



SEAFORD SENIORS FORUM





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 secretary.seafordseniors@gmail.com or c/o 47 Farm Close, Seaford, BN25 3RY

A Date for your Diary

We have organised a visit to Chartwell, Churchill's home, on Wednesday 3rd April. If you would like to join us please phone 01323 490958 to book your seat. Numbers are limited so it is "first come first served" Your forum will pay for a light lunch, plus the coach, please let us know if you have any dietary requirements. Chartwell is a National Trust property so if you are a member please remember to bring your membership card or there will be an entry fee. The coach has been arranged through Lynn's Travel and will be picking up along the A259 at several different bus stop so please decide where you would like to be picked up.



Apply now for a free wildflower seed kit

[Grow Wild](#), an outreach initiative of Kew Gardens, helps workplaces and communities across the country get growing. You are invited to apply for a free wildflower seed kit with everything you need to create a wildflower patch where you work or live. [Apply now](#) using Grow Wild's online form. Applications close at the end of January.

Exceat Bridge latest from Maria Caulfield

As you will appreciate the project is a significant one that includes working with key stakeholders including the South Downs National Park Authority (who are the planning authority), the Environment Agency, Natural England and Sustrans.

The project is in the early stages with surveys, investigation and environmental impact studies some of the first work we are doing. The indicative timeline is as follows:

- Current work includes environmental scoping and liaison with Natural England leading to on site survey works to commence 2019.
- Feasibility and preliminary design leading to submission of Planning Application in September 2019
- Construction start date May 2020
Completion July 2021

As the project progresses and there is more to report we plan to produce a newsletter that will be circulated to all interested parties.

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Seafords Health Hub

A public exhibition about the proposals for Seaford's new health hub will take place on Tuesday, 29 January and Wednesday, 30 January at Downs Leisure Centre in Sutton Road. Residents are invited to drop in between 4pm and 8pm to find out more about how the new facility will bring together health and wellbeing services under one roof.

It is proposed that the leisure centre will be considerably extended to provide specialist premises for the town's two GP practices, Old School Surgery and Seaford Medical Practice. East Sussex Healthcare Trust's health and out of hospital teams will also relocate there. The development will include a pharmacy. In addition, the new hub will allow scope for new services to be introduced there in the future.

News from your Libraries

Improve your Digital Skills with IT for You

Now available across ten libraries, [IT for You](#) is free of charge. Whether you're an absolute beginner, want to refresh your skills, or just want to learn more, our team of experienced and friendly volunteers can help you -

- set up and use email
- search the internet for services, support and employment
- complete online forms including job applications and Universal Credit
- learn Microsoft Office
- connect with your community

To find out more and book your place call 01323 463759 or visit your local library.

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Action Fraud has received more than 5,000 reports about fake emails and texts purporting to be from TV Licensing. The messages contain links to genuine-looking websites that are designed to steal personal and financial information.

Always question unsolicited requests for your personal or financial information in case it's a scam. Never automatically click on a link in an unexpected email or text.

For more information about how to stay safe online, visit cyberaware.gov.uk

The scam from someone purporting to be from Microsoft about a problem with your computer has also surfaced again.

Older Peoples Day 2018

Once again we went to the Seaford Community Cinema and watched a very funny film called "Finding your Feet" which appeared to be enjoyed by all who attended. This year we had an audience of 56 which was an increase on last year. It is now time to start thinking about what we would like to do this year and as the event is for your benefit perhaps you have some ideas as to what we could arrange. We have our first planning meeting in March so if you have any ideas there is time to let us know if there is anything you would like us to arrange.

Scams

We have recently received more information about scams that seem to be targeting older people in the country. The latest ones are from HMRC claiming that tax is owed. The date of this under payment is usually some time ago so they are trusting people won't have records going back that far. One of the strange things the scam states is that the money can be paid with i-tune vouchers! How strange. Always check any e-mails you receive for spelling as well as one recent one spelt British as Birtish on the TV licence scam.

Receiving information by e-mail from your Forum

Many thank to those members who opted to receive all communications by e-mail. This has saved us on postage and the purchase of envelopes and address labels. We are expecting that in the next financial year we will be experiencing a reduction in the grants we receive so this helps us to manage our funds better. Contact details inside front cover.

Committee

As always I make an appeal for new committee members. We have managed to recruit one new member but can always use more, the time needed to be spent is approximately 2 hours every other month at our committee meeting.

Lin Neeve Secretary