

# Are you over 50 years old?

Get involved in improving public services in East Sussex



Seven Sisters, East Sussex

# Contents

<b>Introduction</b> .....	<b>3</b>
<b>What we have done so far</b> .....	<b>4</b>
<b>What we will do now</b> .....	<b>5</b>
<b>Older people's forums in East Sussex</b> .....	<b>6</b>
<b>Countywide agencies</b> .....	<b>8</b>
<b>Ways of being involved</b> .....	<b>9</b>
<b>Getting this information in other languages</b> .....	<b>10</b>
<b>Further information</b> .....	<b>12</b>

# Introduction

We (East Sussex County Council and partner organisations) have been working with ‘older people’ (people aged 50 or over) and other organisations and have written a strategy for involving older people in improving public services. The strategy aims to create ways for all people aged 50 or over (and the carers of older people) to help make public services better.

Many people who are 50 or over do not think of themselves as ‘older people’. But they should have a chance to get involved. It is important that they help shape services for the years ahead.

## ‘We will be heard’

This year we are working together with Shropshire County Council to learn from their experience.

The Shropshire Association of Senior Citizen Forums is four years old and has 8000 members. It is aiming for 10,000 by the end of 2005. There are seven forums across the county. Membership is free. Older people work closely together with the county council.

## A vision of the future

East Sussex will be a county where everyone aged 50 or over can help make decisions on how to improve public services and the quality of life.

# What we have done so far

- We held a conference on older people in Eastbourne in September 2004.
- We wrote a strategy for involving older people, with older people, the local health services and voluntary and community organisations.
- We raised £35,000 for local events and training in 2005 from the Office of the Deputy Prime Minister.
- We gave small grants to local older people's forums and the Councils for Voluntary Service to hold local events for older people across the county.
- We consulted many different organisations and individuals for their ideas on improving the strategy during January to April 2005. You told us many things, including the following.
  - Many older people are already very active in East Sussex, giving their time and energy in many ways. Older people are involved in local churches, interest groups, support groups, social groups, forums, day centres, community groups and organisations.
  - Local councillors are crucial.
  - You want contact details for staff in each organisation who you can talk to.
  - Older people know their own needs better than councils.

- Older people's issues are not just about health and social care.
  - Older people have many of the same issues as young people.
  - You are concerned how this work is going to be funded.
  - Good information is important.
  - You would like a summary of the strategy.
  - Organisations should not just rely on e-mails and websites.
  - Organisations should use plain English.
- 
- We improved the strategy using your comments.
  - We published this summary of the strategy.

## What we will do now

- We will organise another conference for older people, together with Age Concern East Sussex, on 13 December 2005 in Eastbourne.
- We will fund a full-time post to take this work forward.
- We will look for more money to do more.
- We will ask different organisations to agree to the strategy and draw up their own action plans.
- We will work with and support the county's older people's forums.

## Hastings and St Leonards Seniors' Forum

Jocelyn Tilbrook  
Hastings Borough Council  
Phone: 01424 781855  
E-mail: [jtilbrook@hastings.gov.uk](mailto:jtilbrook@hastings.gov.uk)

## Eastbourne Association of Voluntary Services

Older People's Forum  
8 Saffrons Road  
Eastbourne BN21 1DG  
Phone: 01323 639373  
E-mail: [info@eavs.org.uk](mailto:info@eavs.org.uk)

## South Downs Council for Voluntary Organisations

Valerie Biggs  
66 High Street  
Lewes BN7 1XG  
Phone: 01273 483832  
E-mail: [comnet@southdownscvs.org.uk](mailto:comnet@southdownscvs.org.uk)

## Rother Community Links

Clive Mills  
1 Red Barn Mews  
Battle TN33 OAG  
Phone: 01424 777163  
E-mail: [clive@rothercommunitylinks.org.uk](mailto:clive@rothercommunitylinks.org.uk)

