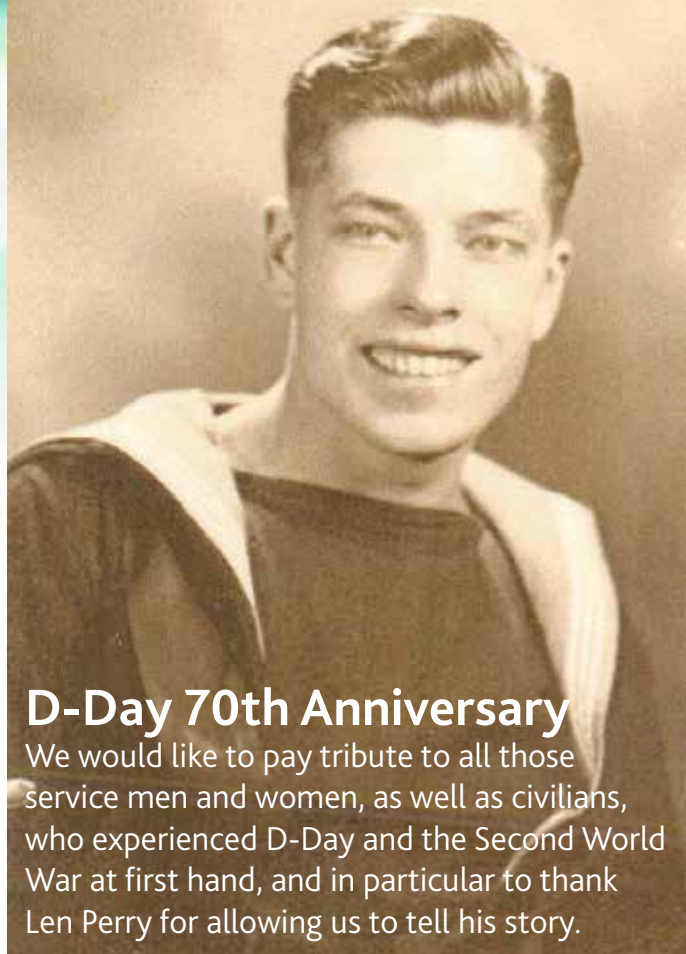


Pompey Pensioner

Issue No. 43

Len Perry in 1944, aged 20



D-Day 70th Anniversary

We would like to pay tribute to all those service men and women, as well as civilians, who experienced D-Day and the Second World War at first hand, and in particular to thank Len Perry for allowing us to tell his story.



Len Perry today

I was a young stoker on a destroyer, HMS Beagle, during the latter part of the Second World War, largely escorting convoys in the Atlantic and Arctic. The spring of 1944 saw the suspension of the Arctic Convoys to Russia as all warships would be required to support the assault on the continent which was known then as the Second Front. All types of craft from battleships to small landing craft in their hundreds were assembling along the south coast with Portsmouth at the centre. The roads were choked with military vehicles and thousands of service personnel were billeted or living in tented towns in the fields in Hampshire, and all counties west. The American GIs were here in vast numbers.

In May the weather was warm and it was such a strange atmosphere with so many souls waiting for the unknown. The Americans had brought with them their swing music, taking over the airways and playing in every club. It seemed a kind of carnival. I can never forget a lovely Sunday evening when Glenn Miller and his orchestra came to entertain the troops and thousands of uniformed men and women sat on the grass in quietness with their thoughts as the strains of Moonlight Serenade wafted in the crisp spring air. Even now I can hear that lovely melody keeping everyone enthralled. Glenn Miller played at dozens of venues whilst troops waited for the big day.



HMS Beagle in 1943



HMS Beagle off Gold Beach on June 6th 1944.

When that day came, my experiences of D-Day are almost surreal. Our destroyer was ordered to take a Reuters Correspondent, Desmond Tighe, to see the landings first hand. He wanted to witness each beach-head in turn which we were none too keen on. Things were going well at the first two British beaches but at Omaha Beach matters were only what I could describe as absolute hell for the hundreds of poor landing craft meeting fierce resistance. In the melee radio communication was impossible so the correspondent requested to race back to port to file his story. Two hours later we were cruising past Southsea Beach and I remember seeing the kiddies playing on the beach and splashing in the surf. The contrast could not have been greater. A moment's pause before back to the inferno.

References

Dad's video recollections
http://www.memoriesofwar.org.uk/page_id_175_path_0p1p3p.aspx
 Glenn Miller
<http://www.nationalmuseum.af.mil/factsheets/factsheet.asp?id=1124>
<http://michaelcooper.org.uk/C/1944.htm>
<http://www.portsmouth.co.uk/nostalgia/footage-of-glenn-miller-at-southwick-house-sought-1-3933865>
 Desmond Tighe reports and Dad's harrowing account of picking up GI's from a stricken landing craft
http://books.google.co.uk/books?id=nNHvZkZvsjUC&pg=PA277&lp-g=PA277&dq=d-day+desmond+reuters+correspondent&-source=bl&ots=2JKu_VLEhs&sig=0-Qu8RBsrsv_jcjrS5sHEOjHv-A&hl=en&sa=X&ei=ClknU520NOvI0AW7IYH4DA&ved=0CC4Q6A-EwAA#v=onepage&q=d-day%20desmond%20reuters%20correspondent&f=false

MEN WHO GOT THEIR TANKS THROUGH

Heroic Efforts to Save Landing Craft from Sinking

From the *Yorkshire Post*, 8 June 1944

(Reproduced by kind permission of the *Yorkshire Post*, Leeds)

From **Desmond Tighe, Reuters Correspondent** aboard HMS *Beagle*, off Normandy Beaches – Tuesday evening, 6 June 1944:

D-Day has come to a close and the Royal Navy has put up one of the finest jobs of the war. In this tough little destroyer *Beagle* we have passed long lines of tank landing craft, motor launches and supply ships steadily streaming towards the beachhead. In the other direction similar groups of ships of all sizes have been streaming for home to bring up more and more reinforcements.

Conditions have not been easy, and the smaller ships of the Navy have had a very tough time.

S-O-S in Darkness

It was about midnight, just before zero hour on **D-Day**, that we found our first casualty. We were steaming for the coast of France, the wind was high, and seas were lashing over our bows.

A faint light signalled S-O-S out of the darkness. We turned towards it and found a small Assault Landing Craft, manned by a Royal Marine Second Lieutenant, three Marine privates and three naval ratings, tossing about in the sea. She was holed badly up forward.

We pulled the crew aboard; one of the Marine privates had been so seasick that it took the ship's doctor some time to pull him round.

They are not all big ships that have swarmed across on this invasion. Many motor launches, motor-torpedo boats and small assault landing craft crossed the sea under their own power.

A Tank Landing Craft, badly holed, limped into the anchorage off the beaches late today in a sinking condition. She was being towed by a small minesweeper.

Maj. Glenn Miller conducts the band during an open air concert. (U.S. Air Force photo)





View from the chair

I recently attended two events organised by Age UK in London. The first in January was a reception held by Prince Charles to mark the 5th anniversary of Age Concern and Help the Aged joining forces to become Age UK. HRH mingled amongst the 'great and good' as well as volunteers and senior activists. I asked him when he was coming down to visit the new Mary Rose museum. 'In February', was his prompt reply. And sure enough he was in the city towards the end of that month. I subsequently sent him a copy of 'Pompey Pensioner'.

The second event was altogether more down to earth. A Policy conference attended by delegates from all over the UK. We were asked our views on a wide range of key issues affecting older people. They were divided into three groups – money matters, communities and health and social care. They included the following – bus passes, older drivers, age friendly cities and neighbourhoods, isolation and loneliness, Housing options and adaptations, volunteering, crime and scams, poverty, state and private pensions, taxation, digital inclusion, employment, energy and fuel prices, learning and skills, age friendly health services, dignity in health and social care, abuse and neglect, social care funding and eligibility, end of life care, care homes and carers. Certainly the list was comprehensive, but some of the policy calls were rather bland and lacked bite. Us older delegates gave our views and proposed changes to the (younger) policy officers. We await publication of a policy paper in the coming months, and well before the General Election in May 2015

The meeting was also given a short, sharp talk on the likely process surrounding this election by the head of the charity. She termed it an 'Austerity election' at which all the main parties would try to win without making too many costly commitments. The key issues would be the economy, immigration and health services. Whoever wins – and another coalition is likely in her view – will face the prospect of an autumn statement which is likely to involve further cuts, and possibly inroads into universal benefits for older people.

