Transport cuts could leave older people stranded and isolated

Aaron Laishley reports

Vital bus services around Hampshire and a historic ferry route are under threat as the county council reviews the costs of its transport services.

The Council’s Government grant is being cut by 43 per cent over four years and it needs to cut costs by at least £1.25m from public and community transport spending.

Pensioners could have to wait until 9.30am to use their bus passes, and Sunday and evening services may disappear.

The Hythe Ferry that connects the waterside community to Southampton may also be struck, as the hand-out it relies on is also due for review.

Community transport schemes such as Dial a Ride, Call and Go, and Taxishare could also be under threat.

Despite the cuts, the council hopes to retain essential transport links.

Age Concern Hampshire chief executive Rick Smith, said: “Finding affordable transport for medical appointments and other essential trips out is already a problem for many older people in Hampshire, particularly for those in rural areas.

“The proposed cuts run the risk of excluding older people on low incomes from being able to travel on public transport completely.”

A public consultation is open until 31 May, and the County Council wants to hear from as many people as possible. To take part, ring 01962 846785 and ask for a consultation form. For general information on community transport services, call Age Concern Hampshire’s Information and Advice line on Freephone 0800 328 7154.

Over 60? Want to get fit?

Come along to one of our weekly exercise classes for a free trial.

These classes are specifically designed to maintain and improve posture, strength, balance and stamina and are taught by qualified postural stability instructors. We are able to provide transport to some of the classes subject to availability.

Our current classes are as follows:

The United Church, Jewry Street, City Centre Tuesday, 10.30am-11.30am & 11.45am-12.45pm

Makins Court, Windsor Road, Alresford Tuesday 2.30pm – 3.30pm.

Weeke Community Centre, Taplings Road, Weeke Thursday 11am - 12noon.

St Mark’s Church, Oliver’s Battery Road South Thursday 2.30pm - 3.30pm.

Golden Common Village Hall, St Vigor Way Saturday 11am-12noon.

For more information please call 01962 890995 or visit www.wlhs.org

Are your teeth or dentures chipped, worn, mobile, discoloured or just painful?

THERE IS A SOLUTION.

Your first port of call when it comes to anything denture related is Lee Butler at www.naturallookingdentures.net. Lee has always prided himself on offering the best denture service available and the new look is enhancing that top class reputation.

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The fact that there are only a small number of CDTs in the UK who are registered with the GDC shows what an achievement this is for Lee, and more importantly what a benefit this new service is for Denture wearers in Hampshire.

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**Time to Talk**

**counselling service for people with memory loss or dementia**

Over 18,000 people in Hampshire live with dementia, with one third of them living alone. By 2021, this figure is predicted to rise to 26,000. Age Concern Hampshire’s new Time to Talk service offers professional counselling sessions in Fareham and Wickham for anyone in Hampshire who is over 50 with memory loss or dementia. There is no charge for counselling, although donations towards the service are gratefully received.

Age Concern Hampshire South East Health & Wellbeing Manager Kym Devine said: “No matter what stage the memory loss, or where a person may be on their dementia journey, Age Concern Hampshire can now offer professional, non-judgmental and caring therapeutic support when they most need it.

This new counselling service forms part of our wider services for people with dementia and memory loss. These include specially trained day care staff at our Wellbeing Centres and our Knowing Me project which helps individuals express and record their life stories so they can be communicated with the various people who support them.”

For more information about Time to Talk, call Age Concern Hampshire on 01962 868 545.

**Got a story you’d like to share?**

Winchester Writers’ Festival is now inviting submissions for the Age Concern Hampshire retirement category of its annual competition. Entrants can submit prose or poetry about their experiences of retirement using a maximum of 500 words. The winning piece will be published in this newspaper as well as in the festival anthology: The Best of 2014.

Winners will be announced on Saturday, 21 June, with cash prizes on offer for the top three writers. For details of how to enter, visit www.writersfestival.co.uk/competitions.

**Independent living boost**

Adult social care in Hampshire is helping more people to live independently in their own homes.

Reablement services have been available for some time for older people leaving hospital but from June there will be more help on offer.

A new Reablement and Assessment of Care Team (REACT) will assess people referred to adult social care services to see if they can benefit from support at home. Personal care and practical help can then be provided for up to six weeks.

