



Please pass this newsletter on to a friend when you have read it.

Reg. charity no: 290874

IN THIS ISSUE:

The Age Concern newsletter is issued quarterly in March, June, September & December. We hope you will find this Autumn copy interesting and informative. If you would like to know about something in particular in a future edition, please let us know.

We are delighted to report that the Summer Time Music Hall was a great success. We are now busy preparing for our next events - 'Bid or no Bid' on 4th October, an Information Day (see below) on 17th October, the annual Christmas Bazaar on 17th November & Café Christmas Party on 12th December.

Meanwhile all our services continue to be very popular - 8 Activity Centres, 14 Foot Clinics, 4 Exercise Classes, 2 Yoga Classes, a weekly Café & a weekly Computer Learning Centre + Information & Advice, Insurance and lots more!

For more information about any of our services or events, please contact us on 423874. We look forward to hearing from you.

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You are invited to an

INFORMATION DAY FOR OLDER PEOPLE

Wednesday 17th October 2007

10.30 am - 1.00 pm, St Michael's Church Cottage



Advice & information from Age Concern and other organisations working with older people. Get legal advice, find out about benefit entitlements, support to maintain your home, leisure activities, disability equipment & much more.

Help the Aged, B & D Borough Council, Southern Mobility Services, In Touch Home Improvement Agency, Hampshire Library & Information Service, McCarthy & Stone & Community Innovations will be attending + other organisations to be confirmed.

We also hope to have a local solicitor. Café open as usual. NB No parking on site.

Produced by Age Concern Hampshire in Basingstoke
The Orchard, White Hart Lane, Basingstoke, RG21 4AF. Tel: 423874
Email: tracey@ageconcernbasingstoke.freeserve.co.uk
Opening hours: 9 am to 1 pm (other times by appointment)



Assisted by
Basingstoke
and Deane



Supported by
Hampshire

ARE YOU PAYING TOO MUCH TAX ON YOUR BANK OR BUILDING SOCIETY INTEREST?

Many people on low incomes don't realise their bank or building society is required by law to take 20% tax off their interest payment before it is paid to them.

If you do not have to pay income tax, you should inform your bank or building society by filling out form R85 so that your interest can be paid without any tax deduction.

It is also possible to claim tax back for up to six years by completing a repayment claim form R40.

Tel: 0845 980 0645 for information about registering or 0845 366 7850 for information about claiming tax back.

Age Concern's Factsheet 15 has details of income tax allowances for older people.

For your copy call Age Concern on 423874.



Registered charity no. 272786

HELP THE AGED has launched a new project in Tadley, funded by Barclays Bank, called Your Money Matters. This is a nationwide programme which aims to tackle financial exclusion amongst older people by promoting impartial financial literacy in a range of areas, from opening a bank account and basic budgeting, to understanding chip and pin technology and debt advice.

As part of this programme, Linda Harvey, an Outreach Money Adviser for Help the Aged, is based at Tadley Citizens Advice Bureau and can provide free, impartial and confidential information and advice on money management. An outreach service is also held at Basingstoke Citizens Advice Bureau every Thursday afternoon.

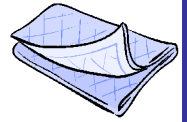
If you are interested in finding out more or talking to Linda about money management or any debt problem, please call 0118 981 3453.

HOW SAFE IS YOUR ELECTRIC BLANKET?

Safety tests are available at
Basingstoke Fire Station

on **Wednesday 17th October**

Tel: 01962 833620
for an appointment



or email: electricblankets@hants.gov.uk

Tests are conducted by Hampshire Trading Standards in partnership with Hampshire Fire & Rescue Service & Basingstoke & Deane Borough Council.

Don't chance it - up to 45% of blankets fail!

Appointments are available from 9 to 5.30 so there is plenty of time to visit the Age Concern Information Day too!



