

AOPF

ANDOVER & DISTRICT OLDER PEOPLE'S FORUM

MEMBER'S NOTICE BOARD



Welcome to our mid-summer Notice Board. At long last we have been seeing some sunshine and perhaps for some of us it proved too hot. Everything in the Fields and gardens is ripening and no doubt some of us with veggie gardens have started to harvest our own produce. The children are on holiday from school so there's lots going on. But what have we been doing and what is coming up?



Firstly our last meeting was held on 18th July. Our speaker on that occasion was a Cyber Bobby from the Blue Lamp Trust, Phil Atkinson. Phil explained about the Bobby Scheme where you can have a home visit to have advice about making your home secure and who will fit certain security devices to help protect people from becoming victims of crime. He went on to tell us about The Cyber Bobby scheme which is like the Bobby Scheme, providing home visits, but giving advice and guidance about basic IT security and scams perpetrated by email, text or telephone. Phil showed us some helpful videos and advised us on Cyber and scam prevention. He explained how Scammers obtain our personal information and how they use it to gain our trust and he gave us hints on how to protect our privacy, how to choose and remember



passwords, how to recognise scam emails and text messages and so much more. For more information call 0300 777 0157

The Blue Lamp Trust is a non-profit organisation dedicated to promoting and enhancing community safety throughout Hampshire and the Isle of Wight.



British Red Cross

Changes are taking place to the Red Cross's long-established Mobility Aids Service. For the majority of areas, the Service has now become a 'direct to customer' service for wheelchairs, managed from Sheffield, with courier delivery the day after requesting. However for many years Hampshire and 2 other areas have enjoyed a special NHS contract arrangement that includes other items such as commodes and other toileting equipment. There have recently been discussions between the Red Cross management committee and Hampshire NHS to ascertain if - and how - this arrangement could continue under a new contract. It has now been decided that the Hampshire provision will remain as it currently is until the end of the financial year, i.e. 31st March 2025, during which time the running costs will be reviewed and the contract reassessed.

The Service, based at St Ann's Hall, Suffolk Road, Andover, currently operates on Mondays, Wednesdays and Thursdays (hours vary according to volunteer availability). They would very much like to expand this provision but for that, more volunteers are needed. They are looking for 2 people to share a commitment to one session. Training will be given and any expenses are refunded.

On Wednesday 18th
September 2024
(from 5pm)

Hampshire Hospitals
NHS Foundation
Trust will be holding
their Annual General



Meeting. The event, which is open to the public, staff and local communities, will share an update on the latest activity and performance of the Trust. There will be a range of expert speakers and the Trust's executive team will be on-hand to present Annual Reports and Accounts and share plans looking to the year ahead.

You can attend in person at The Ark at Basingstoke, I am sure there will be an opportunity to ask questions, or there will be an opportunity to view a live event stream on-line.



Work is still ongoing in the planning and organisation of our **Full of Life Event** in October. This year it will focus on Ideal Housing

needs for Older People. Here Mollie Antrobus our Publicity and Events organiser explains why this is such an important subject.

When you are young your priorities are different and one of your concerns is 'where am I going to live?' Stay with parents, share with mates, get somewhere of my own? It may not be a choice. Obviously a lot depends on your income. Another concern is renting or 'saving enough to get on the property ladder' - if that is possible these days.

As we go through life our needs may change and we may need a larger house to accommodate a family and hobbies such as sport and gardening. However as we get older, other considerations may manifest themselves. The kids may have fled the nest and may have families of their own. They may have moved away for employment opportunities or they may be close by and want 'baby sitters' while they work to pay the mortgage or rent.

Your housing needs may change – but not the fond memories of what went on over the years in your family home. You do not want to move but your house is now too large for you to cope with any more; you want to 'downsize' but don't know how to approach this; you or your partner are ill or disabled and the house needs adaptations or equipment to help you to cope; but who do you contact? You cannot afford your rent or utility bills on your pension so have to cut back on heating and food. What about sharing your home – but who helps with this to ensure my safety? Talking of safety – what if you feel unsafe in your home because of rowdy neighbours or you worry about being burgled or having a fall and being unable to get help?

Those are just a few very real scenarios.

So what help is there and how do I get it? Older people are not all computer literate or indeed can afford a computer with its on-going costs.

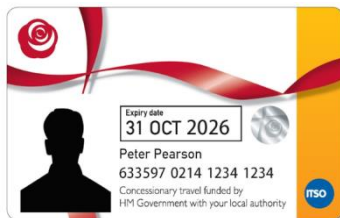
This is why this year Andover and District Older People's Forum have chosen to organize an 'Ideal Home Exhibition' for Older People with speakers and exhibition information displays to help attendees consider their options and the help and advice available to them.

