

Pompey Pensioner

AUTUMN 2019

Issue No. 55

TAKE
HOME YOUR
FREE
COPY



Open yourself to new ideas and challenges – as well as looking back to good times and achievements from the past



The Association thanks Portsmouth City Council for their support in kind and encouragement given in many ways. Views and opinions expressed within do not necessarily coincide with Council policies.

Welcome to Pompey Pensioner Magazine Issue No 55

We would all like to thank Alan for his outstanding service to the Association – we are glad that he will continue to support us and write articles. Welcome to our new Chair Steve Bonner who made a rousing acceptance speech – we look forward to much more to come. Alan gave a clear indication as to the aims of the Association which are To: Involve Influence and Inform. The Pompey Pensioner Magazine will support all of these aims. Since the last publication much has happened but notably a wonderful 75 Anniversary Celebration of D Day. Personally I found Mr Macron's piece deeply moving

My letter is going to cause great sorrow, but I have seen you so full of courage that I don't doubt that you will remain courageous if only for love of me. I am dying for my country. My wish is for a France that is free and for the French to be happy... a France that is hardworking, industrious and honest.

If my hand is shaking as I write it is because I have a small pencil.

I do not fear death, my conscience is completely clear. Goodbye. Death is calling me.

I am sure that you have your favourite too – perhaps the farewell letter written by a husband to his wife read by Theresa May NWG Skinner 3rd June 1944

My Darling, this is a very difficult letter to write.

Something may happen at any moment... You and I have had some lovely years that seem to have passed at lightening speed.

My thoughts at his moment on this lovely afternoon are with you all now. I can imagine you in the garden having tea with Janey and Anne getting ready to put them to bed.

Although I would give anything to be back with you I have not had any wish at all to back down from the job we have to do.



Mr Trump, during his visit made it clear that with new Trade Deals everything will be on the table. I say clearly "hands off our wonderful National Health Service" It cannot have escaped anyone's notice that he retracted this later after Mrs May made it clear that there will be two parties to these negotiations. There is still uncertainty as to the Brexit negotiations. Who knows, Boris the "wunderkind" may have worked his magic by the end of this month. I'm not holding my breath.

A NOVICES' VIEW FROM THE CHAIR

It's the first edition of the Pompey Pensioner magazine since Alan Burnett was elevated to the lofty heights of 'President'... I will try my best to fill his size 11's as the new Chair.

Many thanks to Alan for his unswerving dedication to the PPA over many years. First let me welcome new readers to our magazine as well as our existing members. The tasks ahead, as I see it, are to increase our membership in the hope that we can address the problem of loneliness amongst isolated seniors.

We need to expand our social activities to reach more of the 14,000 seniors in the Portsmouth area.

We have to stabilise our income for these activities. The proposed increase to £10 p.a. for membership was endorsed by the members at our last meeting.

We will also be looking to register the Portsmouth Pensioners Association as a Charitable Organisation. While this would furnish us with a wider scope to apply for funds, it also brings a whole new range of administrative problems which we'd need to deal with.

All of this aside, we must not lose sight of the fact that we are a campaigning organisation:

With attacks on the Triple Lock on our pension, plans to remove the Winter Heating Allowance, assaults on free tv licences for the over 75's and threats to our bus passes.

There are now proposals to extend 'working life' to 75 years of age with suggestions to bring 'those outside of economic activity' back into work (i.e. retired people).

Let us remind the current government

that it's pensioners/grandparents that save the country six hundred million pounds in childcare and a similar amount in voluntary work in the NHS and other groups such as The Red Cross, and various charitable organisations.

All of this must remain the focus of our campaigns in the coming year and I'm confident that we're up to the task.

Many thanks to our dedicated committee for their work behind the scenes. Also of course to the hard working editors of this splendid publication.

Regards
Steve Bonner

First report from Vice Chair

Alan Burnett decided at this year's AGM to stand down as Chair of our Association; Steve Bonner took on the roll leaving a vacancy in his post as Vice Chair. I was asked to step into this roll and accepted, this was voted on and agreed at our AGM although I was not present.

I met with Steve Bonner for a Motor sail in Chichester Harbour in an old restored oyster boat. Steve was in his element at the helm, the rest of us were disappointed as there was no wind to sail. Once ashore over a coffee I asked him the question, 'What does the Vice Chair do?' his reply was, to just chair the meeting if I'm not there. His next sentence was I'm NEVER away. Hmm Hmm!

