

Greenwatch

Some 75% of British households overfill their kettle when boiling water for their cuppa, says the Energy Saving Trust. People who absentmindedly fill the kettle to the top before boiling, but only use a fraction of the water are collectively wasting £68m in electricity and gas used to heat the water. We each boil the kettle 24 times a week on average and a half full 1.8 litre kettle is enough for three cups of tea, says EST. Get more energy efficiency tips at

www.energysavingtrust.org.uk

(Article reproduced from Yours magazine)

Kent County Council Public Health Winter Warmth

As the cold weather approaches, it is important to keep warm and well. Kent County Council is working with the Home Improvement Agency and partners to provide free support for people over 65 with a diagnosed health condition. This will include a home assessment resulting in possible emergency support during cold snaps, longer term home improvements which may be available free for those at risk during cold weather, either through the Kent Energy Company Obligation scheme or Public Health initiatives.

For further advice and a 'Warm Home' assessment, contact the Home Improvement Agency on

08000283172 (Swale **01795 417131**)

eastkenthia@familymosaic.co.uk

If any Members would prefer newsletter in a large print version please ring Swale CVS to request this for the future

Contact Us We always value feedback

You can write to us

SSF, C/O Swale CVS. Central House, Central Avenue,
Sittingbourne ME10 4NU

You can telephone Swale CVS

01795 473828 and ask staff there to pass on your message

You can E Mail swaleseniorsforum@hotmail.co.uk



Swale Seniors Forum

Sittingbourne, Sheppey,
Faversham and surrounding villages

Issue No.15 December 2013



**Swale Seniors Forum would like to
wish everyone
Seasons Greetings and a
Happy and Healthy New Year**

Are you eating the right amount?

According to the British Heart Foundation a person's plate size should be the same as the distance measured from their wrist to the tip of the middle finger. A healthy meal should then consist of a third protein, a third carbohydrate and a third vegetables or fruit.

Seek help if you've got Stress

Stress is one of the most common conditions experienced by people in the UK. While it is not a medical diagnosis, severe stress that continues for a long time may lead to depression or anxiety or further mental health problems.

Dr Ferdi Osuagwa, Swale's leading GP for mental health said "*Being aware that you are suffering from stress related symptoms is the first step in dealing with it. It is not a sign of weakness. It is the body's and mind's response to physical triggers. Some stress is healthy and a normal reaction. But sometimes it can feel overwhelming and when it is, it is important to seek professional help and talk to someone.*"

If you need more support visit www.liveitwell.org.uk

Or call the Mental Health matters Helpline on **0800 1070160**

Sittingbourne Regeneration Plans

As part of the Spirit of Sittingbourne plans , Phase 1 will see the Forum car park transformed into a cinema complex. With this in mind the market has to vacate the area in 2014 and Swale Borough Council is looking at 7 alternate locations.

The High Street; Station Street car park; The open brick-paved space opposite Swale House; Swale House car park; East Street; Roman Square; Land behind; the High Street and in proximity to Bell House.

The proposal will entail the High street being closed 6am to 6pm on Fridays and Saturdays

Enclosed is a form for all Sittingbourne residents to have their say on their preferred options. If you feel strongly about our town please try to make your ideas known.

Sheerness High Street Changes

Starting on November 30th 2013 it is proposed that the Sheerness High Street will be closed to vehicles on Saturdays from **The Broadway junction to Victory Street** between 9.30am and 4.30pm. This will be a trial closure and will involve further consultation in the coming weeks and month to gauge public opinion and whether the proposals are considered successful. There will be a number of projects and activities planned for this area.



Companionship at Christmas

Companionship at Christmas provides an invaluable service to those who would otherwise be spending Christmas alone; those who are elderly, whose family are not nearby. These are the people Companionship at Christmas is trying to reach.

Our guests are invited to spend Christmas Day or Boxing Day (or both!) at our local community centre, Phoenix House, where they are provided with a Christmas dinner, quizzes, carol singing and most important of all companionship. The whole two days are run entirely by volunteers – some of which have been volunteering for over 20 years – and attendance is free of charge, but pre booking is required. If needed. Transport is also provided.

Booking is essential. If you would like to attend or know of someone who would benefit then please contact Sue Richards on **01795 473828** or email Sue.Richards@swalecvs.co.uk.

If you would like to volunteer on either day then please contact Maria on **01795 473828** or email Maria.Cardoso@swalecvs.co.uk.

"I can't thank you enough for all the thoughtful touches, I felt really special for the day and had a lovely time." (Betty from Sittingbourne).

