



WELCOME TO THE LATEST EDITION OF OUR NEWSLETTER FOR OLDER PEOPLE IN THE BASINGSTOKE AREA. PLEASE SHARE THIS COPY WITH FRIENDS AND FAMILY. EXTRA COPIES (INCLUDING LARGE PRINT) CAN BE COLLECTED FROM OUR OFFICE OR CAFÉ.

*Welcome to our Autumn newsletter.  
Did you spot our fresh new logo? The logo has changed but that's all - our services remain the same. Take a look inside to discover how the Basingstoke office of Age Concern Hampshire supports local older people.*

*If you are on the internet you might also like to take a look at our website at*

**[www.ageconcernbasingstoke.org.uk](http://www.ageconcernbasingstoke.org.uk)**

*We provide services to a wide age range. Our youngest Cafe customers are babes in arms (admittedly with their mums), Computer Learning starts at 50, whilst our oldest Activity Centre member is 98.*

*We are just at the end of the phone so do call if we can help you or someone you know.*



Information Advisor Mark greets a visitor to the Age Concern Hampshire Information bus which visited Chineham on 22nd July.

**VOLUNTEER VACANCIES.....**

Information Advisors  
Tea & Company Roadshow (see page 4)  
Charity Collectors, Collection Tin Co-ordinator  
Fundraising Volunteers  
Please call us on 01256 423874 for a chat if you are interested in any of these positions.

Newsletter produced by Age Concern Hampshire's Basingstoke office - The Orchard, White Hart Lane, Basingstoke, RG21 4AF.  
Telephone: 01256 423874 (open 9 - 1, answerphone available)  
Email: [tracey@ageconcernbasingstoke.org.uk](mailto:tracey@ageconcernbasingstoke.org.uk)  
Website: [www.ageconcernbasingstoke.org.uk](http://www.ageconcernbasingstoke.org.uk)

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**INFORMATION DAY**

For older people, their relatives & carers

Wednesday 21st September

10.30am - 1.00pm

St Michael's Church Cottage  
Church Square, Basingstoke, RG21 7QW

Bringing together a range of agencies offering information & advice.

Can we help you or someone you know?  
Subjects covered include benefits, legal matters, sources of support, insurance, leisure opportunities and lots more.

Age Concern Café open throughout.

Pop in to ask a question, pick up leaflets, or just for a chat.

For further information please call Tracey on 01256 423874.

At the time of printing the following have confirmed their attendance so far:

- Arthritis Care
- Carers Together in Hampshire
- Carewatch (Hampshire North)
- Quality Solicitors Clarke & Son
- SSAFA Forces Help

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**IT'S YOUR NEWSLETTER!**

We welcome suggestions for articles as well as letters, poems, recipes etc from readers.

Please call 01256 423874 or email: [tracey@ageconcernbasingstoke.org.uk](mailto:tracey@ageconcernbasingstoke.org.uk)



Assisted by  
**Basingstoke  
and Deane**



Supported by  
Hampshire  
County Council



Age Concern is based in The Orchard, left, a purpose built home for Basingstoke Voluntary Services and many other voluntary organisations.

Within the building there are various meeting rooms for hire including the boardroom, right. If you are interested in making a booking or would like more information please call 01256 423822. Resources are available and refreshments & lunches can be catered for.



### Help is at hand to switch to digital TV



In 2012 the traditional TV signal will be switched off in the Meridian region and replaced with a digital signal. This is not a concern for most but some may find it harder to make the switch than others.

The Switchover Help Scheme has been set up by the Government and is run by the BBC. Its aim is to help older & disabled people by converting one of their televisions to digital in the run-up to digital TV switchover.

What does the Help Scheme do? - The scheme aims to reach out to eligible people, to ensure that those who need help get it, so that no-one eligible need be left without access to television after switchover.

People are eligible for help if they are:

- aged 75 or over
- have lived in a care home 6 months or more
- get or could get, disability living allowance, attendance allowance, constant attendance allowance or mobility supplement
- or are registered blind or partially sighted.

What's next? - In the run-up to switchover, eligible people will receive an information pack explaining the options for switching to digital.

Most people will be asked to contribute £40 towards the help but the service is free for people who are eligible and also get pension credit, income support or certain other income based benefits.

For further information on the Switchover Help Scheme visit [www.helpscheme.co.uk](http://www.helpscheme.co.uk) or call 0800 40 85 900.

