



Welcome to our Notice Board for April / May 2022



A whole year has gone by since we announced Mollie Antrobus, a Founder Member of the Forum, had a new title of "Publicity and Events Officer". Since that time Mollie has been very busy trying to organise a special event through all the ups and downs of the pandemic but it is finally almost here. And here Mollie tells us all about it.



It has been 2½ years in the making thanks to delays by Covid, but our planned **Intergenerational 'Full of Life' Event** is actually going to happen. Its name is '**Talking about our Gen.. Gen.. Generation**' - do you remember the song? If so you must be one of our 'AOPF' Generation. Such lovely memories.



'Talking about my Gen.. Gen.. Generation'

>> 18th May 2022 <<



Venue: Andover Baptist Church, Charlton Road,
Andover SP10 3JH

Time: 1.30pm — 4.30pm

The date for this event is **Wednesday 18th May 2022** and the time is 1.30pm – 4.30pm. The venue: 'The Andover Baptist Church'. This effectively is an event where we consider what all generations can give to and teach each other - so do come along and bring friends and family and colleagues.

We have a well-known national speaker on the subject **Stephen Burke** who is a director of '**United for all Ages**' - so do be there from 1.30pm to catch his 'Words of wisdom' on exciting work across the UK. Naturally we will have music (that we may well recall) playing during the afternoon and a rolling slide show in the main hall.



The Mayor of Andover has agreed to formally open our Exhibition after Stephen's presentation and will encourage the audience to join them in viewing the 20 or so display stands before joining us for free refreshments in the back hall of the church where some of the displays will also be situated. A raffle will be held before the end

of the afternoon for a little bit of fun.
Do join us, enjoy and stay safe!



The Committee is very much a team of friends but sadly, during the last two or three years, for various reasons, we have lost some of our long term members which has left the Committee very thin on the ground in support terms so please have a think and consider whether you might like to join the team. Any help would be much appreciated.

We need to keep this show on the road....!

The recent AGM

This year we were able to meet in person for our AGM and although there were some absences through no fault of their own, we were also able to welcome some new faces.

Jenny Kay, Chairman reported on the last year and said how much she really hoped we were slowly being able to get ourselves back to normality. Jenny was followed by Reports from our Treasurer Fred North on our Finances and Wilson Carson reported on the Website activity.

Election of Committee Members followed but it was noted no new Nominations had been received and there were none from the floor. It was proposed, seconded and carried unanimously that Existing Officers should remain for another year.

Here is the team:

Chair – Jenny Kay

Vice Chair – Haydn Watkins

Secretary – Wendy Rayner

Treasurer – Fred North

Publicity and Events – Mollie Antrobus

Web designer, Social Media, IT &

Marketing – Di Swaddling

Web Management Social Media, IT &

Marketing – Wilson Carson

Refreshments - Brian Kay

It was suggested that Committee Meetings should be open to Members who would like to attend without commitment to bring fresh ideas and background support.

After refreshments and some of Jenny's excellent cakes we should have had Mark Jackson from Stagecoach to talk about our Bus Services and answer questions. Unfortunately he fell foul of the dreaded Covid and was unable to attend. He sent his apologies but said would gladly attend another time if invited and if we gathered some questions and sent them to him he would respond.

As a result a good discussion was held chaired by Peter Rayner who has a deep knowledge of the Bus Pass, what it covers and how it started, and some questions were noted which will be sent to Mark Jackson.

PENSION CREDIT - are you missing out?



Apply for Pension Credit

According to **NPC Age Audit 2018: Benefits & Entitlements** each year up to £3.5 billion of Pension Credit & Housing Benefit is unclaimed by Older People.

If you are receiving a state pension, you may be able to claim some extra money to top it up.

HOW? Check whether you are eligible by ringing 0800 99 1234. .

Pension Credit: You are entitled to Pension Credit if you have less than a weekly income of £182.60 for a single person or £278.70 for a couple **BUT** you need to claim in order to find out if you are entitled to any help as there are many different aspects which can be considered which have no relation to your income. Property is one such.

Savings & Investments: If you have £10,000 or less in savings and investments, this will not affect your Pension Credit. If you have more than £10,000, every £500 over £10,000 counts as £1 income per week for example, £11,000 savings counts as £2 income per week. **If you are eligible, Pension Credit will not only give you extra cash, it could help you get many other benefits.**

This is only a basic guide to help you understand that you may be entitled to Pension Credit.



We have heard from the Hampshire Constabulary of this **brand-new scheme** from the Blue Lamp Trust – which is

helping to protect people from becoming victims of cyber-crime. This is what they say:

The scheme, much-like the Bobby Scheme, provides home visits, giving advice and guidance about basic IT security.

Our police vetted advisors offer FREE home visit to residents of Hampshire who are:

- Over 65 years old
- Disabled (over 18)
- Previous victim of cyber crime

They will discuss and advise local residents on:

- What is cyber-crime?
- Cyber and scam prevention advice
- How to check privacy settings
- Signposting to other advice and resources
- How to report issues
- How to recognise scam emails and text messages

All of the Blue Lamp Trust advisors are police vetted and carry ID cards to reassure local residents that they are genuine – and please remember, they will not be offended if you ask to see their ID to validate their identity.

If you, or anybody you know, is eligible (based on the criteria above) and would benefit from a Cyber Bobby referral, please enquire via the Blue Lamp Trust by calling the Blue Lamp Trust directly on 0300 777 0157.



