

### **Coffee Morning**

Swale Seniors Forum will be holding a free drop in coffee morning outside the **Purple Reach Café** (next to Tesco in the Forum shopping centre, Sittingbourne)



This will take place on **Friday 18th October 2013**

From **10.30am to 12.30pm**

This is an opportunity to come and meet some of the Swale Seniors Forum Committee and hear more about us.

### **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](mailto:swaleseniorsforum@hotmail.co.uk)



# Swale Seniors Forum

Sittingbourne, Sheppey, Faversham and surrounding villages

**Issue No.14    October 2013**

### **Hospital Patient Service**

On 1st July 2013 a company was contacted to provide Hospital Patient Service (HPS). We would like to hear from any forum members about their experiences of using this service. If you are willing to provide your name and contact details it would be helpful, however we would still appreciate hearing from people that wish to remain anonymous. To contact us:

**Phone**    01795 473828 *(To leave a message to be passed on)*

**Address**    Central House, Central Avenue, Sittingbourne. ME10 4NU

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

### **Blue Badge**

All applications for disabled parking badges are now being considered on merit and there are no longer renewal forms.

Applications can be quite daunting but if you need help completing one please contact Age UK (Sittingbourne—01795 477520; Sheppey—01795 662562 or Faversham—01795 532766) or the Citizens Advice Bureau on 0844 4994124)

Applications cost £10 and also require one passport sized photo which must not be more than 6 months old and is signed on the back.

Remember if you are unsuccessful

**APPEAL!**



### **Budget Beaters**



Just 13% of over-55's sticks to a regular budget, says M&S Bank. Allocating a monthly set amount to spend helps you keep within your means. Check your bank balance weekly and set up direct debits to avoid missing regular payments.

(reproduced with permission from YOURS magazine)

### **Boost your Retirement Income**

One in three pensioners is struggling to make ends meet as bills for essentials rocket and incomes fall. Yet despite more than four million pensioners being entitled to pension credits (a top up for those on low incomes) more than a third do not claim it. This money could boost incomes by an average £1,716 per year. Check you are receiving all your entitlements by contacting Age UK (Sittingbourne—01795 477520; Sheppey—01795 662562 or Faversham—01795 532766) or using the benefits calculator at [www.ageuk.org.uk/letstalkmoney](http://www.ageuk.org.uk/letstalkmoney). StepChange also offers free debt advice on 0800 1381111 or [www.stepchange.org](http://www.stepchange.org)

(reproduced with permission from YOURS magazine)

### **Cash in the Attic**

The new royal arrival has meant a boom in commemorative ware. Judith Miller of Miller's antiques says "Stick to quality pieces in small, limited editions by top makers such as Wedgwood or Doulton," Rarity is a factor that pushes up the price of earlier royal birth memorabilia



"A lot was produced for Prince William but Prince Harry items are rarer so may command higher prices, for instance Harry mugs can fetch up to £60 today." says Ron Smith of [Commemorabilia.co.uk](http://Commemorabilia.co.uk).

(reproduced with permission from YOURS magazine)

### **News from our Transport Sub Group**

#### **"Let the train take the strain"!**

GroupSave discount fares are offered by SouthEastern and means that you only pay the price of two adult tickets if 3 or 4 adults travel off-peak to and from their destination on the same trains.

#### **Apart from the price advantage there are many other advantages**

- *If people have slight problems getting on and off the trains then someone else can be there to help them.*
- *Luggage/coats can be left with fellow travellers waiting at the station for the train and you are locating the toilet or popping into a shop for a magazine or snack*
- *Luggage/coats can be left with a fellow traveller while locating the toilet on the train*
- *Concerns about getting on the wrong train, being on the wrong platform or being in the correct part of the train if the trains splits on route can be shared*
- *Locating the lift or escalator is easier when you are with others Travelling with others may be reassuring for anxious travellers*

#### **Quality bus partnership**

Group member Bernie Smith has spent considerable time getting details of the quality bus partnership which is held in Swale House and we were invited to the meeting on September 9th where we were able to introduce ourselves and also to say a little bit about the seniors forum.

