

The Pensioner

journal of the Brighton and Hove Pensioners' Forum

no. 33, Summer 2009



Don't get bitten by a loan shark

We're all feeling the pinch, money is scarce and fuel bills are nightmarish. Making it worse is that the recession is throwing people out of work.

During a previous recession, Francis Tonks of the Pensioners' Forum Management Committee was a volunteer adviser with the Brighton Citizens' Advice Bureau in Surrey Street. "Folk came in with money problems, small businesses were going bust and homes were at risk" Francis says. "Often debts piled up and money was borrowed for simple things like giving the children Christmas presents". The advice given was to negotiate, prioritise, pay off a little at a time and keep records of your income and outgoings. And never fall into the hands of a loan shark.

It's simple - loan sharks are unlicensed money-lenders, and the worst of them are criminals who prey on vulnerable people, charging extortionate rates of interest in the process. They operate door-to-door, rarely providing any paperwork, bullying and terrorising those who fail to pay up. Anyone caught up in

this scam should contact the Illegal Money Lending Team, Trading Standards or the Citizens' Advice Bureau.

Loan sharks are breaking the law and if operating without a licence, cannot enforce repayment.

People before profit

But there is an answer for people needing a loan. The Credit Union is a co-operative financial group which acts as a savings bank and provides loans based on the money people save. The East Sussex Credit Union operates from Community Base in Queens Road, Brighton. It pays a small dividend on your savings, comparable with bank rates on the high street, lending money at a low rate. Basically it is a not-for-profit organisation, democratically run and answerable to its members. There are no 'fat cats' and much of the work is done by volunteers. At a time when bankers are almost as unpopular as politicians, we should turn to small-scale, self-help groups that put people before profit.

You can contact the East Sussex Credit Union on 01273 234858.



what a collection! - page 12



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OPC on garden waste - page 7



Old Spice starts here! - page 9

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For further information visit www.direct.gov.uk/stoploansharks

If you're using a loan shark, or know someone who is, then talk to the Illegal Money Lending Team in confidence or anonymously - 0300 555 2222

Editor's Letter



It was quite a thrill to hear that my first issue as Editor of *The Pensioner* was well received. It was equally encouraging to learn that the work undertaken by the Pensioners' Forum really can create a reaction from decisionmakers and opinion-formers. We received a reply from Joan Bakewell (page 6), a response from the Council (page 6) and got our message across at a Mass Lobby of Parliament (page 5). We want to improve your publication each and every time so if you have any comments, then do let me know. If a

particular article strikes a chord, or if you want to raise a concern, then *The Pensioner* is here to listen and act where we can. The Forum exists to help campaign for appropriate services for older people in our city, particularly around housing, health, transport, education, community safety and environmental issues.

You also have a voice through 60+ Action Groups which work alongside the Pensioners' Forum. Dates of their next meetings are listed on page 10.

How to contact the Editor

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Pensioners' Forum Management Committee

Ray Blackwood - elected member
Jack Dixon - representing Older Gay & Lesbian groups
+Connie Fraser - Forum member
Mick Lister - elected member
Peter Lloyd - representing Sussex Gerontology Network
Paula McEnaney - Editor and Administrator
Joan Moorhouse - Chair and Managing Editor (elected member)

Sheila Schaffer - elected member
Sathi Sivapragasam - representing Black and Minority Ethnic Community
Harry Steer - representing Older People's Council
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Join the Brighton & Hove Pensioners' Forum NOW!

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What you get for your subscription:

- * Membership of an organisation run by older people for older people.
- * 'The Pensioner' magazine delivered to your doorstep quarterly.
- * A chance to be elected to the management committee.
- * Opportunities to participate in our campaigning work.
- * Opportunities to participate in a range of other Forum activities (to date these have included poetry, art, theatre, dance, music and photography projects).

I wish to join the Brighton & Hove Pensioners' Forum (subscription renewable each November).

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Cheques payable to Brighton & Hove Pensioners' Forum and returned to: Pensioners' Forum, 1st Floor, Intergen House, 65-67 Western Road, Hove BN3 2JQ.

