

NEWSLETTER



SPRING
2008

Please pass this newsletter on when you have finished with it.



GREAT NEWS!! We are delighted to announce the

Age Concern SUMMER TIME MUSIC HALL is back!

Age Concern is proud to present this popular show again after a sell out in 2005 & 2006 at The Haymarket and 2007 at The Anvil.

Miss Helen Watson & ensemble will be providing a fun evening of old-fashioned Music Hall style entertainment, including comedy, variety & songs with a hint of sauce! We do hope you can join us.

***SUNDAY 27th JULY 2008* TICKETS ON SALE NOW!**

from The Anvil Box Office - Tel: 01256 844244.

Tickets £14 (£12 for concessions). Don't miss out on the fun!



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Do you have lots of questions?

Come and find the answers at Age Concern's

INFORMATION DAY FOR OLDER PEOPLE

Wednesday 23rd April 2008

10.30 am - 1.00 pm

at the Age Concern Café

St Michael's Church Cottage, Basingstoke.



Information & Advice will be available from Age Concern & many other organisations working with older people.

Get legal advice, find out about benefit entitlements, sources of support, leisure activities, keeping healthy, & much more. Blood pressure testing also available.

Alzheimer's Society, Lamb Brooks Solicitors, Pension Service, Shopmobility & South Ham Surgery have confirmed so far.

Many other organisations expected. Call Tracey on 01256 423874 for the latest details or pick up a flyer from the Cafe.

Refreshments available from Age Concern Café. NB: No parking on site.

We welcome suggestions from readers for future editions. See contact details below left.

Newsletter produced by Age Concern Hampshire in Basingstoke
Tel: 01256 423874 . The Orchard, White Hart Lane, Basingstoke, RG21 4AF.
Email: tracey@ageconcernbasingstoke.freereserve.co.uk
Opening hours: 9 am to 1 pm (other times by appointment).



Assisted by
**Basingstoke
and Deane**



Supported by
**Hampshire
County Council**

**BASINGSTOKE
COUNSELLING SERVICE**

– an affordable generic counselling service.

Would just like to tell you a little about the service we provide to Basingstoke residents.

We are based in Goldings, part of the Basingstoke Council campus, but are an independent charity offering support to those suffering from depression, isolation, or loneliness, perhaps brought about by bereavement, carer responsibilities, or because of the chronic illness of either you or your partner.

The service is available to people 18 & over.

If you think you might benefit from counselling, we would be very happy to hear from you, just call -

01256 843125

Alzheimer's Society | Leading the fight against dementia

Basingstoke & District Branch

Invite you to our

ANNUAL OPEN MEETING

Speaker to be confirmed

Wednesday 14th May 2008

at 1.45 pm for 2 pm start

Glebe Hall (behind The Barn)
St Michael's Church, Basingstoke

Tea and cakes will be served.

For any queries or further information please call Diane or Jane on 363393.

Registered Charity No: 296645



Can you help our colleagues at BASINGSTOKE COMMUNITY TRANSPORT?

Would you like to train as a mini-bus driver or alternatively use your own car?

Expenses are paid and you will be providing a valuable service to residents who can't access public transport. Contact Colin at BCT for more information on 01256 320501.

Your Energy Advice Centre
 Hampshire - Isle of Wight - West Sussex

**Are you
over 70?**



DID YOU KNOW YOU CAN NOW GET LOFT AND CAVITY WALL INSULATION INSTALLED FOR FREE IF YOU OWN YOUR OWN HOME OR ARE PRIVATELY RENTING! THIS CAN SAVE YOU UP TO **£200** A YEAR ON YOUR ENERGY BILLS AND YOU DON'T HAVE TO BE ON BENEFITS TO CLAIM.

Call **0800 512 012** for further information



Photograph use of South Basingstoke Primary Care Trust

The Environment Centre (TEC)
you - your business - your community

Registered Charity in England & Wales No. 1028462
Company Limited by Guarantee No. 2881223

CALLING ALL LAND GIRLS!

Surviving members of the Women's Land Army & Women's Timber Corps are to receive a special badge to recognise their contribution to the nation throughout WWII.

Applicants need to complete a very short application form supplying information such as date of birth, approximate dates of service, and the location at which they were stationed.

Forms are available from Defra and also from Age Concern.

For further information contact the Defra helpline on **08459 33 55 77**.

Unfortunately badges will not be awarded posthumously to people who died before 6th December 2007.





**5 MINUTE TELEPHONE
HEARING CHECK
Call 0845 600 5555**

This hearing check is run by RNID.