Textphone users can call 0800 40 85 936.

As recommended by Age Concern volunteers!

### BOOTED OUT LINE DANCING CLUB

Tuesday evenings, Ridgeway Centre, Buckskin, beginners 7-8pm, £4

Wednesday afternoons, Brighton Hill Community Centre, beginners 2-3pm, £3

Thursday afternoons, Oakridge Hall for All, beginners 2-3pm, £3



Call Sue on 01256 331046 or just come along.

[www.bootedout.webs.com](http://www.bootedout.webs.com)

# Eye Contact 2011



OPEN SIGHT

Hampshire's largest resource exhibition event for blind and partially sighted people.

The Rose Bowl  
West End, Hampshire, SO30 3XH

Thurs 29th September 2011

10am - 8pm

Entrance is FREE!

For more information call 02380 641 244

*Did you know..... Shopmobility is now a booking agent for **Morton's Coaches**? Brochures can be collected and bookings made at the Shopmobility Office in Church Street. Payment is by cash or cheque only.*

**AGE concern**  
Hampshire

### INFORMATION & ADVICE SERVICE

Can we help you or some one you know?

We can help with a range of issues important to older people, their families and carers.

Call the Basingstoke office on 01256 423874 from 9 to 1 weekdays or pop into our Cafe at Church Cottage to speak to someone face to face (alternate Wednesdays, 10.30-12).

Next dates 10th & 24th August  
7th & 21st September



Community Legal Service

We will always do our best to help and if we can't help ourselves, can usually point you in the right direction!

The service is confidential and holds the Community Legal Service Quality Mark.

Basingstoke & Deane "Young at Heart"  
Over 55's Forum present their  
**GRAND VARIETY SHOW**

Celebrating International Day for Older People

Saturday 1st October, 2 - 5pm

Queen Mary's College, Basingstoke

Boyle O'Dowda Irish Dancers  
Park View Junior School Choir  
Zara King (talented local singer)  
Carnival Chorus

Testbourne Community School Concert Band

Compere: impressionist Christopher Gee

Plus Grand Draw

Tickets only £5 each

(to include refreshments at the interval)

Available from Age Concern, Oakridge Hall  
for All, Basingstoke & Deane Borough  
Council offices or call Gerald Merritt,  
Forum secretary on 01256 412119.

Are you concerned about crime & safety?  
Don't sit at home & worry.  
Pop into the Age Concern Cafe for a cuppa  
and a chat with a local police officer.

**POLICE BEAT SURGERIES**

Wednesdays 10th August & 28th Sept

St. Michael's Church Cottage, Basingstoke

10.30am - 1pm

Everyone welcome.

Cafe open every Wednesday.

No parking but local car parks nearby.

**BASINGSTOKE SEQUENCE  
DANCE CLUB**

meets on Mondays\* in

The Barn, St Michaels Church Cottage  
Church Square, Basingstoke

from 7.45pm to 10.15pm

Anyone who enjoys dancing is very  
welcome. The first night is free  
and after that it is £2 per week.

There is also an evening dance on the second  
Saturday of the month (hall hire permitting).

Next dates: 10th September & 8th October.

For more details please  
contact Bernard, Club Secretary

on **01256 411440**

(\*except Bank Holidays)



Feeling the pinch? Come to the  
**AGE CONCERN CAFE** for light lunches,  
drinks & snacks at sensible prices.

Wednesdays, 10.30 - 1

Church Cottage, behind St Michael's

All ages are very welcome.

**BLUE LAMP BOBBY SCHEME**

The **Blue Lamp Trust** is a partnership  
between the police, fire service, business and  
the community established to promote  
community safety & security in Hampshire

**FREE HOME SECURITY FOR THE  
ELDERLY AND VULNERABLE  
THROUGHOUT HAMPSHIRE**



Over 60 years old?  
Victim of crime?  
Lost/stolen keys?  
Damaged locks?

