



Basingstoke & Deane Over 55's Forum



Assisted by
*Basingstoke
and Deane*

NEWSLETTER – JULY 2014

A warm welcome to you all – hope you are enjoying the weather even though the humidity becomes somewhat unbearable. The thunderstorm, a few nights ago, was pretty fearsome. My husband was standing at the window watching while I cowered underneath the bedclothes. The fear of storms stems from my childhood. I spent my early years in the New Forest and we were always warned we should never shelter under a tree during a storm yet we lived with trees in very close proximity to our house!!

The WW1 Centenary event we held at the Carnival Hall last month was a great success and all those who attended enjoyed it very much. We were very grateful for the contributors who came along and helped to make it a very worthwhile afternoon. The Carnival Chorus sang songs from that period and the audience joined in with great gusto. I was privileged to read a piece of prose which my Granddaughter, Emily had written for me. She wrote it from the perspective of a 15 year old who had studied WW1 at school for her course work. She explained to me why she had written it this way –it is 100 words exactly and the structure increases one word at a time to show how the war started from nothing and kept growing and more people were dying. Its abrupt end shows that the war was so unnecessary that it could end so suddenly.

Several members asked me if I would print it in the newsletter which I am very happy to do.

Craters

so deep

land, memories, skin

all victims of war

that seems so absurd now.

Why? inevitable. So the young teens

of today, suspended for a throw of a

punch are supposed to listen to their wiser,

knowledgeable elders... I laugh. I cry at the sadness

that consumes those that live now, as those that live

now have a path forever laid out by history,

the death and the greed. It upsets me that humanity cries

for the loss of our doing. But nevertheless rejoice life as

one hundred words I write

to remember one hundred years of

Craters.

Graham and Doreen, Gerald and Eileen represented the Forum at the Hampshire County Service at Winchester Cathedral, to mark the Centenary of the Outbreak of the First World War. They were very honoured to have been invited and, although it was a very solemn occasion, they enjoyed the service, the music and the singing. The Bishop of Winchester gave the blessing at the end and a Piper from the 19th Regiment Royal Artillery (The Scottish Gunners) led out young people from the county, symbolising the determination of that generation to fight and sacrifice their futures for the freedoms we enjoy today.

MEMBERSHIP

We have added another 24 members since the last newsletter making the total 642. We warmly welcome all our new members. Graham and the committee will do all we can to help with any issues you feel may need addressing and hope that you enjoy some of the trips and activities on offer.

Sadly, we had notice that Mrs P Furlong, of Newman Court, passed away this month. Our condolences go to her family and friends.

JUNE 2014 OPEN FORUM MEETING

There was the usual excellent turn-out for our June Open Forum meeting when members enjoyed presentations on diverse topics, from the Sports Centre to Clinical Commissioning Groups (CCGs). The following is a summary of the Minutes of the meeting. The full Minutes can be viewed on the Forum web site at www.bdover55sforum.btck.co.uk or you can request a copy from Gerald.

Graham opened the meeting, welcoming members and guests and ran through some of the issues taken up by the Forum on your behalf. Firstly, the latest changes to bus routes/timetables which mean that it is not possible to travel from the bottom to the top of town by bus. The Forum has raised the issue and will report back on any progress.

Secondly, lorries parking on Kingsclere Road where the Police are taking action as they are going to speak with the company concerned and check with Stagecoach Bus Company to see if their drivers have any problems caused by the lorries.

Thirdly, the Forum is concerned that ladies over the age of 70 do not receive letters about regular breast screening and has raised the matter with NHS England but without success. It has also checked with our partner organisation in Germany but it seems the same policy applies there, so there is little more that we can do. The question will, however, be raised at the next meeting of the Hampshire Association of Older Peoples' Forums.

Finally, Graham said the World War 1 Event was a very successful afternoon and he expressed thanks to all those who helped raise £228.28 for the Coldstream Guards Charitable Fund.