Data Protection Act: The information you have provided on this form will be used to keep you up-to-date with Forum activities. On occasions, the Forum may decide it is appropriate to pass your contact details on to other organisations who wish to make contact with older people (i.e. Health Service, City Council, arts or community organisations). If you DO NOT wish your contact details to be passed on, please tick here

Signed _____

Date _____

The Pensioner talks to Peter Otto, Age Concern's Chairman of the Board of Trustees

The Pensioner met up with Peter Otto, recently elected Chairman of the Board of Trustees with Age Concern Brighton, Hove & Portslade to talk about his work and issues surrounding older people. He has been a strong supporter of Better Government For Older People, a member of the Older People's Experience Steering Group with Brighton & Sussex University Hospitals NHS Trust and on the monitoring group for Sheltered Housing with Brighton & Hove City Council.

Born in Berlin, and resident in the UK for the last three decades, Peter Otto has been involved with Age Concern for 12 years and was appointed one of their Trustees five years ago.

Since becoming Chairman of Age Concern Brighton, Hove & Portslade, Peter quickly demonstrated a hands-on approach to his role. "My responsibility is to represent Age Concern Brighton, Hove & Portslade on different committees and public functions. I communicate with senior management in each department to keep informed about their daily work and to see how people integrate with each other".

Peter explained how each Age Concern branch is autonomous, although responsible to the head office of Age Concern England. "We have our own contracts with Brighton & Hove Council and we apply for our own grants to run

our services" he said. Age Concern's aim is to empower, celebrate and support the independence of older people. They offer services such as crisis service, counselling, help at home, information and advice, computer lessons for the elderly, and nail-cutting by professional chiropodists.



Peter Otto

Touching on the recent merger of Age Concern and Help The Aged, Peter explained that the respective names will remain for the near future, but legally the joined

charities have now become Age UK. "In my opinion the merger was a very good thing" Peter commented. "Age Concern offers services whilst Help The Aged performs a more political role".

Discussing whether the economic downturn has changed anything for Age Concern, Peter explained that legacies are becoming fewer in the South East, but that smaller donations are becoming more frequent.

Peter is proud of the local Age Concern's 100+ volunteers, all CRB (criminal record bureau) checked and ready to give advice and information to older people for free. "One of our biggest successes is introducing the Nintendo Wii console - it is wonderful! We even run competitions in sheltered housing complexes which helps older people to exercise whilst having fun" he smiled. And the fun doesn't stop there. Future

plans include tea dances at Worthing Assembly Halls on Tuesday afternoons, once or twice a month, combined with lunch and shopping for older people. Their new transport manager has organised a programme of monthly outings to places of interest, using Age Concern's minibus.

"Our branch of Age Concern has encompassed GEMS (Gay Elderly Men's Society), former Older Lesbian & Gay Men's Forum, since 1997", Peter said. "Age Concern England held a national conference in 2002 and took Age Concern's Brighton, Hove & Portslade Older Lesbian & Gay Men's Forum as a pilot in order to acknowledge and address the needs of the LGBT community in England". Now every single Age Concern unit supports the LGBT community.

Peter Otto was speaking to Paula McEnaney, Editor of The Pensioner

Next-generation retirement housing development boosts options for older people in Brighton

The wait is finally over as eager buyers looking to plan for their retirement can now reserve a brand new apartment at Hanover's Patching Lodge in the sought-after area of Queens Park in Brighton.

Despite the development still being in the early stages, sales manager Patrick Danagher has already seen a significant increase in interest now that people can visit the development, chat through the plans and find out more about what makes Patching Lodge stand out from other retirement developments in the Brighton area.

Patrick said: "I have been involved in the selling of new-build properties for a number of years, and I can honestly say that I have never before come across a development which is so genuinely special. Patching Lodge is so much more than just a new property - it is a whole new way of life for older people, a community of unique retirement apartments in a superb location that enables each and every buyer to live as independently as they wish but with the peace of mind that help is on hand from a team of on-site carers if they need it."

Each of the 76 properties has high-quality living facilities: the one and two bedroom apartments feature a modern fitted kitchen, level access shower, efficient gas heating and hot water systems, and many have sea views.