Next day I had an Email to say Steve was in Birmingham for the weekend. I quickly e-mailed Alan Burnett 'Help'. I was away baby-sitting for the weekend so I couldn't do any preparation for the PP meeting, Alan e-mailed me back and said we would do a double act. We met up for a meeting on the Monday morning and went through the running list. Luckily the Speakers were close to my heart as I had been following the plans for the Sea Front Beach Defence. As the time approached it was a bit nerve racking having to face my first audience of over 100 people. This is where I Sink or Swim I thought!

If you were at this meeting I will let you decide how it went?

Since retiring I have found lots of different areas to expand my life and learn new skills which is very exciting. I look forward to representing you as Vice Chair.

Felicity McKenna



As far as campaigning is concerned, we all know that national politics is in turmoil, and issues such as the future funding of social care has been side-lined. But there are local and national issues that should command our attention and energy. As part of the 60+ FESTIVAL in October we will be hearing from leading local councillors on their vision of the city. There are environmental issues such as pollution on our main roads, and the Southsea coastal defence scheme which are important. There are many older people in the city who still don't claim their entitlements, women who have been

short-changed in terms of their pensions, and seniors who are at risk from isolation and loneliness.

So what about the real threat to our standard of living? And how does the idea of the 'thin edge of the wedge' apply to recent developments in relation to universal benefits which up to now have helped us to live good later lives? (The thin edge of the wedge refers to an initial event which while small in itself may lead to other larger, more serious and damaging problems)

As a campaigning movement for older people we must never be complacent. There are many in Whitehall and Westminster who seem to believe that British older people are well off, enjoy far too many benefits and don't contribute much to society. The Resolution Society, a House of Lords committee and the Ratepayers Association to name but three, have all argued that hard won entitlements enjoyed by older people/pensioners should be cut back and/or means tested. They have questioned the need for the triple lock on pensions, the free bus pass, and the winter fuel allowance. And now for the first time it is happening. Free TV licences for those over 75 will, as of next year be limited to those on Pension Credit. Nearly 10,000 people in the city of Portsmouth alone

will be adversely affected. Some will struggle to pay the fee and their reliance on TV for news and entertainment put in jeopardy. That is why Portsmouth Pensioners' Association, together with the MP for Portsmouth South, Stephen Morgan, joined thousands of campaigners throughout the country to protest. We say that it is the Government should pay as they have done up to now and not the BBC. We wait to see whether the new Conservative government responds to the case that has been made. Don't hold your breath!

But payment of TV licences is just one example of the possible threat to the welfare state and older people.

What may happen at the thick end of the wedge?

Not only has the number of wealthy pensioners been exaggerated, but a clearer knowledge of the actual cost of benefits that are available to older people is needed. For example winter fuel payments cost annually £2.2bn, free bus travel £1bn. I do not know the cost of provision of free prescriptions and eye tests for the over 60s, (although it is true that two fifths of the NHS budget is spent on those 65 and over) but that is part of the wider commitment from the NHS to provide free health care at the point of delivery.

Most people accept that some degree of needs/means testing and individual contributions should apply in relation to paying for residential and day care, and think it is fair that poorest pensioners should get help in relation to housing, health, heating and paying the council tax but it is winter fuel payments and the bus pass that are likely to come under attack in the next few years. Personally I would accept that some wealthy older households do not need help paying their fuel bills and there may be a case for change. But I certainly would draw the line at the bus pass. Not only because it keeps bus companies and routes viable, but also due the proven benefits the system bring in terms of the environment and encouraging social interaction.

Removing, limiting or means testing this widely appreciated benefit constitutes the 'thick end of the wedge' which we would not accept. It would be vigorously opposed by PPA and many others.

WHAT TO DO? WE DO.

President's Preface WE MUST BE ALERT TO THE 'THIN EDGE OF THE WEDGE'

Now that the responsibility of having to chair PPA meetings has been lifted from my shoulders, I am able to devote myself wholeheartedly to research and campaigning on behalf of older people locally and further afield.. I also hope to maintain our links with organisations like the City Council and Age UK, as well as securing the future of the Pompey clinic which we help to fund in Ethiopia.

Current research projects include (1) how the University impacts on local life and the city – especially involving students and older people and (2) the prevalence of poverty amongst pensioners and children in the city. We need to provide those in authority with detailed factual evidence of the needs of our older population, as well as remind them of the social and financial value of what we have given and do contribute to the life of the city. We need to build on the Age Friendly City report which we published a couple of years ago.

Offers of help in these tasks is welcome.

