



EASTLEIGH SOUTHERN PARISHES OLDER PEOPLE'S FORUM

NEWSLETTER 50
September 2009

NEW DIRECTIONS?

ESPOPF is approaching its 10th year and this is the 50th edition of our Newsletter. We shall celebrate our official 10th birthday at the July 2010 AGM, but already we are taking new directions.

First of all, we have decided to move our Open Meetings to West End, responding to the need to boost activity for older people there. We have been invited to address West End Parish Council and their Parish Plan team in October on the subject of our Age-Friendly Action Plan. We have been welcomed to the Hildene Centre by the Hildene Community Association. We hope to support the formation of a new Good Neighbours Scheme. We have been told that 21% of West End's population are over 60 at the moment, so the time is right to ensure that their present and future needs are heeded.

We began life at the Royal British Legion in Netley Abbey and we attracted a large following of Netley members, who could walk there. We then moved to the Underhill Centre in Hedge End and we found that, in spite of providing free transport for members elsewhere, we lost some regulars, though we attracted more Hedge End members. We have enjoyed a couple of meetings in Hamble and were pleased to welcome more Hamble members. This time, we hope to retain our more distant members, while enlisting all the members who live very near to the Hildene Centre. Fortunately, the Centre is surrounded by older people's housing and it is on bus routes. Also, the hall is larger, so that we can provide more space for lunches.

We are grateful for the hospitality offered by the Underhill Centre for the past few years and, especially, for the help given by John Reynolds with the microphones and other matters. We appreciated the modern facilities.

THEY SAID IT ...

"...The principal lesson for the new century is the following: that you must condemn censorship, intimidation, bullying, coercion, torture, encroachment on human rights and illegality in your friends with exactly the same rigour you bring to its condemnation in your enemies. Limitations in your freedom of speech, for even the best reasons, are going to be ever more enthusiastically advanced. In the cause of pretending to protect the weak, an awful lot, as usual, is going to be fiddled on behalf of the strong..."

(Playwright, David Hare's address at the Index on Censorship Awards).

.....
"Effective older people's engagement can, of itself, bring local benefits, for example in assessing the extent to which a variety of organizations provide services that are appropriate and accessible to older people and so driving service improvement. More needs to be done to ensure that we are hearing the voices of more diverse groups who are often excluded from engagement through issues such as language difficulties or mobility issues"

(Letter to Council Chief Executives from the Government Office of the South East.)

.....
"NOTHING ABOUT US WITHOUT US" - "Involving older people in the design, commissioning, delivery and monitoring of services is critical. How well are councils, the government and the rest of the public sector doing in matching the aspiration to the reality?"

(Minister for Pensions & the Ageing Society)

ESPOPF COMMITTEE 2009/10

Chair: Patience Sambrook (Hedge End) 01489 782552

Vice Chair: Jackie Charles (Hamble) 02380 453296

Hon. Sec. : Diane Andrewes (Bursledon) 02380 403311 diane@espopf.org

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

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

Members: John Taylor (Butlocks Heath) Jean Huggett Susan Moody (Botley) Margaret Phippard (Hamble) Pat Rose

Jean Purchase Shirley Driscoll (West End) June Watson (Hedge End) Peggy Budd (Netley Abbey) Jean Norton

(Bursledon) Gloria Bowles (Hamble)

MAY OPEN MEETING

50 people signed the attendance book for this meeting. The raffle raised £47. Thanks to all who brought prizes and bought tickets.

Morning activities were varied and interesting. Joanne Murray, the Community Matron, told us about her job and answered questions and we were given a lively presentation on First Aid by a speaker from the British Red Cross. There were the usual exercises with Diane Rodaway. Help the Aged had invited us to assist with a research project designed to assist disabled people living at home and 10 members participated. ESPOPF received £110 for this.

In the afternoon, we responded to the HCC Scrutiny Review on *Age-proofing Mainstream Public Services*. We commented on the extent to which older people are involved in their development, design and delivery, the obstacles and how they might be overcome. The ESPOPF Committee added observations, so that we gave a group perspective as well as individual experience. The evidence was submitted to meet the deadline.

MAY 100 CLUB WINNERS

£50 Mrs Neve (41) Hamble

£25 John Taylor (77) Butlocks Heath

£25 George Rush (66) Hedge End

AGM 2009 21/7/09

Over 70 members attended and 23 apologies were entered in the attendance book. The Mayor of Eastleigh, Councillor Pamela Holden Brown, presided. The Speaker was Natalie Penrose, author of the Audit Commission report on local councils and older people, "*Don't Stop Me Now*". The Annual Report and Annual Accounts were adopted and the committee was elected (as above). Judith Cam proposed a vote of thanks.