Door chains, spy holes, door/window locks  
security survey and fitting provided

**FREE OF CHARGE**

Contact us on **02392 899056**

The Blue Lamp Trust is a registered company in England & Wales,  
number 07267846 and reg. charity number 1137786. Registered  
address New Kings Court, Tollgate, Chandlers Ford, SO53 3LG



HAMPSHIRE  
FIRE AND  
RESCUE  
SERVICE



Hampshire  
POLICE AUTHORITY  
for Hampshire & the Isle of Wight



**OVER 55s FORUM TRIPS**

Date to be arranged - (possibly mid Sept)  
Buckingham Palace to view Duchess of  
Cambridge's wedding dress and photographs  
£27.25/ £29.25 includes entrance fee

19th Oct - Hampton Court Palace,  
£20.60/£22.60 includes entrance fee



19th Nov - Bluewater shopping,  
£12.75/ £14.75

Prices differ for members/non-members. Pick  
up points - Leisure Park and Churchill Way.

To book call Gerald on 01256 412119 or  
email: [gerald.merritt@ntlworld.com](mailto:gerald.merritt@ntlworld.com)

All over 55s are most welcome to attend an  
Open Forum meeting with a view to joining.

Next dates - 10th August, 12th October  
Carnival Hall, Basingstoke. 10am to 1pm

## AGE CONCERN TAKES TO THE ROAD

We are pleased to announce that thanks to some funding from the Penton Trust Fund (managed by Hampshire & Isle of Wight Community Foundation) we will soon be taking our services into areas not currently covered by Age Concern.

Our new project to be called 'TEA & COMPANY ROADSHOW' will initially run in three areas - Oakley\*, Chineham\* and Hatch Warren/Beggarwood\*.

Once a month, on a Monday afternoon, we will be offering a lovely cup of tea, a chat and an Information & Advice surgery to answer people's questions. This will include ensuring everyone is aware of the benefits available to them and how to apply. If the project is successful, we will then expand to other areas.

The project will be jointly managed by Bev and Tracey who are starting to look for volunteer help in each area. If you can make a good cuppa, enjoy a chat and are friendly and welcoming, please ring Bev or Tracey on 01256 423874 to find out more.

The project will be starting at the end of September/ beginning of October so if you live in one of the areas mentioned above and would like to join us, please keep an eye out for further information or give us a ring to let us know you are interested.



\*Subject to finding a suitable venue in each area.

STOP PRESS .....first Oakley date - 3rd October!

We are happy to say that the talented Andrea will be continuing her fortnightly



### CRAFT @ THE CAFE

17th & 31st August

14th & 27th Sept

Sessions start 10.45am.

Everyone welcome! Try a different activity each time to include lino printing, acrylics, watercolours, scented hearts & making cards.

The grant from Basingstoke & Deane has now finished which means there is a small charge to cover materials.

£2.50 for over 60s, £3.50 for others

Cafe open Wednesdays, 10.30 - 1,

St Michael's Church Cottage

Church Square, Basingstoke, RG21 7QW

Tel: 01256 423874. Sorry no parking on site.

*All of our volunteers are wonderful! But this year, Bev put forward our ACTIVITY CENTRE volunteers for recognition at the Basingstoke Place to Be Proud Of awards for the tremendous care and commitment they show to local older people each week.*

*Margaret and Jayne from our Oakridge Activity Centre attended the awards ceremony on Bev's behalf. Although we didn't win the category (Health and Social Care) we were very worthy runners up and all of the time given by the 35 volunteers at the centres each week was acknowledged as a tremendous achievement. Thank you all.*

Come and have a go!

### SEATED EXERCISE

Wednesday 7th September, 11.30 am

Age Concern Cafe

St. Michael's Church Cottage, Basingstoke

This is a trial following on from the success of the chair exercise sessions at our recent Falls Awareness event at the Cafe.

If there is enough interest it may become a regular Cafe activity or develop into a weekly class so please let us know if you can't make this date but are interested.

Tel: Tracey on 01256 423874

No need to book for 7th Sept.

Sorry no parking at Church Cottage.

Soon be Christmas! Sorry, we realise it is only August when you are reading this but if you are having a little clearout, we would be very pleased to receive any unwanted gifts or new items for the Tombolas we will be running at Christmas. We are also collecting tins of food and unwanted bottles of alcohol (unopened!)

All items can be left at the Cafe on Wednesdays or dropped off at The Orchard, between 9 & 1.

Ring Bev or Tracey on 01256 423874 with any queries or if you can't get into town. Many thanks.

Did you see a photo of Maria, Bev & Tracey recently in the Gazette launching our latest Fundraising venture - TAKE A TENNER CHALLENGE? The idea is for local supporters of Age Concern to take a £10 note and try to increase it with fundraising activities of their choice (eg car boot sales, selling produce) Could you take the challenge? If you think you have the Midas touch please call us on 01256 423874 to register or talk through your ideas.



