

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) CAN BE COLLECTED FROM OUR OFFICE OR CAFÉ.

This time we start with news on the future of Age Concern Hampshire. As a key local charity Age Concern Hampshire has supported thousands of older people across Hampshire for over 25 years.

We have recently been considering an offer to become a brand partner of Age UK (itself formed by a merger between Age Concern England and Help the Aged). However trustees have made the decision to remain a local independent charity rather than in effect become just a branch of a national charity.

It is therefore very much business as usual for Age Concern Hampshire.

An unavoidable result of this decision is that Age UK no longer allow Age Concern Hampshire to sell their insurance products.

However we are delighted to be able to offer a NEW range of insurance products under the banner of **advant~Age**. See page 5 for more information. We hope you will give us a try when your renewal is due.

All other services offered in Basingstoke remain unaffected.

Saturday 30 July 2011 3pm and 7pm

Haymarket Theatre Basingstoke

SUMMER
TIME
SPECIAL

Compiled and directed by
Miss Helen Watson

For one day only!

A music and laughter show for all ages, all wrapped up with comical capers. Live entertainment as it used to be!

Tickets: £10, Box Office 01256 844244, www.anvilarts.org.uk

AGE Hampshire
Basingstoke office

Sponsored & supported by

LAMB BROOKS
L B

ANVIL
ARTS

Basingstoke
and Deane

All proceeds to Age Concern Hampshire – Basingstoke office (Registered Charity No: 290874)

Thanks to everyone who came along and enjoyed our QUIZ evening in March. A record 110 people tested their brains and raised a magnificent £620 on the night. Our worthy winners 'Lightning Strikes the Quizzical Thistle' will be back on Saturday 22nd October to defend their title - will you?! Thanks to everyone and see you then.

Contact Bev on 01256 423874 to register your team.

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 Website: www.ageconcernbasingstoke.org.uk



Assisted by
Basingstoke
and Deane



Supported by
Hampshire
County Council

NORDIC WALKING FOR HEALTH - FREE courses to learn how to do it.

Walking with Nordic Poles makes ordinary walking twice as effective! It offers more health benefits than regular walking as it works upper and lower body, strengthens back, legs and arms, reduces neck and shoulder tension and improves the health of your heart and lungs.

With a little practice you will find even though you are working your body harder, it feels easier and less tiring than normal walking.

If you would like to attend a 4 week x 1 hour course to learn the techniques of Nordic Walking please contact

Jane Wilding on 01256 845574 or email jane.wilding@basinstoke.gov.uk to book your place or for further information.



Trading Standards Service

ELECTRIC BLANKET SAFETY CHECKS

Friday 14th October 2011

Basingstoke Fire Station

Please call **01962 833358**

to make an appointment or for details of other venues in Hampshire.

If you have had your blanket for more than 10 years you should consider replacing it.

COOKING UP A STORM.....

A FREE 5 week basic cooking skills course for over 55's on Tuesday evenings from 28th June - 26 July inclusive.

The course is free although you will need to buy ingredients each week for the two course meal you will prepare and take home to eat. The food will cost up to £5 (usually much less) and a shopping list will be provided.

The groups are small with places allocated on a "first come, first served" basis, so book now. The venue is Fort Hill Community Centre, Kenilworth Road, Winklebury, Basingstoke RG23 8JQ.

To book or for further information please call Jane Wilding, Health Officer, Basingstoke & Deane Borough Council on 01256 845574.



Over 60's HOLIDAY @ St Mary's

Come & enjoy "A DAY AT THE RACES"



26th, 27th & 28th July 2011

10 am – 2.30pm

Crafts, games, competition, a talk & musical activity. Lunch provided.

To book contact Caroline West at St Mary's Church Centre, Goat Lane, Basingstoke. Tel: 01256 464249

VIABLES over 50s GARDENING CLUB

1st & 3rd Mondays in the month

1.30 – 3.30pm

Four Lanes Room, Viables Craft Centre

16th May - strawberries, vegetables & salad eg tomatoes in containers

23rd May - climbers, wall shrubs, sweet peas, cuttings

6th June - hanging baskets

20th June - alpines

There is also the opportunity to work on a small community garden and to buy plants and other garden needs at very reasonable prices. Future meetings may include a garden visit. Programme subject to change, as members have the chance to request help with their own favourites.