Natalie Penrose told the meeting that 31 % of councils were ahead of the rest in preparing for an ageing population; 30% were making progress. The audience concluded that Eastleigh was in the remaining 39%, since it did not appear to be implementing the recommendations of "*Don't Stop Me Now*", which, amongst other things, called for them to work with older people to make more use of public and community resources. Natalie intimated that councils should welcome the *BHH Age Friendly Action Plan* as one way to do this.

JULY 100 CLUB WINNERS

£50 Jean Buchan (3) West End

£25 Peggy Budd (18) Netley Abbey

£25 Mrs A. Clewer (83) Hedge End

The Raffle raised £51. Thanks to all.

BHH AGE-FRIENDLY ACTION PLAN LAUNCH 21/7/09

Over 70 people attended the presentation of the Plan by three of the authors: Judith Cam (Hound) Jackie Charles (Hamble) Diane Andrewes (Bursledon). The invited speakers Natalie Penrose (Audit Commission) and Caroline England (HCC Adult Services) welcomed the detail the Plan affords, which complements the existing older people's strategies. Copies were distributed to members and are available on request at parish council offices. It is hoped that presentations will be made to parish councils in the near future by ESPOPF deputations and that some of the action points will be incorporated in parish plans.

2009/10 RESEARCH

A team of 12 researchers has met three times and is currently preparing a Questionnaire to be circulated with the November Newsletter for members to answer. This time, our subject is INFORMATION: what do we need? is it available? where do we look for it? where do we find it? how could the supply be improved?

VOLUNTEER REQUIRED

We are advertising for someone to share the secretarial work involved in running ESPOPF. Good computer and communication skills are necessary. For more details, please contact Diane (02380 403311 or diane@espopf.org)

NOTICE BOARD

FREE INSULATION

Every homeowner or private tenant aged 70 or over, and certain benefit claimants, are eligible for FREE cavity wall and loft insulation, under the new Carbon Emissions Reduction Target (CERT) legislation. Even if you are not over 70, and claiming no benefits, you may still get the work done at no cost under EBC's Carbon FREE Scheme.

Beware cowboys knocking on your door offering to do the work and charging. Contact Jane Altounyhan on **02380 688274**.

CANCER QUESTIONS

Cancerbackup, a national charity, provides information, support and practical advice to anyone affected by cancer.

Free publications available. Freephone Helpline (Mon.- Fri. 9am – 8pm) **0808 800 1234**
www.cancerbackup.org.uk

HAMBLESPOrts COMPLEX

All inclusive membership £34 includes fitness suite, sauna, fitness classes, swimming.
www.hamblesportscomplex.com
Tel. 02380 452321

CITIZENS ADVICE BUREAU

Outreach services are:

Hedge End Old Library:
Mondays/Wednesdays 10.00-16.00 for drop in and telephone service. Thursdays 13.00 – 19.00 appointments and telephone advice.

Blackthorn Medical Centre:
1300-1900 appointments and telephone advice. To make appointments **tel.02380 616046** or **01489 796651**

FREE COMPUTER TUITION

If you are over 50, visit the UK Online Computer Suite in

Bursledon at the Pilands Wood Centre for friendly, easy to understand advice and assistance. Learn to search the internet for shopping at Tesco, M & S, John Lewis. Learn how to send and receive emails and photographs to and from family anywhere in the world. Drop in 10am – 12.30pm every day except Friday. Contact Barbara on **02380 407563** on those mornings.

BOGUS CALLERS

Beware callers pretending to be from a Water Company. If you suspect that bogus callers are operating in your area, contact the police or Crimestoppers (Tel. **0800 555 111**)

NEIGHBOURHOOD

WATCH

if you do not have a scheme, why not ask your neighbours if they would like one and, if they agree, contact the police who will help to set one up.

DISPUTE RESOLUTION

Hampshire Trading Standards is offering a free service to help older people resolve difficult disputes over buying goods and services. **Tel. 01962 833620** or email **rsadvice@hants.gov.uk**

£1M FOR RNID

80 local Co-ops in the area and Co-op businesses in the UK have raised this money to help people adjust to life with a hearing loss and to campaign for people to take their hearing health seriously. It can take people up to 15 years to acknowledge difficulties. If you have a

hearing problem, **Tel. 0844 800 3838** or visit **rnid.org.uk/hearing matters** to check your hearing now.

SECURITY LIGHTS

Be considerate of your neighbours and use infra-red sensors that come on only when movement is detected.

LIP-READING COURSES

Eastleigh College is offering a range of 30 - week courses beginning in September and October. For details contact the Cranbury Centre, Eastleigh (Tel. **02380 322140** or email **cranbury@eastleigh.ac.uk**) or Eastleigh College (Tel. **02380 911299**)

STAIRLIFTS

Help the Aged recommends Minivator. Tel. 0800 019 8625 To see the full range of Help the Aged offers and their catalogue visit their website on **www.helptheagedshop.co.uk**

ELDERLY ARTS AWARDS

Older artists over 60 may enter a competition with entries in any form from oils to collage and pastels to photography. The deadline for submission is October 25. To enter visit **www.eacartawards.org.uk** or send s.a.e. to Art Awards c/o Parker Harris Partnership, 15 Church St. Esher, Surrey KT10 8QS. Entries will be displayed at the Bamkside Gallery in London.

