



BIG DATE COMING UP..!

You are warmly invited to the next Meeting of (AOPF) the Andover & District Older People's Forum. This is the best news we have had in a long while. Until now our AGM and committee meetings have been conducted virtually, via a Computer screen. At last we are meeting together for 'real'. Well, that's the plan.

The venue is Gilliat Hall. 28 Marlborough Street, Andover. It's a wheelchair friendly venue and central in Andover. The date is Tuesday 28 September 2021 starting at 2pm. There is parking and it is not far from the Bus Station and public transport but if, for whatever reason transport is difficult, please let us know and we will try and sort something out. Contact details are at the end of this Notice Board.

Please come along and share your news and views; catch up on what AOPF has been doing and hear about our plans for future events. Why not bring a friend or two too! There will be refreshments and Jenny will be baking some of her delicious cakes – now that's something to look forward to.

Let's celebrate the first real meeting since lockdown together where **AOPF** can welcome old friends and new. See you there.

OPCC Hampshire Community Group Outreach

Our Committee Member and Representative on the OPCC Hampshire Community Group Outreach tells us that his next meeting with them is in September so now is the time to quickly get views, concerns and greatest worries

about crime in your area. Drop us a line or an email at the addresses at the end of the Notice Board and Brian will organise to present at the next meeting.



Have you seen any E-Scooters around your streets? They look like the scooters we used to ride as children but are for adult use, larger, electrically powered and can be LETHAL.

At present it is an offence to ride them in public – including on paths, pavements and roads. They may only be ridden on private land with the landowner's permission. However it is perfectly legal to sell them. There are a number of cities currently taking part in a hire scheme trial which allows the scooters to be used in a designated area.

There is some delay in introducing legislation which is making it very difficult for the Police to take action efficiently. The Department for Transport has announced that a decision will be made next spring. Meanwhile older people, disabled people and young parents have all voiced their concerns. Reports are already in of 'serious accidents' and 'criminal activity' caused by the illegal use of the e-scooter. What do you think – environmental benefit? Or something that needs further thought and strong legislation?

FULL OF LIFE EVENT - a special message from Mollie, our Events Organiser.

We have all been so looking forward to the **'FULL OF LIFE'** event with our **Inter-generational Theme** originally planned for October. Unfortunately due to Government guidelines on Venues and events the date will be later than planned possibly at a different venue than previously planned but **IT IS GOING TO HAPPEN**. The potential stallholders are making their plans and we are all raring to go, so please watch this space.

Intergenerational solidarity is such an important topic, today more so than ever.

The National Pensioners Convention held their annual 'Parliament' virtually on Zoom this year with a series of excellent webinars - one of which was on bringing the generations together for the mutual benefit of us all, "to be part of today, not yesterday" to quote one of the speakers. **The NPC webinars are well worth watching so if you do have access to the internet, the details are <https://www.npcuk.org/webinar-series-2021>**

The **Generations United Report, Together in the 2020s** (published, Jan 2020) stated:
'Urgent action is needed to tackle the divisions facing older and younger generations and unite Britain. Britain is one of the most age segregated countries in the world, having become more so in the last decade. Bringing younger and older people together can help tackle some of the biggest social problems facing all generations in Britain – from poor health and care, anxiety and loneliness to learning, housing and lifelong opportunities. Intergenerational projects can change attitudes to ageing, reduce ageism and increase trust in a country where people are often divided by age.'

So my message is clear, "Watch out for updates; send me details of groups which are intergenerational that you know or are involved in; and finally LET US GET TOGETHER MORE".



Have you obtained your NHS COVID Pass yet? It may be required if you are planning a holiday outside the UK, but it has other uses too and is proof of your vaccination(s). It is easily obtained for the cost of a phone call. You will need your National Health number to hand and simply dial 119 and choose option 3. You can choose a paper certificate which is the most popular, or, if you are technically minded an App for your mobile phone. You will be asked for your National Health Number and simple questions such as name, address etc and your Pass will be delivered between 3 to 5 days. It really couldn't be simpler.

BANK CLOSURES



Many people have been shocked and worried by the number of Bank branches that have been closed and the speed at which it continues to happen. One of our Committee Members has drawn to our attention the consumer magazine Which?'s campaign. They are particularly worried about the effect it will have on disabled people but may affect anyone without computer access or does not wish to have "on-line banking"

Which? Says, "Some banks are failing to support their disabled customers: widespread branch closures and the shift to online-banking make it increasingly difficult for them to access cash and vital everyday financial services.

"Branches can be a lifeline for many, but four in 10 disabled consumers told us that closures had negatively impacted them. And it's only getting worse: by the end of this year, almost 4,300 UK branches will have closed since 2015 – that's a 44% cut in the network.

"More must be done to improve accessibility of banking services. The government's promised legislation on access to cash must make sure that people aren't cut off from their local branches."

There is an arrangement between the Banks and Post Office that you can withdraw money from the Post Office using your Bank Debit Card and pay cheques in using the envelope provided by the Post Office. It is a pity so many of the Post Office branches have also closed!

Gardeners & Cooks



Are you lucky enough to be able to grow your own but occasionally have a glut? At the moment there appears to be a glut of cucumbers and courgettes. Here is an easy lovely recipe from one of our members for a cucumber soup but the cucumbers can be replaced with courgettes and it is still delicious. Have it cold on a hot day or for a chilly day serve hot with crusty bread. It freezes really well too. If you do not have access to a garden it is really worth putting the ingredients on your shopping list.

Ingredients:

40g (1 ½ oz) butter
200g (8oz) onions, peeled and very finely chopped
1 ½ cucumbers or the equivalent amount of courgette
5ml (large teaspoon) curry powder
20ml (5 large teaspoons) plain flour
3 chicken stock cubes
1litre boiling water
½ litre milk
Salt and freshly ground pepper.

Method:

Melt the butter in a large pan and fry the onions, without colouring, for 10 minutes. Add cucumbers (or courgettes) grating them coarsely into the pan. Fry for a further 5 minutes. Stir in curry powder and flour and cook for a few minutes. Dissolve stock cubes in the water and add to pan by stirring. Bring to the boil. Cover, reduce heat and simmer for 30 minutes. Add milk and reheat without boiling. Add seasoning to taste. Enjoy, chilled garnished with cucumber or hot if preferred.

ON A LIGHTER NOTE...



A couple were at their niece's wedding reception. The disco was at full swing and one chap in particular was dancing every dance. He knew all the moves – jive, hot potato – you name it. The woman turned to her husband and said, "See that chap over there dancing? Well he once proposed to me and I turned him down."

"Hm" replied her husband, "Looks like he's still celebrating".



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
22 The Dell
Vernham Dean
Andover
SP11 0LF

Take care, stay safe and we look forward to better and safer times ahead.

With very best wishes from your
AOPF Executive Committee