The club is grant aided, so there's only a small charge to cover refreshments.

Tel: 01256 473634 for more information

If you love reading but have sight problems CALIBRE AUDIO LIBRARY can help.

Calibre audio library is the country's only free postal service that provides recorded books for people with visual impairment. This includes readers with dyslexia and physical disabilities which make it difficult for them to read ordinary print books.

We have over 8,500 titles including the latest best sellers, non-fiction and 1,400 children's books. Our books are available in a variety of formats including MP3 disk, USB memory stick or cassette. Over 60% of Calibre members are now using the digital service on easily available players costing under £30.

If you would like more information on our free service call our friendly Membership services team on 01296 432339 or visit our website

www.calibre.org.uk

Hampshire County Council
Sensory Team are now at
Basingstoke Discovery Centre.



If you have a sight or hearing loss and want to find out what support and information is available, please make an appointment to speak to an advisor. Clinics are available as follows:

SIGHT LOSS

Wednesday 10 -12, booked appointments

HEARING LOSS

Monday & Thursday 9 - 1, booked appts

For appointments telephone 01420 545652

Thursdays 9am - 12pm

A member of the Audiology team from North Hampshire Hospital is available on a drop-in basis for re-tubing/batteries etc.

A HEARING AID MAINTENANCE CLINIC is also offered at the Age Concern Café on the first Wednesday of the month. Pop in for a cuppa and get new batteries at the same time. Age Concern Café, Church Cottage (behind St. Michael's Church), 10.30 - 1, every Wednesday (open 50 weeks a year).



The Aquadrome is a great place to learn to swim.

3 million take the plunge every week compared with 2 million who play football and 1.8 million who cycle. The water gives support to arthritis sufferers allowing less painful movements in affected joints as well as toning up supporting muscles. Swimming can also reduce the risk of arthritis by helping to retain normal muscle strength and joint structure.

Adult swimming lessons at the Aquadrome are run by Mike Collis on a Monday evening for half an hour - 7:15 beginners, 7:45 improvers and 8:15 advanced. (Using two lanes of the 20m pool). The classes are popular but have a maximum of only 12 per class.

There is also a beginners' lesson on a Friday lunchtime at 1pm although this class does not run through the holidays.

Lessons are run as courses and work out at £4.50 a lesson.

For more information please contact The Aquadrome on 01256 812563 or visit our website www.basingstokeleisure.com

Did you know?

SOUTH EAST WATER will begin a meter installation programme in Basingstoke from July, starting in Oakley, Wootton St Lawrence, Kempshott and Hatch Warren and rolling out across the Basingstoke area during 2011-2012.

South East Water is holding drop-in sessions for customers to find out more about its compulsory metering programme, the potential impact on their bills and how customers can save water, energy and money.

The next drop-in session is on 18th May at Hill Rise Community Centre, Brighton Hill, from 2 -4 pm. Local people are encouraged to pop in, have a cup of tea and find out more.

As the programme progresses further sessions will be held in other areas around Basingstoke. If you require further information or are unable to attend but would like to learn more please contact

Rachel Lawson on 01634 276393.

KNITTING NORAS are a local group of older ladies who knit for charity. If you have any spare wool they would love to hear from you.

WOOL, PATTERNS, BUTTONS & RIBBONS NEEDED

BABY/CHILDRENS' GARMENTS FOR SALE & ORDERS TAKEN

Call Mrs Smith on 01256 477523.

Carers Together

A consortium of carers in Hampshire
Charity Number 1051879

Do you look after or support an ill or elderly relative, friend or neighbour in Basingstoke? To meet and chat to others who may understand how you feel, come to one of our

CARERS CAFES

South Ham Café - 2nd Friday of each month
12.30-2.30pm. Includes lunch at £3 per head.
St Peters Church, Pinkerton Road, RG22 6QP

Basingstoke Café - 3rd Thursday each month
10.30am-12.30pm. Carnival Hall, Council Road,
Basingstoke, RG21 3DH.

