



Reg. charity no: 290874

Welcome to the latest edition of our newsletter especially for local older people. Please share this copy with anyone who may be interested. More copies are available from the office & Café. The newsletter can also be downloaded from our website www.ageconcernbasingstoke.org.uk or sent to you by email - see contact details below.



In this issue you can find out about the Age Concern holiday later this year, what's going on at the Café this Spring, how to take part in our Quiz and lots more besides. You will also find articles and adverts from other organisations working with older people and contact details for several clubs and groups on the look-out for new members. If you would like to know more about any of our services, please call us on 01256 423874 between 9 and 1 Monday to Friday. We are a small team and occasionally we are all busy on the 'phone but please leave a message and we will call you back as soon as we can.

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STOP PRESS.....
Age Concern is very pleased to announce the opening of a new **ACTIVITY CENTRE** running in Overton each week.

We look forward to welcoming local people to the lounge at Harvey's Field on Tuesday 24th March from 2 - 4 pm.

We are offering 20 places each week and activities will include gentle chair exercises, quizzes, games as well as good company and lively conversation.

Please register your interest by contacting Beverley Jones on 01256 423874.

This is our ninth weekly Activity Centre and we would like to thank Kingfisher Housing Association for providing funding for the start-up costs.

ALL SORTS OF USEFUL INFORMATION UNDER ONE ROOF!

Over 50's INFORMATION DAY

Wednesday 22nd April 2009, 10.30 am - 1 pm
AGE CONCERN CAFÉ, Church Cottage, Basingstoke
Information & Advice available from Age Concern & many organisations working with older people.

Get legal advice, find out about benefit entitlements, sources of support, leisure activities and much more.



Tel: Tracey on 01256 423874 or
Email: tracey@ageconcernbasingstoke.org.uk
Everyone welcome. Café open. But no parking on site.

Newsletter produced by Age Concern Hampshire in Basingstoke.

TELEPHONE: 01256 423874

EMAIL: info@ageconcernbasingstoke.org.uk

WEBSITE: www.ageconcernbasingstoke.org.uk

ADDRESS: The Orchard, White Hart Lane, Basingstoke, RG21 4AF.

OPENING HOURS: 9 am to 1 pm (or by appointment)



Assisted by
**Basingstoke
and Deane**



Supported by
**Hampshire
County Council**

HAMPSHIRE COUNTY COUNCIL SENSORY TEAM (Hearing Loss)

If you are experiencing difficulties with your hearing loss a Sensory Officer is available to give advice and information at

Basingstoke Information Centre
(beside the library)

on Thursday mornings
between 9.30 and 1.00 p.m.

Appointments are available in other areas.

For more information please contact

Sensory Admin on 01420 545652



Have you ever thought of trying your hand at bowls? If the answer is yes but you don't know how to get started

HOWARD PARK BOWLS CLUB

can help.

We are looking for new members & welcome all standards including beginners.

Help is available for beginners; we can supply equipment and give you practical help to learn the game of bowls. Also, in order for you to decide whether it is a past-time you would want to become involved in, you would be welcome to use our Club's facilities including comfortable clubhouse on 3 occasions without any charge.

If you then decide you would like to carry on, membership is a very modest £45 a season [May to September] and entitles you to play as much as you want. The club is open from May – September, midday until dusk.

Howard Park Bowls Club is located in Russell Howard Park, off Western Way, South Ham.

We are a long established club run by the members offering both competitive and social bowls plus a great opportunity for enjoyable, healthy exercise in a very relaxed atmosphere where you can make new friends.

Are you interested?

We hope so – you will be made most welcome. For more information please contact:

Bill or Sue Ray on 01256 461597

A word from MP Maria Miller.....

As your local MP I am always keen to hear about your views and ideas.

If you would like to contact me about any issues you would like me to look into, you can do so by writing to:

Maria Miller MP, House of Commons,
London SW1A 0AA or
email millerm@parliament.uk .

I also hold regular Advice Bureau sessions in Basingstoke. Appointments can be made by telephoning 020 7219 5749.

