

Toothpaste Uses

Simple toothpaste can serve many other useful functions. Rubbing a blob of toothpaste onto hands after cutting onions or garlic removes smells. It cleans crayon from walls and scuff marks from white trainers. A coat of toothpaste applied to and then wiped off swimming goggles or mirrors prevents fogging.



You can even make your chrome taps over your sink gleam with it.

Battery Test

There is a simple way to test if a battery is still charged or has gone flat. A charged battery will bounce once and fall over, whilst a flat battery will bounce repeatedly.



If you think a battery is empty of charge then rubbing it sometimes revives it because friction warms the chemicals inside and that increases the reaction rate.

If any Members would prefer the 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.17 July 2014

Message From the Chairman

I wish to share with you some personal thoughts and then invite your comments and responses. I was elected as Chair at the last AGM and have spent quite some time thinking about the present and future of our forum. One of the first things I did was look again at the Constitution to refresh my memory as to why we set this organisation up seven years ago.

At a later meeting we agreed that the three aims of the forum are:-

- 1 *To promote the welfare and well-being of Seniors in the Borough;*
- 2 *To listen to and represent the views of Seniors in Swale;*
- 3 *To be a source of information for Seniors in Swale.*

To achieve these aims we agreed some objectives. They are:-

- A) *To provide a platform to raise matters of concern;*
- B) *To make representations to statutory and national organisations;*
- C) *To co-operate with other bodies to receive and exchange ideas;*
- D) *To campaign in a democratic, non-political, non-sectarian manner.*

I think these are laudable aims and objectives which we must always keep in mind so I have been doing some research to support them. Firstly, I asked for help from our secretarial support (supplied by Swale CVS) to study past minutes of the management committee to be able to pick up the threads which need pursuing. I have been given back copies of the newsletters which have gone out to see the range of information and ideas promoted. I have written to the Leader of Swale Borough council to remind him of our existence and ask if we may be consulted on matters affecting seniors; also the Leader of Kent County Council in the same vein; also the local Member of Parliament inviting his interest.

May I now invite you to do some things to increase our effectiveness and influence. Firstly, we need to increase our membership. Please would you speak to your friends and neighbours and invite them to join; give them a copy of your newsletter. We particularly are looking for people who are newly retired who might be willing to be active on our behalf. Secondly, we need your ideas and guidance on what topics you wish the management committee to consider on your behalf.

Please share your thoughts and ideas with us by writing to me at **65, Park Road, Sittingbourne. ME10 1DY** or by telephoning me in the afternoons on **01795 423215** or email to peter.morgan65@mypostoffice.co.uk or office@swalecvs.co.uk.

Peter J. Morgan (Chairman).

Sheerness High Street – An Update

We previously reported on the proposed closure of part of the High Street in Sheerness and are able to give the following update –

“As part of the Sheerness Town Team’s efforts to generate some vibrancy in the town an Experimental Traffic Regulation Order (experimental road closure) was trialled to close part of Sheerness High Street on Saturdays, to free up the High Street for events and activities.

The road closure commenced at the beginning of December 2013, at which time a six month consultation period began to seek views of local businesses, residents and visitors about the road closure.

It was the view of some people that the experimental road closure was trialled at the wrong time of year. The weather and post-Christmas period made it difficult to deliver the planned events and activities to draw people into town. Without the benefit of events to attract visitors, many of the town centre traders reported that the road closure was causing lower than usual footfall for that time of year and significant loss of trade.

In February, in response to comments and feedback, the Sheerness Town Team held a public meeting to discuss the future of Sheerness town centre. The over-riding ‘want’ of those present at the meeting was to revoke the road closure. There was very little support for the road closure from retailers and traders in Sheerness and subsequently the Experimental Traffic Regulation Order was suspended from 10 March 2014.”



The Sheerness Town Team is still very keen to generate vibrancy and increase footfall in the town and is working hard on a number of Initiatives to attract people to Sheerness.

Driving Tips

Some simple tips for car-drivers. In winter the service station storage tanks are cold so, the colder the ground is, the denser the petrol. Try to keep your tank as full as possible to minimise the amount of air in the tank because petrol vaporises fast in the air and the tank will allow it to evaporate. Keep your tyres at the correct pressure because deflated tyres increase petrol consumption.