Close Encounters at Age UK Portsmouth

If you heard someone say 'Close Encounters' would you envisage an extra-terrestrial film? Rest assured this newest Age UK Portsmouth service has very little Alien involvement!

Based at Age UK Portsmouth's Bradbury Centre, Close Encounters is a National Lottery funded project working in partnership with Gosport Voluntary Action and the South Central Ambulance Service. It is a three-year project that aims to help alleviate pressure on ambulance services, supporting older frequent callers with no medical need. Their aim is to enhance quality of life by improving access to community support, companionship, information, advice and advocacy services.

The service, committed to helping individuals who feel lonely or isolated, has a dedicated team of staff who will meet with service users in an environment that suits them best – be that in their home, or whilst enjoying a coffee at The Old George Café in the Bradbury Centre. The team's approach is friendly and informal, as goals are reached with the service user which then facilitate an improved outlook on life. Goals can be as uncomplicated as gaining the confidence to join a club, getting a new hair-do, or learning to use a computer. Support can also include Entitlement checks or help with Blue Badge and Attendance Allowance applications.

Most people will feel lonely at some point in their lives.

We often feel lonely when we don't have strong social relationships or are unhappy with the ones we have. Loneliness is associated with depression, psychological state, mental health and sleep problems. Fortunately, support is becoming increasingly available to combat loneliness.

Dorothy is 94 and a former Royal Air Force Radiographer who struggled with anxiety, loneliness and lacked confidence following her move from Essex to Portsmouth. Despite loving the area, Dorothy found herself struggling and losing the mobility she once had. Following cancer treatment last year she lost touch with all of her friends, she used to be very sociable and outgoing with a large circle of companions.

With the support of the Close Encounter

project, Dorothy has turned her life around with a much improved social network. When asked about her experience of the Close Encounter service, Dorothy said: "Your personality and outlook

has really cheered me up, my lack of companionship was really getting me down. You have changed my life and I don't feel embarrassed to go out anymore, I want to meet new people now."

Alongside their Close Encounters project Age UK Portsmouth offer an extensive range of services including Help Around The Home, Gardening, free solicitor appointments, Veterans Befriending, Social Activities and Events, IT Training, Hairdressing and Chiropody.

If you know someone who would benefit from a call from an Age UK Portsmouth team member or perhaps just requires some information:

Phone 023 9286 2121 asking for a Close Encounters chat
email enquiries@ageukportsmouth.org.uk
or visit the Team at the Bradbury Centre, 16-18 Kingston Road, PO1 5RZ.

Care Navigators help to find your way around the health system

GP practices in Portsmouth are introducing a scheme to help patients see or speak to the most appropriate healthcare professional more quickly. Around 230 practice staff across the city, including receptionists, have been trained to become "navigators". They won't offer clinical advice but will help signpost you to the most appropriate health service for your needs. The GP is not always the best person to see or the route for getting the most appropriate care faster.

Dr Linda Collie GP clinical lead for NHS Portsmouth Clinical Commissioning Group which has paid for the training said:

"We know it's not always easy to navigate local health services to find out who is best placed to help you for a particular health problem or concern.

Care navigators have access to a directory of information about services to point patients to the most appropriate source of help, advice and support."

A GP might not be the most suitable



person for the patient to speak to or see. Patients can often be seen more quickly by a nurse or physiotherapist for example. In some cases a GP practice may not even be the right place for an enquiry.

Care navigators will play an important role in not only helping you to access faster health care but also ensuring that GPs can dedicate more of their time seeing those patients who most need their help.

What is care navigation?

- Care navigation supports practices and patients to make the best use of NHS resources.
- It's a model of care that improves access to primary care services for patients and reduces GP pressure.
- It allows front line staff to provide patients with more information about local health and wellbeing services both within and outside of primary care.
- It's about offering patient choice and help to access the most appropriate service first. It means other patients will find it easier to get a GP appointment.

How it works

When you make an appointment with your GP you will be asked for an outline of the problem followed by a series of questions about the reason for wanting an appointment this will help the care navigator ensure you see the person best suited to help you. They can refer to information about services in the practice, other NHS providers and the wider care and support sector. Where appropriate they will direct the patient to these services.

You don't have to do this. The care navigator will respect both your privacy and your right to say "No".

You will never be refused an appointment with a GP.

Care navigators will never try to diagnose your problem or offer you clinical advice. This is about offering you the choice to see other health professionals who are more appropriate than the GP and who may often be able to see you more quickly. The goal is to ensure that patients get the right care, at the right time, in the right place with the right outcome.

Patients can be offered choices allowing them to go straight to the service which best suits their health and well-being needs.

