



## Useful Contacts



Blue Badge Scheme  
03000 41 62 62

Crossroads Care Kent  
01227 743 708

Disability Information Services Kent  
01303 226464

Kent Dementia Helpline  
0800 500 3014

Mental Health Matters Helpline  
0800 170 0160

Swale Borough Council  
01795 417850



Swale Seniors Forum  
Sittingbourne, Sheppey,  
Faversham and surrounding villages

Issue No.23 March 2016



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 E Mail**

[swaleseniorsforum@hotmail.co.uk](mailto:swaleseniorsforum@hotmail.co.uk)

### DATE FOR YOUR DIARY—ANNUAL GENERAL MEETING

**THURSDAY 26<sup>TH</sup> MAY—AT PHOENIX HOUSE SITTINGBOURNE**

**1.30 PM FOR 2.00 PM**

All our members are welcome to attend our Annual General Meeting at Phoenix House Sittingbourne.

Toni Easdown from Kent County Council will be giving a presentation on Adult Social Care Services.

After the meeting, an afternoon cream tea will be available to all attendees.

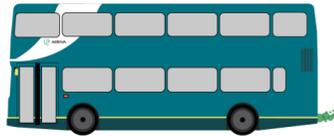
Limited transport for members is available, contact us on 01795 473828 for details.

### Discovery Bus Ticket

One day bus tickets are available to buy from and are valid on all major bus operators within Kent, Medway, East and West Sussex, Brighton, Hove, Surrey and East Hampshire. They can be bought at any time of day and can be used for anything you like e.g. medical appointments, days out, leisure trips etc.. Prices are as follows:

Adult £8.50, Child £7.00, Family (min 1 adult, max 2 adults) £16.00

Call your local bus company should you require any more information.



### Spring Cleaning

#### **Make it fun**

Housework doesn't have to be a chore. 'Once you get good at it and have a method, cleaning really doesn't take very long and it's a fantastic work out.' In fact, vacuuming for just 30 minutes can burn off the equivalent of 2 Jaffa cakes! Putting on your favourite music that encourages you to boogie while you work could also keep your spirits high- and help to burn off even more of those calories.

#### **Create a mini cleaning kit**

If you have all of your products in one box that you can carry from room to room, it'll save you time going back and forwards looking for what you need. "The only essentials all homes need are bleach, polish disinfectant and a multi-purpose cleaner". "A bottle of white vinegar is also really handy for lots of tasks, from disinfecting bathrooms to cleaning wooden floors."

(Courtesy of Yours Magazine)



### Moved Home?

**Q:** I have lived at my address for a year but still receive mail for the previous resident whose address I don't have. How do I stop it?

**A:** Register their details online with the Mailing Preference Service, [www.mpsonline.org.uk](http://www.mpsonline.org.uk). This may take a while so, if you receive anymore, cross through the address and put it back in the post-box free of charge marked 'NOT KNOWN AT THIS ADDRESS, RETURN TO SENDER'. If there's no return address, the Royal Mail has a returned letter centre which opens mail in order to identify the sender and return it. They can add these details to their database and the unwanted mail should stop.

(Courtesy of Yours Magazine)



### Opportunities For People Aged Over 50



- Meeting up with old friends
- Making new ones
- Good food
- Trips and outings
- Transport available
- Wheelchair and commode hire
- Hi Kent Clinic
- Information and Advice

Call Age UK Sheppey on:

**01795 662562**

Email:

[admin@ageuksheppey.co.uk](mailto:admin@ageuksheppey.co.uk)

- Chiropody

### Looking To Change Jobs Or Find Work?

Every Monday at 10am-12am Sharon from The National Careers Service is in Sittingbourne Library giving free professional advice about careers, skills and the job market. Sharon offers services which include writing a new CV, interview skills and how to understand the job market. If you are unable to make it to the library on a Monday and would like to speak to

Sharon you can call her on: **01795 857853**



### Alarm/ Bedroom Clock - Does a Ticking Clock Keep You Awake?

Radio controlled bedside clock: Set and forget clock that wakes you up but doesn't keep you awake. This super silent radio controlled bedside clock adjusts automatically for GMT/ BST and has big, bold numbers and glow in the dark hands. It uses one AA battery (included) and measures D11cm. Radio-controlled

bedside clock: Code 5770, £14.99

Order by phone: **0844 096 1280**

Online: [www.yours.co.uk/shopping](http://www.yours.co.uk/shopping)



(Courtesy of Yours Magazine)

### Swale Volunteer Transport Scheme

Do you find it difficult accessing or using public transport?

