

A force to be reckoned with



www.espopf.org

EASTLEIGH SOUTHERN PARISHES OLDER PEOPLE'S FORUM

NEWSLETTER 47

January 2009

A HAPPY NEW YEAR TO ALL! SAVE OUR TRAVEL TOKENS (2)

NEW YEAR RESOLUTIONS:

- 1 I must attend ESPOPF's next **Open Meeting on January 20** to meet all the people providing services for us.
- 2 I must attend the first meeting of the southern parishes branch of **University of Third Age (U3A)** at Hedge End on February 23 2.15pm at the Underhill Centre, St John's Road. Tel. Patience Sambrook **01489 782552**
- 3 I must take advantage of the **free swimming** opportunities at Fleming Park
- 4 I must check ALL my **entitlements**, with HISP or CAB.
- 5 I must join my local **Good Neighbour Scheme**, help to set one up and/or become a volunteer driver.
- 6 I must join the **ESPOPF 100 Club**

BUDGET INCREASES

Pensions: **£95.25 (single)**

£152.30 (couples)

Pension credit: **£5.95 (single)**

£9.10 (couples)

THIS INDEPENDENT NEWSLETTER IS
SPONSORED BY HELP THE AGED

Following the second Campaign Steering Group Meeting in November, when the SOTT Campaign went Borough-wide, the following actions were agreed:

- ◇ To continue to gather Petition signatures for the re-instatement of the travel tokens (500 in Chandler's Ford in one day!) Tel. **02380 403311** for forms.
- ◇ To continue to write letters to newspapers, MP and councillors to raise public awareness of the issue.
- ◇ To make formal complaints to EBC on grounds of discrimination, failure to consult and follow own procedures and failure to arrange an equality impact assessment before removing a service.
- ◇ To continue to gather information relevant to the campaign.
- ◇ To ask Chris Huhne MP to state his position in relation to the campaign, since the other prospective parliamentary candidates are in total support.
- ◇ To encourage eligible older people to apply for membership of Dial-a-ride and the other "offers" to test the availability and accessibility of the services.

ESPOPF COMMITTEE 2008/9

Chair: Patience Sambrook (Hedge End) 01489 782552

Vice Chair: Jackie Charles (Hamble) 02380 453296

Hon. Sec. Diane Andrewes (Bursledon) 02380 403311

Hon. Treasurer/Membership Secretary: Betty Lawrence (Netley) 02380 453680

Members: John Taylor (Butlocks Heath) Jean Huggett (Botley) Margaret Phippard (Hamble) Shirley Driscoll Pat Rose (West End) Pat Jenkins June Watson (Hedge End) Peggy Budd (Netley Abbey) Jean Norton (Bursledon) Gloria Bowles (Hamble) Botley: one *vacancy* Web Master: David Andrewes
(Any member interested in filling the vacancy should contact the Hon. Sec.)

NOVEMBER OPEN MEETING

Over 60 people signed the Attendance Book at the cosy Priory Centre in Hamble, where we were made really welcome. The morning talks were given by representatives from the Fire and Rescue Service and *Vitalise*. They gave us much useful information and fielded all the questions brilliantly. The Hamble branch of the RNLI and *Save the Children* provided stalls. At lunchtime, we discovered that faggots are a firm favourite with our members! The Raffle raised £69. Thanks to all those who brought prizes and bought tickets.

In the afternoon, members were asked, in small groups facilitated by committee members, to discuss, comment on and endorse the details of the *seven dimensions of independence*, as outlined in the Bursledon, Hamble and Hound Age-Friendly Action Plan. This plan has been produced by ESPOPF members in partnership with the BHH Local Area Co-ordinator, Martin Coulson. (The amended plan has since been adopted by the BHH Councillors and is to be published in 2009.)

We apologise sincerely to members who were unable to attend because the Underhill Centre cancelled our booking. We recognize that access is very difficult for people with mobility problems at the Priory Centre. We also had to cancel the exercise class. Unfortunately, there is a shortage of appropriate, bookable accommodation in the southern parishes. Our needs are for catering and car-parking facilities, disabled access, a large meeting room for up to 100 people and smaller rooms for workshops with comfortable chairs. We also require a pleasant, warm and light venue, which will be enable members to feel comfortable the whole day. Any suggestions?

