



AOPF wish you all a very Happy, Healthy New Year and Welcome you to our first Notice Board of 2023



Where did last year go? For many it was a difficult year and it has not been easy getting back on our feet since the pandemic. And what about the weather! The hottest, driest summer in decades followed by cold, snowy and icy conditions in the run-up to Christmas; wonder what 2023 will bring?

The one thing we do know is happening is our very first meeting of the year. We are really looking forward to meeting old friends and new again.

Next Meeting ... Change of Day

Don't forget the new day for our next meeting will be on a **WEDNESDAY**. The date will be **25 January 2023 at the Baptist Church, Charlton Road, Andover. The time will be the same 2.15pm to 4.15pm but doors open from 2pm.**



We hope to be joined by friends from the South Central Ambulance Service. We contacted them

and explained how some of our members had little knowledge of Defibrillators. We see them in public places but who could use them, how are they accessed, and when? They have kindly offered to come along and explain it all – even giving us a demonstration. Save the date, it's not far away. **25 January 2023 at the Baptist Church.**

SOCIAL CARE

At our last meeting we had an in-depth discussion on Health and Care issues led by Mollie Antrobus. Mollie made a presentation which included her audience's thoughts and views and produced many questions, concerns and discussions we, as older people, have. It was an excellent meeting, thank you Mollie.

One item of concern was Care in the Community. Where does one go when one needs help, who is entitled to it and for how long, are assessments required and how long does one have to wait for them and what happens if a carer becomes incapacitated and cannot look after the person they care for?

In order to get some answers we have written to Graham Allen, head of Social Care Hampshire County Council and invited him or one of his team to come and explain the system to us. As soon as we have a reply we will report back to you.



NHS NEWS – Commissioned Report by the King's Fund

A report commissioned by the government has found that a “decade of neglect” by successive

government administration has weakened the NHS so much it will not be able to tackle the backlog of 7 million patients waiting for care. The 81 page paper published in December by the King's Fund think-tank, says denying funding to the health service and failing to deal with massive workforce vacancies have led to the crisis. One review of the report said it found that the NHS now has too few staff, too little equipment and too many outdated buildings to deal with backlogs. The findings are based on a review of evidence around waiting times, as well as interviews with 14 experts, one of whom said: "We have essentially had 10 years of managed decline." The report comes just days after the latest official figures showed that the waiting list in England for non-urgent care in hospitals had reached a new record high of 7.2 million people. Of those, 410,983 had been waiting for more than a year for treatment that should take a maximum of 18 weeks. A&E and NHS leaders in England have voiced concerns about patients coming to harm, and even dying, as a direct result of waiting for an ambulance to arrive, or to get treatment and a hospital bed. The lack of resources, combined with today's political, financial and economic circumstances mean that recent promises on, for example, the reduction in waiting times, are unlikely to be met. The government has promised to put £8bn into tackling waiting times and NHS England has set up dozens of community diagnostic centres to deal with delays.



The Road Safety Foundation run an "Older Drivers' Task Force" which meet regularly and is made up of a large cross-section of experts including Older People's organisations, Insurers, Police, the DVLA and many other road and vehicle specialists. They examine the many factors that affect older drivers, from hiring a vehicle to insurance, car and road design and many other common problems.

Much research has gone into the problem of "pedal confusion". This does not only affect older drivers and an in-depth Report was published by the National Highways Traffic Safety Administration covering the whole issue from new drivers to drivers short of stature, where and when it happens to illnesses that may be a contributory factor. It is very, very complicated.

With tongue in cheek we hope it's okay to share a funny image with you to accompany our Older Drivers Task Force information and hope you take it in the spirit it's meant – basically to enjoy the funny expression on the dog's face; the driver could be young or old, male or female, it's the dog's face we wanted to share with you and hope it makes you smile 😊



As far as older people are concerned they are generally self-regulating, avoiding night driving or bad road conditions for example. One of our members has recently decided he was ready to stop driving although he had not had an accident and had held and still holds a clean driving licence. He wrote a ditty about it and has allowed us to print it here.

HERE IT IS.....

