

Following the intended closure of Phoenix House in 2012, the lease was extended until February 2017 and is unlikely to be renewed. The Trustees of Swale Community Centres (Phoenix House) believe that a community centre in the centre of Sittingbourne is still very much needed and that funding will need to be secured for a new build centre.

Swale Community Centres (Phoenix House) has been awarded a Lottery grant to undertake a consultation aiming to establish evidence that such a facility in Sittingbourne is well used and is of great benefit to local people. Swale CVS is working with them to gather the views of its users to demonstrate to prospective funders the value of phoenix house to the local community.

Please could you take a few minutes to complete the attached questionnaire and return to Zoe Deveson at

Swale CVS, Central House, Central Avenue,
Sittingbourne, ME10 4NU



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 on 01795 473828

and ask staff there to pass on your message.

You can email:

swaleseniorsforum@hotmail.co.uk



Swale Seniors Forum

Sittingbourne, Sheppey,
Faversham and surrounding villages

Issue No.20 July 2015



Dates for your Diaries

Future Meetings

July Public Meeting– Faversham

On Thursday 23rd July at 10.30am in The Alexander Centre,
Faversham

Speaker on Pensions and Benefits

Open to members and non-members

refreshments available

September Public Meeting– Isle of Sheppey

On Thursday 17th September at 10.30am,

Castle Connections,

Speaker to be confirmed

Open to members and non-members

refreshments available



Natwest and RBS can now order special bank and debit cards for the blind and partially sighted. The cards come with tactile markings, a larger type size and notches to help customers use them in ATMS and pin pads. Alternatively ask your bank if they do 'signed for' cards instead of having to use a pin. When paying by card the system shows up the fact that you have this type of card and you will be asked to sign the till receipt which is then checked against the signature on your card.



**Do you think you have been a victim
of a rogue tradesperson?**

Report it to CAB Citizens Advice Bureau of 0345 404 0506. Always check your trades man has public liability insurance so you are both covered if anything goes wrong. Ask for signed receipts for all payments and think carefully before you pay cash in hand.

**Reminder for all patients registered with Holly Bank
Surgery, 31 London Road**

The above surgery merged into the Memorial Medical Centre at the Memorial Hospital, Bell Road with effects from 1st July 2015. The Holly Bank Surgery will be closed from that date. All services will now be provided by the Memorial Care Centre. If you have any queries about this you should contact Sean Hart, Practice Manager at the Memorial Medical Centre on 01795 477764

Senior Moments (Yours)

My eldest bought me a lovely bunch of daffodils in bud. Although I am partially sighted I managed to put them in vases. The bunch in the kitchen bloomed but the others in the lounge didn't. When my daughter came to visit a few days later, I complained to her. "Mum", she said, "you've put them in upside down".



'During an advert break I decided to call a friend. I dialled her number and while I was doing this, the TV kept changing programme. Then the penny dropped...I had been using the TV remote instead of the cordless phone!'

NHS 111 is the free number to call when you have an urgent healthcare needs. It directs you to the right local service, first time.

It is available across the whole of England making it easier for you to access urgent healthcare services when you need medical help fast.

It is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

When should you call it?

You need medical help fast, but it's not a 999 emergency.

You don't know who to call for medical help or you don't have a GP to call.

You think you need to go to A&E or another NHS urgent care service but are not sure which one is most appropriate; or

You require health advice or reassurance about what to do next.

How does it work?

When you call 111 you will be assessed by fully trained advisers who are supported by experienced nurses and paramedics. They will ask you questions to assess your symptoms and give you the healthcare advice you need or direct you straightaway to the local service that can help you best.



If the NHS 111 team think you need an ambulance, they will send one immediately.

“If you want a rainbow you have to put up with the rain.”



Carers Support

We provide access to support, information and services for Carers in Kent

‘A carer is someone who, without payment, provides help and support for a friend, or neighbour who could not manage without their help due to physical or mental illness, addiction or disability. Becoming a carer can happen to anyone at any time and affects people from all cultures and of any age.’

Tel: 01233 664393

Fax: 01233 646709

admin@carers-ashford.org.uk

www.carers-ashford.org.uk



A free service to support older people at home

- For those at risk of becoming isolated
- For those returning home after a stay in hospital

We provide a free, short term support with practical tasks and emotional support to help older people adapt to live an independent life.

Practical tasks can include housework, shopping, pension collecting, facilitating the paying of bills, safety checking and liaison with pharmacies and GPs to resolve any medical issues.

For more information ring 01795 533397 or email

jo@ageukfaversham.org.uk

Kent Carers Emergency Card

The Emergency Card scheme provides you, as a Carer, with peace of mind when you are away from the person you care for. One of the main concerns Carers tell us they have when leaving the person they look after is, what would happen if they were taken ill or involved in an accident.

When you register with this free scheme you will be given the card and the opportunity to document what you would like to happen in an emergency e.g. contact a relative.

Please contact us on 01304 364637

Paula Carr—Diabetes Care Trust

If you have attended the mobile unit for a diabetes eye screening appointment at the Holly Bank Surgery in the past, you should note that the surgery premises will no longer be available.

The eye screening appointments will now be at Sheppey Community Hospital so you should carefully check any correspondence that is sent to you in connection with such an appointment

This information came from 31 Holly Bank Surgery and Paula Carr. However if you have transferred to Memorial Medical Centre, you can be seen there. Just ring Paula Carr and they can transfer your details to your new surgery.

Hearing Aid aftercare clinics in Sittingbourne - Hi-Kent

As from the end of August there will be no Hi Kent Centre to clean, retube and provide batteries at the Memorial Hospital which will also affect clinics at Age UK, Rosemary House, Sittingbourne. Watch this space for further information on the future of aftercare in this area.