To find out more, contact REACT on 0845 603 5630 or visit www.hants.gov.uk/careathome.

**Partnership working to boost older people’s care**

The British Red Cross and Age Concern Hampshire have made a commitment to work together to support older people throughout the county, helping them remain independent in their own homes.

The new partnership will see the two organisations working together to ensure older people receive short term support to help them through a personal crisis followed by longer term support if they need it.

Collaborative work includes community support for people with long-term conditions, services for frail older people and prevention of falls and reduction of unnecessary admissions to hospital.

Age Concern Hampshire chief executive Rick Smith said: “Offering older people continuity of care is key to ensuring they live healthy, happy and fulfilling lives. We hope that the partnership will provide local people with the very best levels of support from both our charities, ensuring that no-one feels alone – whatever their level of need.”

Pictured right: Red Cross collaboration – Rick Smith from Age Concern Hampshire (left) with Colin Brown from British Red Cross.

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GDC No 108862

Did you realise there is a service for new denture provisions?
You can see the person who makes and fits your dentures. Lee personally constructs each set of dentures to perfectly comfort fit the individual based on their own personal sizes which leads to satisfied patients. It truly is a bespoke service.

Lee has now expanded his services. As well as having premises in Winchester and Hayling Island, Lee is available for consultation at Elmsleigh house, Farnham and Changing faces in Clanfield. Just phone any of the numbers below convenient to you and you are a step closer to restoring the perfect smile. If you need to replace, worn, chipped, mobile or painful dentures, you can get your ‘teeth in a day’. With the advances in technology and materials, you can start in morning and have your completed dentures or implant assisted bridges by the afternoon. The Columbus Bridge is a revolutionary technique which enables the experienced dental team that Lee works within at these clinics to provide fixed, firm teeth in a day whilst also restoring a natural smile, confidence and self esteem.

Lee is very much looking forward to the challenges ahead, and providing a bespoke dental service for years to come!
Is day care for me?

Age Concern Hampshire's fifteen Wellbeing Centres provide day care for older people under contract to Hampshire County Council Adult Services Department and Southampton City Council. Wellbeing Centres offer stimulating and enjoyable activities, freshly cooked meals and personalised care to over 1,000 people weekly across the county and can also support people who require extra day-to-day care due to their physical or mental health needs.

While many of referrals are made through Adult Services, private places are also available to people who refer themselves directly. Activities are diverse, including games, craft and gentle exercise classes, regular social outings, demonstrations and talks. Those attending day care are also able to access a range of other services including hairdressing, beauty treatments and computer training sessions. Transport to and from our Wellbeing Centres is an integral part of the day care provision and can be arranged through the manager.

Day care also provides carers with vital well-earned respite breaks and many Wellbeing Centres hold regular carer support groups and activities, as well as access to Age Concern Hampshire's accredited information and advice services.

To arrange a tour or a free taster day, contact Age Concern Hampshire on 0800 3287154 or call the centre direct. Contact details for all centres are at the back of this newspaper.

Did you know?

According to a recent ICM Research survey, half of all older people consider the television as their main form of company.

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Age Concern Hampshire

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Most people with hearing difficulties could benefit from this offer and find out just how much difference clearer hearing can make to their lives.

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High-tech hero

Age Concern Hampshire Lifelong Learning Co-ordinator Clive Lubert answers your questions

“My family keep asking me to sign up to Facebook, but how easy is it to use?”
Carol, Southampton

This is one of the many questions that I am regularly asked at our one-to-one computer learning sessions. Facebook is an application that is accessed via the Internet and one of the many social media concepts that can be used to make contact with others. Designed for and aimed at the home-user, it’s ideal for making and keeping in contact with friends and family.

If you are able to access the internet via a web browser such as Internet Explorer, Firefox, Safari etc, then getting on Facebook is as easy as tapping in www.facebook.com.

The homepage immediately offers you the facility to register your details, create a username and password and put in some simple basic information that will identify you to others.

Like with all other internet applications, it is important that you read and understand the terms and conditions applied to using Facebook – specifically relating to what information you’d be happy sharing with others – as you are essentially joining a global network of people who will be able to view at least some of your information.

However, Facebook does make every effort to safeguard you and it’s easy to apply a filter on all the messages you post so that they are shared only with close friends and family.