Activities Café - 4th Tuesday of each month
10.30am-12.30pm. Glebe Hall, St Michaels
Church, Basingstoke, RG21 7QW

Wendy Gannon.

Tel: 01256 353290

Email: wendy.gannon@carerstogether.org.uk

AGE Concern FUNDRAISING EVENT

PLANT SALE

Wednesday 25th May
10 am - 2 pm

St. Michael's Church Cottage
Basingstoke

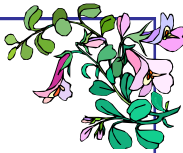
High quality bedding plants & perennials.

Beautiful hanging baskets.

One day raffle. Cafe 10.30 - 1

Tel: 01256 423874

Sorry - no parking on site.



AGE CONCERN CAFE

Wednesdays, 10.30 - 1



St Michael's Church Cottage, Basingstoke
We are delighted to report takings increased by 8% over the last financial year - an excellent result considering the economic climate! A big THANK YOU to all customers & volunteers.

The Cafe will be open all summer and we look forward to welcoming old friends and new customers alike. Prices are low and there's lots going on. We even have a visitors' book so you can tell us what you think.

Well behaved youngsters welcome too!

NB. No parking on site.

Spaces are available from June onwards at our South Ham or Fairfields COMPUTER LEARNING CENTRES. We offer 1-2-1 tuition working at your own pace and teach you what you want to know to help you get on-line with shopping, banking and social networking. Or even just an e-mail!

Contact Bev on 01256 423874 to book your place. We ask for a donation of £4 per session.



Spaces are available at our ACTIVITY CENTRES - come along meet other local older people and enjoy games, quizzes, refreshments and of course good company.

Contact Bev on 01256 423874

VOLUNTEER VACANCY.....

Are you a retired teacher with an interest in computing? We are looking to expand our team of tutors at our COMPUTER LEARNING CENTRES.

If you have each Tuesday morning free and would like to encourage older people to e-mail, social network, shop and bank on-line then ring Bev on 01256 423874 for an informal discussion. References and CRB check will be required.

Following the success of last year's event Basingstoke & Deane Borough Council & Age Concern are holding another

FALLS AWARENESS EVENT
Age Concern Café, Church Cottage
Wednesday 22nd June
10.30am to 1pm

Information & practical solutions to help reduce the risk of falls and their consequences.

We hope to offer blood pressure testing and MOTs for walking aids as well as information & advice on various issues related to falls including eyesight, managing medicines, osteoporosis, pendant alarms and lots more.

Look out for more information nearer the time.

Our ACTIVITY CENTRES have enjoyed lots of craft sessions over the last couple of months. Our thanks to Basingstoke & Deane Borough Council for funding the project and of course to the lovely Andrea who has patiently led all the sessions. Most groups still have some sessions to go and there are still some drop-in sessions available at the Cafe. Please call Bev on 01256 423874 for more information.



The Kempshott group put in a lot of effort for an Easter bonnet competition (picture left) and Bev had a really difficult job choosing the winner. Kaye Millward won first prize of a large chocolate bunny, with Rosie Hatwell a close second.

Many thanks to the volunteers who organised the competition, especially Margaret for the cakes & prizes.

AGE CONCERN PRODUCTS

As mentioned on the front page, Age Concern Hampshire recently launched a range of new insurance products under the advant-Age logo. These include buildings & contents insurance, car & travel insurance, motor breakdown cover, emergency pendant alarms, funeral plans and stair lifts.

Please support your local Age Concern by asking for a quote when your insurance is due for renewal. Call our insurance arrangers on 01256 423874 for further information.



TRADING EVENT AT THE CAFE

Wednesday 13th July

10.30 am - 1pm

St Michael's Church Cottage, Basingstoke

Pop in to talk to our insurance arrangers and find out more about our new products.