If you have any questions about the result, ring the number below. Staff will be happy to explain more and discuss any aspect of deafness, hearing loss or tinnitus.

RNID Information Line
0808 808 0123

www.breakingthesoundbarrier.org.uk



**TOWN CENTRE POLICE
MOBILE BEAT SURGERY**

An opportunity for members of the public to get to know their local beat officers and to help set the agenda for local policing in their area. Come along and talk about any policing issues or safety concerns you may have.

Wednesday 16th April

At the Age Concern Cafe

Church Cottage, Basingstoke, 10.30 - 1

CARERS TOGETHER IN HAMPSHIRE

Hello, I'm Michelle Armitage, Carers Development/Support Worker for Basingstoke & Alton. Carers Together support and inform voluntary carers in the Hampshire area. We hold a number of Carers' Cafés in Basingstoke, Bordon, Alton, Whitchurch/Overton areas. If you and the person you care for would like to attend a Carers' Café please contact me.

We will be starting a new project named CAPE - Carers Assessment Plan for Emergencies. This will assist Carers and their cared for to put in place a plan and register it with Carers Together which will offer peace of mind in an emergency. (ie If the Carer is unable to care).

Dates for your diary:

17th March - Carers Draft Strategy Consultation, The Maltings Centre, Alton 10.30 - 12.30

20th May - Basingstoke Carers Forum, Parklands Hospital, Aldermaston Road, 1 - 3pm

5th July - Carers Relaxation Day, Audleys Resource Centre - details nearer the time.

If you would like to find out more about any of the above, please contact me:

I am located at Glebe Hall, behind St Michaels Church, Church Square, Basingstoke, Hampshire. RG21 7QW. Contact number 01256 353290. Email michelle@carerstogether.org.uk

Ladies, give yourselves a treat!

SHOPMOBILITY PAMPER EVENING

Meet holistic & beauty therapists, enjoy mini treatments, book a Venture Portraits photo session, Talks from House of Colour (image consultants), Basingstoke Sports Centre & various therapists.

Pashminas, beaded shoes, jewellery, preserves, reading glasses, cards & lots more to buy.

Wednesday 30th April, 7 - 9.30 pm

Church Cottage, Behind St Michaels Church.

Entry £1 - free goody bag to first 50 ladies.

For more info call Anne or Lin on 01256 350142

Proceeds to Shopmobility vehicle replacement fund.

Reg Charity 1065677.

If you think it sounds good please tell a friend.

**Old Basing and District U3A
UNIVERSITY OF THE THIRD AGE**

A learning cooperative of older people which enables members to share educational, creative & leisure activities.

Various study groups on offer in a wide range of subjects.

Monthly meeting 2nd Wednesdays,

Elizabeth Hall, Hook, 2 pm

Newcomers are welcome at the meeting or call the membership secretary on 01256 325258 for more information.

www.oldbasingu3a.btinternet.co.uk

ACTIVITY CENTRE members once again enjoyed many celebrations over Christmas & the New Year. The Popley group had lunch at Forest Lodge Garden Centre; South Ham & Winklebury joined forces for lunch at The Vine at Hannington; Kingsclere had a trip to The Crown and that was all before Christmas. In January, the Town Centre and Kempshott groups together headed for Longbridge Mill and Brighton Hill members went to Redfields Garden Centre. Oakridge held a lovely lunch for their members - all home cooked and followed by entertainment. My thanks go to the volunteers for their hard work and to the drivers and Basingstoke Community Transport who got us all there.

Plans are in place for skittles, sing-a-long projects, lunches & the great quiz competition between Winklebury & Brighton Hill. To join any of our centres please call Bev on 01256 423874.



VOLUNTEERS WANTED

Age Concern is looking for a couple of new volunteers to join our friendly team of insurance arrangers based in either Basingstoke or Winchester. (We offer a range of products for over 50's including home, travel & motor insurance).

Do you have a background in customer services, insurance or sales? Are you free for half day a week?

If so, we would love to hear from you.

Extensive training will be provided.

To find out more please call Maria on 01256 423874.

We are very pleased to announce two new town centre FOOT CLINICS to be held on Wednesday mornings at Church Cottage. The first date is Wednesday 12th March.

All appointments must be booked in advance by contacting Bev at Age Concern on **01256 423874**.



The last time George fell he had to wait 5 hours for help to arrive...

...this time it will take 5 minutes.