FOR SALE

APOLLO MOBILITY SCOOTER
1 YEAR OLD, HARDLY USED
£850 OR NEAR OFFER
(COST £1700 NEW)



TEL: 817797



ALZHEIMER'S SOCIETY
BASINGSTOKE
& DISTRICT BRANCH

"SINGING FOR THE BRAIN"

For people with dementia
& their carers

St Mary's Church
Church Lane, Old Basing

Friday mornings

10.30 coffee, 11 - 12 singing

Also at Alton Methodist Church

For dates and further details
contact Diane

on **01256 363393**



Following a recent article in the local press we have received a large number of phone calls regarding entitlement to disability benefits.

Attendance Allowance is paid to people who are 65 or older and need frequent help with personal care or need continual supervision.

Disability Living Allowance can be claimed up to age 64 although payment can continue once a person reaches 65. It is also paid to people with care needs but, importantly, also has a mobility component.

These benefits are not means tested and you decide how you spend them. You do not need to have a carer coming in.

To apply for either benefit, contact the Benefits Enquiry Line on 0800 882200 to request an application form.

You are invited to

BASINGSTOKE & DEANE
OVER 55'S FORUM'S



VARIETY SHOW

Saturday 29th September

1.30 - 5.00 pm

Basingstoke Academy of Dancing

Oakridge Silver Singers

The Anvil Chorus

Basingstoke Tappers

Sing-along with Jane Cole

TICKETS ONLY £3

are available from the

Age Concern office (9-1 weekdays) &
Café (Weds, Church Cottage, 10.30 - 1)

BONING UP ON OSTEOPOROSIS.....

Osteoporosis is a degenerative disease in which bones become fragile and more likely to break. If untreated, it can progress painlessly until a bone breaks. Fractures typically occur in the hip, spine and wrist. Osteoporosis can lead to deformity and even death, but is preventable and treatable.



Men usually begin to lose bone mass by 65; bone loss in women may begin as early as 30-35 with the rate of bone loss accelerating after menopause. Family history of osteoporosis + alcohol abuse, smoking & a sedentary lifestyle are all risks. Osteoporosis afflicts an estimated third of women aged 60-70 and two thirds of women 80 or older. With 70,000 hip fractures, 50,000 wrist fractures & 120,000 spinal fractures annually it costs the government £1.7 billion.

Physical activity promotes strong bones and consequently an active lifestyle can reduce the risk of osteoporosis. Two types of exercises are important for building and maintaining bone mass and density: weight bearing exercise - in which bones and muscles work against gravity such as walking, stair climbing and dancing & resistance exercise - weight training with machines or free weights. Exercise contributes to strong muscles & better balance which also helps prevent falls.

The recommendation is 3-5 sessions of aerobic activity a week (of 20-30 minutes duration) which should be weight bearing. This would include walking, running, dancing and aerobic classes. Swimming and cycling are not weight bearing so do not help to increase bone density.

With nutrition, adequate protein is important for hormone & bone building activity. Some minerals are very important in the laying down of new bone, such as calcium, phosphorus & magnesium. Vitamin D is also essential.

If you think you are at risk of osteoporosis, talk to your doctor who can arrange a bone mineral density test, and advise on prevention. Ensure you exercise in the right way and for advice speak to a qualified instructor who can set a suitable individual program. Even very unfit people can achieve small goals.

Jacqui Morris, Corporate and Community Co-Coordinator

The Sports Centre Tel: 01256 302202, Email: jacqui.morris@sportscentre.org.uk

COMMUNITY SERVICES UPDATE.....

The Activity Centres had a relaxed summer with most centres taking a short break.

We have taken advantage of the fantastic summer weather this year(!) and organised quite a few trips. Groups have enjoyed lunch out, a trip on the Watercress Line, even a mystery tour. Most groups attended the Summer Time Music Hall - we had buses all over town that night and would like to thank Basingstoke Community Transport & Dial-a-ride for their help. There will be more trips in September/October before the cold weather sets in.