Coffee Morning

Our next free drop in coffee morning for the over 55s will be held on **Friday 18th July at the Alexander Centre in Faversham**

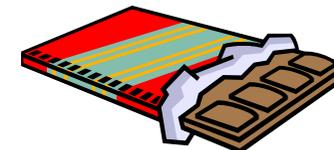
between 10am and 11.30am

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



Simple Remedies

Even in summer we can be dogged by coughs and colds. A simple remedy can be found in dark chocolate because it contains theobromine which is more effective than many standard drugs. It has an impressive action on the sensory endings and the vagus nerve which controls the cough reflex. Marshmallow can also soothe inflamed throat membranes.



Sittingbourne Main Post Office – Self Service Kiosks

Some concern has been raised regarding the new Self Service machines that have recently been installed at Sittingbourne Main Post Office. It appeared that staff were not always on hand to assist customers to use these machines and that those not making use of them had been made to feel awkward when reverting to normal counter service. We approached the local Branch Manager who has given us the following statement –

“The Post Office has introduced Self Service Kiosks, or SSK, in many Crown Offices. The Crown Offices are the major Post Offices found on the High Street. The idea behind the SSK is that going forward they will save our customers time for simple tasks such as posting an inland letter or parcel instead of queuing up. As the Post Office takes on more Government Front-line Services, like Passport Check & Send and Identity Checking, both long transactions, our queues will inevitably grow. The introduction of the SSK aims to balance out those longer transactions and keep the customer experience as great as possible.

For now, the SSK can be used for inland mails, items that need a signature such as Recorded Delivery and Special Delivery, Worldwide overseas mail and Parcel Force to name but a few. You are also able to buy 1st and 2nd Class stamps and those for Europe and Worldwide. In the not-too-distant future you will be able to pay bills on the SSK and this also will save you time as a customer.

As the machines are manned, there are also transactions, such as Home Shopping Returns that can be processed on our main system without the need for a queue. Even if you need to do more than just post an item, by us removing those who are from the queue, means your queuing time is lessened. For those less comfortable with using the SSK, there will be someone to assist you at all times and we are more than happy to show you how simple they are to use. We may not be instantly visible but we will be there! Many people worry about using “technology” and avoid it – however the “technology” is here to stay and we are here to help you see how beneficial it can be. The vast majority of customers both young and old have commented that their initial fears were unfounded and they found they were much easier to use than they had imagined.

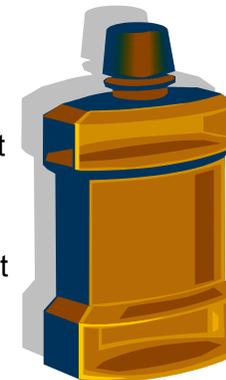
Please come and try it! You’ll be helping others by not joining the queue, you’ll help yourselves by getting out as quickly as possible and you’ll be helping the Post Office offer a service that will hopefully enable us to provide you with a better customer experience.

I hope that by knowing a little bit more, you will not be shy in coming to talk to us about it. We are your Post Office. We are here to help.”

If you do find that you experience any problems by either using or not using these machines do please let us know at the usual contact points.

Mouthwash

A dental hygienist has suggested that commercial mouthwashes might kill useful bacteria in the mouth, might increase some people’s blood pressure, and many contain alcohol. She suggests that a very dilute solution of humble table salt is much better. It can treat gingivitis and it is also a natural disinfectant. She says you can just rinse and spit; it is just as good and much cheaper



Senior Moments

Last week coming home from the shops I decided to call in to see my neighbours, who are both unwell. I kept ringing their bell and was puzzled as I knew they were in but weren’t answering. I started walking away when I suddenly realised I was ringing my own doorbell

Beryl Hunn

(Article reproduced from YOURS magazine)

Coffee Uses

Don’t always throw your old coffee grounds away; they can be put to good use in other ways. Coffee grounds fertilise roses, azaleas, camellias and all acid-loving plants. They add potassium and magnesium to your compost. If you are plagued with ants, sprinkle coffee grounds and you will find it repels the ants. You can also use it to de-odorise your fridge and even your car. If you have burned wood or coal in your fireplace you can minimise the dust when clearing the fire-nest by scattering coffee grounds over the ashes.



