



Reg. charity no: 290874

WELCOME TO THE LATEST EDITION OF OUR NEWSLETTER FOR OLDER PEOPLE IN THE BASINGSTOKE AREA. PLEASE SHARE THIS COPY WITH FRIENDS AND FAMILY. MORE COPIES (INCLUDING LARGE PRINT) ARE AVAILABLE FROM OUR OFFICE & CAFÉ.

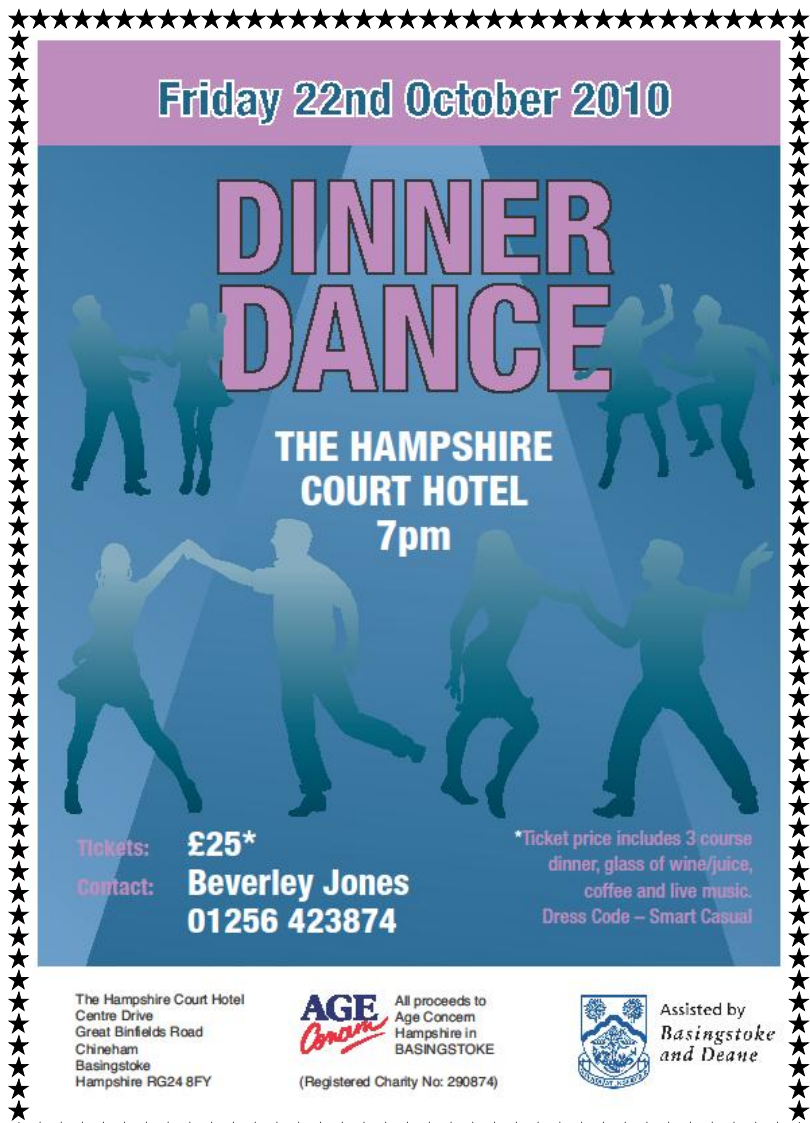
Each year it becomes increasingly important that our local fundraising activities are successful. As you can see our next big fundraising event is our second annual DINNER DANCE on 22nd October. We had a lovely time at this event in 2009 and hope many friends, old and new, will join us this year. Call Bev for menu choices & to book places.

We are delighted to announce a new fundraising partnership with the town centre Sainsbury's. See page 4 for information about what will be going on in the next few months.

Our next INFORMATION DAY is on 22nd September - see page 5 for further details & do come along to find out all sorts of information.

