

FOLKESTONE AND HYPHE OVER FIFTIES FORUM

NEWSLETTER: 01

Great News!

We are launching a Folkestone and Hythe Over Fifties Forum, supported by funding from Engaging Kent. Its purpose is to raise the voice of older people from across Folkestone, Hythe and surrounding areas on both local and national issues that impact on the quality of our lives. We will make sure that you are kept up to date on issues through a regular quarterly newsletter and by connecting to the work of the National Pensioners Convention and other forums across Kent and nationally.

Our newsletter is FREE and will inform you on topical issues that we hope you will agree are of interest including:

- Social care
- Kent and Medway NHS Healthcare
- Public transport
- Scam awareness
- State pensions
- Living with Dementia
- Getting online and keeping safe

We will also hold quarterly forum meetings with excellent guest speakers talking on topics of interest. Our first forum meeting is on Wednesday 21 October at 10am with keynote speaker Steve Kelly, Fraud Protect and Prevent Officer at Kent Police, to talk to us about the latest SCAMS and how to keep safe online (see the back page for full details).

By becoming a member you can help us to raise the voice of older people across Folkestone, Hythe and surrounding areas. Forums are made up of passionate people who want their voice to be heard and to improve local and national services. **It's completely FREE to join.**

If you have any questions on becoming a member, please ring me on 07812 487971; if you are worried about the cost of a mobile call, leave a message and I will phone you back. Or you can send me an email to fhoffs@kcv.org.uk



I look forward to hearing from you.

Pauline

Coordinator for Folkestone & Hythe and Thanet Over Fifties Forums

KENT FORUMS COME TOGETHER "MAKING OUR VOICES HEARD"

On 11 March 2020, I attended a meeting made up of representatives from four different forums; a Physical Disability Forum, a Food Banks Forum, eight Mental Health Forums and nine Older People's Forums. These groups all exist to ensure people's voices are heard and services are improved.

We discussed concerns and issues affecting our members. What came out of that meeting was positive and collectively we agreed a way forward with important issues that will form the basis of a 3-year plan for the forums. These issues are:

- Housing
- Poverty
- Transport
- Loneliness

Minutes of the meeting were drafted and will be shared with new members once they become available, and there will be another forum meeting in the Autumn. During the Covid lockdown the Forums also worked closely to share support information for organisations and people who needed help and they are about to begin looking at health inequalities. The Forums are unable to meet face to face presently but are meeting remotely. Kent Forums have a new Forum Manager, Adam Littlefield, who will support us on this journey.



Free over 75 TV Licences are now only available to households that receive Pension Credit.

If you don't have Pension Credit but think you may be eligible, you can find out more at www.gov.uk/pension-credit You can make a [claim for Pension Credit online](#) or by calling 0800 99 1234 (opening hours 9.30am-6.00pm).



Wednesday 21st October 2020
11am to 12pm

See back page for full details

Participation Groups in Thanet about Urgent Treatment Centres (UTCs). UTCs are GP-led, open at least 12 hours per day at community sites and 24 hours per day at acute sites, and are equipped to diagnose and deal with many of the most common ailments for which people attend A&E. Folkestone Urgent Treatment Centre (UTC) is at the Royal Victoria Hospital.

People will be asked to make an appointment before arriving by calling NHS 111. If they **have not called 111 in advance**, someone will assess them; if they need urgent assistance, they will be seen by a clinician but, if not urgent, they may be asked to come back later or make an appointment at their GP surgery.

Kent and Medway NHS have provided TOFFS with a copy of their PowerPoint explaining:

- **What are UTCs?**
- **Benefits of a UTC**
- **What sort of patients would be suitable for referral to a UTC?**
- **How do patients access the UTC**

If you would like a copy, email fhoffs@kcv.org.uk

WaitLess app: The NHS WaitLess app, which helps people to find the quickest access to the best care in East Kent, is being updated with information regarding the new Urgent Treatment Centres and the services they can provide.