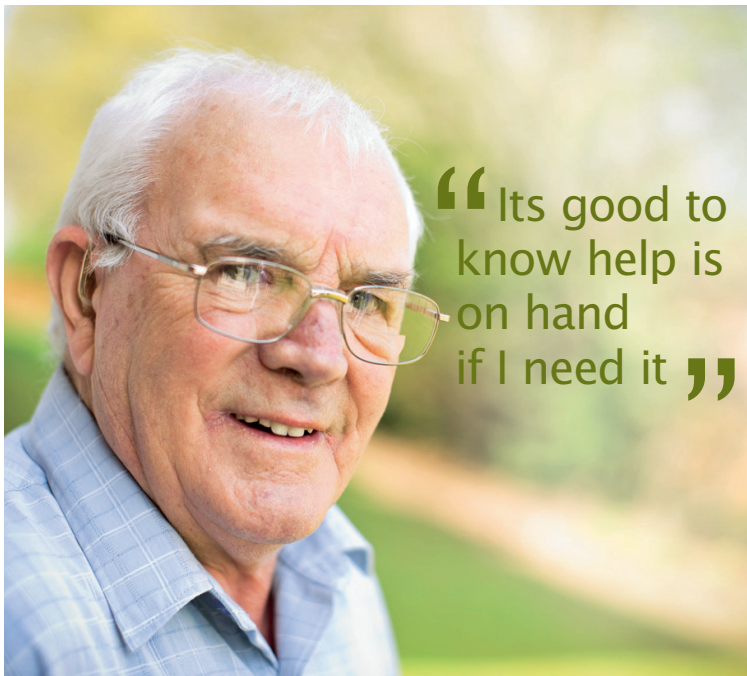
Patrick added, "We have had such a variety of buyers through the doors since we opened, including those who are already retired and are looking to downsize to a smaller, lower maintenance home for themselves, and children looking to buy an apartment for their parents who need help and support on a regular basis."

"We have also noticed that those who are starting to plan for the future are seeking the reassurance and peace of mind that comes with having access to an on-site care team should their needs change further down the line."

The development, built in partnership with Brighton & Hove City Council, features a rooftop terrace and has 16 apartments for sale with a shared ownership option and the remaining 60 are available for rent.

For further information on Patching Lodge, please call 0870 600 3074.

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News from the Pensioners' Forum

by Joan Moorhouse, Chair of the Pensioners' Forum



Things are constantly happening behind the scenes of the Brighton & Hove Pensioners' Forum, and I'd like to keep you up to date with just some of the events and important meetings members of the Management Committee have been attending in order to represent older people's views in the city.

Mick Lister, Sathi Sivapragasam, Jack Dixon and Ray Blackwood attended the Mass Lobby of MPs in Westminster on 10th June, organised by Age Concern and Help The Aged, to voice concerns about social care. Appointments were made beforehand so that representatives could meet their constituency MP. Mick reported that his meeting with Celia Barlow MP went well and he was able to express his views on poor care for older people at home generally, and following discharge from hospital, which she promised to take up. Asked what the Government could do, Mick responded that educating families about ageing and Alzheimer's would be valuable. Due to the Underground

strike, Ray was unable to meet David Lepper MP at the arranged time and Jack's MP, Des Turner, was unwell so his meeting was substituted with a researcher. Overall, our representatives thought the event was well organised and they had a good lunch! And Sathi was very impressed with the guided tour of Parliament.

Jack has had a favourable response from Des Turner MP regarding the Equalities Bill, which Dr Turner helped to write, and promised to do all he can to make it law before the election. He thanked Jack for his support saying it was invaluable when lobbying ministers on issues such as this.

Sheila Schaffer has been busy attending the South East Forum Network, Older People's Experience of Health Trust and represents The Forum on the new 60+ Action Steering Group.

Peter Lloyd, Les Terry, Francis Tonks, Sheila and I have all been present at 60+ Action Group meetings, and other committee members will be joining us in order for the two organisations to work even closer together.

Peter and I helped in the drawing up of the Older People's Housing

and Support Strategy and will be part of the Scrutiny process overseeing delivery of the objectives.

Francis and I were members of the Sustainable Communities Act Panel, evaluating proposals from the city's residents which require a change in the law. We recommended which should go forward (from a list of 16) to the City Cabinet for comment and then on to the Government.

Francis and Les are members of the LINK

marred by the G20 mass protest - what is it about us and London? However, his participation in a whole range of events representing The Forum has really helped in lifting its profile. I am, therefore very sad that Jack is leaving the Committee for health reasons but will remain a loyal member of The Forum.

My thanks to Forum members Hazel Kearns, Nancy Holmes, Bernie Katz, Michael Creedy and Ben Moorhouse who

Mick Lister of The Pensioners' Forum joins the Mass Lobby of MPs at Westminster on social care



Steering Group and we will learn more of this work as it becomes established.

Jack has been a very supportive vice-chair and member of the Pensioners' Forum Committee.

His participation in the 'Making the Most of New Media for the over 50s' Conference in London on 1st April was

helped us with the Help the Aged collection at B&Q. £279.00 of the £310.00 collected has been returned to us for our funds and you can read the full story on page 12.