DO YOU LIKE TO BE BESIDE THE SEASIDE?

We will soon wave off a coach full of Age Concern holidaymakers to spend what we hope (fingers crossed) will be a sunny week on the Isle of Wight.

Age Concern organise a holiday every year for people over 60. Details are usually available early in the New Year and are sent to the local newspapers and anyone who has expressed an interest.

If you would like to be added to the mailing list please call Tracey on 423874.

The new Overton Activity Centre is almost ready to go! We just need one more willing volunteer who can easily get to Overton perhaps twice a month - this centre will not run every week.

Please contact Beverley if you can help.

Many thanks to everyone who supported Maria & Tracey with their SPONSORED SLIM earlier this year.

They lost a combined total of 24 pounds in weight and raised more than £250 for Age Concern. More than £10 a pound!

Age Concern YOGA CLASSES re-start on Thursday 13th & Friday 14th September at Church Cottage. Please contact Tracey on 423874 if you would like to book a place.

EVERGREEN EXERCISE CLASSES are also available in Oakridge, Winklebury and at the Active Life Centre, Houndmills. Again please speak to Tracey.

All classes are suitable for older people and will take into account any disabilities or difficulties.



A very successful 'AGE-2-AGE' project ran from April-June, in partnership with TAPS, Park View Junior School & B&DBC. A songwriter and musician led reminiscing sessions with the South Ham group and then helped the children to write songs about the group's memories. The performance of the songs by the children in June was splendid & enjoyed by all. We hope to roll the project out to the other groups, subject to funding. The Oakridge group will participate in the next project which runs along similar lines but involves songs already written. They will be joined by a singing coach for 3 sessions which will also involve some reminiscence. This project is funded by B&DBC.

WILL YOU BAG A BARGAIN AT AGE CONCERN'S AUCTION? HOW ABOUT.....

Sunday Lunch for 2 at the Basingstoke Country Hotel

A day for 2 at Royal Windsor or Ascot

A Family Ticket to the Roman baths in Bath.

A Phillips Senseo Coffee Machine

A Family Ticket to Blenheim Palace

An overnight stay at Wellington Arms Hotel

+ books, glassware, toys, china, pictures, toiletries, hairdressing vouchers & lots lots more!

Back by popular demand!

Age Concern's Silent Auction

BID OR NO BID !

Thursday 4th October 2007

CHURCH COTTAGE

Tickets £3 / £5 for 2

(includes glass of wine)



Over 100 lots

Bids start at £1

Many bargains on offer



TEL: 423874 FOR TICKETS
OR TO DONATE AN ITEM

See bottom of page 4 for a taster
of some of the items on offer.

Many thanks to everyone who came to our recent SUMMER TIME MUSIC HALL at The Anvil which was very nearly a sell out!

We are very pleased to have raised almost £1000 on the evening from the raffle and closing collection, plus any net proceeds from the sale of tickets. These funds will support our services for local older people.

We would like to thank our sponsors - Shire Pharmaceuticals, Kingfisher Housing Association, Sentinel Housing Association & Penningtons Solicitors for their financial support. And also The Malls Shopping Centre & Basingstoke & Deane Borough Council for their help. Last, but not least, thank you to our volunteers who worked really hard on the evening selling raffle tickets.

We hope to repeat the Music Hall in 2008 but this is dependant on finding sufficient sponsorship. If your company could help please contact Maria on 423874.

**AGE CONCERN HAMPSHIRE
ANNUAL CONFERENCE & AGM**

The Guildhall, Winchester

TUESDAY 16th OCTOBER 2007

"Worthy Of Work and Pensions"

10-30 am Welcome from Lawrie McMenemy

10-35 am Keynote Address, speaker to be advised

11-10 am Coffee followed by Business Meeting including adoption of revised constitution, Chairman's, Treasurer's & Director's Reports.