It's back – due to popular demand!

### AGE CONCERN QUIZ

Saturday 22nd October 2011  
St. Michael's Church Cottage,  
Church Square, Basingstoke, RG21 7QW  
7pm for 7.15pm prompt start  
Teams of up to 7. Suitable for all ages.  
£9 per person including supper of fish,  
chicken or vegetarian quiche & chips  
or £5 per person without food

Bring your own drinks.

Call Bev on 01256 423871 for booking form.

Parking available from 7pm.

Proceeds to Age Concern.

COMPUTER LEARNING will re-start at both Fairfields (Tuesday am) and the South Ham Library (Thursday am) in September.

Contact Bev to register for 1-2-1 tuition and let Age Concern open up the world of computing to you.

We ask for a donation of £4 per session. Telephone: 01256 423871.



Bookings are now being taken for our

### CHRISTMAS BAZAAR

on Saturday 19th November

St Michael's Church Cottage, Basingstoke

Stalls £12 or £15.

Crafts, gifts & charities welcome.

Events insurance required.

If interested please call Age Concern on 01256 423874 and leave your postal or email address so we can send full details.

All readers welcome! Come & get in the Christmas spirit & support Age Concern.



### RESIDENTIAL CARE INFORMATION DAY

Popley Fields Community Centre,  
Basingstoke, RG24 9AE

Tuesday 15th November, 10 am - 3 pm

Aimed at people considering residential care for themselves or a family member.

Speakers from Age Concern, HCC Adult Services & local solicitors. To include ....

is residential care the right option?

finding suitable care; emotional considerations;

paying for residential care;

powers of attorney; hospital discharge

Lunch provided. Suggested donation £10.

Please 'phone 01256 423874 for a booking form or more information.



### VOLUNTEERING UPDATE

We would like to thank Helen for nearly ten years of volunteering, firstly at Oakridge Towers and then at Winklebury Activity Centre (plus others!), which she had done with great enthusiasm and care. She will be sorely missed by us all and we wish her well in her new, exciting job!

The Winklebury Activity Centre will now be run by volunteers Lionel, Joy, Sue and Ann.

### **FUNDRAISING FEEDBACK.....**

We would like to thank all our volunteers for their support during our year as Sainsbury's charity (The Malls store).

During the year, we have held tombolas, collections, face painting and raffles. The total raised is £1650 and this will be used to help with the short-fall in the Hampshire County Council grant this year.

Thank you to everyone who supported our Plant Sale at Church Cottage in May which raised over £200.

We would also like to thank everyone who came to our Summertime Special show at The Haymarket recently. The event raised much needed funds. Thank you for your support and thanks also to our volunteers and staff from Barclays for helping on the day.

LEGAL ADVICE ..... LEGAL ADVICE .....

### Why Make a Will?

Many people believe Wills are confusing as some of the legal jargon can seem complex, however it is important to make a Will for a variety of reasons.

If you do not make a Will:-

- Your Estate may not pass to the people you want to benefit.
- The persons responsible for administering your Estate may not be those you would choose.
- Your Estate may be subject to needless costs and expenses.

If you DO make a Will - you can choose your Executors and beneficiaries and perhaps save on Inheritance Tax and/or care fees. You can also:

- Make sure you do not pay more Inheritance Tax than necessary.
- Express your wishes concerning burial or cremation.
- Ensure family heirlooms pass to the correct person
- Protect your partner if not married or in a civil partnership or protect your assets if your relationship has broken down or you are divorced.

### Reviewing and Changing your Existing Will

You should make a point of reviewing your Will every 2-5 years. For example there may be new grandchildren you wish to add or you may want or need to change your Executors.

Claire Redhead, Wills and Probate Solicitor  
QualitySolicitors Clarke & Son  
Tel: 01256 320555

Claire will be attending the next Age Concern Information Day on 21st September.

Some firms of solicitors offer a free Will health check to ensure your Will is valid and meets your needs. Call Age Concern's Information & Advice service on 01256 423874 for further information.

