



The Voice of Older People

Newsletter 4 • Autumn/Winter 2010 Edition



Letter from the ESSA Editorial Group

Dear Reader,
Our new Government, in doing its job, is creating change which demands our attention. The most significant change to our horizon right now is coupled with cutbacks and the changes contained in the White Paper on the NHS and PCTs. It has been said by others that this is the biggest proposed set of changes to the NHS since its inception soon after WWII.

ESSA has responded to the NHS White Paper. Members of our Health and Care Theme Group met to set out our comments and responses. They were chaired by the very able and experienced Professor Walter James from Eastbourne Seniors, and included a strong team from our health and care group. They were helped by June Pratley of Adult Social Care in putting together the response to an enormous package of changes. We place on record our thanks to the team who have done sterling work to ensure ESSA (and thereby the seniors of East Sussex) gets its say. They are: Walter James, Don Hart, Kate Davies, Jean Gaston-Parry, Dr Duncan Cameron and Maurice Langham. Our response is on the ESSA website for all to read. Many other groups have responded, locally and nationally.

Our 'BIG' event is now past and I draw your attention to the article on Older People's Day, which was well celebrated in our County.

As this is our winter issue we call attention also to the problems facing many older people, for example, fuel poverty and keeping warm in winter. See pages 6 and 7.

I take this early opportunity to wish you all Merry Christmas and a Happy New Year.

Ron Sunderland, Chair, ESSA Editorial Team

Letter from Councillor Bill Bentley

Later life does not have a 'one solution fits all' formula. It's quite the opposite, because the range of needs is so diverse that a single health and social care plan may not fit the bill.

Within East Sussex's half million population, 300,000 residents are younger than 55! True – there really are that many – and they will all be old one day!

Most retired people still consider they are young and active. Many have good health and enjoy life to the full, so it's important to plan for a whole range of activities. East Sussex residents in later life may not encounter significant health and social care needs, but they may find challenges (perhaps even ageism) in their chosen activities and interests.

In my Councillor role as Lead Member for Adult Social Care at East Sussex County Council, I work with PCT and Adult Social Care professionals to ensure that services are available for residents and carers when ill-health or misfortune strikes.

However there is a whole lot more to later life, including finance, travel, planning, education, access to social activities, community safety and policing, and much more. A rich tapestry of what is often referred to as 'having a life'. It is in that capacity that I work as East Sussex Older People's Champion.

2010 is my fifth year as your Champion and I continue to value the honour given to me. The role does not come with a brightly coloured spandex suit and cape, nor does it give me super-powers, but being East Sussex Older People's Champion has enabled me to represent your views to regional and national audiences.

I have always believed that the strongest voice for senior citizens is their own. ESSA and the East Sussex Older People's forums are examples of that belief in action.

As the years have moved on I have become less of a spokesman for seniors and more of an enabler, opening doors and breaking down barriers, so that your voices become ever clearer.

I am so proud when I attend regional meetings and national conferences. I see your faces and hear you speak, but even more so when well-known national figures tell me what a magnificent job is being done by the forums of East Sussex in representing our county.

Prime Minister David Cameron has introduced us to the Coalition Government's 'Big Society' concept. Well, David, we're ready in East Sussex. We have the 'Big' Mature/Senior Citizens/ Partnership/Forum/Association 'Society' – ESSA for short. Senior citizens are not a burden on society. They are a powerful asset, have a lifetime of knowledge and skills and, used wisely, they will not let this county down. I know they are ready to play their part in supporting East Sussex and the UK on its way to economic recovery.

Looking forward, I see East Sussex forums becoming more independent and my champion role evolving in new directions – perhaps to help quieter and still silent voices within hard-to-reach groups, and seniors with learning disabilities or specialist needs. There is more to be done, we'll do it together because..... "WE ARE THE CHAMPIONS, MY FRIENDS."