It is interesting that our new government has a flagship policy of building more housing - but possibly reducing the requirements on the house builders. I wonder if they consider 'Homes for Life' and bungalows and apartments suitable for older people in this as well as family homes. It could free up existing housing for families and make the best use of space and available accommodation.

Our event will be on Thursday 3rd October 2024 in the Andover Community Church so look out for posters and notices and come along to find out more.

Transport

Transport is of paramount importance to Older People. Without it we may not be able to get to medical appointments, the Post Office and Shops, or to be able to participate in meetings and social events and have inclusion. Many of us cannot, for one reason or another, drive. We celebrated the **Bus Pass** but gradually the Bus Services have decreased and many of the villages around Andover have lost their buses altogether. Unity Transport has a Taxishare scheme as a replacement service for the ceased C3, C4, C5, C6 and C8. This is a bookable service and as such you will need to register with them by calling 01264 356808 or if you are able you can download and complete the registration form. The service costs £1 per single Journey. The service only runs once or in some cases twice a week on certain days but all information can be found on their website or just telephone 01264 356808.



THURSDAY
29th
AUGUST

Wellbeing Walk with Walk N Talk

Meeting at Anton Arms Pub where we will join the Rooksbury Lake Walk N Talk group



THURSDAY
12th
SEPTEMBER

Wellbeing Walk with The Light Therapist

Mindfulness Walk




Fred. Olsen Cruise Lines



Planning a Holiday?

The National Pensioners Convention, to whom we are affiliated, has partnered with **Fred Olsen Cruise Lines** to be able to offer NPC members a discount on cruises. The Fred Olsen Cruise Lines affinity membership discount scheme, offers NPC members a 5% discount on all Fred Olsen cruises, when quoting NPC5, followed by which NPC group they are a member of. As affiliated Members this offer includes us.

This 5% discount is also combinable with any other Fred Olsen Cruise Lines special campaign offers and is applicable to Freedom fares and Saver fares, (but is not combinable with group discounts).

To book please call the Fred. Olsen Cruise Lines reservations team on **0800 0355 144** and quote **NPC5** followed by which NPC group you are a member of. Phone Lines are open from: Monday - Friday 9am – 6pm
Saturday 9am – 5pm
Sunday 10am – 4pm



Wellbeing Walks with Social Prescribing



Join the Social Prescribers from Andover PCN on a friendly and relaxed walk for up to one hour.

We will be leaving from the Health Hub Chantry Centre** at 5:30pm on the following dates!

Joining us will be guests from:
Sport in Mind
Chapel Arts
The Light Therapist
all providing taster sessions adding variety and fun during the walk!

Join as many walks as you'd like! Please call the Health Hub to book 07310023207



Halloween

What do we know about Halloween and how did it originate?

Halloween or **Hallowe'en** (less commonly known as **All Halloween**, **All Hallows' Eve**, or **All Saints' Eve**) is a celebration observed in many countries on 31 October, the eve of the Western Christian feast of All Hallows' Day. It is at the beginning of the observance of Allhallowtide the time in the liturgical year dedicated to remembering the dead, including saints (hallows), martyrs, and all the faithful departed. In popular culture, the day has become a celebration of horror, being associated with the macabre and supernatural. All Hallows' Day Celebrated in Ireland and Scotland for centuries, Irish and Scottish immigrants took many Halloween customs to North America in the 19th century and then through American influence various Halloween customs spread to other countries by the late 20th and early 21st century.

Popular Halloween activities include trick-or-treating (or the related guising and souling), attending Halloween costume parties, carving pumpkins or turnips into jack-o'-lanterns, lighting bonfires, apple bobbing, divination games, playing pranks, visiting haunted attractions, telling scary stories, and watching horror or Halloween-themed films.

But what have we planned for Halloween, 31 October?

Well, it's the date of our next Meeting!! So join us at the usual place, THE COMMUNITY CHURCH, CHARLTON ROAD, ANDOVER at the usual time – doors open at 2pm for the meeting which will start at 2.15pm. Look out for more information in our next Notice

Board – but don't forget to save the date.....

3rd October our next 'Full of Life' event. An 'Ideal Housing for the Older Person Exhibition' on all things about living independently.



Eight year old Alice, our neighbour, came to tell us her latest joke, “Why does Peter Pan keep flying all the time?” Answer, “Because he’s in Neverland”.

We love this joke as it never grows old!!



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

Feel free to share your thoughts and ideas with us to keep our Notice Board interesting. Please send your thoughts to Wendy Rayner, AOPF Secretary, 22 The Dell, Vernham Dean, Andover SP11 0LF or by email: andover.opf@gmail.com

Take care; stay safe and well and we hope you all enjoy this lovely summer.



With very best wishes from your
AOPF Executive Committee