



Andover & District Older People's Forum

AOPF's Notice Board & Newsletter - Summer 2023



August is here already and with it brings our latest Newsletter / Notice Board and we hope you enjoy our news and items of interest.

Since the last Notice Board we had our July meeting. Before the meeting started there was a very special presentation. Many regular visitors to the Notice Board will know about the special event being organised by Andover & District Older Peoples Forum, for our **Full of Life Information Day on Diabetes** on the 5th October at the Baptist Church where we hold our meeting.

Watch out for more news of what looks like a very interesting day. In the meantime here is a taster of what is to come.....



Our Full of Life Information Day on Diabetes

DATE: THURSDAY 5th OCTOBER 2023

TIME: Doors Open 1st Event from 1.30 to 4.30pm

VENUE: ANDOVER BAPTIST CHURCH, CHARLTON ROAD, ANDOVER SP10 3JH

- Facts & Support
- Meet & listen to the Experts
- Keynote Speakers: Dr Hermione Price, Consultant Diabetologist and Local GP
Dr Sarah Sierens
- Information Marketplace with display stalls
- Exercise sessions to Music available
- Food taster sessions
- Raffle & Refreshments
(please bring cash for these)



Part funded by TVBC
Test Valley
Borough Council

The organisation for this event started in January and as the medical profession were concerned in the rise in Diabetes (1 in 4 people over the age of 70 will get Type 2 Diabetes) but, like many diseases, if caught at an early stage then for up to 50% of people it is preventable.

It was decided our event would be an excellent opportunity to major on this subject from prevention to managing the condition. However costs were prohibitive and an application was made to the Councillors of Millway Ward for a Grant and we are delighted to report that the Councillors recognised the importance of this event and topic and were glad to give it their support. Councillor Zilliah Brooks said "It's always good to hear about the brilliant work that the Andover and District Older People's

Forum are doing, as they do such great things for the community”.

Councillor Brooks attended our meeting and made a presentation of a giant sized cheque representing two thirds of the estimated cost of putting the event on.

Here you can see Councillor Brooks in the centre of the photo below, with Mollie Antrobus (left) who is working hard organisation Our **Full of Life** event together with our Chairman on the right, Jenny Kay.



The meeting that followed the presentation was extremely interesting. We had an excellent Guest Speaker, Ann Orr, who explained the many mysteries surrounding making a Will, Powers of Attorney, divisions of assets and much more. As well as being informative Ann made it easy to understand and it was not without humour. Ann said that if anyone there would like to speak to her on a personal basis, they could leave their contact details and she would make arrangements to visit them in their own homes. She was not short of people taking her up on her offer and there were lots of congratulations on the presentation.

Next General Meeting.....

OUR NEXT GENERAL MEETING DATE? is not until 23 November 2023 but be sure we will send out all the details nearer the time. If

there is anything members would like to discuss and suggest as a topic, please let us know way before the November meeting (asap) - thank you. We'd love your input thoughts and ideas.



Valley Leisure has recently launched its new online health and wellness service called **I Can Connect**. The service enables you to move more from your own home at a time to suit you and with the support of our team. We've created a range of fun and engaging on-demand exercise sessions accessible 24/7.

There are bookable connected exercise sessions enabling you to take part in online group exercise with others. Our **'Move More'** Coaches are on-hand to help you achieve your lifestyle goals and you can track your progress using a range of functional fitness checks.

What do I need to be able to use **I Can Connect**? ... You'll need access to the internet and a device on which you can watch online content. We'd suggest a tablet, laptop or desktop computer but you can access **I Can Connect** from a mobile phone too. You'll need space in which to exercise; we'd suggest a space of about 2m x 1m which is clear of hazards.

You'll need loose, comfortable clothing in which you're happy to exercise.

How much does it cost? ... We're offering a 14-day free trial to have a go and see what you think. After that **I Can Connect** and all

the features are available for only £15 per month. After four months you can cancel at any time.

For those without on-line access or an internet connection, you can attend the centre itself and use the exercise experience using specially adapted power assisted equipment to move and mobilise your muscles and joints.

Address: **I Can Therapy Centre**, 8-10 Union Street, Andover SP10 1PA

There is also a class called Steady and Strong which is a seated and standing exercise class to improve strength, balance, mobility and flexibility to reduce the risk of falls.

Price: £40 Per Person Per Course

For more information and to book your place, call the **I Can Therapy Centre** team on [01264 568241](tel:01264568241)

A number of our members already use both **I Can Connect** and also **Steady & Strong**.

And remember too, if you **don't have online access** maybe a friend and/or family members would be happy to help you access the online **I Can Therapy** with them, using their broadband, computers and/or iPad connections.

Age UK - Blue Badge report



A recent report by **Age UK** sets out the difficulties older people face when trying to apply for a **Blue Badge** and other local public services if they are not 'computer savvy'

Age UK warns that local councils need to do more to improve access to and provision of public services for those not online, a cause that the NPC is taking up through its Connections for All campaign.

The report found that most local authorities now strongly encourage people to access services digitally and in some cases do not offer offline alternatives at all, or not in a way that makes them easy to find and access.



