



VIEW FROM THE CHAIR

Thank you once again to our hardworking editors for putting together another informative and readable edition of

'Pompey Pensioner'.

Editing other people's work is not an easy job so please don't give them any grief. Necessarily some offerings have had to be shortened and some left to a later edition. Also it is only right that our members' contributions take precedence when we have too much material to squeeze into a limited space. Don't forget we all give our time voluntarily, even though PPA has benefited from the National Lottery fund and grants from other charities.

As usual we are greatly indebted to Lee and Laura Asher from 'Asher design and print' for making the magazine so pleasing on the eye.

Our magazine is widely recognized as being one of the best of its kind in the country, and is distributed by us to over 10,000 older people in the city. It is also read by others in the Portsmouth region (including patients from Gosport, Fareham, Waterlooville, and Havant who pick up a copy at QA and St Mary's hospitals). Electronic versions are circulated nationally by Age UK.

Portsmouth Pensioners' Association was set up over 25 years ago to campaign for a better deal for older people. In this edition you will find information about of a new report we have written on making Portsmouth an 'age friendly' place to live. We outline what our members have told us needs doing and an action plan to map out the way forward. We would very much like your views on our proposals.

In the last edition we included a list of promises which the current Government made in order to win the last general election (regardless of the EU Referendum and change of Prime Minister). We have to make sure that the Government keeps its pledges on funding the NHS and social care, the triple lock on pensions, and greater accessibility to GPs. So you will find in

this edition a report on our lobby of Parliament organised by the NPC.

It's a great idea to find out about the early jobs that older people did before, during and after the Second World War. And what a different world of work it was when we were paid our first wages and enjoyed spending what today seem to be pitifully small amounts of cash. My friend Mike worked in the dockyard, including clearing asbestos from the pipes of Royal Navy warships with little or no protection.

One of my early jobs was on a night shift at Nestles – we were employed on maintenance (not much health and safety in evidence) – cleaning out the huge revolving metal drums in which milk was dried into milk powder. On one occasion I was spread eagled inside one of the drums, brushing madly when I heard a tearing sound and found that my jeans had split apart. What to do next? It was summer and I had no overcoat. I had to walk through Carlisle city centre to catch the No.25 bus home. I had no wish to reveal all to passers-by on their way to work!

I will tell you what happened next in the 50th edition of Pompey Pensioner

PPA meet MP's

On 2nd November 2016, a 6 person delegation from PPA travelled to London to join the lobby of Parliament organised by the National Pensioners' Convention.

We held a rally in front of the statue of George V opposite the House of Parliament where Alan and Steve hoisted the PPA banner. A photo of this was used by the BBC to illustrate an article about the Triple Lock on their website. We joined the queue to negotiate all the security checks required in order to enter Parliament. We assembled to hear speeches by Heather Wakefield of Unison, Ian Blackford, an SNP MP and Shadow Chancellor John McDonnell. All spoke passionately in favour of different older peoples' causes championed by the NPC. John McDonnell was heavily applauded for pledging that the Labour Party would support the Triple Lock on state pensions beyond the 2020 election.

The PPA contingent then went to meet Portsmouth South MP, Flick Drummond. It is probably fair to say that the PPA members who made up this particular delegation were not natural supporters of the Conservative Party, but we were all highly impressed by Flick and her understanding of the needs of older people both nationally and in Portsmouth. She told us about the Older Persons' Fair she was organising on February 16th at the Cathedral. This was very successful and well attended. PPA held a stall that was very busy and popular throughout. We have since heard that the Conservatives are supporting any of their MPs who wish to host a similar fair, but an internet search shows very little evidence of many others actually taking place, let alone being as well organised and supported as Flick's.



Finally, we went to the House of Lords for an audience with Lord Judd, who as Frank Judd represented the Portsmouth West, then Portsmouth North constituencies between 1966 and 1974. He and Alan shared several reminiscences of Portsmouth in between his telling us of his work for the Lords' EU Justice Sub-Committee. He both fascinated and frightened us with his tales of how massive and complicated the legal work generated by our leaving the EU will be.

Quite a busy and active day, but we returned to Portsmouth feeling well informed and that the day had been well spent.

Rob Birznicks

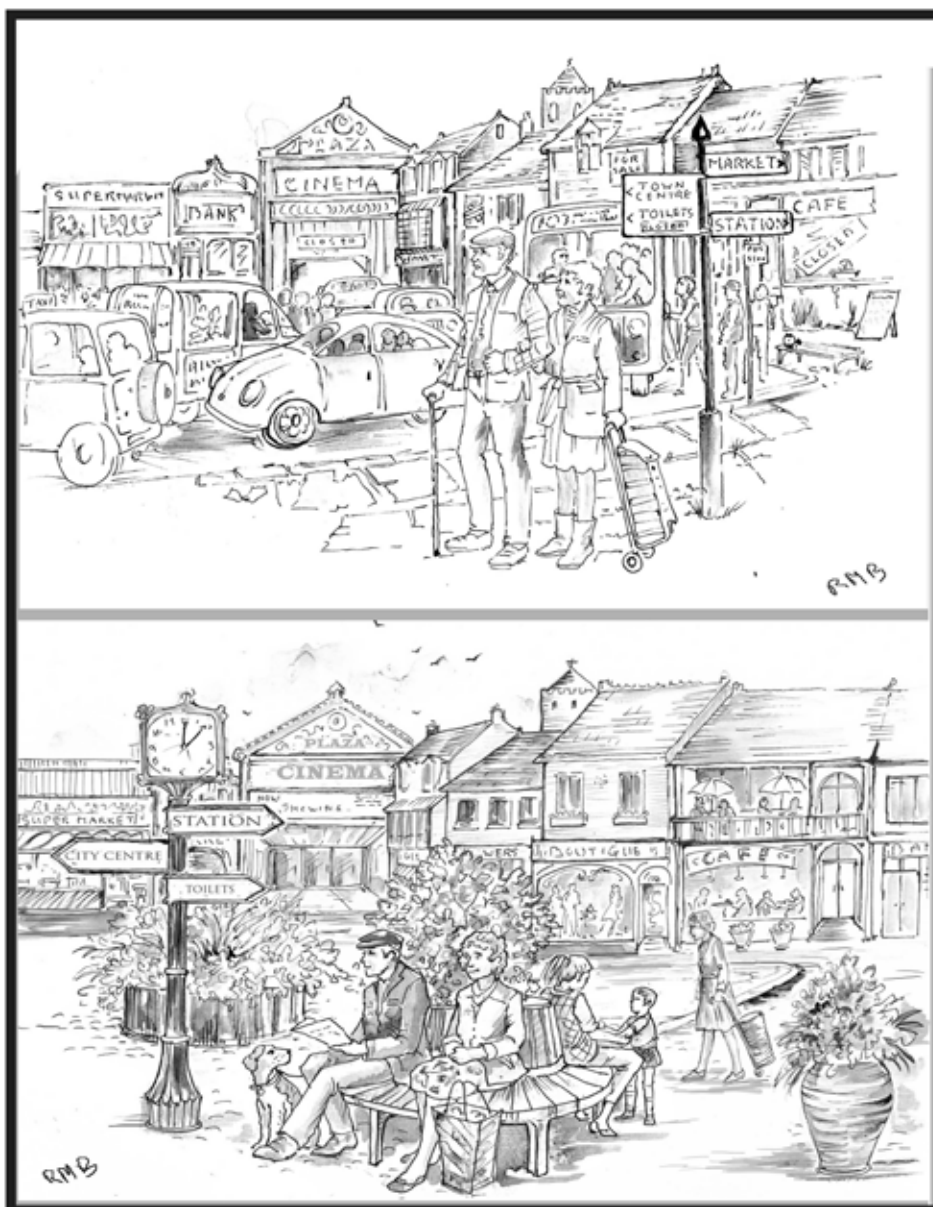
Making Portsmouth a more Age-Friendly city

A substantial report examining all the issues involved is being published by Portsmouth Pensioners' Association (PPA) this year.

260 cities and communities globally have agreed that an age friendly city is one, as defined by the World Health Organisation, which has "policies, services and structures relating to the physical and social environment designed to support and enable older people to age actively, to live in security, enjoy good health and continue to participate fully in society" The PPA report identifies good practice in towns and cities in the UK, analyses the results of a survey of its members and puts forward proposals and an action plan to improve the environment and services in Portsmouth for the benefit of pensioners and others.

30 possible initiatives with potential to improve the life locally for pensioners include improvements in bus services, keeping police stations open, better access to health care, making pavements safer, increasing social housing and keeping public toilets open. In order to become an Age-Friendly city the report concludes that Portsmouth City Council should provide the following:-

- Suitable homes and facilities with adequate parking in clean and safe residential streets
- Accessible and properly funded health and social care services
- Adequate information and full digital inclusion
- An increase in work and volunteering opportunities



- Affordable leisure provision
- Facilities to enhance inter-generational respect and cooperation
- A delivery plan will be produced following consultation on the report.
- Portsmouth Pensioners' Association wants to hear from older residents in the city with their views on
- Aspects of Portsmouth they find commendable or deplorable
- Policies and service provision within the city.

Contact Alan Burnett or Norman Graves for a full copy of the report and with comments at alanburnett@live.co.uk ngraves@ntlworld.com

What the papers say

The Independent 6 February 2017

Over-60s urged to keep working for health reasons...and to ease Brexit.

A plan to dissuade older people from

retiring early has been announced by the Government to help offset an expected fall in numbers of foreign workers after Brexit.

The move comes amid warnings that the UK faces a demographic crisis, with the over-50s forecast to make up more than half of the adult population within 20 years.

The Guardian 22 February 2017

Life expectancy will soon pass 90 years, scientists forecast.

The predictions of increasing lifespans highlight public health and healthcare successes, Prof Majid Ezzati, lead author of the report comments, adding "it is important that policies to support the growing older populations are in place. In particular, we will need to both strengthen our health and social care systems and to establish alternative models of care, such as technology-assisted home care."

PPA ACTIVITIES

Our monthly meetings, held in the Council Chambers have the benefit of both interesting and informative speakers. A wide range of topics have been covered, and we look forward to a variety of talks in the coming months.

Subjects such as I.T benefits for pensioners, The History of Portsmouth's Working Class, Age related campaigns by the NPC, Jubilee House Hospice Care, (see page... for more info.) The Marine's bandmaster, Transport in our area, Smart Meters , U3A and many others. There's always time allocated to questions from the floor. Peter Gambie's (Portsmouth Choral Union) entertaining talk 'Always Look on the Bright Side' finished with a sing- along and resulted in Peter being booked for an event with the WI. Nell's raffle takes place in the mid-meeting comfort break.

These meetings are very well attended and some of us gather afterwards for refreshments and a chat in the very pleasant Guildhall Café.



PPA campaigning tables are to be found around Portsmouth with our magazines and petitions. Locations include North End and Palmerston Road as well as at the entrances of The Co-op Milton, Tesco Fratton Way and Morrisons Flathouse Quay. We chat to passers-by and try to be informative to those interested in what we do. We were invited to have a table at Flick Drummonds Older Persons Fair at Portsmouth Cathedral in Feb.

'Brunch and Bingo' with an excellent raffle was a huge success. This took place at The Lord Mayor's banqueting suite . We hope to repeat this event.

The Lord Mayor holds regular fund-raising coffee mornings at the suite and they are always well attended by PPA members. We make sure there's a list of dates in our agendas.

A spin -off from the PPA ,well attended by our members are the Pedalers cycle rides. Judi King who co-ordinates the group has requested that we print the following link



in our mag; www.letsride.co.uk/groups/pompeypedalers

They're eager to encourage new members. A leisurely bike ride is taken to a pre-arranged area of natural beauty or interest. Of course there's a break for lunch/ refreshments at a chosen hostelry or café. The photo shown is of a few of them taken last month at Staunton House.