And we also hope you will come and spend some pennies at our CHRISTMAS BAZAAR at Church Cottage on Saturday 27th November - further details inside.

As always we welcome our readers' comments and contributions. Please do get in touch.



Friday 22nd October 2010

DINNER DANCE

THE HAMPSHIRE COURT HOTEL
7pm

Tickets: £25*

Contact: Beverley Jones
01256 423874

*Ticket price includes 3 course dinner, glass of wine/juice, coffee and live music.
Dress Code – Smart Casual

WANTED! WANTED! WANTED!

Tombola items for forthcoming events. Could you donate any of the following to Age Concern?

Unwanted gifts, toiletries, chocolates, non-perishable foodstuffs, CDs, DVDs, bottles of wine or spirits

Please drop items in to The Orchard, the Café or call us on 01256 423874.

Don't miss our next **INFORMATION DAY**

Wednesday 22nd September
Church Cottage
10.30am - 1pm

More information inside.

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


The Hampshire Court Hotel
Centre Drive
Great Binfields Road
Chineham
Basingstoke
Hampshire RG24 8FY

AGE
Concern All proceeds to
Age Concern
Hampshire in
BASINGSTOKE
(Registered Charity No: 290874)

 Assisted by
*Basingstoke
and Deane*



 Assisted by
*Basingstoke
and Deane*

 Supported by
Hampshire
County Council

A word from MP Maria Miller.....

As your local MP I am always keen to hear 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.

NEXT STEP FOR BEREAVED PEOPLE

We are a self-help support group for bereaved people who, with the support of experienced volunteers move on, meet new friends and combat the loneliness and lack of confidence bereavement can bring. Meetings are held on the 1st, 2nd & 3rd Wednesday mornings in the month at Glebe Hall, Church Street, Basingstoke.

For more information call 01256 780507

SHERBORNE ST JOHN WI *Diary Dates:*

Sept 6th - 'Beyond my wildest dreams - Delhi to Rajasthan' a talk by Mrs Barton. All guests, partners and friends are welcome.

Oct 4th - History of English Furniture, a talk by Mr Embling

Nov 1st - AGM + talk & demonstration by Margaret Roper - Making Christmas Decorations

Dec 6th - Christmas Party

New members are welcome. We meet at Sherborne St John Village Hall at 7.30pm.



Hampshire
County Council



ELECTRIC BLANKET TESTING

FREE blanket safety checks
at Basingstoke Fire Station
on Friday 1st October 2010

Booking essential. Call Trading Standards on **01962 833358** to make an appointment.

Tests available at other locations in Hampshire. Please telephone for help & advice.

Blankets over 10 years old need replacing - they are not safe!

Conservation in the Borough

Did you know the borough has one of Europe's most important sites for winter roosting bats? And is also home to a very rare British butterfly - the White Letter Hairstreak - and two protected species - the great crested newt and dormouse?

To support the local environment and wildlife in the borough, several voluntary conservation groups regularly carry out activities such as tree planting, pond management & coppicing.

Getting involved in conservation activities is fun and a great way to meet like minded people, learn about nature & get fit! Supervision, tools and equipment are provided but you need sturdy footwear. No experience is necessary.

For more information please contact Karen on 01256 845649 or email

karen.evans-prosser@basingsstoke.gov.uk.



You can find information about the groups at www.basingstoke.gov.uk/leisure/conservation



OPEN SIGHT

DO YOU HAVE SIGHT PROBLEMS?

We can help with:

- Daily Living Advice,
- Benefit Claims Assistance
- Aids and equipment
- Social and Leisure Activities
- Employment Advice
- Your Sight Condition Questions
- Low Vision Aids Assessment
- Home or Office appointments

Open Sight is Hampshire's principal organisation working with people with sight loss. For further details

Telephone: 023 8064 1244



Congratulations to Basingstoke SHOP-MOBILITY who recently won their National Federation's 2010 award for outstanding customer service.