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Your letters to *The Pensioner*

Many thanks for your letters to *The Pensioner*. As we are restricted on space, we can only print a selection, some of which have been edited. Please keep them coming and let us have your views about health, housing, learning and transport if any such changes have seriously affected you. Please send your letters to the Editor.

Less is more!

Some energy suppliers offer cheaper rates for people on low incomes or benefits, called 'social tariffs'. For example, EDF call their scheme 'Energy Assist Social Tariff' whilst British Gas call theirs 'Essentials Advance'. Reduce your bills by asking your energy supplier to put you on their social tariff.

Older people (and those with chronic illnesses or disabilities) are normally offered a range of services called 'priority register schemes'. This could include advance warning of any interruption to electricity supply if you rely on electrical medical equipment such as dialysis or breathing-support machine. Their 'password' scheme ensures their staff use a special password when they visit you. Ask to be added to their 'priority register'.

Your energy and water suppliers' telephone numbers are on the top of your last bill.

P Huntbach, Older People's Housing Manager, Brighton & Hove City Council

Joan Bakewell replies

Joan Bakewell, Government's 'Voice of Older People' responded to our 'Where are you, Joan?' - an article on the Older People's Council's thwarted requests to get Ms Bakewell to address one of their meetings. She responded, "In order to bring older people's matters to a broader public I have agreed to make them known as widely as possible, and I am doing this through the media. I write and broadcast whenever I can on situations that involve the old. This way I am able to widen the debate to include those who do not yet realise how much these things matter to so many people. I send my good wishes".

Too good to be true

There are many scams by which the elderly are persuaded to part with their money (see front page) and we are often advised that "if it's too good to be true then it probably is". But there is another way we may be losing money by paying an 'adviser' a fee for looking after simple investments. I've been told that some distant body is taking a regular cut out of a basic savings plan. And worse, some of these 'advisers' are buying and selling shares - known as churning - with alarming regularity.

If you know of anyone with this problem I suggest they speak with Age Concern, or perhaps the Older People's Council.

R Alden, Hove

Nonsense made clear

Brighton & Hove Council's Adult Social Care department replied to Incomprehensible Gobbledegook!, an article on page 9 of issue 31 of The Pensioner regarding "forms that pour out of the Council". Angela Emerson, Head of Financial Assessments and Welfare Rights (Adult Social Care), Brighton & Hove Council wrote (edited) ...

We are very keen to find ways to explain complex charging regulations to vulnerable people as clearly and simply as possible and any suggestions to simplify the wording would be gratefully received and considered for implementation.

It is a problem, as your article points out, to make sure everyone is provided with early vital information on whether the council can provide funding towards social services, without necessarily going into all the details of the complex rules.

It seems to us that people should know quickly that if they have more than £23,000 in savings (new rates from April 2009) they will be required to pay the full cost of services themselves and this currently stands at a maximum of £850 per week. However, for specific services, e.g. day-care, the maximum is £22 per day and £2.90 and £2.00 for meals and transport as appropriate.

For people with under £23,000, charges may be less, depending upon their level of income and savings. Everybody's circumstances are so different. In most cases people who may need social care services are seen by a

member of the financial assessment team and charges are explained in person and in relation to their individual circumstances.

It is most regrettable that any financial information received from this department should cause people worry or alarm.

A public information sheet on charging is given to people who are thinking of taking up services and I can confirm that this publication was originally vetted and approved by a "Plain English" advisor, but this was many years ago and some of the content has changed a little since then.

I would be very happy to meet with any of your members or to receive any written suggestions on how this leaflet could be made easier to read and understand.

You can contact me on 01273 295666, angie-emerson@brighton-hove.gov.uk

Annual General Meeting for Older People's Council

The OPC's June meeting coincided with their AGM at the Labour Club, Lewes Road, Brighton. In line with their policy of holding meetings in public where possible, it was a lively event attended by over fifteen members of the public who joined in the discussions.

Guest speaker Jan Jonker, Cityclean's Head of Strategy, was invited to talk about the disposal of garden waste which has been a recent concern of the OPC. At this time of year very many of those with gardens need to get rid of their garden waste cheaply, or at no cost. The OPC have been making comparisons with other authority areas. "Garden waste is an ongoing problem, and Jan was informative and helpful, but the issue is tied in with waste disposal generally" says Harry Steer MBE, outgoing Chair of Brighton & Hove OPC. "We shall certainly revisit when we examine the City's waste strategy as a whole" he added.