Representatives of the PPA are invited to attend the National Pensioners Convention in Blackpool each year. Held at the wonderful Winter Gardens, the event has developed a number of key roles:

Education – enabling people to find out new information that they can then use in their campaigning

Networking – offering the chance to get together, share ideas and build friendships

Debate – providing a forum for people to discuss ideas and have their say

Rally – inspiring the movement to continue its united campaign on key issues

The opportunity to build a united pensioners' movement, under the co-ordination and leadership of the National Pensioners Convention is what the Pensioners' Parliament is all about.

A new knitters group have formed from the previous Knit and Natter . It will now be referred to as Knit and Mix. Details on Page 14...

Muriel Cox organises some very appealing 'Bus Trips' by doing a trial run, She researches interesting destinations often involving fairs, markets or events such as Cathedral Choirs as was the case at Chichester in February. Of course we use our wonderful bus passes to travel to places that we may not attempt on our own.

On a more serious note, a deputation from the PPA went to Parliament to meet Flick Drummond, M.P for Portsmouth South. There's a detailed article by Rob Birznies on page 2



Finally, we all look forward to the Christmas Dinner held at the Royal Maritime Club on 8 December 2017 organised by Nell Leaver and assisted by Roger. A raffle supported by local businesses is held and a guest speaker is invited This year we hope to attract someone rather special. Alan Burnett (Chair) is on the case.

Jubilee House NHS hospice

Vivienne MacDonald, Ward Manager at Jubilee House in Cosham, Portsmouth, gave a very interesting and informative talk to PPA's February meeting about the purpose and work of this NHS unit.

PPA members shared their memories of friends and relatives who received excellent care at Jubilee House, including our former secretary June Clarkson.

Jubilee House is an inpatient unit comprising 25 beds in total. The unit admits adults 18 years and older who are registered with a Portsmouth GP.

The unit provides two roles:-

1. To carry out assessments for patients who are deemed to require Continuing Healthcare and need assessment to ascertain what the long term needs of the patient are.

2. To provide End of Life Care for patients who are in the last stages of life.

The unit is open 24 hours per day, 7 days per week, 365 days per year.

Patients can be referred from the acute hospital or by GPs.

10,000 Portsmouth women lose out on state pension as highlighted in PompeyPensioner issue No.48.

Over 10,000 women in Portsmouth and over 85,000 women in Hampshire born in the 1950s will receive their state pension later than they originally anticipated; some will experience a loss of up to £46,000.

Why is this?

In 1995, the Government changed the state pension age (SPA) for women to 65 to comply with EU regulations; the increase was to be phased in between April 2010 and April 2020. The Government did not write directly to those concerned, but published information in selected media. The Department for Work and Pensions (DWP) didn't start to write to women until 14 years later in 2009, but only those born before 5th April 1953 received a letter.

The Pensions Act 2011 brought forward the equalisation of SPA at 65 to November 2018 with an additional rise of the SPA to 66 by October 2020. This meant an acceleration of the process for women born after 1951. DWA started to inform women born after April 1953 about these changes in 2012, although some people did not receive notification until 2013. Many women were shocked to find that they would have to wait until 66, in some cases they were only 18 months from their 60th birthday leaving them insufficient time to change their plans or make alternative financial arrangements.

Is anyone challenging the Government on this issue? Yes! Women Against State Pension Inequality (WASPI) formed at the beginning of 2016 to lobby the



Pensioners' Parliament 2017



Hundreds of older campaigners are expected to gather in Blackpool for the annual three-day, NPC Pensioners' Parliament from 6-8 June 2017. The event always starts with a colourful and noisy march through the town centre, followed by a rally with a number of well known speakers. Full details of these will be available shortly.

Day two will include sessions on the future of state and occupational pensions, the NHS, what Brexit means for older people, the impact of devolution on services, transport issues and local campaigning, and delegates will also be able to pick up useful information from a range of expert speakers as well as ask questions and give their own views. There will also be a lively exhibition area, extra activities going on during the conference and a popular social evening.

The final morning we hope will feature a panel of MPs to discuss the crisis in social care and debate what can be done to find a solution.

One of the ways we can build the pensioner movement is through attending the Pensioners' Parliament. It promotes a shared identity and unity in campaigning, as well as providing the opportunity to meet old and new friends and to socialise.

We hope you will decide to be a part of this unique experience. We know you will enjoy it if you do.

Ron Douglas, NPC President

Dot Gibson, NPC General Secretary

Government for transitional payments for all women born after 6th April 1951 and now has over 140 local groups around the country. WASPI is going from strength to strength with numbers growing daily. The group has also raised over £100,000 through crowdfunding to support a legal challenge against the Government.

WASPI supporters often hear the comment 'Well, women wanted equality and now they've got it.' But this is not an argument about equality, WASPI agrees that the state pension age for men and women should be equal. The argument is about how that change is brought about. And it is worth pointing out that changes in the SPA affect men as well as women because household income is reduced.

The Government states that it advertised the changes in selected magazines and newspapers, but what if you didn't

happen to read those magazines or newspapers? The current Minister for Pensions, Richard Harrington, admits mistakes have been made. He has stated that in future there will be 10 years' notice of such major change "which is something we learned to do from the WASPI campaign". But he refuses to help those affected now.

The WASPI cause is gaining strength nationally and locally. MPs have formed an All Party Parliamentary Group to look at ways of helping us. Portsmouth South's MP Flick Drummond is a founding member. Solent WASPI supporters, with others around the country, continue to work hard to raise awareness of our issue.

To find out more about WASPI check out the national website www.waspi.co.uk or contact the local group at SolentWaspi@gmail.com.

Anti-Trump Muslim Ban March Grosvenor Square to Downing Street SW1 4 February 2017

I listened in the light rain to the stirring speeches in Grosvenor Square on 4 February 2017 which prefaced the anti-Trump march.

People held up witty, moving, angry slogans ("Orange Men In Suits are Far More Terrifying Than Refugees..."; "If you stand for NOTHING, MAY, what will you fall from?" "Dump Trump Fight Bigotry"; "Make sandwiches not war " (accompanied a picture of Paddington Bear...)

"Two out of three of Trump's wives are immigrants – who do the jobs we don't want to do!")

Photographers, like me, were taking pictures of individuals as well as the impressive crowd, their anger stoked by the passionate speakers and rhythmic chants "Refugees are welcome here!".

We laughed too, in solidarity, enjoying demonstrating together.

My heart beat in apprehension that the police might be violent, but standing behind a thick beech hedge opposite the speakers' stand I felt proud and happy to be there, supporting our anxious despairing daughter Catherine, her husband Noam and their children. They'd marched through New York against Trump a week before when they were kettled in a side street and frogmarched fast past Trump Tower. My fear was of police kettling or attack with batons. They used them against rioting football fans in Reading that very evening. I recalled that a policeman had killed a fallen demonstrator in the City a year or two ago ...However, it was only by the Horse Guards that there was a short line of police, although I noticed the watchers with long lens cameras on top of the building to the south of the US Embassy, and helicopters too. I wondered if I'd be refused a US visa next time I apply to go to see Catherine?? Maybe paranoia is another response to Trump....



Being able to walk freely down the middle of Park Lane, Piccadilly, Haymarket and Whitehall taking pictures of the famous buildings I've taught about for so long was a joy – and on a lovely sunny day too! Walking past the Dorchester reminded me of the surreal conversation we'd had over dinner there with Uncle Alfred – villain lawyer of the Committee on Un-American Activities, when he expounded his conspiracy theories of who was really running the world. Then, at that moment, a black hooded figure in an orange jump suit handed out leaflets about Guantanamo Bay.

I could see from my position that the crowd filled Whitehall all the way back to Trafalgar Square. The diversity of people and groups taking part was heartening evidence that Trump is actually stirring up people's feelings of solidarity, opposition to bigotry, and desire to stand up and be counted.

The Sunday Times the next day downplayed the event by showing one picture of two demonstrators accompanying a trivial article about Trump considering giving the royals George and Charlotte cowboy saddles...

Celia Clark

Age: 73

Chap walks into his boss's office and says "Sir, I'll be straight with you, I know the economy isn't great, but I have over three companies after me, and I would like to respectfully ask for a raise."

After a few minutes of haggling the boss finally agrees to a 5% raise, and Sam happily gets up to leave. "By the way," asks the boss, "Which three companies are after you?"

"The electric company, water company, and phone company!"

An employee is getting to know her new co-workers when the topic of her last job comes up.

"Why did you leave that job?" asked one co-worker. "It was something my boss said," she replied.

"What did he say?" the co-worker quizzed.

"You're fired."

The Duchess of Portsmouth: sex and intrigue in the Court of Charles II

In the early hours of 13 January 2016, an intruder broke into Goodwood House, near Chichester, Sussex, attacked Lord and Lady March, the owners, and stole nearly £700,000 worth of precious jewellery. The items stolen included an emerald ring given by Charles II to the Duchess of Portsmouth. Who? For those who, like me, had never heard of her before this is her story.

Louise-Renee was born in Brittany in September 1649 to Marie-Anne de Ploëuc and Le Comte Guillaume a distinguished soldier from a noble but impoverished family, descendants of King Charles VI of France (1380-1422) and also distantly related by marriage to the family from which the English King to be Charles II was descended.

Unhappy with her constrained family circumstances Louise realised that the only way to improve her situation was to be appointed a maid of honour in the King's court where her parents were friends with Charles' representative at the French court.

At the age of 19 Louise was appointed Maid of Honour to the Duchess of Orleans, Charles' youngest and favourite sister. She accompanied the Duchess on a trip to England where she caught the King's eye. The Duchess refused to part with Louise and shortly after died in suspicious circumstances, suspected by some to be poisoning, but it could not be proved.



Bruce Nicolls

King Louis anxious to maintain the link with Charles II of England appointed Louise in place of the Duchess to act on behalf of the French King. She was welcomed by Charles into his court even though he knew that, in theory, she was a French spy, and was given the position of a Lady in Waiting to Charles' wife, Catherine of Braganza.

Louise managed to resist the attentions of King Charles for about a year but in 1671 when Charles together with Louise and other members of the court were staying at the magnificent country house of Lord and Lady Arlington, Euston House, in Suffolk she succumbed. Some said that there was a mock marriage ceremony, for Louise did not regard herself as an ordinary mistress. Whatever the circumstances, nine months later on 29 July 1673, Louise gave birth to a son, Charles Lennox.

The French King Louis XIV was delighted, not so Charles' queen or his other mistresses including Nell Gwyn and a struggle for supremacy ensued. Louise enjoyed a privileged position amongst the King's mistresses and had sumptuous apartments in Whitehall. Despite her position she did not forget her role as the French King's agent at Charles' court and proved herself to be adroit and cunning in this role.

Louise asked the French King to allow her to become an English subject so that she could 'benefit by the gifts and honours which King Charles wanted to lavish on her'. Her wish was granted and she was created Duchess of Portsmouth. Not only that, but Countess of Fareham and Baroness Petersfield as well!

In 1683 Louise, Duchess of Portsmouth, presented the Corporation of Portsmouth with two large silver flagons, but it is



The Duchess of Portsmouth by Sir Peter Lely, circa 1671

not known if she visited Portsmouth to present them personally.

In January 1685 the King became ill and died on 6 February imploring his brother, the Duke of York, now James II, to take care of Louise, adding "and do not let poor Nellie starve" Louise returned to France later in 1685 with an English estate worth £5000 a year, and considerable wealth resulting from investments in France.

Louise outlived Charles by nearly fifty years, and died aged 85 in 1734. In France she became involved in court intrigues and scandals as much as she had in England.

In 1699 Louise stayed with her son the Duke of Richmond at his newly acquired estate in Goodwood in West Sussex. The house was originally a hunting lodge and was later enlarged to become the grand house that it is today. She was on very good terms with her daughter in law and in later life took great comfort from corresponding with Anne and her grandson Charles, Earl of March, who became 2nd Duke of Richmond in 1723.