One of the best things about Facebook is uploading photographs and enjoying those from other people. This is again, relatively easy to do, and is a great way to share pictures of holidays, get-togethers and even things like craft projects, DIY successes or the garden in full bloom.

With a little practice you’ll soon be able to find and contact friends and family online and keep up-to-date with their daily/weekly postings, as well as sharing your own.

To find out more about using Facebook sign up for one-to-one tuition at Age Concern Hampshire’s computer learning centres. Call Freephone 0800 328 7154 for details.

Age Concern Hampshire launches new web site

It’s new, it’s easy to navigate and it’s packed with information for over-50s.

Log on to www.ageconcernhampshire.org.uk and find out about all the great things on offer across the county from Age Concern Hampshire.

The web site has information on key services including the Freephone Information & Advice Line (0800 328 7154), details of day centres which offer stimulating activities throughout the week and other useful contacts for everything from fundraising to the popular Food & Friendship scheme for Meals On Wheels customers.

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12/13 East Street, Southampton. Tel: 023 8063 6105

Nearly a third of over-65s use the internet daily according to a recent study. According to McCarthy & Stone, 47 per cent of older users buy groceries online, whilst 33 per cent use the Internet to order repeat prescriptions.
Protect yourself against fire

Hampshire Fire & Rescue Service offers free advice and home safety visits which include smoke detector installation and an informal risk assessment. To arrange a home safety visit contact the community safety team on 023 8062 6809.

Many of Age Concern Hampshire’s Village Agents also offer a basic fire check service.

To find out more, call Age Concern Hampshire’s Information and Advice line on 0800 3287154.

What do Village Agents do?

Age Concern Hampshire’s team of highly-trained Village Agents work in rural communities across the county, signposting older people to the information they need on issues such as day care, foot care, computer training, company at meal times, transport for shopping and medical appointment, finding reputable tradespeople and help around the home.

They’re a mine of information - helping to make life easier and enabling older people to remain self-reliant in their own communities. Some Village Agents also offer free home fire safety visits. The Village Agent scheme is supported by Hampshire County Council.

To get in touch with the Village Agents team, call 01962 892455.
Ping pong pulls in crowd

Hampshire County Council in partnership with The English Table Tennis Association and Sport Hampshire and IoW is encouraging over-50s to pick up their ping pong bats this summer by promoting the game and supplying a free pack which includes an instant Ping

Pong net for local groups.
An over-55s table tennis club is now in full swing in Bishops Waltham, organised by Laurie Rickwood, a village for Age Concern Hampshire, who was inspired by a light-hearted film documentary, 'Ping Pong' which follows a group of Octogenarians during their preparation for the World Ping Pong Championships in 2012. The club forms part of the Hampshire County Council Better Balance for Life Falls Prevention project and meets every Wednesday between 2pm and 5pm in the town’s scout hut. To organise your own event contact Sophie Jevons at Hampshire County Council’s Older People’s Well-Being Team on 01962 846605.

See the film for free
Hampshire County Council is offering free tickets to screenings of Ping Pong at The Lights Andover on May 8 at 11am and Bedhampton Social Hall on 24 May at 2pm.
Seats for The Lights should be booked through the Box Office on 01264 368368.

Did you know?
Over-60s favourite top three sporting activities are recreational walking followed by swimming and bowls according to The Department of Sport and Culture.

Join our charity walk
Join Basingstoke Rotary’s Spring Walk on Sunday 18 May and enjoy the lovely countryside around Hannington. The event is open to all walkers, with 90 per cent of sponsorship monies supporting Age Concern Hampshire.

Walks vary in length from four to ten miles, and all routes end with refreshments and a barbecue – a great incentive to keep going!
Contact Age Concern Hampshire’s fundraising team for details on 01962 892449.

Best foot forward
Age Concern Hampshire’s foot care service offers affordable consultations, toenail cutting and general foot care advice - helping over-50s to stay active and remain mobile. A home visiting service is now available in many parts of the county. Age Concern Hampshire Health and Wellbeing Area Manager Amy Liff says: “Foot problems can very quickly affect mobility. Uncut toenails can make it uncomfortable to walk which in turn reduces the amount of exercise we do. Having your feet checked regularly treats problems at an early stage before they become an issue.” Prices are kept as low as possible to ensure the service is available to all. Contact Age Concern Hampshire’s Foot Care Team on 01329 842481.