Shopmobility is based in Church Street & hires electric scooters & powered and manual wheelchairs to anyone having difficulty getting around the town centre.

Call them on 01256 476066
or visit the website

www.shopmobilitybasingsstoke.org

BASINGSTOKE'S FIRST EVER FIREWALK

Instead of walking miles for charity why not try one of the shortest & hottest sponsored walks around - just 5 metres over hot coals!

Basingstoke Shopmobility and Hampshire & IOW Air Ambulance are looking for 30 daring volunteers to undertake Basingstoke's first ever official Firewalk, raising funds for both charities. Volunteers have two hours motivational training from the UK's leading experts 'Blaze' before the walk and trainers are with them throughout to ensure safety.

The Firewalk takes place on Friday 8th October by kind permission of Basingstoke Rugby Club.

For more information contact Anne Blackmore at Shopmobility on 01256 350142, or email: anne@shopmobilitybasingstoke.org



Free advice for home owners or private tenants who need help with:

- Benefits
- Funding/advice for repairs & adaptations
- Names of reliable builders
- Chargeable build and design service

Handyperson Service

Low cost minor home repairs for over 60's, disabled or vulnerable. Materials at cost.

Telephone: 01252 771350

North and East Hampshire Home Improvement Agency is a service provided by *In Touch*, part of The Hyde Group



Did you know there are two new Carshare schemes in the Basingstoke area picking passengers up by private hire vehicle, taxi or minibus from local bus stops? One runs from Old Basing & Pyotts Hill to Lychpit and the Chineham Shopping Centre. The other from Hannington, Oakley (Beech Arms), Newfound, Wootton St Lawrence & Rooksdown into Basingstoke.

The service is booked in advance and costs about the same as the bus (free with a bus pass). For more information or to register, call Lisa Cook at Hampshire County Council on 01962 846786.

DISABILITY AWARENESS DAY

Festival Place, Basingstoke

Wednesday 20th October 2010

9 am - 6 pm

Various organisations will promote their services & explain how they can help.

Event organised by

Basingstoke & District Disability Forum & sponsored by Sovereign Kingfisher.

For further information contact Lisa Edwards on 01256 423816

LOOK AFTER YOURSELF - KEEP STEADY

Exercise can improve strength & balance and help prevent falls & potential injuries. There is a wide choice available - the council runs Health Walks, Age Concern offers Yoga & Evergreen Exercise or we can help you find classes if you have something else in mind.

This advice can also help to prevent falls:

- Keep your feet healthy & make sure footwear is well fitting and in good condition
- review medication regularly, especially if you take 4 or more drugs
- have your eyesight checked regularly
- get blood pressure checked regularly (twice a year unless otherwise advised)
- enjoy a healthy diet and reduce the risk of osteoporosis
- check home safety - make sure stairs & floors are clear & well lit, fit & use handrails

AND IF YOU DO FALL?

Try not to panic. If you are hurt, don't move. Get help by using your personal alarm, the phone or by shouting & banging on the wall or floor. If you have to wait for help, try to keep warm, get comfy but wriggle away from fires or hot radiators.

If you are not hurt, try to roll onto your hands and knees and crawl to a sturdy piece of furniture such as a chair. Facing the chair, put your hands on it, ease yourself into a standing position and turn to sit down.

Always tell your doctor if you have had a fall.

For information on Age Concern's pendant alarm - Aidcall - call us on 01256 423874.

Sainsbury's

GOOD NEWS for local older people!

Age Concern Hampshire in Basingstoke has been chosen as local charity partner of the year for Sainsbury's in the town centre. The first joint event was a tombola in August & the following events will also be taking place in the coming months at Sainsbury's:

Weds 13th Oct - Age Concern Info stand
 Nov (date TBC) - Charity Christmas Cards
 Weds 8th Dec - Tombola

And at Age Concern's Café: Wednesday 1st Dec - Sainsbury's Christmas food tasting & homemade cakes.

