

A force to be reckoned with



www.espopf.org

**EASTLEIGH
SOUTHERN
PARISHES
OLDER
PEOPLE'S
FORUM**

NEWSLETTER 59

MAY 2011

**WILL YOU HELP WITH OUR
RESEARCH, PLEASE?**

Macmillan Cancer Support is commissioning ESPOPF, this year, to find out what older people think of the care they have received while experiencing cancer as patients, carers or family members.

Macmillan is very concerned about the low survival rates of older patients in the UK, compared with those reported in other countries. It has initiated five *Improving Cancer Treatment Assessment and Support for Older People Projects*, partly funded by the Department of Health and supported by AGE UK. Our research will contribute to these, so it is very important.

On the whole, cancer is a disease of older people, but has anyone asked older people about their awareness of it, how readily they report symptoms and undergo treatment, and whether they have the support they need from the moment they are diagnosed?

It is not clear whether the reported ageism in the NHS leads to late or fewer referrals to specialists and failure to offer treatment. Many cancer-screening programmes do not include people over 70, for instance.

Cancer is becoming more and more common. The good news is that the chances of complete recovery are increasing, especially if symptoms are reported early and treatment is given. We, ourselves, can help to prevent it in our lifestyle choices: taking exercise and eating and drinking sensibly, for instance. Above all, we may eliminate fear - and survive.

Now, ESPOPF researchers need *your* help to discover and record older people's experience of cancer care. We can do this, if **all** our members complete the Questionnaires enclosed with this Newsletter and return them in the FREEPOST envelopes. As usual, we invite members who have more to say to fill in the *Interview Request* form. Our research is completely confidential and is conducted to meet ethical requirements. Please help us to help you.

Come to support our

**GARDEN PARTY
in aid of ESPOPF
SUNDAY MAY 22nd**

2-4pm

COPPICE RIDGE

ST MARY'S ROAD

(off Hound Way)

NETLEY ABBEY

free car parking

WOODLAND WILDLIFE RHODODENRON

KOI CARP MALLARD WATER GARDEN

by kind permission of

Derek and Margaret Worthy

**£3 (adults) £2 (in advance) Children
free**

TEA & BISCUITS

We hope members will persuade their families and friends to come with them to Netley Abbey for an afternoon out in a beautiful garden.

From Bursledon's Windhover Roundabout (Tesco's), drive down Hamble Lane to Hound Corner, taking the second exit off the roundabout, Hound Road. St Mary's Road is the second turning on the left. A large sign will show the way. The rear entrance to *Coppice Ridge* is on the right along the unmade road. Ample car-parking. Regret no wheelchairs or dogs. Please wear appropriate outdoor footwear and clothes. Let us pray for a warm day!

**MACMILLAN CANCER SUPPORT PAID FOR
THIS INDEPENDENT NEWSLETTER**

ESPOPF NEWS

COMMITTEE MEMBERS 20010/11

Chair: Patience Sambrook (Hedge End) 01489 782552

Vice Chair: Jackie Charles (Hamble) 02380 453296

Hon. Sec./Newsletter Editor: Diane Andrewes (Bursledon) 02380 403311 diane.andrewes@virgin.net

Hon. Treasurer/Membership Secretary: Betty Lawrence (Netley) 02380 453680 betty@jwlawrence.plus.com

Web Master: David Andrewes (Bursledon) david@espopf.org

Consultation/ Engagement Officer: Judith Cam (Hound) judithcam@hotmail.com

John Taylor (Butlocks Heath) Susan Moody Maureen Hunt (Botley) Margaret Phippard Gloria Bowles (Hamble)

Pat Rose Erica Andrews (West End) June Watson Dottie Vickers (Hedge End) vacancy (Bursledon)

MARCH OPEN MEETING

Election Day is on May 5 and it seemed appropriate to invite the Chief Executive, Bernie Topham, to come in March with a team of officers to explain some of the inner workings of Eastleigh Borough Council. They gave interesting talks and lively workshops. In the afternoon, we heard about the Referendum and postal voting, and representatives from three political parties took part in the Hustings. This was a fascinating day for those interested in the political process; perhaps not a day to inspire older people to get involved!

Local government is being hit by cuts from central government, which has the public sector in its sights. The cuts are passed on to the public, especially the most vulnerable, like young people and children, who cannot defend themselves. We are far from happy while the bankers are getting off scot free with their huge salaries and bonuses. It was noted at the Hustings that the panel did not think it necessary for councillors to forego their allowances! The politicians seemed to agree on most things, which is a sign of the times, and they were all white, male and retired and hardly representative of the population. However, we were very grateful to them for giving us their time and perspectives. We haven't heard of any other hustings in the Borough. Do candidates engage with voters these days?