Our first speakers were Nigel Broome and Emma Cameron from Basingstoke Sports Centre. Nigel explained that he is the Deputy Operations Manager and has worked at the Centre for over 4 years. The Centre operates as a charitable trust so is non profit making and any monies are invested back into the services. 98% of the income is from fees and 2% from grants from BDBC. A new chief executive was recently appointed (James Starbuck) and there is a 5 year plan which includes more involvement with the community, especially those over 55 and the less able.

Nigel showed a short video of the history of the Centre, followed by a further video of the facilities of the Centre, featuring Bosley Bear. There is an over 60s exclusive membership with unlimited access at a discount rate and a Young at Heart membership at a further reduced rate, but restricted times. There are also special swimming lessons for the over 55s, with two coaches (one is a contender for coach of the year).

Emma Cameron said she had been at the Sports Centre since 1981 and the current project was called "Active in Health". This is an exercise referral programme for those who need assistance and guidance with their physical exercise. It is well documented that exercise will improve your Health and Wellbeing. The AiH Scheme is suitable for those with Mild COPD/Asthma, Controlled Diabetes (1 & 2), Parkinson's, Multiple Sclerosis, Strokes, Weight Concerns, Depression/Anxiety and Cancer.

Emma went on to describe a further three programmes: (i) Healthy Bodies, Healthy Minds is also GP referral programme which consists of trainer led exercise sessions, available to people of all levels of fitness, experiencing mild to moderate depression, anxiety or stress; (ii) Steady and Strong is a 12 week falls prevention course designed for those who have had a fall or are afraid of falling; (iii) Cardiac Rehabilitation is an exercise programme for those who may have had a heart attack or another diagnosed cardiac condition.

Finally, Emma outlined Walking Football which is an inclusive, fun version of 5-a-side football specifically for the over 55's. The rules are adapted for a gentler game, with less stress on the body and no sudden changes of direction so participants can play without apprehension.

The next speaker was Mary Edwards, Chief Executive of Hampshire Hospital Foundation Trust who opened by saying that it had been a 4 year project to bring together Basingstoke, Winchester and Andover hospitals. The prime reason for bringing them together was that Basingsstoke did not have the population to support the facilities needed. The number required is 500,000 and the merger gave a figure of 600,000.

This means that trained doctors can be available 24 hours a day and a specialised service can be provided for pregnant mothers. However, there are still further areas to be addressed as not all the hospitals do the same things and there is a need to change the delivery of service. The solution is to have a fourth hospital

which will be somewhere between Winchester and Basingstoke, although the location has not yet been agreed. Once the location has been decided, Mary will let us know. She outlined the processes to go through and added the timescale is likely to be start late in 2015 and with the opening in 2018.

Our final speakers were Dr Hugh Freeman and Anne Phillips. Dr Freeman described how the NHS has gone through 30 reforms in the last 44 years. We all want health services and we want the treatment to be free. The CCGs are groups of clinicians from various backgrounds and they are responsible for looking after £260 million of our money. North Hants covers a population of 260,000 with 21 practices and the CCG manages £160 million (£420 per person). Surveys have shown that we are healthier and happier than other parts of the country.

Anne Phillips, Head of Communications, took over the presentation and said that the CCG is dedicated to improving healthcare but there is a need to improve communications and to get the views of the public. As only 75% of people use email, another mechanism is required. It is also important to not only seek views but to take suitable action.

Various methods were suggested, including the BDBC Magazine, the Hampshire Now, Doctors' surgeries, parish magazines and even the Forum Newsletter. Those present were asked to let the Forum know of any other organisations that could help.

Graham mentioned the Variety Show which will be held on 4th October and will again feature the professional theatre group from the New Forest with a new show, Lyrics and Laughter. Subject to printing, tickets will be available in August.

He went on to say that the Forum was nominated for the Queen's award for voluntary services, one of only eight in Hampshire but, sadly, did not win on this occasion. However, our secretary, Gerald, was nominated for an award for local volunteers and received the award from the new Mayor of Basingstoke. The photos show Gerald receiving the award from the Mayor and the group photo of all the winners.



EVENTS FOR 2014

Non-members should add £2 to the cost of trips.