Both organisations hope this partnership will raise lots of money to make a difference to local older people's lives. Look out for more information in future newsletters.

TECHNOLOGY AT IT'S BEST!

This summer our Computer Learning Centre which runs on Tuesday mornings at Fairfields Art Centre took delivery of a complete set of modern up to date laptop & desktop computers. Our volunteer tutors can now teach older people how to use the latest software and with high speed internet connection. Sessions re-start in September & vacancies are available for 1-2-1 tuition on our new computers or you can bring your own laptop.

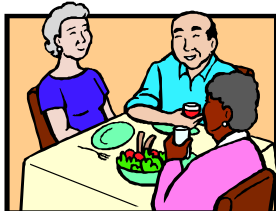
We also run on Thursday mornings at South Ham Library using the library computers, our laptops or your own. We ask for a donation of £4 per session at both centres. Contact Bev on 01256 423874 to start in September.

If you have been to us before & wish to refresh your knowledge or see how good the new computers are then also please get in touch.

ACTIVITY CENTRE NEWS.....

The majority of centres have enjoyed outings recently which have included a Mystery Tour & cream tea for Oakridge, garden centres for Winklebury and Brighton Hill, afternoon tea at Oakley Hall for the Overton ladies. Popley, South Ham, Town Centre and Kempshott have all indulged in a pub lunch. Some groups have another outing planned for the autumn before we start thinking about good old Turkey and Xmas pud!

If you would like to join one of our weekly social groups in an area near you, please contact Bev on 01256 423874 to see where there are spaces. Each week we organise quizzes, games & companionship for older people as



well as occasional outings & speakers. All centres will be offering craft this winter as a result of a Leisure Initiatives Grant from Basingstoke & Deane Borough Council.

SUMMERTIME SPECIAL - were you there?

In June, Helen Watson brought together a new cast for our 8th consecutive musical show & Age Concern raised over £6000 from the ticket sales, raffle & closing collection.

If you were in the audience at The Haymarket we would like to thank you for your support.

We hope you enjoyed the show!

Home Contents and Buildings Insurance from less than £145 a year*

- Free monthly instalments (0% APR TYPICAL)
 - No hidden fees • £25 excess for most claims*
- Provided by Fortis Insurance Limited

For a free quote, visit us at:

Age Concern Hampshire (Basingstoke)
 The Orchard, White Hart Lane
 Basingstoke, RG21 4AF

Or call **01256 423 874** (Open 9am - 1pm Mon-Fri)

Fortis's UK call centre: **0845 600 3276**

(lines open 8am - 8pm Monday to Friday, 9am - 5pm Saturday)



* Your actual premium will depend on individual circumstances, including the value of your contents and building where you live. Over 10% of our new Home Contents and Buildings Insurance customers have paid less than £145 in the last year.

* Exceptions include subsidence, which there is typically a £1,000 excess, and touring caravan claims.

The Age Concern detailed above is a registered charity. Age UK is the new force combining Age Concern and Help the Aged. We will be known by our new name from Spring 2010. The Age UK family includes Age Scotland, Age Cymru and Age NI.

H1E7W3MAY10 CS022376_10



INFORMATION DAY

Wednesday 22nd September
Church Cottage, Basingstoke
10.30am to 1pm

Bringing together a range of agencies offering information & advice.

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

Age Concern Café open throughout.

Pop in to ask specific questions, 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:

Basingstoke Talking News
In Touch Home Improvement Agency
Meridian Financial Services
Pension Service (benefits)
Prostate Cancer Support
Tax Help for Older People

FINANCIAL ADVICE CLINIC

free 20 minute appointments

Thursday 21st October, 10am -12
The Orchard, White Hart Lane

Call Age Concern on 01256 423874 to book.
Advice from Meridian Financial Services who are approved by Trading Standards' Buy with Confidence scheme and offer Independent Financial Advice on pensions, investments, savings, life assurance, long term care, mortgages, equity release & more.

