



## Andover & District Older People's Forum

### Notice Board & Newsletter March / Spring & Easter 2023

Spring is upon us and a very Happy Easter to everyone. The birds are busy and it is such a joy to see the colours in the hedgerows and gardens. The snowdrops may be fading but crocus, daffodils, primroses and cowslips are all bursting.



At the Forum preparations are underway for the next meeting which will also be the Annual General Meeting. All our Officers have been in place for some years and stand down at the AGM. It is ideally time for new people to join the Committee and learn about what is involved.



#### WHO ARE THE OFFICERS?

Well firstly there is the Chairman. Jenny Kay our present Chairman says that Chairing our meetings is interesting as one meets such interesting people. She adds, "Everyone is so friendly too". And then there is the Vice Chairman, someone who can step in whenever the Chairman is unavailable. Is there anyone you would like to propose or, perhaps you would be happy to be proposed, for one of these positions? Let us know?

**Next:** are you an organiser or can take minutes? If so you would be most welcome on the team.

An important role is that of our Treasurer, keeping our accounts in order.

Planning for the future, an urgent call has gone out. AOPF are eagerly looking for a member, or new member, who has knowledge of websites and social media and, in particular the Wix platform, to join our team. Anyone with a little experience would get full support from our two IT members who currently manage the website and Facebook page as volunteers. They would love to train-up someone new to help out so please get in touch if you are interested or if you know anyone who might be.

Do please get your thinking caps on and contact us as soon as you are prepared to be nominated or would like to nominate someone before the AGM. Let's keep this show on the road!

### Now for the date you have been waiting for.....

It is confirmed our next meeting and AGM will be on Thursday 27<sup>th</sup> April 2023 at the Baptist Church, Charlton Road, Andover starting at 2.15pm. Doors open at 2.00pm.

We are lucky to be able to have a representative of the Princess Royal Trust for Carers to join us after the AGM business to tell us about their work and to aim to answer questions we may have.

There will of course be refreshments and a raffle and as an extra treat there will be some home-made cakes to go with your cuppa! What's not to like? Look forward to seeing you. Do please bring some cash with you for the raffle and refreshments – every little helps us to stay busy.

## ELECTIONS 6<sup>TH</sup> MAY 2023! Are you ready?

Don't forget when you go to vote in person at the polling station this year you must present **some** form of photographic identification in order to vote. It can be a passport, an Older Person's or Disabled person's bus pass, driving licence or blue Badge.

If you do not already have an acceptable form of photographic identification you will need to apply for a Voter Authority Certificate which you can apply for on line or by obtaining an application form from Test Valley Borough Council 01264 368000.

If you have a Postal Vote no photographic identification is necessary. If you wish to apply for a Postal Vote applications must be in by 6<sup>th</sup> April 2023.

As with the Voter Authority application forms for a Postal Vote can be found on line or obtained from Test Valley.



### **Commissioner for Older People & Ageing**

We at AOPF have added our support to the call for a Commissioner for Older People and Ageing in England.

Led by charities Independent Age, Age UK, the Centre for Ageing Better and campaigning organisation the National Pensioners Convention, the group has on the 21<sup>st</sup> March 2023 launched its consensus statement on the need for a Commissioner for Older People and Ageing in England.

The statement was supported by a number of prominent organisations and sent to Government and Opposition Parties. It reads:

[Consensus statement on a Commissioner for Older People and Ageing in England](#)

We call on the UK government to establish a Commissioner for Older People and Ageing in England to act as an independent champion for older people and ensure that policy and practice across government considers the long-term needs of people in later life and the implications of our ageing population on society. Our society is ageing, and policymakers should embrace this demographic shift. Currently 11 million people are aged 65 or over, and in less than 20 years over 17 million (1 in 4) of us will be over 65. Growing older is a privilege, but an ageing population will require collaboration and joined-up thinking to deliver innovative policy solutions and meet the needs of the future, including alternatives to accessing information and services other than online. The support people need in later life from institutions like the NHS and social care, and social security systems are critical, but no single government department can respond to these issues alone. A commissioner would facilitate the long-term planning that is needed to ensure our economy and public services are adapting to demographic shifts, while also enabling more people to age well. This would not just benefit older people, but our country as a whole. A sharper focus on the range of experiences in later life is required. Not everyone enjoys a financially secure retirement – indeed an alarming proportion are struggling to make ends meet – and too often, older people's rights and interests are forgotten by decision-makers, particularly as we face unprecedented crises. of the country's vision, now, and in the future. As our older population becomes increasingly diverse, we believe that older people urgently need a champion at the heart of the government, working alongside the Older People's Commissioners for Wales and Northern Ireland, to help make the UK the best place in the world to grow old.

