



Seaford Town Council



SEAFORD SENIORS FORUM SPRING NEWSLETTER 2017



Could we email our communications to you?

Please help us save money

We would like to thank all those members that have already agreed to receive our communications by email.

Previously we have posted our communications to all members but the cost of printing and postage is now becoming prohibitive, especially as the postage rates have recently increased, therefore we would like to email our communications to as many members as possible.

If you wish to become one of these members please email with your name and postcode to seaford-seniors.membership@gmail.com

A DATE FOR YOUR DIARY

Our AGM will be held this year on 16th May at Seaford Baptist Church in Belgrave Road at 2.30pm.

We are organising some interesting speakers , so far we have confirmed the Town Clerk, James Corrigan, who will tell us about the ambitious plans for the seafront in Seaford. I have attended one of James's talk and it was very interesting and informative. Following each speaker there will be time for questions. Keep an eye on the website where we will confirm our other speakers.

There will also be refreshments available. This is our 10th Anniversary so it would be great to see as many of you there as possible.

Lin Neeve Secretary

Welcome to the Spring Newsletter for Seaford Seniors
Forum from the Chairman Jon Freeman.

Well I write this on the first day of spring . Maybe the sun will burst through and give us a touch of sunshine and some warmth. All of us are getting older and with one in nine people in the world aged 60 or older we cannot ignore the fact that we are all living longer. People are living longer through better health, diet, healthcare and education to name but a few reasons . One in four babies born today will live to be 100 years old or more ,so, no wonder we continue to look at ways in which we can live happier in Seaford and beyond...we must ask all our professional bodies to allow us to age with dignity and security . No, we do not have to fly a Spitfire on our 100th birthday!!

We are always looking at ways to make the Seniors Forum (surely someone can come up with a more appealing name?) more open and transparent . Our Secretary says we must engage more . Would you like for example, more, smaller coffee mornings or an arranged supper every so often . All of you have interests and experiences that we could all share in. Our committee is there to work for you but in order to speak out more we need your help so that our voice for older people can be

more widely heard.

Any feedback on local respite care, hospital services and our GP surgeries would be very welcome. Our forum would WELCOME anyone with an interest in Health and Transport (yes including buses and trains) to join our committee . We only need your time for say..2 hours a month . Refreshments and fig roll biscuits are provided. Older people in Seaford need you!!! YES, YOU CAN.

We are also eager for better integrated bus services. Not to mention Southern Rail!! Any thoughts on how services for local transport including CTLA could be improved would again be very welcome.

There has been a flurry of focus on different topics affecting our lives and we are grateful for your continued support. We still though need to strengthen our team even more and widen our diversity of ideas. As advertised elsewhere our AGM is set for 16th May and we hope you will attend and listen to the planned speakers and turn out to support both us and them. It has been a quieter year for the Forum but we continue to re-build our committee and look forward to a positive year

Best wishes Jon Freeman Chair

Cold Callers

Please be aware that cold callers have once again been seen in Seaford. One person was knocking on doors asking if there was anything for sale and also someone selling double glazing. Seaford is a cold calling town and any unwanted callers should be reported to Trading Standards on 03454 040506 or by calling the police on 101 or 999 if an emergency. No Cold Call notices are available to display on your front door and can be obtained from the Seaford Tourist Information In Church Street.

WEBSITE

Our website is once again up and running and can be viewed at seaford-seniors-forum.co.uk. Also find us on Facebook on Seaford-Seniors-Forum.

Minutes of the Senior Seniors Forum Annual General Meeting held on 17 May 2016 at Seaford Baptist Church.

1. Welcome

Following provision of light refreshments the Chairman, Peter Crowley, warmly welcomed approximately 38 visitors to the meeting including Kate Davies, Chair of East Sussex Seniors' Association.

2. Apologies

Received from June Webster

3. Minutes of the 2015 AGM

These were circulated prior to the meeting. They were agreed to be an accurate report of the proceedings. A matter arising was brought from the floor that the memorial bench for Ralph Taylor, alluded to in the minutes had now been erected at Seaford Head.

4. Chairman's Report

Peter Crowley said it had been another busy year for the forum. It was very pleasing that, in recognition of the work undertaken by the voluntary committee, the Seaford Seniors' Forum

(SSF) had been awarded an “Unsung Heroes” award from Lewes District Council Chairman, Ruth O'Keefe, as one of her chosen charities. Peter White attended the presentation ceremony at Newhaven Fort on behalf of the SSF committee and received of a framed certificate and a donation of £100 for the SSF.