We are pleased to say that we now have a few spaces available at one of our YOGA CLASSES in Basingstoke as follows:

Thursdays 2.30pm, Church Cottage

To book your place or for further information please call Tracey at Age Concern on 01256 423874.



We have mostly ladies attending but gentlemen are very welcome!



"Lovely toast served by lovely people!"

"The most welcoming café in town."

"Friendly and delicious."

"Lovely cup of tea, friendly & welcoming"

These are all comments from the AGE CONCERN CAFÉ visitors' book.

Why not pop in & see for yourself?

The Café is open every Wednesday
10.30am - 1 pm

at Church Cottage, Basingstoke

Small group meetings welcome.

Stay all morning if you wish!

No parking on site.



We've got Christmas wrapped up!

CHRISTMAS BAZAAR

Saturday 27th November
CHURCH COTTAGE, Basingstoke
11am - 3pm

A variety of stalls including crafts, cards, gifts & charity fundraising.

Enjoy hot & cold refreshments.

Have a go at our giant tombola.

Something for everyone.

Call Tracey on 01256 423874 to book a stall or for further information.



HAVING A CLEAR OUT?

If you have any of the following that you no longer need we would really appreciate them for the Age Concern Café:

MAGAZINES - especially ladies

WHITE TABLECLOTHS

ARTIFICIAL FLOWERS

BOOKS - paperbacks only, in good condition

Please drop off any items to the Café on a Wednesday morning or call Tracey on 01256 423874 to make alternative arrangements.

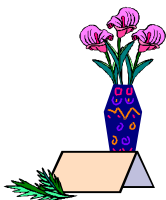


Thank you very much.



ARE YOU A CARER?

A Birthday poem for a loved one far away....
*With love this message comes your way
 Because today's your special day
 My thoughts are with you all day through
 Wishing I was there with you
 Still I'm here and you are there
 It really makes me want to swear
 But you know you have my love
 Just as there are stars above
 So have a lovely birthday dear
 And just pretend that I am near*



With thanks to Joyce Goodwin

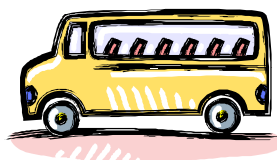
And The Silence Is Deafening

*To make my days golden, I need to make time
 To go to the place where I know I'll feel fine.
 I return to my vista, close by the lake
 Where crane flies abound and their colours
 create
 A scene of unique and magnetic effect.
 This gives me the time and space to reflect
 On times from the past, and my future desires,
 Whilst being aware of the distant church
 spires.
 The old cottage with ivy right up to the thatch,
 And each field resembles a green-shaded
 patch.
 But closer to me I look down and detect
 Some fishes swim by, for the scales redirect
 The rays of the sun, and the clear blue sky.
 This is heaven on Earth, no one can deny.*

With thanks to Café customer Tony Howe

OVER 55'S FORUM DAY TRIPS

Friday 17th Sept - Special trip - London Eye & river cruise. £35 members/ £37 non members.
Friday 29th Oct - coach tour of London east to west with a sing-a-long to cockney songs and other tunes. £17 members/ £19 non members.
Sunday 5th Dec - Day Trip to Canterbury Christmas Markets. Get all your Christmas presents. £13 members/ £15 non members.
30th Dec - 2nd Jan - New Year Celebrations at the Imperial Hotel, Ilfracombe, Devon. Full board, evening entertainment & 2 half day trips. £249 per person (some rooms still available).
 For further information or to book contact Gerald Merritt on 01256 412119.



If you would like support, or a confidential chat call Kim, Basingstoke Carer Support Worker for Princess Royal Trust for Carers on 07769 170686 or email kim.mears@carercentre.com

Kim says *"Our work is tailored to individual carers' needs & includes giving information on anything from disability aids to benefits. We run local support groups, act as advocates and offer free counselling. And importantly we are also here to listen."*

Does a loved one depend on you for care because of a health condition, disability or frailty? Do you have a plan to ensure your loved one receives the care they need should an emergency arise?