# Older people



## Wealden Federation of Voluntary Organisations

John Kelly  
Quickborn Suite  
Civic Centre  
Uckfield TN22 1AE  
Phone: 01825 767801  
E-mail: [john@wfvo.org.uk](mailto:john@wfvo.org.uk)

# 's forums in East Sussex



## Public and Patient Involvement (PPI) Forums

South Downs Council for  
Voluntary Organisations  
66 High Street  
Lewes BN7 1XG  
Phone: 01273 781855

Website:

[www.southdownscvs.org.uk/ppi.shtml](http://www.southdownscvs.org.uk/ppi.shtml)

## Village Elder Councils Action in Rural Sussex

212 High Street  
Lewes BN7 2NH  
Phone: 01273 473422  
E-mail: [info@ruralsussex.org.uk](mailto:info@ruralsussex.org.uk)



# Countywide agencies

## University of the Third Age

Edna Wright  
3 East Cottage  
Brighton Road  
Lancing BN15 8BQ  
Phone: 01903 753696

## Age Concern East Sussex

Diane Parr  
54 Cliffe High Street  
Lewes BN7 2AN  
Phone: 01273 476704  
E-mail: [diane.parr@ageconcern-eastsussex.org.uk](mailto:diane.parr@ageconcern-eastsussex.org.uk)

## East Sussex Disability Association

Nick Tapp  
1 Faraday Close  
Hampden Park  
Eastbourne BN22 9BH  
Phone: 01323 514500  
E-mail: [info@esda.org.uk](mailto:info@esda.org.uk)

## Carers' Development Groups

Liz Fenton  
Care for the Carers  
Braemar House  
28 St Leonards Road  
Eastbourne BN21 3UT  
Phone: 01323 738390  
E-mail: [reception@cftc.org.uk](mailto:reception@cftc.org.uk)

## Expert Patients

Jane Church  
36-38 Friars Walk  
Lewes BN7 2PB  
Phone: 01273 403596  
E-mail: [jane.church@nhsepp.org](mailto:jane.church@nhsepp.org)

## Sompriti

(working with and for black and ethnic-minority people in East Sussex)  
66 High Street  
Lewes BN7 1XG  
Phone: 01273 477550  
E-mail: [info@sompriti.com](mailto:info@sompriti.com)

# Ways of being involved

**Not everyone can go to meetings and it is important that a range of ways of being involved are available. Here are the main ways.**

## **Information – ways of telling people**

- Newsletters
- Websites
- Going to where older people are and speaking with them
- Mobile libraries
- Information centres and information points

## **Consultation – asking people for their views or advice**

- Surveys or questionnaires
- Focus groups
- Events

## **Involvement – organisations make decisions together with older people to improve services**

- Local forums
- Meetings or committees

# Getting this information in other languages

## English

If you would like this information translated into your language, please phone Southeast Interpreting and Translation Services on 01273 473986. Leave a message giving the title of the leaflet and the language you would like it translated into, together with your name and address.

## Albanian

Në qoftë se dëshironi që ky material të përkthehet në gjuhën tuaj, ju lutem telefononi Shërbimin e Përkthimeve me Gojë dhe me Shkrim në Jug-lindje (Southeast Interpreting and Translation Services) në numrin 01273 473986 dhe lini mesazh për të na dhënë titullin e broshurës, gjuhën në të cilën doni të përkthehet kjo broshurë si edhe emrin dhe adresën tuaj.

## Arabic

إذا كنت تود أن تترجم هذه المعلومات إلى لغتك، فيرجى الاتصال بـ :

**01273 473986** على الرقم **Southeast Interpreting and Translation Services**  
و أترك رسالة صوتية تتضمن عنوان النشرة و اللغة التي تريد ترجمتها إليها بالإضافة إلى اسمك وعنوانك البريدي. أو بإمكانك أن تكتب نفس التفاصيل في المكان المخصص على ظهر هذه النشرة وفصلها و إعادتها إلينا مجاناً في المغلف المزود.

