



British Summer Time starts on 31st March 2024 and we jump an hour forward into Spring..!

Welcome to the Notice Board this Eastertide and we truly hope you are all enjoying the new life the season brings – daffodils, tulips, birds nesting and of course the lambing season. April is also the start of our Forum's new year when we go forward with a new Committee, new Members bringing new ideas and new life to our Forum.



The Andover and District Older People's Forum Constitution calls for an Annual General Meeting in April of each year and ratifies the New Committee and new Officers. According to our Constitution the Committee is to be made up of up to 14 members which include the Officer Posts of Chairman, Vice Chairman, Secretary, Treasurer, Publicity & Events Officer, Web designer and Social Media, Web Management and Social Media and of course Refreshments Officer.

We asked one of the present Committee Members who is standing down, what it was like to serve on the Committee.

This is what he said: "I've really enjoyed my time on the committee. We meet 4 times a year, usually prior to our General Meeting. We discuss what new items and information the Members would be interested in, who should come as our guest speaker, venue, finance and a general sharing of ideas that will take the Forum forward. The Committee is also a group of friends acting as a team, supporting each other. Should one of our officers be indisposed one of the Committee will take over. For

instance if the Chair should be absent then the Vice Chair will chair the meeting or the Secretary will have help with the minutes and it is all hands on deck producing the Notice Board! I will miss the laughter and leg-pull but also the more serious business. However at my age it is time to stand back. I shall of course still be coming to the meetings and enjoying everyone's company".

So who is going to be our next Committee? That is up to you. If you would like to find out more, or have suggestions, email us or you can phone the Secretary, Wendy on 01264 737251.

Or come and have a taster! The Committee will be meeting at Test Valley, Beech Lodge on **Tuesday 9th April**. If you would like to come and help put forward the new Committee just contact the Secretary first (telephone number above) so that we have your names and know how many to expect.

When is the AGM?



We will be holding our AGM on **Thursday 25 April 2024** at Andover

Community Church, Charlton Road, Andover, SP10 3JH. Doors open at 2.00pm, and the Meeting starts at 2.15pm After the AGM Business we look forward to welcoming a representative from Health and Independent Living Support (HILS) who are the people Hampshire County Council have put in charge of delivering the Meals on Wheels Service across Hampshire. Their representative will be able to tell us all about the range of services they provide that support and promote independent living for older, disabled and vulnerable people and be glad to answer any questions we might have.

May Council Elections



Are you registered to vote? Everyone has to be registered in order to vote. You can do this online by going to www.gov.uk/register-to-vote or if you don't have access to the internet Telephone 01264 368000.

Voter ID. You are now required to show photographic identification at polling stations before you are able to cast your vote.

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 or 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.

Apply to vote by Post or Proxy. If you are unable to get to your polling station on Election Day, you can apply to vote by post or proxy if you do not already have these arrangements in place. You can apply online at www.gov.uk/apply-postal-vote or www.gov.uk/apply-proxy-vote. If you are unable to apply online you can obtain a form in the post by phoning 01264 368000.

Are you Vaccine Ready?



In Spring 2024, the Joint Committee on Vaccination and Immunisation (JCVI) advises that a **COVID-19 vaccine** should be offered to:

- adults aged 75 years and over. This includes those who turn 75 years old by 30 June 2024
- residents in a care home for older adults
- individuals aged 6 months and over who are immunosuppressed

This should be offered around 6 months after the last vaccine dose, although operational flexibility around the timing of the spring dose in relation to the last vaccine dose is considered appropriate (with a minimum interval of 3 months between doses) Visits to older adult care homes and eligible housebound patients should begin 15 April 2024. For all other eligible cohorts, vaccinations should start by 22 April 2024 and end on 30 June 2024.

National Pensioners Convention



As most of you may know we are affiliated to the National Pensioners Convention. As affiliates we received news of important items and

campaigns that affect older people. The NPC is a non-profit making organisation run by Older People for Older People.