Hampshire over-50s would rather be belly dancing than playing bingo!
The traditional pass-time of OAPs, bingo has fallen from favour, with the number of bingo halls plummeting by three quarters across the country. Average ages for players are no longer 60 plus either, with women in their mid-30s making up the largest group of regulars.
Age Concern Hampshire chief executive says: “Today’s older people are much more likely to be enjoying active hobbies such as foreign travel, exercise classes and group walks as opposed to sitting in a bingo hall all day.
“Here in Hampshire, we’ve seen a surge in interest for the many daily activities we run from our wellbeing centres. It’s a fact, many of our over-50s would rather be belly dancing than playing bingo!”

To find out about Age Concern Hampshire’s weekly activities, call Freephone 0800 328 7154.

Pictured: Turkish Delights from Age Concern Hampshire’s Horrill Centre in action. With thanks to Brian Pain.

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Remember When...?

D-Day Landings Vintage Weekend Break in Hayling Island. Three nights half board at Mill Rythe Holiday Village, from 6 to 9 June 2014 for just £179!

Remember the heroic exploits of those that landed on the Normandy beaches on June 6th 1944. Seventy years later, we shall not forget.

Join Age Concern Hampshire on a weekend break at the recently-refurbished Mill Rythe Holiday Village on Hayling Island which will take you back in time - with old cars, NAAFI wagons, uniforms, and live shows, Old Time Music Hall with Dolly Rose and a Tea for Victory.

Remember when a night out meant a pinstripe suit with a Trilby and girls got dolled up to the nines? That's what this fabulous break will be all about. You'll need to have the Longest Day to fit everything in!

Your holiday price of £179 includes return coach travel from a local pick up point, full English Breakfast and choice of evening meal. Two day trips are also included and the village also offers plenty to do on-site including a heated indoor pool, tennis court, fishing lake and crazy golf.

Nightly live entertainment is also part of your nostalgia experience and will include Vera Lynn The Musical, which maps the life and journey of one of our national treasures.

You'll stay in modern, well appointed rooms, all of which have ensuite bathrooms, central heating, tea and coffee making facilities and television as standard. A single supplement does apply but we can offer interconnecting rooms for sharers – please ask for details.

This is an exclusive offer for over-50s booking through Age Concern Hampshire. For more information, please call Jemma on 01962 892449. To see what Mill Rythe has to offer visit www.mill-rythe.com.

Portsmouth Celebrates D-Day

Head to Portsmouth to celebrate the 70th anniversary of D-Day landings, with events over five days from 3rd to 8th June.

Veterans are invited to Southsea seafront, where there will be a special area put by for them to share memories and meet members of the current armed forces.

Events on 5th June include a drumhead service and parade on Southsea Common, an amphibious landing on Southsea beach by the Royal Navy, and a Sunset Concert for Heroes aimed at veterans and their families.

On 6th June, the focus is on remembrance, with a service at the D-Day Stone in Southsea led by the Royal British Legion. The weekend of 7th to 8th June will see military vehicles, re-enactors and other activities bringing the wartime period to life on the seafront.

For full details call Portsmouth Visitor Information on 02392 826722 or log on to www.visitportsmouth.co.uk.

WIN one of four pairs of D-Day Museum tickets

Portsmouth D-Day Museum is Britain's only visitor attraction dedicated solely to the D-Day landings in Normandy. The museum's centerpiece is the magnificent Overlord Embroidery, the twentieth century equivalent of the Bayeux Tapestry which reveals the sacrifice and heroism of the men and women who took part in Operation Overlord.

The museum brings to life the sights and sounds of Britain at war and includes an air raid warden's living room in the Blitz, troops preparing for D-Day in their forest camp, the map room at the Allied headquarters at Southwick House, and a Horsa glider landed in Normandy. A series of special D-Day events run throughout the year with full details available at www.ddaymuseum.co.uk.

To be in with a chance to win one of four pairs of tickets to visit D-Day Museum, tell us the name of the singer best known for the wartime favourite 'We'll Meet Again' and send your answer on a postcard by April 30 to: D-Day Museum Competition, Age Concern Hampshire, 1 St Cross Road, Winchester, SO23 9JA. Normal competition rules apply.

