

A force to be reckoned with



www.espopf.org

Why Stop Now?

Those of you who were around at the time will remember that ESPOPF began in 1996 as an older people's group, known as SPOGIT, under the umbrella of Eastleigh Community Services (ECS). In 2000, we decided to become independent. The deal was that Diane would take over all the work that had been done by ECS, if the rest of the Committee agreed to stay on. They did, so she did.

We decided to put the southern parishes on the map and became Eastleigh Southern Parishes Older People's Forum. ECS had provided us with an excellent Constitution, started the Newsletter and commissioned our logo. We retained and enhanced them all.

Some time later, Help the Aged gathered together all the older people's forums in the UK and we became part of a movement.

The essence of being a forum is that members meet to share ideas and experiences and report matters

EASTLEIGH SOUTHERN PARISHES OLDER PEOPLE'S FORUM

NEWSLETTER 85

SEPTEMBER 2016

of concern to those who may help. When we were told that our 'anecdotes' would not do, Help the Aged prompted and sponsored us to learn how to do research. The rest is history.

At the beginning, we recruited thousands of members at EBC's annual, Older People's Roadshows, when the travel tokens were distributed. We sent bi-monthly newsletters and organised Open Meetings, which attracted hundreds. Membership was free.

Over the years, EBC stopped their Roadshows, the GPO increased the price of stamps, grants were not so easy to get, numbers at meetings fell. Our membership fell. Then we asked members to pay subscriptions and had to restrict the Newsletters to subscribing members, currently 246 households.

Over 20 years, ESPOPF established a national reputation as 'the authentic voice of older people'. We are still 'a force to be reckoned with'. Proud of our achievements, let us pass on the baton to others.

ESPOPF NEWS

OFFICERS & COMMITTEE MEMBERS 2016

Chair: Bernard Brombley (Botley)

Vice Chair/Minutes Secretary: Maureen Hunt (Botley)

Hon. Sec. /Newsletter Editor: Diane Andrewes (Bursledon) 02380 403311

Orchard Hill Bursledon SO31 8DH diane@andrewes.org

Hon. Treasurer/Membership Secretary: Betty Lawrence (Hound) 02380 453680

8 Rookley Netley Abbey SO31 5PH betty@jwlawrence.

Web Master: Nick Andrewes Data Base Organiser: Betty Lawrence

Members' Meetings Organisers: Officers and Jane Murch (Hamble)

Dottie Vickers Lindy Cansdale (Hedge End) Janet Haynes (Bursledon) Nigel Caplen (West End)

AUGUST COMMITTEE MEETING

Members reviewed the AGM and expressed disappointment that the the extreme heat had kept so many members from attending the very pleasant occasion.

The Committee's resolution to wind down ESPOPF was carried unanimously at the AGM. The action points were updated:

1 The evidence arising from the research was almost complete and the report will be ready for the launch at the November Members' Meeting.

2 The September 100 Club draw was made at the Committee meeting *

3 Arrangements were discussed for ESPOPF's final meeting on November 15th. It was agreed that it should be held at Bursledon Village Hall, with the launch of the research and a short business meeting in the morning, followed by lunch. There would be an **ESPOPF REMINISCENCE** event in the afternoon to which all members would be invited to contribute their highlights, followed by afternoon tea and a glass of bubbly. It was hoped that as many members as possible would attend in the morning or afternoon, or both. The Raffle would be held as usual.

4 The accounts would be completed by the end of the year.

5 Written contributions from members are sought for the proposed *Brief History of ESPOPF* to be published in 2017.

The Treasurer drew the committee's attention to the fact that ESPOPF's public liability insurance would expire before the November meeting and she was asked to negotiate an extension.

Committee members and officers were elected to serve for the rest of the year.

The Treasurer reported that there remained £5051.82 in the ESPOPF Deposit Account and £666.55 in the Current Account.

100 CLUB

Winners for JULY 2016

1 st	56	Peggy Budd, Netley Abbey	£47
2 nd	10	Jean Adams, Hedge End	£23.50
3 rd	32	Mrs E Bowyer, Bursledon	£23.50

***Winners for SEPTEMBER 2016**

1 st	52	Angela Brombley Botley	£47
2 nd	4	Mrs Matthews Netley Abbey	£23.50
3 rd	38	Diana Sneezum Bursledon	£23.50

R.I.P. Tony Rest

Members paused for a minute's silence at the beginning of the AGM to remember Tony, ESPOPF's vice-chair, who died in July after a long illness. He instigated and led ESPOPF's campaign for a treatment/walk-in centre at the Moorgreen Hospital site. ESPOPF was represented at his Memorial Service at the West End Crematorium.

BERNARD BROMBLEY

Bernard, ESPOPF's new Chair, has lived with his wife, Angela, in Botley for 38 years. Prior to retiring, he was a college lecturer in Southampton. His interests are golf, cycling, music and dancing. He is also the Chair of a new charity, Gloworm, which aims to provide holidays for disadvantaged families.

Diary Date

**Final Members' Meeting
November 15 2016**

NOTICEBOARD

Experts by Experience required.

The Enham Trust, based near Andover, is looking for service-users to carry out inspections of health and social care services alongside Care Quality Commission (CCQ) Inspectors and Mental Health Act Commissioners.

Experts are paid for inspections.

The following skills are needed:

- ability to listen to and communicate with people
- ability to accurately record and report on evidence they have gathered, with or without support
- ability to demonstrate empathy and team work
- a flexible and positive attitude
- ability to provide written information as required.