Cllr Bill Bentley
Lead Member for Adult Social Care
East Sussex Older People's Champion

UK Older People's Day 2010

Help with mobile phones, making memory maps, healthy living activities, plentiful tea and cake, and sing-a-longs, were just some of the activities on offer around this year's UK Older People's Day.

This year the day itself fell on 1 October, the same day as the United Nations International Day for Older People. The theme for this year was 'getting and staying active in later life'.

This is the third year Older People's Day has been celebrated in East Sussex. Events were held across the County throughout September and October.



Entertainment at the Hillcrest Centre,
Newhaven

Each district and borough had at least one event. They included:

- Fun, Fit and Fifty+ in Wealden
- English Heritage and Older People in Lewes
- Puzzle Walk in Rother
- Memory Map Making, Author Event and 'Keep Healthy' in Eastbourne
- Down Memory Lane and Autumn Fair in Seaford
- Sing-along with The Sweethearts and Rural Living Roadshow in Newhaven.
- Holiday, Dance and Verse in Hastings.

There were sessions in Eastbourne and Hastings Libraries, with young people showing older people how to get the most out of their mobile phone.

'Get online at the Library' sessions

encouraged beginners to use a computer and the internet.



Puzzle walk and tea

4,000 programmes and 200 posters were distributed to highlight all the events happening across the county, to encourage older people who may not usually be involved in activities to come along. Many of the seniors' forums and voluntary organisations have events going on all year - not just over this period. For details of how to join your local forum, go to the back page of this newsletter.



Fun, Fit and Fifty+ at Heathfield

The future of concessionary bus fares in East Sussex

People aged 60 or over, and those registered disabled, have been entitled to free off-peak bus travel throughout England. Nationally, off-peak travel is any time between 9.30am and 11pm Monday to Friday, and all day at weekends and bank holidays. At the moment, funded by a Government grant, district and borough councils in East Sussex allow people who have a pass to travel from 9am.

Now County Councils across the country have been instructed by the Government to take over this scheme, so from 1 April 2011, East Sussex County Council will take over the running of the concessionary

fares scheme.

The County Council is consulting on a possible change of start time for using the concessionary bus pass, from 9am to 9.30am. You are invited to register your views on how this change could affect you.

You can pick up a form from your local library, or you can ring the council on 0345 60 80 190 to ask for a form to be sent to you. Alternatively you can complete the form online. Go to:
<http://www.eastsussex.gov.uk/yourcouncil/consultation/2010/busfares/default.htm>

The consultation ends on 20 December 2010.

Older People's Engagement events

In March 2011, East Sussex County Council, working in partnership with East Sussex Seniors' Association (ESSA) will be delivering a number of half-day Older People's Engagement events. There will be five events in the five districts and boroughs in the county.

- 1 March - Foresters Hall, Uckfield
- 3 March - Congress Suite, Eastbourne
- 11 March - Horntye Sports Complex, Hastings & Rother
- 15 March - Hillcrest Centre, Newhaven

The purpose of the events will be to tell you what has been happening since the last Older People's Engagement Day. In June 2009, older people told us what is important to their quality of life. As a result we set up a number of projects and initiatives in the county to promote wellbeing in later life. At the events, we want to hear from you again on what makes a difference to older people.

We will be sending out more information nearer the time. If you would like to come along or want to know more, please contact Denise Leary on 01273 336298 or denise.leary@eastsussex.gov.uk or contact your local seniors' forum. See back page for all contact details.

ESSA's independent interviewers

A number of ESSA members are involved in a pilot project to gather the care and support experiences of service users and carers in the county.

East Sussex Adult Social Care receives thousands of completed satisfaction questionnaires every year, but they want to gain a better understanding of people's individual experiences of receiving care and support from the Council. They want to learn more about what works well and what they can improve.

For the pilot, a team of independent interviewers has been recruited. The team met twice over the summer to help develop the project, in particular helping to create the interview cards and prompts.