By Bruce Nicolls

Editor's note: this is an abridged version of the original written by Commander B.E. Nicholls OBE, Royal Navy, Retired.

The editors were pleased and overwhelmed by the number of responses we have received to our request for articles about individuals' recollections of their first jobs. Such was the response that we have had to shorten some of them and hold some over to future editions. Thank you so much for your contributions.

We noted with interest the sometimes hazardous environment in which young and old worked and consider that there have been many improvements made to the work place thanks to the efforts of Trades Unions and much of the health and safety regulations introduced as part of our membership of the European Union.

Let's hope that things do not revert to the (bad) old days when Brexit has been completed.

For the next edition we are interested to hear your stories of childhood summer holidays. Please send articles, up to 200 words, (regrettably we are unable to accept articles in excess of that size) to Maxine or Geraldine (contact details on the back page).



Sue Crane

My first job in 1968, when I was 18 was at the old Gillette and Johnson single story factory on Fitzherbert Road, Portsmouth. I was employed with a lot of other women to work on plastic extrusion machines, making components for various make up cases. It was hot, smelly and dark! The company, then Cope Allman, moved to a brand new, purpose built factory - bright, light, still smelly although much cleaner! The factory had different levels, and the more experienced, skilled, often older, women who did the assembly and placing of transfers or labels, worked upstairs on a 'mezzanine' level! The



ground floor, where the fitters, skilled workers and all men, had their machines and work-benches, was huge. I was on the lowest grade of work, on bigger, faster plastic extrusion machines. Each thrust of the machine brought the plates together, hot plastic was pushed through the nozzle into the mould, which was in two parts (male and female!), the plates separated and it was my job to catch the falling piece of hot plastic, remove the individual component pieces attached to the core, which was thrown into a waste collector that fed it back into the machine system. Sometimes the individual pieces were perfectly formed, sometimes they had a flaw and these also had to go back into the machine for recycling. Of the well-formed components, some would have little bits of extra plastic flashing that could be taken off with a sharp knife. So although it was repetitious, it had its own little challenges, satisfactions, and potential for distraction.....

Time dragged; we went to the loo, had a fag, set targets informally between ourselves and there were few other distractions. One was changing the colour which took about 10 minutes and the other was changing the big machine tool blocks that made each item. Both of these were usually time-tabled in around shift changes, or coffee and lunch breaks. We could also get the fitter to come over if we marginally varied the opening and closing of the safety door so that the machine misfired and the hot plastic product was caught, squashed and the machine out of action..... I don't think we ever got picked up on our mischief.

Also, I don't recall being asked to join a trade union on starting work. My first experience of worker solidarity occurred one day in the summer. The temperature in the main area around and above the machines was very high; after lunch it was worse, and, as most of the women on the machines were not in a union, the fitters went on strike to get the conditions improved. We were sent home on full pay, and the next day there were loads of fans around the machines, and over the weekend big fans were suspended above the machines. My other good memories are of the kindness of the women and girls who worked there, many of whom were working to help their children go to university, or to have a family holiday; the younger women wanted to learn to drive, get a car, leave home. By the autumn I had gone off to university, having relented to family pressure and also seen how important it was to the women at work that their children had that opportunity.

It was my first paid employment, my first experience of factory working and the community of workers.

Tony Mayes, Havant.

I left Warblington County Secondary School in December 1956 and started work as a Dockyard Electrical Fitter Apprentice on January 7th 1957. The day commenced at 7 a.m. and finished at 5 p.m. with an hour for lunch. As an apprentice I was on my feet all day working at a bench. This was quite a shock to the system – a schoolboy one day and in full time work the next. Living outside





the city I had to leave home before 6 a.m. in order to get to work by 7 a.m. My gross pay as a first year apprentice was £2.12s6d. and I took home £2.9s7d. As I was then only 15, I got a free bus season ticket and also free tickets for a dockyard canteen meal. At age 16 travel and meals were half price until aged 18. I enjoyed my dockyard apprenticeship and have worked in the electrical world ever since.

Carlisle cracker packer Jenny Burnett

One of my early jobs when I was a student was as a biscuit packer (commonly known as 'Carlisle cracker packers') in the Botchergate factory of this border city. The firm was at that time owned by the Carr family, and at its height made 128 varieties of biscuits exported around the world. It employed over a thousand workers, mostly local women. Listening to their gossip and jokes was really good fun.

The firm enjoyed royal patronage for 171 years, but in 2012 its royal warrant as withdrawn from its famous table water brand- 'due to changing tastes in the royal household'! (Sounds as if the Buckingham Palace corgis were being too well fed!?) On this particular day I was meant to be making up special order for kosher biscuits. I had worked hard all day and was taking a break, sitting on the sill of a circular window on the top floor of the building, reading a novel – it might have been Lady Chatterley's Lover. To my horror a party of the firm's big wigs and important visitors rounded the corner led by Mr Ian Carr the MD. The end of the world and my employment? Fortunately not.

I gave them a sweet smile, and scurried off, hiding my penguin paperback in my overall pocket. Downstairs on the production line my mates reckoned I got away with it – maybe because I was young and good looking!



Jonathan Carr protested against the Corn Laws, which imposed steep tariffs on imported wheat, keeping the price of British wheat artificially high. This meant that bread was expensive, even in times of famine. Carr died in 1884, but by 1885, the company made 128 varieties of biscuit and employed 1000 workers.

Pam Nockermann 'IT'S ALL AT THE CO-OP'

The windows were set high so that we were not distracted. Miss Harvey sat at her desk on a raised platform peering at us over the top of her spectacles, if we looked at one another she would tell us to get on with our work. The year was 1958 but this was not a classroom, I had left school and now worked in the accounting machine room at the Main Office of the Co-op in Portsmouth.

Our Supervisor was one of the many spinsters who'd lost their sweethearts in the First World War and were now approaching retirement. It was history to

us and we were totally unsympathetic. Her shapeless clothes, lisle stockings and bright red carelessly applied lipstick, invited unkind comments behind her back from her seven teenage staff. We earned £3/7shillings for a forty hour week. Two pounds went to Mum and the rest bought my toiletries, clothes, entertainment, the Hire Purchase on my new Rudge bicycle, and occasionally a 45rpm record. My working day started at 8.15am, I'd run to work but never quite managed to clock in on time. After collecting a couple of heavy ledgers I'd struggle to the Machine Room to start work before our Supervisor arrived. 'Good morning Miss Harvey,' we chorused every day. We worked without speaking until tea break or Miss Harvey leaving the office when we would stop work to exchange a few words of girlish gossip 'til we heard her returning footsteps.

On my third day in the job my machine suddenly stopped dead and I timidly asked the nearest girl for help. Miss Harvey looked up immediately to demand what we were whispering about.

My heart sank as I confessed that something was wrong with my machine. She came over to investigate, but gave up with a disgusted snort, having fiddled but failed to mend it,

I was accused of jamming it and told to phone the engineer.

'How do I do that?' my voice tremored. 'Use the phone on the wall outside,' she replied. She may as well have told me



to fix the machine myself, for I'd never used a telephone in my life. When I attempted to dial the number she'd given me, nothing happened. Fortunately a girl sitting at a nearby desk came to my aid, she demonstrated how to lift the receiver and rattle a button then wait for the switchboard girl to answer. I was terrified of doing or saying something wrong. It was a long time before I lost my fear of the telephone entirely.

Cooperative Members used their Share account rather like a bank deposit account. Twice a year we calculated the interest earned using just printed tables similar to Ready Reckoners. This was my favourite part of the job, I loved figure work. We also calculated the Dividend that Co-op members had earned on their purchases and printed the information on to their Warrants via our accounting machine.

Most members could ill afford to leave this money in their accounts to earn interest, so paying-out week brought an exciting change in routine for us. There were queues of chattering housewives right round the building eager to collect their 'Divi' and hurry across the road to spend it in 'Co-op House', a modern luxurious department store rebuilt in the fifties after Hitler's bombs had demolished it in 1941.

Tables were set up in the customer area of the front office for the Cashiers to pay out the money which we replenished. We also supplied cups of tea to keep their strength up and regularly collected the warrants to total. At the end of the day the Grand Total from the warrants agreed with the cash that had been handed out, hopefully. For my eighteenth birthday, a collection was made and I was taken across the road accompanied by my friend and colleague to choose something I really wanted from Co-op house. I picked an LP called 'Cliff Sings'. My friend Valerie queried whether I was making the right choice, as she considered that in six months' time, Cliff's name would be forgotten.

I enjoyed the nature of the work and made some good friends, but I felt like a caged bird in that tiny machine room. Unable to see the outside world, not allowed to talk, just the continual clanking and crashing of the ancient accounting machines filling my ears. I eventually left to join the WRAF in early 1960...

Pam Nockermann (nee Pam Griffin)

Katie Daniels "Were you really?"

The 60's were a defining time for me. It was the start of a career which lasted 46 years.

Once I considered nursing it became my focus. A couple of school friends suggested I join them in enlisting in the RAF as an Air Defence Operator. I signed up at the recruitment building south of Lake Road, Portsmouth. Then broke the news to my strong naval family!

From the medical centre at Southampton we were sent to Spitalgate in Lincolnshire for basic training. There were several of us in one hut and we metamorphosed into RAF personnel as gradually uniform parts which fitted were found.

I learnt the essence of service life; polishing shoes until toe caps shone like mirrors, cleaning great-coat buttons and hat badges; how to transform all my bedding into a large square resembling a liquorice allsort with one blanket saved for the outside.

Medical training and casualty first aid began in Freckleton Lancashire. Dreadful imaginative accidents were assimilated. I learnt where to place two pins behind a pilot's ejector seat before administering first aid. 'Otherwise you and the pilot will be air-bound'!

At RAF Hospital Ely I soon discovered who kept the Service Hospital immaculate. All appliances were inspected. The urinals and bedpans had to be cleaned by hand.

Each service hospital had a specialised unit away from the main hospital. Wroughton was the psychiatric unit. One airman sat on the Downs with his fishing rod for hours. Another had an imaginary dog on a lead which he offered to another airman on his discharge.



1960 saw the end of National Service.

Once I had qualified I received a navy blue belt which had to be requisitioned; there was no graduation ceremony. I was the first of my group to be posted and was sent to RAF Uxbridge, home to the RAF regiment and AC2 Shaw/ Lawrence of Arabia.

I decided on midwifery and a £10 scheme to Australia prompted me to choose there in spite of a strong inclination to visit Canada.

I did my midwifery training in Perth and as a Double Certificated Sister subsequently worked in Alice Springs, Tennant Creek and an island called The Republic of Nauru.

While waiting in QA recently, I noticed a nurse in what I assumed was a naval uniform: 'No I'm RAF' she replied.

'I was in the very same course to go through for training in the RAF', I offered.

'Were you really' she responded and simply walked off!

Hence the title of this piece!

.....
It was 1965 and I was advised by the school careers teacher that I should apply to work in a shop. *(I was told that I was not very bright but happily proved everyone wrong by obtaining a degree later).*

Shop work was not very well paid so I decided not to take the advice offered and instead applied to join Hepworth's Tailor's factory (which supplied garments to Hepworth's countryside shops) where my rather respectable wage as a piece-work presser allowed me to purchase two suits made to measure. My father complained that I had more money than he did, but I was never sure if he meant that my mother let me have more out of my wages than he was allowed.

It took two buses to get to and from work, which was not a problem and although,

the hours were 8am until 5pm, I did not arrive home excessively late.

On hot days our bosses allowed the staff a drink of cold orange juice and let us go home early. This sadly did not happen very often as the factory was in the North of England!

While at school I had two jobs, one as a paper girl when only eleven years old and I was dreading the impending law which would not allow such work until the age of 13. The other was picking potatoes at which time a friend of mine took over my paper round to keep it open for me.

Anon **As told to Maxine Bonner**



Cyril Saunders - A FIST FULL OF PENNIES!