<https://www.nhs.uk/apps-library/waitless/>

Community Bulletin : The Kent and Medway NHS CCG Community Bulletin began in April 2020.

To subscribe to the Community Bulletin, email

kmccg.engage@nhs.net

Past copies can be viewed by visiting <https://kentandmedwayccg.nhs.uk/get-involved/kent-and-medway-health-network>

The UK Government reported on 24 July that it is expanding flu vaccinations to protect the vulnerable and support our NHS. This year, people between 50 and 64, those on the shielded patient list and those in the first year of

secondary school will qualify for the free vaccination. <https://www.gov.uk/government/news/most-comprehensive-flu-programme-in-uk-history-will-be-rolled-out-this-winter>



Kent Libraries have returned with a Limited Service

From Monday 13 July twelve of our Kent libraries opened with the following services: Select and Collect service and pre-bookable computers and Wi-Fi.

Folkestone Library is open but unfortunately not the surrounding areas. Due to social distancing measures, browsing will not be allowed. To allow customers to borrow books, the **Select and Collect service** is available. Opening times are:

Sunday	10am - 4.00pm
Monday	9.30am - 5.00pm
Tuesday	9.30am - 5.00pm
Wednesday	Closed
Thursday	9.30am - 5.00pm
Friday	9.30am - 5.00pm
Saturday	9.30am - 4.30pm

More information is available on the Kent Libraries website or you can telephone 03000 41 31 31 to find out more details. And don't forget, if you have internet access, you can use the KCC Libraries electronic library, so it is worthwhile becoming a member.

What is available if you become a member:

- eBooks, electronic versions of printed books via the Libby app.
- eAudiobooks, electronic versions of printed books that you can listen to via the Libby app.
- eNewspapers, electronic versions of newspapers via PressReader.
- eMagazines, electronic versions of magazines available by creating a RB digital account using your Kent library card.



The Secretary at Sevenoaks Senior Citizens' Forum used the Select and Collect service and found it arduous having to select up to 6 specific books so he opted for the Librarian to choose 6 books from a chosen genre instead, and is very interested to see what they choose for him, saying:

"It could be a voyage into unknown territory but will surely be more stimulating than watching the many repeats currently on the television." Visit the Kent Libraries website for full information <https://www.kent.gov.uk/leisure-and-community/libraries>

Covid 19 vaccine – where are we?

Scientists all over the world are racing to develop a vaccine for the coronavirus pandemic or Covid-19 disease that we are all living through right now. The coronavirus causing this disease is called SARS Cov2. A total of 26 candidates are currently in the clinical evaluation stage of development, according to the World Health Organisation.

The virus first binds to cells in the lung and then inserts its genes into the lung cells. This tricks the DNA in our lung cells to make new coronaviruses! These then burst out of the cell and infect more cells in our lung. SARS Cov2 binds to cells with a protein called the spike protein.

A **vaccine** is a type of medicine that gives our body's immune system an advanced warning of a disease which it has not seen before. Then, if the disease turns up, our body is primed to fight it off such that we do not catch it or spread it around to other people.

Vaccination enables us to fight the virus in two ways. By making antibodies which kill the virus in the blood and by making T cells (a type of white blood cell) to fight the virus once it has invaded our cells.

The University of Oxford is one of the front runners to develop a vaccine against SARS Cov2 using novel technology, described as a molecular vaccine. Their approach is to block the spike protein – the virus then cannot infect our cells and it will die.

The Oxford scientists isolated the gene which makes the spike protein and put this into a harmless virus to make the vaccine. This is injected into our arms. The harmless virus inserts the spike protein gene and our cells make spike protein. Our immune system will recognise the spike protein as foreign and marshal its defences to stop the virus infecting our cells, if we come into contact with it.