"If something unexpected happened to me, like an accident or bad bout of flu, I just don't know who would look after Vera, it's a worry..."

Fred (Vera's husband & carer)

The Princess Royal Trust for Carers can help you make an emergency plan, provide you with an emergency card which links you to a 24 hour helpline & arrange funding for up to 48 hours care to cover an immediate crisis (not means tested). The scheme is supported by HCC and aims to give your cared for person the best opportunity of remaining in their own home and receiving the kind of support you choose for them (Adult Services assessment not needed).

To find out more about this free service and arrange an appointment in your home, phone

0845 604 1577

BE PREPARED AND HAVE PEACE OF MIND.

***PATIENT OPINION** is a social enterprise run for the benefit of service users, carers & staff. It has a free, confidential website where patients can anonymously comment on the NHS care & treatment they have received and suggest improvements. You can also compare your views with what others have said.*

Each time you log your feedback on to

www.patientopinion.org.uk

the health services you have commented on are informed. Patient Opinion is a recognised way for mental health services in Hampshire to hear the views of the public. This means feedback on Hampshire NHS Partnership Foundation Trust mental health services will receive a response via the website.

AGE Hampshire in
Concern 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
- Cafe at Church Cottage
- Computer Learning Centres
- Exercise & Yoga
- Foot Clinics
- Funeral Plans
- Home, Motor & Travel Insurance
- Information & Advice
- Pendant Alarms (Aidcall)
- Tea & Company at the Cafe
- Volunteering opportunities

See front page for website & email.

Next edition available early December from Age Concern office & Cafe. Please contact us if there is anything you would like included.

DIARY DATES



Weds 22nd Sept	Information Day, Church Cottage
Sat 25th Sept	Café open at St Michael's Michaelmas Fayre
Sat 2nd Oct	Christmas Card Sale, United Reform Church
Tues 12th Oct	Age Concern Hampshire AGM, Winchester
Weds 13th Oct	Information Stand at Sainsbury's, town centre
Weds 20th Oct	Disability Awareness Day, Festival Place
Fri 22nd Oct	Charity Dinner Dance (see front page)
Weds 10th Nov	Information stand and collection at Asda
Sat 27th Nov	Christmas Bazaar, Church Cottage

For further information on these events, please call 01256 423874.
 Except for Age Concern Hampshire AGM call 01962 868545

In September, Age Concern will be waving goodbye to a party of local holidaymakers off to spend a week beside the sea in (hopefully) sunny Torquay.

Would you like information on next year's holiday? Call Tracey on 01256 423874 to add your details to our mailing list.



CHARITY CHRISTMAS CARDS

Will be available soon from the Age Concern Café & office. Age Concern will also be at the Charities Christmas Card Sale United Reform Church Saturday 2nd October 9.30am - 2.30pm



TOWN CENTRE POLICE MOBILE BEAT SURGERIES

Meet local officers informally over a cuppa to discuss any crime & safety concerns.

AGE CONCERN CAFÉ

Church Cottage, Basingstoke,
 10.30 - 1

Weds 6th Oct & 24th Nov

Everyone welcome but no parking on site.



Wessex Cancer Trust's

AUTUMN FAIR

Saturday 9th October

10.30am - 3.30pm

Chineham Village Hall

Stalls, gifts, refreshments.

Fun for all the family!

Everyone welcome

Tudor themed

MICHAELMAS FAYRE

Saturday 25th September
 10am - 3pm

Stalls, entertainment, BBQ,
 visit the ringing chamber
 of the tower.

St Michael's Church Cottage
 Age Concern café open.

Also at St Michael's.....

HERITAGE OPEN DAY

As part of St Michael's 500 year celebrations, both the Church & Church Cottage will be open on

Saturday 11th September
 10am - 4pm

Timeline, photographs, recorded memories, Tudor children's games, activities, guided talks and tours.

For further information telephone



Church Cottage

01256 467131