Age UK intends inviting the main party leaders to a TV debate. Despite the current limitations being proposed on the campaigning work of charities, we will be lobbying (before, during and after the election) for a good deal for the 14 million older people in the UK. Hopefully they will work closely with the NPC in the coming months.

Of course our Association will be reminding candidates in all elections that senior citizens vote, and their needs and views should not be ignored. I personally think it is also worth saying loud and clear what contribution we have, and continue, to make to the economy and social fabric of this country and city.

PompeyPensioner

Striving to reflect the views and aspirations of the Portsmouth Pensioners' Association and the 36,000 seniors of Portsmouth
Covering the issues that are vital to all Pompey Pensioners.

THE MIRROR

*I look in the mirror
And what do I see
A strange looking person
That cannot be me.*

*For I am much younger
And not nearly so fat
As that face in the mirror
I am looking at.*

*Oh where are the mirrors
That I used to know
Like the ones that were made
Thirty years ago.*

*Now all things have changed
And I'm sure you'll agree
Mirrors are not as good
As they used to be.*

*So never be concerned
If wrinkles appear
For one thing I've learnt
Which is very dear*

*Should your complexion
Be less than perfection
It is really the mirror
That needs correction.*

Edmund Burke 1729-1797
Irish Philosopher

Poorest spend more than rich on fuel

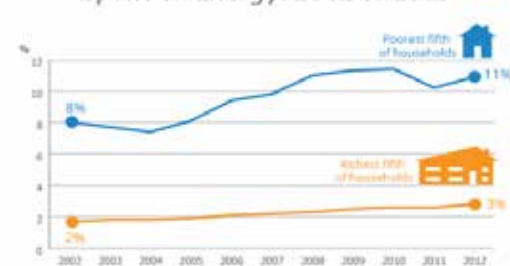
The latest official figures from the Office of National Statistics reveal that in 2012, the poorest households in society were spending 11 per cent of their disposable income on energy bills.

This compared to

just 3 per cent for those households in the top fifth income bracket.

Whilst the government may have altered the definition of fuel poverty, the problems of poor housing, limited insulation and rising fuel bills still exist for many.

Percentage of Household Disposable Income Spent on Energy: 2002 to 2012



MEMORIES COME FLOODING BACK!

The floods that have devastated many areas of the country this year, brought back memories of the East Coast Floods in January 1953.

I was sixteen at the time, and was training to be a Wireless Telegraphist in the Royal Navy at HMS Ganges, a shore establishment at Shotley, located on the peninsula where the rivers Stour and Orwell meet before flowing into the North Sea. At some unearthly hour of the morning, our dreams were shattered by the 'sweet voice' of Chief Gunnery Instructor, "Banjo" West saying "Hands off c**ks, on socks", and "Don't turn over, turn out!" switching on the lights at the same time.

About thirty of us lads, still half asleep, tumbled from our beds, trying to make sure that we were not the last ones dressed and lined up outside to discover whether or not WWII had started.

We were marched to the CMG (Central Main Galley) where we had breakfast, with emphasis on the 'fast', as we then had to collect our oilskins and sou'westers before being 'loaded' on to RN Coaches, and heading for 'heaven only knows where!'

We arrived at Trimley Marsh, where we discovered that we were not being treated to a day out, with a picnic by the seaside, but were there to fill sandbags with earth to repair and reinforce the sea wall. With exceptionally high tides expected, made worse by the prevailing high winds, the sea wall was in danger of being breached, causing flooding to areas of farm land.

It was barely light when we started, and barely light when we headed back to HMS Ganges, with not a glimmer of sunshine during the day. We returned the following day to find that the holes that had been dug when filling the sandbags, had now filled with water, making them into an indiscriminate pattern of 'man-traps' that a number of my colleagues found to their cost. With no change of clothing to hand, and no chance of being able to get dry, it was a case of having to work even

harder to keep warm.

Food was brought to us, to be eaten while working and the Navy was not thoughtful enough to provide a picnic table. The food consisted of the Navy's 'Emergency Ration', a Cornish Pasty! Not the most palatable meal, and the Navy Specials that we were given would, in the opinion of most of us, have been more suited to repair the sea wall than the sandbags that we had filled.

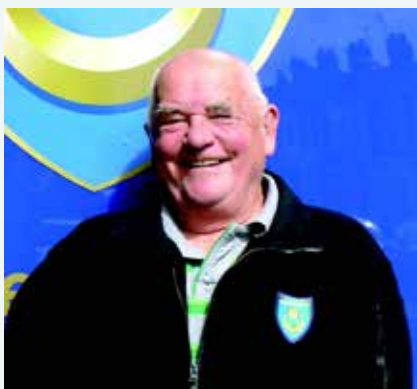
Tea was provided, that helped to keep the cold out as it was 'reinforced' with a liberal measure of Navy Rum – a most effective anti-freeze as any ex-matelot would testify.

At last, the job was done. The sea wall was repaired and reinforced. The agricultural land, that it was built to protect, was safe from flooding, and we returned to HMS Ganges for a shower, a hot meal and a well deserved undisturbed night's sleep.

Many years later, Rosemarie and I spent a holiday in Felixstowe, and I decided to see if I could find the area where I had worked, and to see whether the sea wall was still intact. I stopped at a farm, and spoke to a lady, telling her of my interest in the area and what I was looking for. She gave me directions, and as I left she said that I would probably be rather disappointed. In that respect, she was half right.

When I reached that familiar spot, I was pleased to see that the sea wall remained intact, but found it a trifle ironic that the agricultural land that we had worked so hard to protect, in appalling conditions, was now under water. It had been flooded to form a lake for fishing!

Cyril Saunders



Our Association Honoured.

It was an honour to be presented with the British Empire Medal by the Lord Lieutenant of Hampshire, Dame Mary Fagan, on Tuesday 18th March at Serles House, Winchester. It was so lovely to have both my daughters, Jane and Noelle, with me to enjoy the day and we recalled that it was almost ten years since we all attended Portsmouth's Mayor Making in 2004 when I was presented with one of the first Civic Awards given by the City Council.

I share this award with my late husband, Arch, and all the founder members of our association. Sadly, many are no longer with us but I remember they worked with tireless dedication, campaigning over so many years, to improve the lives of older people in our city. It is upon their solid foundation that we are proud to have the privilege of continuing to build with our core values of integrity, justice and fairness remaining firmly at the heart of our organisation - long may it be so.

Muriel Deacon
President PPA

You make what
seems to be a
simple choice :
choose a man
or a job or a
neighbourhood-
and what you
have chosen is
not a man, job, or
neighbourhood,
but a life
(Jess West)

Better Care Fund

Health and social care services are facing serious challenges with increasing levels of demand and reductions to public sector funding. Continuing to provide the services that people need requires a change to the traditional way in which they are delivered and in the attempt to address these challenges the government have created a 'Better Care Fund' (BCF) the aim of which is to bring about greater integration of health and social care and a pooling of resources. The expectation will be to give people more control over how their health and care requirements are met, placing them at the centre of their own care and support, as well as better managing the organisational financial pressures we face. The fund however is not 'new' money. The £3.8bn identified by government for the BCF is money that is already in the Health and Social Care system and in most cases already committed to services. However the government wants to see more flexibility in how resources are used and the BCF will allow us to do just that. The expectation of the BCF is that it will be used to 'support care services in each area which has a health benefit'. In addition it is a condition of the fund that there will be;

- 7-day working across the health and social care system that supports people to be discharged from hospital and preventing unnecessary admissions at weekends;
- Better data sharing between health and social care,
- A joint approach to assessments and care planning
- Locally the Health and Social Care Partnership has already achieved a

number of successes when it comes to integrating services and helping people remain independent for longer, such as - Community and bed based rehabilitation services; integrated working around GP clusters; a single process for assessing eligibility for Continuing Health Care and low rates of delayed discharge from hospital.

Building on these successes the plan for the BCF as agreed between the local authority and the Clinical Commissioning Group (CCG) will focus on three areas:

1. Integrating Health and Social Care
Community Teams, where people have a named worker, a single personalised care plan and receive support from a locality based team made up of a GP, social care staff, community nursing, allied professionals and the voluntary sector.
2. Review of Bed Based Provision at Spinnaker, Victory and Grove units to ensure they are able to prevent avoidable hospital admissions and support early discharge.
3. Enhancement of Reablement services that supports people to live independently.