The independent interviewers are now speaking to service users and carers about their experiences. They will use their interview notes to write that person's 'care and support experience' story. The resulting stories will be shared with Adult Social Care senior management teams and staff in the New Year.

What is the Independent Living Service?

The Independent Living Service is available to anyone in the East Sussex area who needs help and advice to stay living independently in their own home. We can help you by giving free, unbiased information and advice. You can then make informed choices about the things you need and the services available to you locally. We can also recommend small items of equipment to help you with day-to-day living.

We have an extensive knowledge of services available in your area, and

dedicated local advisors who will visit you in your own home.

Our service is free of charge, although some of the services we discuss with you may involve a charge. Some of the things we can advise on are:

- Energy-efficiency
- Community alarms
- Exercise and wellbeing classes
- Social activities and learning
- Care services in your home
- Handyperson services
- Benefits advice

If you would like more information, or a visit from us, please phone Anchor at Home on: 01323 446446.

Bowel cancer screening

The NHS Bowel Cancer Screening Programme is now available every two years to all men and women between the ages of 60 and 69. People in this age group who are registered with a GP in the area will be sent a letter of invitation with a leaflet called 'Bowel Cancer Screening – The Facts' to help you make an informed choice about taking up the offer of screening.

The free test kit is sent to you so you can do the test at home. The kit has step-by-step instructions for completing the test, and a specially designed, pre-paid envelope is provided to return the kit for analysis to the screening programme's laboratory in Guildford. After your first screening test you will be sent another screening test kit every two years until you reach 69. If you are aged 70 or over, you can request a screening kit by calling the Freephone information line 0800 707 6060.

If you have any symptoms, such as change in bowel habit, blood in faeces, or weight loss, speak to your GP, even if you have had a negative screening result.

Keep warm, keep healthy this winter

As we face a period of unprecedented curbs on public expenditure and Government support for disadvantaged households, it is feared that more older people will be pushed into fuel poverty.

Older people are particularly affected as they struggle to survive on a low, fixed income, living in fear of their energy bills and risking their health by cutting back on their heating to keep costs down.

It has been estimated that there will be 4 million fuel-poor households in the UK in 2010. Fuel poverty is defined as when a household has to spend more than 10% of its income, after housing costs, on total fuel use. Older households in fuel poverty more than doubled between 2003 and 2008. Just over half of all fuel-poor households contain someone over 60.

However, help is available and here are some top tips to save money on your energy bill, keep your home warm and keep yourself healthy.

Ensure your home is as energy-efficient as possible. Little things such as switching to the new energy-saving light bulbs can help, while insulation and replacement boilers will save you a small fortune. You may qualify for a grant or discounts to help with the cost.

Keep the heat in. A third of the cost of heating your home is lost through the walls, so insulating them is the best way to save energy. Installing cavity wall insulation can save you up to £160 a year on your heating bills.

Look up. Laying your loft with 27 cm (10.5 inches) of insulation can save you a quarter of your home's heating costs. Free and discounted insulation is available – ask your local council or energy company.

See the light. Replacing just one old light bulb with an energy-saving one can reduce lighting costs by up to £78 over the lifetime of the bulb. Plus they last up to 12 times longer than the ordinary light bulbs.

Say goodbye to the old boiler. If yours is over 15 years old, consider switching to a new energy-efficient one. High efficiency condensing boilers can save up to a third of your annual heating bills, and there are grants available to help cover the cost.

Snuggle up. Make sure you know how to operate your heating system. Many people are confused by storage heaters and exasperated by timers, so dig out those manuals! If you have insufficient heating, or it's broken, you may qualify for a grant.

Get on down. Turning your thermostat down by 1°C could cut your heating bills by up to 10% and save you around £100 a year. However, don't forget you should maintain an adequate level of warmth, usually defined as 21°C (69.8 F) for the main living area, and 18°C (64.4F) for other occupied rooms. Once you start to get under 16°C (60.8F) your resistance to respiratory diseases diminishes, and getting even colder could increase the risk of heart attack. If in doubt buy a room thermometer!