Age Concern Hampshire offers the following products:

BUILDINGS & CONTENTS INSURANCE**

CAR INSURANCE**

MOTOR BREAKDOWN COVER

TRAVEL INSURANCE

PERSONAL ALARMS & KEY SAFES

FUNERAL PLANS

STAIR LIFTS

Pop in for a friendly, no obligation quote or call us on 01256 423874.

Age Concern Hampshire, FSA number 415158 is an Appointed Representative of ITC Compliance Limited which is Authorised and Regulated by the Financial Services Authority, FSA number 313486. ** These products are provided directly by Lovat Insurance number 305302.

Personal Alarm Monitoring

Personal emergency alarms provide reassurance that help is at hand when it is needed most.

CarelineUK has been established for over 20 years and is the largest provider of emergency alarm monitoring services in the UK.



CAN WE HELP YOU ... OR SOMEONE YOU KNOW?

Age Concern Hampshire's **INFORMATION & ADVICE SERVICE** can help with a range of issues affecting older people and their families.

The service is available from our Basingstoke office on 01256 423874 from 9 - 1 weekdays and also at the Age Concern Cafe (see page 4) alternate Wednesdays between 10.30 - 12. Please call for the next date.

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

The Information & Advice service is confidential and has the Community Legal Service Quality Mark.



Age Concern Hampshire is now offering **RESIDENTIAL CARE INFORMATION DAYS** and is planning to hold one in the Basingstoke area this November.

If you would like to receive information nearer the time please let us know. Call the Info & Advice team on 01256 423874.

CALL AGE CONCERN HAMPSHIRE 01256 423874



south east water TEA DANCE

Thursday 19th May, 4pm - 6pm

CARNIVAL HALL, Basingstoke

A FREE tea dance raising awareness of bogus callers, who may target the elderly community posing as the Water Board. Afternoon tea and dancing plus advice from South East Water and the local Police on keeping bogus callers away.

Age Concern readers are invited. Places are free but must be booked by RSVP to

Rachel Lawson at South East Water

Telephone 01634 276393 or

Email: rachel.lawson@southeastwater.co.uk.

CONTACT THE ELDERLY

Sundays are often a time for families & friends to get together, but for many older people it is a day spent like any other: alone with no one to talk to. But this is no ordinary Sunday - entering the home of David and Janet you hear the kettle boiling ready for endless cups of tea. On the table are cakes & sandwiches. Laughter greets you from the lounge, where a group of old and young have just arrived. Walking sticks and coats are put aside and cups are filled with tea as soon as everyone has been found a seat.

This is a normal Sunday afternoon for Contact the Elderly. Across the country small groups of people aged over 75, who live alone with little or no family, get together with volunteers for afternoon tea. Each group has four drivers who each pick up two older members and take them to a volunteer host's home. A different volunteer hosts each month and they all get to know each other well. Friendships are formed and the groups provide a vital link to the community for the older people.

After her first tea party Edith, aged 93, told us: *"I felt that I had come out of a dark tunnel.*

Before I joined Contact I thought my life had ended - and now it's started again!"

If you would like to join a Contact the Elderly group as a member or would like to volunteer to help us ensure these much needed outings can continue, please contact

Suzan Hyland on 0800 716 543 or suzan.hyland@contact-the-elderly.org.uk.

For more information please visit www.contact-the-elderly.org.uk.

Alethea's Retreat

Alethea would beckon me on occasion along with the changes in seasons,

'Come with me Joannie, to see the fresh carpet of snowdrop, crocus, daffodil and aconite – Glebe

Gardens shows glories much told through the ages: The lime, the horse chestnut, the weeping willow banks, the old black mulberry,

The near depleted River Loddon.'

She would beckon me on occasion to see the changes in seasons there, 'Picnic with me

Joannie, on this familiar memorial seat:

Think on poetry; help solve my crossword;

Take in the view of families; of their pet dogs; of tiny field mice; squirrel and wren.

Share my Bourneville chocolate, my apple juice, my Spanish grapes fresh from the marketplace.'