Both the Local Authority and the Clinical Commissioning Group will be working hard to bring about these changes and over the coming months we will be seeking views about how services can work more effectively within the resources we have.

STOP PRESS The Nuffield Trust has just confirmed that a quarter of a million older people have lost their state-funded help carrying out everyday activities such as bathing, dressing and eating in the past four years as council budgets have been slashed and services rationed

IS THE SOCIAL CARE IN CRISIS? YES, ACCORDING TO AGE UK

Age UK nationally has calculated that in England, in real terms, spending on social care has fallen by around £770 million since 2010. As a result, fewer vulnerable older people are receiving care packages at home, (168,000 no longer getting help with essential tasks such as washing, eating and getting dressed) those that need residential care are having to wait longer and pay more.

There is a post code lottery as far as what level of need is eligible for home services – 'critical' and 'substantial' usually qualify, 'moderate' and 'low' rarely do. So the situation across the country is worrying indeed.

The Care Bill which is currently going through Parliament may resolve some of these issues, but the devil is in the detail and new arrangements will have to be adequately funded. In the run up to the General election in 2015 Age UK demands that all the main political parties make clear their commitments to make the social care system fit for purpose and up to the standard we expect in the twenty-first century.

Here in Portsmouth (at the last time of asking) a total of 4,811 people were on the books of PCC's Adult Social Care Department. Over 3,500 were assessed as having severe/substantial needs. And budgets have been reduced at a time when demand for both domiciliary packages and residential places is set to rise.

What is needed is not only 'value for money' from the agencies and companies that manage most adult social care, but also a guarantee of quality of service and dignity to clients at all times.

Portsmouth Pensioners' Association does its best to monitor the situation, but would welcome help in this task, especially from experienced retirees.

Please contact us....





Jean Curry
Guest Editor

I was invited to attend the PPA January meeting and it was here that a copy of the Pompey Pensioner was handed to me so I sat and browsed it over my coffee and cake. I was so impressed with its colourful, informative and lively style with its good mix of articles, that when I heard that an editor was needed for the next edition, I thought it would be interesting to get involved. My background is not in this field but in the NHS, working for most of my life as an Occupational Therapist in West Sussex. Before that I taught for some years before embarking on a career change. I have lived in Portsmouth on and off since the 70s and now that I am retired, this a great opportunity to contribute to the very valuable campaigning work of the PPA.

Geraldine Johns
Guest Editor

I have been a Portsmouth resident for most of my life and attended local schools. I was an active member of various voluntary organisations in the city including a committee member of Portsmouth Housing Association (now First Wessex) and Portsmouth and Havant Women's Aid. Until my retirement in 2012 I worked as a solicitor and partner for two local law firms specialising in Family and Mental Health law. I was appointed a (fee paid) tribunal judge (Mental Health) in 1995 and continue in that capacity; I am also a tribunal judge on the Guernsey Mental Health Review Tribunal panel. I am very pleased to be involved with the PPA. I consider the organisation gives the older residents of the city a voice and forum in which to express their views and an opportunity to influence policy makers.



COMMONWEALTH DAY FLAG RAISING CEREMONY Monday 10TH MARCH - GUILDHALL

This important parade was attended by Vice Lord Lieutenant of Hampshire, Lord Mayor of Portsmouth, representatives from High Commissions of some of the Commonwealth Countries, invited guests and many local schools.

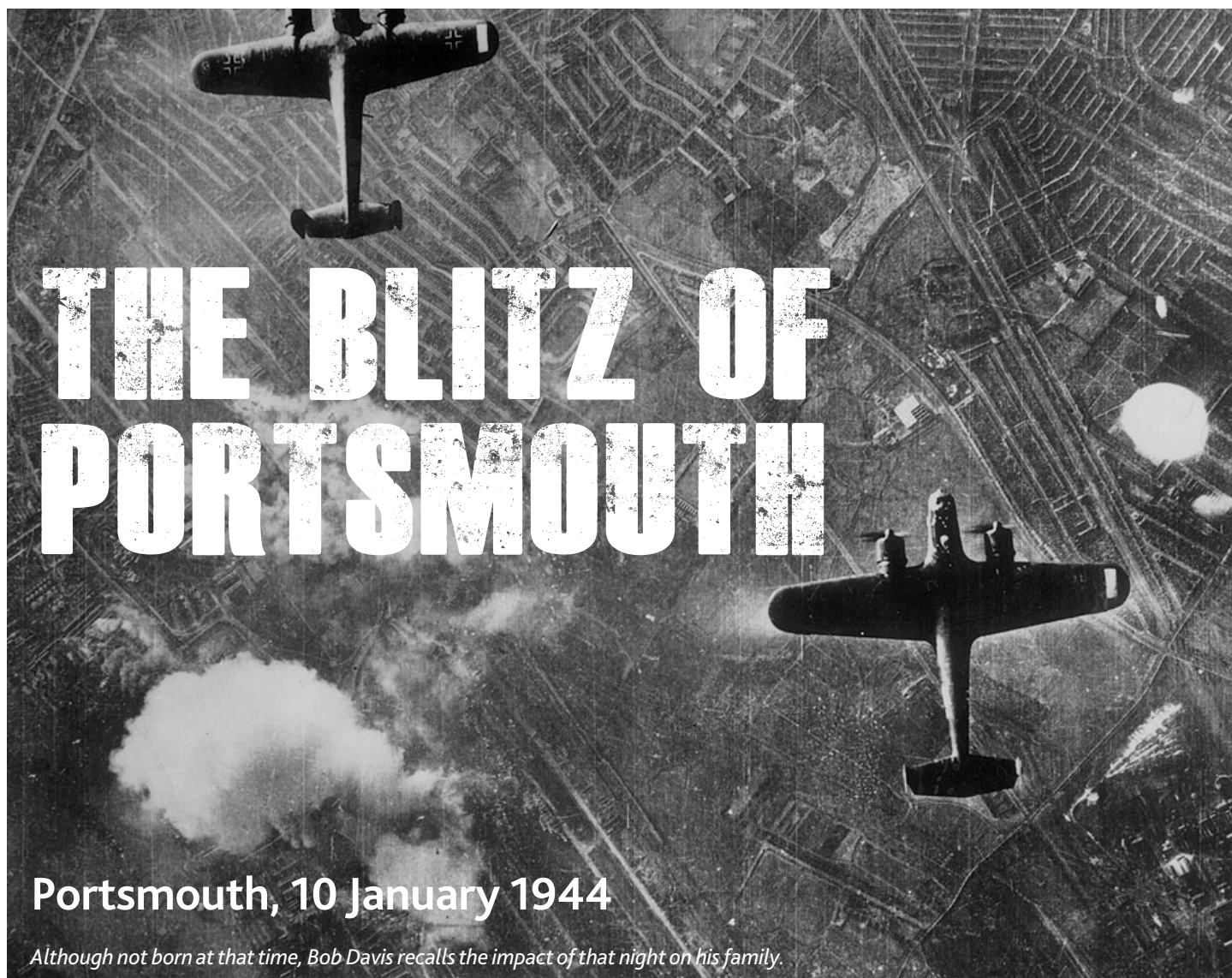
The ceremony started with the Military Wives Choir who performed 'Sing' as members of local schools, community groups, local residents and members of the 3 services carried flags into the square. Short speeches then followed. The Commonwealth Flag was raised by a Cadet representing the Lord Mayor, Councillor Lynne Stagg, while a bagpiper played. A message from Her Majesty the Queen was read out by the Vice Lord Lieutenant of Hampshire, Nigel Atkinson Esq. DL. We also enjoyed a dancer from the Bengali Community and an Indian dancer from the Prithvi Youth Dance Company. There were also songs from Portsmouth Music Hub Choir, Africapella Choir and another from the Military Wives Choir. The parade concluded with the departure of the flags, led by the bagpiper. Well done to the Events Team.

Nell Leaver Vice President – Portsmouth Pensioners Association

PORTSMOUTH PENSIONERS XMAS LUNCH 2013

The venue for the lunch was the Royal Maritime Club in Queen Street. 90 members enjoyed a 3 course meal plus all the trimmings. Alan Burnett, Chairman, introduced our guests, Mr. Dave Allen and his wife Lou. Dave is the expert on music in Portsmouth and spoke at one of our earlier meetings. Cyril Saunders said 'Grace' and added his usual cheery words which always sets the atmosphere for a happy meal together for all members present. A large raffle with 78 prizes sent most folk home happy. A big thank you for donations from Tesco, Co-op, Morrisons and John Lewis. Also to the 3 members who also gave donations which was so much appreciated. Peter Driscoll and all his staff gave us 5 star food and service. Huge thanks to them all. We look forward to our repeat visit on Friday 5th December 2014.





