousands of letters between us and signed dozens of petitions? And for what? Nothing!

And what about the A259 to Brighton? What can I possibly say?

Some time ago the Forums Transport Sub-group had a meeting with Cllr. Lock to discuss ways of helping members who found it difficult to use public transport.

We suggested providing a TaxiRider in Newhaven or a subsidised taxi scheme where part of the fare is paid by ESCC. Many members do not use their bus passes because they are unable to do so, so the money saved on that could be used for other forms of transport. He and Nick Smith laughed in our faces.

This is the self-same councillor who is responsible for the traffic chaos on our doorstep.

But all is not lost. There is to be a revue of transport, including community transport, across the county and we will be putting the same ideas across. This will be done by an independent body and not by ESCC. The results of this survey and its recommendations will be put to the council at a later date.

There is a new free bus service for villagers living along the C7. A number 124 will take you to Eastbourne - stopping at Newhaven and Seaford on Thursdays only. You will need to check at your village notice boards for exact times but Piddinghoe's leaves at 10.00 and gives you two hours shopping time in Eastbourne.

GARDENING PROJECT

The Forum has been involved in discussions about a proposed gardening project. As you may know there is a huge waiting list for allotments and we wondered if some of the people on the waiting list might be interested in creating an "allotment" in someone's garden. This might work if the garden was quite long and the owner didn't mind losing a part of it. There would be free garden produce available as well as the whole garden being kept neat and tidy. What do you think?

There still needs to be a lot of health and safety issues discussed but in principle we quite liked the idea.

We will keep you informed.



COMMITTEE

MEMBERS

Kate Davies

(Chair)

Tel: 01273 516207

Margaret Whiting

(Secretary)

Gill Hart

(Treasurer)

Jean Couture

(Membership Secretary)

Maurice Langham

Brenda Sawyers

Eileen Wood

Cllr. Angela Simmons

Co-opted

Newhaven

Cllr. Eileen Russell

Co-opted

Peacehaven

We are keen to co-opt additional committee members

FORWARD FROM 50

Live life to the full, whatever your age! This is the message behind a new guide to later life in East Sussex, Forward From 50. Your very own copy is enclosed in this month's mailing.

It is intended as an interesting and effective way to promote a healthy later life. It contains advice on ways to stay physically and mentally active, financial, legal and housing matters; choices about retirement and lots more!

It doesn't attempt to cover everything there is to know but does contain a number of signposts to sources of further information, both nationally and locally, as well as website links.

The guide was developed by a project team including Adult Social Care, Hastings and Rother PCT, East Sussex Seniors Association, Care for the Carers and other organisations and voluntary groups.

We hope you find the Forward From 50 useful, interesting and fun! If you already have a copy pass this one on to a friend or neighbour. Forward From 50 is available in a range of alternative formats, such as large print, Braille, on audio CD and cassette, and in other languages.

Further copies can be obtained by contacting Social Care Direct on **0845 60 80 191**.

HANDYVAN SERVICE FROM HELP THE AGED

Supported by Legal & General

Handyvan is a unique home support service from Help the Aged to help older people feel safer and more comfortable in their own homes.

There is already a fleet of Handyvans throughout the UK and from October 7th the service will be available along the Coastal strip from Peacehaven to Seaford.

What does the service offer?



Small repairs – such as replacing light bulbs, toilet seats, moving small pieces of furniture, changing curtains, erecting shelves, renewing bathroom/kitchen sealant

Home security – fitting window and door locks, door bolts, door viewers and chains

Minor aids and adaptations – fitting grab rails, handrails, electric socket raisers, hearing loops and tap turners

Home safety – smoke alarms, small step repairs, CO detectors, securing trailing wires

Seniorlink – Handyvan can install Help the Aged's telephone based 24 hour Response service through a pendant or wrist strap for £1.62 per week

This list is designed to highlight examples of the type of work that can be considered by the scheme and should not be seen as exhaustive.

The service is free to anybody over the age of 60 with less than £20,000 in savings (not means tested). Materials are however charged for as appropriate.

The service will be up and running after 7th October and referrals can be made by individuals, family, police, Care Managers, Voluntary and statutory agencies to Help the Aged on **01255 473999** or by email at handyvan@helptheaged.org.uk

AGE CONCERN / HELP THE AGED

Two of the biggest charities for older people are to merge into a single new charity in April '09. The new charity is looking for a name, so if you have any ideas about this, please let me know.

Talk about a merger has been going on for a long time and I think most of us agree that it is a good idea. Help the Aged has an excellent record of research and campaigning. The Forum works well with them attending their meetings and conferences and they in turn attend ours. They are always on hand with good advice, particularly on fund raising.

ESSA is shortly holding an 'awareness day' to plan for its future development. This has been funded by Help the Aged and will be facilitated by Debbie Beale whom some of you might know.

The merger will not affect the Age Concern Day or Lunch Clubs as these are run quite independently although it is hoped that they will work alongside the new charity. I always think that change is good. You don't have to drastically alter everything but it is good to look at what you are doing and question whether it is working according to plan. A bit like gardening really.

Full of Life is a celebration of the opportunities, achievements, and aspirations of older people and their contribution to our society and economy.

A FULL OF LIFE EVENT



MERIDIAN FORUM **INFORMATION MARKET**

THURSDAY, 2ND OCTOBER 2008

**MERIDIAN COMMUNITY CENTRE
FOYER & ANZAC ROOM
PEACEHAVEN**

09.00 - 12.30



This is a **FREE** event to celebrate International Older People's Day.

