



## Welcome to our Autumn Newsletter



Maybe a family member or friend can gain access to our website to show you [www.aopf.co.uk](http://www.aopf.co.uk) and look for the header Gallery – the extra photos are there.



## Andover & District Older People's Forum

We held our very successful Full of Life Event on Thursday 5th October 2023  
Our Topic was DIABETES - Please see our photos etc. below:



In October the Andover & District Older People's Forum held the **Full of Life** event – we had all been waiting to celebrate the International Day for Older People. This year on the 5<sup>th</sup> October we celebrated with an **Information Day on Diabetes** and it was extremely successful. The two keynote Speakers, Dr Hermione Price Consultant Diabetologist and Local GP Dr Sarah Sierens were so informative on the subject and together with Sally Oxlade from [Diabetes UK Winchester](http://DiabetesUKWinchester) and [Eastleigh](http://Eastleigh) answered lots of questions from the floor and the visiting display stalls; food taster sessions and our raffle and refreshments were excellent. Photos of the day follow.

For those of you who can access our Website there are many more photos of the contributing stands and the Speaker's presentation slides are also available on our website.





Mollie writes and shares with us below.....

### Full of Life Diabetes Information Day

This is a **BIG 'THANK YOU'** to all of you who came out on the day to either learn more about diabetes or to man a stand at the event – or indeed to be part of the program. It was good to see so many people at the event on Thursday 5th October 2023.

Thank you too to those who gave raffle prizes and to those who bought raffle tickets as we have to cover our costs in this way - which leads me to my final 'Thank you' which is to Test Valley Borough Council who awarded us a Councillor's Grant which part funded the event.

Diabetes is such a prevalent condition in this country and 1 in 4 over 70 year olds are likely to get it. While there are different types (1 and 2) our medical experts explained the different treatments and why. We hope you learnt more about risks and prevention as well as the treatment and care from our speakers Q&A Panel and Exhibition. Photos and slides are now available to see on our website [www.aopf.co.uk](http://www.aopf.co.uk)

# DIABETES UK

**KNOW DIABETES. FIGHT DIABETES.**

**Diabetes Support ...** Winchester & Eastleigh Diabetes UK Support Group help people living with Diabetes by offering understanding and support.

The Diabetes Support team are holding a Christmas Get-Together on **11<sup>th</sup> December at 6.30pm** at The Bridge Inn, Shawford SO21 2BP.

If you would like details of all their events or more information do give them a call on **07548 440231**.

But first they have a Talk in November; please see the information in the green box below:

**November Talk**  
 Keeping Beta Cells Beating  
 20th November - 7pm  
 Speaker : Dr Bo Liu - Lecturer Physiology in the Diabetes department  
 Kings College London

## Next Time.....

**OUR NEXT GET-TOGETHER** will be held at our usual venue: Andover Baptist Church, Charlton Road, Andover SP103JH On **THURSDAY 23<sup>rd</sup> NOVEMBER 2023** Doors open @ 2pm for a 2.15pm start to 4.15pm close.

There will be a full Agenda and this time we will be joined by Claire Godding of The Countess of Brecknock Hospice Trust who will be telling us about all the very varied work in support and care the Trust do. We also hope to be joined by the Mayor of Test Valley, Cllr Philip Lashbrook and Mayoress, Cllr Linda Lashbrook. If there is anything members would like to discuss and suggest as a topic, please let us know. It is your meeting and we always look forward to your input, ideas, thoughts and news.

There will be a Raffle and Refreshments, so please bring cash with you for these and there

will be good company as always and since this will be the last meeting of 2023 we will be looking forward to Christmas.

So do please come and join us. We look forward to seeing you and sharing a fun afternoon with you all.



## Recycling Updates



Plastic plant pots and compost bags: **Dobbies Garden Centres** are still collecting plastic plant pots and compost bags for recycling. The compost bags can be any make or type so please do not put them in the bin.

**Pills.** Here is a reminder about our pill packets too. Do you have pills prescribed? Do they come in blister packs where you have to pop the pills out? If so, Superdrug are happy to take your empty pill packaging / blister packs for recycling. Just collect them and pop them in to Superdrug as you are passing or perhaps a friend will do it for you. Every little helps.

**Old Bras?** The Cancer research Charity AGAINST BREAST CANCER wants your old Bras which are sold and the money funds vital research. They have a recycling clothes bin at Tesco in Charlton where they can be deposited if bagged separately and marked "Bras" or they can be put into a jiffy bag and posted to: Against Breast Cancer, Leathern House, 13 Napier Court, Barton Lane, Abingdon , Oxon OX14 3YT. Thank you.