Jack Hazelgrove becomes Chair of the Older People's Council

Harry stood down at the AGM as Chair of the OPC, after a two-year tenure. "I really believe that holding the Chair of most organisations for more than two years is, in all probability, enough, especially as the 'life' of the current OPC is just four years old". Harry believes it is now time for new direction and new leadership, and is very happy to announce that his old friend and colleague, Jack Hazelgrove, has now been appointed Chair, with Francis Tonks as Vice-Chair. "My congratulations and best wishes go wholeheartedly to them both" Harry said.

Harry added that it has been an honour and privilege to have been the OPC's Chair and wishes to express his gratitude and sincere thanks for all the support and help given to him by fellow OPC members during that time. He didn't forget supporting officers, Paul Martin,

without whom the OPC would not have come into being, and Helen Furlong who has so ably taken over during Paul's secondment. Thanks were also extended to Councillor Dawn Barnett, who provides the OPC link to the City Council and who is always most welcome at OPC meetings.

Jack said, "It is a great privilege to follow Harry Steer as Chair of the city's Older People's Council and I wish to pay tribute to his years of service - two of them as Chair. I will do my best to serve the OPC in our efforts to promote older people's issues and to address thousands of older people's needs in the city".

Jack had time recently to reflect on our NHS as he sat in the waiting room for cataract operations at the Eye Hospital. "It's a good time to reflect on the enormous advances in health care over the lifetime of our generation" he stated. "Last year I had a hip operation following an accident, and remembered how in the 1940s my grandmother had fallen and broken her hip. Because of her diabetes it was considered she could not be operated on and was bedridden and in considerable pain for eighteen months before passing away. Long live a generously-funded NHS!", he enthused.

In other ways too, older people have benefitted from recent changes, especially the joy of free bus travel. Jack also chairs the Central Sussex Bus Users Group (open to every bus user) which discusses with the Council and the bus companies the further improvements we would like to see to facilitate travel for older people. Remember Community Transport too who pick you up at your own front door, take you on a shopping trip or an excursion and deliver you safely back home. Give them a call on 01273 677559. Happy travelling and enjoy the summer.

Grey Matters

'Grey Matters', the local radio programme for older people, made by older people has changed its transmission schedule. Catch the programme 11am-midday) on the first Tuesday of every month (repeated on the second Tuesday), and on the third Tuesday of every month (repeated on the fourth Tuesday).

The programme includes reports from the Older People's Council, advice from the radio doctor, reviews of current films and plays, together with interviews describing a wide range of local activities and services. Topics ranging from the Brighton Festival and lunch venues to ice skating in Brighton and the new football stadium at Falmer have been included so far.

Grey Matters is keen to recruit and train older people who would like to help in making the programmes. They also want to hear the views of listeners, so if you've heard a recent programme and would like to comment, please contact Harry Steer on 01273 419723.

Tune in to Grey Matters on ...



www.olderpeoplescouncil.org

tel. 01273 296427

email: olderpeoplescouncil@brighton-hove.gov.uk

'Have Your Say', Brighton!

With the joining of Age Concern and Help The Aged, representatives from Brighton & Hove Pensioners' Forum joined other older people to give their views at a half-day 'Have Your Say' event held at Brighthelm on 27th May, just one of 20 being staged around the country. Those attending the Brighton event came from various older people's groups and forums, some travelling from the Isle of Wight, London and Essex.

Joan Moorhouse, Chair of B&H Pensioners' Forum reports ...

Age Concern and Help The Aged officially joined together to create a new combined charity on 1st April, but its name won't change until January 2010. Participants were asked their views on various names, logos and branding in a drive to bring together the best from both charities and to gain more for older people than could have been achieved separately.

Services at national level will be developed and enhanced, as well as through the 345 local Age Concerns, and they will remain independent charities.

The merged charity aims to be a world-renowned centre of knowledge and expertise about ageing and older people. It wants to influence government, the private sector and other bodies, and change society's attitude towards older people for the better. It will also provide commercial products that are good quality, competitive and tackle age discrimination. The desire is to put older people at the heart of what it does, working with local, regional and national groups and forums.

There is a Board of 15 Trustees from different parts of the UK, who are accountable to the Charity Commission. Senior Management includes Chief Executive, Tom Wright and seven Directors, each of whom have a specific area of responsibility.

