



## Welcome to the second AOPF Notice Board as Spring Begins and Easter is upon us.

We do hope you enjoyed receiving the first Member's Notice Board and will join the committee in sharing news, views, hints and tips with members of AOPF.

Many of you who have attended our meetings will remember the fantastic cakes our Chairman Jenny, baked. Well today Jenny is giving us one of her recipes (please find it at the bottom of this Newsletter).

With the snowdrops fading and daffodils blooming, some of us say they could do with some gardening tips. Where are all the gardeners out there? Please do share your thoughts and ideas with us ready for our next Notice Board edition.

What are you going to be doing this Spring?



### Easter Worship

Many of us were hoping to celebrate Easter at our local place of worship in person. Unfortunately we have to be patient a bit longer. Most places will

be offering virtual services for those who have computer access and many are open for private prayer, and churches are being decorated. But slowly the tide is turning and we will soon be able to meet up again.

Guidance

### COVID-19 Response - Spring 2021

#### Step 2, no earlier than 12 April:

The government has announced Stage 2 of their roadmap....

- Non-essential retail, personal care premises, such as hairdressers and nail salons, and public buildings, such as libraries and community centres, will reopen.
- Most outdoor attractions and settings, including zoos, and theme parks, will also reopen although wider social contact rules will apply in these settings to prevent indoor mixing between different households. Drive-in cinemas and drive-in performances will also be permitted.
- Indoor leisure facilities, such as gyms and swimming pools, will also reopen - but only for use by people on their own or with their household.
- Hospitality venues can serve people outdoors only. There will be no need for customers to order a

substantial meal with alcohol, and no curfew - although customers must order, eat and drink while seated.

- Self-contained accommodation, such as holiday lets, where indoor facilities are not shared with other households, can also reopen.
- Funerals can continue with up to 30 people, and the numbers able to attend weddings, receptions and commemorative events such as wakes will rise to 15 (from 6)

## Covid – Latest News

What is happening on the Covid front? Well hopefully most of us will have had at least one vaccine dose, and many of us will have had both. As the COVID-19 Vaccination programme moves on to new age groups, the National Booking Service will shortly begin carefully **triallying a text message service** for COVID-19 vaccination invitations and reminders, in addition to the letters that are currently sent to eligible people. It is hoped that this approach will help the NHS issue invites to eligible groups more quickly and be more convenient for lots of people, particularly those in younger age groups.

People receiving these text messages will be invited to book online or by calling 119 for an appointment at a local Vaccination Centre or pharmacy-led site. The text message will be sent using the Government's secure Notify service. They will appear as being sent from NHSvaccine. These text messages are in addition to those which are currently being used by some hospitals and local GP-led vaccination services.

## Annual General Meeting



The AGM will be held on Thursday 29 April 2021 'virtually' on Microsoft Teams to which everyone is warmly invited. If any of you would like to join us please let us know with your name and email address at least one week before (22<sup>nd</sup> April) and we will send the invitation to you, with the Agenda. In the meantime is there anything you would like raised or commented upon at the meeting?

The new Executive Committee will be proposed and hopefully approved by members. However, following the resignation of the current secretary the role has been reviewed and split into two which will require a change to the Constitution to remove the role of Membership Secretary and insert the role of Publicity and Events Officer. The Care Officer role also will disappear due to the sad loss of Rosemary Hamilton, but we hope to have regular input from our health and social care colleagues.

As you can see from the design of the Notice Board (and our website as a whole) we are fortunate to have input now from two IT experts with design and communication skills and these posts will be proposed as Web Design

and Management, Social Media, IT and Marketing Officers to replace the Information Technology and Website Officer in the Constitution list.

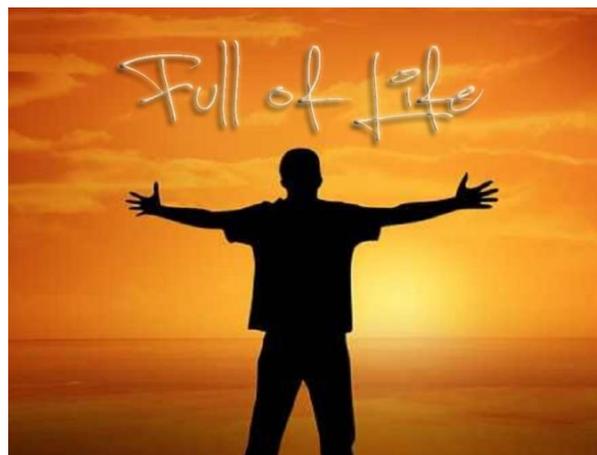
The Constitution states 'a Committee of no more than 14 elected members' so if you are interested in joining us we still have room. If you have time to help – don't be shy. There are several posts which could do with a bit of help – help with fundraising and raffles come to mind. You do not have to take the lead on anything to start with – you can shadow one of us and learn how we get along. Nominations are coming in from some existing Committee members but do not be put-off volunteering to join us.

So far Nominations are in for:

- Jenny Kay to continue as Chairman
- Hadyn Watkins as Vice Chairman
- Mollie Antrobus as Events Organiser and Publicity
- Wendy Rayner as Secretary
- Fred North as Treasurer
- Wilson Carson as web management, social media, IT & marketing
- Di Swaddling as web designer, social media, IT & marketing
- Marion Kerley as Fundraiser
- Refreshments

If anyone would like to help and assist Marion with Fundraising activities, we would welcome help and involvement, so please let us know if you're interested.

## 'Full of Life' event



We are hoping to hold an event and are starting to plan the possibility of holding such an event to celebrate the International Day for Older People on or around 1<sup>st</sup> October.

Watch this space for more details as we seek to book a venue. Obviously all is dependent on the pandemic but we sincerely hope to go ahead this year. We all need cheering up !

## The Rendezvous

You will have seen in the Andover Advertiser that 'I Can Therapy' is moving into the Rendezvous on 1<sup>st</sup> April 2021.

This means we are having to look for another venue for our future meetings.

Any ideas gratefully received by Mollie..!

Thank you.

## Recipe Corner



### INGREDIENTS

- 125g Feta Cheese
- 225g cherry tomatoes (fresh)
- 1/2 tbsp Italian dried herbs
- 1 tbsp Olive Oil
- Black pepper to taste
- Chilli flakes to taste
- 1/2 tsp dried thyme
- 150g pasta spirals, or similar
- 3 tbsp grated Parmesan Cheese
- A few Olives chopped (optional)
- Fresh Basil and parsley chopped
- 1 garlic clove

### METHOD

1. Preheat oven to 200 C (180 C fan /375/400/F)
2. In medium baking dish place block of Feta in the middle surrounded by the tomatoes, garlic, and the Olive Oil and Olives if used. Season with dried herbs and chilli flakes.
3. Place in the preheated oven and bake for 20 mins until tomatoes are bursting and cheese golden on top.
4. Cook pasta according to package instructions until not quite cooked (al dente). Drain and reserve 50ml of the pasta water.

5. Mix tomatoes and feta thoroughly
6. Add pasta plus reserved water to the tomatoes and Feta stir well, mix in basil and parsley and top with grated parmesan. Place back in the oven for 10 mins to brown and serve.

Note other veg can be added e.g. onion, asparagus, wilted spinach or sweet peppers.

### MEMBER'S NOTICE BOARD

The AOPF Members Notice Board is for all of us to enjoy, read and stay connected 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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Take care, stay safe and we look forward to better and safer times ahead.

With very best wishes from your AOPF Executive Committee.