



A force to be reckoned with



**EASTLEIGH
SOUTHERN
PARISHES
OLDER
PEOPLE'S
FORUM
NEWSLETTER 46
November 2008**

TRAVEL TOKENS UPDATE (1)

Many people, who will be adversely affected by Eastleigh Borough Council (EBC)'s decision to end travel tokens for older and disabled people, have been collecting Petition signatures and sending a continuous stream of letters to the *Daily Echo* to air their complaints. The paper has also published sympathisers' letters.

There has been no reply from the Leader of the Council, nor the Cabinet Member with responsibility for Transport and no letters attempting to defend the Council's position.

Over 50 people attended a meeting of interested parties in Hamble on September 25. Prospective parliamentary candidates from all political parties were invited. The Conservative Party candidate brought along her blind mother to emphasise the hardships that would be caused to disabled people by the Council's decision.

A report was given on progress to date and ideas for future action were discussed. A steering group of community representatives across the borough was formed to direct a campaign for the re-instatement of the travel tokens. Eastleigh Labour Party representatives announced their intention to hold street stalls to seek signatories to a suitably amended Petition.

The first meeting of the Steering Group will take place at Hamble Social Club at 10am on Thursday November 20 to develop the campaign. The contact telephone number for the campaign is **02380 403311**.

WHAT HAS ESPOPF BEEN UP TO?

- 1 **September 24** Meeting with Winchester City Council officers and others to discuss a Winchester Older People's Forum.
- 2 **September 25** Meeting with New Forest District Council officers and others to discuss an older people's strategy.
- 3 **September 26** Meeting with Wessex Housing to hear about their initiatives.
- 4 **September 30** NPC Concessionary Transport Conference in London. Speaker from the Department of Transport .
- 5 **October 1** Tea party at Department of Work and Pensions hosted by the Minister, Mike O'Brien, followed by Reception at 10 Downing Street, hosted by Prime Minister, Gordon Brown. Both events on UK Older People's Day.
- 6 **October 14** Meeting with Hampshire County Council (HCC) Financial Abuse Group from the Adult Protection Committee
- 7 **October 17** Bursledon, Hamble & Hound Age-Friendly Action Plan.
- 8 **October 20** Meeting in Bursledon to discuss HUBS ie opportunities for older people to share information and activities in the three villages on particular weekdays.
- 9 **October 21** Meeting in Winchester convened by Alex Burn, HCC head of community wellbeing, to discuss the formation of a Hampshire Forum of Older People.
- 10 **October 30** Public meeting in West End to call for a community hospital and NHS Walk-in Centre at the Moorgreen Hospital site.

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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)

Botley: one *vacancy*

Web Master: *vacancy*

(Any members interested in filling the vacancies should contact the Hon. Sec.)

SEPTEMBER OPEN MEETING

Over 100 people signed the Attendance Book and there were 18 apologies. The morning workshops were facilitated by Tony Hall, EBC Head of Housing, who consulted members about some aspects of the Borough's Older People's Housing Strategy, and Patience Sambrook, who found members interested in helping to form a University of the 3rd Age (U3A) group in the southern parishes. Diane Rodaway led the Extend Exercises. Our new caterers were unable to provide lunch but, fortunately, Teresa was able to deputise. The Raffle raised £103. Thanks to all those who brought prizes and bought tickets. Vanessa Blythe did six interviews by appointment.

September 100 Club Winners

£50 Mrs A Piper (70) Netley Abbey

£25 Joan Cavinder (33) West End

£25 Terry Prosser (88) West End

In the afternoon, the Mayor of Eastleigh, Councillor Derek Pretty, arrived to launch ESPOPF's latest research, "*Pills and Perils*". He was welcomed by the ESPOPF's new Chair, Patience Sambrook. David and Diane Andrewes presented the research. Discussion followed and Neil Hardy, Head of Medicines Management of Hampshire PCT, and Mike Holgate of the Scarman Trust concluded the event. The research was very well received by the assembled company, who asked that it be circulated widely, so that the recommendations contained in the report would be implemented.

Over one thousand ESPOPF members were involved in the research and they were thanked warmly by the Mayor.

COMMITTEE NEWS

In order to comply with the ESPOPF Constitution requirement that officers should normally hold the same office for three years, Jackie Charles and John Taylor stood down as Chair and Vice Chair, respectively. Patience Sambrook was elected Chair and Jackie, Vice Chair, for 2008/9, at the August committee.