Most of the Trustees are older people and many have direct experience of working with the respective charities in the past. Others have been involved with organisations, supporting work with older people, such as nursing or housing.

There will also be a Consultative Forum of up to 50 older people whose job will be to inform the Board about issues and needs that older people are facing. An understanding of what life is like for older people will be captured through feedback from people using the charity's services and products, and through research, campaigns and surveys.

After the main presentation we discussed how people would be selected for the Consultative Forum, how older people and groups could be involved and how the charity could give its support. There were opportunities to ask questions, one particularly concerning legacies. It was stressed that if you want your legacy to be used in a specific location you must document that in your Will, otherwise it will go to the national body.

A further presentation was given by the Department of Work and Pensions (DWP) - Older People and Ageing Society Division. The ageing society is one of their key challenges and the aim is to improve the independence and well-being of today's and tomorrow's older people.

The Government will:

- o Establish national leadership for older people in a UK Advisory Forum.
- o Empower a regional voice for older people in each English region.
- o Provide support to Older People Advisory Groups and other Forums.

Companion Care

Companion Care is a new personalised service which offers companionship and specialised care directly to **older members of the community**. People who are feeling isolated will benefit from a wide range of activities such as: outings, trips to the theatre, cinema, swimming, shopping, walking and light exercise. Half or full day sessions are tailored to meet the individual's needs, styles and aspirations.

Companion Care also offers activities such as reading and conversation, counselling and life history work, as well as sitting services - all undertaken with staff who are CRB checked and experienced in social care.

For further information or to request an interview please contact us on **07974 026341** or email: **companioncare@hotmail.co.uk**

What senior citizens are worth

by Beryl Webster and Liz Siddall, teachers in Stockport

Did you know that we old folk are worth a fortune? We have **silver** in our hair, **gold** in our teeth, **stones** in our kidneys, lead in our feet and **gas** in our stomachs. I have become older since I saw you last and a few changes have come into my life.

Frankly, I have become a frivolous old woman! I am seeing at least six gentlemen every day!

As soon as I wake up, **Will Power** helps me out of bed, then I go to see **Jimmy**

cont. on page 12

Old Spice - the cooking club for older men



Jack Dixon, ex-chef and The Pensioner's friendly gourmet recommends that all older men get cooking through a new initiative called 'Old Spice'

Old Spice is a LifeLines/Brighton & Hove Food Partnership project set up to develop basic cookery skills and healthy eating on a budget, for older men.

If you find yourself a stranger in your own kitchen, then this is the ideal opportunity to join the project, make new friends and get stuck into cooking! "It promises to be a challenge, but great fun too" says Jack.

Old Spice is an eight-week course covering a wide range of cookery skills:

- * setting up a larder
- * basic preparation skills
- * cooking for one
- * exploring different ways of cooking
- * making sauces, how to stir-fry, preparing salads
- * creating menus
- * even entertaining!

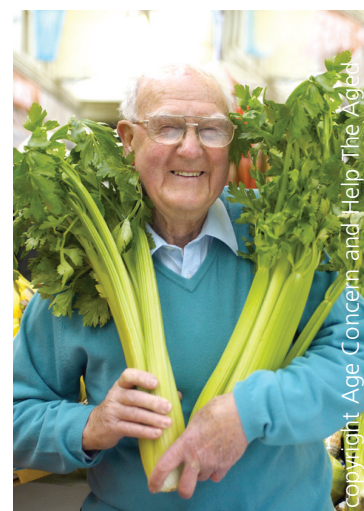
On each class you'll prepare and eat a meal based around that week's theme.

At the end of the eight weeks, you'll be able to cook a meal for a group, or your family and friends - it will be your choice. And you get to show off your newly-acquired skills! You will also receive a Good-Cook diploma.

With diploma at the ready and the confidence to pass your knowledge on to encourage others to eat well, Old Spice will help you to set up a 'taster' session in your own community. Old Spice will also be creating a club membership scheme that will involve visits to pubs and restaurants, special cookery sessions with local chefs, organised lunches and dinners, plus other special events.

Interested? Old Spice will start in September, so hurry, as spaces are limited. Come to the information and taster day on 13th August (venue to be advised).

LifeLines is a Government and Brighton & Hove City Council-funded health and well-being project. Managed by Age Concern BHP and supported by Community Service Volunteers.