### An Ode to our Club

by Margaret Loveridge (shortened version)

*It's Wednesday afternoon & a group of friends meet  
At Oakridge Towers, for an Age Concern treat  
The club is so friendly and all are most welcome  
For an afternoon of tea, cakes, games & some fun.*

*Our boss lady is Bev, who keeps us in order, Though  
you'd never guess that when you see the disorder  
When exercises are suggested, the members revolt  
And quickly suggest that we call it a halt!*

*We start and we finish with a good cup of tea  
Served to meet individual tastes is up to me  
Some like it milky and some like it strong  
The cup must be filled or its rejected as wrong*

*Our quizzes test your brains to see what you know  
It's really important or they'll start to go slow  
There's always a dispute when answers are told  
With some of our members being vocal and bold!*

*The leaders really enjoy their Wednesdays with you  
And we hope that you really enjoy them too  
We hope to continue for many years more  
With lots of interesting things in store!*

The Oakridge volunteer team is  
Margaret, Barbara, Christine & Jayne.



Thornycroft Society visit

### MILESTONES MUSEUM

Sunday 21st Aug 2011

The Thornycroft Society will meet on the grass outside the museum with a variety of up to 60 old Thornycroft vehicles. Arriving at 8.45 - 9am they will be on the road by 10am and return to Milestones by about 2pm.

It is FREE to see the vehicles outside but normal entry prices apply to visit the museum.

Milestones open 11am - 4.45pm

Entrance charges: £7.90 adult, £4.75 child,  
£6.90 concessions, £22.75 family

Telephone: 01256 477766



*Basingstoke Afternoon W.I.'s*

### AUTUMN FAYRE & CRAFTS

*Saturday 29th October*

*St. Michael's Church Cottage*

*cakes, books, tombola, bric-a-brac  
pampered chef, handmade cards, raffle  
jewellery, ceramics, wooden toys.*

*Entry only 20p*

Did you know.....

Age Concern Hampshire now sells the Golden Charter FUNERAL PLAN? If you would like an information pack please call us on 01256 423874.

Everyone who purchases a Golden Charter Funeral Plan through Age Concern Hampshire before 31st August will receive a £20 Marks & Spencer voucher.

(offer extended, was 31st July)

The ALZHEIMER'S SOCIETY for Basingstoke and District is dedicated to helping those affected with Dementia.

We recently set up a joint Alzheimer's Society/ NHS patient and carer forum at Basingstoke Hospital to help us assess the quality of care and treatment of patients with dementia and any ways in which this could be improved.

We now need people who have experience of poor or good practice at the hospital to sit on this forum and put forward their views.

The Alzheimer's provides free and confidential information and support as well as a Friendship Club for people with dementia, support groups for carers and the cared for, lunch/support groups and Singing for the Brain.

We aim to expand our range of groups with additional Singing for the Brain sessions, Friendship Clubs and links into special interest activities such as gardening. If you're interested in attending any of our groups or wish to make any enquiries call Mark, Jane, Anne or Claire (01256 363393) or

email: [basingsstoke-district@alzheimers.org.uk](mailto:basingsstoke-district@alzheimers.org.uk)

Are you free each Tuesday afternoon?

Can you make a lovely cup of tea?

A local dance group needs a volunteer to help with refreshments from 1.30 to 3.30pm each week at Carnival Hall. If you can help call Bev @ Age Concern on 01256 423871.

### Get the facts on cancer.

[www.actoncancer.info/bowel](http://www.actoncancer.info/bowel)

Bowel cancer is the 2nd biggest cancer killer in England (with 4/5 people diagnosed over 50) but it is treatable and chances of survival increase dramatically if it is caught early. The Act on Cancer campaign has been raising awareness of the early signs with people over 50 encouraging them to visit their doctor if they have experience any symptoms for 3 weeks including blood in stools, unexplained weight loss, abdominal pain, a change in bowel habits, excessive tiredness or feeling out of breath.

If you've experienced any of these symptoms make an appointment to visit your GP. It may be nothing to worry about but if you do have bowel cancer by spotting the signs early, and talking to your GP, your chances of beating the disease increase dramatically.

To find out more about bowel cancer visit [www.actoncancer.info/bowel](http://www.actoncancer.info/bowel)

Or call Bowel Cancer UK on 0800 840 3540.

## BASINGSTOKE CARERS MEETINGS

Do you look after or support an ill or elderly relative, friend or neighbour in Basingstoke?

Would you like to meet others who may understand how you feel? Then why not come along to one of our Cafés to meet your Carer Support Worker, have a drink & a chat.