For a FREE demonstration* call us now



If you, a member of your family or a close friend live alone, our Aid Call personal alarm will enable them to call for help at any hour of the day or night, simply by pressing a button. Call us today or pop in for a free brochure.



Call Age Concern Hampshire on: **01256 423874**



The Orchard, White Hart Lane, Basingstoke RG21 4AF

ACCIV1FEB06

*Demo is not available for customers who self connect.

You're never alone with Aid Call



HAMPSHIRE

Are you looking for information on residential care for yourself, a relative or friend?

Come to one of our

RESIDENTIAL CARE INFORMATION DAYS

Friday 28th March,

Friday 30th May

Friday 25th July

9.45 - 3.30 pm (with buffet lunch)

At Age Concern Hampshire, 1 St Cross Road, Winchester, SO23 9JA

To reserve a place, call 0800 328 7154.

'FRIENDS' NEWS.....

On 8th February Age Concern's Friends were welcomed into the Mayor's Parlour where Councillor Warwick Lovegrove hosted a lovely afternoon tea with plenty of cakes and a chance to tour the Council Chamber. The history of Basingstoke & Deane was discussed in full! This event was held to thank our Friends for their valuable support.

We are next inviting Friends to join us for an annual meeting in May at Church Cottage. Following an update on Age Concern services they will enjoy a talk and display of owls by Friends John & Val Peacock.

New Friends are always very welcome and if you sign up before 1st April 2008 the annual donation is just £10 per person (slight increase after that date). Please contact Bev or Tracey at the office (Tel: 01256 423874) if you would like an application form or more information.

ANOTHER SPECIAL TREAT! for 'Friends of Age Concern in Basingstoke' - The Countess of Portsmouth, a Friend herself, will be opening her garden for our Friends later this year.

You too could be included in this visit if you become a Friend. Application forms are available from the office and Café.



EVERGREEN EXERCISE CLASSES

at the Active Life Centre

Mondays 11-12, Thurs 10.30-11.30, £3.00

60 minutes of fun and exercise! focusing on keeping fit and mobile, using dynabands & incorporating chair and floor-based exercises to develop and improve co-ordination, balance and fitness.

Call 01256 352858 for further details.

The Active Life Centre, Stephenson Road, Basingstoke, RG21 6XR
Near Sainsbury's Depot, on the No. 6 bus route.



GOOD NEWS FOR AGE CONCERN HOME INSURANCE POLICYHOLDERS

At Age Concern we are constantly trying to improve our services and offer policies that better respond to customer needs. Did you know our standard excess is £25? Theft of contents from outbuildings has recently been increased – cover is provided up to £1000 (see article on page 7 about theft from sheds).

Call us on 01256 423874 to find out more about our products and services for the over 50's.

Age Concern Hampshire is an Appointed Representative of Age Concern Enterprises Limited which is authorised and regulated by the Financial Services Authority for insurance mediation.



Don't forget the 15% discount for Age Concern clients from disability equipment supplier Keep Able (on most products), as mentioned in the last newsletter.

Catalogues and discount vouchers are still available from the Café or our office (Tel: 01256 423874). If you have already used your voucher don't worry - you can obtain your discount the next time you visit the shop at Brighton Hill just by mentioning Age Concern.

- Mrs M Adams
- Mrs M Barker
- Mrs S Bashford
- Mrs H Belsham
- Mrs Z Betty
- Mrs J Blatchford
- Mrs L Bowyer
- Mr A F E Braggins
- Mrs P Butler
- Mr R Camfield
- Mrs P Carroll
- Mr N & Mrs J Clark
- Mrs P Clark
- Mrs K E Denne
- Mrs M D'Santos
- Mrs A Dudley
- Mr K Dudley
- Mr J A Fuge
- Mr J Goodenough
- Mr J Gray
- Mrs S Haswell
- Mrs E Henderson
- Mrs T Herbert
- Mrs D Hines
- Mr P Johnson
- Mr T Jones
- Mrs P Kirrage
- Mrs G Lawrence
- Mr D Lee
- Mrs J Metzger
- Mrs H Mitchell
- Ms E Moloney
- Mrs M Morgans
- Mrs S Morris
- Mrs E New
- Mrs R O'Reilly
- Mr J & Mrs V Peacock
- Mrs E Pegler
- Mrs I Pledsted
- Mr G Plummer
- The Countess of Portsmouth
- Mrs E Poulter
- Mrs S Price
- Mr P Rowe
- Mrs S Rowland
- Mr J Schofield
- Mrs E Shears
- Mrs J Shorten
- Mr F Soden
- Mrs M Spencer
- Mrs A Stunt
- Mrs D Tedder
- Mrs D Tilbury
- Mr G F Turner
- Mrs L Vass
- Mrs J Watling
- Mr J West
- Mr B & Mrs R Wiseman
- Mrs J Woodage

HELP WITH HEALTH COSTS

- just what the doctor ordered!