BASINGSTOKE SEQUENCE DANCE CLUB

We meet every Monday* in

The Barn, St Michaels Church Cottage
Church Square
Basingstoke

from 7.45pm to 10.15pm

Anyone who enjoys dancing will be very welcome. The first night is free, to see if you like us. After that it is £2.00 per week.

We also run a Saturday evening dance on the 2nd Saturday of the month (hall hire permitting). The next is on 14th March.

For more details contact
Club Secretary, Bernard,

on **01256 411440**

(*except Bank Holidays)



CIVIL SERVICE RETIREMENT FELLOWSHIP BASINGSTOKE GROUP

All retired Civil Servants & their partners are welcome at our meetings. We meet on the first Wednesday morning of the month from 10 am

at Brookvale Village Hall,
Lower Brook Street, Basingstoke

for refreshments followed by a guest speaker. We usually organise 2 holidays a year & monthly day trips to a variety of interesting places.

For more information please contact the
Group Secretary, **Doris Kay**

Tel: 01256 327171.

Do you have a hearing aid?

HEARING AID MAINTENANCE

will be available at the Age Concern Café
Church Cottage, Basingstoke on

Wednesdays 1st, 8th & 15th April

10.30 am to 1 pm

Trained volunteers will make basic checks,
re-tube and change batteries on
National Health hearing aids.

It is then hoped to offer the service on a
regular basis every 2 or 3 months.

For further information please contact
Samantha Young on 01420 545654

Or for information about the Café contact
Tracey at Age Concern on 01256 423874.

BASINGSTOKE MALE VOICE CHOIR



- established for over 40 years and
one of the finest choirs in England - is
looking to recruit new members.

If you enjoy singing, or are not sure whether
you can sing or not, why not come along to
one of our rehearsal evenings?

Mondays, 7.30 - 9.30 pm

At the United Reform Church
at the top of town

**Ring Bill on 01256 850255
for further information.**

If you have never been part of a choir you may
find it a very enjoyable experience, we do!

See our concert dates on page 6.

TOWN CENTRE POLICE MOBILE BEAT SURGERY

**Meet Town Centre beat officers over a
cuppa at the Age Concern Café.....**

Wednesdays

18th March & 22nd April

Church Cottage, Basingstoke

10.30 am - 1 pm



.....and chat about your safety concerns.

Everyone welcome. NB: No parking.

The Myth of The "Common Law Spouse"

Picture the scene - Mr Smith and Ms Jones were widowed young but began a relationship during retirement. Eventually Ms Jones sold her home to move in with Mr Smith. He was the sole legal owner of the shared home but she used her house proceeds to make contributions to the bills, home improvements & so on.

When they split Ms Jones thought she had a right to a share of the home as she'd heard unmarried couples living together are considered to be "common law spouses". However Mr Smith tells Ms Jones she has no right to a share of the house, there is no such thing as a common law wife and to leave "his" home.

Ms Jones sees a solicitor who confirms there is no such thing as a common law spouse. She is in a very vulnerable situation as she has invested a significant proportion of her savings in the relationship and running of the house. Ms Jones is not alone in her belief. The myth of the common law marriage is widespread but there is currently no legislation to protect unmarried cohabitants. Where separated cohabitants can't reach agreement about the ownership of the home, they must make an expensive and unpredictable application to the Court for a determination.

What Can be Done? - Couples can enter into whatever bargain they wish and, as long as their wishes are clearly expressed and can be proved, the Court will give effect to them. For example a solicitor can draw up a legally enforceable "Declaration of Trust" to record their wishes and respective interests in the home. The legal fees for preparing this would be a fraction of the cost of legal proceedings.

Watch This Space - Legislation to clarify the rights of unmarried cohabitants is being discussed in the House of Lords and if introduced, may provide clarification but for now unmarried couples are in a vulnerable position and should review their affairs and seek legal advice if they have any concerns.

**With thanks to Angela Butterworth,
Penningtons Solicitors LLP.**

Tel: 01256 407100

Email: angela.butterworth@penningtons.co.uk



MUSIC HALL 2009

TICKETS NOW ON SALE!