I was probably influenced by the 'DIG ON FOR VICTORY' posters that made me decide to join friends on Farmer Read's farm, to be employed planting potatoes. We were all given a bucket containing seed potatoes, and set about placing them at regular intervals, to wait for the tractor and plough to come round and 'turn them in.' Then the process was repeated until, at long last, all of the potatoes had been planted, and the field looked freshly ploughed.

Then it was time to collect our 'pay packet'. Our hourly rate was based on our age.

I cannot remember how much I collected, but do remember that it was at the rate of 9d per hour. That was certainly not a fortune, but as I considered that I was making a personal contribution to the War Effort, it was of secondary consideration. That was my first 'paid employment', but

I worked on many local farms afterward. Although I was always paid more than 9d an hour, I never had the same satisfaction in a job well done, as I did when I worked for Farmer Read.

Editors' note: This probably explains why Cyril has such green fingers!

Audrey Walsh

My very first job was in 1950 as a sales girl in Woolworths in the seaside town of Rhyl, North Wales. I was thirteen and was only allowed to work for four hours on a Saturday for 9s 6d (45p). It was great fun.

The first counter I worked on sold biscuits. Seven pound tins of biscuits were packed in tightly along the whole length of the counter; the biscuits were to be sold loose in brown paper bags by the half or even quarter pound. Broken biscuits, when available, were one shilling (5p) per pound.

It made sense that as soon as I was old enough, for me to work for a full day on Saturday as the cost of the 2s 9d insurance stamp remained the same whatever I earned; this later became 16s 3d (about 81p). Of this, I was allowed to keep a shilling for a two course lunch in the canteen and 1d for a cup of tea. The rest went to mum. I was so happy cycling the nine miles each way to work in all weathers, that I didn't give the wage a thought. The hours were 9am until 5.30 but actually I had to get there earlier to be in my uniform and at the counter as the doors opened at 9am. At closing time I had to wait until the last customer had left the shop before doing a stock list for the following day, tidying and cashing up.

I never knew where help would be needed until the floor manager told me where I should go. Sometimes I was selling books and at other times, plants. I learned fast and the regular staff members were very good at giving me any help needed. I remember being terrified when told to go to the stock room to collect stock for several different counters. I was given a list and the necessary directions, and that was it. The stock room was vast and I was expected to climb up the racks to five levels to bring down what was needed, or crawl below racks where stock which was faster moving, had been stored on the floor. I never did like heights but did as instructed. Looking back I realise that no one gave a thought to Health and Safety and no gloves were required when serving biscuits. Hands were washed before starting, but that was all that was required.

Sometimes during the summer months I might be asked to work in the sea front shop selling sun hats and other items for the beach, or in the workshop repairing sail boats. Very fragile they were too, with their little cotton sails and the fine string that held the sails in place. Once a group of us Saturday girls were asked to package four chocolate coated fondant seashells into a mug as Easter gifts. Then the packaged items were sold for rather more than the separate items.

I was very pleased to be asked to work during school holidays and even once to help with the end of year stock- take on New Year's Eve. Very happy times and a very happy place to work.



The Promenade, Rhyl.

Steve Bonner

In 1963, the careers master at school guided me to a job as a 16 year old trainee maintenance engineer at the Brunswick Laundry in Gladys Avenue* Portsmouth where I was answerable to two older engineers.

Luckily for me the laundry was within walking distance of my home. The hours were 8am until 5pm for 5 days a week and 8am until 12 on Saturdays for which I earned about £5. My take home pay, all of which went to my step mum, was £4.5/- and out of it I was given back 10/- (50p).

Even at that age I donned a moustache which enabled me to look old enough to have an drink at weekends in the pub. I joined a savings club in Elm Grove with which I bought my clothes.

My job involved looking after the boilers and not allowing the water levels to fall. I spent a lot of time crawling between hot pipes in a very steamy atmosphere. It wasn't only the atmosphere that was steamy either...I was teased mercilessly both physically and verbally by the women working there.

I often burnt myself on the steam or the scorching pipes for which I applied a cream and just had to get on with it.

When I reached 18, after about 18 months at the laundry, I found myself a job at Sparshatt's as an apprentice coach/ lorry body builder.

Steve Bonner

* Mr White, the owner of the laundry, was influential enough to name the road Gladys after his daughter



Norman Graves

MY FIRST PAID JOB

For reasons which escaped us as 14 year old boys, no school premises were ready for my friend and I when we were evacuated from London to St. Neots in Huntingdonshire, and so September and October 1939 proved to be extra holidays.

By October we were looking out for activities to occupy us and perhaps earn a little pocket money until such times as we could return to school. By word of mouth we heard that farmers in the area were short of staff and required extra labour. Eventually my friend and I located a farm within walking distance of our billet where apparently the farmer would be willing to take on extra hands. The 1930s was a period of high unemployment, and we had been led to believe that selection for employment was a dire process involving tests and assessments about our suitability for the job in question. So we were somewhat surprised when, after looking us up and down he said "Can you start next Monday?" to which we simply said "Yes".

We turned up on the Monday morning at 8 am and were guided to what seemed to us an enormous flat field with umpteen furrows and ridges, the ridges being planted with potato plants. A labourer sat on a machine called a Spinner which was hauled by a horse. He drove the Spinner between the ridges, and a rotating arm at the rear dug up the potatoes and sent them flying to the side where previous ridges had already been dug up. We were each given a stint of about 12 metres and several buckets which we had to fill

up after the Spinner had passed. The full buckets then had to be unloaded onto a horse-drawn cart which followed in the tracks of the Spinner.

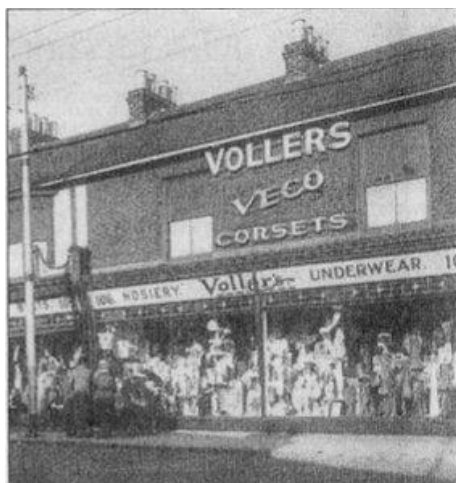
It proved a backbreaking job. I had to constantly bend over to pick up the potatoes and pitch them in the buckets. It was relentless, no sooner had I finished my stint than the Spinner was back unearthing the next batch of potatoes. It often returned for the next row before I had finished my previous one as I was much slower than the seasoned workers. In order not to hold up the Spinner one had to speed up the picking, but I did not always succeed.

At the end of the first day I was more than aware of what working in the fields entailed and sympathised with those whose permanent job was in agriculture. We were paid a daily rate; in my case as a junior worker was 6/- (shillings) equivalent to 30p. in present day money, though of course the cost of living was much lower at that time. At the end of the week I was glad the authorities had found a school we could go to. Paid work had not proved to be a bed of roses.

Sharon Houghton

I went for an interview at Voller's Kingston Road Portsmouth in March 1962. My mum came with me as I was only 14 years old but would be 15, the age at which I could legally start work, during the forthcoming school Easter holidays. Immediately after the Easter break I started as an office junior in the mail order office of the corset factory.

Voller's was run by two brothers; Mr Derek Voller, who ran the factory and who



I worked for, and Mr Leo Voller, who ran the shops in Kingston and Fawcett Road. My weekly wage was £3.2s 6d (£3.12.1/2 pence.) and I took home £2 17s 6d (£2.75p) I gave my Mum £1.10/- (£1.50p) My hours were 8.30 to 5.00 Monday to Friday and Saturday mornings until 1.00 which later became alternate Saturdays. We had 1 hour 15 minutes for lunch but there were no facilities at work so I had to catch a bus to and from my home to Fawcett Road, Southsea. When a law was introduced that it was not permissible to work more than 4 hours without a break/drink we had a little electric open fire upon which we put a kettle; it took ages to boil. I can't remember having a break with our drink as we sat at our desks, but perhaps we did. I worked there for nine and a half years.

Voller's also made corsets in leather and I believe is still making garments for celebrities.

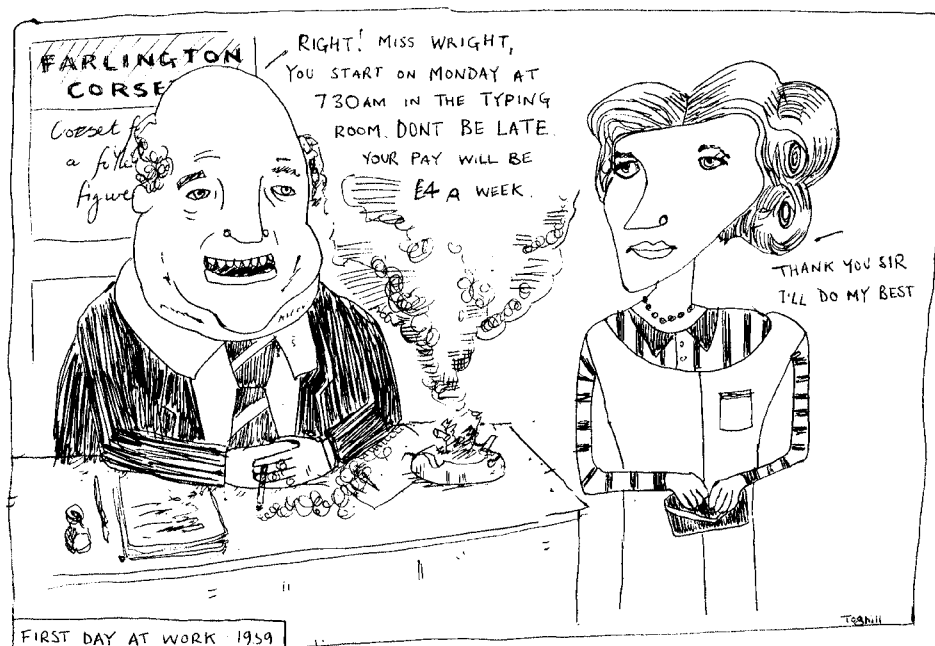
Kenneth Oliver

Aged 91

My school was evacuated to Bournemouth in the war and following the death of my mother in January 1942 I came back to Portsmouth and started work on 1st April of that year as a Laboratory Assistant for the Admiralty at Eastney Fort East which was in the confines of the Eastney Barracks.

My pay was 30/- a week on entry plus 7/6 war bonus for working six days a week. I worked from 8 am till 6pm Monday to Friday and 8am till 4pm on Saturdays.

Eastney Fort East had been taken over by the Admiralty Signal School and was used as an experimental station for



Naval Radar. I was allocated to a section which consisted of four scientists and three lab assistants and we were located on the roof of one of the buildings in a small pre-fab hut with an aerial room on top of it. To reach the hut we had to climb up a vertical steel ladder on to the roof. On one occasion we were told to collect a heavy piece of equipment from the laboratory below. As the three lab assistants were not prepared to carry the load up the ladder without rope and tackle, one of the scientists (who was ex-Navy) decided to carry it up single handed! He only managed to get half way up when the weight caused him to fall backwards. Luckily he only suffered bruising.

The highlight of my time at Eastney Fort

East was when we were able to extend the range of radar set from the distance of twenty miles to actually plot the coast of France from Calais to Cherbourg and beyond.

In the autumn of 1942 we were evacuated to a requisitional school at Witley.

Unfortunately in May 1946 I had to have seven months in St Mary's Hospital, Portsmouth for a spinal operation and when fit to return to work, had to change from working in the laboratory to a clerical job.

I retired from the Ministry of Defence in 1985 having served at Waterlooville, Portsmouth, London, Haslemere, HM Dockyard and Portsdown.



KNIT and MIX



A successful 'Knit and Natter' group organised by Muriel Cox has been running for a while.

The present knitters have been doing so for charities...Hats, mitts and scarves for Seafarers, 'Fiddle Muffs' known to comfort those with dementia, Teddies for disaster areas as well as blanket squares.