**Old Tools.** Remember also our AOPF Member Peter Ponting is still collecting Tools with a Mission (TWAM) which is a charity that collects tools, sewing machines and haberdashery. So please look in your shed, loft, garage and let Peter know if you've managed to find anything that might be useful. His number is **07813 702 911**.

## NHS

### Are you thinking of travelling to foreign climes?

The provision of NHS funded travel vaccinations became an essential service from April 2021. Surgeries and practices are reminded they are required to provide Cholera, Hep A, Polio and Typhoid vaccinations free of charge to their registered patients for the purposes of foreign travel. So do make sure and call your GP Surgery if you need travel vaccinations.



Hampshire Hospitals  
NHS Foundation Trust

**Resources available: Ensuring practices offer three routes to requesting care.** Practices are encouraged to ensure patients can request care in three ways: by phone, in person, and using online forms through practice websites (previously known as 'online consultation requests'). Availability of all three routes supports inclusivity, as some patients may find it difficult using online forms and prefer to be able to phone or visit.

The guidance statement from the NHS "Resources Available" acknowledges "some patients may find it difficult using online forms...". **Andover Primary Care Network** has been looking into this and is planning to hold a session or two to support those who either cannot access IT or have low confidence in using technology, however with a specific focus on accessing healthcare resources such as the NHS app, GP surgery websites and e-consult for appointments; this will likely to be great to offer

our members. If anyone is interested please let us know. **Hayley Bavin, Lead Social Prescribing Link Worker (Adults)** would be happy to come to one of our meetings and tell us more.

**TRANSPORT**



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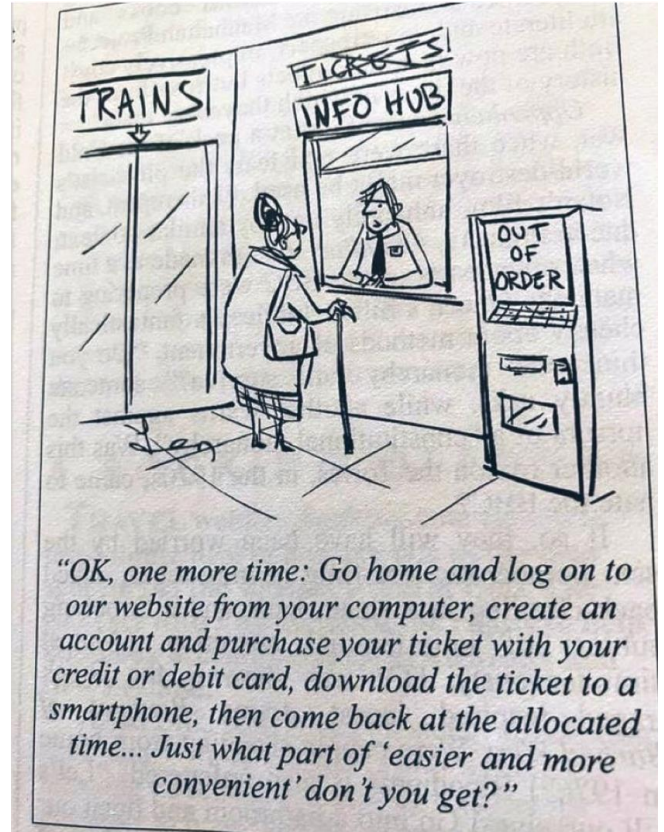
We are all aware of plans to **close the Train Booking Offices** at stations and there has been a huge outcry particularly from older people, the disabled community and all persons of reduced mobility known as PRM. This is not just about buying tickets but leads to unmanned stations meaning no assistance for PRMs, which can include mums with small children and buggies, apart from us older people, but unmanned stations have the toilets closed, Lifts are also often not working with Health and Safety reasons cited.



On the 18<sup>th</sup> October a Transport Conference run by the National Pensioner's Convention was held in London covering Accessibility, Bus Closures and the dreaded e-Scooters. AOPF member

Peter Rayner was at that Conference and will have a report back for us at the next meeting.

In the meantime we thought you would appreciate the following Cartoon courtesy of Private Eye on the subject:



**HAMPSHIRE ALERT** have made us aware of their latest Crime Prevention Bulletin. In it they draw our attention to their fight against **Loan Sharks**. The England Illegal Money Lending Team want you to know how to spot a loan shark.