My dear friend, ventured out one chill eve, to tend her neglected allotment; unaided,

There she fell, lending her frailness to the dank unyielding earth, and there she lay...

No dawn chorus did resonate; no promise of colours to brighten another day – never again, indulge such glories as snowdrop, crocus, daffodil or aconite cluster.

© Joan Sullivan (2011)

I hope you enjoyed reading my poem. If you are interested in writing poetry or prose and would care to join Basingstoke Writer's Circle please contact: Joan Sullivan, Community Relations Officer (Tel: 01256 326453) or take a look at the website: www.bwconline.org.uk

The BWC meets on the 4th Tuesday of each month, from 8 - 10pm, at the United Reform Church in London Road, Basingstoke.

READER'S RECIPE - Pineapple & Cherry Cake

4 oz margarine

227g tin crushed pineapple

6 oz soft brown sugar

1lb mixed fruit

8 oz cherries, quartered

8 oz SR flour, level teasp baking powder

2 eggs beaten

Put margarine, pineapple with juice, sugar, mixed fruit & cherries into a saucepan. Bring to the boil, then remove from heat. When cool add the eggs, flour and baking powder. Mix well and turn into tin. Wrap the tin in brown paper and stand on a baking tray. Bake at gas mark 3 for 2 to 2 1/2 hours or until a knife comes out clean.



Do you drive a mobility scooter or powered wheelchair?



Why not join Shopmobility on their ANNUAL MYSTERY TRUNDLE

Sunday 10th July starting at 2 pm? This is an ideal opportunity go outside of the town centre, meet new people and see the greener, prettier side of Basingstoke. Starting from Shopmobility in Church Street you will be put into groups of 4 or 5 and follow a set route. Maps & detailed directions will be given and there will be marshals along the route to make sure you don't get lost!

The Trundle is open to all scooter & wheelchair users, whether or not they are Shopmobility customers. Family/friends as walkers are also welcome to accompany you

Entry costs £5 per person (riders & walkers) and includes tea or coffee and cake on return to Shopmobility. If you wish you can collect sponsorship money to help fund the Shopmobility service.

Places must be booked. For more information and a booking form speak to Anne or Lin at Shopmobility on 01256 476066.

CARING SUPPORT SERVICE

Are you a caring person wanting to earn some extra money? Could you provide a 'little bit of help' to someone with a disability, an older person, or a person with a long term health condition with everyday activities so they can stay independent? This may be someone. You could work on a weekly, fortnightly, monthly or single request basis. You won't provide personal care, but will need to be flexible to undertake a range of tasks to meet someone's needs.

This service covers Basingstoke & surrounding areas. To find out more or if you would like to use the Support Service, please contact: Wendy Gannon Tel: 01256 353290

"We couldn't find one good reason to buy a Stannah Stairlift. We found five."

At Stannah, we believe that good value doesn't just mean a good price. It's why we constantly look at ways of improving our products and our services.

Award Winning Slimline Design
We provide bespoke manufacturing to ensure that our stairlifts are a perfect fit.

2 Years Warranty & Service
We now offer 2 years warranty and servicing on all our new products as standard.

24/7 Call Out

We have a 24/7, 365 days a year call out service with our fully trained, locally based engineers.

Buy or Rent

We offer a range of new and reconditioned stairlifts that will suit every budget as they're available to buy or rent.

14 Day Money Back Guarantee

If you're not completely satisfied, we'll even give you your money back.



Sofia Stairlift

Call 01256 423874

Age Concern Hampshire, Basingstoke office

Terms and conditions apply.

Stannah

It has come to the attention of HAMPSHIRE TRADING STANDARDS that householders are receiving calls from a number of companies regarding grants for loft and cavity wall insulation. These companies use the offer of a government backed grant to gain your interest and arrange a visit from their surveyor. Please be aware that though these grants do exist they are not cost free - householders have to meet 20% of the total cost of the work which is not explained until the salesman is in your home!