Age UK found that:

- In most areas there is strong encouragement to access council services digitally which risks excluding people who do not use the internet.
- One in six (10) Age UKs told us people needed to use the internet in order to apply for a Blue Badge in their area.
- While most Age UKs said there was at least one offline way of applying for a Blue Badges (using a paper form, by telephone and/or through a face-to-face appointment), often these are not promoted. Only 13 (less than a quarter) organisations said it was easy for people who are offline to find out about and apply for a Blue Badge in their area.
- Many councils encourage people to seek help with Blue Badges from organisations such as Age UK and Age Concern Hampshire which places additional strain on already hard-pressed services. In some cases, older

people could apply without being dependent on others if councils offered easy to use alternatives to the online system.

- Around two-thirds of respondents told us that people are also having difficulties accessing other council services if they cannot do so online. Housing related services were mentioned most frequently although some said all council services were hard to access offline.
- We acknowledge that local authorities are under great financial pressures, but they do need to make sure that their services are fully accessible. We hope that this survey will encourage councils to review their systems and work with local organisations to ensure that all their services are available to everyone.
- While there will always be a need for suitable alternatives to online access, some older people are able to gain digital skills with appropriate support. Digital inclusion services run by Age UKs and other organisations can help people safely engage in the digital world.

We at AOPF made our own inquiries. Hampshire County Council says, "The quickest and easiest way to apply is on-line. If you don't have access to the internet, it is available at your local library, or alternatively you can ask a family member, friend, support group or carer to assist you or apply on your behalf."

Further inquiries eventually found a telephone number for Blue Badge queries. It is **0300 555 1376**. From there if you wish to apply for a Blue Badge you can get a paper application form and the criteria needed to

obtain a Blue Badge. The fee for a Blue Badge is £10.

Watch out for on-line SCAMS though! If you decide to go on-line to apply for a Blue Badge be aware of the scam websites where you may be charged £49 for an application which won't guarantee that a Blue Badge will be issued to you. These scams are not associated with the Blue Badge Service and the application form supplied by these websites is not accepted by local authorities.



For assistance you can also call / contact **Age Concern Hampshire** as they have a network of Volunteer Form Fillers where you can make an appointment for a Volunteer to either help you over the phone to complete the Blue Badge Form, or can make an appointment with you to come to your home and help.

You can contact **Age Concern Hampshire on 01962 868 544**.



UK's first medicine packet recycling programme

Hoping to be more green this year and recycle more? Well we've got great news for you! We've teamed up with brands Benadryl, Buscopan, Calpol, Nurofen, Imodium, Nicorette, Optrex, BuscoMint, Dulcolax, Sudafed and Allevia to include collection boxes in every **Superdrug Pharmacy**, so you can **recycle your empty medicine blister packets**.

Start collecting empty medicine blisters so the next time you are able to visit

your **Superdrug** pharmacy, you can drop them off in the dedicated collection boxes.

To ensure the scheme continues to run safely...

- **DO:**
- **only return waste to Superdrug 'pharmacy' stores**
- Only return **'empty'** blister packs
- **DO NOT:**
- **Don't return waste to 'non-pharmacy' stores**
- Return 'blisters containing medication'
- Return medicine packaging including bottles and aerosols
- Return cardboard packaging

This scheme is **only available in Superdrug pharmacy stores**, stores without a pharmacy **do not** participate and cannot accept blister recycling waste.

Afternoon Tea & Scones



I was recently treated by a friend to some of her most delicious, lightest home-made scones. I asked her if she would share her recipe with us. She agreed and here it is now. Do try them. Happy eating - Wendy.

Buttermilk Scones ... Ingredients:

- 450g self raising flour plus extra for dusting
- ¼ tsp salt
- 100g cold butter, diced
- 85g golden caster sugar
- 284ml pot of buttermilk
- 2 tsp vanilla extract
- a splash of milk

Method:

STEP 1

- Heat oven to 220C/200C fan/gas 7. Put the flour, salt and butter into a food processor and pulse until you can't feel any lumps of butter (or rub in butter with fingers). Pulse in the sugar.

STEP 2

- Gently warm the buttermilk (don't throw away the pot) and vanilla in a microwave or pan. Using a large bowl, quickly tip in some of the flour mix, followed by some of the buttermilk mix, repeating until everything is in the bowl. Use a knife to quickly mix together to form a dough – don't over-mix it.

STEP 3

- Tip onto a floured surface and lightly bring together with your hands a couple of times. Press out gently to about 4cm thick and stamp out rounds with a 6cm or 7cm cutter. Re-shape trimmings until all the dough is used. Spread out on a lightly floured baking sheet or two. Add a splash of milk into the buttermilk pot, then use to glaze the top of each scone. Bake for 10-12 mins until golden and well risen.

FINALLY

Did you know that this year August is a rather special month. It is host to two full moons. The first was on the 1st and the second is on the 31st. When this happens the second full moon is referred to as being a **Blue Moon**. Folklore says that any month that has two full moons in it will be wet! It certainly started off that way. Still we are reminded of the little ditty we learnt at school. It went like this:

Whether the weather be fine
Or whether the weather be hot
Whatever the weather, we'll weather the
weather
Whether we like it or not!

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 well and we hope you all have a very enjoyable summer.

With very best wishes from your

AOPF Executive Committee