'Thank you for making my Christmas special ... it was lovely to have the company and the food was excellent!' (Mr W, aged 87)

Or visit www.swalecvs.org.uk for more details



Inner Peace

*If you can start the day without caffeine
If you can always be cheerful, ignoring aches and pains
If you can resist complaining and boring people with your troubles
If you can eat the same food every day and be grateful for it
If you can understand when your loved ones are too busy to give you
any time
If you take criticism and blame without resentment
If you conquer tension without medical help
If you can relax without alcohol
If you can sleep without the aid of drugs
Then you are probably.....the family dog*

(Courtesy of David Fleet)

Phoenix House, Sittingbourne

As the only community centre in the heart of the town, the action group has been very busy over the past six months to raise awareness of the proposed closure in February 2014, due to the expiry of the current lease. A delegation of six, including the SSF chairman, met with Paul Carter, KCC Leader, to present hundreds of letters from individuals and the 50 groups who use the centre to ask for a possible extension of the lease. Our chairman recently attended a full council meeting where the fate of Phoenix House was discussed and the councillors voted unanimously to support the motion to try and keep the building operating until a suitable alternative building could be found.

The **Spirit of Sittingbourne** who will be responsible for the regeneration of the Town will eventually need the site on which the centre stands but, as Phase 1 has not yet commenced this could still be a long way off. KCC have agreed a 3 year extension on the current lease providing the regeneration plans do not require the land before then. In the meantime fundraising for replacement furniture is underway and additional fundraising will be taking place for a new permanent building. Any new furniture and equipment can then be transferred to the new centre.

Faversham Minor Injury Unit

Faversham Minor Injuries unit based at the Cottage Hospital is due close when the current provider's contract expires. This is because the only tender raised has not been accepted by Canterbury and Coastal Clinical Commissioning Group as no X-ray facilities were included. Residents of Faversham will now have to attend either Sittingbourne Memorial Hospital, Estuary View Medical centre, Whitstable or Canterbury Hospital. A meeting with residents is planned for December 6th from 7pm at the Alexander Centre.

Drop in Coffee Morning

In October we held a successful coffee morning in the Forum Shopping Centre, Sittingbourne. The Purple Peach Café kindly allowed use of their space and kept us supplied with tea and coffee. We spoke with many passers by and some joined us for a welcome cuppa, telling us what is important to them as Swale residents. We were able to give them information about the Swale Seniors Forum and **gained 14 new members.**



Our next free drop in coffee morning for the over 55s will be held on **14th February at the Healthy Living Centre, Sheerness, between 10am and 11.30am**

Do come along and join us and maybe pick up some leaflets about local activities including our own.

Home Hints That Really Work

Use a blob of coloured nail varnish to identify keys quickly

Unused dry teabags work as shoe deodorisers

Spread salt on muddy footprints and leave for 30mins before vacuuming

Rub salt on glass edges to remove lipstick stains

Milk soaked kitchen towel will remove crayon marks from radiators

Rub a walnut over damaged wood to remove marks

Dust your houseplants with a banana skin to clean and nourish the leaves

Make flowers last longer by adding soluble aspirin to the water

Pop a few grains of rice in your salt shaker to prevent clumping

Clean food from pet bowls by rubbing the inside with vegetable oil

Wipe around a moulded washing machine door seal with clear vinegar

Stop potatoes sprouting by storing them with an apple

Lift oil stains from paths by scrubbing with bicarbonate of soda

Polish jewellery by dipping in gin with a denture tablet dissolved in it

Pour flat cola in your toilet and leave overnight to remove limescale

Use white vinegar to control weeds in your patio cracks

Scrub a barbeque grill with balled up tinfoil

Scrubbing with toothpaste will make your taps shine

Clingfilm is easier to use if stored in the fridge

Trap heat by fixing aluminium foil behind your radiators

Lavenders near open windows will deter flies from coming in your house

Draw chalk line around doorways as ants and slugs will not cross them

Wash bedding at 60 degrees to kill dust mites

Mix equal parts lemon juice and water to make an all purpose cleaner

(Article reproduced from Yours magazine)

Bank Card Scams

Fraudsters are trying to trick people into handing over their bank cards and revealing their PIN numbers.

1: A fraudster telephones pretending to be the police or from your banks and claim your account or card have been used fraudulently

2: They tell you to hang up and call the police or bank to confirm the call is genuine but they keep the line open so you are actually still talking to them even after you redial. Then then ask for your PIN number

3: Then then send a taxi or courier to collect your card

The police and banks will NEVER ask for your PIN or bank card over the phone so never given them out.

If you think this has happened to you please call **101**

If an incident happens please call **999** whilst in progress

Silver Line

The Silver Line is the confidential, free helpline for older people across the UK open every day and night of the year.

Our specially trained helpline staff offer information, friendship and advice for people who feel isolated or lonely

The service can:

- Link callers to local groups and services
- Offer regular befriending calls
- Protect and support those who are suffering abuse and neglect

If you need to contact them please call

0800 4708090

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