12-45 pm Entertainment from Miss Helen Watson & Mr Jim McManus followed by Lunch at 1 pm

2- 00 pm Christine Ashdown, Age Positive

Manager for Government's 'Be Ready' National Guidance Campaign & Chair of the Age Partnership Group

2-30 pm Joe Harris, Income in Retirement

General Secretary – National Pensioners' Convention

3-00 pm Experiences of Age Discrimination

Chris Perry interviews a panel of people who have experienced "age discrimination" and taken their cases to an Employment Tribunal.

3-30 pm Lawrie McMenemy – Summing up

CHRISTMAS BAZAAR

Saturday

17th NOVEMBER 2007

CHURCH COTTAGE

11 am - 3 pm

CRAFT AND CHARITY STALLS

LARGE TOMBOLA, RAFFLE

HOT & COLD REFRESHMENTS

FATHER CHRISTMAS

EVERYONE WELCOME

SMALL ENTRANCE CHARGE

SOMETHING FOR EVERYONE!



Support local charities
raising money for
their work with local people .

COMMUNITY INNOVATIONS TEAM

A new initiative launched by HCC, Hampshire PCT, local councils and the voluntary sector aims to support older people beginning to experience difficulties staying independent. It will offer advice, support and guidance to help people continue to live independent lives at home, linking them into their local community through lunch clubs, good neighbour schemes, handy-person schemes, transport etc. Community Innovations Teams consist of nurses, social workers, community support workers and people from the voluntary sector.

The project identifies older people who are having difficulty maintaining their independence and offers support. A community nurse and social worker visit someone at home to gain as full a picture as possible of their current situation and discuss their needs, concerns, wishes and priorities. They then identify community options to help improve the client's quality of life, well-being and independence. A community support worker helps to make the necessary arrangements and keeps in touch to make sure things are working and any other concerns can be discussed.

The team liaise with voluntary agencies and district councils to help develop new initiatives to plug gaps and improve services available to everyone.

Anyone over 65 can be referred to the Community Innovations Team (CIT) for further information and advice. Anyone who would benefit from wider support, but who does not yet qualify for statutory services.

To find out more call CIT social worker – [Lisa Lewis on 01256 362092](tel:01256362092) or [07872 827254](tel:07872827254).

WARM HOMES INITIATIVE

Could your home be affecting your health and your bank balance? The Warm Homes Initiative was set up by the Council, CAB and Solent Energy Efficiency Advice Centre to help tackle the problems associated with cold or poorly insulated homes. It is widely recognised that a cold home can damage health and quality of life to such a degree that it affects employment and income which in turn can lead to poor diet and even withdrawal from the community.

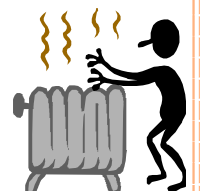
The aim of the initiative is to offer advice & information to make local homes warmer, healthier and more energy efficient. It is especially important for low income households, as the advice can help in stretching budgets that little bit further.

Assistance can be offered in the following areas:

- A financial benefits check to ensure householders receive the correct benefits.
- Advice on money management, handling debt and the eligible help available.
- Impartial advice on ways to save money on gas and electric bills.
- Advice on home heating grants that may be available.
- Advice about possible home insulation grants to prevent heat loss save money.

All information and advice is completely free and confidential.

For further information on the Warm Homes Initiative please contact
Alison Crawford, Housing Improvements Officer on 845331.



DO YOU ENJOY WALKING?

The largest group of people using the countryside in England & Wales are dog-walkers but neither they, nor walkers not part of a formal rambling club, have a say about footpaths & rights of way.

However under recent legislation, a county-wide Forum has been set up to represent the views of ALL who use the countryside and to improve matters. HCC will be drafting a formal improvement plan for countryside access and rights of way in North Hampshire and wants an accurate picture of need & demand. For instance:

What things affect your enjoyment of rights of way and countryside access in the Hampshire Downs area? E.g. stiles, overgrown paths

Which are your favourite areas for walking?