Friday 12th September – Mystery Trip. Members £12.50

Monday 15th September - Houses of Parliament £13 (7 places available)

Saturday 25th October – Swindon. Members £13.00 (coach cost) if you wish to visit the Steam Railway Museum the price of admission is £6.50 (tickets can be purchased on arrival)

Sunday 2nd November – RAF Cosford. Members £17.75 (cost of coach only, admission is free)

Monday 24th November – Birmingham Christmas Market. Members £15.00

CARNIVAL CHORUS

The choir will finish meeting at the beginning of August for a month but not before we fulfil our last two engagements. On 30th July we have been invited to entertain the members of the Ivy Club in Old Basing

with our program of WW1 songs and to join them for some tea afterwards. On 7th August we are going to the Blind Club in Kempshott to sing a program of WW2 songs which we have been practising.

Any member who is thinking of joining the choir do come along to the Carnival Hall on Tuesday 9th September at 1.30pm and give it a try. The charge is £2 a session which goes towards the cost of the hall and our music.

One of our members, Janet Tye, has been in Brompton hospital for several weeks having had major heart surgery. She has been very poorly with severe complications after the operation. Thankfully, she is now off all the machines and up and walking about. As soon as a bed is available she will be transferred to Basingstoke hospital to complete her recovery. She has been speaking to her friends who say she can't wait to come back to singing – we all look forward to welcoming her back soon.

CORE FITNESS

These sessions are carrying on through the summer. We have just started the next six weeks course and are still thoroughly enjoying it. If you fancy a bit of stretching and flexing, do come along on Thursday mornings at 10.30 to 11.30 at the Carnival Hall. The cost is £15 for six weeks.



NEW AGE KURLING

We have arranged for the New Age Kurling sessions to start again. They will be held on a Monday each month starting on September 15th at 2.00pm. Dates for October onwards will be on the web site and in the next Newsletter. These sessions are free to members so come along and have some gentle exercise and a bit of fun.

OTHER ITEMS OF INTEREST

RECYCLING

In case you missed the article in the Gazette in June, by Cllr Haley Eachus, new recycling banks have been introduced across the Borough in a bid to increase the amount of materials to be recycled. The new bins will be for plastics, food trays, yogurt pots, margarine tubs, bottle tops and tetra packs. You cannot put plastic bags, cling film or polystyrene in these new bins.

The bins have been sited at The Civic offices, Brighton Hill shopping centre, The Buckskin Public House, Beach Park Oakley, Bell Street car park Whitchurch, Overton Hill car park, Fieldgate centre Kingsclere, Recreation ground Burghclere and the Lychpit centre Great Binfields Road.

This scheme is to encourage more people to recycle as much as possible and to make it easier so lessening the amount of rubbish in the grey bins going to the landfill sites. This is good news but only if you live in any of the listed areas and are able enough to take these materials to the bins. I have an elderly neighbour living in Oakridge who is keen to recycle as much as she can but she would have to take it to either Lychpit or the Civic offices and she will not be able to do this. There will be many others in the same position. I have written to the Councillor to put these points to her on behalf of the Forum members and await her reply.

HEROES AT HIGHCLERE

This is a special charity event being held at Highclere Castle on Sunday 3rd August to commemorate the 100th anniversary of WW1. The event will support a variety of armed forces charities as well as humanitarian causes. It will be a family fun day with activities for all ages. There will be an air display by

the Red Devils, Spitfire, B17 and others, a celebrity football match, musical performances by winners of superstar and x-factor and much more. For more details and booking visit www.highclerecastle.co.uk

ANTIQUES MARKET AND FAMILY CRAFT FAIR

This event will take place on ~Thursday 31st July in the Market Square 10am to 3pm. There will be 18 stalls selling antiques and crafts and there will be some activities organised for children.

Centre on Wednesday 8th October from 12 to 2pm.

FREE ELECTRIC BLANKET SAFETY CHECKS

If you use an electric blanket you should get it checked for safety every year particularly if you have had it for a long time. Basingstoke Fire Station will be carrying out checks on Wednesday 22nd October. To make an appointment you should ring Trading Standards on **01962 833358**. Better to be safe than sorry.