Our fundraiser Ian Ayres has now secured £1,000 from Aviva to run it in a new form. Non PPA members are welcome.

The new venue is a comfortable room at Buckland Community Centre in Malins Road. There is no charge and refreshments will be provided. We are able to offer free transport to anyone isolated or unable to get there otherwise.

Two Mondays, the 10th and the 24th April have been booked, 10am till 12pm. (The Community Centre serve a very reasonably priced 2 or 3 course lunch if you require it.) At these initial meetings we'll discuss how often we should meet in the future.

If you'd prefer to just have the company while you knit your own item that's fine.

If you're interested please contact Steve Bonner 02392816895 or steve.bonner42@gmail.com

Hi George...are you more flexible now you've started going to the gym?
George...
Unfortunately I still can't make Tuesdays.



SUPPORT FOR CARERS

Do you look after someone?

Maybe you care for a friend or relative who due to illness, disability, a mental health condition or an addiction cannot cope without your support.

Portsmouth Carers Centre offers support, advice and training to carers. We can provide access to breaks and a sitting service, training on a range of topics such as manual handling, first aid and emotional support amongst other services.

As part of Adult Social Care, our aim is to equip carers with the skills, knowledge and guidance to ensure they feel supported and have somewhere to turn to when they feel they need a little bit of extra help.

The role of the carer has evolved significantly in recent years as access to other statutory services has reduced. More and more, carers find themselves filling the gap created by a reduction in funding and this can have a detrimental impact on the health and wellbeing of the carer. If you are a carer, whether you provide low level support or have found yourself supporting someone round-the-clock we would like to hear from you. Please call our office on 02392 851864 for an informal chat or visit our Facebook page www.facebook.com/portsmouthcarerscentre for more information.



As editors of the Pompey Pensioners Magazine Geraldine and I enjoy the feedback particularly if it's complimentary.

The following letter was sent to us from Babs Hutchens.

*Dear Maxine and Geraldine,
And everyone connected with issue 48 of the magazine.*

I must send congratulations. Wonderful achievement. I could not put it down until I had read it all; must have taken me about one and a half hours.

Thanks Babs Hutchens.

Thank you Babs. Your comments are much appreciated. Don't forget, we always look forward to articles for the mag. From members of the PPA or non-members alike. Editing is necessary in most cases but that's what we're here for and we strive not to alter the point of the piece.

Maxine and Geraldine

Malnutrition Task Force

Malnutrition is a major cause and consequence of poor health and older people are particularly vulnerable. There are over 3 million people across the UK either malnourished or at risk of malnourishment, over 1 million are over the age of 65. The cost of malnutrition is estimated to cost billions of pounds a year.

The objective of the Task Force is to actively influence behaviours across all settings, developing mechanisms and collating examples of how to identify, prevent and minimise the risk of malnutrition to make a major difference to the health and quality of life of older people and bring about significant cost benefits across health and social care.

For more information visit www.malnutritiontaskforce.org.uk



A life in Galloway a few reminiscences from Sheena McCurrach

It was November 1984, and I find it hard to believe that over 30 years have passed since we packed up the dog and cat, our goods and chattels and took the car train to Aberdeen. Micah, our oldest son, was two years old, Alex, a mere bump, and Erin, my daughter, not even thought of! So here we were off on this great adventure in Scotland!

I remember the excitement we felt as we disembarked in the early morning. The air was sharp with frost and much colder than the Hampshire we had left behind, but this only added to our sense of anticipation of the new life we were going to build north of the border.

My beginnings were in Portsmouth where I was born at St Mary's hospital 60 years ago!

My grandmother Nell Orsmond nee Wain was the eldest girl of her generation of the Wains of Copnor Road and her youngest daughter was my mother. I am sure many of you will remember their cooked meat and fruiterers business on the corner of Seafield road. Wains was founded by my great grandfather and built up in the 20's and 30's into a thriving business both by him and his sons. There were thirteen in the family altogether and whilst all the girls were expected to work behind the scenes or in the shop in support of the family business, the boys were trained into the management and commercial ways of the trade in the city. The boys carried on the tradition and proved extremely successful in building up a thriving wholesale and retail concern.

My father's family, on the other hand, had come to Portsmouth from Morayshire when my grandfather joined the Marines just before W.W. 1. They settled in Eastney and lived in Kingsley road until my grandmother's death in the late 1960's. Grandma Mac, as she was known, ran a small shop there for many years.

So that is my link with Portsmouth and the people some of you might remember. Following our re-location in Scotland, two of my three children were born here and they all enjoyed the most wonderful childhood in our croft on the shore of Loch Tay in Perthshire. Life was quite hard, and the winters could be extremely harsh. But in summer, when the sun came out and the skies were blue, it was paradise, with the light sparkling on the loch and osprey could often be seen fishing on the water. We had many happy years as a family there.

In 2012 I moved to Galloway with my mother, Win, the girl who grew up above the shop in Copnor road, who refused to be evacuated and survived the bombs and hardship of WW2, and married a young submariner, John McCurrach in 1944. I am the younger of their two daughters; I cared for my mother here until her death in 2013.

Now I run a small guest house not far from Gatehouse of Fleet in Galloway, SW Scotland. I also am a semi-professional artist and exhibit regularly as part of the thriving art scene around Kirkcudbright. I have an open studio in the house which is surrounded by lovely countryside with a wild coast nearby. My sister, Catherine, still lives in Southsea and I visit my home town to see my family. I will always be a Hampshire girl at heart!

Sheena McCurrach



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Pompey Dial Ride is still going strong, we now have two minibuses on the road and our little Kangoo, which can carry one wheelchair and two passengers. Carol Randal very kindly donated our Kangoo. Her mum Yvonne sadly passed away last year; she had been one of our customers for many years and was loved by us all. Our Kangoo is called "Forever Friends" in memory of Yvonne, who will be greatly missed.

Now the weather is becoming brighter and warmer, we will be offering day trips to local attractions, such as the Chichester Canal or Stansted House for afternoon tea. If you would like to join us or learn more of the trips we will be offering, please call me on 02392 828205.

We are still running our local bus service which is available Monday to Friday from 8.00am till 4.30pm. Membership is £12.00 per year, return journey is £6.00 and Single £3.50. If you have any questions, please call the above number and we will be happy to help you.

From Heel 2 Toe

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Home is at the heart of a happy retirement

Karen Nash outlines how the Mental Capacity Act can affect you and your loved ones.

A poorly publicised rights and civil liberties matter:-

The Mental Capacity Act 2005 is designed to empower and protect vulnerable adults when they lack capacity to make decisions about their care and medical treatment. It includes those in care homes and hospitals who are over 16 and lack capacity to make decisions on their own behalf whether temporarily or permanently. It may include those who are unconscious from anaesthesia or sudden accident, from alcohol abuse, brain injury or those who suffer stroke, dementia or severe learning disabilities. Older people are the largest group affected. The Act covers decision making about aspects of social care and medical treatment, personal freedom and restraint during mental incapacity. Having an advocate or clear instruction about wishes in this context cannot be overstated. Next of kin, although recognised in the legislation for consultation purposes, carry less legal weight than many might expect.

There is a responsibility on professionals and staff working with people who lack capacity, to have regard for the statutory Code of Practice when making assessments and taking decisions in the best interests of the service user. Decisions must be proportional but they can include the deprivation of liberty by both hospital and care homes ('managing authorities'). DoLs (deprivation of liberty safeguards) can be issued urgently for seven days by the care home or hospital. There must be a 'standard authorisation' request to the local authority at the same time as urgent authorisation is issued by the managing authority. The local authority 'best interests' assessors offer a safeguard to the person experiencing a deprivation of liberty and the Mental Health Act 2007 and the Supreme Court ruling (March 2014) have strengthened safeguarding to those affected.

In the context of advocacy and when important decisions are being made, a service user's attorney (a trusted person nominated in lasting power of attorney) has the authority to make decisions on behalf of the service user. Some service users will have a court appointed deputy and the court is available on application by professionals, advocates and family members alike in contentious decision making. Advance (signed and witnessed) statements detailing wishes, the nomination of a trusted friend or the appointment of an independent mental capacity advocate (IMCA) at an early stage are particularly important for those without next of kin. However next of kin need only be informed or consulted; they cannot take decisions in this decision making context. The Care Quality Commission (23/3/2013) reported on its monitoring of DoLs that, 'there is very little evidence of the involvement of people who use services and their relatives/ close friends in the processes of the Safeguards themselves' despite its legal requirement in the assessment process.

The Guardian's Denis Campbell reported (28 September 2016) that between 2015-2016 care homes in England made 195,840 applications under DoLs in England, with 27% of the 105,055 processed, rejected. With such a significant number of interventions it is wrong that most of the publicity and policy is online; a simple leaflet would inform and maybe reassure the public at difficult times.

Karen Nash

Making Gunwharf Quays a dementia friendly outlet shopping centre

Portsmouth's dementia service, Remind, is working with Gunwharf Quays, the south coast's leading premium outlet shopping centre, to help the city achieve 'Dementia Friendly' status. Dementia Friendly Communities is a programme which facilitates the creation of dementia-friendly communities across the UK. The Remind dementia service will be offering sessions for retailers to help them improve staff awareness and understanding of

dementia and learn how their physical environment can be improved for people with dementia.

Sarita Chavda, Remind Service Manager, says, "We are really excited to be working with Gunwharf Quays to support people with dementia. We encourage businesses to join us at our Dementia Friendly Sessions and learn more about how they can create a good shopping experience for people with dementia. We know from research by the Alzheimer's Society that 80 per cent of people like to go shopping in their local area, but that 63 per cent of people surveyed did not think shops were doing enough for people with dementia. We hope these sessions will give retailers the opportunity to see how they can be more welcoming to people with dementia."



Colin Wilding, General Manager at Gunwharf Quays, said: "We are delighted to be working with Remind to support Portsmouth in achieving 'Dementia Friendly' status. Over 2,000 people work at Gunwharf Quays and we will be providing them all with the opportunity to receive specialist training through our academy. We are dedicated to offering great service and constantly strive to understand how our guest experience can be improved for everyone. This training is a wonderful enhancement to our current training calendar."

Remind supports people who have been diagnosed with dementia and live in the PO1 to PO6 area or have a GP within PO1 to PO6. The service is delivered in partnership by Solent Mind, SCA Group and Rowans Hospice. It is funded by Portsmouth NHS Clinical Commissioning Group.

Businesses can book their place at the Dementia Friends sessions by phoning Sarita Chavda on 0330 3324030





MARGARET ASHDOWN M.B.E.

It is with great sadness that I learnt of the death of my friend Margaret Ashdown in early February 2017. She, and her first husband Fred Gent, were founder members of Portsmouth Pensioners Association and through all the ups and downs that life presented, she remained at the Association's spiritual heart.

I, and for much of the time my late husband Arch Deacon, worked alongside Margaret as we campaigned tirelessly on issues directly impacting on older people in Portsmouth. She has held all of the executive positions of the Association; fund raised relentlessly and without doubt was a force to be reckoned with. Her Derbyshire roots informed her view of life and despite personal challenges she was enthusiastic, committed and energetic in all she did for the Association. On a personal note, she was a loyal and supportive friend.

Some members of today's Association may not recognise Margaret's name since ill-health necessitated a move from the area a few years ago, but I can say categorically, that without her strength of character, tenacity and ability to work as part of a team, this Association would not have flourished as it has. It certainly owes her a great debt of gratitude. She was truly a one off and will be sadly missed.

MURIEL DEACON.
Honorary Life President



Janice Holmes

PPA member Janice Holmes passed away peacefully in Jubilee House on 21st February aged 77 years



Sun and Cloud

Here comes the welcoming sun,
Over the rooftops, one by one,
Is it going to stay o'er the live -long day
Or be covered by miserable cloud,
so grey?
Whatever the weather , try to stay bright
Because whatever the weather...
the day will become night.