The Davis' lived in Waterloo Street, Southsea and were very familiar with the bombing Portsmouth had been subjected to during the war. They knew that when the Air Raid warning sounded they had to very quickly find safety in either the Anderson Shelter in their backyard or in one of public shelters scattered around the city.

Portsmouth experienced raids most nights so the family generally slept in a shelter. On the night of 10 January, they took refuge in the cellars of the Pearl Insurance building, now known as Mercantile House at the University of Portsmouth in Hampshire Terrace.

That night the first raid started at 7 p.m., it lasted for 2 hours with the next raid coming only 2 hours later. Nearly 300 raiders dropped 25000 incendiaries and hundreds of high explosive bombs on Portsmouth. The damage was unimaginable. 170 people died, over 400 were injured, 6 churches lost and the city's three major shopping

centres Kings Road, Palmerston Road and Commercial Road were destroyed. Portsmouth Guildhall also took a direct hit resulting in the building remaining an empty shell for the rest of the war.

The Corporation Records suggest that the leading German pilot "knew the city well as the first stick of bombs fell on the Electricity Station and put the City in total darkness".

Fires raged through the night because water mains were fractured; the Hampshire Telegraph called it "The Night of Terror"; the Portsmouth News "The Blitz of Portsmouth" and described how the "blood red glow" could be seen from the coast of France. This illuminated the Isle of Wight, the pitch black Solent and the city when the German Luftwaffe returned at 11.30 p.m. for another 2 hours bombing raid. Former Police Fireman Herbert Wallace described "a sea of flame" and seeing "the whole of Landport on fire."

During the lull after the second raid, air raid wardens arranged for transport out of the city for those who wanted to go. The Davis family and others went by bus to Purbrook village hall. The next day they were taken to Porchester where they were given food and clothing, from there they were sent to Stubbington and finally allocated a house in Hill Head. The following week Mr Davis salvaged what he could from their home taking it back by horse and cart. The family never returned to Portsmouth to live.

Between July 1940 and May 1944 Portsmouth suffered 67 air raids. There were 3 major attacks on 24 August 1940, 10 January and 10 March 1941. During the 4 year period of the Portsmouth Blitz 930 lives were lost, 1216 people hospitalised and 1621 sustained less severe injuries. Approximately 10% of the city's 63000 homes were destroyed and a further 6000 damaged.

Bob Davis.



Pensioners tackle MP over benefits

In February 2014 PPA members June Clarkson, Olive Turner, Sheila Thomson, John Walker and Lawrie Dwyer met Penny Mordaunt, Portsmouth North Conservative MP to discuss their concerns about a range of benefits which are considered essential for the wellbeing of all pensioners. The members asked the MP to seek assurances from the government and, with the March budget in mind, the Chancellor about the following:

- 1) Uprating of the state pension by
 - a) Inflation; or
 - b) average earnings; whichever is the higher but
 - c) not less than 2.5% (known as the Triple Lock Guarantee)
- 2) Universal concessionary travel (bus pass)
- 3) Winter fuel allowance
- 4) Free TV licences for those aged 75 +

PPA considers that all of these benefits are vital for Portsmouth pensioners.

The bus pass enables older residents to remain active and mobile, stay in contact with friends and relatives and access medical services. Ms Mordaunt agreed that bus travel in Portsmouth was expensive.

The homes of elderly people are often old, draughty and poorly insulated; the UK has amongst the highest death rate from hypothermia in Europe and therefore assistance with paying for heating is essential: the cost of funding this is less than 2% of the government's total welfare budget.

Television is necessary to keep people informed and is particularly important for those with limited mobility. For those dependant solely on the state pension the current TV licence fee of £147 could be prohibitive.

Penny assured the members that the uprating of the Basic State pension increases would remain aligned to the Triple Lock Guarantee. She added that in

January 2014 the Prime Minister, David Cameron, acknowledged that pensioners "...have worked hard and done the right thing; (the government) wants to give you dignity and security in old age and that additional benefits would remain for the duration of this Parliament".

Joy Foscett.



left to right - Sheila Thomson, Lawrie Dwyer Bobby Mc Donald, Joy Foscett, Jill Lea, John Harsant, Olive Turner, John Walker, Margaret Din

In April Penny Mordaunt MP hosted a summit entitled 'Meeting the needs of Older People' in Portsmouth, the objective being to identify key challenges and explore practical solutions in respect of elderly care provision in Portsmouth. This meeting focussed directly on service provision. A consultation exercise with older people in the city is proposed.

Pensioners Parliament Blackpool . 2014

17-19th. June. (travel up on Monday 16th. June). Booking fee £6.00. Forms from :- NPC Walkden House. 10 Melton Street LONDON NW1 2EJ

All pensioners can attend -no need to belong to a Group !

Solent City Chorus

Looking for entertainment?

'Male a cappella' four-part harmony chorus

Practice or performance we enjoy singing

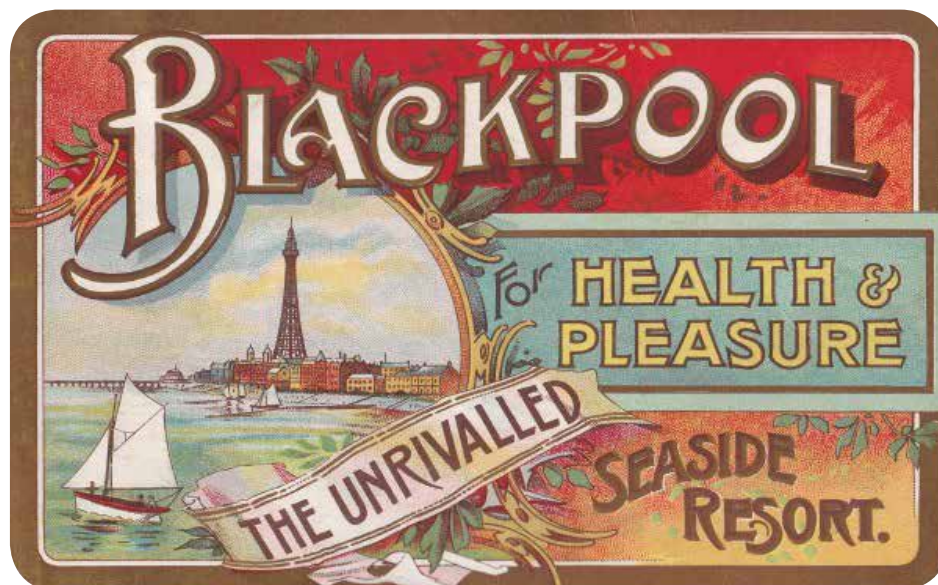
Confidence Building Stress Relieving Motivational

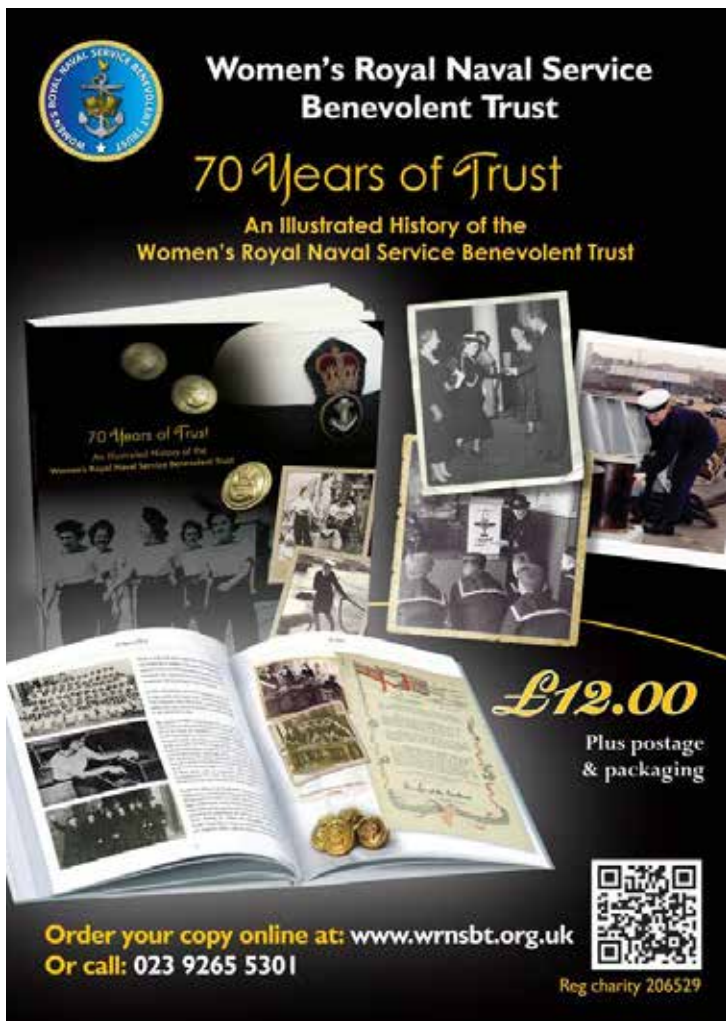
Entertaining rewarding Fun

join us or book us, speak to a chorus member.