Don't get in hot water. Is your water too hot? Your cylinder thermostat shouldn't need to be set any higher than 60°C/140°F.

Turn it off. Don't leave appliances on standby and remember not to leave appliances on charge unnecessarily. It all adds up and wastes money.

Think. Look again at how you are paying for your energy and ask for advice from the **Home Heat Helpline**.

Maybe you qualify for a social tariff, or, if you have a large energy debt, you may be able to get help through a fuel debt grant. Don't forget to sign up to the **Priority Services Register** with your energy company. It is specifically for people of pension age, or anyone with a disability or chronic sickness, or a visual or hearing impairment. You may be entitled to some free services, such as: supplier identification password; a bill nominee scheme; an annual safety check for gas appliances; energy bills in large print, audio or Braille format; meter readings every quarter, if you are unable to do this yourself. Ask your energy company.

Money, money, money. Ensure you are claiming all the benefits you are entitled to. Some benefits may enable you to also claim grants for heating or insulation.

Important phone numbers

Contact the Energy Efficiency Officer in your local council for advice and help.

East Sussex Energy Partnership – free or discounted loft and cavity-wall insulation for over 60s or those on benefits. Freephone 0800 980 0901

www.esep.org.uk

(Applies to owner-occupiers and private tenants – offered by your local council subject to availability)

Wealden District Council – free and discounted loft and cavity wall insulation. Phone 01323 443321. Working in partnership with CosyWall Insulation www.cosywall.com

Lewes District Council – free and discounted loft and cavity-wall insulation for people over 60 or on benefits. Phone Climate Energy 0800 107 1130. For renewable energy grants contact Ovesco 01273 472405 or 0800 458 9045 or at hello@ovesco.co.uk (Applies to owner-occupiers and private tenants, subject to availability.)

Home Heat Helpline – Freephone 0800 33 66 99 for free advice on insulation grants, fuel debt grants, social tariffs, switching

suppliers, and saving money on energy bills.

Warm Front – The scheme provides a package of insulation and heating improvements up to the value of £3,500 (or £6,000 where oil, low carbon or renewable technologies are recommended). It's a Government-funded initiative and the scheme is managed by eaga. If you own your home or rent it from a private landlord, you may qualify for a grant under the Warm Front Scheme. www.warmfront.co.uk or phone 0800 316 6011.

Callers will be offered a Benefit Entitlement Check (BEC). If the BEC shows you qualify for Warm Front, you will be routed to this scheme at 0800 072 9006. Customers who do not qualify for Warm Front will be registered for the Warm Front £300 Heating Rebate Scheme. Benefit checks are also available from your local council, Citizens Advice, Job Centre Plus (0800 055 6688) and the Department for Work and Pensions (0845 6060265). The Department of Health also produce the booklet 'Keep Warm, Keep Well'. There are no hard copies for 2010 but you can download it from http://www.dh.gov.uk/prod_consum_dh/groups/dh_digitalassets/documents/digitalasset/dh_105381.pdf

Anyone who is worried about keeping warm this winter should call Age UK Advice on Freephone 0800 169 65 65 or visit www.ageuk.org.uk to check they are receiving the help they are entitled to.

Further information about keeping warm in winter is also available from <http://www.nhs.uk/Livewell/winterhealth/Pages/Winterhealthhome.aspx>



Sara Winnington
East Sussex Healthy Homes

Support with Confidence

An innovative adult social-care support scheme was launched in East Sussex on Friday 15 October. Support with Confidence gives information about organisations and individuals who can provide care and support in the home and in the community to help people remain independent. All these providers have to pass a strict vetting process. Anyone who employs them will have the confidence that their helper has been checked out to meet stringent quality and safety standards.