#### **Bus stops**

We need your help.

One of the problems we have identified is that bus stops do not always give very much information.

If you come across a bus stop where it might reasonably give more details of the services please could you let us know?

#### **Swale rail**

Several of us regularly attend the Swale rail meetings, which deals with the services from Sittingbourne to Sheerness.

If you have any constructive ideas, please let us know.

#### **Other rail services**

We have asked South Eastern about the lifts, which are out of action at Faversham, and also about the location of the help point at Sittingbourne.

## A Little Mixed Up

Just a line to say to say I'm living, that I'm not among the dead.  
Though I'm getting more forgetful, and mixed up in my head;  
I've got used to my arthritis, To my dentures I'm resigned.  
I can manage my bifocals, But, Oh God, I miss my mind.  
For sometimes I don't remember, At the bottom of the stairs  
If I was going up for something, or if I just came down from there.  
And before the fridge so often, my poor mind is filled with doubt  
Have I put the food away . . . Or come to take some out?  
There are times when it is dark And my nightcap's on my head  
I don't know if I'm retiring, or just getting out of bed;

So if it's my turn to write you, There's no need in getting sore,  
I may think that I have written And I don't want to be a bore.  
Please remember that I love you, And I wish that you were here;  
But now it's nearly mail time, So I must say goodbye, my dear.  
Now here I stand beside the mailbox, With my face so very red,  
Instead of mailing you my letter, I have opened it instead!



© www.growingoldgracefully.org.uk

## How long do I need to keep Documents?



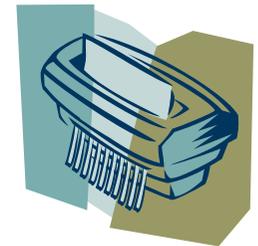
For personal accounts about a year is fine for utility bills and bank statements. Make sure you check these when they come in so mistakes can be corrected straight away.

Receipts for non-consumable items you have (Such as TVs, DVDs, Jewellery) should be kept for the life of the product. Some might say for the duration of the warranty plus a few months but if, for instance you were burgled, you may be asked for proof of purchase for items you have claimed for.

Any important documents relating to your home or car should be kept in a safe place and for as long as you own it.

Keep only the latest insurance documents, unless you have a pending claim.

**Most importantly do not forget to shred or burn any paperwork that you wish to get rid of - you don't want your financial paperwork getting into the wrong hands.**



Looking forwards many banks, shopping and utility companies offer online banking or statements, so if you have access to the internet, perhaps consider the paperless option.

(reproduced with permission from YOURS magazine)

### ***Annual General Meeting***

The **AGM** held on **Friday 24th May 2013** in Phoenix House was attended by 34 Members.

Gillian Wells, the lay member for Patient and Public Engagement gave a presentation on what the new Clinical Commissioning Groups (CCG) means for patients and following this she took questions from Members.

A lovely buffet followed.

### ***Drop in Coffee Morning***



Our second successful drop in coffee morning was held in the **Alexander Centre, Faversham on Friday 21st June 2013**, during which forum committee Members were able to chat with members of the public about the Swale Seniors Forum and also provide contact details for various organisations that we were asked about.

Another event is proposed for Sittingbourne on 18th October

### ***Computers Love or Hate?***

Are you fed up with being told that if you want information following a TV or Radio programme to go to [www.....](http://www.....), when often no other contact details are given?

Do you own a computer, want to know how to use a computer or quite frankly are not interested in computers?

We are working our way towards a paperless society, bank statements are being sent out less frequently now and it is cheaper to have your utility bills managed "on-line"

Do you feel discriminated against for not using a computer?

**NHS**

# 111 – The new NHS number



The telephone number to call when you need medical help fast – but it's not an emergency



Easy read

when it's less urgent than 999