To enter, please send your name and address to: D-Day Museum Competition, Age Concern Hampshire, 1 St Cross Road, Winchester, SO23 9JA. Normal competition rules apply.
Could you lend a hand?

Volunteers’ Week runs from 1 to 7 June and recognises the great work that 20 million people across the UK do to support their communities. Age Concern Hampshire volunteers help the charity in a number of ways, with even an hour a week making a big difference to the lives of older people across the county.

They take calls and direct people to its services and those of its partner organisations on its Freephone Information and Advice line and provide friendship, information and signpost to other services in rural areas as part of its Village Agent service. They offer companionship at meal times for people living alone as part of the Food and Friendship service and work in the Basingstoke Café, serving food and drinks and befriending weekly visitors. Other roles include providing one to one tuition at Computer Learning Centres or simply helping to stuff envelopes in the office.

To find out more about volunteering at Age Concern Hampshire call 01962 868 545.

Become a Friend of Age Concern Hampshire

Age Concern Hampshire works to ensure all older people are respected, valued, and able to make informed choices.

Its essential services support over 58,000 over-50s across Hampshire and include 15 day centres, an information and advice telephone helpline and health and wellbeing activities across the county.

As a registered charity, Age Concern Hampshire depends on donations to fund these essential services and has recently launched a ‘Friends of Age Concern Hampshire’ scheme, where from just £2 a month supporters can ensure its good work continues.

All ‘Friends’ receive regular updates on how their money is being used as well as opportunities to attend special events and meetings.

To sign up, simply complete the form below or contact Jemma at Age Concern Hampshire’s fundraising office on 01962 892449 or email: supporters@ageconcernhampshire.org.uk.

Thank you very much for your support!
Living Well is Age Concern Hampshire’s quarterly newspaper. It has a 15,000 print run and comes out quarterly in January, April, August and November each year.

For all editorial enquiries, contact Living Well editor, Liz Kavanagh on 01962 868 545 or email liz.kavanagh@ageconcernhampshire.org.uk. The editorial assistant is Aaron Laishley.

To advertise in the next edition of Living Well please call 01962 859559

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How a Collagen Pill can help BEAT Arthritis, Bursitis, Tendonitis and other aches and pains

“COLLAGEN is the tie that binds says” Dr. Warren Cheney. Collagen is the fibrous structural protein that makes up the white fibers (collagenous fibers) of skin, tendon, bone, cartilage, and all other connective tissues. Collagen fibers are woven together like pieces of fabric to form a network in which new cells grow and reproduce. Any time the body needs to build new cells, such as in the healing or growing process, collagen plays the central role. Collagen is the substance that protects and supports the softer tissues of the body, and it is what connects them with our skeleton. In other words, collagen is both the material and the glue that holds our body together.

How important collagen is to your body?

Depletion of collagen in the skin leads to the formation of wrinkles and the appearance of ageing. Depletion of collagen in connective tissue - tendons, ligaments, muscles and cartilage - results in the reduction of support for the joint structure of the body contributing to such conditions as arthritis and muscular-skeletal injuries.

Chris Wilson, an Orthopaedic Consultant in Cardiff, says a number of supplements including collagen, seem to work. I have always had an open mind about alternative treatments”, he says. “If a patient says he has pain relief and movement after taking collagen, I am perfectly prepared to believe it works.”

Are all Collagen Supplements the same?

There are a variety of collagen formulations on the market today, but to gain the maximum benefit it is preferable to take a “collagen matrix” like Pure-Col® 100% Pure Collagen Capsules. This means it is 100% bio-available to the body and can stimulate the production of all kinds of collagen rather than furnishing only one of fourteen.

Recent Local Testimonials

“I have suffered with an arcing back (the muscles between my shoulder blades are deteriorating) for a very long time. Having read your advert in our local paper (Portsmouth News) I decided to try Pure-Col® again.

After about three weeks I noticed a difference - I was walking the dog much further without pain and shopping is now a pleasure. Let me recommend Pure-Col® to anyone, it really works.”

GB of Fareham

“I had to write to you to explain why I have decided to use PURE-COL® again.