At the launch in Eastbourne, the first members to join the list of accredited providers were welcomed to the scheme by Councillor Rupert Simmons, Chairman of the County Council. Their details will now be available on the council's website for anyone who needs support, whether or not they qualify for financial assistance from the Adult Social Care department. Or phone the Support with Confidence Team on 01323 463440.

The new website will give the details of providers, including personal assistants, gardeners, handypersons, and stairlift services. There have been hundreds of enquiries to join the scheme so far and there are 40 more applicants in the pipeline, covering a range of different services.

This is the culmination of work over the last few months by Adult Social Care and Trading Standards. The scheme ensures that every member is committed to provide a high standard of customer care, has had sufficient training, and has passed the vetting process before approval.

Members have to undergo safety checks and there is a clear Code of Conduct so they continue to meet the standards of the job. East Sussex County Council will monitor members to ensure that, once on the scheme, they continue to comply with the standards expected of them.

For further information please contact the Support with Confidence Team on Tel: 01323 463440 or at

supportwithconfidence@eastsussex.gov.uk, or you can check out the website at <http://www.eastsussex.gov.uk/socialcare/adults/careservices/supportwithconfidence>

Downlands Court One year on - getting residents' views

In September 2009 Downlands Court Extra Care scheme opened in Peacehaven. The Meridian Mature Citizens Forum, along with other local organisations working with older people, has been actively involved in all stages of the scheme development.

Adult Social Care was keen to maintain our involvement in the scheme after opening. They asked if any members of the Forum would be interested in helping to conduct the annual User Satisfaction Survey in May 2010, to get residents' views on the scheme and give feedback for similar future developments. It was felt that residents might talk more openly to other older people who are quite independent from Adult Social Care and the Extra Care scheme.

Four members volunteered. There was a training session to brief volunteers on the best way to ask the survey questions and ensure consistency. The surveys went very well and a follow-up meeting was held with the volunteers to get their views on how it had gone and what we might do differently in future.

A previously nervous interviewer reported how much she had enjoyed the experience, and said that she had learnt a great deal from it. All the interviewers were keen to have the opportunity again.

Gathering the views of care home residents

The Hastings & St Leonards Seniors' Forum and Rother Seniors are working together to gather the views of local care home residents. The Forums want to give residents a chance to share their experiences and thoughts on the care they receive. We also want to make them aware of the work we do, and the value of becoming a Forum member.

We have created a questionnaire, covering everything from how comfortable they are to the best thing about living in their care home. A number of care homes in the area have been approached to take part, with Forum members offering to visit the care home to talk about the survey and about joining the Forums.

Questionnaires will be dropped off at the care home, along with a letter explaining the project and information about the Forums. One of the project team will then return to the care home in a fortnight or so to collect the completed questionnaires.

The responses we receive will be used to produce an individual feedback report for each of the care homes that take part. We will also ask them what they plan to do as a result of our findings. A summary report of the results will be shared with the County Council and the LINK (a network of local people, organisations and groups who want to improve health and social-care services).

Research supervisor and ESSA member Dr Duncan Cameron, says:

“A minority of care home managers have declined but others anticipate the results as a useful gauge of residents' satisfaction. The principle of a random opportunity to seek a resident's opinion could be a valuable safeguard to their wellbeing and also supplement other information about the home for future applicants.”

Have your say on crime

Do you feel safe in your neighbourhood?

The East Sussex Safer Communities Partnership wants to know what you think about crime and anti-social behaviour in your area – and what you tell us will help make East Sussex safer.

Members of the East Sussex Safer Communities Partnership include East Sussex County Council, Sussex Police, East Sussex Fire and Rescue Service, NHS, and five local Community Safety Partnerships.

The partnership ran a similar survey last autumn and the results have helped us to understand the issues affecting local people. The local Community Safety Partnerships have targeted work and consultation in areas that respondents were concerned about.

For example, surveying Rother residents and businesses in areas perceived as less safe led to an increase in police patrols, activities to reduce the supply of alcohol to under 18s, and litter clearance.