Diane Andrewes thanked Jackie and John for their excellent service, pointing out that John was a founder member. She said that ESPOPF would have to rely on the word *normally* to continue with the same people in the Hon. Sec. and Hon. Treasurer posts, as there were no takers for these positions. Fortunately, the current office holders, Diane Andrewes and Betty Lawrence, were prepared to continue.

The committee was pleased to co-opt Gloria Bowles (Hamble) at the October meeting and to appoint David Andrewes, the only volunteer to come forward, as Webmaster *pro tem*. Our website is now up and running and includes details of this newsletter, all our research reports and is interactive. Go to www.espopf.org on your computer and visit our new website. You can post comments in each section to tell us what you think. We will be delighted to hear from you.

One of the conditions imposed by the Underhill Centre is that we should have public liability insurance. Help the Aged's *Forum to Forum* magazine published an S.O.S. from us and we were pleased to receive lots of phone calls, from which we were able to choose the best deal, and we are now covered! It was good to be in touch with so many other forums.

Patience Sambrook

Patience has lived in Hedge End with her husband, Jim, for 44 years. They have four sons, and three grandchildren in Canada. She taught English as a foreign language to adults in colleges in Portsmouth and Eastleigh. She served as a magistrate on the bench in Southampton for 30 years. Patience started the Housewives' Register and a book club in Hedge End and she has been involved with political and social affairs and public service for most of her adult life. Her first experience of ESPOPF was at the launch of "*Bleak Housing*" and almost immediately she came on the Committee. We are delighted that she has agreed to serve as our Chair.

Our next Open Meeting: January 20 2009

NOTICE BOARD

HELPING THE YOUNG

Sometimes a young person will not have a home because of bereavement, a breakdown in family relationships, or a change in circumstances. If you have a spare room in your home and would welcome some extra income, then Stonham Supported Lodgings would like to hear from you.

The young person usually stays for around 9 months, but it can be any time from a few days to a couple of years. They are strongly encouraged to train, attend college, get a job and learn life skills from you.

If you can offer accommodation and support to the young person, you will earn at least £163 per week and know that you are doing something really worthwhile. Anyone, regardless of circumstances, can get involved. Stonham will give plenty of support and organize training and social events. Tel. **07725 958288** or **01256 347146** for more information, or email:

penny.diver@homegroup.org.uk

GOVERNMENT RENTAROOM SCHEME

You may receive rent up to £4,250 per year tax-free if you let a furnished room. Tel. **08459 000454** for details.

TOP ENERGY & MONEY-SAVING TIPS

- * Switch off unused lights
- * Do not fill the kettle. Just heat the water you need.
- * Turn your TV off standby.
- * Turn your thermostat down
- * Set your heating to turn off before you leave the house and before you go to bed.
- * Draught proof windows and

doors.

* Use only full loads in the dishwasher and washing machine.

*Wash laundry at 40 degrees

*Unplug your phone charger.

MOBILE LIBRARIES

In addition to books, fiction and non-fiction, which may also be in large print, and audio, the mobile library carries DVDs and videos and you may reserve anything for a small fee. Some mobile libraries have free internet access, timetables, postage stamps and book tokens The free service is also provided through the community library link to people in sheltered housing, residential care and day centres.

Radio Solent broadcasts Mobile Library News and you can be sure that there will be a mobile library stop near you if there is no public library in your community. For details of your nearest library stop Tel. **01962 826600** or email:

mobileservicesmanager@hants.gov.uk

CARERS' LISTENING LINE

If you would like to off-load stress, talk about your concerns or problems, get information about services, speak to a friendly person who knows how you feel. The telephone number is **08000 3 23456** and the listening line is open 365 days a year between 9am and 11pm.

You may want to join a telephone group: a virtual meeting place for older people over the phone and a chance to talk and make new friends without leaving home.

TIPS FOR EASIER GARDENING

- 1 Choose non-slip, low-glare and level, paving materials.
- 2 Make sure that plants do not obstruct footpaths.
- 3 Use old carpet (face down) to create level routes across a vegetable garden and to reduce weeds.
- 4 Consider building free-standing handrails or attach them to existing garden structures.
- 5 Ensure easy access between your house and regularly-used parts of the garden, such as tool shed and greenhouse.
- 6 Introduce raised beds and reduce the width of borders for easier access.
- 7 Use mulches of bark or gravel to suppress weeds.
- 8 Introduce places to sit, relax and entertain friends.
- 9 Reduce maintenance by replacing lawns, removing flower beds, planting shrubs.
- 10 Avoid plants that need constant pruning.