www.singinportsmouth.org.uk

B&B in Blackpool are relatively cheap - (3 nights B&B and Evening Meal £75.00). Train Fare approx. £75.00. MARCH | RALLY | SEMINARS | WORKSHOPS | STALLS ! Any more info. June Clarkson . Sec. :92-874293





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Reg charity 206529



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Friendly company, normally groups up to 10 in number

Details of forthcoming walks:
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or See website
www.portsmouthhframblers.hampshire.org.uk



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For further information and to discuss your requirements please call :
Jeanette Edwards on 023 9279 4361
or email

By_Your_Side_Handyperson_Service@theyoutrust.org.uk



PPA Ethiopian Coffee and Chat event.

Funded by AGE UK, was held on 20 January 2014. The £180 raised was divided between the Lord Mayor's charity and Pompey Clinic in Awassa, Ethiopia.

A good time was had by all.
Audrey Walsh

Pompey Health Centre in Awassa



PPA will be raising £2000 to keep this much needed clinic for older people operating. If you would like to donate, please send a cheque to the treasurer - Roger Leaver, marking it 'Ethiopian Fund' on the back.



Photo courtesy of The News.

SOLENT CITY CHORUS:

Enjoy listening to the singing, get together, have fun, make friends, build community and get healthiersing!

You do not have to be good at singing to get enormous enjoyment and other benefits from listening to or doing it.

'The only thing better than singing is more singing,' said Ella Fitzgerald. Perhaps such a statement is to be expected from a world-famous artist with an era-defining voice, but she wasn't the only one to wax lyrical on the benefits of a good vocal performance. Even John Harvey Kellogg - Mr Cornflakes himself - had this to add in 1931: *"Singing promotes health, breathing, circulation and digestion."*

There is a wealth of research showing improvements in health for people with asthma, pain, heart problems, stress and can even help people with chronic pain. Singing can also increase friendships and promote a sense of community.

Others agree about the benefits of singing. *"It's almost indescribable,"* says singer and singing coach Helen Astrid. *"It's an incredible endorphin rush. You feel like you've got a spring in your step, you're being totally true to yourself. It is like making love in a way. You're using your whole body, everything is involved."* Colette Hiller, director of the campaigning organisation Sing The Nation, says singing brings people together; *"Think of a football stadium with everyone singing,"* she says. *"There's an excitement, you feel part of it, singing bonds people and always has done. There's a goose bumpy feeling of connection."*

This winter the 25 members of Solent City Chorus sang at a variety of venues including the Victoriana Festival at the Dockyard, Somerset Care, the Meridien Centre, Havant and various pubs in the Portsmouth and Fareham area. Funds raised support local charities such as Naomi House and The Rowans. They also sing at birthdays, weddings and other celebrations and events. The singing is a capella style (without instrumental accompaniment) with no music, singers learn from teach cd's.

At Solent City Chorus they sing a selection of classics such as, "Under the Boardwalk", "Can You Feel the Love Tonight", "My girl", "Amarillo" "Feelin'groovy" and "Cotton Fields".

The chorus is always looking for new members to come and join their friendly group. The age range of the Solent City Chorus is from 40+ to 80. They meet in Widley and regularly run beginners sessions. Practice is every Wednesday from 7.45 to 10.00p.m. Drop in and see what it's about, but let them know you are coming, just in case they are singing away from the Hall that night.

For more details please see our website www.singinportsmouth.org.uk or contact Ian Ayres ianayres2003@yahoo.co.uk or 07709 617348.

I have found the best way to give advice to my children is to find out what they want and then advise them to do it

(Harry Truman)

Charity knitting update

Another year on and members continue to put their knitting skills to good use, knitting for charity. A wonderful and worthwhile way to spend a wet, cold winter's evening.

This winter's knitting has brought forth some 32 lovely little teddies which have now been given to the Salvation Army for children in desperate need of something to cuddle. Thank you Eileen Cole for organising this.

Two more blankets have now been stitched together for Ugandan refugees, using a total of 160 knitted squares. Wonderful! Many thanks must go to Celia Tuohy and Ruth Taylor for completing this mammoth task. The finished blankets are truly a splendid sight to behold - beautifully warm and colourful. They must be greatly cherished in Uganda where nights can get very cold. The number of beautiful jumper tops knitted has surpassed all expectations, with 35 already received and now ready for collection. Our thanks must go to North End Womens Institute who have contributed greatly to our efforts by knitting numerous teddies and tops. Thank you, North End W.I. Members!!



Left to Right - Pat Snape, Muriel Cox, Mary Johnson, Ann, Celia Tuohy, Pat Street

When is an oatcake like a pancake? When its Derbyshire Oatcake.

Whilst staying in a B&B recently, I was served this item with my cooked breakfast. I had never come across it before and thought it would be of interest to readers. By the way, it was delicious and very filling. It can be served with either a sweet or savoury filling. Derbyshire oatcakes are normally 6-7 inches in diameter.

Ingredients

8oz / 250g oatmeal
8oz / 250g wholewheat or plain flour
One tsp salt
Half oz / 12.5 g fresh yeast
One and half pints / 800 ml of warm milk and water (half and half)
One tsp sugar

Method

- 1 Add salt to flour and oatmeal.
- 2 Dissolve yeast with some of the warm liquid and add sugar. Allow to stand until frothy.
- 3 Mix dry ingredients to rest of yeast mixture to make a batter.
- 4 Cover with a clean cloth and leave in warm place for one hour.
- 5 Bake on well greased griddle - alter the size by the amount of batter used on the griddle.
- 6 Turn oatcake after 2-3 minutes when upperside appears dry and underside is golden brown, cook for another 2-3 minutes.
- 7 Serve immediately eat while still warm. Oatcakes freeze well



Are all your ducks in a row?

As the daffodils and snow drops are starting to bloom now is the perfect time to have a 'spring clean' of your affairs. There are many factors to think about when arranging your personal affairs and it can be difficult to know where to start. Here are just a couple of examples to get you thinking:

Wills: Most of us know the importance of having a Will and many of you will already have a Will in place, but is it still right for you? Is there anyone you would wish to add or remove? Have your circumstances changed? Now may be the time to review your Will.

LPAs: You may find yourself in the unfortunate situation where you are unable to manage your affairs and need someone to do this on your behalf. This can be done by creating a Lasting Power of Attorney. This is a legal document by which you appoint those who you trust to look after your affairs should you not be able to. LPAs are becoming increasingly important.

These are just two of the issues you may wish to consider. There are other issues, such as care home fee planning and Inheritance Tax, about which you may wish to speak to a legal advisor.

We often put off doing our spring cleaning, but we feel much better when it's done. Perhaps now is the time to start yours?!

Lauren McIntosh
Solicitor
Churchers Bolitho Way



Joan Mary Smee

1918 - 2014

I met Joan 25 years ago when she was 70 going on 50! One of the things that I admired in Joan was her enthusiasm and hard work. Everything she did had to be done correctly, whether it was organising a Table Top sale, being the Chair on some trust, leading a Bible Study group, making balaclavas for the seamen, I could go on forever as the list is endless.

Joan went to a private school but on leaving, failed the exam which she needed. She spoke to her father about joining him in his business, which she did. As always, she worked hard. As a business woman and carer she excelled. She had always helped her mother to look after her handicapped sister and then nursed her mother until her death. She then nursed her father all the while, still running the business. Later her brother Steve became ill and once again Joan came to the rescue and cared for him until he died. Joan had a very hard life but she never saw it that way. She felt that failing her exam all those years ago was the Lord leading her and so it was never a burden to her. She never talked much about her achievements and the only reason I know about her life is through playing Scrabble over a period of time. Needless to say she had been a Scrabble champion! Joan will be missed by a great many people and by the many charities she worked so hard for.