Are you elderly or disabled?

Did you know we offer a door-to-door car service provided by our team of volunteers?

Each trip is payable to the driver at a rate of 45p per mile. There is also a £15 annual registration fee.

To join the scheme or find out more information please contact Louise on 01795 426647 Monday-Friday 09.30-14.30

### Ears not pierced? No problem

Q. I've seen the perfect earrings to go with my Christmas party dress, but I don't have pierced ears. Can I adapt them to clip-ons?

A. You can buy earring convertors in both gold and silver for different styles of earrings from around £3.99. Call 02081239800 or visit the website

[www.make-me-beautiful.co.uk](http://www.make-me-beautiful.co.uk)

(Courtesy of Yours Magazine)



### Shingles vaccine

For older people, Shingles can be a serious condition but, for the past few years it has been possible to be vaccinated against it. The vaccine is available for those who are 70, 78 and 79 years of age only on the 1<sup>st</sup> of September each year. Although others might like to be vaccinated these ages are only ones available due to vaccine shortages. It is only possible for someone who has already had chicken pox to develop Shingles as it is the same virus, which lies dormant within the body, until reactivated. It is not possible to pass Shingles to another person but can, in rare cases be passed to babies or young children causing them to develop Chicken Pox which can be quite serious for them.

If you are unlucky enough to have contracted Shingles, contact your local GP immediately, or ring out of hours 111, so the anti-viral medication can be prescribed in just 24-36 hours. After that it may not be possible to alleviate the symptoms and too late to prevent the persistent nerve pain, which remains long after the rash disappears. Please speak to your GP for further information.

### Faversham Minor Injury Unit

Faversham minor injury unit (MIU) is open 8am-8pm and is also open to all Sittingbourne and Sheppey patients. There are no x-ray facilities at Faversham at present however they are currently building a unit within their hospital to house x-ray facilities, which should be open within a few weeks. All Swale patients can use MIU in both Sittingbourne and Sheppey Community Hospitals, Estuary View Medical Centre in Whitstable, Kent and Canterbury Hospital and Medway Hospital.



### DIY Watering Can

If you struggle to carry a heavy watering can, punch holes into the lid of a large plastic milk bottle. Then fill with water, screw the lid back on and water away. It will fit under your kitchen tap, too. You can adapt the size of the holes to suit the plants you're watering – small for seedlings and larger for general gardening.

(Courtesy of Yours Magazine)



### Save The Pennies

- 'Write a list before you go shopping- and stick to it. Ignore last minute items at the till enticing you to buy more.'
- 'Check sales offers before you buy, including previous price. And ask yourself if you really need it.'
- 'Use online price-checkers and Smartphone apps to see if you can purchase your chosen item elsewhere cheaper.'
- 'Unplug chargers and switch off TVs at the mains. Standby mode eats energy!'



(Courtesy of Yours Magazine)



### Community Hospitals (Not Faversham)

In January it was announced that Virgin Care had been awarded to run some of the services in Sittingbourne and Sheppey Community Hospitals. We are assured that all services will be delivered as before and patients will not experience any change. This service provider was due to change on April 1<sup>st</sup> but due to a last minute legal challenge by the NHS Trust which currently runs our community hospitals this will not happen until the situation has been resolved. However existing services WILL continue to be run by the current provider until then, but Faversham remains the 'same as usual.'

### Sharpen Garden Tools



Mix together play sand with some baby oil in a small bucket or pot until just dampened. The abrasive sand will sharpen tools as you pull them in and out and the baby oil will stop them rusting up. (Courtesy of Yours Magazine)