

A force to be reckoned with



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**EASTLEIGH
SOUTHERN
PARISHES
OLDER
PEOPLE'S
FORUM
NEWSLETTER 60
SEPTEMBER 2011**

**WHAT DO MEMBERS THINK OF
ESPOPF
& THE NEWSLETTER?**

"£10 to cover our subscription and a bit surplus to help out. Thank you for all your helpful information" **J.E. West End**

"I have pleasure in enclosing our subscription and a small donation. My wife and I appreciate all that the committee do to promote the causes of older people and to resist the injustices that others seek to impose on our generation." **P. & D.L. Hedge End**

"I enclose my sub for ESPOPF. I do find the newsletter interesting and informative." **L.E. Hamble**

"Please find sub and donation. Many thanks for your good work on *we old codgers'* behalf." **R.S. Bursledon**

"Many thanks for all that you do and further excellent Annual Report and Accounts." **M. & J.W. Botley**

"This is just a donation from us both for allowing the 'treat' of such a brilliant write-up of last year, keeping us all up-to-date. Wishing you the best of luck in the years ahead." **J. & M.S. Netley Abbey**

" Thank you so much for this marvellous

magazine - so helpful, useful, up-to-date." **J.M.C. Hedge End**

"We really appreciate all your work in trying-and succeeding - to make a better way of life for us. Thank you." **H.B. Hedge End**

"Your copies of such useful information and fighting for the rights of we 'third-agers'- all brilliant." **B.S. Hamble (90)**

We send our sincere thanks to the committee who dedicate so many hours of their time throughout the year to ensure the ongoing success of ESPOPF." **B. & C.B. West End**

"Thank you for all your great work and the informative newsletter." **M.P. Netley Abbey**

FINAL REMINDER

**HAVE YOU PAID YOUR
2011/2012 SUBSCRIPTION?**

**Subscriptions were due at the
AGM in July.**

**If you haven't paid up, this will
be your last Newsletter via your door,
because we can't afford the postage.
The cost is only £3 (single) £5 (double).**

**Please send it to Betty Lawrence,
Hon. Treasurer, 8 Rookley Netley Abbey
SO31 5PH**

**SAXON WEALD SPONSORED THIS
INDEPENDENT NEWSLETTER**

ESPOPF NEWS

COMMITTEE MEMBERS 20010/11

Chair: June Watson (Hedge End) 01489 782118

Vice Chair: Pat Rose (West End) 02380 473946

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 (Hamble)

Sue Proctor Erica Andrews (West End) Dottie Vickers Margaret Baker(Hedge End)

JULY OPEN MEETING/AGM

The morning was enjoyable, if unpredictable, with everything going wrong that could possibly go wrong: no speakers arrived to lead the workshops and Teresa had turned up the day before to do the lunch! Then Debbie Beale arrived from Age UK and saved the day with an impromptu, inter-active session on the services provided by the charity and the need for older people to assist with the inspection of care homes. David Andrewes did the *Falls* session, which was warmly appreciated, and Judith Cam facilitated the lively *Wartime Memories* reminiscence. Teresa arrived to present a splendid lunch and everyone was fortified and ready for the AGM in the afternoon.

The Deputy Mayor and Mayoress of Eastleigh, Cllr and Mrs Rupert Kyrle, did the honours. Hazel Brodie, from Macmillan Cancer Support, explained the need for ESPOPF's Cancer Care research and Sam Nicklin, from Age UK, talked about the Dilnot Report on Social Care.

The Annual Report was presented by the Hon. Secretary, Diane Andrewes, and the Hon. Treasurer, Betty Lawrence, asked for questions on the Scrutinised Accounts. Both were adopted unanimously. Committee members were thanked for their service and elected (as above). The auditor was also thanked and re-appointed. (Officers were elected later by the committee)

Three motions were debated and two were passed unanimously: to restrict the postage of Newsletters to subscribing members and, in the event of dissolution, to pass any funds remaining to Countess Mountbatten Hospice charity. The third motion, proposing an increase in the subscription, was lost. The raffle earned **£50** for ESPOPF, thanks to all who brought prizes and bought tickets.

