



Welcome to our post AGM Notice Board with the latest news from AOPF (Andover & District Older People's Forum)

### **MOLLIE HAS A NEW TITLE**

The story so far.....

I am sure those of you familiar with our meetings and events will know Mollie Antrobus; a founder member of the Forum, who has been a constant force. In the beginning Haydn Watkins was Chairman, Penny Watkins Secretary and in the absence of anyone coming forward as Treasurer Mollie gamely took on the role. Sadly Penny died and Molly became permanent Secretary; that is until this AGM. As AOPF has grown, so has the administration work. The Executive Committee met and the roles and responsibilities of the Committee members were re-evaluated and a proposal to amend the Constitution to fully reflect those roles was drawn. On evaluation it was clear that under the title of Secretary, Mollie's workload was huge. Mollie expressed the view she really did not want to continue to try and cover all the aspects herself. Fortunately for us Mollie was happy to continue to organise our events, and in particular the Full of Life event which we usually hold in October.

So Mollie is now, as proposed, seconded and confirmed at the AGM, our Events and Publicity Officer.

However the Committee couldn't let all those years as Secretary go unnoticed and, a suitably Social Distanced surprise

visit was made by Jenny, our Chairman, to present Mollie with a spring plant display and a card from us all. Unfortunately we could not all be present but have a lovely photo.



### **THE AGM**

A remote AGM was held, hosted by Imogen Colley of the Test Valley Borough Council, who also managed the election process for Members of the new Committee.

We were very fortunate and indeed it was a pleasure to be joined by the Worshipful the Mayor of Test Valley, Cllr Martin Hatley who kindly participated, offering encouragement and was appreciative of what AOPF aim to do.

Jenny Kay, Chairman, reported on the year being like no other but how keeping in touch was key. Jenny mentioned the Lockdown

Stories Competition and our very own Newsletter “Notice Board”.

This was followed by the Treasurer’s Report. Both Reports are available on request.

The proposal for the amendment to the Constitution to enable the new Executive Committee posts had been circulated to members and their Approval passed prior to the AGM.

The new team recognises how AOPF has grown as we aim to keep in touch, but also our excellent Website and Social Media platform is reaching out to other organisations for news to keep our membership informed.

Here is the new 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
- Fund Raising – Marion Kerley
- Refreshments - Brian Kay
- Committee Member – Peter Rayner
- Committee Member – Sandra Hawke



The Constitution allows for three more Committee Members, so if you would like to join the team, please let us know (no IT experience necessary).

No date was arranged for our next meeting in view of the uncertainty still surrounding public gatherings and meetings; we would normally meet in July. Hopefully by that time we will be able to meet inside and enjoy a cup of tea together at the new venue. We can no longer meet at the Rendezvous so any ideas on a new venue are very welcome. Some suggestions have already been received and are being followed up. Hopefully our next Notice Board will reveal all.

Mollie is still working hard planning our October ‘Full of Life’ event which will have an Inter-Generational theme; so that will be something for us all to look forward to.

 Office for National Statistics

**census2021**

An email has been received from Peter Dewbery, the Census Engagement Manager for Test Valley, New Forest, West Oxfordshire & Vale of White Horse, thanking us for our part in raising awareness of the 2021 Census. Peter joined a virtual Executive Committee Meeting and explained all about the Census and its aims. Peter said, “In terms of response, the 2021 has clearly been the most successful UK Census since the very first one in 1801! In the New Forest and Test Valley we have by far exceeded the pre-census target of 94%, and in fact

this has been one of the best performing areas in the country. That is in no small part down to the efforts of people, and communities like AOPF spreading the message. I'm delighted to say that not a single part of the New Forest and Test Valley came in below target, and I am absolutely thrilled with the response we have had." So, a pat-on-the-back for us all at AOPF, and how kind of him to write and share this news.



### A BRIGHTER FUTURE

Now with vaccinations in full swing and Lockdown restrictions lifting, are you starting to make plans? Perhaps having visits from friends or making some long-awaited visits to friends or family yourselves? Perhaps you are even planning a holiday, or maybe you are just looking forward to something you will be able to do again which just hasn't been possible throughout the pandemic? It would be great if you are happy to share your hopes and plans with us. The Lockdown Stories were so appreciated and your plans might give some of the rest of us inspiration.

## Recipe - Shakshuka

Cooking time = 20 minutes

Make our easy Shakshuka for a comforting brunch. Vary this dish by flavouring the simple tomato sauce with whatever you have to hand - curry powder, pesto or fresh herbs.



### Ingredients

- 1 tablespoons olive oil
- 2 red onions, chopped
- 1 red chilli, deseeded and finely chopped
- 1 garlic clove, sliced
- small bunch coriander stalks and leaves chopped separately
- 2 cans cherry tomatoes
- 1 tsp caster sugar
- 4 eggs

### Method

#### STEP 1

Heat the oil in a frying pan that has a lid, then soften the onions, chilli, garlic and coriander stalks for 5 mins until soft. Stir in the tomatoes and sugar, then bubble for 8-10 mins until thick. Can be frozen for 1 month.

#### STEP 2

Using the back of a large spoon, make 4 dips in the sauce, then crack an egg into each one. Put a lid on the pan, then cook over a low heat for 6-8 mins, until the eggs are done to your liking. Scatter with the coriander leaves and serve with crusty bread.

## MEMBER'S NOTICE BOARD

The AOPF Members Notice Board is for all of us to enjoy, read and stay connected 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, stay safe and we look forward to better and safer times ahead.

With very best wishes from your AOPF Executive Committee.