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For more information on how to join Old Spice, please contact Janette Palfrey on telephone 01273 508118 or email lifelines@ageconcern-bhp.org.uk

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update

Betty Davis, Community Group Officer of the 60+ Action Group keeps you informed of what's been going on around the local groups.

We have received numerous pieces of literature from the NHS and Primary Care Trust which have been passed on to our 60+ Group members.

The NHS 'Healthier People' bulletin has stated many things, including unrestricted patient access to their summary medical records by 2012, and specialist round-the-clock care for trauma patients by 2010. The 60+ Action Group will monitor progress of the bulletin closely.

We have details on new Information Prescriptions so please contact 60+ if you want a copy.

A wheelchair user at the Craven Vale group has been confined to her home as there is no path (just steps), and although we are unable to persuade various departments in the City Council to take this on board we have referred the case to the Federation of the Disabled.

Craven Vale has encountered many serious issues, but with resilience and help from the 60+ Action group, things seem to be settling down. Neighbourhood relations in this area are excellent and residents tend to look out for each other. They also benefit from a Friendship Group which meets monthly.

Another very social group is Moulsecombe who enjoy outings and other social events. They're an informative bunch and share information, including that which is supplied by 60+.

The Kemp Town, St. James/Hanover Group is particularly interested in health and local issues and 60+ is currently tackling a pelican crossing issue outside the Sussex County Hospital, as the time in which to cross is too short.

Most of the West Hove Group live in sheltered housing and seem to be well looked after. There have been a few disputes which have now been resolved by a visit, at the request of 60+, from the Portslade Council office.

copyright Age Concern and Help The Aged



Come to the next 60+ Action Group meeting

Moulsecombe

The Orchards, Moulsecombe Way

1st September

Kemp Town/St James/Hanover

Courtney King House, Eastern Road

8th September

(next to Royal Sussex County Hospital)

West Hove

Sanders House, Ingram Crescent West

23rd September

Craven Vale

Resource Centre, Queensway, Brighton

30th September

All groups meet at 2.30-4.00 pm, except Craven Vale (2.00-4.00 pm)
(there are no meetings in August)

Contact 60+ if you'd like to include an item in the '60+ Bulletin' about what is happening in your area.

You can contact Betty Davis of the 60+ Action Group on 01273 779888



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Senior Citizens' lunch

This very popular lunch is held on the second Tuesday of every month from 1pm. Enjoy a freshly prepared 3-course meal, including a glass of house wine for only £12 per person. Call for menu details and bookings.

Use your General Election vote wisely

A General Election could be called later this year and we will only have three weeks' notice. The candidates for the four main political parties are shown below, where possible, and you may wish to find out about their policies on particular issues.

Political Party	Brighton Pavilion	Kemp Town	Hove
Labour	Nancy Platts 179 Preston Road Brighton BN1 6AG (01273) 550121	Simon Burgess 179 Preston Road Brighton BN1 6AG (01273) 550121	Celia Barlow 1 Blatchington Road Hove BN3 3YP (01273) 774988
Conservative	66a Boundary Road Hove BN3 5TD (01273) 411844	Simon Kirby 66a Boundary Road Hove BN3 5TD (01273) 411844	Mike Weatherley 66a Boundary Road Hove BN3 5TD (01273) 411844
Liberal Democrat	Andrew Falconer 3 Albany Villas Hove BN3 2RS (01273) 737135	Juliet Williams 3 Albany Villas Hove BN3 2RS (01273) 737135	Paul Elgood 3 Albany Villas Hove BN3 2RS (01273) 737135
Green	Caroline Lucas 34-41 Surrey Street Brighton BN1 3PB (01273) 766670	Simon Williams 34-41 Surrey Street Brighton BN1 3PB (01273) 766670	34-41 Surrey Street Brighton BN1 3PB (01273) 766670

Never Again

Con Fraser of the Pensioners' Forum reminds us here about the danger if we are not watchful, neglecting our democracy

The 'leopard' of Fascism may wear different spots now, but its 'claws' are no less sharp.

In the thirties, the BUF (British Union of Fascists) was a militaristic, racist organisation led by Oswald Mosley, whose gods were Hitler and Mussolini. Now, renamed the BNP (British National Party) and under Nick Griffin, the jack-boots and Nazi salute may have been replaced by respectable suits and ties, but the ideology is the same - brutally racist, anti-trade unionist and opposed to all progress, particularly for women.

I wonder how such an organisation could be supported by anyone in our democracy, particularly to the point of voting for them in the European Election. It may be due to demoralisation by the

economic crisis and revelations of some MPs financial shenanigans, but others may happily support the BNP because it is an aggressive, reactionary organisation.