BEARING BEREAVEMENT

The Thursday Social Club at Age Concern HQ, 20 Romsey Road, Eastleigh, helps ease people back into a social life. Thursdays 2-4pm. Tel. Len Gelley **01489 780096**

YOU WRITE

Dear Editor

Your research, "Pills and Perils", is an excellent report providing real insight into the issues facing repeat-prescription patients. I would like to use some of the quotes in the report within an internal presentation to Boots senior managers. I feel they really bring to life the issues patients face, especially with non-compliance, and they provide insight on how we could help patients address these issues. Please let me know if this would be acceptable.

Nick Wales
Senior Research Manager
Customer Insights
Boots UK Nottingham

Dear Editor

The revised, free edition of *Getting About in Eastleigh* for older and disabled people is available on request from www.hants.gov.uk/passengertransport or Tel.01962 847042

Laura Webb HCC
Community Transport
Information Officer Dear Editor

Dear Editor

In September 2006, as a Borough Councillor, I proposed a motion for safety improvements at the junction of Hamble Lane and Satchell Lane. When, in 2008, EBC proposed only a refuge in Satchell Lane after widening the lane, I responded that the only safe way to cross the road at this point would be pedestrian-controlled traffic lights. However, the refuge is now being constructed and I remain concerned about the *overloading* of the crossing by older patients of the nearby Medical Centre with students at Hamble College at peak times. How do other members feel about safety at this junction?

Bill Pepper Hamble
(ESPOPF also opposed this refuge because it seemed to benefit cyclists and young students, but did nothing to assist older patients needing assistance to cross busy Hamble Lane - Editor)

Dear Editor

Posing as a water company representative is one of the most common ploys used in distraction burglary. It allows the caller to ask the householder to stand by a bathroom tap and watch the outflow whilst the caller searches the rest of the house. Readers are asked to use the following contact number to verify the identity of a doorstep caller purporting to be from Wessex Water: **0845 6004600**
Guy Smiles Eastleigh & Romsey Neighbourhood Watch

Dear Editor

I do enjoy reading your excellent Newsletter, which is a mine of information. Following the loss of my dear wife, I intend to pay my way. Please keep in touch with me.
John Lawson (88) Botley

Dear Editor

Your BHH Age-Friendly Action Plan, outlining what is possible for older people's forums to aspire to, is brilliant.

I am impressed by the layout which I hope will encourage people to read on and the photographs are brilliant.

Unlike other publications which indicate getting older as winding down, what you have achieved is a picture of life, activity, exuberance and moving with the times.

Congratulations to all who contributed to the Plan and have faith to go forward with the contents. Thank you for

sending me a copy. Kind regards.

Jean Shipley Hon. Secretary
Malvern Hills District Over 50s Forum

Dear Editor

It was a pleasure to speak at the Launch of your Age-Friendly Action Plan. I thoroughly enjoyed myself. It would be excellent to work together on the Information issue. When I have the chance I will send you some details of National Indicator 139.

Caroline England
Commissioning Manager
HCC Adult and Wellbeing Services

Dear Editor

I was happy to preside at your Annual General Meeting in July and enjoyed meeting your members.

Pamela Holden-Brown
Mayor of Eastleigh

Dear Editor

We organise social events for Carers and our forthcoming programme is as follows:

September 15 Trading Standards Talk at Wells Place Eastleigh 10am - 12midday.

September 21 Moving On* Lunch/Coffee at Kings Court Restaurant Equestrian Centre Botley 12 midday

October 7 Moving On* Launch Open Evening at Fleming Park Bowls Club 7pm - 9.30pm

*Moving On is a new support group to help carers with loss or bereavement. For more details

tel. Jo or me on **02380 902404**
Anjie Poole Carers' Centre
1 Community Eastleigh

Letters may be edited to meet space constraints - Ed.

EASTLEIGH SOUTHERN PARISHES
OLDER PEOPLE'S FORUM

OPEN MEETING

TUESDAY SEPTEMBER 15 2009

HILLDENE CENTRE
HIGH STREET WEST END SO30 3DU

COFFEE/TEA & BISCUITS 10.15AM
MORNING PROGRAMME 11AM - 12.45PM
LUNCH 12.45 PM - 1.30PM
RAFFLE /100 CLUB DRAW 1.30PM-1.45PM
AFTERNOON SESSION 1.45PM - 3.15PM

COMMUNITY
INFORMATION FAIR
MORNING STALLS
AFTERNOON TALKS

RSVP Betty Lawrence 8 Rookley Netley Abbey SO31 5PH Tel.02380 453680

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

CHOOSE : **DEADLINE:12/9/09**

Cod & chips... Scampi & chips ... Fish cakes & chips... Vegetarian Option... (£3.50)

Tarte au citron ... Raspberry & Chocolate Truffle ... Cornish Ice Cream ...