#### **COPA Consensus Statement Signatories**

**Independent Age**

**Centre for Ageing Better**

**Age UK**

**National Pensioner's Convention**



In addition an event inviting MP's is arranged at the House of Commons in April and AOPF has sent an invitation to our MP Kit Malthouse to attend.

### Good Friday – 7<sup>th</sup> April

Do you celebrate Good Friday with Hot Cross Buns? Do you know how the tradition started? Well we have been making inquiries and RavenHook Bakehouse has written a detailed history. Here are some of the facts:



### NEIGHBOURHOOD WATCH

Did you know Pet Theft Awareness week ran from 14<sup>th</sup> to 21<sup>st</sup> March? In recognition of this, Neighbourhood Watch gave dog owners some

helpful advice. In their Newsletter they said: *If the worst happens and your dog is stolen, there are a number of things you should do:*

- Contact the police and report your dog as stolen, providing as many descriptive details as you can. Make a note of the crime reference number
- Contact your local council to make them aware, as many still have dog warden services that encounter stray dogs
- Contact the microchip database holding your dog's details and update them about the theft. Should the dog be recovered and checked, it will be possible to reunite you
- There are many websites for missing animals, so make sure you add details of your dog's loss to these, using the photos you have taken. Include the crime reference number
- Vets are a good place to advertise the loss of any dog, as well as local animal rescue centres
- Noticeboards in local parks may also allow you to place your missing dog's details.

For more tips and advice from them you can visit [ourwatch.org.uk/protectyourpooch](http://ourwatch.org.uk/protectyourpooch)

Hot cross buns have been synonymous with Easter celebrations since they appeared in 12<sup>th</sup> century England. Interestingly, hot cross buns pre-date Christianity, with their origins in paganism. Ancient Egyptians used small round breads topped with crosses to celebrate the Gods. It was in the 12<sup>th</sup> century that an English monk decorated his freshly baked buns with a cross on Good Friday, also known as the Day of the Cross. The custom gained traction, and over the years, fruits and precious spices were included to represent health and prosperity. Spiced buns were banned when the English broke ties with the Catholic Church in the 16<sup>th</sup> century. However, by 1592, Queen Elizabeth I relented and granted permission for commercial bakers to produce the buns for funerals, Christmas, and Easter. Otherwise, they could be baked in homes. The bakers argued that a cross cut into a loaf or bun induced a more pronounced rise in the oven: an axiom then, and an axiom now.



*“One a penny, two a penny, hot cross buns! If you've no daughters, give them to your sons; and if you've no kind of pretty little elves, Why then good faith, e'en eat them all yourselves”*

*"One a penny, two a penny, hot cross buns!  
Butter them and sugar them and put them in  
your muns (ie: mouths). Hot cross buns, hot cross  
buns! One a penny poker, two a penny tongs,  
three a penny fire shovel, Hot cross buns!"* (lyrics  
source: Wikipedia 2021)

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## FINALLY.....

I said to the train driver "I want to go to Paris".  
He said "Eurostar?" I said, "I've been on telly but  
I'm no Dean Martin.

...and with no particular apologies.

Doc, I can't stop singing the 'Green Green Grass  
of Home'.

He said: "That sounds like Tom Jones syndrome."

"Is it common?" I asked.

"It's not unusual" he replied

Just one more for all you agile people and "iCan"  
aficionados

I said to the Gym instructor "Can you teach me to do  
the splits?"

He said, "How flexible are you?" I said, "I can't make  
Tuesdays

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## 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](mailto:andover.opf@gmail.com) or by mail to:

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Take care and stay safe.

With very best wishes from your  
**AOPF Executive Committee**