We are delighted **Miss Helen Watson** (left) and ensemble will be returning to Basingstoke in July to stage another of their popular shows for Age Concern.

The Anvil is the place to be on

Sunday 19th July 2009

for an evening of old fashioned Music Hall style entertainment, plus comedy, variety and song, with just a hint of sauce!

Tickets priced at £14 & £12 for concessions are available from The Anvil box office on **01256 844244**

Group discount applies for 20+

Current FRIENDS (17 Feb 2009) - 83 Friends

| | |
|-----------------------------|-------------------------|
| Mrs S Rowland | Mr J Goodenough |
| Mr A F E Braggins | Mr P & Mrs M Johnson |
| Mr & Mrs P Rowe | Mr T & Mrs B Jones |
| Mrs M D'Santos | Mr S & Mrs P Kirrage |
| Mrs P Henderson | Mr & Mrs D Lee |
| Mrs T Herbert | Mrs H Mitchell |
| Mr K Hilson & Mr R Kerridge | Mrs E Poulter |
| Mrs D Hines | Mrs A Stunt |
| Mr R S Hopgood | Mr P P & Mrs M E Walker |
| Mrs D Rees | Mrs P Butler |
| Mr J Schofield | Mr N & Mrs J Clark |
| Mrs D Tedder | Mrs K E Denne |
| Mrs J Woodage | Mrs E Henderson |
| Mr A R & Mrs M Barker | Mrs M Morgans |
| Mr W H & Mrs S Bashford | Mrs S Morris |
| Mrs H Belsham | Mrs I Pledsted |
| Mrs Z Betty | Mr G & Mrs A Plummer |
| Mr R Camfield | Mr F & Mrs M Soden |
| Mrs P Clark | Mrs J Watling |
| Mrs B Cromwell | Mr J & Mrs C M West |
| Mrs A Dudley | Mr B & Mrs R Wiseman |
| Mrs G Lawrence | Mrs J Barnard |
| Mrs J Metzger | Mrs M B Bray |
| Mr F J & Mrs E New | Mr G & Mrs H Fleet |
| Mr J & Mrs V Peacock | Ms E Moloney |
| Mrs E Pegler | Mrs L Vass |
| The Countess of Portsmouth | Mr P & Mrs P Watts |
| Mrs E Shears | Mrs M Hedges |
| Mrs M Spencer | Mr D & Mrs M Bell |
| Mrs D Tilbury | Mrs R O'Reilly |
| Mr G P Turner | Mr J & Mrs H Gray |
| Mrs M Adams | |

FOOT CLINIC NEWS



Our apologies if you have been trying to get an appointment at one of our foot clinics.

Despite opening an additional clinic in Winklebury in January, all appointments are taken and we have a waiting list in place. We'll be in touch as soon as spaces become available.

For more information please contact Beverley on 01256 423874.

Many thanks to everyone who helped with or supported the CHARITY FAYRE in December. We are delighted to report that Age Concern's stall raised a fantastic £250.

The photo, below, shows staff members Maria & Beverley (dressed as shepherds!) with the Mayor & Mayoress. Note the Mayoress' carrier bag!



'FRIENDS' OF AGE CONCERN

We are delighted to report an increase in Friends membership. As you can see, left, we now have 83 Friends compared to 59 this time last year.

Friends provide invaluable support to Age Concern - their annual membership fee supports our services and they also help where they can with fundraising and promoting our work.

Annual membership is just £12 for a single person or £20 for two people at the same address. New Friends are always very welcome!

Please contact Bev or Tracey at the office for an application form or more information - Tel: 01256 423874.

The next Friends event is the annual meeting, 18th May (venue to be confirmed).



READERS' LETTERS & POEMS



Dear Editor

As Friends of Age Concern we would like to invite newsletter readers to help us raise money for the charity by visiting one of our GARDEN OPEN DAYS in June this year.

Why not come along to 128 Roman Road on Sunday 7th June or Sunday 28th June between 2 & 5 pm for a relaxing afternoon?