I was on physio when I purchased my 1st three months trial as I did not believe it would make a lot of difference to my well being. When I finished them I did not purchase anymore for several weeks. I then realized that I had more aches and pains that had not been there for some time, and my completion was not as it had been. At 62 years of age I need all the help I can get, and I am being rewarded with compliments which is very much an incentive to carry on taking PURE-COL®.

JW of Southbourne

“I would like to explain the benefits of Pure-Col®. I have had arthritis in my knees for the past 35 years. I have tried physiotherapy, icing, massage, pain killers, and yoga. Pilates, anti-inflammatory and most recent is the last two years knee surgery to relieve the pain. All of these treatments with no success.

Then I found Pure-Col®, I have been using these for the past 3 months and for the first time in 35 years have had no pain (up until the past three months) I was only able to do swimming and walking as part of my exercise but can now do workouts to the gym for the first time and aqua aerobics too.”

Mrs C of Waterlooville

Some of the many benefits reported by customers already taking Pure-Col(R) 100% collagen capsules are:
- Improves the body’s joint mobility
- Replaces lost cartilage
- Improves condition of the skin
- Strengthens nails
- Improves condition of the hair
- Smoothes fine lines & wrinkles
- Reverses cellullite & lowers leg tone
- No painful injections

To find out more about the many benefits of taking Pure-Col(R) 100% Pure Collagen Capsules, or to place an order, please call Heather at RPT Ltd on 01243 837355 or visit www.purecol-uk.com, or email info@purecol-uk.com, or email info@purecol-uk.com.

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Spring treat

Visit The National Trust’s Hampshire properties this Spring and enjoy Easter egg hunts, woodland walks and gardening master classes.

Choose from Hinton Ampner near Alresford, (pictured below), an elegant country manor with lovely gardens, views across the South Downs, and beech woodland walks, or The Vyne near Basingstoke, once a Tudor palace and a favourite of King Henry VIII’s. Mottisfont near Romsey, set on the River Test, was the home of glamorous society hostess and arts patron Maud Russell and its gallery showcases exhibitions all year.

Or explore Winchester City Mill which has been grinding corn on the site since Medieval times, powered by the fast-flowing River Itchen.

Full details of all the Trust’s properties and special events can be found at www.nationaltrust.org.uk.

WIN A DAY OUT!

Living Well has five family day passes up for grabs, which provide groups of up to two adults and two children up to age 16 (or three adults and one child) with a free visit to their chosen National Trust property.

To be in with a chance to win, simply tell us who famously burnt the cakes in Winchester, and send your answer on a postcard by April 30 to: National Trust Competition, Age Concern Hampshire, 1 St Cross Road, Winchester, SO23 9JA.

Normal competition rules apply.

Free passes are not valid on Bank Holidays or Bank Holiday weekends.

Needs help in the garden?

Grass growing too high? Roses need pruning? Age Concern Hampshire receives lots of calls at this time of year from people needing help in the garden.

Information and Advice co-ordinator Glyn Loveday says: “The Shaw Trust and Hampshire County Council provide a year-round gardening support service for over-60s, offering up to six visits each year. Although there is a charge for the service, people on means-tested benefits are entitled to a reduced rate.”

To find out more about gardening services, contact Age Concern Hampshire’s Information & Advice Line on Freephone 0800 328 7154.

Your will makes a difference...

Leaving a legacy to Age Concern Hampshire is a wonderful way to ensure your support lives on.

From free information and advice, to our health and wellbeing services which enable older people to lead healthy and fulfilled lives, we promise you that we will use your legacy wisely to make a genuine difference to older people across Hampshire.

For more information about leaving a legacy to Age Concern Hampshire, please contact Jemma Saunders, 01962 868545 or email jemma.saunders@ageconcernhampshire.org.uk

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Fundraising coffee morning
Ringwood Wellbeing Centre’s fundraising coffee morning boosted its amenity fund by a whopping £550 with all cakes, gifts, raffle and tombola prizes donated by staff and clients.

Horrill open day
Age Concern Hampshire’s Horrill Wellbeing Centre in Dibden held an open morning, welcoming over 150 visitors who enjoyed taster sessions of Tai-Chi, laughter yoga, belly dancing, craft and computing skills.

University of Winchester students lend a hand at service showcase
Fledgling event managers from the University of Winchester helped Age Concern Hampshire organise a showcase of services for over-50s. The event, which took place in the Meridian Shopping Centre in Havant, with over 100 people attending.