Shirley Parker



Rosemary Bark

Rosemary died on 4th December aged 83. Although Rosemary had not been able to attend PPA meetings for some time due to ill-health, she was for many years an ardent campaigner for pensioners issues, often carrying the pensioners banner. She joined us in the campaign to save the pension book in the 1990s and also came with us to Southampton for a march and rally in support of the Pensioners Manifesto. She came regularly with us to lobby Parliament and on one occasion to Brighton for an NPC fringe meeting at the Labour Party Conference. She also attended the Pensioners Parliament in Blackpool many times as our delegate and was also a delegate at the NPC Wessex Regional Council in Southampton for many years.

One of a large family from Hereford, she met and married a German POW and eventually they and their young family went to live in Germany. She returned to England in later life, but part of her remained forever in Germany with her children.

Rosemary was, for a short time, membership secretary of PPA. Thank you Rosemary for all the campaigning and work you did for the Portsmouth Pensioners. It was always much appreciated.

June Clarkson



Derek Bockett

Derek Bockett died on November 23rd. He will be remembered fondly by many PPA members who joined him on his Healthy Walks. He was a life long Pompey supporter and a fierce campaigner for those living with diabetes, which he himself had for many decades.

In 2009, he joined the Walking for Health campaign after his wife died and a year later became a volunteer walk leader. He had time for everyone and is remembered with great affection by all who knew him. A plaque has been erected at the Point in Old Portsmouth near the Still and West pub to remind us all of his achievements in fighting illness and to encourage many of us to keep fit and enjoy walking together.





Insight into the work of the Portsmouth Food Bank

The Portsmouth food bank is located at the Kings Church, Elm Grove, Southsea. A party of Portsmouth Pensioners' Association members met food bank coordinator, Jackie Peters on 12 March 2014 for a tour of the premises and to learn about the work of the centre. Ms Peters told us that food is distributed to those with appropriate vouchers. These are allocated to people in need by social services, the Department of Work and Pensions (DWP), schools and Carers for the elderly. Claims are made by those who have lost their benefits, who have been adversely affected by changes to the Benefits system and working families on low income who find that they have no disposable income left over for food. Christmas was a very busy time for the centre with extra vouchers being provided. Food was collected from supermarkets by volunteers and pots, pans, blankets and nappies were also distributed. Demand at the Food Bank more than doubled in January 2014 compared to the same month last year. Ms Peters said that many people are in tears when collecting food. In the spring the Kings Church will be offering basic cookery classes for those with limited catering skills.

A letter to the media dated 20 February 2014 was signed by the Bishop of Chichester, Martin Warner and 25 other Anglican Bishops, Methodist Chairs of District, Quaker and United Reform Church leaders. They expressed concern about the high number of people visiting food banks in the UK and, with particular reference to older citizens, said *"Tens of thousands of older people must choose between heating or eating each winter as food prices have risen by 30% in just 5 years...there is an acute moral imperative to act...this is a National crisis and one we must rise to, by supporting Food Banks."*

Portsmouth Pensioners Association has a collection at their monthly meetings and volunteers will again be collecting food from supermarkets this summer.

June Clarkson.

Joan Brown,
cancer survivor



Like many of you, I received a leaflet recently from NHS/ Cancer Research UK reminding me of the need to maintain my access to breast cancer screening. This took me back to a PPA campaign in the mid 1990s which originated because we felt that older women were being discriminated against by not being routinely invited for screening after the age of 64 years. This current leaflet recognises, as we did then, that 1 in 3 women who get breast cancer are over 70. It aims to encourage women above this age to organise a screening appointment. It has taken all these years for the NHS to acknowledge the increased risk for older women, yet still we are not, as a rule, sent an invitation as younger women would be. It is perhaps easier for us to forget an appointment is due as time slips by. Not to offer routine screening is discrimination and is unacceptable. Portsmouth Pensioners Association intend to once again mount a vigorous campaign on this issue and we trust we can count on your support and help in our efforts.

Muriel Deacon President PPA



Disabled Persons Rail Card - Are they worth buying?

Audrey Walsh, PPA member, finds out.

As a registered deaf person Audrey is eligible for a railcard. She picked up an application form from her local railway station; completed the details; attached proof of eligibility and cheque for £20 and sent it off. 2 weeks later she was very pleased to receive her card.

Rail Cards are available for anyone who is:-

- 1) In receipt of
 - a) Disability Living allowance/ or Personal Independence Payments
 - b) Attendance Allowance
 - c) War Pensions Mobility Supplement
- 2) Registered as having
 - a) A Visual Impairment
 - b) Deaf /using a Hearing Aid
- 3) Suffering from epilepsy

The cost of a rail card is £20 for one year or £54 for 3 years. It entitles the holder to 1/3 off the rail fare and if travelling with an adult companion they will also get 1/3 off.

Audrey's impression was that it was well worth while making the application and she now looks forward to enjoying many happy rail journeys.

The great thing about growing older is that you don't lose all the other ages you have lived through
(Madeline L'Engle)

To me old age is always 15 years older than I am (Bernard Baruch)



Please don't be tempted to use a loan shark

• They might pretend to be your friend at first, but can be expensive and dangerous;

• You could pay them back for years, with no dent in the original loan;

• They won't just harass you, they'll target your family and friends too

Loan sharks may be operating in your area- illegal money lenders who don't have a Consumer Credit Licence.

For confidential help and advice call: 0300 555 2222

Email: reportaloanshark@stoploansharks.gov.uk

Text: "loan shark" and your message to 60003

We can provide support and advice as soon as you contact us and remember that you will not get into trouble with the authorities - it is the loan shark that is breaking the law!

I get up before anyone else in my household, not because sleep has deserted me in my advancing years, but because an intense eagerness to live draws me from my bed

(Maurice Goudekett)

My experience of shingles

My experience of this painful infection is of sitting up in a chair with my head resting on a table to sleep. This was because it was too painful to lie down. As my clothes rubbed against my skin it felt as if my skin was being torn off my body. A mixture of burning, stinging, and a feeling of thousands of needles piercing my body I had to endure for several weeks. By the fourth week the rash began to fade and the blisters started to heal, but I needed an assortment of painkillers to help cope with the ongoing pain. My doctor cheerfully told me at the time that the pain can go on for some weeks. Whilst I sat wondering how long is 'some weeks', I was not brave enough to ask.

Audrey Walsh

What is shingles?

Shingles, also known as herpes zoster, is a painful skin rash caused by the reactivation of the chickenpox virus (varicella-zoster virus) in people who have previously had chickenpox.

It begins with a burning sensation in the skin, followed by a rash of very painful fluid-filled blisters that can then burst and turn into sores before healing. Often an area on just one side of the body is affected, usually the chest but sometimes the head, face and eye.

Who can have the shingles vaccination?

Shingles vaccination is offered routinely as part of the NHS vaccination programme for people aged 70 or 79. The first people to have the vaccine will be those aged 70 or 79 on 1 September 2013.

If you were aged 70 or 79 on 1 September 2013 but become 71 or 80 before attending for vaccination, you will still be able to have the shingles vaccine.

If you are aged 71 to 78 on 1 September 2013, your next opportunity to have the shingles vaccine will be after you have reached the age of 79.

The brand name of the shingles vaccine given in the UK is Zostavax.

Can I have the shingles vaccination privately?

The shingles jab is available privately for anyone over the age of 50. It's expensive and in very short supply, though. Expect to pay between £100 and £200. Your GP can advise on whether it's safe for you to

have, but you may need to visit a private clinic to arrange this.

How is the shingles vaccine given?

As an injection into the upper arm.

How does the shingles vaccine work?

The vaccine contains a weakened chickenpox virus (varicella-zoster virus). It's similar, but not identical to, the chickenpox vaccine. Very occasionally, people have developed a chickenpox-like illness following shingles vaccination (fewer than 1 in 10,000 individuals).

How long will the shingles vaccine protect me for?

It's difficult to be precise, but research to date suggests the shingles vaccine will protect you for at least three years, probably longer.

How safe is the shingles vaccine?

There is lots of evidence showing that the new shingles vaccine is very safe. It's already been used in several countries, including the US and Canada, and no safety concerns have been raised. The vaccine also has few side effects.