Enjoy a stroll around the garden or just sitting in the sunshine (fingers crossed!), have a go on the raffle and tombola, buy a few plants for your own garden and enjoy a cuppa or a naughty but nice cream tea!

We look forward to seeing you then.

Val & John Peacock

PATIENCE

When all you want to do is shout
& make your mother turn about
Take a deep breath & count to ten
And wait for her to smile again
Be tolerant and listen well
To all the things she has to tell
Although she may be slow & frail
She is still able to tell a tale
My mother's lived a perfect life
A wonderful person & a faithful wife
And now the time has come you see
To repay my mother's love for me.
By members of Meon Valley Day Centre



A thought for Spring.....Happiness is a butterfly, which, when pursued, is always just beyond your grasp, but which, if you will sit down quietly, may alight upon you.

'Celebrating women as women'

INTERNATIONAL WOMEN'S DAY

Wednesday 11th March, 10 am - 1.30 pm

Brookvale Village Hall, Basingstoke

Speakers, demonstrations, hair advice & more.

Organised by Basingstoke Voluntary Services

Tel: 01256 423816.

Due to the current financial crisis facing the world the light at the end of the tunnel will be switched off until further notice!

AGEING

*"He's knocking on a bit" they'd say
I wondered what that meant
When young and unaware was I
That life is heaven sent!*

*Now I'm older, I'll confess
I've time to think of things;
But not "ships, not shoes, nor sealing wax",
Or even "cabbages and kings"!*

*One way or another these last few years
A victim I have been
Of ignorance, stupidity and
much that's in between*

*Ill health's produced some snide remarks
From relatives and "friends"
"What can you expect" they say
You're past three score and ten*

*The answer is, I'm sure your know
"You'll be old some day"
But I rather think such people feel
They're on this earth to stay*

*Let me tell all those bigheaded folk
Who seem to feel this way
Who can't imagine they might become
Old and frail one day*

*You will, it is inevitable
It's the price we pay for breathing;
A condition of being on the earth at all,
The price we pay for living*

*The moment we are born you see,
The process then begins.
We start to age, it's happening
You can't avoid these things.*

*So remember this if you should see
Maybe in some bus queue
Someone slow, perhaps confused
The next one might be you!*

By Nicky Wynne-Hedges

BASINGSTOKE MALE VOICE CHOIR **CONCERT DATES**

Sat 4th April – URC Basingstoke
Joint Concert with Wessex MVC
tickets from Laurence Martyn, 01256 781785

Sat 25th April – Concert for Popley, St Bedes
Church – Joint concert with Marnel Junior
School Choir and Beech Hill Silver Band

Sun 26th July – The Anvil, Annual Concert
call The Anvil box office - 01256 844244

Can you dig it?



Are you restricted by poor mobility, arthritis, disability in the garden?

Do you have problems finding the right garden tool to suit your needs?

Are you aware of the variety of specialised and adapted garden tools that can help you maintain your garden?



Ever found working on your garden more difficult over the years?

The Red Cross medical loans depots and Hampshire County Council Older People's Well-Being Team have purchased a small supply of specialised hand tools for you to try on a 2 week loan period before you decide to buy.

The depots also have a database of companies that supply a range of garden tools that you may not know about, for older people in the Hampshire area.

For further information call:

Ray Knight
Service Co-ordinator at
Red Cross Headquarters

01962 877732

Mon - Fri 9 - 4.30



The secret of a happy marriage?

A couple had been married for 60 years and shared everything but they had one secret - the wife kept a shoe box on top of her wardrobe and told her husband never to open or ask about it.

For 60 years, he forgot the box, but then his wife became ill and bedridden. In sorting out their affairs, the man took down the shoe box and took it to her bedside. She agreed it was time he knew what was in the box. Inside he found two crocheted doilies and £10,000.

"When we were married," she said, "My grandmother told me the secret of a happy marriage was to never argue. She told me that if I ever got angry with you, I should just keep quiet and crochet a doily." The man was so moved, he had to fight back tears. Two doilies meant she had only been angry with him twice during their long marriage. He almost burst with happiness.