By Babs Hutchens

Warning

When I am an old woman I shall wear
purple
With a red hat that doesn't go, and
doesn't suit me,
And I shall spend my pension
on brandy and summer gloves
And satin sandals,
and say we've no money for butter.
I shall sit down on the pavement when I
am tired,
And gobble up samples in shops and press
alarm bells,
And run my stick along the public railings,
And make up for the sobriety of my youth.
I shall go out in my slippers in the rain
And pick the flowers in other people's
gardens,
And learn to spit.
You can wear terrible shirts and grow
more fat,
And eat three pounds of sausages at a go,
Or only bread and pickle for a week,
And hoard pens and pencils and beer mats
and things in boxes.
But now we must have clothes that keep
us dry,
And pay our rent and not swear in the
street,
And set a good example for the children.
We will have friends to dinner and read
the papers.
But maybe I ought to practise a little now?
So people who know me
are not too shocked and surprised,
When suddenly I am old
and start to wear purple!

The Senior Citizens New Year Show (OAP Show)

The Firefighters of Portsmouth have been proud to host their annual show for the 36th time this year. This ever popular and over demanded show started from humble beginnings at Southsea Fire Station and has evolved to a spectacular annual event held at the 'Portsmouth Guildhall', Guildhall Square. To qualify for a ticket to the show our guests need to be of pensionable age and living in Portsmouth sheltered accommodation or similar. The show is always attended by the current Lord Mayor of Portsmouth and our own Chief Officer of the day.

In 1980 Dave Jones (then Sub Officer Blue watch) lost his father who lived in a local tower block. During his dealings with the block and house mother/warden he realised that many of the residents of such blocks didn't have much of a social life, in fact some never even ventured out of their flats. Together with the Wardens and house mothers of the blocks he decided to do something about it. Over the next months he organised the first "OAPs Do" for early 1981.

That first year it was held in the conference room at Station 24 Southsea, one end of which was packed with about 100 OAPs and the other end with scores of young children ready to entertain them. Some of the 'then blue watch' helped out serving teas and transporting the partygoers home in private transport.

The following year it was suggested that some of the firefighters and children might provide some of the entertainment and needless to say this was an ideal excuse for the Firefighters to dress up in stockings and suspenders and play the fool, and so it began.

That year we witnessed Swan Lake in tutus and fire boots, along with other guest acts such as a girl singer called Joanne. She was a regular for quite a few years. Other early acts that fire-fighters did included the can-can, hole in my bucket, the balloon (or helmet) dance and even Miss world beauty pageant.

After those first two years its popularity forced it to move downstairs into the appliance room where more OAPs could be accommodated. Wives were recruited soon after to assist with sandwich and tea making. After 2 years in the appliance room the event grew too big and Dave was offered the use of South parade Pier and was able to extend the audience to



250 guests. The show has now been established at the Portsmouth Guildhall for the past 4 years.

We have been very fortunate as for the past 4 years we have held the show at 'Portsmouth Guildhall' and have again extended our audience to a whopping 360 guests.

We also have continued support from 'First Bus' & 'Portsmouth Dial a ride' who have supplied transport free of charge.

Funding has been an ongoing affair as the show costs £2,000 every year to put on and is funded purely by fund raising activities and donations. The Firefighters at Southsea are always inventing different ways to raise funds. In particular one way to raise funds was to ride our unique '23 seated bicycle' around the City visiting many watering holes on the way.

In 2006 the Firefighters of Portsmouth were awarded the prestigious 'Portsmouth City Council Civic Award' for their charitable activities in the city.

The event has been a huge success over the years purely for the good will and dedication of the Firefighters both serving and retired, and their friends and families who have served tea and made sandwiches and have been willing to play the fool on stage.



Home Start

Support and friendship
for families

Home-Start Portsmouth

NEEDS VOLUNTEERS!

Home-Start Portsmouth is an independent family support charity that works exclusively with Portsmouth families. Families are referred for support for a huge range of reasons including domestic abuse, mental health difficulties, housing issues, disabilities and isolation to name just a few. Home-Start volunteers help families tackle whatever difficulties they are facing with a supportive friendly approach which is almost exclusively delivered through volunteers.

Volunteers come from all walks of life, all ages, races, women and men. Some have jobs, some are seeking employment and some are retired but the thing they all have in common is that they want to help parents in their communities be the best that they can be for their children. Families receiving support through some difficult times describe the service as 'life saving' and their children benefit from happier more confident parents who are better equipped to do their best. Volunteers benefit from new skills, a boost in confidence and increased sense of self-worth and the whole community benefits from a more cohesive community.

Home-Start Portsmouth have families waiting for a volunteer to be allocated to them so they need to recruit new volunteers. Lots of families just need someone to talk to because they feel isolated or

lonely. You don't need any special qualifications to be a Home-Start volunteer. You just need an appreciation of how hard it can be to be a parent, a non-judgemental attitude and good listening skills

If this is you, all Home-Start ask is that you undertake a course of preparation for one morning, or one evening a week for 8 weeks. This is so that you can get to know how Home-Start Portsmouth works and they can get to know you. Once you are matched with a family, Home-Start offer ongoing support on the end of the phone whenever you need it and will see you face to face every 6-8 weeks to catch up properly about how things are going for you and for the family that you are visiting.

To become a volunteer or to just find out more call Home-Start Portsmouth today on 023 92734400, email office@hsportsmouth.org.uk or go to: www.hsportsmouth.org.uk



Why do golfers
always take two
pairs of pants with
them?
"In case they get a
hole in one."

One step removed- A grandfather's care role

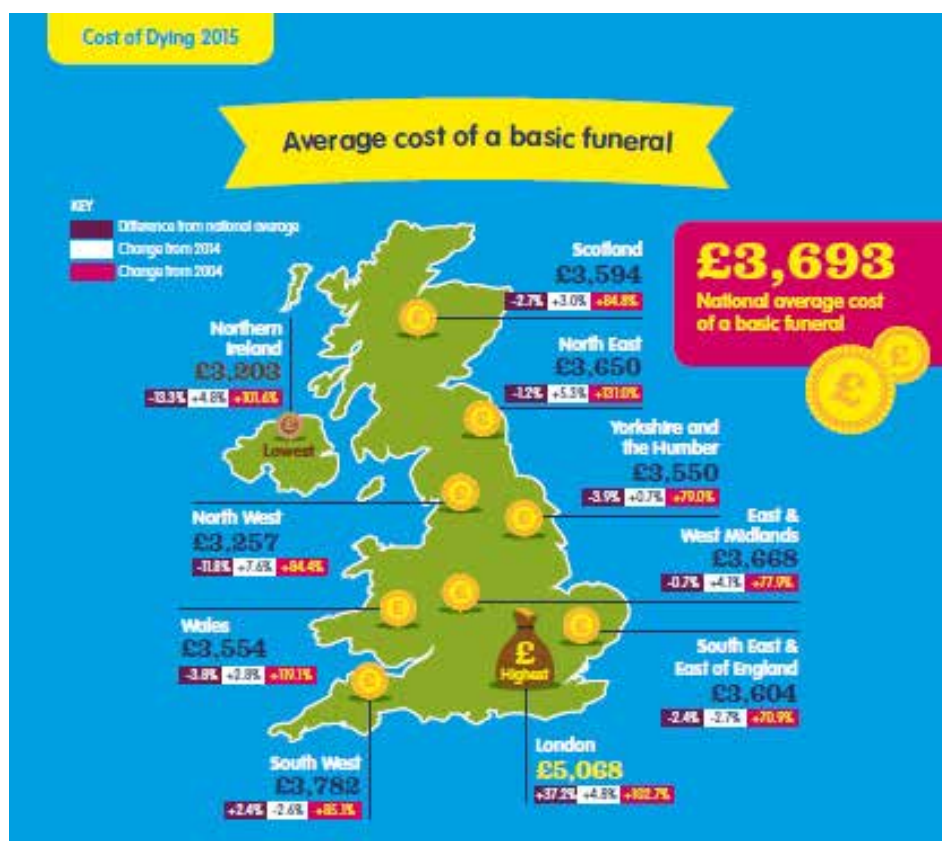
Approximately 1.4 million families in the UK use grandparents as their main source of informal childcare. Yet when do we ever hear about the care role that grandparents provide? A recent ripple in the news highlighted the extent of the low uptake of national insurance credits, for grandparents who have to leave the labour force in order to care for a grandchild. My study aims to look at the informal care roles grandfathers in particular play towards their grandchildren, informal in the sense that the child does not live with the grandfather full time in an arranged care setting (kinship care). The phrase 'care' can entail all activities including helping with homework, picking them up from school and offering advice.

I have focussed on grandfathers as I believe the terminology 'grandparent' masks the important role grandfathers and grandmothers each play. I believe this research is important at a time when issues surrounding social care are starting to come to a head. It seems in social research and policy that ageing is met with this idea of a diminishment in ability. What this ongoing research has shown to me is that grandfathers have the passion, experience and time to contribute to their grandchild's life and it is high time we appreciate them for the role they play.

Katherine Brailsford

If you would like to hear more about my Masters study please contact me at katherine.brailsford@port.ac.uk





instruction of how and where your funeral should take place. This can be extremely reassuring for them at a stressful and upsetting time.

Knowing your funeral is paid for – You will have the security of knowing that you have provided the funds to pay for your funeral. This means that your loved ones will not have the added concern of sourcing money to finance the day and is one less thing for them to worry about if faced with tying up your estate.

Personalising your funeral – discussing funeral preferences with friends and family is often an upsetting conversation that is avoided. Therefore, when the time comes, loved ones can find it difficult to choose the personal touches for a funeral. With a funeral plan, you can outline your wishes down to the last detail.

Saving you money – a funeral plan can make huge financial sense. As you see above in the 'Cost of Dying' report, funeral costs have risen considerably over the years, and are predicted to continue to do so in the future. By taking on a funeral plan today, you secure your funeral costs at today's fixed prices, which could save you money.

Flexible payment schemes – the choice of a full one-off payment or set monthly payments of up to 60 months provide flexible options to suit your requirements. There is also a low cost option that is available if you are below 75. By paying in advance, you can reduce the stress on your family if they cannot afford to pay for the funeral that they believe you deserve.

The key benefits of a funeral plan are:

1. Protection against rising funeral costs
2. Funeral Directors costs set at today's prices, including disbursements on some of the plans to cover cremation/burial costs.
3. Acceptance guaranteed with no intrusive medical checks
4. Flexibility on both funeral choices and payment options
5. Peace of mind by helping to remove some of the financial burden and emotional stress from your loved ones.

Mark Wheeler
Financial Advisor

The true cost of dying!

Sun Life's 9th annual Cost of Dying report reveals the cost of a basic funeral now stands at £3,693, an increase of more than 90% in the last decade.

How the cost of a basic funeral adds up:

Funeral director's fees

Funeral director's fees, which usually cover the cost of the coffin, hearse, collection and care of the deceased plus the funeral director's professional guidance, make up the majority of the cost of a basic funeral. This cost has seen a rise of 1.8% over the past 12 months from £2,166 to £2,204.

Disbursements

Cremation and burial fees
The second largest cost is the cremation or burial fee. In 2015, the average UK cremation fee is £688 – a 4% increase on last year – while the cost of a burial has risen by slightly more – 4.4% to £1,822. The main reasons given by funeral directors for the rise in cremation and burial fees is 'cuts to local authority budgets'; in order to make up for some of the austerity measures placed on them, many local authorities have removed subsidies for burial and increased crematoria fees.

What can you do:

We all know that losing a loved one can be a very traumatic time, especially if the death is unexpected. During this time of grief, the added pressure of confirming funeral arrangements can be challenging. Funeral directors can aid with the practicalities, but there is often an emotional concern of whether you are making the choices that your loved one would have wanted. In addition, finding the money to pay for a funeral in a short period of time can be financially demanding.