We were delighted to welcome back Teresa, who cooked us a delicious lunch, despite having to familiarise herself with the Hilldene Centre's new kitchen and appliances. Diane Rodaway led her usual enthusiasts in exercises and HISP provided advice. The raffle earned £57 for ESPOPF, thanks to all who brought prizes and bought tickets from Sue Taylor.

100 Club May Winners

Mrs Clarissa Stevens (62) West End £50

Mr & Mrs F Pitman (32) Hedge End £25

Mrs Ida Moncaster (26) Hedge End £25

70 Club May Winners

Marie Newton (43) West End £35

Margaret Palmer (15) Hedge End £17.50

Jean Purchase (20) West End £17.50

NEWS

1 Age UK has incurred our wrath by announcing its support for the *principles* of the Coalition Government's NHS proposals. We have written, as a *critical friend*, to remind them that they should be representing older people, who are the majority of NHS patients. It is ESPOPF's view, and 99% of nurses agree, that the 'reforms' will be detrimental to patient care and will lead to increased privatisation of the NHS. They constitute an unnecessarily, disruptive and expensive re-organisation, provoking wide-spread opposition by health professionals. We wrote to AGE UK more in sorrow than in anger, as we have been most grateful for the support given since it was formed. However, we note with concern the refusals of the Age Concerns of Hampshire, Birmingham and Liverpool to join AGE UK, on the grounds that they are better able to respond locally to the needs of older people.

2 Good news for **Blue Badge Holders**. HCC accepts that they did not implement the required Equality Impact Assessment (EIA) before making a decision to charge BB Holders for parking cars at Country Parks, and the process will begin again.

(Please contact Diane if you will be disadvantaged by the proposed charges.)

3 The reduction of daytime services at the **Bitterne NHS Walk-In Centre** demonstrates the problems for patients if GP consortia are to commission services. Apparently, GPs are unhappy about NHS Walk-in Centres, seeing them as competition. However, patients like them. Under the present system, ESPOPF could have lobbied our Primary Care Trusts for day-time services at the Bitterne Walk-In Centre. With the new system, the GPs alone will decide what services we get. We are being sold the NHS changes on the basis of patient choice. What patient choice?

4 We have made an official complaint about the HCC decision to reduce **Mobile Library Services** without implementing a proper Equality Impact Assessment. Is it possible to withdraw library services from these users, without discriminating?

NOTICE BOARD

SPOTLIGHT ON PEVEREL LTD. (2)

The *Guardian* newspaper has reported that the holding firms behind Britain's biggest property manager have been taken into administration. Peverel tenants and leaseholders, including those in McCarthy and Stone retirement properties, are concerned about their *sinking funds* – money put aside for future major repairs - and fear that new owners may raise maintenance charges further.

SIESTAS

People who find themselves feeling sleepy in the afternoon need to look at how much sleep they are getting. Regular sleep times are much more beneficial than *siestas*. We should aim to go to bed at the same time each night and get up at the same time each morning. The routine is good for us. Sleep deprivation causes problems, such as an increase in appetite and craving for salt and sugar, especially when we are tired. More exercise helps.

HAMPSHIRE

AMBULANCE SERVICE

We congratulate our Ambulance Service (South Central). For being the best service in the country. It came out on top of a list of 11 English trusts, based on response times to 999 calls: immediately life-threatening medical emergencies, and clinical performance in stroke, heart attack, cardiac arrest, asthma and diabetic emergencies. Well done!

TRAIN SCAMS

The police are warning travellers to be vigilant when buying tickets at unstaffed machines on the train and tube network. This follows a rise in the number of card-skimming devices on payment keypads. Similar card

readers readers have appeared on ATMs and have been used to clean out accounts.

RADAR KEYS

This national key scheme offers disabled people independent access to around 7,000 locked public toilets around the country. Radar keys are free to EBC residents and are available from council offices in Eastleigh. Proof of disability and address are needed.

MONEY ADVICE SERVICE

The Government has launched a free, unbiased, one-stop shop to give people practical, personalised help with their money queries. It can be accessed by phone, like NHS Direct, on **0300 500 5000**, or you can visit the website: www.moneyadvice.service.org.uk. You can also book one-on-one sessions by telephoning:

0333 321 3434

This service aims to help everyone who wants information or more detailed help with financial matters - whether poor or well-off. It provides the right money advice at the right time in the right way.

The most popular topics are budgeting, state benefits and credit/borrowing, but information is available on day-to-day money management, savings, mortgages, insurance, retirement planning. Managing life changes, such as starting a family or losing your job are also included.

There are other recommended websites:

Unbiased.co.uk is a free portal that can be used to find local, professional advisers, market mortgage advisers, accountants, solicitors.

Adviceguide.org.uk is the main public information service of Citizens Advice, providing free access to CAB information on

rights, including benefits, housing and employment, also consumer and legal issues.

