



# NEWSLETTER

Winter 2018/19 Edition

## Chairs Report

Looking back over the year since we had our last AGM I am trying to find something cheerful and positive to say. Ten minutes later and after a cup of coffee I am still struggling.



The Forum is being asked by ESCC to comment on their latest proposal - A Core Offer for East Sussex. Nothing has been decided and there is an opportunity to participate in the consultation\* - on line! Because of the annual reduction of money given by the Government to ESCC, Adult Social Care along with other departments in ESCC have had to make considerable 'savings' ie cuts. They are proposing that they will only be able to provide

a core service which means only providing those services a local authority is legally bound to offer.

Members of the Forum Committee attend many meetings speaking up for you, but this time I think we have run out of words except for 'You can't do this.' 'This isn't right.' 'This isn't fair.'

The closure of Warwick House in Seaford was a blow especially for people living in Newhaven and Peacehaven as it was closer to home. The estimated journey to their new venue in Eastbourne was estimated to be 'just 20 minutes away' but it's much longer than that when the mini-bus has to go from door to door picking up people.

*Kate Davies* Chair MMCF

\* <https://consultation.eastsussex.gov.uk/governance-and-community-services/a-core-offer-for-east-sussex/>

### There were many positive things that happened this year.

The visit from the Duke and Duchess of Sussex was a very exciting event and a full report is in the ESSA newsletter.

Older Peoples Day events are also reported in the newsletter and again were very successful. Next year we are planning to go back to Battle during their Festival Week but this time have lunch there instead of tea. This will allow you to spend time browsing around the interesting shops in the High Street.

For those of you who are not aware membership of the Mature Citizens Forum entitles you to a copy of the booklet through the post. For those on email who would prefer a hard copy please contact us on: [info@meridian-sf.org.uk](mailto:info@meridian-sf.org.uk)

## Meridian Forum AGM

**Tuesday 17th January 2019**

**10am – 12.30pm.**

**Hillcrest Centre, Hillcrest Road, Newhaven BN9 9EA**

**Free coffee/tea available for a 10.15am start.**

### Guest Speakers:

**Anne Sabine** – 'Living Well with Less Pain'

**Martin Lau** of Arthritis Action

This is a shortened version of the *Living Well with Less Pain* event in Uckfield that we tried to arrange in November.

Anne is Patient Director of the Sussex Muscular Skeletal Service. Her talk will be about trying to reduce the need for surgery for hips, backs and knee problems. It can be done as surgery is not always the answer.

There will be time for questions. Light refreshments will be available at the end of the meeting.

For catering purposes, please let Kate know if you will be attending: **01273 5162077**

## What's new for 2019?

Older people will continue to be encouraged to use the 'The Website' even if they haven't got a computer. It seems to me that nobody answers the phone any more. Hanging on to the phone waiting for someone to answer, then having to go through press 1, press 2, press 1 again and then having to work out whether you are talking to a person or a machine is just too much.

Rumors regarding the ending of the free bus pass still persist although we can't see that happening.

The free television license for the over 75's, however, is under review at the moment. In a year's time instead of the government paying for this it will be the BBC's responsibility 'and they can't afford it'.

Consultation: <http://www.bbc.com/yoursay>  
AGEUK (London) is campaigning to 'Save the free TV licence for over 75's'. Meridian will be joining this campaign and we will be asking you to sign up and support this important initiative.

Somehow creeping into the news there is a suggestion that pensioners are the new wealthy. Special rates into many places of interest have dropped the Seniors reduction. Although we do get increases in our state pension, the cost of living goes up in leaps and bounds. Shops and banks closing can make life difficult especially when some bus services are not as frequent as they used to be.

# Your NHS?

## GP services are under pressure.

Do you want a say in the future of your GP's practice?

Why not join your surgery's Patient Participation Group.

Ask at your surgery's reception desk for details.

THIS IS A POSTER USED BY THE FORUM

The Meridian Forum works closely with the High Weald Lewes & Havens (HWLH) Clinical Commissioning Group (CCG) to ensure any proposed changes to services have been presented and discussed at the various Health sub-groups within the forum's committee.

All committee members are members of their own PPG. We come together under the Locality Meetings, which is made up of members of all the PPG's in the Lewes area. Speakers from the CCG are invited to each of these meetings.

The difficulty of getting to the Victoria Hospital in Lewes has been addressed by the provision of the CTLA service. However it's success will be rated by how many people use it – if you don't, it will be withdrawn.

I personally think that a Volunteer Driving Scheme would work better.

*Any offers?*



## Need help getting to grips with your PC/Mac/Smart phone?

Want advice about getting a computer, going online, or need to know how to use Windows 10?

Then why not come along to our monthly computer workshops, open to all members.

Bring your laptop if you have one, as you will learn on the computer you use.

One-to-one help is very dependent on the number of helpers on the day.

Email Dave at:  
**NEW EMAIL TO COME**

Monthly workshops on Tuesdays  
10am at the Hillcrest Centre



## Santa's Little Helpers at the Sunday Lunch Club Christmas Party.

**Volunteers! How would we manage without them?**

*Thanks to Cora, Zephran, Katie and Sian – also Eleanor who was behind the camera.*

## Meridian Forum COMMITTEE MEMBERS

**CHAIR** Kate Davies (Piddinghoe) 01273 516207

**SECRETARY** Hillary Ryan (Seaford)

**TREASURER** Marilyn Nolan (Newhaven)

**MEMBERSHIP SECRETARY** Chris Bowman (Telscombe Cliffs)

Eileen Wood / Ruth Rose (*South Heighton*)

Pat Bowman / Chris Bowman (*Telscombe*)

Tessa Langham / Marian Stanley (*Newhaven*)

Zena Gibbs (Seaford) Gill Hart (*Newhaven*)

***The forum is always looking for new committee members. Please come along to our AGM for a chat.***

## Sunday Lunch Club

Newhaven Day Club  
Sunday Roast & Dessert  
**£7.00**

**Free tea and coffee.**  
Every Sunday at 12.30pm

This is open to all.  
Phone **Kate** on **01273 516207** to book.



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