It seems these days you can't avoid not seeing adverts surrounding pre paid funeral plans. Why have they become so popular?

Opting for a pre-paid funeral plan can help take this pressure off your family. A funeral plan allows you to arrange and fund your funeral in advance, with different levels of costs and benefits to suit all budgets and needs.

There are many benefits to taking out a pre paid funeral plan:

Taking pressure off your loved ones – As you plan the details in advance, your family and friends will have a set

Inheritance Tax is Changing

How can you ensure your estate will benefit from the new 'Residential Nil-Rate Band'?

by Faye Evans, Associate, Churchers Bolitho Way Solicitors

Inheritance Tax is a controversial subject for many of us. The idea of handing over a proportion of our hard-earned (and already taxed) money to the tax man after our death is not a pleasant one; especially when the rate applicable is 40%. For deaths occurring after 5 April 2017, an additional allowance of up to £100,000 per person is available (rising to £175,000 per person by 6 April 2020) – BUT – not everyone will be eligible. What can you do to maximise the chances of benefitting from the new allowance on your death?

What is the new allowance?

The new allowance is known as the 'Residential Nil-Rate Band' ('RNRB'). The RNRB is in addition to the 'Nil-Rate Band' which currently applies (set at £325,000 and not due to rise anytime soon). To qualify for the RNRB, you must meet the following criteria*:

1. Your death must be after 5 April 2017; and
2. At your death you must either:
 - a. own a property, in which you resided at some point in time; or
 - b. have disposed of such a property after 7 July 2015; and
3. The property or proceeds of sale must be inherited by 'lineal descendants' on your death.

It all seems simple enough, however, the rules applying to the RNRB are extremely complex and in reality it can be all too easy to make yourself ineligible. An additional complicating factor is that the RNRB can transfer to surviving spouses and civil partners in some circumstances, even if the spouse or civil partner died before 6 April 2017.

The class of people who qualify as 'lineal descendants' is broad and includes: step-children, adopted children, foster children, grandchildren, etc. In some circumstances, even the spouse/civil partner or widow(er) of your descendants can qualify.

Who is most at risk of losing the RNRB they could benefit from?

You are most likely to inadvertently lose or reduce your RNRB through inadequate Will drafting, or by dying without having made a Will, if:

- You are cohabiting;
- Your current marriage or civil partnership is not your first;
- You have children from a previous relationship;
- You are leaving a proportion of your estate to someone who is not a 'lineal descendant';
- Your joint estate exceeds £2 million.

What can I do?

For deaths after 5 April 2017, the potential cost of failure to qualify for the RNRB is up to £80,000 in Inheritance Tax (increasing to £140,000 by 6 April 2020)**.

Take action to protect yourself:

1. Have your Will reviewed by a specialist Solicitor to ensure any potential RNRB is protected;
2. If you sell, or transfer, a property in which you have resided, keep all the paperwork somewhere safe;
3. If you administer the estate of someone who dies after 5 April 2017, have a specialist Solicitor review the tax position of the estate within two years of the date of death to maximise any potential tax savings.

**This represents a simplified version of the criteria, eligibility will depend on the specific circumstances of each individual and personalised advice should be sought from a qualified Solicitor.*

***Figures based on the estate of a surviving spouse or civil partner who qualified for transferred RNRB on first death.*



Do you need some legal guidance?

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1st Wednesday of each month **9am -11am**

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13-18 Kings Terrace Southsea PO5 3AL

Pop in and speak, confidentially, to one of our experienced lawyers - **No appointment necessary**

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Feeling well and overcoming loneliness

Feeling physically fit and mentally well are important at any age and the two are closely linked. People who feel fit and well often have a more positive outlook on life, and the reverse can be true too. Feeling unwell or lonely is not an inevitable part of ageing and it's never too late to think about improving your well-being. Even little changes can make a big difference.

Looking after your body, Staying active

Keeping moving and developing strength, flexibility and balance are all increasingly important as we grow older. Keeping fit can help you feel better and maintain a healthy weight, as well as building your confidence, helping you stay independent and improving your general sense of well-being.

If you are not very active, you will need to start slowly and build up to more demanding exercise. Your GP can advise you on what's safe and appropriate for you. If you're healthy and have no conditions that limit your mobility the Department of Health recommends that you do two-and-a-half hours of moderate aerobic exercise a week. Guidelines also suggest two sessions of muscle strengthening activity every week. If you're not very mobile or steady on your feet you can do a range of exercises sitting down that will improve your flexibility and strength. If you have a health condition that makes physical activity difficult, speak to your doctor who can help you choose the right exercise for you. You can complete a useful fitness self-assessment at nhs.uk

Healthy eating check list

- Eat five portions of fruit and vegetables a day
- Drink 6-8 cups of fluid a day - tea, water, juice and squash all count
- Eat fish twice a week
- Don't eat too much salt or saturated fat

Feeling well

Feeling well is not just about being physically fit and healthy, it is also important that you feel well mentally. It's vital to have contact with friends and family whose company you enjoy. If your family don't live nearby you might want to consider taking up activities or joining groups that will help you to meet people. It can be really hard to make that first step so if you are nervous about going along to a social group you could ask someone to go with you.

- Regular phone calls, sending emails or using the online video telephone service Skype can all make staying in touch easier.
- Community-based clubs are not for everyone so if you're not keen but would like some company, befriending might be for you. You can arrange for a Royal Voluntary Service volunteer to regularly spend some time with you at home, to have a chat and a cup of tea. Royal Voluntary Service is there every step of the way, providing simple, practical and neighbourly support in your community, which means you're never on your own. Our befriending service means that you will have someone to talk to when it matters most.

Juror age limit rises to 75

In the last edition of Pompey Pensioner we asked why it was that people over 70 years could not serve on a jury. Someone was obviously listening and with effect from 1 December 2016 the new age limit of 75 was introduced.

The Ministry of Justice commented that the increase in the age limit better reflects the healthy life expectancy of people in England and Wales and mean juries are more representative of the communities they serve.

It is the first change of its kind in almost 30 years and will allow a growing demographic of older people to participate in this vital civic duty.

Justice Minister, Sir Oliver Heald QC, said:

"Trial by jury is a fundamental part of our world-leading justice system and it is important that our juries reflect today's society.

"People are living longer, healthier lives, so it is right that our courts are able to benefit from the wisdom and experience that older people can offer."

Previously only people aged 18 to 70 were eligible to sit as jurors.

As with everyone who is selected for jury service, individuals over the age of 70 will be able to apply for an excusal if they feel incapable of carrying out their duties.

Chief Executive of older people's charity Anchor, Jane Ashcroft CBE, said:

"I welcome this move by the Ministry of Justice to increase the upper age limit for jurors. Older people already contribute a great deal to society and represent an integral part of any local community.

"At Anchor we believe the knowledge and experience of older people is invaluable and I'm pleased that more will now be able to share their wisdom by contributing to the criminal justice system."





Report on this years Christmas meal.

I think everyone would agree that the PPA Christmas dinner was once again a resounding success. The menu and the choices were excellent as was the service at our usual venue, The Royal Maritime Club.

Nell Leaver our President is to be congratulated on a smooth running event, right down to the Xmas cards at the place settings of everyone of us containing a reminder of their choice of menu. This made for smooth running for the staff as well as diners. Sometimes selections made at the time of booking are soon forgotten.

As usual some local firms supported our raffle and so there were prizes from Rockaby's restaurant, No.6 Cinema, Morrisons, Tesco's, The Co-Op and Laly's, all donated with a good wishes for a successful event. Other wonderful prizes were donated by our members and so the raffle table was heaving with lovely gifts. Thank you so much to all those who contributed.

Our guest speaker on this occasion was Peter Warlow the architect of the Spinnaker tower. He was accompanied by his wife Gaynor, who Peter told us had actually chosen the name 'Spinnaker'. It seems that, as it wasn't ready in time for the Millenium for which it had been planned, Millenium Tower would no longer be an apt name. I believe it was about 5 years later that the tower was ready for use.

Cyril Suanders talk made us all laugh with his hilarious slant on life. He has an amazing sense of humour. He is also a compassionate man and requested donations for the Salvation Army who, particularly over the Christmas period, do great humanitarian work.

by Maxine Bonner



Fact File about the Spinnaker Tower.

- The Tower has been a huge success and has received over 2.5 million visitors since opening.
- The high speed internal lift travels at 4 metres per second, taking you to the View Decks in just 30 seconds.
- The concrete used to build the Tower would fill five-and-a-half Olympic-sized swimming pools.
- The Tower is founded on 84 piles, the longest of which runs 50m into the ground – the equivalent of Nelson's Column.
- The total weight of the Tower exceeds 30,000 tonnes.
- The 27m spire weighs 14 tonnes and was carefully lifted into place by crane.
- 1200 tonnes of structural steel used to form the Tower's distinctive bows is the equivalent weight of 12 blue whales.
- 115 metres up and in high winds, the Tower can flex approximately 150mm.
- There are 570 steps from the base up to View Deck 3, the Sky Deck.

Use your bus pass

Alan Burnett, chair of Portsmouth Pensioners Association is always telling us to "use your bus pass or lose it!" We took him at his work (we have a dread of bus passes being withdrawn) and took the opportunity to start exploring the Isle of Wight whilst on holiday at Bembridge. The focus of our first journey was Newport as we did a circular tour. The number 8 bus took us via Sandown, Arreton and Robin Hill. We had previously stayed in Sandown and found it to be an attractive place with



lovely views, places to visit, a very pleasant High Street and many places to eat and stay. But I digress...

Newport has a very busy shopping centre as would be expected of the Island's county town. It has 17 charity shops (we were told), some of which we visited and found a few bargains. We lunched at Wetherspoons, one of several cafes and restaurants in the town. Having refreshed ourselves, we headed for the bus station and boarded a number 9 bus to Ryde via Staplers and Wooton, another pleasant section of the journey. Ryde has much to offer, but another time. The number 8 bus completed our circular tour taking us through Seaview and St. Helens back to Bembridge. It was a great day, enhanced by scenic views from the upper deck.

Paula and Eric Rumsby.





Who Cares? - The issue of Long Term Care Planning

Well, none of us are getting any younger. And the older we get the more we realise that there's a chance we may need care in later life. I don't suppose there are many who could have avoided all the recent media coverage of the difficulties within the Social Care system. The lack of money and resources together with a growing ageing population, it's no wonder the State is struggling to provide. We all probably know just how expensive care can be and that if we have means-testable assets in excess of £23,250 then we are probably going to have to pay for most of our own care.

But what about those to whom it has already happened? Many of you reading this will have an elderly relative who is currently receiving care – either at home or in a care home. Maybe that's why you know how expensive it can be. Some of you may even be acting on their behalf under an Enduring or Lasting Power of Attorney. Maybe the house has been sold and at the back of your mind is the concern that one day the money could run out.

Thankfully there is something that can be done. Immediate Care Plans are designed for just this situation. In return for a single premium the policy will provide a regular monthly tax-free sum to pay for care fees for as long as the insured requires care. The monthly benefit can be indexed to guard against care fees increasing each year and you can even include a capital protection option in case the insured unfortunately dies earlier than anticipated. The effect of this arrangement is one of capping the total cost of care, ensuring that care fees can be afforded for as long as necessary.

You may be worried that this could be you, either way, help is at hand. Speaking with an accredited member of the Society of Later Life Advisers (a consumer facing organisation dedicated to ensuring that high quality financial advice, can help all those at, or post retirement) can help you look through some options regarding your long term care planning needs. The problem of affording care need not be a burden for you to carry alone, there are organisations available to help share in this. For more information, help and guidance please contact Paul Murray at Woodlands Care Planning.



THE SOONER YOU START PLANNING, THE MORE YOU CAN DO

Whether you want to find out more about long term care planning, or you simply want to minimise an IHT bill, it starts with a conversation. If you would like to discuss your situation, or to find out more, please contact us – we look forward to hearing from you.