If you receive Guarantee Credit (part of Pension Credit) you are automatically entitled to help with health costs.

This includes:

- free NHS dental checks and treatment
- sight test & vouchers toward the cost of glasses or contact lenses.
- repayment of necessary travel costs to hospital and back for NHS treatment

What if I don't get Guarantee Credit?

If you don't get Guarantee Credit, but are over 60 and have no more than £16000 in savings, you can apply for help with health costs through the NHS Low Income Scheme.

You need to complete claim form HC1 available from the

[Help with Health Costs Helpline](#)
on 0845 850 1166.

You can also pick up an HC1 form from a dentist, optician or hospital.

WARNING

When I am an old woman I shall wear purple with a red hat that doesn't go and doesn't suit me

And I shall spend my pension on brandy and summer gloves and satin sandals and say we've no money for butter

I shall sit down on the pavement when I'm tired and gobble up samples in shops, and press alarm bells

And run my stick along the public railings and make up for the sobriety of my youth

I shall go out in my slippers in the rain and pick flowers from other people's gardens

And learn to spit!

An extract from Warning
by Jenny Joseph



Basingstoke
and Deane

Do you want to make new friends & improve your fitness?
Join the 300+ people each week, in Basingstoke, who are already

"WALKING THE WAY TO HEALTH"

Walking is almost perfect exercise requiring no equipment of expense, and regular walkingcan increase energy levels and stamina....improve balance, particularly in the elderly... speed up weight loss.....increase confidence and body image.....

It may also help lower stress levels & reduce high blood pressure & the risk of diabetes, heart disease, stroke, bowel cancer and osteoporosis.

Weekly Walks (approx. 1 hour) run as follows:

Monday 11am from Eastrop Park – beginner's walk + a long/fast walk

Wednesday 11am from the Aquadrome

Thursday 11am from Down Grange

Friday 11am from Popley Fields Community Centre

Fortnightly walks in Tadley from Tadley Library and The Green alternately

Would you like to become a HEALTH WALK LEADER?

We also need new people to plan and lead our walks – full training provided

For further info – please contact Jane Wilding on 01256 845574

or E-mail jane.wilding@basingstoke.gov.uk



NEWS FROM THE OVER 55'S FORUM

The Over 55s Forum is still growing with close to 500 members. Our next Open Forum meeting will be on Wednesday 16th April 2008 at Carnival Hall.

Daniel Garnier from the Borough Council has set up a singing group for over 55s. The group meets at Carnival Hall on Tuesdays from 1.30 to 3.00pm, with a professional instructor and anyone interested is welcome to attend.

Gerald Merritt, Secretary, Tel: 01256 412119

DON'T FORGET YOUR SHED THIS SPRING

Many people spend time & money securing their homes, but neglect their sheds, which can contain valuable property. Sheds can provide easy pickings and tools in them can help a burglar break into your home! Ask yourself:

- Is my shed in good order or in need of repair?
- Are the doors secure? Use strong padbolts or hasps with close shackle padlocks. If the door is solid, use a five lever mortice lock.
- Are windows secure? Glass can be replaced with toughened glass, Perspex or polycarbonate sheet. Use a solid window lock and perhaps fit a strong grille or heavy wire mesh.
- Does it have an alarm? Many companies offer cost effective battery powered alarms.

POSTCODING - Mark items with house number & postcode with UV marker or paint or engrave.

INSURANCE - Don't assume home insurance covers shed contents – check.

PROPERTY - Consider if items would be safer elsewhere. List contents & serial numbers.

BOUNDARIES - Keep fences & walls in good repair as a deterrent to thieves.

LIGHTING - Install lighting activated by movement sensors.

PROTECTIVE PLANTING - Plants with thorns and prickles can provide an unwelcome barrier.

Advice from Lynne Lawson, Crime Prevention Officer at Basingstoke Police Station.

Tel: 0845 045 4545



BASINGSTOKE CHARITIES

(Reg. Charity no 204040)

The Deane's Almshouses

Built by Sir James Deane, 1608

The Deane's Almshouses situated in London Street, are some of the oldest buildings in Basingstoke. Situated at the Top of the Town, the almshouses still serve the residents of Basingstoke and Deane and are very convenient for shopping and walking in a traffic free area.