### SOUTH HAM CAFÉ

2nd Friday of each month 12:30 - 2.30 pm

Includes lunch at £3 per head.

St Peters Church Hall, Pinkerton Road



### BASINGSTOKE CAFÉ

3rd Thursday, 10.30 - 12.30pm

Carnival Hall, Council Road, Basingstoke



### ACTIVITIES CAFÉ

4th Tuesday, 10.30 - 12.30 pm

Glebe Hall, St Michael's Church, Basingstoke

For more information contact Wendy Gannon  
At Carers Together Tel 01256 353290

## SOUND FAMILIAR?!

A couple in their 90s are both having trouble remembering things. The doctor says they are okay physically, but might want to start writing things down to help them remember.

Later that night, while watching television, the man gets up from his chair.

*'Do you want anything while I'm in the kitchen?' he asks.*

*'Will you get me a bowl of ice cream? And you should write it down so you can remember it'* she says.

*'No, I can remember it.'*

*'Well, I'd like some strawberries on top, too.*

*Maybe you should write it down, so as not to forget it?'*

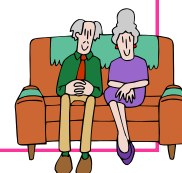
He says, *'I can remember that. You want a bowl of ice cream with strawberries.'*

*'I'd also like cream. I'm sure you'll forget that lot, please write it down!'* she says.

Irritated, he says, *'I don't need to write it down, I can remember it! Ice cream, strawberries and whipped cream - I've got it, for goodness sake!'*

Then he toddles off to the kitchen.

After about 20 minutes, he returns from the kitchen and hands his wife a plate of bacon and eggs. She stares at the plate for a moment. *'Where's my toast?!'*



## DIARY DATES 2011

Wed 21st Sept	Information Day, Church Cottage, 10.30 - 1 (some stalls still available to local organisations & support groups)
Tues 11th Oct	Age Concern Hampshire AGM, Winchester
Fri 14th Oct	Electric blanket testing at Basingstoke Fire Station call 01962 833358 for an appointment.
Sat 22nd Oct	Quiz evening, Church Cottage
Tues 15th Nov	Residential Care Information Day
Sat 19th Nov	Christmas Bazaar, Church Cottage
Thurs 1st Dec	BVS Charity Fayre, The Malls
Wed 7th Dec	Cafe Christmas party
Wed 14th Dec	Cafe closes for Christmas & New Year

For further information about any of these events please call the Age Concern office on 01256 423874.



**AGE**concern  
Hampshire

BASINGSTOKE OFFICE

Tel: 01256 423874

The Orchard,  
White Hart Lane,  
Basingstoke, RG21 4AF  
9am - 1pm

(or by appointment)

See front page for web-  
site & email address.

### SERVICES

Activity Centres

Café (Weds 10.30-1,  
Church Cottage)

Computer Learning

Exercise & Yoga

Foot Clinics

Holiday

Information & Advice

Tea & Company

Volunteering

**advant~AGE**  
putting you first

### PRODUCTS

Home & contents  
insurance\*

Car insurance\*

Motor Breakdown\*

Travel insurance\*\*

Funeral Plans

Pendant Alarms

Stannah stair lifts

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\*\*Travel Insurance Facilities Plc. is authorised and regulated by the Financial Services Authority (FSA number 306537)

**advant~AGE**  
putting you first

Welcome to  
**advant~AGE**



- **advant~AGE** is a new company providing a whole range of products tailored to the over 50's market.

- Travel insurance\*\*
- Home & Contents Insurance\*
- Car insurance\*
- Motor Breakdown insurance\*
- Funeral Plans
- Stairlifts
- Personal Alarms

- **advant~AGE** is owned by Age Concern Hampshire and three other older people's charities and income generated helps to support the work of charities for older people in England and Wales.

For more information on any of the above products contact

**AGE**concern  
Hampshire

**01256 423874**

The Orchard  
White Hart Lane  
**BASINGSTOKE**  
RG21 4AF  
Reg Charity No: 290874

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**Golden Charter**  
Funeral Plans

**Stannah**

**carelineUK**  
experience · dedication · expertise

*We hope you enjoyed reading the newsletter. If you have a contribution or suggestion for the next edition please contact Tracey. The next issue will be out in November. Deadline 7th October.*