## Bengali

এই প্রচারপত্রের অনুবাদ যদি আপনার ভাষায় পেতে চান তবে অনুগ্রহ করে সাউথ ইস্ট ইন্টারপ্রিটিং এন্ড ট্রানসলেশন সার্ভিসেস অফিসে 01273 473986 নম্বরে যোগাযোগ করে আপনার নাম ও ঠিকানাসহ প্রচারপত্রটির নাম এবং কোন ভাষায় অনুবাদ চান সেটা জানিয়ে খবর রেখে দিন।

## Cantonese

如果你希望有關信息翻譯成你的母語，請與東南翻譯服務（Southeast Interpreting and Translation Services）聯系，請打電話 01273 473986 並留言所需傳單的標題，要翻譯成的語言，及你的姓名和地址。

## Czech

Jestliže by jste chtěli tyto informace přeložit do vašeho jazyka, prosím kontaktujte Southeast Interpreting and Translation Services na telefonním čísle 01273 473986 a zanechte zprávu udávající, název letáku, jazyk do kterého si přejete uvedený překlad, spolu s vaším jménem a adresou.

## Farsi

اگر شما می‌خواهید که این اطلاعات به زبان شما ترجمه شود خواهش می‌کنیم با اداره خدمات مترجمان جنوب شرقی شماره تلفن ۰۱۲۷۳ ۴۷۳۹۸۶ تماس گرفته‌شده مشخصات دفترچه راهنمایی را که می‌خواهید ترجمه شود به‌مراه نام و آدرس خود و اینکه به چه زبانی می‌خواهید ترجمه شود در پیغام تلفنی بگذارید.

## Kurdish Sorani

ئەگەر دەتەوێت ئەم زانیاریانە تەرجومە بکەیت بۆ زمانی خۆت، ئەو ئەو نەوێت بەهێندێ بەکە بە  
لەسەر ژمارە تەلەفۆنی **Southeast Interpreting and Translation Services**  
و پەیامێک بەجێبەجێ ئەوە ناوی ئەو بۆلا و کراوەیەکی ئەوە دەتەوێت **01273 473986**  
تەرجومە بکەیت و ناوی ئەو زمانەکی ئەوە بۆی تەرجومە بکەیت بۆی و، هەر وەها لەگەڵ ئەمەشدا  
ناو و ئەدرەسی خۆت بەجێبەجێ.

## Mandarin

如果你希望有关信息翻译成你的母语，请与东南翻译服务（Southeast Interpreting and Translation Services）联系，请打电话 01273 473986 并留言所需传单的标题，要翻译成的语言，及你的姓名和地址。

## Portuguese

No caso de pretender obter a tradução desta informação no seu idioma, entre em contacto por favor com o **Southeast Interpreting and Translation Services (Serviços de Interpretação e Tradução do Sudeste)** através do telefone número **01273 473986**, deixando mensagem com o título do folheto, identificando o idioma pretendido, juntamente com o seu nome e endereço.

## Russian

Если Вы хотите, чтобы эта информация была переведена на Ваш язык, пожалуйста, Вы можете сообщить об этом агентству по переводам Southeast Interpreting and Translation Services по телефону 01273 473986. Пожалуйста, предоставьте информацию о названии брошюры, на какой язык Вы хотите, чтобы эта брошюра была переведена, а также своё имя и адрес.

## Turkish

Bu bilgilerin kendi dilinize çevrilmesini istiyorsanız, lütfen Southeast Interpreting and Translation Services ile 01273 473986 telefon ile kontak kurunuz veya kendi dilinize çevrilmesini istediğiniz kitapçığın başlığı ile çevrilmesini istediğiniz dil, adınız ve adresinizi mesaj olarak bırakınız.

# Further information

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Please contact Jessie for a full copy of the strategy or further information.

You can get this leaflet in large print, in Braille, on audio tape, on CD or in other languages if you ask us. This leaflet is also available on our website at [www.eastsussex.gov.uk](http://www.eastsussex.gov.uk)