There are 8 Grade II* listed terraced houses and each comprises a sitting room, hall & fitted kitchen, with a bedroom & bathroom reached by an easy staircase.

The almshouses have been well maintained and recently refurbished. They have central heating, CommuniCare, a fire alarm system and large communal garden.

We welcome applications for vacancies from people of pensionable age who live in the Basingstoke and Deane area or have any connection with family here.

If you would like more details or would like to visit one of The Deane's Almshouses, please write to:



The Clerk, 13 Hartwood,
Chineham, Basingstoke
RG24 8SJ

or 'phone 01256 461056

MUSIC & DANCE EXTRAVAGANZA

In aid of Prostate Cancer

Sunday 27th APRIL 2008

Queen Mary's College,
Cliddesden Road, Basingstoke

2pm to 5pm

£5 Adults, £2.50 under 12's

Everest Steel Pan Band, Bob McGhee,
Basingstoke Academy of Dancing,
2 local singers and
the Over 55s singing group.

Tel: 01256 412119 or 07792535116

or e-mail gerald.merritt@ntlworld.com

AGE CONCERN
HAMPSHIRE IN
BASINGSTOKE
The Orchard,
White Hart Lane,
Basingstoke
RG21 4AF

Tel: 01256 423874

Opening hours:
9 am to 1 pm

(at other times by
appointment)

Contact us to find
our more about any
of our services for
local older people:

- Activity Centres
- Annual Holiday
- Benefits Surgery
- Cafe at Church
Cottage
- Computer
Learning Centre
- Exercise & Yoga
Class
- Foot Clinics
- Funeral Plans
- Home, Motor &
Travel Insurance
- Information &
Advice
- Pendant Alarms
(Aidcall)
- Tea & Company
at the Cafe
- Volunteering
opportunities

Our next newsletter will
be available in June.

DIARY DATES



Sat 15th March Age Concern Quiz Night, Church Cottage
Wed 23rd April Information Day, Church Cottage 10.30 - 1
Wed 14th May Friends Get Together (Friends only event)
Wed 4th June Volunteers Week Event - to be confirmed
Sat 12th July Collection, The Malls
Wed 16th July Information Event 'Planning for the future'
Sun 27th July Summer Time Music Hall, The Anvil
Tues 14th Oct Age Concern Hampshire Annual Conference &
AGM, The Great Hall, Winchester. Call 0800 328 7154 to book.

Many local people will receive a
new YELLOW PAGES soon.



The council is encouraging
residents to recycle the old
yellow pages in PAPER
BANKS at recycling sites.

Please note the yellow pages should
not go in residents' green recycling
bins or the yellow-lidded bins at
recycling sites.

If you no longer use your Yellow
Pages and prefer to search online,
you can cancel your Yellow Pages
delivery by calling the Directory
Sales team on 0800 671 444.

OLD TIME MUSIC HALL

Basingstoke Amateur Operatic Society
proceeds to

Basingstoke & District Branch
Alzheimer's Society

Saturday 19th April, 8 to 10 pm

THE BARN, ST MICHAEL'S
CHURCH, BASINGSTOKE

Bring your own food & drink.

Coffee & tea available

Costumes optional – prize for best bonnet

Tickets - £8.00 incl. raffle entry

Available from:

Diane & Jane – 01256 363393 or

Margaret – 01256 320497

Registered Charity No: 296645



SUMMER CONCERT Special Offer for over 65's

Would you like an evening out in
The Anvil for as little as £4 per
ticket? The BASINGSTOKE
SYMPHONY ORCHESTRA,
Basingstoke's own classical
orchestra, is offering an concert
of light, classical music fit for a
summer's evening on

**Saturday 21st June
commencing 7.45pm**

The programme will include
Saint Saens' lovely G minor
piano concerto, Elgar's 'Chanson
de Matin' and Mendelssohn's
sunny Italian Symphony. The
soloist in the piano concerto is the
young, extremely talented French
pianist, Emmanuel Despax.

Come along with friends & enjoy
a pleasant, relaxing evening in
Basingstoke's superb concert
hall. Refreshments are available
during the interval and before &
after the concert. There are full
facilities for wheelchairs, and
carers are given a free ticket.

To claim your special 50%
discount contact the

**The Anvil Box Office
on 01256 844244**

You need to quote Reference
BSO-216 and confirm you are
aged over 65. (Full price tickets
are £17, £14, £11 & £8).