For more information about the East Sussex Safer Communities Partnership please visit the website:

www.safeineastsussex.org.uk

Go to

www.eastsussex.gov.uk/safetysurvey and have your say today.

If you would prefer to complete a paper copy of the survey, contact Lizzie Vickery, Safer Communities Team on 01323 466525.

Down Memory Lane

You can find all sorts of interesting things in the Reminiscence Resources from East Sussex Library and Information Service. Books, games, music, film, photos, quizzes, boxes of objects - even jars of smells!

They are all designed to help get the memory going and are great for talking with family and friends about times past.

The collection includes boxes of objects with themes, including house and home, childhood, food and drink, and Chinese memorabilia. The objects include ration books, old comics, toys and maps. The boxes can be used for a really different group session instead of the usual speaker format.

The Reminiscence Resources catalogue is online here and all items can be ordered in to your local library for collection:

<http://www.eastsussex.gov.uk/leisureandtourism/localandfamilyhistory/libraries/remini-science.htm>

Or call Lyn Chester on 01273 612352 for more information and to order items.

ESSA Transport and Environment Theme Group

Having widened the remit of the group to include environmental issues, we heard earlier this year from the Head of Environment and Waste Strategy at East Sussex County Council, who explained the importance of recycling as much of our waste as possible.

Apart from using the kerbside recycling arrangements that are in place in most areas of East Sussex, it isn't always easy for older people to transport heavy loads of glass, paper and cardboard to their local recycling centre.

However, household batteries are one category that is relatively easy to transport and is sometimes overlooked. These contain a lot of dangerous chemicals and should never be put into landfill, where these chemicals can leak out into the ground and create problems for future generations.

Most household recycling sites have an area where used household batteries can be deposited, and everyone should make use of this whenever possible, making a small but positive contribution towards helping the environment.

The group has contributed to the preparation of a fact sheet about the options available to anyone requiring transport to day care opportunities. We have suggested that a similar leaflet would be useful in doctors' surgeries, to let patients know who to contact when they need transport to hospital appointments.

A one-day conference 'Transport For Life' took place in Uckfield on 20 September 2010. This included an information fair with displays by transport providers, and workshops on, for example, 'green transport' (such as walking and cycling), and working with healthcare providers to explore travel options for patients.

We were interested to learn at a recent meeting that 'transport and environment' issues are very high up on the scale of importance to young people throughout East Sussex, who are represented on the UK Youth Parliament by members of the East Sussex Youth Cabinet. So we are exploring the possibility of a joint event with youth groups in 2011, to look at climate change issues and how we can work together to make a difference.

With winter approaching we have also been looking at the issue of fuel poverty and have discovered that there are grants available to help you cut your heating costs. Call the Energy Efficiency Hotline on 01323 443321. The East Sussex Energy Partnership provides thousands of people with grants for free or discounted insulation, and free or discounted renewable technologies. To see if you qualify, call Freephone 0800 980 0901.

**Linda Graham, Chair,
ESSA Transport and Environment Theme Group**

Safeguarding Vulnerable Adults

One of the most important tasks in Adult Social Care and Health is to protect vulnerable adults – those who cannot protect themselves – from abuse. A person can be vulnerable because of their age, learning disability, physical disability or mental health needs, because they misuse alcohol or drugs, or because they are caring for someone else.

Adult Social Care recently ran a campaign called 'Speak up, Speak out!' to raise awareness about adult abuse and how to report it. They need your help to look out for people who might be at risk.

What is abuse? Abuse is a harmful act that goes against someone's human rights.

It might be:

- physical – hitting or rough handling
- verbal – shouting or swearing
- psychological – bullying or intimidating someone
- neglect – not providing food or heating, or a poor standard of care
- financial, or
- sexual – sexual contact the person has not consented to, or cannot consent to.