November 100 Club Winners

£50 Val Ritchie(65) Hedge End

£25 Mrs M. Steller (61) Hedge End

£25 Mr C. Garrard (17) Hamble

ATLANTIC HOUSING/FIRST WESSEX

After writing to express concern about the continued uncertainty of some bungalow tenants still waiting to know about the future of their homes, we received assurances that everyone would hear before Christmas. Let us hope it has been good news for them.

More applications have been made to demolish garages on housing association estates and replace them with dwellings. We made representations to EBC Planning Policy, Development Control and Housing about the need to consider the amenity of neighbours, especially those in their eighties and nineties, who would be affected by the demolition and construction works in their immediate vicinity. There was also the question of increased on-street parking in roads unsuitable for it, degrading the environment for residents generally and creating problems for emergency vehicles. The first applications to go to Committee have been refused.

PROPOSED SACHELL LANE REFUGE AT JUNCTION WITH HAMBLE LANE

Following the fatal accident in the vicinity of the Satchell Lane junction with Hamble Lane, we wrote to express our concern and to ask for reconsideration of the proposal. We were very pleased to learn that the Blackthorn Patients Group had also written. We have been told that the matter will be on hold until the coroner has reported.

AVAILABILITY OF HEARING-AID BATTERIES AT PHARMACIES

Chris Huhne, our MP, contacted the Minister on our behalf to ask why hearing aid batteries were not available in non-NHS pharmacies and therefore not eligible for home deliveries. He replied that this was a matter for the PCTs – they having previously told us that the Government did not allow this. We are waiting to hear now from the PCT! And so it goes on...

NOTICE BOARD

READ "PILLS & PERILS"

Copies of our recent research on prescribed drugs are available from all the parish council offices. It would cost 66p per copy to post to all 1,000 participants, but the report is available free at Open Meetings or visit our website: www.espopf.org.

The researchers would be very pleased to receive comments and evidence of any improvements locally.

DRIVE SAFELY

Hampshire County Council offers an informal, confidential appraisal to people who want to update their driving skills or gain confidence with their Older Driver Skills Scheme.

The appraisal is not a test, but is there to offer help and advice to drivers perhaps recovering from illness or injury, advised to attend on health grounds, those returning to driving or finding it difficult to adapt to a new vehicle.

The appraisal costs £25, takes about one and a half hours and is delivered from home by a Driving Standards Agency App-oved Driving Instructor, using the driver's own car.

It makes sense for all drivers to update their skills. Contact the Road Safety Office on **01962 874600** or email road.safety@hants.gov.uk

COMMUNICATE

After 40, hearing starts to deteriorate. If you are speaking to a person who is deaf

- * Find a suitable place with good lighting, away from noise and distractions
- * Make sure that you have the person's attention before you

start speaking.

- * Check that the person can follow you
- * Speak clearly, not too slowly, and use normal lip movements. Use natural facial expressions and gestures.
- * Even if the person is wearing a hearing aid, always ask if they need to lip read you.
- * Keep your voice at a normal level. If you shout, it is uncomfortable for a hearing aid user and it looks aggressive.
- * Remember to turn your face towards a deaf person Always turn back to them, so they can see your face.
- * Use plain language and do not waffle.
- * Do not put your hand in front of your mouth when speaking.

RNID

CHECK UP ON CANCER

Macmillan Cancer Support has produced an excellent publication called **THE CANCER GUIDE**. They also do a range of *Living with Cancer* booklets. These explain everything for patients and those who care for them. and tell them where to find help. The publications are sponsored by Nationwide. Phone **0800 500 800**

GET EXTRA CASH

1 Football Stewards are paid £5-£10 per hour to help out on match days by football clubs from the Premiership right down to the lowest divisions. Contact your local club's safety officer for details

2 Mystery shoppers are asked to buy goods in stores, eat meals in cafes and restaurants and stay overnight in hotels. More complex jobs involve visiting hospitals and even test-driving cars. Pay varies from

£5 - £30 per hour and you need to be able to say how you were treated as a customer. Contact Retail Maxim at www.retail-maxim.co.uk.