We wish to bring together all local voluntary groups to show the enormous contribution we make to the community. This event will give us the opportunity to see what's out there and who does what.

For any enquiries phone Kate on: **01273 516207** or e-mail: **meridianforum@aol.com**

REDUCED HORIZONS

For some people old age is a time of increased isolation – particularly if they are physically unable to get out of the house, if caring responsibilities make it hard to get away or if people lose confidence about going out. But do 'reduced horizons' have to mean isolation or loss in quality of life? This project is designed to explore ways in which older people can keep in contact with each other and with the world outside when they find it hard to leave the house. If they can do so this may improve their quality of life.

Building on the research project 'Growing Old, Being Heard', which the Forum undertook last year, we are looking for older people to take part in a project that is designed to find out about ways in which people might keep in contact and might develop home based activities that make them feel less isolated. We want to identify good ideas that older people themselves have come up with and people who would be interested in exploring new ways of keeping in touch.

If you are interested in taking part please contact Elizabeth Harrison at the University of Sussex -
Phone: **01273 877350**
E-mail: e.a.harrison@sussex.ac.uk

ELDERS GROUP

The Forum has been asked to support the setting up of an Elders Group for Indian and Punjabi members. We held an initial meeting on the 6th August at Kempton House attended by Cesar Da Luz, Black and Minority Ethnic (BME) Outreach and Engagement Coordinator (Adult Social Care). He is very happy to become involved in

the group which at the moment has about 10 members.

Their next meeting will be on Wednesday 3rd December at Kempton House at 7.00.

If you would like to join the group please phone:

Baldev Soni: 01273 582753

Baldev.Soni@btinternet.com

You know you're getting old when...

1. You and your teeth don't sleep together anymore.
2. You try to straighten out the wrinkles in your socks and discover you aren't wearing any.
3. Your back goes out but you stay home.
4. It takes you two tries to get up from the couch.
5. When your idea of a night out is sitting on the patio.
6. When happy hour is a nap.
7. Your idea of weight lifting is standing up.
8. Getting "lucky" means you found your car in the parking lot.
9. It takes longer to rest than it did to get tired.
10. You sit in a rocking chair and can't get it going.
11. When you step off a curb and look down one more time to make sure the street is still there.
12. Everything hurts, and what doesn't hurt - doesn't work.
13. You look for your glasses for half an hour and they were on your head the whole time.
14. You finally get your head together and your body falls apart.
15. You wonder how you could be over the hill when you don't even remember being on top of it.

Views On Aging

Do you realize that the only time in our lives when we like to get old is when we're kids?

If you're less than 10 years old, you're so excited about aging that you think in fractions. "How old are you?", "I'm four and a half!". You're never thirty-six and a half. You're four and a half, going on five! That's the key.

You get into your teens, now they can't hold you back. You jump to the next number, or even a few ahead. "How old are you?", "I'm gonna be 16!". You could be 13, but hey, you're gonna be 16!

And then the greatest day of your life . . . You become 21. Even the words sound like a ceremony . . . YOU BECOME 21. YESSSS!!!

But then you turn 30. Oooohh, what happened there? Makes you sound like bad milk! He TURNED; we had to throw him out. There's no fun now, you're just a sour-dumpling. What's wrong? What's changed?

You BECOME 21, you TURN 30, then you're PUSHING 40. Whoa! Put on the brakes, it's all slipping away. Before you know it, you REACH 50 and your dreams are gone.

But wait!!! You MAKE it to 60. You didn't think you would!

So you BECOME 21, TURN 30, PUSH 40, REACH 50 and MAKE it to 60. You've built up so much speed that you HIT 70! After that it's a day-by-day thing; you HIT Wednesday!

You get into your 80's and every day is a complete cycle; you HIT lunch; you TURN 4:30; you REACH bedtime. And it doesn't end there. Into the 90's, you start going backwards; "I was JUST 92."

Then a strange thing happens. If you make it over 100, you become a little kid again. "I'm 100 and a half!"

May you all make it to a happy, healthy 100 and a half!!

ELECTRIC BLANKETS

Kathy Fordham from Action in Rural Sussex (AiRS) tells me that Lewes District Council will be offering free electric blanket testing at venues in Lewes, Peacehaven and Newhaven from 20th to 24th October. A free collection service from the homes of people living in rural areas is also available, this would include Piddinghoe and villages along the C7 and also South Heighton.

Newhaven

Monday 20th October.
Enterprise Centre, Denton Island.
10am - 4pm

Peacehaven

Wednesday 22nd October.
Meridian House Foyer, Meridian Centre.
10am - 4pm

Villages phone Rebecca Wynn on 01273 484363 for blankets to be tested.

Please have those blankets checked as dangerous blankets can be the cause of fires.



"The last time there were sparks in the bedroom, Fred was watching a cooking show and drooled on the electric blanket."

HAVE YOUR SAY!

This is your opportunity to let us know YOUR views. Tell us what YOU want from the Meridian Mature Citizens Forum and what would make YOUR life better living in the Meridian area.

Email us at: meridianforum@aol.com

Or write to us at: **PO Box 161, Newhaven, BN9 1AN**

WE LOOK FORWARD TO HEARING FROM YOU!

For more information on the Meridian Mature Citizens Forum visit our website:

www.meridian-sf.org.uk