Freephone

0808 164 3688

02392 295 302

info@woodlandscareplanning.co.uk

The Financial Conduct Authority does not regulate tax advice.





Being 'creative' and 'open' boosts wellbeing in later life. Age UK's Wellbeing Index finds that age isn't a barrier to living well

The Wellbeing in Later Life Index, developed by Age UK and the University of Southampton, analysed data from 15,000 people aged 60 and over to measure the wellbeing of the UK's older population.

It looked at how people were doing in different aspects of their lives under five key areas – social, personal, health, financial and environmental. Caroline Abrahams, Charity Director at Age UK, said: "The good news from our Index is that age need not be a barrier to wellbeing and that there are things we can all do to make life better for individual older people, for our older population as a whole and indeed for ourselves as we age.

"Being positive and open, willing to try out new things, and engaged with what's going on around us turns out to be incredibly important in sustaining our wellbeing as we get older. Things like playing the piano, singing or dancing all seem to do a lot to help. "To some extent we can all act on messages like these but we also need to be realistic and recognise that it is a lot easier to be positive, outgoing and involved if you are in good mental and physical health, financially secure, and well supported by family and friends than if none of these things are in place.

"Our Index reveals a huge gap between the most and the least favoured older people in our society and shows that we have to do more to help those with the lowest wellbeing. They are often alone, on a low income, in poor health, and with very few additional resources to fall back on. Good public services can make a huge difference to older people in this position so it is incredibly important that they are sustained. Against this context, the current cuts to social care, the NHS and many local facilities like lunch clubs and day centres are a real worry because it is these least fortunate older people who are most likely to lose out as a result."

"More generally, an overall wellbeing score of just over fifty per cent across our entire older population is a cause for concern – we think we should be doing a lot better. Health and finance were the two domains most responsible for holding back this overall score and are both areas where we need to go further and do more. For example, efforts to transform the NHS so it is more responsive to older people with multiple health conditions must be intensified, and policies like the Triple Lock must stay in place to protect those older people on the lowest incomes."



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www.rightathomeuk.com/portsmouth



ELDERLY - THE NEW SCAPEGOATS - A VERY WORRYING TREND

Pensioners on average wages will have paid approximately £300,000 in taxes over a lifetime, with around £100,000 going to the NHS.

Theoretically, a person retiring at 65 would have to live for another 38 years to 'use up' this money. Therefore that average pensioner has already paid for his/her care.

If requiring a care home, on average an elderly person's time before death is around 6 months. Elderly 'bed-blockers' spend about 28 days in hospital before being discharged. A time span which is rising largely because of government policy of cuts in Social Care provided at home.

The use of the mantra "living too long" has frightening connotations. One has only to look to history to see what happens when a certain section of society is singled out for blame. Getting old and frail is not something we bring on ourselves. Those who damage their health by overeating, drinking too much, smoking and drug taking cost the NHS more. NHS statistics show that obesity related illnesses cost £12 billion per annum, binge drinking costs £5 billion per annum and smoking related illnesses cost £5 billion per annum. That is £22 billion of avoidable costs to the NHS, a huge sum.

The over 55 year olds contribute 1.4 billion hours in voluntary service to the community, with approximately 6.2 million over 55s working voluntarily.

The accusation that we are lucky to have houses worth a lot of money while youngsters cannot afford to get on the property ladder is not of our making. More and more parents and grandparents are using 'equity release' to fund their offspring in providing deposits for homes and university costs - the 'Bank of Mum and Dad'. According to the Sunday Times this averages out at around £23,000 per child.



Another accusation is that we have trashed the planet. However, it was not our generation who used disposable nappies, causing serious blockages to the sewage systems. Also, we used shopping baskets into which groceries were tipped, mud and all. Other items were put into paper bags which we then recycled at home. Old newspaper was very often used as wrapping, think of fish and chips. Plastic bags were unheard of. We walked or cycled to school. School buses were used by those too far away, far fewer families used or owned a car. Today, this is the main cause of serious air pollution.

We did not use such a vast array of make-up items, such as 'micro-beaded' face cream which is being ingested by fish and getting into the food chain. Milk came in glass bottles which were recycled by the dairies. The humblest cafe used china cups, not polystyrene. Any drinks we bought were in glass bottles which, when returned to the shop, would earn us tuppence per bottle.

Clothes washing was done using a bar of soap, without the vast array of 'softeners, perfumers, defluffers, biological and non-biological washing products. Invariably we washed clothes at the sink which we then put on a washing line, using neither a washing machine nor dryer. We were far more ecologically minded then without ever knowing about ecological matters.

Instead of denigrating the 'elderly' perhaps it would be wiser to listen to a lifetime of gathered wisdom and remember that we were once young and strong. Some of us came through an horrendous war while we were still at school, enduring bombing, air raids, seeing our homes raised to the ground and losing close family members, something the younger generation (thankfully) have not had to endure.

Huge resentment will be aroused, with worrying consequences, if local councils use the elderly care issue as an excuse for increasing council tax. Every human being is valuable no matter what their age. Growing up and growing old is part of life's cycle. In a caring society each person deserves protection and respect no matter what their age.

Carol Carrell



PPA

BECOME A MEMBER OF THE PPA

Membership runs from January to December. The fee is £5 and a membership card is issued. There is an application form on the back page of this magazine

Meetings are the first Monday of the month unless it's a bank holiday in which case it is on Tuesday instead.

To encourage renewing our dues on time, Lavinia, our membership secretary runs a membership draw during the first three months of the renewal period.

Renewal can be undertaken by post to the address below but please remember to include a SAE and a cheque for £5 made out to Portsmouth Pensioners' Association.

The Winner of the draw for January was **Mrs Margaret Couch** membership number 2018. Margaret has been a member of Portsmouth Pensioners' for five years.

February Winner was **Mr Alan Houghton** who has also been a member for five years, membership number 2031.

Membership joining and renewal:
Lavinia Le-Good, 69, Westwood Road,
Hilsea PO2 9QP

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.*

Hi George...
are you more
flexible now
you've started
going to the
gym?

George....
Unfortunately I
still can't make
Tuesdays.



Found on a seat in Madeira
Alan Burnett



Sign outside of a restaurant.
Cyril Saunders



PPA Officers & Committee

From Left to right: Surendra Zaveri, Lavinia-Le Good, Alan Burnett (standing), Rob Birznicks (sitting) Steve Bonner (standing) Cecille Chapman (sitting) Roger Leaver, Norma Foulsham, Nell Leaver and Felicity McKenna.



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ANSWERS

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President Nell Leaver

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tel 92697343

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The SOUTHSEA SKIFFLE ORCHESTRA

Correction to the published dates in PompeyPensioner issue No.48
The dates for the Skiffle performances in the Guildhall's upstairs lounge are:
28th March • 18th April • 3rd May • 20th June

The Southsea Skiffle Orchestra was formed from a workshop at Portsmouth's 60+ Festival in October 2014 and now has around 30 members who play the classic skiffle songs of the mid-1950s and a few others adapted to the style.



All Change



Round pound coins will cease to be legal tender in OCTOBER 2017: New 12-sided £1 will be introduced in March 2017- as well as new £2 and 50p designs

Round pound coins will be phased out from March 28 2017, and will no longer be valid currency from October 2017

The old pound will be replaced by a new 12-sided £1 coin, hailed as 'the most secure in the world'

New coin designs will also start to appear, including a Jane Austen £2 and a 50p featuring Sir Isaac Newton

The Bank of England issued a new polymer £5 note on 13 September 2016. A new polymer £10 note will be issued in September 2017, and a new polymer £20 note by 2020. There are no plans to replace the £50 note in the near future. The paper £5 notes will be withdrawn from circulation on 5 May 2017 when they will no longer be legal tender.

As PPA member Cyril Saunders says many grandparents keep a 'piggy bank' for their grandchildren, perhaps now is the time to give it an enema!!

SCENIC SOLENT CRUISES

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Living Well Service

Improving the quality of care and support for older people in Portsmouth

Better Care funding means even more Portsmouth residents are set to benefit from the Portsmouth Living Well Service.

The free service is delivered by Age UK Portsmouth and has helped 300 people in the city in the last 18 months. The good work will now continue for another year thanks to funding from NHS Portsmouth Clinical Commissioning Group (CCG) as part of the Better Care programme.

The service helps to improve health and wellbeing for people over 50 years old living with long-term health conditions in Portsmouth. It works towards improving the quality of care and support they receive, reducing the need for people to rely so heavily on GP and hospital services.

People in the community are referred to the service via their GP and other health care professionals. Personal goals are then identified with help and support provided to enable people to access a range of services and so they can meet these goals.

The Living Well service links voluntary organisations with health and social care services to help organise both medical support, non-medical assistance from social care services and links to

community and voluntary organisations that include exercise groups, social clubs and community activities.

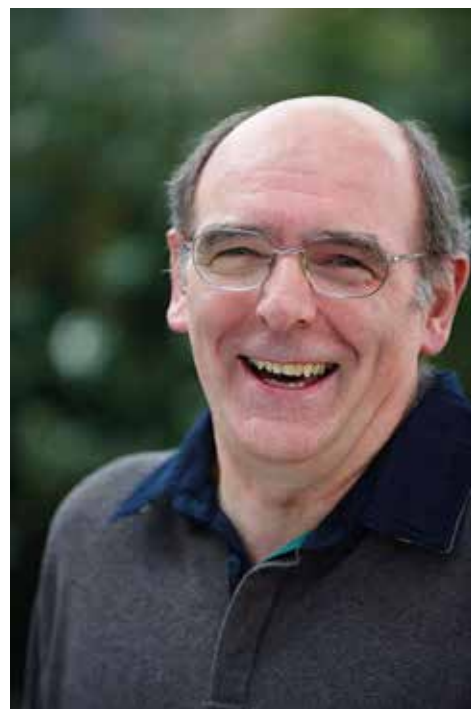
The service has demonstrated an ability to increase the wellbeing of people using the service; giving them more choice and control whilst helping them to become more active in their community reducing social isolation.



Contact us

For further information please contact our Living Well Service Manager on **023 9288 3527** or email **livingwell@ageukportsmouth.org.uk**

Referrals can be sent to our secure email address **SNHS.aukpicteam@nhs.net**



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An error in our last issue...

One of the questions in the 1960's Pompey FC Quiz (issue 48) asked who was the striker nicknamed 'The Giraffe' The answer is actually Ray Hiron and not Ray Pointer. (The mistake was pointed out by a reader from Cumbria!)

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! If you are able, get involved.

P.P.A. Meetings 2017

Our monthly meetings are held at 1.30 on the 1st Monday of each month in the Council Chambers of the Guildhall, unless the first Monday is a Bank Holiday. In this case the meeting will be held on the Tuesday.

ADVERTISING DISCLAIMER

All material published in The PompeyPensioner (either in the magazine and/or the website), including adverts, editorials, articles and all other content is published in good faith. However PompeyPensioner accepts no liability for any errors or omissions and does not endorse any companies, products or services that appear in the publication or on the website.

Volunteers sought to join the Pompey Pensioner Magazine editorial team. If you would like to become part of this very interesting project which aims to produce 3 editions per year please contact either Maxine Bonner tel: 023 92816895 email: the.bonners@tesco.net or Geraldine Johns tel: 023 92377840 email: iadine31@yahoo.co.uk

Website

Keep up to date with PPA on our website

popmpeypensioners.webplus.net

Have your say

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:

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Email: iadine31@yahoo.co.uk

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Maxine Bonner Email: the.bonners@tesco.net

or any committee member to advertise in our next issue

Portsmouth Pensioners' Association - JOIN US

The Campaigning Voice for Pensioners in Portsmouth

Meetings held in the Guildhall Council Chamber every first Monday of the month 1.30-3.30pm

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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:
Lavinia Le-Good (membership secretary) 69, Westwood Road, Hilsea PO2 7QP.

Name: _____ Date of birth ____/____/____

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)