There are many different types of scams out there and this briefing paper cannot encapsulate all of them, but the aim is to inform you about how you can reduce your risk to getting scammed.

The Annual Fraud Indicator estimates fraud losses to the UK at around £190 billion every year, with the private sector businesses hit hardest losing around £140 billion. The public sector may be losing more than £43 billion and individuals losing around £7 billion.



WINDOWS - Keep windows locked
Ensure all windows are locked, not just closed, every time you leave your home. Remove keys and keep them out of sight and in a safe place. Most burglars will attempt to break in through the quickest, easiest, least visible and least noisy route - usually a ground floor rear window. Other at-risk

windows are those upstairs with access from a flat roof or drainpipe.

Fit all vulnerable windows with locks that use keys and make sure you use them. If you can, fit inexpensive window locks to your (wood or metal) windows or ask your landlord to. You can also add inexpensive window sensors or glass break sensors. They sit on the window frame and alert you as soon as the entry point has been broken.

INTERIOR: Put inside lights on a timer/smart bulb

One of the most effective ways to prevent burglary is putting your inside lights on timers when away from your house.

Set the timers so they come on and off in different rooms intermittently. Make sure that the whole place is not left in darkness at any one time. Having lights come on and off gives the impression that someone is moving about inside, and a light has not just been left on in one room. You can also use smart bulbs for this function. Affordable timer switches and smart bulbs can be found at high street stores like Screwfix, Toolstation, B&Q, Wilko, Argos or online at Amazon.

Additionally, smart home alarm systems can be effective in keeping your home safe. Especially, PIR motion detectors and indoor cameras can help you keep an eye on your valuables.

DOORS: Double or deadlock your doors

Double or deadlock all doors whether you are at home or out.

Deadlocking the door with a key, bolt, or turn means the door can only be opened from the inside or the outside using the correct key. Remove the key once you've

locked the door to prevent a burglar from reaching through the letterbox or catflap or breaking a window and grabbing your key.

Depending on the type of door you have fitted and the materials it is made from, it will likely require a different type of lock. On PVCu or composite doors fitted with a multi-point lock, the act of pulling up the door handle or shutting the door will not secure the property; you must deadlock using a key or turn.

EXTERIOR: Put outside lights on a sensor

Good exterior sensor lights can be an effective burglar deterrent, especially when combined with other measures. They ensure that anyone approaching the house will be automatically illuminated, as well as the area around them, making them more conspicuous.

An efficient way to deter opportunists and catch them red-handed is to install a floodlight camera. This handy device looks like any other spotlight, which makes it perfect to discreetly monitor outside your home. The best floodlight cameras have a built-in PIR motion detector, which triggers a 950 Lumen light and recording. Thanks to the bright light and night vision, the device is perfect for the darker periods of the year.

NEIGHBOURS: There's safety in neighbours – keep an eye out for each other.

We have added an N to the evidenced WIDE burglary prevention measures as we believe **neighbourly communities** are a key part of preventing burglary. Active

Neighbourhood Watch schemes can be an effective crime prevention tool.

Adult's Health & Care
Hampshire County Council

 **Adults' Health and Care help and support**

Latest update from Haydn Watkins, our Vice Chairman.

Many Forum members may have noted that the cuts in non- statutory provision proposed by Hampshire County Council were the subject of a public consultation exercise which ended on 21st March 2022.

The proposed cuts entailed terminating:

- The Neighbourhood Care and Support grant scheme
- The Community Based Support grant scheme and
- The Rural Connections grant scheme.
- To reduce funding for Homelessness Support Services in Hampshire.

Consequently, as the consultation process ended before our A.G.M. scheduled for 26th April, we felt it appropriate to invite a member of H.C.C. to give a talk on the result of the consultation process at our meeting. We felt this was important as any recommendations arising from the exercise may well have consequences for some Forum members.

However, our invitation to discuss this issue was declined on the following grounds. "... due to the special care the County Council needs to take to ensure the Authority's impartiality is not compromised in the lead

up to the district and borough council elections being held across Hampshire on Thursday 5 MAY, we must decline your invitation to speak at the Andover and District Older People's Forum Annual General Meeting."

'Impartiality' was therefore cited as a reason to withhold information which MAY have led to a possible change in voting intentions.

That decision is difficult to accept as the speaker would only be asked to report on the consultation not on any political response. Thus citing 'Impartiality' as a reason to withhold information which may have led to a possible change in voting intentions is not in my view logical.

Voters should be fully entitled, as of right, to base their voting intentions on ALL available information before casting their votes. Voters entering the polling booth, knowing that vital information on proposed cuts in welfare provision has been withheld in the name of 'impartiality,' is hardly in keeping with what most of us still regard as democracy.

Haydn Watkins, Vice Chairman, A.O.P.F.
Andover & District Older People's Forum



Finally

A lighter look at the Campaign Trail.

Sir David Mitchell told this story of when he was campaigning in Andover for MP.

While electioneering near Andover, the door was opened by an attractive young woman. While explaining who I was and asking for her support, we were joined by a beautiful red setter. I leaned forward, patted the dog and continued, "Aren't you lovely, aren't you beautiful? I would like to take you home with me." There then occurred a minor explosion from behind a curtain and the husband of the house emerged to ascertain who I was addressing; the dog or his wife.

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:

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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