



Andover & District Older People's Forum Notice Board & Newsletter January / February 2023



FANTASTIC TURNOUT FOR OUR JANUARY MEETING

Our first meeting of 2023 held at the Baptist Church on the 25th January was well attended despite it being January, which can often keep older people like many of us, indoors. It was a fabulous turnout and we thank everyone for coming.



Many of you braved the winter chills and joined us and, after catching up with the items of a full Agenda and a hot drink; those present were able to enjoy a presentation from the **South Central Ambulance Trust** represented by Terry Kane and ably assisted by her colleague Matt Cox. They told us all about Public Use Defibrillators and gave us an excellent demonstration of how it works, how CPR is given and, through questions and answers, a very detailed and rewarding discussion took place. Judging by the response of the audience Terry and Matt were a huge success.

Next Time

Our next meeting will be in April. Venue, date and time will be advised when confirmed but it is likely to be during the last week in April. In the meantime if you have any ideas about the sort of things you would like to be discussed at our meetings, do let us know. Also as age and health issues creep up we at AOPF could do with some back-up. Someone who could step in and man the door, or are you interested in IT? It is important to keep our website and Facebook page up-to-date and should ill health or some other problem occur to our Web Managers, it would be good to have an AOPF member, friend or family member ready to help. If you know anyone or are thinking "Well I could do that" please get in touch. You know where to find us. Just email or write to the Secretary. The details are at the end of this Notice Board. Full training will be available and support every step of the way, so please give it some thought.

SOCIAL CARE

Regular readers of Notice Board and those who were at our meeting will know a letter was sent to the Director of Adults' Health and Care in December and a follow up was sent in January. We have to report that there has been no response or acknowledgement to either. We still have many questions about Social Care and it was decided at the last meeting that further avenues would be explored to get some answers for our members.

The Blue Lamp Trust



Hampshire Constabulary has shared an update with you from their partners, **The Blue Lamp Trust**, of which their Chief Constable, Olivia Pinkney, is a Trustee.

The Blue Lamp Trust helps protect vulnerable residents in Hampshire and the Isle of Wight from becoming victims of crime - as part of their crime prevention advisory service.

The scheme, called the Bobby Scheme, from the Blue Lamp Trust offers FREE home visits providing both general and specific crime and fire prevention advice to improve home safety.

They visit residents of Hampshire and the Isle of Wight who are:

- Vulnerable due to age (over 65)
- Disabled
- A victim of crime
- A victim of burglary
- A victim of domestic abuse

Their trained, police vetted, Bobby Scheme Fitters will visit your home and carry out a full survey and, as appropriate fit items free of charge, such as:

Locks, Spy Holes, Door Chains, Smoke Alarms, Carbon Monoxide Alarms, and Install Key Safes. They can supply and fit Supra C500 Key Safes which are ACPO Police Accredited and have a 5-year guarantee at a cost of £75.

All of the Blue Lamp Trust advisors are police vetted and carry ID cards to reassure local residents that they are genuine – and please remember they will not be offended if you ask to see their ID to validate their identity.

If you, or anybody you know, is eligible (based on the criteria above) and would benefit from a Bobby Scheme referral, please enquire by calling the Blue Lamp Trust directly on **0300 777 0157**

BUS PASS



Is your bus pass still in date? A member thought we ought to tell you how she got caught out.

I do not use my bus pass locally as I live in one of the villages without a viable bus service. However when I visit my daughter, or stay with my sister, I use it frequently. Recently I tried to use it when out of the area and it was pointed out it was not valid as the date had run out. It was quite embarrassing.

On return home I phoned TVBC and was told no reminders or automatic renewals are made. It was perfectly easy for me to request a renewal and there was no charge but it is up to us to keep an eye on the expiry date.

That is a really good tip and thank you to that member for giving us the information.

If you have any information or experience you would like to share please get in touch.

BE READY TO CAST YOUR VOTE



From 4 May 2023, voters in England will need to show photo ID to vote at polling stations in some elections.

This will apply to:

- Local elections
- Police and Crime Commissioner elections
- UK parliamentary by-elections
- Recall petitions

From October 2023 it will also apply to UK General elections.

Accepted forms of photo ID

- Passport issued by the UK, any of the Channel Islands, the Isle of Man, a British Overseas Territory, an EEA state or a Commonwealth country
- Driving licence issued by the UK, any of the Channel Islands, the Isle of Man, or an EEA state (this includes a provisional driving licence)
- A Blue Badge
- Older Person's Bus Pass

- Disabled Person's Bus Pass
- Oyster 60+ Card
- Freedom Pass

If you don't have an accepted form of photo ID or you're not sure whether your photo ID still looks like you, you can apply for a free voter ID document, known as a Voter Authority Certificate.

The deadline to apply for a Voter Authority Certificate for the local elections in England on 4 May 2023 is 5pm on Tuesday 25 April 2023.

- You need to be before you apply for a Voter Authority Certificate.
- You can apply by filling out a paper application form and sending this to your local council.
- You can request the instructions in large print, braille or easy read.
- You may also be able to apply in person at your local council.
- If you need any help with applying for a Voter Authority Certificate or want to request an application form, contact your local council.

When applying for a Voter Authority Certificate, you will need to provide your:

- name
- address
- date of birth
- National Insurance number

You should apply using the same name that you used to register to vote.

You will not need to provide your gender, and your certificate will not have a gender marker.

NEW MUSIC THERAPY OPPORTUNITY IN ANDOVER



Andover Primary Care Network (PCN) is the group of five GP surgeries across Andover. They employ additional staff to work across the

surgeries to provide complimentary services to promote better health.

One of these initiatives is the plan to run weekly music therapy sessions to those aged 65+ as a prescribed approach to supporting their wellbeing. At present these will run until around mid-March and are being held in the **Health Hub, Chantry Centre** so, if you are interested, or would like further information, email hiowich-hsi.andoverpcnsocial@nhs.net or phone the office on 07469 698 402. Please leave your name, telephone number and say you are calling re Music Therapy and they will call you back.

BRENDONCARE CLUBS



Brendoncare Clubs provide older people with opportunities to socialise and meet new friends. Since first telling our members about the Clubs at our

AGM in April last year, Lorraine Annetts of Brendon Care has now successfully opened three of these Clubs in the Andover district. If you would like more information on membership and what the Clubs do, phone 01962 857 099.

FINALLY.....

“Age doesn't matter unless you're a cheese”.

Absolutely true. However I am afraid Age does come with some side-affects as we all know.

We enjoyed the story from the comedian Harpo Marx.

“The days of struggle are over”, I should be able to say, “I can look back now and tell myself I don't have a single regret”.

But I do.

Many years ago a very wise man named Bernard Baruch took me aside and put his arm around my shoulder. “Harpo, my boy, he said, “I'm going to

give you three pieces of advice, three things you should always remember.”

My heart jumped and I glowed with expectation. I was going to hear the magic password to a rich full life from the master himself. “Yes, sir?” I said. And he told me the three things.

I regret I’ve forgotten what they were.



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 or by mail to:

Wendy Rayner
AOPF Secretary
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Take care, stay safe and we look forward to better and safer times ahead.

With very best wishes for the New Year...
2023 from your
AOPF Executive Committee