EXTRA CASH?

The National Centre for Social Research often has vacancies for face-to-face interviewers, who visit people in their homes, ask questions on a particular subject and send the data back for analysis. A fee of about £15 per interview and travel expenses are paid. Look out for advertisements in the national press.

Babysitting rates for adults are £8 per hour.

Pet sitting may involve staying in someone's home to look after animals and plants. New Forest-based Safe Hands Tel. **0845 2600488** pays from £158 per week for caring for a dog and cat.

YOU WRITE...

Dear Editor

As I was unable to attend recent meetings, I am sending my subscription for 2008/9 with a small donation. I wish to thank the committee members and especially the Treasurer for all their hard work on our behalf. The meetings and the Newsletters are invaluable.

Jean Hoare

Botley

Dear Editor

I have just received your excellent Newsletter. I, too, believe it is disgusting that Eastleigh Borough Council has decided to cancel the travel tokens. They are a godsend. I think I will have to move to Basingstoke. I have enclosed a donation of £20 – it might help with the postage or whatever you think best. Thank you once again.

Lorna Watlis

West End

Dear Editor

As a member of the Public and Patient Involvement Forum, I am aware of the ongoing planning for the future of Moorgreen Hospital, though by whom and to what effect I have been unable to discover. I remember the great distress caused to patients and their carers in 2003 when the Out-of-Hours Service(OHS) was introduced. Since 2004, it has been covered by West Hampshire OHS.

Now we understand that the superb services of the Bitterne Walk-in Centre will be downgraded, that GP cover will be withdrawn, and that the OHS will be transferred to the Royal South Hants. Hospital in Southampton.

We have no NHS Walk - in Centre in Eastleigh Borough and moving services to central Southampton with the inevitable travel problems, described so vividly in ESPOPF's first piece of research, "Sic transit...", will

be a nightmare for patients and carers in the southern parishes. Would it not make sense to develop a Walk-in Centre with the OHS at the Moorgreen Hospital site?

I urge members who support this suggestion to write and say so to the Chairman of the Hampshire Primary Care Trust, Professor Jonathan Montgomery, at Regus House, near Southampton Airport, Eastleigh, and to Councillor Keith House, Leader of Eastleigh Borough Council, at the Civic Offices.

Ja Road

West End

Dear Editor

The proposed Satchell Lane refuge in Hamble and associated work is intended to help pedestrians cross Satchell Lane at two locations (to reach the Blackthorn Medical Centre). At this time there are no plans to install a crossing point in Hamble Lane.

The bus companies have expressed concerns regarding delays (*which would result*) from turning into Hamble Lane. In the light of these comments, the promotion of a turning facility for buses has been deferred and the alternative refuge promoted.

The estimated cost of this is a little short of £50k. The majority of this will be funded by HCC with £18k coming from Bursledon Hamble & Hound developers' contributions. The estimated cost of the previously proposed turning circle is £120k.

Kevin Dearing

EBC

(This edited letter was in response to ESPOPF's objection to the scheme on the grounds that the money should be spent to improve public transport access to the medical centre – Ed.)

Dear Editor

Many thanks for sending me the report, "Pills and Perils". It is comprehensive and impressive. I'm going to give it a little more thought and may get back to you with a suggestion.

Simon Thom
Professor of Pharmacology,
National Heart and Lung
Institute, Imperial College.

Dear Editor

"Pills and Perils" is extremely impressive and shows what patient participation in research should be about. I suppose the balance for professional researchers is how to support groups like this without invading their autonomy or subverting their agenda. Anyway, thanks for drawing my attention to it. Maybe...the BMJ* might wish draw attention to it by putting the report on a website and commissioning a short editorial piece on patient-led research in the journal.

David Mant
Professor of General Practice
Kellogg College

* 'British Medical Journal'

Dear Editor

Thank you very much for sending me a copy of "Pills and Perils". I found it very interesting, not only for the content, but also for the fact that you used a very rich source of researchers, who, I think, are often overlooked. When you have a chance, I would like to talk through how you went about recruiting, training etc. as I am sure the lessons learned will be valuable in the future.

Mike Ellis-Martin
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