"Darling," he said, "well, that explains the doilies but where did all of this money come from?"

"Oh," she said, "that's the money I've made from selling all the doilies!"

STAYING INDEPENDENT AND AT HOME!



As people get older, many things they take for granted can become more difficult. Getting out and about, getting jobs done and getting by can be increasingly challenging. For many older people having a little bit of support to get those everyday things done can help them stay independent and remain an active member of the community in which they live.

Hampshire County Council, the Primary Care Trust and local Councils for Voluntary Services have launched an innovative project aimed at supporting older people who are beginning to lose their independence and linking them back into their local community. Bringing together a team from health services, the voluntary sector and adult services the project can provide advice and support on a range of health and care issues as well as information on local activities such as lunch clubs, shopping trips and interest groups.

A Community Innovations team has been set up in Basingstoke and Deane, serving the town, Overton and Oakley. Working with GP surgeries and community organisations the team can provide a home visit to talk things through and suggest ways of making life easier. These might range from home adaptations, information on lunch clubs or social activities. A member of the team can make the arrangements to put support in place and then keep in touch to enable it to happen.

If you or someone you know is beginning to find things more difficult and would benefit from some support, the Basingstoke Community Innovations Team would be happy to hear from you.

Please contact Rachel Hall or Lisa Beadle on 01256 810532

The team is linked to older people's groups and other organisations and through local charity Basingstoke Voluntary Services is working to raise awareness of existing community services and help develop new initiatives where needed (contact Philippa Secretan on 01256 423828).

DIARY DATES

| | |
|----------------|--|
| Wed 25th March | Credit Crunch Clinic, The Malls |
| Sat 4th April | Age Concern Quiz, Church Cottage |
| Wed 22nd April | Age Concern Information Day, 10.30-1 |
| Mon 18th May | Friends Get Together (Friends only event) |
| Wed 10th June | *Age Concern Hampshire Half Yearly Meeting |
| Sun 19th July | Music Hall, The Anvil, see page 4 |
| Tues 13th Oct | *AGM, Great Hall, Winchester |

* for these events please contact 0800 3287154 to book.



AGE
Concern Hampshire in
Basingstoke
The Orchard,
White Hart Lane,
Basingstoke
RG21 4AF

Tel: 01256 423874

Open: 9 am to 1 pm
(other times by
appointment)

Please call for
information about
our local services:

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

Travel Insurance

With no upper
age limit



• Annual Multi-trip and Single trip cover • Cover for your medical conditions wherever possible†

AGE
Concern

For a free quote, visit us at:
Age Concern Hampshire in Basingstoke
The Orchard, White Hart Lane,
Basingstoke, RG21 4AF
or call on: **01256 423874**

Please Quote Ref: ALL700

† Subject to medical screening and acceptance by underwriters and the appropriate premium having been paid. The above Age Concern is a registered charity.

USEFUL 'PHONE NUMBERS

Adult Services 0845 603 5630
(formerly Social Services)
Age Concern 01256 423874
Basingstoke & Deane Borough
Council 01256 844844
Basingstoke Neighbourcare
01256 423855
Carers Together 01256 353290
Consumer Direct 0845 404 0506
Dial a Ride 01256 462101
In Touch Home Improvement
Agency 01252 771350
Keep Able 01256 477333
NHS Direct 0845 4647
Pension Credit Application Line
0800 99 1234
Pension Service 0845 606 0265
Shopmobility 01256 476066

Improve your mobility & fitness
with **EVERGREEN EXERCISE**

for the over 50's

St Andrew's Church
South Ham

Mondays, 2 - 3 pm, £3

Classes also available at other
locations. Call 01256 423874.

We always welcome
contributions from readers.
Please send your letters, poems
or suggestions to the postal or
email address on the front page.
We are also happy to promote
relevant services & events run by
voluntary sector organisations.

The next edition will be
available in early June.

Contact us by Email at: info@ageconcernbasingstoke.org.uk