In clinical trials with healthy volunteers the Oxford vaccine does make antibodies which block the Covid spike protein and it also increases T cells. **This is fantastic news.** Further clinical trials assessing if the vaccine can block transmission of the disease in Covid 19 patients are taking place in South Africa, Brazil, and USA where infection rates are high.

Other vaccine candidates in advanced clinical trials as well as the Oxford one include those from CoronaVac (China), Moderna (USA) and Pfizer-BioNTech (USA-Germany).

It normally takes at least 10 years to develop a vaccine – so how come scientists have come so far in a few months? The key is to use modern technology, do as much in parallel as possible and begin vaccine manufacture before you know the vaccine works and has been approved! Oxford University has partnered with the pharmaceutical company, AstraZeneca, to produce the vaccine globally and manufacture is underway.

When will we know if the vaccines work or not? All being well it should be Autumn of this year – the Oxford vaccine might be the first—so watch this space!!

Thanks go to Thanet Over Fifties Forum member Mike Trevethick for writing this article.

*Note on terminology: coronavirus disease is also called Covid 19 which stands for **C**orona **V**irus **D**isease (which was discovered in) **2019**. The virus causing the disease is the severe acute respiratory syndrome coronavirus 2 or SARS Cov2.*

CALL OUT FOR READERS

Do you like to keep up to date on range of issues from the NHS, bus services, pensions to improving social care.

Older Peoples' Forums who are made up of passionate people and want their voice to be heard.
NEEDS HELP!

Thanet Over Fifties Forum and Folkestone and Hythe Forum are urgently looking for readers to help keep our members informed on matters of local and national concerns.

To find out more please get in touch by emailing: pauline.petitt@kcv.org.uk or telephone 07812 487971



The National Garden Scheme gives visitors unique access to exceptional private gardens across the country and raises impressive amounts of money for nursing and health charities through admissions, teas and cake.

To ensure the safety of volunteers and visitors during the Covid-19 pandemic, tickets will need to be pre-booked on the website <https://ngs.org.uk/product-category/garden-tickets/>

Volunteer Drivers Needed

to support Kent Coast Volunteering
Community Transport Service

Can you drive?

Are you a car owner?

Can you spare a couple of hours a week?

If your answer is **YES**, then we would really like to hear from you.

Please call our Transport Hub on **01304**

380513 or email info@kcv.org.uk



Kent Coast Volunteering

Folkestone & Hythe Hub

FOLKESTONE AND HYTHE OVER FIFTIES FORUM

Invites you to an online information & discussion meeting

Covid-19: Opportunities & Challenges for the 50+

**Wednesday 21st October 2020
11am to 12pm**

Guest Speakers

**Paul Rutterford, Academy FM 107.8
"Happy Stories during Covid-19"**

**Janet Hope, Forum Member
"Getting online to be or not to be"**

Steve Kelly, Kent Police, Fraud Protect and Prevent Officer "SCAMS and how to keep safe online"

HOW TO JOIN THE MEETING:

**MEETING IS BEING HELD ON MICROSOFT TEAMS
YOU DON'T NEED AN ACCOUNT**

**ALL FORUM MEMBERS WILL RECEIVE A PERSONAL
INVITE SENT BY EMAIL**

**WHAT TO DO IF YOU ARE NOT A MEMBER?
EMAIL fhoffs@kcv.org.uk AND WE WILL HAPPILY
SEND YOU THE LINK.**

EVERYONE 50+ WELCOME

We are committed to sending the quarterly newsletter to all members by email or post because keeping in touch with people is important to us. Our members list is confidential and will not be shared with anyone outside of Kent Coast Volunteering. **HOW TO BECOME A MEMBER** please email fhoffs@kcv.org.uk or telephone 07812 487971. Our Mailing Address is KCV Folkestone & Hythe Hub, 65 Shaftesbury Ave, Folkestone CT19 4NS.



Kent Coast Volunteering

Folkestone & Hythe Hub