100 Club July Winners

Pat Rose (81) West End £50

R.Kelso (14) Bursledon £25

Maureen Herring (8) Netley Abbey £25

70 Club July Winners

Dottie Vickers (68) Hedge End £35

John Taylor (15) Hedge End £17.50

Nancy Smith (20) West End £17.50

FORTHCOMING EVENTS

"JANE EYRE"

SILVER SCREEN MATINEES

HARBOUR LIGHTS OCEAN VILLAGE

Thursday September 15

£4.50 (includes tea/coffee/biscuits)

free parking/ buses: First 7- 80a (14 services)

WARTIME MEMORIES

ROYAL VICTORIA COUNTRY PARK

SUNDAY NOVEMBER 6 2 – 4pm

'The Forgotten Army in Burma'

'Netley Hospital in Wartime'

£2 entrance includes tea/coffee/ cakes

GIANT COFFEE MORNINGS

IN AID OF MACMILLAN CANCER SUPPORT

Marks and Spencer stores in Hedge End and Southampton will be opening up their cafes on

September 30 until October 4.

GET FIT 121 AT BOTLEY

Anyone wanting to learn how to avoid falls/ how to get up after falling etc. is invited to a **FREE** first session of 4 (@ £2.50 each)

Monday September 26

All Saints Church at 11am

More information available at the church.

'ARRIVALS & DEPARTURES'

The changing face of Southampton through the years by the BBC, British Film Institute, Soton City Council and Southampton University.

Sunday 25 September 2 – 5pm

Harbour Lights Picture House, Ocean Village
Free entrance, but tel. **0871 902 5733** to book

HAMBLE CULTURE CLUB

Members meet monthly to discuss cultural events and visits, books and food at *The Victory* in Hamble. Next meeting: **September 27**

10.30am

CALLING WEST END ESPOPF MEMBERS
Free Coffee morning Thursday September 29
10.30am at the Hildene Centre

NOTICE BOARD

HAMPSHIRE PENSIONER DIED AFTER FALL

Edna Franklin of Winchester Road Botley was found dead at her home after falling while climbing her stairs. The inquest heard that Mrs Franklin was carrying several items which could have caused her to lose her balance. This sad incident, too close to home, should make us all think about how we go up and down stairs and resolve to take care in future.

WASTE & RE-CYCLING DAYS TO CHANGE IN SEPTEMBER

Details will be sent by letter and published in the *Borough News* to announce changes starting in the week of September 12 – 16.

NHS WAITING TIMES

Figures from the Department of Health show that in June, 1,247 people in Hampshire had been waiting more than 18 weeks for treatment, after being diagnosed. This was the highest total in the country and a 38% increase on last year. The figures were broken down for each Primary Care Trust. Southampton PCT's total was lower, but still had leapt 113% from June 2010. Most Eastleigh patients are in the Hampshire PCT. NHS targets require 90% of patients to be treated within the time frame and 85% in Hampshire and 89% of Southampton's had been.

HOW DO WE PAY?

Even though the banks have decided to keep the cheques, Age UK is anxious about the future and is calling on banks and the payments industry to commit to the following:

- cheques must be easily available, and banks and building societies must continue to send out replacement cheque books automatically;
- small traders must not be penalised with prohibitive charges for accepting

cheques;

- there must be easy access to cash, through free ATMs, and access to all current accounts at the Post Office;
- all payment systems must be designed 'inclusively' to meet the needs of the widest possible range of users.

All new systems must be designed with the needs of older people in mind.

PENSION NEWS

The new Pensions Bill requires women born between December 1953 and October 1954 to wait for another 18 months or more to get their pensions – and they could lose up to £10,000 each. It is important to lobby MPs on this. More information is available on www.ageuk.org/get-involved/campaign/state-pension-age-campaign

STONEWALL SURVEY

Lesbian, gay and bisexual people aged 55 or over and living in Britain are invited to take part in research into how gay people feel about and experience getting older. Email info@stonewall.org.uk or tel. **08000 50 20 20** for more information or alternative format.

HEARING LINK

This is a voluntary sector service for adults with hearing loss, connecting them with people and information they need.

Tel/Text: **0300 111 1113**

SMS: 07526 123255

enquiries@hearinglink.org

FEWER MRSA CASES

The Health Protection Agency says that MRSA cases are at a record low – fewer than 100 infections in a single month across NHS trusts in England. 25 Acute Trusts have been

free for a year. *Clostridium difficile* cases fell from 2,001 to 1,681, down 16%. However, the variation between the very best in the country and the very worst is still unacceptably high.

GETTING BACK TO GARDENING TIPS

1 Plan what you are going to do, what tools you will need and how you will carry them. Make time to do some 'warm up' exercises – simple bending and stretching to loosen up your muscles – before you begin.

2 Wait until the air warms up before you begin, or work in a sunny part of the garden.

3 Stick to one job at a time and have breaks. Stop for drinks and stop before you get tired.

4 If you find it difficult to carry things, base your activities near the place where you keep your gardening equipment.

Gardening gives the 'feel good' factor by getting you out in the fresh air and taking exercise.