Those of us who remember, only too well, the brutality of the Nazis, their gas chambers and concentration camps, can never be deceived by the BNP.

In 1936, under their previous guise, the people of London had stopped them marching down Cabel Street, and on 12th December 1938 International Brigade survivors of the fight against Franco's fascists were welcomed back to Brighton. Amongst them, Arthur Hirst, Anton Miles, Bill Sill and James Jump of Worthing.

Now, in our next battle of the ballot-box, let's make sure that the BNP gets the message loud and clear - **NO VOTES FOR FASCISM, NEVER AGAIN!**

Act FAST

Jack Dixon of the Pensioners' Forum Management Committee attended South East Coast Ambulance Services (SECAMB) regional stroke awareness campaign recently. He passes on this information for readers of The Pensioner.

Stroke is a medical emergency and you must act immediately.

The Face, Arm, Speech Test (FAST) can help you recognise the symptoms of a stroke. Cut out and keep the card on the right.

Why act FAST?

By calling 999, you can help someone reach hospital quickly and receive the early treatment they need. Prompt action can prevent further damage to the brain and help someone make a full recovery. Delay can result in death or major long-term disabilities, such as paralysis, severe memory loss and communication problems. Ambulance crews use FAST, and with hospital staff can act quickly to identify and diagnose a stroke quickly.

Stroke Helpline
0845 3033 100
www.stroke.org.uk

Suspect a stroke?
Act FAST and call 999.

FAST

Facial weakness **Arm** weakness **Speech** problems **Time** to call 999



BOOK REVIEW

The Uncommon Reader, by Alan Bennett
Isla Robertson, member of the Pensioners' Forum, gives her review



I was discussing with a friend a recent article in the Guardian celebrating Alan Bennett's 75th birthday and she asked if I had read *The Uncommon Reader*. I hadn't and so I bought it and loved it.

It tells the story of the Queen, following her yapping corgis to Westminster City Council's mobile library which is parked by the

kitchens at Buckingham Palace. Inside are the librarian and Norman Seakins, a kitchen lad. Feeling obliged, the Queen asks if she might borrow a book and takes one by the rather hard to read Ivy Compton-Burnett. Her Majesty has no background in reading books despite having met (and bestowed honours on) many writers. This delightful story unfolds with Her Majesty becoming passionate about books.

Norman is promoted upstairs to select books for her and to become her amanuensis. The equerries' disgust is palpable. Alan Bennett's observations are a joy. The book is only 120 pages long, and as the blurb says, "turn off the 'phone, lock the door and devour it". Enjoy.

Published by Faber & Faber/Profile RRP £10.99

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Shake, rattle and roll ...

Collection tins at the ready, members of the Pensioners' Forum pitched up outside Brighton's Lewes Road B&Q on 6th and 7th June to raise funds for the recently merged Age Concern and Help The Aged charities.

Joan Moorhouse, Chair of the Pensioners' Forum said, "It was a great opportunity to promote the charity's 'Dangerous Pavements' campaign, and to talk to B&Q customers, young and old alike, about the work the Forum does for older residents of the city".

Despite the economic downturn, people gave quite generously, raising more than £300.



Shakers and movers: (l-r) Sathi Sivapragasam, Hazel Kearns and Joan Moorhouse collect for Age Concern and Help The Aged outside B&Q, Lewes Road

cont. from page 8

What senior citizens are worth

Riddle and then it's time for breakfast with **Mr Kellogg**, followed closely by the refreshing company of **Mr Tetley** or my other friend, who I know by his initials - **P.G.!**

Then someone comes I don't like at all - **Arthur Itis** - he knows he's not welcome, but he insists on being here and what's more he stays for the rest of the day. Even then, he doesn't like to stay in one place, so he takes me from joint to joint. After such a hectic day I am glad to get to bed (with **Johnny Walker** too!) - what a hectic life.

Oh yes, I am now flirting with **Al Zheimer!**

The vicar came to call the other day and said "that at my age I should be thinking about the hereafter". So I told him that I did - all the time.

For no matter where I am, the bedroom, the kitchen, the sitting room or the garden; I ask myself "**What am I Here After?**"

Well, I'll close now and hope that **Will Power** is your constant companion too, BUT do make sure that his friend **Emma Royd** doesn't creep up on you from behind! And watch out for that crafty one - **Gerry Atric!**