Experts by Experience add their first-hand experience and singular expertise to inspection teams and Mental Health Act visits to improve the outcome of social care service inspections. The team of 100 in the south of England includes people with learning disabilities, mental health conditions and carers.

The Trust's particular responsibilities are for dementia, autism, older people, learning and physical disabilities.

For more information
Tel. 01264 345800 or

email:
**expertsbyexperience@
enhamtrust.org.uk**

Volunteers Needed

The Royal British Legion is urgently seeking volunteers in Hedge End and Botley They need people to deliver, collect and count boxes and tins in both villages.

Tel. 02380 477274 or email
cpeppiatt@britishlegion.org.uk.

Blue Badge Crime

The Local Government Association has reported a huge increase in Blue Badge crime. 2,056 cases were recorded in 2015, compared with 1,756 in 2014 and 656 in 2013.

Prosecutions for dishonestly using stolen or lost badges to park for free nearly trebled in the last five years. Dishonest Blue Badge users steal or appropriate the permits - all to escape paying parking fees and searching for spaces at supermarkets. They should be ashamed of themselves. It is to be hoped that the fine is commensurate with the offence.

10 Safety Tips in the Garden

- 1 Stretch before you start work.
- 2 Take care lifting, squatting and reaching.
- 3 Rotate tasks to rest different muscles.
- 4 Wear safety glasses when strimming lawns and hedges.
- 5 Wear ear plugs to reduce mower and strimmer noise.
- 6 In the sun, wear sunglasses, long sleeves

and trousers and a hat and apply sunscreen and drink lots of water - say one cup every 15 -20 minutes in the heat.

7 Wear suitable footwear, especially when paths are wet and when mowing.

8 Minimise the use of pesticides and use natural alternatives.

9 Wear heavy gloves, keep your first-aid box stocked up and get a tetanus jab every 10 years.

10 Avoid falling over and moving heavy flower pots and garden machinery.

Best Banks

Martin Lewis's website, MoneySavingExpert, has recently surveyed its users on 13 banks and the service they provide. The results were:

- 1st First Direct (90%)
- 2nd Nationwide(79%)
- 3rd Co-operative, with its Smile online brand(72%)
- 4th Santander and TSB (71%)
- 12th Barclays
- 13th HSB

The advice is to ditch banks if their service is poor. All direct debits and standing orders can be moved within 7 working days and any payments to your old account will be auto-forwarded.

Virgin Media increases

New charges will take effect from November 2016 and bills will increase between £1 a month for line rental and £3.49 per month depending on services. This price rise will be the third increase this year.

Dear Editor



AGM 2016

Thank you for the photograph and for your kind words. Please be assured that I will be doing everything that I can to help the Countess Mountbatten. I wish you and your colleagues all the best for the future. Kind regards,
Des

CUr Des Scott

Mayor of Eastleigh

(The Countess Mountbatten is one of the Mayor's charities during his year of office. Another one is the Eastleigh Carers' Centre - Ed.)

Dear Editor

Three years ago, ESPOPF was consulted by the Ministry for Justice about the age ceiling for serving on juries. We argued for the age to be raised to 75 from 70 to reflect the wealth of wisdom and experience in the older population. New legislation is to be brought forward within the next year. The simplest reform would be to remove the upper age limit, but give those summoned an automatic right not to attend. There is no upper age limit in Scotland, Ireland, Australia. After all, offenders who are over 70 have the right to be tried by a jury of their peers!
Ivy Judge *West End*
ESPOPF members have

been very concerned about what we see as creeping privatisation of the NHS Audiology service. The following reply on 17 June to my complaint explains why I was still waiting for satisfactory hearing aids, 6 months after closure of the NHS service at the RSH.

*Dear Mrs Andrewes.
I am very sorry you have been made to wait for treatment following your hearing assessment that we carried out on 19 December 2015. In answer to your main question, our department does provide hearing aid services and we can do so for you if you wish, please just email to me and I will arrange a hearing aid fitting appointment for you.*

*The December assessment was requested by the Community ENT service. When completed we sent the results back to them and discharged you. In the report (copy attached as requested), we wrote:
"The patient is a routine hearing aid candidate. We can arrange this upon your referral"*

We did not hear anything further from the Community ENT service, so have taken no further action.

I would like to explain the service changes since September 2015, which were put in place by the West Hampshire Clinical Commissioning Group (WHCCG) who commission healthcare for this area.

WHCCG made two significant changes that have affected you:

- 1. Introduction of a Community-based ENT service for adults, the tender for this new service was won by a company called Community ENT, (Com-ENT).*
- 2. Change of contract for provision of routine adult hearing aid services, cancelling the previous contract that our hospital had and introducing a new type of community hearing aid service that CCG call "Local Qualified Provider" (LQP, sometimes called AQP). We can provide hearing aids on the LQP contract and there are a small number of other providers to choose from as well.*

If you wish to contact WHCCG, their address is given below; the address for Com-ENT is in your report attached.

<p><i>NHS West Hampshire Clinical Commissioning Group Omega House 112 Southampton Road Eastleigh Hampshire SO50 5PB Tel: 023 8062 7845</i></p>
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I look forward to hearing from you.

With best wishes
Graham Brickley MSc
Head of Audiology
Hampshire Hospitals NHS
Foundation Trust
Winchester