Some might say this is yet another, worrying, intervention between patient and GP, and that, despite assurances, unqualified people will be taking decisions about our health.

Sue Petrie

Mind the gender pension gap

The gender pension gap is bigger than the gender pay gap according to latest government figures.

Women in the UK receive 39.5% less pension income than men – twice as large as the current pay gap. This equates to an average annual shortfall of £7,000.

Women workers generally have lower wages (therefore lower pensions) breaks in National Insurance or pension contributions due to parenting, caring responsibilities or insecure or part time employment.

Marion Wilson - National Pensioners Convention vice president said: "If you are low paid when you are working you will have a poor pension in retirement so for many women struggling to make ends meet doesn't stop when they give up work."

On average women receive 25% less state pension than men – including many of those who before 1977 paid the Married Women's Stamp which does not entitle them to a state pension.

As a result women's median overall pension is just 57% of men's.

Married women are the poorest in terms of personal income and previously married women are twice as likely as men to be on means-tested Pension Credit.

In 2017 the average weekly amount of state pension received by a woman was £126.45 per week compared with £153.99 for men.

Among those over 65 only 43% of women received any private/occupational pension, and the median amount for these pensions is 53% of men's.

Private pension scheme members and savings vary widely according to occupational class, employed hours and ethnicity all intersecting with gender. Poverty blights the lives of many of today's older women and limits what they can afford to do and socially isolates them.

www.npcuk.org



Solent WASPI Update

On Friday, 17th May, members of Solent WASPI were at neighbouring Hampshire County Council's AGM/Full Council Meeting to support Councillor Malcolm Wade's Notice of Motion. Our member Carolyne Jacobs made a deputation to the Council, and a motion calling on the Government to consider making fair transitional arrangements for all 1950s women was approved. While state pensions are a matter for national government, councils have a role to play supporting local residents and lobbying Government on their behalf. Subsequent media coverage included Carolyne's excellent interview with Express FM-all invaluable for spreading the message.

A real opportunity to move the WASPI campaign in a new direction presented itself, following Shelagh Simmon's interview for the Women's Community Activism, a Heritage Lottery Funded project based at the University of Portsmouth. Project Co-ordinator, Dr Anna Cole, invited Shelagh and I to be part of a panel presenting "The past is before us: women's working lives and the campaign against state pension inequality" at the Oral History Society Annual Conference held on 5th/6th July at Swansea University. Shelagh gave a compelling overview of the campaign and I presented audio clips from interviews conducted with four of our members. As Shelagh has observed, 'Awareness can be raised in many ways'.

In response to WASPI's support for the tree-planting initiative, the Vote 100 Plant 100 project, on a cold afternoon in early March, Portsmouth South MP Stephen Morgan invited volunteers and supporters to a thank-you event at the Constituency office in Albert Road on Friday 28th June. We are very grateful for Stephen's ongoing support for WASPI.

One of the highlights of the year for campaigners is the annual Tolpuddle Martyrs' Festival, held 19-21 July this year. Solent WASPI attended on the final day and along with members from other branches, took part in the procession through the village. WASPI is grateful for the support of the GMB and Unite unions for facilitating transport.

The future for WASPI women is subject to a good deal of political and legal uncertainty. Amber Rudd, Secretary of State for Work and Pensions, remains in place, in new Prime Minister Boris Johnson's Cabinet, which is far from encouraging, despite his promise at election hustings in Cheltenham "to return to this issue with fresh vigour and new eyes and

see what I can do to sort it out. Because I'm conscious it's been going on for too long." We agree.

Meanwhile, judgement on Back To 60's Judicial Review, which took place on 5th/6th June, has been reserved. It is unlikely that a decision will be made before October 1st. WASPI's maladministration remain on hold. But we are not going away!

Kathryn Rimmington / Shelagh Simmons
19/8/19

High court ruling - Judicial Review Over 60s challenge

Judges rule that the government's handling of the pension age does not discriminate against women. **3/10/2019**

Back to 60 and a Judicial Review

'Back to 60' will never succeed. It is a pity that it has been allowed to overshadow WASPI.

The equalisation of SPA (State Pension Age) has been extremely badly handled by DWP. WASPI is after fairness for women born in the 50s, many of whom must be on supplementary benefits. If there was more fairness in these pensions the State might pay less in supplementary benefits and gain more tax from the higher pensions.

Pat Bentley PP member

Cracking Down on Abuse of Blue Badges

Five more motorists were prosecuted during May by Portsmouth City Council for misusing Blue Badges to gain free parking and were ordered to pay fines totalling £2,499, including court costs and surcharging.