Disabled Persons Rail Card

1/3 of rail fares (card cost £20)

If you have a disability that makes travelling by train difficult you might qualify for the Disabled Persons Railcard. You must provide proof that you are eligible for the Railcard. Contact 0345 601 0132 for more information.

Repeat Prescriptions

Arguably, our age group is the greatest demand on NHS facility, particularly from the aspect of prescribed medication.

Herein lies a problem. Millions of pounds of the NHS budget are wasted as the result of repeat prescriptions. For too often repeat patients simply tick all items of the repeat prescription form without checking that they need the individual items.

Others simply leave it to the pharmacist to select the repeat prescriptions without informing the pharmacist that a specific item is not needed.

This causes a tremendous waste of medicines and the matter results in a great hole to the budget and a waste of your taxes.

Please take responsibility and ensure that you only order the items you actually need and likewise inform your pharmacist.

The items are too costly and precious for there to be any waste and cannot be reused for someone else's even if in sealed boxes, once they have left the pharmacy.

Volunteer Transport Scheme

If you enjoy driving, your keys could unlock lives. Do you like helping people? Have a few hours to spare? Hold a clean driving license? Then you could be just who we are looking for! Need use of your own car and mileage expenses are paid. Please ring the Volunteer Centre for further details on 01795 473828.



Enjoy a summer in Swale

Swale is home to a number of nationally famous attractions that can help give the Borough its unique character and charm.

You can:

- Take a tour around the fruit collection at Brogdale Farm
- Enjoy the scenery at Elmley Nature Reserve or Milton Creek Country Park
- Explore the country house splendour of Belmont House and Gardens
- Soak up the atmosphere at Faversham Hop Festival
- Enjoy the Pirate weekend at Bartons Point Coastal Park
- Follow the dramatic story of the Isle of Sheppey at Blue town Heritage Centre or Minster Abbey Gatehouse Museum

Abdominal Aortic Aneurysm (AAA) Screening

(AAA) is a swelling (aneurysm) of the aorta – the main blood vessel that leads away from the heart, down through the abdomen to the rest of the body. The NHS are urging all men over 65 to self refer. The test involves a simple ultrasound scan, which takes around 10-15 minutes and can be performed at the Memorial Medical Centre. You do not have to be a patient there Call **01227 868775** or email **kent.aascreening@nhs.net** for more information.

What should I do in an Emergency?

'It'll never happen to me' is a common thought whenever you see news about a disaster or emergency.

But, no matter how careful you are, there are some things you can't control. Any one of them could hit you and your family hard, damage your home severely, or seriously harm your business.

It could be a fire, a flood, heavy snow, an infectious disease, or even a terrorist attack—they can occur more often than we like to think.

To view the booklet visit

www.swale.gov.uk/what-should-i-do-in-an-emergency

or pick up a copy from Swale Borough Council's reception.

Event for the Diary:

The next Living in Safety is to be held at Sittingbourne Methodist Church on Friday 6th November 2015 10am-1pm.

Please come along for information, health checks and refreshments.

Senior Citizen's Bus Pass

Period within which date of birth falls	Day become eligible for concessionary bus pass
6 th November 1952 to 5 th December 1952	6 th July 2015
6 th December 1952 to 5 th January 1953	6 th September 2015
6 th January 1953 to 5 th February 1953	6 th November 2015
6 th February 1953 to 5 th March 1953	6 th January 2016
6 th March 1953 to 5 th April 1953	6 th March 2016
6 th April to 5 th May 1953	6 th May 2016
6 th May 1953 to 5 th June 1953	6 th July 2016
6 th June 1953 to 5 th July 1953	6 th September 2016
6 th July 1953 to 5 th August 1953	6 th November 2016
6 th August 1953 to 5 th September 1953	6 th January 2017

What does a Senior Citizen's Bus Pass entitle me to?

A Senior Citizen's Bus Pass entitles you to free off-peak travel on local bus services across England between 9.30am and 10.00pm Monday to Friday and all day at weekends and public holidays.

You can use the bus pass on Maidstone Park & Ride, Gravesend/Tilbury Ferry and Canterbury Park & Ride. As a general rule, the bus pass does not entitle you to free travel on scheduled coach services, ferries, trains, trams or community transport scheme although some exceptions do apply.

Want to know when you can claim your State Pension?

Date of Birth	Women: Date State Pension age reached	Men: Date State Pension age reached
6 Nov – 5 Dec 1952	6 th July 2015	65 th Birthday
6 Dec 1952 – 5 th Jan 1953	6 th September 2015	65 th Birthday
6 th Jan – 5 th Feb 1953	6 th November 2015	65 th Birthday
6 th Feb – 5 th Mar 1953	6 th January 2016	65 th Birthday
6 th Mar – 5 th Apr 1953	6 th March 2016	65 th Birthday
6 th Apr – 5 th May 1953	6 th July 2016	65 th Birthday
6 th May – 5 th Jun 1953	6 th November 2016	65 th Birthday
6 th Jun – 5 th Jul 1953	6 th March 2017	65 th Birthday
6 th Jul – 5 th Aug 1953	6 th July 2017	65 th Birthday
6 th Aug – 5 th Sept 1953	6 th November 2017	65 th Birthday
6 th Sept – 5 th Oct 1953	6 th Mar 2018	65 th Birthday
6 th Oct – 5 th Nov 1953	6 th July 2018	65 th Birthday
6 th Nov – 5 th Dec 1953	6 th November 2018	65 th Birthday

To help elderly drivers determine whether they are fit to be on the road, insurer RIAS has launched the 'safer driving initiative' Drive Fit. To find out more go to

www.rias.co.uk/drive-fit or

call 08500 561 5010