Age UK – Merger and New Services

Merger

Many will recall that Age Concern Faversham and Age Concern Sittingbourne have for many years existed as sources of help and support to the seniors of the borough and in providing day centre facilities. Both existed as separate charitable bodies with their own Trustees and management. This position remained the same even after the adoption of the Age UK title.

Recently the two bodies have merged to become Age UK Faversham and Sittingbourne (this also includes the Teynham Day Centre) under a common set of Trustees.

Meals on Wheels

For many years Faversham had provided a Meals on Wheels service within its own area. Now we are pleased to note that Sittingbourne is also offering this service.

The facility is available 7 days a week 365 days a year and offers a freshly cooked two course meal using locally sourced produce and delivered directly to your home. The cost of the two course meal is £6.00.

If you, or someone you know, might benefit from this new service please ring them on **01795 477520** or enquire at **Heather House Day Centre, Avenue of Remembrance, Sittingbourne ME10 4NN** or email to admin@ageuksittingbourne.org.uk

Personal Care and Domestic Help

In Faversham and Teynham Age UK have been running a highly successful Personal Care Service for some time and are now offering the same service to the people in Sittingbourne. The service has recently been inspected by the Care Quality Commission and passed with flying colours. The personal care service can assist people with tasks such as washing, dressing, preparing meals, getting in and out of bed and taking medication.

They can also assist clients with domestic tasks such as cleaning and shopping. The service is available to self funding clients and those funded by Social Services who want a Direct Payment to enable them to choose their own provider. For more information contact the Personal Care Team directly on **01795 533397**.

Sheppey Age UK

In our next issue we will include a review of services offered by Sheppey Age UK – if you wish to contact them you may call them on **01795 662562**.

Sittingbourne Market Relocation

We previously reported on Swale Borough Council's proposals for relocating the existing weekly Friday Market and for establishing a new Saturday Market. The relocation of the Friday Market is due to the existing site at the Forum Car Park being required as part of the Sittingbourne Regeneration plans. Initially several alternative sites were suggested. After informal consultations the relocation site is now proposed to be in the High Street between Station Street (Wilkinson's store) and the junction of Central Avenue and this proposal will now be subject to a more formal consultation. When this proposal was first mooted for the Friday Market it was envisaged that the whole High Street would be closed as it is now on Saturdays. It is now proposed that whilst the whole street will continue to be closed on Saturdays it will only be closed down to the junction with Central Avenue on Fridays with traffic still flowing down the remainder of the High Street commencing from the junction with Central Avenue.

To achieve this partial closure on Fridays it would necessary to reverse the flow of one way traffic at the library end of Central Avenue. This could be a permanent change for bus routes every day to establish consistency for bus operators with regard to timetabling and passengers. Thus the alternative route for traffic (including buses) on Fridays will be up Park Road, along Avenue of Remembrance and then down Central Avenue flowing into the lower end of the High Street.

It is proposed that the existing bus stop outside Edinburgh Woollen Mill could be moved to a new site in Central Avenue (probably where the existing disabled parking bays are currently). The existing disabled bays could be moved – possibly across the road in Central Avenue or more likely to the High Street itself in close proximity to the High Street banks.

The bus companies, in giving their reactions, have indicated that the diversion route for Fridays would, for them, become a permanent one for every day – thus the need to re-site the bus stop mentioned above.

This is of course is not just a relocation of the Friday Market but the establishment of a new one on Saturdays. It is hoped that more stalls will be drawn to the relocated Friday Market and that other traders will be recruited for the new Saturday one, with the possibility of some 'themed' events.

It is stressed that market stalls will not be allowed to set up on the High Street roadway itself but on the adjacent pavements, car parking spaces and existing bus stop/loading bay. It is also stressed that at present the whole scheme will require ongoing consultation and a plethora of technical reports regarding traffic flows, traffic management, signage, safety and any necessary construction/reconstruction.

If you have any comments on these plans please contact **Jill Read, Regeneration Officer (Town Centres), Swale Borough Council, Swale House, East Street, Sittingbourne ME10 3HT, telephone 01795 417592** or email jillread@swale.gov.uk