Member Benefits. The NPC has member benefits where their supporters and affiliates can get a discount on goods and services and in the process raise money for NPC.

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.

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

Please note that this 5% affinity discount cannot be booked online on the Fred Olsen website and can only be booked by telephone.

Do you need a rollator or mobility aid? Get a Catalogue from **Trionic**. Call on 0330 808 5142 or visit trionic.uk/npc Check out their Veloped outdoor rollator for tough terrain.

Women and Equalities Select Committee Inquiry

There was a special day in Andover on 18th March when a workshop was held on digital inclusion for Women and Equalities Select Committee Inquiry to which AOPF were invited to take part. Two MPs, one from Labour and one from the Conservative party were in attendance to hear the views of older people. Jenny Kay our Chairman, and Brian Kay attended together with many other older people's organisations both from Hampshire and beyond. Also National Pensioner Convention members were in attendance.

A wide ranging discussion took place highlighting the difficulties older people have if forced to order online food, tickets, make appointments or discuss medical issues. The closure of bank branches and the disappearance of counter service along with similar situations at Rail Stations and Car Parks was also fully debated

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highlighting the absence of staff so valued by older people.

The question of an Older People's Champion was discussed and the need for a Commissioner for Older People in England.

Jenny was able to highlight the fact that medical appointments are sent online or via a text message not saying what the appointment is for. This is not helpful when one has more than one ailment (comorbidity).

Joanna Elson CBE of Independent Age has written to Jenny thanking her on behalf of Independent Age *"for the articulate and persuasive way you told your story and those of your communities in Andover yesterday."* I think we would all like to thank Jenny for representing our Forum and older people so well.

Jenny's full Report of the meeting is on our Website under **News** but if you would like a paper copy they will be available at our AGM.

Social Prescribing Day



A message from Mollie Antrobus our Events Coordinator

Andover and District Older People's Forum was invited to have a display stand on March 14th : Social Prescribing Day, by Hayley the lead Social Prescriber with the Andover PCN (Primary Care Network). It was held at the Health Hub in the Chantry Centre between 2pm and 5.30pm.

This was seen as a good opportunity to encourage members of the public to learn what we are about and to encourage new membership. We also promoted our AGM, displayed photographs of events we have organized and noted our affiliation to the

National Pensioner's Convention. We gave out flyers about AOPF and the AGM.

We were pleased to see some familiar faces of members as well as a decent attendance of the public plus statutory and voluntary sector representatives both with displays and visiting the event. Footfall was good between 2pm and 4pm but then started to dwindle so we packed up at 4.30pm as we were exhausted!

Many thanks go to colleagues who helped to 'man' the stand and put together the display, namely our chairman Jenny, husband Brian and member Brenda. You all worked so hard and 'THANKYOU!' for a successful event.

Mollie Antrobus AOPF Events Coordinator

POET'S CORNER



Ernest Chaffey spent his life as a tractor driver in Dorset and being a farm-worker he and his wife Hilda lived in one of the Tolpuddle Martyrs tied cottages in Tolpuddle. Sadly he is no longer with us but he was known as a lovely, gentle man and he left a legacy of poems. Here is one of them.

MEMORIES OF THE PLOUGH



The thought that would give me most pleasure now,
Would be a sturdy tractor and a field to plough.
The cry of the seagulls high in the sky,
And a furrow that travels as straight as a dye.

To change the green turf, to a rich coloured brown,
And the smell of God's earth as it slides through the plough.
To start early morning, till the set of the sun,

And look back with satisfaction, at a job well done.

But now I'm retired, and I can only dream,
Of the fields I've ploughed and the furrows that gleam.

And the many colours, I've painted the land,
With a sturdy tractor and God's helping hand.

Ernest Chaffey

and finally.....

"My wife sent a message she was in Casualty. I watched the entire programme and didn't see her. Now she's late home and I'm starving".



AOPF

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 well and we hope you all have a very enjoyable Spring & Easter.

With very best wishes from your
AOPF Executive Committee