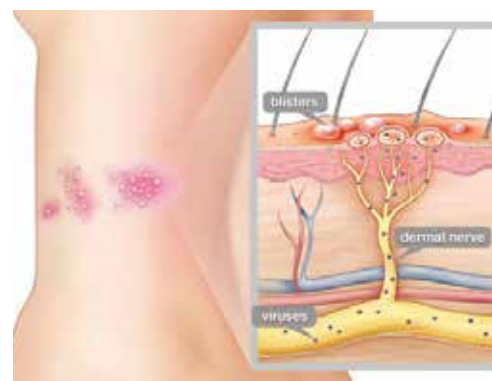
How is shingles spread?

You don't "catch" shingles – it comes on when there's a reawakening of chickenpox virus that's already in your body. The virus can be reactivated because of advancing age, medication, illness or stress and so on.

Anyone who has had chickenpox can get shingles. It's estimated that around one in five people who have had chickenpox go on to develop shingles.

People tend to get shingles more often as they get older, especially over the age of 70. And the older you are, the worse it can be. The shingles rash can be extremely painful, such that sufferers can't even bear the feeling of their clothes touching the affected skin.

The pain of shingles can also linger long after the rash has disappeared, even for many years. This lingering pain is called postherpetic neuralgia (PHN).



Looking for something to do?

BOWLS

If you've ever fancied trying lawn bowls or want to try- contact Copnor Bowling Club on 92641705 or email dandipowe@talktalk.net

CRIBBAGE

A group meets Fridays 10-12 in Milton Village Hall- cost £1 including tea and coffee. Tel 92873788 for this and other regular events including curling and social trips and other events

DICKENS

The Dickens Fellowship has changed their venue and now meets at John Pounds Community Centre on the second Tuesday of the month 2.30 – 4.30. Tel 92382241 or 92664205

DOCKYARD

Some of our members are regulars of the Naval Tea Club which meets quarterly. This is a social event for seniors with tea, chat and reminiscence based on different themes, artefacts and archives..Forthcoming dates are 10th June, 9th September and 2nd December from 2pm to 4pm. Free admission but booking required. Tel 92727595

Call the same number for a new event HMS- Peoples Stories Coffee Morning. Discover some of the amazing people behind the Navy over the past 100 years whilst enjoying your morning coffee. First Wednesday of the month 10.30 – 12. Booking essential.

GARDENING

The Stacey Orchard has lots of jobs to help maintain the garden including watering, weeding, mowing, sowing, pruning, harvesting and more. All tools, gloves and of course tea and biscuits are provided. Meet at the Stacey Centre on a Wednesday morning with other friendly volunteers. Tel 92617618

KNIT AND NATTER GROUP

First Tuesday of the month 2-4 at Fratton Community Centre. Informal sessions for beginners and more experienced knitters £1.50 including tea and biscuits. For this and other social groups contact Julie Roberts Portsmouth City Council 92688905

WALKING

Walking Friends Portsmouth has a choice of 2-3 mile walks each week and also meets monthly for longer country walks. For full details see their website

www.walkingfriendsportsmouth.org.uk

Portsmouth Healthy Walks including walks along the seafront and other parts of the city are supported by PCC but are led by volunteer walk leaders. Details in PCC leaflet, website, Portsmouth News guide or tel 92688390.

Other activities including fitness classes, social gatherings, outings can all be found in PCC leaflet Social Activities Club for people aged over 50 or by contacting the Independence and Well Being team at PCC on 92688390



Join the U3A today:
Because **life is for learning**

www.U3Asites.org.uk/portsmouth
Diana Swann Tel .92820317

The
RENAISSANCE
Choir
**ALLEGRI
MISERERE**

Music for trumpet and choir.

Saturday 19th July 7.30pm

Church of the Holy Spirit,
Southsea.

Programme also includes
works by *Byrd,*
Gabrieli and MacMillan.

Tickets available from
website, or by calling
023 9247 5259.

www.renaissancechoir.org.uk



GARDENING FROM BRIAN KIDD FOR MID MAY 2014.

THIS WEEKS TOP TIP

When planting up a container for summer flowers, pop in 2 lettuce plants called Salad Bowl. These are bright looking plants with curly leaves and no one will ever notice you are growing lettuce. When you need some to eat, cut off just what is needed with scissors and within a week or so, the plant will produce more leaves for picking through the summer.

JOBS FOR THIS WEEK

In Portsmouth and Southsea this is an excellent time to plant out the summer flowering plants in beds, borders, containers and baskets, just avoid windy days, it makes the job difficult and the plants don't like strong winds. For poor soils in very dry hot sunny spots, you won't beat geraniums!

Plant out leeks now. These popular winter gems are very prone to attacks of Leek Moth which devastates the foliage and destroys the heart of the crop. Lots of gardeners ask me what has gone wrong with the crop, they have never had this problem before.

Beat this pest by covering the seed sowing with insect barrier netting and as soon as the young plants are set out in rows, cover the plants with insect barrier netting suspended on plastic water piping. Put wooden dowels in the ends of the piping to make it easier to be pushed into the soil. Just think, the crop must be covered to prevent the flying moth from laying eggs which hatch out as caterpillars which are very difficult to see because they are exactly the same colour as the veins of the leek leaf.

Slugs are now very active, go into the garden early in the morning, pick them off and give them a quick size 8 on smooth paving.

Sow seeds of F1 hybrid Brussels sprouts. If you have already planted out early varieties, choose another one which will produce sprouts in January to March. The seeds are quite small. Sow single seeds into insert cells the size needed is 24 cells to a standard seed tray. F1 hybrid seeds are expensive but the Brussels sprouts are well behaved and they don't turn into miniature cabbages like the old fashioned types.

Clematis plants are now growing rapidly, encourage the shoots to grow upwards, clematis support frames don't cost a fortune. Give all Clematis a feed using Maxicrop for tomatoes, you will find this at Keydell Nurseries and you will be amazed at the transformation in growth and repeat flowering. Remember too, Clematis love moist soil

Short rows of lettuce, spring onions and beetroot can be sown, sow thinly so that the hoe can be used between the rows. Beetroot looks good in a flower border.

Sow seeds of sweet corn in the greenhouse. These will be ready to plant out in blocks 15 inches between plants with 15 inches between rows in 3 weeks time.

Plant out runner bean seedlings but cover them if frosts are forecast. Everyone should try to grow runner beans, they are the most nutritious vegetable, everyone loves them especially if grandma cooks them! Plant some in a flower border.

Dignity Code

launched on 22 February 2012 in the House of Commons. The purpose of this Dignity Code is to uphold the rights and maintain the personal dignity of older people, within the context of ensuring the health, safety and wellbeing of those who are increasingly less able to care for themselves or to properly conduct their affairs.

This Code recognises that certain practices and actions are unacceptable to older people, such as:

- Being abusive or disrespectful in any way, ignoring people or assuming they cannot do things
- Treating older people as objects or speaking about them in their presence as if they were not there
- Not respecting the need for privacy
- Not informing older people of what is happening in a way that they can understand
- Changing the older person's environment without their permission
- Using unnecessary medication or restraints
- Failing to take care of an older person's personal appearance
- Not allowing older people to speak for themselves, either directly or through the use of a friend, relative or advocate
- Refusing treatment on the grounds of age

This Code therefore calls for:

- Respect for individuals to make up their own minds, and for their personal wishes as expressed in 'living wills', for implementation when they can no longer express themselves clearly
- Respect for an individual's habits, values, particular cultural background and any needs, linguistic or otherwise
- The use of formal spoken terms of address, unless invited to do otherwise
- Comfort, consideration, inclusion, participation, stimulation and a sense of purpose in all aspects of care
- Care to be adapted to the needs of the individual
- Support for the individual to maintain their hygiene and personal appearance
- Respect for people's homes, living space and privacy
- Concerns to be dealt with thoroughly and the right to complain without fear of retribution
- The provision of advocacy services where appropriate



This month the NPC will be launching a 12 week nationwide consultation that will help shape its Pensioners' manifesto for the 2015 general election.

A simple survey will offer people a list of various issues and ask them to pick their top five concerns. It is hoped that thousands of forms will be completed by affiliates and their members, as well as by the general public. In 2010, the NPC produced a Pensioners' Manifesto which was put before hundreds of candidates. At that time, the key issues were raising the basic state pension to above the official poverty level, free long-term and social care, good local services funded through income tax rather than council tax, free UK-wide travel on all forms of public transport, an end to age discrimination and a winter fuel allowance of £500 per household.