3 Location, location Let your home for filming, TV and stills photography, Films and TV tend to pay £1,000 per day. All sorts of properties are needed: urban flats and suburban semis to country houses. Main rooms should be at least 12' x 16' to accommodate film crews and nearby parking is essential. Contact Lavish Locations on **02087422992**

www.lavishlocations.com

4 Give blood for medical research. Fit, healthy non-smokers may receive up to £100 for 600ml. For more details, visit www.trials4us.co.uk

5 Be a guinea pig. Take part in clinical or medical trials and you can earn £70 to £150 a day. For details visit the UK section of www.gppg.net

6 PENSION CREDIT

Claim it now! Contact HISP on **023 8090 2405**

JOIN THE U3A

U3As are self-help, self-managed, life-long learning co-operatives for older people no longer in full-time work, providing opportunities for their members to share learning experiences in a wide range of interest groups and to pursue learning not for qualifications, but for fun. Email Patience Sambrook for more details: psambrook@yahoo.com

NB GOVERNMENT RENTAROOM SCHEME

You may receive rent up to £4,250 per year tax-free if you let a furnished room. For details, telephone: **08459 000404**

(not 000454 - Ed.'s apologies)

Next Open Meeting: Tuesday March 17

FROM OUR POST BAG ...

Dear Editor

Thank you for sending me notices of meetings of Eastleigh Southern Parishes Older People's Forum. I find the Newsletter very interesting and I am sorry that I will not be able to get to any of the meetings or meals which sound very nice.

I am 83 years of age now and registered disabled. When I do go out, which is not very often, I am pushed in a wheel chair. I live alone here in my small flat, alone with my cat, Fudge, who is very good company.

Marjorie BennWest End

Dear Editor

(The following reply to Jo Rood's letter on the issue she raised in the November Newsletter is printed below.)

Thank you for writing to me about the services at the Moorgreen Hospital site and Bitterne Health Centre. You probably know that both these facilities are owned and run by Southampton Primary Care Trust (PCT), but residents of Hampshire do make use of their services. We commission the west of Hampshire out-of-hours service from Southampton City PCT.

Southampton PCT have recently located some of their out-of-hours service from their Bitterne site to the Royal South Hants Hospital during weeknights, following engagement with their patients' forum. The number of Hampshire residents using the service at those times is low, but we have nevertheless asked the Southampton City PCT to consider the impact of this move on residents of the

southern parishes of Eastleigh. Hampshire PCT will look at overall patient flows out of hours during weeknights to assess the volume of users from the area, who may be diverted elsewhere or require visits due to lack of transport links.

Hampshire PCT is working in partnership with Southampton City PCT on its plans for the Moorgreen site, but this is at an early stage. We also have plans for the development of a new community hospital in the western wards of Fareham (at the Cold East Hosiptial site) which may offer a further option to access services for some residents of the southern parishes. This new facility is at an advanced stage of planning and is due to be operational by the end of 2010.

ESPOPF may wish to be involved as a stakeholder in the Locality Practice-Based Commissioning Group who are looking at how to improve services locally and bring services nearer to people's homes. For example, Hampshire PCT has recently commissioned enhanced diabetic care from GP practices to reduce the need for hospital attendance.

Thank you for drawing your concerns to my attention. I hope I have been able to give you a flavour of the extensive work that Hampshire PCT is engaged in to make sure that health services are as close to people's homes as practicable to give a safe service. The PCT Board has recently approved our updated strategy document which will shortly be available on our Hampshire PCT

website:

www.hampshirepct.nhs.uk

*Jonathan Montgomery Chair
Hampshire PCT*

(Jo has agreed to be the ESPOPF representative on the S.P. Locality Practice-Based Commissioning Group, which meets at Blackthorn Medical Centre. We are grateful to her for raising this issue and for getting this reply. - Editor)

Dear Editor

(The following reply was received after an enquiry by ESPOPF about the availability of the Government's Free Swimming Initiative for Older People.)

As the legislation only applies to Council-owned sites, we can only introduce it at Fleming Park in Eastleigh. EBC does not own any other sites. Hampshire County Council could introduce it on their sites if they wanted to, but the legislation makes it clear that it would have to be done at all the HCC-owned pools throughout the County. They would not be able to pick and choose.

You would need to take this up with the ruling group on HCC.

*Alan Broadhurst Cllr
Cabinet Member (Leisure)*

(Yet again, the southern parishes miss out on some much-needed help! We are taking this up. Please contact your local County Councillor - Editor)

Dear Editor

Premium bonds have become bad news for savers. The number of cash prizes worth £5,000 + has dropped from 182 to 23 a month and average tax-free investment has fallen from 2.85% to 1.8%. An ordinary high-interest savings account might now be a better bet.

Guardian Money 6/12/08

CONTRIBUTIONS TO THE EDITOR, ORCHARD HILL, OLD BURSLEDON, SO31 8DH

(The Editor reserves the right to edit letters to meet space constraints.)