I decided not to drive my car, because of pedal juggle
Its technical stuff, there is no doubt, and several sorts of muddle
Indeed I even wondered if I was just making a fuss
Especially as the bottom line, puts me reliant on the bus!

In my peer group much distrust exists, and a reluctance to debate

Cos we are not the ones that drive like hell, and at a dangerous rate
It is a difficult subject, rarely mentioned, and many of us are sceptic
If they take your licence, your freedom's gone, so we must for sure protect it.

The old are steady, careful too, speed limits we all heed
It's the young that crash and tear about at terrifying speed
Conscious judgements we can make. Don't think we've got no gumption
We don't go far, don't drive at night, keep clear of Spaghetti junction.

But sadly we are missing the point, because that point is hidden
The simple fact is things misfire; age takes what we've been given
I easily pass the eyesight test, and tests of a responsive kind
When my brain's awake I am ok, but what tests the sub conscious mind?

Accident causation, for many years, was my railway task
What is the cause behind the cause, is the question we all ask
So if your legs disobey you, and you start to totter around
Ask yourself are they the same within the car, and when I'm sitting down!

Braking is instinctive, followed by the conscious action planned.
Such things for all ones driving life have brought the vehicle to a stand.

But age will come, several things are lost, someone does not mention
The last time I tried some gentle love, cramp was not my main intention!

Please forgive if my style is flippant, and I treat things as a joke.
Life's not like that this I understand, like fuel poverty when you're broke.
But I use this rhyming comment to help in this debate
Which is talking about 'my Gen Gen generation' before it is too late!

Old songs are still of relevance, and old people are as well,
But a motor car is a lethal thing, driven suddenly like hell
So listen to your own uncertainty, don't wait till you miss the brake,
Insecurity comes long before it happens. Accept that for goodness sake.

Peter Rayner
Aged 88!

COLD WEATHER WARNINGS

We have been receiving many warnings and advice on keeping warm and safe in the cold weather. Recently a warning was issued from the RSPCA about keeping the wildlife, livestock and our pets safe. Amongst the advice they gave was the warning about road gritting. Apparently the Rock Salt and the antifreeze used to grit our roads is poisonous to pets. They advise if our pet has walked on a gritted road we should make sure their paws and tummies are cleaned when they come in especially if they lick their paws which, if have rock salt on them, could make them very ill.



Just as a reminder.... for those of you or your friends and family that are active online and have a Facebook Account, we would love for you to support us, follow us, and like us on Facebook please.

We do add information that could be useful to you, or to a friend, family member or colleague and they may wish to join us at **AOPF - The Andover & District Older People's Forum**.

So please share this newsletter / Notice Board with your friends and family. We look forward to welcoming you and new members.



Also to remind you that our AOPF Member Peter Pontin tells us that Tools with a Mission (TWAM) is a charity that collects unwanted trade tools, sewing machines and haberdashery. Trade tools include builders', carpenters', electricians', gardeners', plumbers', motor mechanics' and garage workshop tools. At TWAM headquarters in Ipswich tools are cleaned, sorted and put into kits and shipped to the developing world to enable families to break free from poverty, to earn a living, to feed their families and to send their children to school. A TWAM van collects from Peter's home every ten weeks, and he would be happy to collect tools from you. So please start looking in the shed, the loft, the garage and let Peter know if you've managed to find useful tools. His number is 07813 702 911

FINALLY:

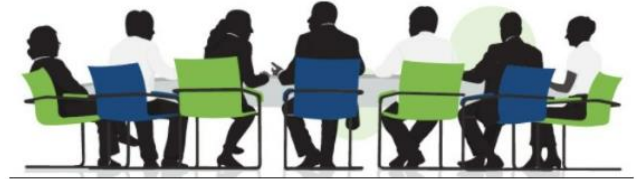
Please keep safe, warm and well this New Year. We are looking forward to seeing you at our next Meeting. **Don't forget the date – WEDNESDAY 25 JANUARY 2023.**

WISHING EVERYONE A HEALTHY & HAPPY 2023.



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 for the New Year...
2023 from your
AOPF Executive Committee