CAN YOU DIG IT?

Standard garden tools are sometimes difficult to use. If you have problems finding tools, visit www.carryongardening.org.uk.

Hampshire County Council and the Red Cross offer a two-week tool loan scheme for adapted garden tools, helping you to find the right tool to suit your needs. For more details, tel. **01962 891669**.

'TOO OLD TO CARE'

Grandparents Plus has published this research focusing on raising children, who cannot live with their parents, and keeping them out of care. Tel. **0300 123 7015** or visit

www.grandparentsplus.org.uk

"PILLS & PERILS"

See our research on the website of "*Mature Times*" following a Government decision to tackle the £300 million drug wastage bill.

YOU WRITE...

Dear Editor

If you have an existing Exchange Order for a Senior Rail Card, you can still exchange this, as EBC is holding funds to cover the cost, but no new Exchange Orders are being issued.

Jackie Charles *Hamble*

Dear Editor

Volunteers are wanted for a study to explore the experiences of people over 65 of the NHS Chaplaincy service during a stay in hospital lasting a week or more. If you are interested in taking part and are willing to be interviewed for 30 minutes, please contact

Hilary Yeoman

c/o Professor Peter Coleman
University of Southampton
email: hy1g08@soton.ac.uk

Dear Editor

Regarding the cancer survey you are carrying out for Macmillan Cancer Support, there is a Breast Cancer Support Group that meets on the last Friday of every month, except December, at the Macmillan Centre in Soton General Hospital at 2pm. Anyone, who has been diagnosed with breast cancer, is receiving treatment or is a survivor can attend. A breast cancer nurse is usually in attendance to give advice on anything from treatment to prosthetics.

Jean Read *Bursledon*

Dear Editor

As promised at the Forum meeting on 17 May, I have some further information on *Lasting Power of Attorney* forms. They may be downloaded via links on the following web page:

www.direct.gov.uk/en/Governments/citizensandrights/Mentalcapacityandthelaw. Forms are also available from the Office of

Public Guardian on **0300 456 0300**, selecting option 2. Lines are open 9am-5pm Mon. to Fri. except Wednesdays when the lines open at 10am. Forms can be requested in large print.

Nicola Andrews

Palliative Care Nurse
Specialist Countess
Mountbatten

Dear Editor

Very many thanks to all those who supported our campaign to save our cheques. Although we are all delighted at the climb down, many people have suggested that this may be a hollow victory if banks make it more difficult to get cheques and if retailers make it harder for us to pay with cheques. Now that we have opened up communications with the six biggest banks, as well as continuing communication with the Payments Council, we shall be keeping in regular contact with them to ensure that cheques remain fully available.

Debbie Beale *AGE UK*

Dear Editor

For 60 years, Britain has enjoyed an NHS that strives to be comprehensive, accessible and high value for money. New Government reforms threaten both the ethos and the planned and equitable way in which the NHS delivers care to patients. At the heart of the changes is the creation of a market that welcomes international, profit-driven corporations that answer to shareholders, not patients. The situation is grave. The value of the NHS is immense and cannot be mirrored by the private sector. We therefore call on everyone to campaign to *Keep Our NHS Public*. Find out more

about our campaign by visiting our website:
www.keepournhspublic.com
and join us.

Wendy Savage *London*

Dear Editor

Following the decision by the Payments Council to continue with cheques, I am still working on cheques and interested to know whether ESPOPF members have noticed any changes in how acceptable they are to traders and other businesses, following the removal of the *cheque guarantee card*. I should be grateful if you could let me know whether you have noticed anything, or whether this has been raised by anyone.

Lucy Malenczuk *AGE UK*

Tavis House 1-6 Tavistock Sq.
London WC1H 9HA
lucy.malenczuk@ageuk.org.uk

Dear Editor

I am writing to let you know that your complaint about HCC (relating to their cuts to the Mobile Library Service) has now been allocated to me... I shall try to get back to you within 28 days to discuss your complaint.. If you have further correspondence which you consider would help me to get a clearer understanding of your complaint, please send this to me as soon as possible.

Victoria Miles *Investigator*
Local Govnt. Ombudsman

Dear Editor

Thank you for sending out the Application forms for the Travel Vouchers with the Newsletter. I filled one out for my wife and sent it off and the travel vouchers arrived soon after. Simple!