**Loan Sharks** won't offer any paperwork, and will add high interest rates to any loans and likely will become aggressive or threaten violence. You can make sure a lender is authorised by checking with the Financial Conduct Authority. To report a

loan shark contact **Stop Loan Sharks England** on **0300 555 2222**.

**And with Firework Night** coming up **Hampshire Alert** remind us of the law surrounding fireworks.

Are you breaking the law?

Remember, Remember it is illegal:

- To set off fireworks between 11pm and 7am (bonfire night is extended to midnight)
- To cause unnecessary suffering to animals with fireworks.
- To throw or set off a firework in the street, onto a road or in a public area.
- For a member of the public to possess a 'display' style firework (category 4 fireworks).
- To store fireworks for private use for more than 14 days.



## Scams and fraud

Phone scams are a common way for criminals to con people out of their money.

**A cold call** is a phone call out of the blue from a company or person you've never dealt with before, usually trying to sell you something. They aren't always scams, but they can be so we advise you put the phone down and seek clarification from friends and family.

**Bank scams** ... Watch out for calls supposedly from your bank about fraudulent use of your bank account or bank cards. Scammers might ask you for your PIN and tell you to give your bank card to a courier. Your bank would never do this. So again, hang up the phone. You can phone your bank using the telephone number on the back of your bank card.

### Who can I talk to if I've been scammed?

- **The police:** If you feel threatened or if you're in immediate danger, call **999**. If it's not an emergency, call **101**.
- **Your bank:** If you've noticed any unusual activity with your bank account, call the centralised number **159** or the phone number on the back of your bank card.
- **Action Fraud:** Report any kind of fraud by giving them a call on 0300 123 2040
- **Victim Support:** Provides 24/7 free and confidential support to victims. Call on 08 08 16 89 111
- **Samaritans:** You can call their helpline on **116 123**.

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## BE SCAM SAFE

### Top 3 Tips to Be Scam Safe

1) Don't respond to **any** unexpected calls, emails, or texts, without checking first. If it's out of the blue, check it's for you:

- If it's a call, hang up, find a number you can trust, and call back on that – do not use any number a caller may give you.
- If they tell you it's your bank, you can call back using the number on the back of your bank card.

2) Stop and get a second opinion if you're being forced to make a decision, or if you feel rushed:

- No legitimate organisation will object to you asking a friend, family member, or colleague for an opinion. Nor will it object to you saying no, or delaying your decision. If they get pushy or persistent, just hang up.
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3) Report every scam, even if it didn't work on you, to help others:

- Forward suspicious texts to 7726, and emails to [report@phishing.gov.uk](mailto:report@phishing.gov.uk).
- Report fraud directly to companies involved, so they can alert other customers.



Action Fraud is urging people to use strong passwords and the 2-step verification.

You can report to Action Fraud by calling **0300 123 2040** Monday to Friday 8am - 8pm.

## REMINISCENCES

Do you have any Special Memories? Would you share them with us?

Most of us are full of remembrances; perhaps a particular Christmas day, an air-raid shelter in the garden, our first date, a really bad winter. Our next Notice Board will be the Christmas Issue and we would love to hear some of your stories and share them here on Notice Board. You might have a photo as well which would be great and it could become a regular feature so do get in touch – post to the Secretary (details follow at the end of this flyer) or email [andover.opf@gmail.com](mailto:andover.opf@gmail.com) either will work. If you do not want us to put your name to the story just let us know, that's not a problem.

## FINALLY

In our August Notice Board we reported that Folklore said that any month that had two full moons in would be wet. August had two full moons and indeed was wet. Folklore for October says that if the leaves remain on the oak in October we are in for a cold winter. Oh dear, perhaps we better wrap up warm. Maybe though, they hadn't taken into account Global Warming!

## MEMBER'S NOTICE BOARD

The AOPF Members Notice Board is for all of us to enjoy, read and stay connected with each other with news, activities, ideas and campaigns which affect those of us over the age of 55.

**Please feel free to share your thoughts and ideas with us to keep this Notice Board interesting.**

Please send your thoughts to us at [andover.opf@gmail.com](mailto:andover.opf@gmail.com) or by mail to:

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AOPF Secretary  
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Take care; stay safe and well and we hope you all have a very enjoyable summer.

With very best wishes from your

**AOPF Executive Committee**