Pensionsadvisoryservice.org.uk

uk

gives free, impartial information and guidance on all aspects of state, work-based and private pensions by phone, letter, email, or online. It is run by volunteers and funded by the Government.

Direct.gov.uk is the Government's digital service delivering information and practical advice about public services.

THREE TESTS OF REASONABLENESS

Eric Pickles, Secretary of State, has said that councils should not pass on disproportionate cuts to local and voluntary groups; that they should talk to voluntary and community groups at a very early stage about how services need to change; and that they should give at least three months' notice about the need to end or alter a grant or other support, and use these three months to give local groups a chance to make their case and come up with alternative ways of redesigning or reshaping a service.

BENEFITS OF PHYSICAL ACTIVITY

Those people active at recommended levels have a 35% to 50% lower risk of type 2 diabetes and 20% to 35% lower risk of cardio-vascular disease, coronary heart disease and stroke. Many cancer patients who are physically active have a 30% to 50% reduced risk of cancer deaths compared with less physically active. This includes those patients suffering from breast, colon and prostate cancer.

NHS Dental Helpline
Monday-Friday 8.30am –
5.30pm 0845 050 8345

YOU WRITE...

Dear Editor

Central South Coast Network will be running a campaign that aims to save lives in your community by increasing awareness of bowel cancer symptoms and encouraging people to visit their GPs if they experience these symptoms.

The campaign will be launched at the end of May and will run for six weeks and we need volunteers to help.

We need people to help get the message out in whatever way is possible. We need them to work as a team and, with training and support, to talk to people about bowel cancer, hand out or deliver, leaflets, attend local events, organise a small community event, join a street team. Let us know whether we can send you copies of leaflets or posters in the post.

To register as a helper, call the dedicated volunteer number on **07739 340162**.

Thank you for your help.

Gary Wooten CSSCN

.....
Dear Editor

I am writing to invite all unpaid carers, who live in the southern parishes and the surrounding areas, to come along to our Coffee Mornings and meet the One Community Carers' Centre Team and other carers.

Some coffee mornings are held at the Blackthorn Medical Centre in Satchell Lane, off Hamble Lane, on the third Wednesday morning each month from 10am – 12 midday. Future dates will be May 18th, June 15th, and July 20th.

Other coffee mornings are held in the West End Medical Centre in Moorgreen Road on

the second Wednesday afternoon of the month from 2 – 3.15pm. The dates are May 11, June 9 and July 13.

We shall be delighted to see you and welcome you and you can join in as little or as much as you want to.

**Angie Poole Eastleigh
The Carers' Centre**

.....
Dear Editor

I mentioned to you at a recent meeting that Eastleigh and Hampshire Councils are reducing their funding to *In Touch* for the Handyperson Service. You said that this service was much valued and that you thought the Government had announced that it was to provide more support.

Luckily, extra funding is coming in from *Supporting People* (Government funding relating to housing services) so there should be no reduction in services. *In Touch* will continue to deliver the service. The Gardening Service will also continue, but EBC Direct Services will be taking it over from *In Touch*.

**DicconBright EBC
BHH Area Co-ordinator**

.....
Dear Editor

HCC has made a number of additions to the statutory concessionary travel scheme to meet the needs of those with disabilities, including all-day bus travel, companion passes, half-fare travel on Dial-a-ride, and vouchers for use on voluntary car schemes and taxis.

Vouchers are offered as an alternative to tokens and are now available county-wide, including in Eastleigh, where tokens were not previously offered. The vouchers require a photograph and, where a new

photograph is required, we do not meet the costs of providing providing one, but we are accepting digital photographs taken by friends and family, which can be posted or emailed to us. The photograph is then held on the system and vouchers may be automatically renewed annually for five years without the need for a further photograph.

Government funding has been cut by 14.3% this year and will be reduced by a further 10.4% next year. HCC is making good a funding shortfall of £1.5 million this year. Borough and district councils can still provide concessions in addition to the statutory scheme using their Wellbeing powers, and Government has promised some transitional funding to those councils to meet concessionary fare costs. Basingstoke & Deane BC is making £200,000 available for concessionary travel this year.

The new voucher scheme is proving a popular alternative to the bus pass, but it is up to individuals whether it is the best option for their personal circumstances.

**Peter Shelley
HCC Passenger Transport**

.....
Dear Editor

Our funding from the PCT has ceased. We hope you will bear with us in the difficult year ahead, as we endeavour to secure future funding to continue our work.