SIR HAROLD HILLIER GARDENS

These gardens are well worth a visit and, at the moment, they have "Art in the Garden" with some amazing sculptures dotted around the gardens. There is a new "Whats on" brochure and it's packed with over 100 different concerts, tours, dining events, Workshops and exhibitions. For more information visit the **Hampshire County Council** website or you can ring **017964 369319**

RESPIRE BREAKS FOR OLDER PERSONS

There is an organisation, NBFA Assisting the Elderly, who arrange free respite breaks to encourage older people to build new friendships, develop confidence and make positive changes in the own lives. These breaks are an excellent opportunity to take a well-deserved, stress-free break and make some new friends. One of these breaks has been organised for 13th to 17th October going to Bracklesham Bay, West Sussex. If you know anyone who is over 65, on a low income and hasn't had a holiday for 3 years let Gerald know and he will get in touch with this organisation on their behalf.

CARNIVAL HALL 10TH ANNIVERSARY VARIETY SHOW.

To mark this anniversary there will be a variety show at the Haymarket theatre on Saturday 6th September at 7.30pm. This show will feature local Basingstoke talent to celebrate the 10th year of the Carnival Hall. The acts will include Basingstoke Ladies Choir, Indian Classical dance, Bollywood dancing, Indian Folk dancing, Sitar and Guitar music and tap dancing. Ticket price will be £15, £10 for over 65's and are available from the box office. These prices include £1 booking fee.

LORRIES ON KINGSCLERE ROAD

Some of you may be aware of the problem with lorries parking on Kingsclere Road outside the cash and carry (JJ Foods). They are causing dangerous obstructions particularly when there have been as many as four at a time. We have been in discussions with the police and they have spoken to the owner of the cash and carry. They have asked that if any of our members witness vehicles parking on this section of the road or across the cycle/pedestrian path would they please ring 101 and report it.

MEMBERS CORNER

You might find this an interesting fact or you may even know it.

In old English pygg was a type of clay used to make the jars that held money. This later morphed into "piggy bank"

The following were submitted by Graham for your amusement.

Some one-liners...

Two fish in a tank, and one says "How do you drive this thing?"

I went to buy some camouflage trousers the other day but I couldn't find any.

A man walks into a bar with a roll of tarmac under his arm and says: "Pint please, and one for the road."

A sandwich walks into a bar. The barman says "Sorry, we don't serve food in here."

Four fonts walk into a bar. The barman says "Oi you - get out! We don't want your type in here."

Went to the corner shop - bought 4 corners.

And finally...

The midget fortune-teller who escaped from prison was a small medium at large.

A backward poet writes inverse.

In a democracy it's your vote that counts. In feudalism it's your count that votes.

If you jumped off the bridge in Paris, you'd be in Seine.

A vulture carrying two dead raccoons boards an aeroplane. The stewardess looks at him and says, 'I'm sorry, sir, only one carrion allowed per passenger.'

Two fish swim into a concrete wall. One turns to the other and says, 'Dam!'

Two Eskimos sitting in a kayak were chilly, so they lit a fire. Unsurprisingly it sank, proving once again that you can't have your kayak and heat it too.

Two hydrogen atoms meet. One says, 'I've lost my electron.' The other says, 'Are you sure?' The first replies, 'Yes, I'm positive.'

Did you hear about the Buddhist who refused Novocain during a root-canal? His goal: transcendental medication.

THIS IS THE ONLY TIME YOU WILL SEE THIS PHENOMENON IN YOUR LIFE

August, this year, will have 5 Fridays (1st, 8th, 15th, 22nd, 29th) 5 Saturdays (2nd, 9th, 16th, 23rd, 30th) and 5 Sundays (3rd, 10th, 17th, 24th, 31st)

This only happens once every **823** years. The Chinese call it "Silver Pockets Full" So keep your fingers crossed for that Lottery or Premium Bond win!!

(submitted by Audrey Lock)

OPEN FORUM MEETINGS 2014

The Forum meetings will always be held on a Wednesday.

August 13th, October 15th, December 10th (incl. AGM)

Marian Wilson

Editor –July 2014 Newsletter