It’s a boy!
When Rushmoor Wellbeing Centre Manager Vanessa Allnutt received a visit from her daughter and three-week-old grandson, 98-year-old Fleur couldn’t resist a cuddle!

Happy Birthday John Barker
Village Agent Tony Hopkins enlisted the support of Crondall Primary School to organise a special lunch to celebrate the birthday of 90-year-old John Barker who attended the school as a child.

Year 6 pupils showed groups around classrooms, the IT suite, the kitchen classroom and the library and helped host the lunch, which was attended by 19 older people from the village and surrounding area.

A cash boost from ASDA
Malmesbury Lawn Wellbeing Centre was given a £200 cash windfall from ASDA in Havant as one of the store’s Chosen By You charities. ASDA Community Life Champion, Becky Collins presented a cheque to day centre client Joyce Robinson.

If you have photos of a social event or something special you’d like to see in these pages, please send your photographs to: liz.kavanagh@ageconcernhampshire.org.uk
get in touch...

Living Well is Age Concern Hampshire’s quarterly newspaper. It has a 15,000 print run and comes out quarterly in January, April, August and November each year. For all editorial enquiries, contact Living Well editor, Liz Kavanagh on 01962 868 545 or email liz.kavanagh@ageconcernhampshire.org.uk. The editorial assistant is Aaron Laishley.

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Service with a smile
Colleagues at Age Concern Hampshire marked 24 years of service from Hazel Wright and 26 years from Jan Quirk at two well-attended leaving events. Chief executive Rick Smith said: “Hazel and Jan are popular members of staff who have supported the charity with a smile for many years. We will all miss them.”

Brownies gain an insight into dementia
The 2nd Portchester Brownies became ‘Dementia Friends’ following a workshop with Locks Heath Wellbeing Centre manager Mandy Rowlands.

Good Neighbour Awards
Two Age Concern Hampshire volunteers received Good Neighbour Awards at this year’s Hampshire County Council celebration. Food & Friendship volunteer Louise Davis and OPAL volunteer Wendy Tilly were nominated for the awards for their committed work with older people.

Thank-you Sally!
The dedicated work of Sally Page, a former systems analyst, whose expert help has been invaluable for developing Age Concern Hampshire’s database was recognised at the Mayor of Winchester Community Awards.

Happy Birthday Emlyn
Padwell Road Day Centre regular Emlyn Roberts celebrates his 100th birthday on 20 April. The former lecturer puts his longevity down to a full English breakfast every day!

Together for 60 glorious years
Congratulations to Joyce and Ken who celebrated their diamond wedding anniversary at Meon Valley Day Centre with champagne and wedding cake.
Age Concern Hampshire Services

**Information and Advice Service**
Freephone advice on health care, maximising income, reputable tradesmen, social activities, help at home and services in your area.
Tel: 0800 3287154

**Day Centres**
Our 15 wellbeing centres offer day care, personal care, freshly-cooked meals and a choice of stimulating activities throughout the week.
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To find out more, contact your nearest Wellbeing Centre direct.

- **Alresford Wellbeing Centre**
  Tel: 01962 735612
  Email: alresforddcc@ageconcernhampshire.org.uk

- **Alton Wellbeing Centre**
  Tel: 01420 84257
  Email: altondcc@ageconcernhampshire.org.uk

- **Basingstoke Wellbeing Services**
  Activity Centres, Computer Learning Centres, Community Café & Healthy Living Classes.
  Tel: 01256 423874
  Email: mark.weston@ageconcernhampshire.org.uk

- **Bordon Wellbeing Centre**
  Tel: 01420 474294
  Email: bordondcc@ageconcernhampshire.org.uk

- **Bury House Wellbeing Centre, Gosport**
  Tel: 02392 503976
  Email: buryhousedcc@ageconcernhampshire.org.uk

- **Fordingbridge Wellbeing Centre**
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  Email: g oregrangedcc@ageconcernhampshire.org.uk

- **Havant Information Centre**
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- **Locks Heath Wellbeing Centre**
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- **Malmesbury Wellbeing Centre, Havant**
  Tel: 02392 244916
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- **Padwell Road Wellbeing Centre, Southampton**
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