The SSF, along with other organisations and individuals had fought hard to retain the Buckle car park and associated facilities, threatened by the development of a large block of flats. The SSF felt very strongly that the loss of the facilities with no viable alternative, would have a very adverse effect on the older residents in Seaford and people with certain medical conditions and/or disabilities. A very successful Older People's Day event had been arranged by SSF in conjunction with Wave Leisure, which took place in October. Over 200 people attended to watch and take part in activities, listen to talks from various organisations and visit over 30 information stalls. In addition the usual business was conducted with monthly meetings and associated administration, planning and holding the AGM, production of 2 Newsletters, web

maintenance and attendance at regular health, social care and transport meetings in Seaford and elsewhere in East Sussex, also county wide engagement events from NHS and county council. All these activities provide opportunities for gaining information and for consultation. Peter thanked the committee for their hard work over the year and explained that he and 7 other members, most of whom had given long service, would be retiring as from this AGM, therefore new members were essential to the efficient and effective function of the SSF.

6. Presentation of the Treasurer's Report

Lesley Pridmore, Treasurer, presented the report. The financial summary had been circulated with the newsletter and full details were available if required, at the meeting. Lesley expressed her thanks to the agencies who provided funding for the SSF, with thanks to the on-going support and sponsorship from Barwells Quality Solicitors.

This year's OPD had demonstrated a good working relationship with Wave Leisure and Lesley expressed thanks, on behalf of SSF, for their helpfulness, and co-operation, both in the

planning and on the day. Expenditure in addition to Older People's Day, included the rental of the website and other administrative functions, public liability insurance, meeting room hire, PO box and the production and delivery of two newsletters annually. There were no queries on the accounts from the floor and following a proposal by Peter White, seconded by Roy Neeve, the year accounts were accepted by a show of hands.

7.Election of the Committee 2016/17

Election of officers

All officers were retiring. Roy Neeve had very kindly come forward as treasurer, proposed by Peter Crowley, seconded by Lesley Pridmore. The position of Chair would be on a roving basis for the time being, from this meeting Jon Freeman would take the chair as a temporary arrangement. There were vacancies for vice-chair and secretary.

Election of Committee Members

As previously reported, and individually noted on the Agenda, including the chairman and other officers 8 members of the committee were retiring. Jon Freeman and Ann Wyatt had

completed 3 years and were re-elected unopposed. Sandy Richards was continuing on the committee having completed 2 years. 3 new committee members had come forward for the committee. Linda Neeve, Rene Williams and Paul Bower. They were duly proposed, seconded and welcomed to the committee.

8.Address from Jon Freeman, Acting Chairman

Jon Freeman thanked the retiring members of the committee for their contribution over the years. He gave a resume of the projects, issues and concerns that the SSF had been involved with since it started in 2006. He expressed the need for more committee members and assured them of a warm welcome.

9.Any other Business

As there were no issues raised from the floor, the official meeting closed and the guest speakers were welcomed.

**Agenda for Annual General Meeting to be held
at Seaford Baptist Church on 16th May 2017**

1. Welcome
2. Apologies
3. Minutes of previous 2016 AGM
4. Matters arising
5. Correspondence
6. Chair's Report
7. Treasurers Report
8. Election of Officers
9. Election of Committee
10. Any Other Business
11. Introduction of guest speakers

The Stroke Association News

New Service Provides Support for Stroke Survivors

The Stroke Association has launched a new service across East Sussex that will support stroke survivors with emotional support, review of needs at 6 months and 12 months, communication support, exercise classes and training sessions. The service is called the Stroke Recovery Service with the intention of promoting recovery and preventing further strokes. The service is funded by East Sussex County Council in partnership with the three Clinical Commissioning Groups in East Sussex and is a re-launch of the existing service which has been jointly funded since 2009. A team of six Stroke Association coordinators will work with stroke survivors, their families and carers. They'll provide essential information, emotional support and practical advice in the aftermath of a stroke. The service will be holding a launch event on Thursday, 18 May from 11:00 am to 2:00 pm at St Luke's Parish Centre, Rattle Road, Stone Cross BN24 5SL. For more information about the Stroke Recovery Service please contact Tara Galloway at tara.galloway@stroke.org.uk or on 07515 596969



The New £1 Coin

Now we have all started to receive the new £1 coin in our change we would like to remind everyone that all old coins will go out of circulation on the 15th October 2017. So check under the mattress and in your “piggy banks” and spend them before that date. On the Royal Mint’s website it states that banks will still accept them after that date but some newspapers have reported that is not always true.

Hospital and GP appointments

Do you realise how much each appointment costs? Approximately £190 !!! So if you find you cannot attend your appointment that is money wasted. Please tell your surgery or hospital so the appointment can be given to someone else.