Mike Parker *Netley Abbey*

Contributions to The Editor

diane.andrewes@virgin.net

EASTLEIGH SOUTHERN PARISHES
OLDER PEOPLE'S FORUM

OPEN MEETING

TUESDAY SEPTEMBER 20 2011

HILLDENE CENTRE HIGH STREET

WEST END SO30 3DU

MORNING WORKSHOPS (10.45am)

PRIVATE PENSIONS & ANNUITIES (AGE UK)

EQUALITY: IT'S FOR *US* NOT *THEM!*

NHS: *NEW OUT-OF-HOURS SERVICE*

EXTEND EXERCISES

AFTERNOON (2pm)

ROGER REDMAN, TAUNTON OLDER PEOPLE'S FORUM,

THE COUNCIL TAX: WHO NEEDS IT?

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

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

CHOOSE:

DEADLINE:15/9/11

**ROAST CHICKEN ... SALMON WITH HOLLANDAISE SAUCE ... VEGETARIAN ROAST...
(£3.50)**

BLACKBERRY & APPLE CRUMBLE ... TRIFLE ... DIABETIC OPTION ... (£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 2011/12 annual subscription £3/£5

OPEN MEETING DETAILS

COFFEE/TEA & BISCUITS 10.15am

MORNING WORKSHOPS

10.45am- 12.30am

LUNCH 12.30pm – 1. 15pm

RAFFLE/100/70 CLUBS DRAW 1.45PM

AFTERNOON INTERACTIVE SESSION

2pm – 3.30pm

AFTERNOON TOPIC: THE COUNCIL TAX

The Government is threatening to cut council tax benefit. The IsitFair campaign says the council tax is not fair. How many of us understand it? Roger Redman, of Taunton Older People's Forum, will give a presentation guaranteed to make us sit up, take notice and, hopefully, form a Forum view on an important issue affecting us all. He wants us to campaign for a fair, affordable system that works for everyone.

WORKSHOPS (Choose 2)

1 **AGE UK** is seeking information from 6 to 10 members who have retired within the last 5 to 10 years with a private pension and annuity. Jane Vass hopes to use this experience in her work with the Department of Work & Pensions. Members, who would be willing to attend this workshop, should telephone Diane as soon as possible on 02380- 403311 to book a place.

2 **DIVERSITY OUTREACH** – Jane Rawlins Mateus will talk about the role of the Hampshire Independent Equality Forum.

3 **EXTEND EXERCISES** Diane Rodaway will start the class at 11.30am, as usual.

4 **NHS** – will the new *out of hours* service and other changes benefit us?

VENUE – The Hilldene Centre is very accessible by bus and has free car parking.

HOME INFORMATION SUPPORT PROJECT (HISP) advisers will be available to answer your questions on benefits and everything else.

FOOD - Tell Betty if you have any special dietary requirements.

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 £4, as there are two draws remaining.

TRANSPORT - Michelle will collect passengers in the One Community, wheelchair-friendly mini-bus and deliver the usual door-to-door service.

PLEASE BOOK YOUR PLACE OVERLEAF.

STOP PRESS!

TREASURY SELECT COMMITTEE

REPORT 24/8/11

'THE FUTURE OF CHEQUES'

Even after the Payments Council's announcement that plans to scrap cheques have been stopped, they continue to be a political issue.

The Treasury Select Committee has made recommendations to the Payments Council and to Government to ensure the continued availability of cheques - including calling on the Payments Council to consider *bringing back the cheque-guarantee card*.

One of the other most important recommendations is about the future of the Payments Council and the regulation of payment systems. The Treasury Select Committee has called on the Government to consider whether there should be formal regulation of this area, so that *cheques cannot be withdrawn without the consent of the regulator*.

Age UK is quoted extensively in the report and we would like to thank all those who have helped us research and campaign on this issue. *ESPOPF's work has been immensely important*.

A full copy of the report can be found here
<http://www.publications.parliament.uk/pa/cm201012/cmselect/cmtreasy/1147/114702.htm>.

Age UK remains committed to ensuring that banks make cheques available and acceptable to traders for as long as older people need them.

Please get in touch if you would like to be involved, or simply to share your experience of using – or trying to use – cheques.

Telephone me on **020 3033 1476**, email lucy.malenczuk@ageuk.org.uk or write to me at Age UK Tavis House, 1-6 Tavistock Square, London, WC1H 9NA.

'PRIDE OF PLACE' POSTCARDS

AGE UK is calling on local councillors to make a difference to the neighbourhoods within their wards. They need to ask older residents about their needs, make change happen and commit to improvements. Please send the enclosed card to your own councillor or any councillor you know.

If you want an e-Newsletter, send your email

[address to david@espopf.org](mailto:david@espopf.org)