Julie Williams HISP

.....
**Contributions may be sent
to**

The Editor
Orchard Hill Old Bursledon
SO31 8DH
diane.andrewes@virgin.net

EASTLEIGH SOUTHERN PARISHES
OLDER PEOPLE'S FORUM

HEALTH ISSUES

TUESDAY MAY 17 2011

HILLDENE CENTRE HIGH STREET

WESTEND SO30 3DU

MORNING WORKSHOPS/STALLS

**MENTAL HEALTH GET FIT FALLS
DEMENTIA RESEARCH BOWEL CANCER ETC.**

AFTERNOON SESSION (1.45pm)

**CAROL DAVIS - CONSULTANT ONCOLOGIST
COUNTRESS MOUNTBATTEN HOSPICE**

DYING MATTERS

RSVP Betty Lawrence 8 Rookley Netley Abbey SO31 5PH Tel.023 8045 3680

Name(s).....Tel.....

Address.....

CHOOSE:

DEADLINE:14/5/11

Chicken Riesling (creamy, white wine, bacon, mushroom sauce) ... Brie & Broccoli Strudel... (£3.50)

Peach Melba ... Raspberry and Almond Torte (£2.50)

I/We wish to book lunches @ £5 (2 courses) or Main Course (£3.50) Sweet (£2.50)

PLEASE INFORM BETTY OF CANCELLATIONS PRIOR TO THE EVENT.

ALL ORDERED MEALS TO BE PAID FOR ON THE DAY

I/we wish to reserve ... seats on the door-to-door One Community Bus

SUBSCRIPTION: I/we wish to pay to 'ESPOPF' the 2011/2012 minimum, annual subscription £3/£5

OPEN MEETING DETAILS

COFFEE/TEA & BISCUITS 10.15am

MORNING WORKSHOPS

10.45AM- 12.30PM

LUNCH 12.30PM – 1. 15PM

RAFFLE/100/70 CLUBS DRAW

1.30 - 1.45PM

AFTERNOON INTERACTIVE SESSION

1.45 – 3.30pm

HEALTH is a key issue for older people and we are fortunate that so many people want to engage with us on health issues - hence the theme for the Open Meeting programme.

There will be at least 6 x 30-minute morning workshops. Members can choose to attend 3.

In addition, the **Home Information Support Project** (HISP) advisers will be available to answer your questions and Diane Rodaway's **Extend Exercises** will start at 11.30am, as usual.

Angie Poole from the Carers' Centre will start the afternoon session before handing over to Carol Davis, whose special topic is Palliative Care. Carol, with colleagues, will run an inter-active session. **May 15-21 is Dying Matters week.**

FOOD - Teresa Noguera has returned to cook her mouth-watering menus for us. Let us know if you have any special dietary requirements. Geraldine, our former Hilldene helper, has become Teresa's helper, following her initiation in March. We hope Maureen Hunt will continue to demonstrate her expertise with the dishwasher.

FUND-RAISING - please bring prizes for the customary Raffle: unwanted gifts, garden produce, books etc.

100/70 CLUB DRAWS – it is not too late to join the 70 Club. The membership fee is now £8, as there are four draws remaining in the year.

TRANSPORT- Michelle will be collecting passengers in the *One Community*, wheelchair-friendly mini-bus and delivering the usual door-to-door service. Please wait patiently to be picked up. The charge is £2.

.....
ESPOPF ANNUAL SUBSCRIPTIONS will be due at the AGM in July. Please help our Treasurer by paying now.

DYING MATTERS is a broad-based and inclusive national coalition of just under 14,000 members. It aims to change public knowledge, attitudes and behaviours towards death, dying and bereavement.

The members of the coalition include organisations from across the NHS; voluntary and independent health and care sectors, which include hospices, care homes, charities supporting old people, children and bereavement; social care and housing sectors; a wide range of faith organisations; community organisations; schools and colleges; academic bodies; trade unions; the legal profession; the funeral sector.

The *Dying Matters* coalition wants “to support changing knowledge, attitudes and behaviours towards death, dying and bereavement, and to make ‘living and dying well’ the norm”. This will involve a fundamental change in society so that dying, death and bereavement will be accepted as a normal part of everybody’s life cycle.

Society's views of dying and death impact on the experience of people who are dying and bereaved. Lack of openness affects the quality and range of support and care services available to patients and families. It also affects our ability to die where or how we would wish.

Dying Matters is working to address this by encouraging people to talk about their funeral plans with friends, family and loved ones and their wishes, including where they want to die. Talking about dying makes it more likely that you, or your loved one, will die as you might have wished and it will make it easier for your loved ones, if they know you have had a ‘good death’.

Dying Matters is encouraging all its members to hold events in their communities during the week of May 15-21 to encourage open conversations and help people start to think about their own plans.

We all could visit an ill friend or relative, taking a couple of hours out of our week to visit someone who may appreciate support at this time. If they are frail or elderly, they may want to discuss what will happen at the end of their life, or who will make the decisions. Even if they don’t want to talk about it, it’s good to show we care.

Taken from www.dyingmatters.org

.....
Send your email address for an e-newsletter.