Diabetic option... (£2.50)

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

I/we want to book..... seat(s) on the **FREE DOOR-TO-DOOR BOTLEY BUS**

INFORM BETTY, PRIOR TO THE EVENT, OF CANCELLATIONS.

ALL ORDERED MEALS TO BE PAID FOR ON THE DAY IN CASH.

***I/we enclose £3/£5 2009/10 Subscription (made payable to ESPOPF).....**

***I/we enclose £12 per person for 2009/10 100 Club Membership(chèque)**

OPEN MEETING INFORMATION

CHANGE OF VENUE

Please note that we are moving to the Hilldene Centre in West End, where we are assured of a warm welcome by the Hilldene Community Association, who run it. The building was originally the village school and it retains its pleasant features. All the rooms are on the ground floor and there are 40 car parking places. Brian, the caretaker, will organise the furniture. This will be our first visit, so we shall be experimenting with everything, which will be exciting! We hope for a big turn out of West End members as well as our regulars.

ACCESSING THE HILLDENE CENTRE

The Centre is close to Moorgreen Hospital, which is a very short walk away along the road on the opposite side. It is also close to the High Street shops. It is served by three different bus companies and there is a bus stop outside the Centre.

First Bus runs the **8A** service every 20 minutes between Hedge End Station on Grange Park and beyond via the Superstores, West End, Chartwell Green, Bitterne and Woolston.

Brijan Buses runs the **7** service hourly between Bishops Waltham and Southampton via Durley and Moorgreen Road to West End

Velvet Buses runs the hourly **A** bus between Eastleigh and Boorley Green via West End, Superstores, Hedge End village and Botley.

If you are coming by car from the Hamble peninsula, take the A27 from Windhover Roundabout (West End Road) and at the first roundabout at Kanes Hill, take the second exit to West End and then the first turning on the right, Telegraph Road. Turn left at the junction into High Street and the Hilldene Centre is on the left.

FREE DOOR-TO-DOOR MINI-BUS TRANSPORT

Please book through Betty with your food. Welcome the driver, Ian Jordan of Botley Neighbour Care. He will pick up members from 9.15am - we are unable to be precise about when you will be picked up for obvious reasons, so please be patient. If you use a wheelchair or need the lift, please come by Dial-a-ride with your free bus pass. Contact Betty (02380 453680), if there are problems: we operate an Equal Opportunities policy.

FOOD – We are continuing the fish and chips option as it is so popular and trouble-free. We

are investigating returning to food prepared by a caterer. Let us know which you would prefer. Please make a note of the food you order and bring the note with you! If you order a meal, you must pay for it, unless you cancel before the deadline for ordering or ESPOPF has to pay.

MORNING SESSION (11am – 12.45pm)

We have invited representatives of voluntary and community groups to meet you one-to-one at their stalls to tell you about what they can offer you to make life more easier and more enjoyable in your locality. **If you know of groups who would like to attend, please ask them to come along.** We have also invited the organisations that appeared at the Annual Roadshow with the Concessionary Travel issue to join us and to participate. In addition, there will be **Extend Armchair Exercises with Diane Rodaway 11.30am – 12.30pm**

AFTERNOON SESSION (1.45 - 3.15pm)

The above representatives will speak very briefly to everyone about their organisations and what they offer.

RAFFLE prizes are contributed by members and garden produce is appreciated very much.

ESPOPF 100 CLUB

The 100 Club year is the calendar year and we are now collecting membership fees of £12 per person for 2010. Members have the chance to win 6 prizes of £50 and 12 prizes of £25 at the six Open Meeting draws. In this way, we contribute £600 per year to ESPOPF. Please make your cheque payable to ESPOPF and send it or give it to Betty Lawrence, our Treasurer. The Club is licensed by Eastleigh Borough Council.

ESPOPF SUBSCRIPTIONS 2009/10

Voluntary subscriptions (£3 single/£5 couple at the same address) run from AGM to AGM, are now due and may be paid in cash at Open Meetings or sent by cheque to Betty Lawrence, our Treasurer. (See contact details overleaf). Subscriptions pay for ESPOPF's administration. Cheques should be made payable to ESPOPF.

**WEST END MEMBERS ARE INVITED TO
GATHER FOR A BRIEF MEETING
FROM 3.15 – 3.30PM.**

NEXT OPEN MEETING 17/11/09