What influences your choice about where to go?

Are there any areas that you particularly avoid and why? What distance do you like to cover?

How do you get to the starting point of a route? (car, public transport, etc)

Where, other than the Hampshire Downs area, do people living in the area walk?

How could access be improved in the area?

What provision is needed? (E.g. better public transport links, car parking, accommodation and refreshments en route).

Would you walk more if improvements were made?

What sort of people should be encouraged to use the countryside more?

What should Hampshire County Council's goals & priorities be? (E.g. Better surfaces? information?)

If you have a view on any of these matters David France, the Forum's dog-walking and 'ordinary walkers' representative, who lives in Basingstoke, would like to hear from you.

Email: david.france@ntlworld.com

or phone 01256 411031

And a further point...if you can recall a path that's been forgotten, the County Council want to hear about that, too. With development going on all over the area our footpath network is under threat. Your memory could be a vital key to a lost link.



Following the success of the Summer Tea Dance, the Out & About Partnership are very pleased to announce the

Christmas Tea Dance

7th December

at Popley Fields Community Centre

2 - 5 pm

Tickets £4

available from Age Concern.

Basingstoke & District Alzheimer's Society

MEMORY WALK

Saturday 22nd September

Eastrop Park, 11.00 am

Everyone welcome

For sponsor forms telephone 363393.



MAYOR'S CHARITY CONCERT

Saturday 15th September

At THE ANVIL

includes

Basingstoke Male Voice Choir
& Basingstoke Ladies Choir

Tickets £7 for pensioners
£9 adults, £5 children

Tel The Anvil Box Office : 844244

ALZHEIMER'S SOCIETY TEA DANCE

Tuesday 23rd October

ST MICHAEL'S CHURCH COTTAGE

2.00 pm

Tickets £3 Tel: 363393



DIARY DATES

Fri 28th Sept - Residential Care Information Day, Winchester*

Thurs 4th Oct - 'Bid or no Bid' Silent Auction, Church Cottage

Tues 16th Oct - Age Concern Hampshire AGM, Winchester*

Wed 17th Oct - Information Day, Church Cottage, 10.30 - 1

Fri 23rd Nov - Residential Care Information Day, Winchester*

Sat 17th Nov - Christmas Bazaar, Church Cottage, 11 - 3

Wed 12th Dec - Café Christmas party, Church Cottage, 10.30 - 1

Sat 15th Mar 08 - Quiz Night, Church Cottage

* (please call 0800 328 7154 to reserve a place)



AIDCALL PENDANT ALARMS

Emergency help at the touch of a button....

... as you never know what might happen.

Call Age Concern on 423874 to request a brochure or demonstration.

VISIT OUR CAFÉ

Every Wednesday
at Church Cottage

10.30 - 1.00

ALL AGES WELCOME

REASONABLE PRICES

'TEA & COMPANY'



COMPUTER LEARNING CENTRE

especially for the over 50s

Tuesdays, 10.00 - 1.00

No experience necessary

1-1 sessions

Work at your own pace

Call 423874 to find out more.

INFORMATION & ADVICE SERVICE

Monday to Friday 9.00 - 1.00

Tel: 423874

Also at the Café (see above)

3rd Wednesday of each month
between 10.30 & 12

ACTIVITY CENTRES

run weekly in Kempshott, Popley,
Oakridge, Brighton Hill, South Ham,
Winklebury, Kingsclere & the Town
Centre offering companionship &
activities suitable for older people.

Call Beverley on 423874.

HEALTHY LIVING

In partnership with various local organisations & professionals we offer a weekly programme of Evergreen Exercise & Yoga.

Call Tracey on 423874 for more information.

We also offer:

AN ANNUAL HOLIDAY, FOOT CLINICS, FUNERAL PLANS, TRAVEL, HOME & MOTOR INSURANCE & VOLUNTEERING OPPORTUNITIES.

Please call **01256 423874** if you would like information on any of our services for older people.