The website at <http://www.eastsussex.gov.uk/socialcare/policiesandplans/adultservices/adultprotection/> has information on what is abuse, with some real life stories.

Worried about abuse?

If you are concerned about anybody at the moment, or you would like more information, then do call Social Care Direct on 0345 6080 191. In an emergency call 999.

2011 Census: help tomorrow take shape

On 27 March 2011 all residential households in the UK will be taking part in a census. The census provides an excellent source of information about the population. It's vital that you complete your confidential census questionnaire as the statistics are used to make decisions about our community.

Our area receives funding from government, based on the number of people living here, funding that can be used for schools, hospitals, transport and refuse collection. Everyday facilities like play parks, water pipes, and even where your local supermarket branch is located, are based on census statistics. It's all confidential, so no-one will see your personal information.

If you're unsure about, or have difficulty completing your census questionnaire, there are lots of ways you can get help. Online help at www.census.gov.uk will guide you, whether or not you're completing online. Or call your census helpline (0300 0201 101) where you can get advice in a choice of over 50 languages. These services are available from 4 March 2011.

When the questionnaire envelope comes through the door you'll easily recognise it by the purple 2011 Census logo.



Jobs

If you are interested in working for the 2011 Census you can apply for current jobs online at www.censusjobs.co.uk or telephone the job line on: 0845 304 0960.

Speakers Corner

ESSA received a lovely letter from Mary, a lady who is 90 years young but is finding some difficulty getting about. She said in her letter that she would like to attend our 'Puzzle Walk' that Rother Seniors' Forum were holding in Bexhill to celebrate Older People's Day. We contacted Mary and offered to collect her by car.

Unfortunately, came the day she was not well and had to forego the event. We look forward to the next time we can get Mary involved.

She did tell us that she attends the 'Sing-a-long' in the Old Town Bexhill, which is run by our friend Sue from M.A.S.T. We wish you well, Mary.

Another reader whose eyesight is not good wrote to us to say that she is having trouble reading our headings. In response to this letter we contacted East Sussex Association of Blind and Partially Sighted People at Herstmonceux, who gave us some very useful advice. We think the problem is connected to the colour of the headings and for this edition we have changed them to the recommended black. We hope this helps.

ESAB aims to enhance the lives of blind and partially-sighted people, and to raise awareness of the issues associated with sight loss amongst carers and local communities. Their services include an initial home visit, training courses, demonstrations of specialised equipment, access to local social groups, and an audio library.

Phone: 01323 832252

Website: www.eastsussexblind.org

We hope you enjoy reading this newsletter and look forward to receiving your letters about anything that you think may be of interest to our readers.

Please write to:

Ron Sunderland,
PO Box 161
Newhaven
East Sussex, BN9 9AN

Contact the Seniors' Forums

Hastings & St Leonards Seniors' Forum

Terry Steeples - phone 01424 855941
email: terrysteeples@hotmail.com

Rother Seniors' Forum

Ron Sunderland - phone 01424 870801
email: ronsunderland@talktalk.net

Eastbourne Seniors' Forum

Steve Thornett - phone 01323 479846
PO Box 3080, Eastbourne, BN21 9GN
email: sthornett2@toucansurf.com

Seaford Seniors' Forum

Mildred Robertson - phone 01323 892338
email: mildred.robertson@btinternet.com

Meridian Mature Citizens' Forum

Kate Davies - phone 01273 516207
email: cate.davies@hotmail.co.uk

Lewes District Seniors' Forum

Jean Gaston-Parry - phone 01273 603576
email: jean_gastonparry@hotmail.com

Wealden Senior Citizens' Partnership

Linda Graham - phone 01892 770487
email: lindagraham@wealden-scp.org

"East Sussex County Council (ESCC) is proud to support the East Sussex Seniors Association (ESSA). However, it would like to point out that ESSA is an independent organisation and that the views stated in its newsletter will not necessarily reflect the views or policies of the County Council."