The consultation will run from 6 March to the 6 June and copies of the survey form can be found on the NPC website or are available on request from the NPC office. The NPC hopes to announce the main findings of the consultation during the Pensioners' Parliament in Blackpool.



Mirror Image

*I look in the mirror
and here's what I see
My mother's face seems
to look back at me
And my father's hands seem
attached to my arms
His nails and his fingers,
his thumbs and his palms.
Biological nonsense!
Genes all out of place,
My father is washing my
mother's face.*

By Helen Eleven - Helen wrote in to say that she was inspired to write this short piece when thinking about how we age like our parents. How right she is!

Portsmouth Pensioners Association

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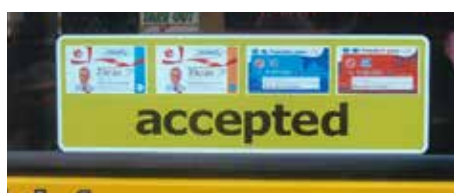
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QUIZ

1. In what year did Portsmouth receive its first charter?
1094, 1194 or 1294
2. How many free events were included in the 60+ Festival held during October, 2013?
108, 118 or 128
3. How many bus stops are there in the city?
513, 613 or 713
4. Nationally what % of those eligible for a bus pass actually claim it?
69%, 79% or 89%



5. How many senior bus pass holders are here currently in the city?
22,700, 25,700, or 27,000
6. How many people aged 75 and over live in the city?
12,000, 13,000 or 14,000
7. What % of those aged 75 and over in the city have access to the internet?
12%, 22%, or 32%
8. When were 'baby boomers' born?
During the war, in the first 5 years after the war, or between 1945 and 1965
9. When was the first non-contributory, means tested, state pension for people aged 70 and over introduced in the UK? *1708, 1808, 1908*
10. How many men from Portsmouth were killed in the 1st World War on the western front or in the Navy? *4000, 5000, or 6000?*
11. According to a study by WRVS what is the value in pounds of all the caring and volunteering done by older people in the UK? *24billions, 34 billions or 44 billions*
12. When was PPA established? *1981, 1991, or 2001*

13. In which city is the 'Pensioners' Arms' located?
Bournemouth, Brighton or Southampton

14. How long can women aged 65 expect to live in Portsmouth on average?
Another 11 years, 21 years or 31 years

15. Between 2000 and 2009, pensioner poverty in the UK fell from 2.8 million senior citizens to 2.4 million, 2.0 million or 1.8 million?

16. How many older people in Awassa, Ethiopia visited the Pompey clinic (which is funded by PPA) during the last 3 years? *2,779, 3,779 or 4,799*

17. In the UK between £3.7 billion and £5.5 million of income related benefits are unclaimed annually. If claimed pensioner poverty would be reduced by 20%, 30% or 40%?



18. One of the founders of PPA – Bill Webster – like a famous singer -came from which Lancastrian town?
Blackburn, Accrington, or Rochdale

19. What % of admissions to hospitals in the UK are by those aged 65 and over?
55%, 65% or 75%

20. When did Pompey win the FA Cup in recent years?
2007, 2008, or 2009



PPA Portsmouth Pensioners' Association



PORTSMOUTH WORD SEARCH

P E Y H X E L N V Q A E T J V
O O B V B I O M G F S Z P V H
D N R U A S H O S O V Q J S R
C O L T L N S D R A Y K C O D
I T M E S P L Y Q G X D O U I
R T N U O M R A S O E N N T C
O A D R S A O P Y X Q A A H K
T R T V M D I U X O O L N S E
S F H J X N E Y T D R S D E N
I Y G B N K O I I H G I O A S
H C B A G U N W H A R F Y H D
I Y K D R A B M A S I F L V W
R E V I C T O R Y H G Z E F C
R V P U M I J Z M Y E P M O P
Y Q U M Y Y I S Z G P V E E I

CONAN DOYLE
DOMUS DEI
GUNWHARF
ISLAND
POMPEY
SOUTHSEA

DICKENS
FRATTON
HISTORIC
MARY ROSE
PORTSMOUTH
SPINNAKER

DOCKYARDS
GOSPORT
ISAMBARD
NELSON
ROYAL NAVY
VICTORY

		7	6		5		
9	2						7
		1	5	9			
4						2	3
			1				9
8	9		3	4			
1		4					
	7				8		
	3						1

SUDUKO

8	1			4		3	5
	6				8		
		7	1				9
		9		5	2		
2					1	8	
					7		1
6		8		3	9		
5	3			6			

S O P P Y P I O N E E R M E N

GUESS THE ANAGRAM?

NOTES:

THE ANSWERS - NO CHEATING!
1- 1194, 2- 118, 3- 613, 4- 79%, 5- 27,000, 6- 14,000, 7- 22%, 8-
between 1945 and 1965, 9- 1908, 10- 6000 11- 44£billion, 12- 1991,
13- Southampton, 14- 21 years 15- 1.8 million 16- 4,799, 17- 40%, 18-
Rochdale (+Grace Fields), 19- 65%, 20- 2008
ANAGRAM - POMPEY PENSIONER!!!

5	3	8	2	7	6	9	1	4
2	7	9	4	1	8	3	5	6
1	6	4	9	5	3	7	8	2
8	9	2	3	4	5	6	7	1
7	5	3	1	6	2	4	9	8
4	1	6	7	8	9	2	3	5
6	4	1	5	9	7	8	2	3
9	2	5	8	3	4	1	6	7
3	8	7	6	2	1	5	4	9
8	1	2	9	4	6	3	5	7
9	6	3	5	7	8	1	4	2
4	5	7	1	2	3	6	8	9
1	8	9	3	5	2	4	7	6
2	7	6	4	9	1	8	3	5
3	4	5	6	8	7	9	2	1
7	9	4	8	1	5	2	6	3
6	2	8	7	3	9	5	1	4
5	3	1	2	6	4	7	9	8

Our thanks to...

Pompey Pensioner thanks a number of people for their support in the production of this journal. Sorry if we miss anybody out.

Thanks to Age UK, Portsmouth City Council, Wessex Pensioners' Convention and our 'umbrella' – the National Convention for information and help. Portsmouth Pensioners' Association and its officers are determined to keep Pompey Pensioner on the map and Ideas, suggestions and comments are welcome. Please send written contributions for future editions of Pompey Pensioner to:

Jean Curry 90 Napier Road, Southsea PO5 2RB

Email: jeancurry@talktalk.net

Geraldine Johns 31 Down End Road, Drayton, Portsmouth PO6 1HU. Email: iadine31@yahoo.co.uk

to advertise in our next issue.

All contributions are subject to editorial adjustment and we may edit for length.

P.P.A. Meetings 2014

Speakers at our monthly meetings - the first Monday in the month at 1.30 in the Council Chamber of the Guildhall.

Monday June 2nd AGM

Speaker - Rear Admiral David Bawtree

Chair The Warrior Trust

Monday July 7th

Speaker - Dominic Briant The Red Cross

Monday August 4th

Speaker - Archivist John Sadden WW1 1914

Have your say

The campaign for a better deal for Britain's over sixties goes on.

You may well ask **"what can I do about it?"**

Firstly, Join the Portsmouth Pensioners' Association

(Subscription: Just £5 a year – See below for details)

There's strength in numbers!

Then, If you are able, get involved.

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The Campaigning Voice for Pensioners in Portsmouth

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If you are interested in joining the Portsmouth Pensioners' Association please complete the membership form below with a cheque for £5.00 made out to 'Portsmouth Pensioners' Association' and send (with stamped addressed envelope) to:

Sue Heather at 8 Dymond House, Gisors Road, SOUTHSEA PO4 8GZ Tel: 023 9229 7719

Name:

Address:

Postcode:

Tel No: Email:

We give notice of monthly meetings of the Association to be held in Portsmouth Guildhall Council Chamber on the first Monday of every month except when that Monday is a bank holiday. Throughout the year a variety of speakers attend our meetings with an opportunity for members to ask questions and debate subjects of interest particularly to the older generation. The meetings begin at 1.30pm and are generally well attended so early arrival is recommended. The meetings are structured formally but members are invited, indeed encouraged, to participate fully in all our discussions, so that we may better represent the feelings of older people. Portsmouth Pensioners' Association (PPA) is a campaigning organisation Portsmouth Pensioners' Association is affiliated to the National Pensioners' Convention (NPC)