Please be on your guard about these cold callers over the telephone or on your doorstep. If you have already arranged a visit from a salesman or require any assistance concerning this or similar cold calling matters please do not hesitate to contact the Quick Response Team on 01962 833666 Hampshire Trading Standards operates an approved trader scheme called Buy With Confidence which includes security companies. Information about this scheme is available online at www.buywithconfidence.gov.uk or by 'phoning Consumer Direct on 01622 626503

DIARY DATES 2011

| | |
|-------------------|--|
| Wed 25th May | Plant Sale, Church Cottage, 10am - 2pm |
| Wed 22nd June | Falls Week event, Church Cottage, 10.30-1 |
| Wed 13th July | Trading event at the Cafe, 10.30-1 |
| Thurs 28th July | Summer Tea Dance, see below |
| Sat 30th July | Summertime Special, Haymarket Theatre |
| Mon 29th Aug | Holiday to Weymouth departs |
| Wed 21st Sept | Information Day, Church Cottage, 10.30 - 1 |
| Tues 11th October | Age Concern Hampshire AGM |
| Sat 22nd October | Quiz evening, Church Cottage |
| Sat 19th Nov | Christmas Bazaar, Church Cottage |

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



USEFUL 'PHONE NUMBERS

Adult Services 0845 603 5630
Basingstoke & Deane Borough
Council 01256 844844
Carers Together 01256 353290
Community Furniture Project
01256 320700
Consumer Direct 0845 404 0506
Dial a Ride 01256 462101
NHS Direct 0845 4647
Pension Credit Application Line
0800 99 1234
Police 0845 045 4545
Shopmobility 01256 476066

SUMMER TEA DANCE

Thursday 28th July

Aldworth Science College,
South Ham

Tickets only £4 include after-
noon tea and all refreshments.

Even if you don't dance, come
along and enjoy a traditional
gentle afternoon with us
and a lovely tea as well!



Call Bev on 01256
423874 for more
information and to
reserve a ticket.

AGE HAMPSHIRE
Concern

Basingstoke office

Tel: 01256 423874

The Orchard, White
Hart Lane, Basing-
stoke, RG21 4AF

9am - 1pm

(or by appointment)

SERVICES

Activity Centres
Café (Weds 10.30-1)
Church Cottage
Computer Learning
Centres
Evergreen Exercise
Foot Clinics
Holiday
Information & Advice
Tea & Company
Volunteering
Yoga

PRODUCTS

Buildings & contents
insurance*
Car insurance*
Funeral Plans**
Motor Breakdown
Pendant Alarms#
Travel insurance
Stannah stairlifts##

*Provided by AXA Insurance
via Lovat Insurance Brokers
Ltd ** Provided by Golden
Charter. # Provided by
Careline UK. ## Provided by
Stannah Stairlifts

See front page for
our website and
email address.

*Thank you for reading our
newsletter. We hope you
found it interesting. We
welcome contributions
from readers. If you have
an article, comment or
suggestion please email
Tracey (see front page).*

*The next issue covers
August, Sept & Oct.
Deadline is 8th July.*

It's never too early to think about Christmas! Bookings now being taken for craft, gift & charity stalls at our CHRISTMAS BAZAAR - Saturday 19th November, St Michael's Church Cottage. Stalls £12 or £15. Events insurance required. Call Tracey on 01256 423874.

Do you have any worries about
crime & safety? Come to the
Age Concern Cafe for our

POLICE BEAT SURGERIES

18th May, 6th July & 3rd August

St. Michael's Church Cottage,
Basingstoke

10.30am - 1pm

Cafe open every Wednesday.

Don't sit at home & worry. Pop
in for a cuppa and a chat with
a local police officer. Everyone
welcome but no parking on site.

Gardening Fair for Seniors
SIR HAROLD HILLIER GARDENS
1st September, 11am-3pm

Advice, tours, gardening ideas,
activities & more! Half price entry
to the Gardens for seniors. Mini-
bus shuttle service from Romsey

Call 01794 519495 to book.

Jermyns Lane, Ampfield,
Romsey, Hampshire SO51 0QA.

Enquiries: 01794 369318

www.hilliergardens.org.uk