In all five cases, the Blue Badge displayed belonged to other people and was used in their absence. Amongst those sent to court were three University students using the badge to park closer to home or the University. Blue Badge misuse is a criminal offence which can lead to a prosecution resulting in a fine of up to £1,000, plus an order to pay towards the costs of the Council prosecution and a criminal record. It can also lead to confiscation of the badge. An Officer can ask anybody in a vehicle to produce a disabled badge to them for inspection. Failure to do so is a criminal offence.

Councillor Lynne Stagg, Cabinet Member for Traffic and Transportation at PCC said:

"It is disappointing to learn that in all of these cases, the badge used belonged to a family member. Abuse of this kind affects the everyday lives of genuinely disabled users and cannot be tolerated, no matter what the circumstances.

If you drive on behalf of a Blue Badge holder as a relative, friend or carer, make sure you know the rules and use the badge accordingly. You must be able to account for the holder's whereabouts when displaying the badge. It's that simple."



New Blue Badge Rules

New rules about the use of Blue Badges will make it easier for autistic people and others with invisible impairments to secure a badge.

New government rules are likely to lead to a significant increase in the number of disabled people eligible for Blue Badges across England.

Disabled people with Blue Badges already find it almost impossible at peak times to find a parking space. So, the government has announced a new taskforce aimed at clamping down on fraud and misuse to ease the pressure on parking space.

The government was forced into making the changes because of its previous decision in 2014 to tighten the rules which led to a judicial review case taken on behalf of an autistic man with learning difficulties.

Justin Tomlinson, Minister for Disabled People said "It's unacceptable that people with hidden disabilities still face discrimination when using facilities like parking spaces. Extending the scheme will ensure those with hidden disabilities are able to travel with greater ease and live more independent lives."

A disabled person will be automatically eligible for a Blue Badge if they receive eight points or more under the "moving around" activity of the mobility component of PIP or they receive the PIP mobility component and also score at least 10 points under the "planning and following journey" activity because making a journey causes them "overwhelming psychological distress."

Others who do not qualify automatically could still be eligible for a Badge if they pass an assessment to decide if they cannot walk or undertake a journey without creating a risk of serious harm, "causing very considerable psychological distress" or "very considerable difficulty when walking".

The extension has been welcomed so long as efforts are made to sort out the misuse in the current system.

Sue Petrie

Statistics on Homeless People

There are 320,000 homeless people in Britain a rise of 13,000 with thirty six people becoming homeless every day and nine recorded deaths every week. According to Shelter one in two hundred and twenty two people ie 174 homeless people live in Portsmouth.

The Museum of Homelessness (MoH) and the Bureau of Investigative Journalism have been recording deaths since October 2017 and have released figures as part of the Dying Homeless Project. Nearly a third of fatalities occur in emergency or temporary accommodation. The figures are collated through coroners' enquiries, media coverage, family testimony and freedom of information requests to verify details of at least 235 homeless people dying over the last six months.

The same figures for last year showed 449 deaths recorded in 12 months – on average one every 20 hours.

Co-founder of MoH Jessica Turtle commented "People aren't able to access the support they need. We are sure there are many more deaths. Data is not being recorded or there is a delay while inquests are resolved." Chris Wood, head of policy at Shelter said the levels of homelessness are "a scandal. These deaths cannot be ignored and we demand urgent action from the new Prime Minister."

Why has rough sleeping in Portsmouth got worse?

The Society of St James, a Hampshire based homelessness charity, has identified the reasons for sleeping rough as a traumatic childhood, alcohol and drug use and mental health issues or any combination of these. These issues exist in their lives before they become homeless when these problems become more serious and entrenched. Rough sleepers are more likely to have been in care, to have witnessed violence at home, to have substance misusing parents and to have left school without any qualifications. Homeless people are more likely to have been in prison than the average member of society.

However, this does not explain the rise in the number of people sleeping rough as these issues have not significantly changed. It appears that recent changes in the benefits system, the national housing shortage and cuts to services are at the root of the problem.



Pensioners' Conference – Blackpool 2019

In the absence of other Pompey Pensioner volunteers Betty & I offered to attend the Pensioners' Parliament in Blackpool Winter Gardens in June.

Blackpool was wet and gloomy which matched delegate's and the opening speaker's dismay with the announcement that free TV licenses for over 75s was to be scrapped for anyone who doesn't qualify for Pension credit. License anger was a thread throughout the conference so a coach was organized to take campaigners to lobby at Manchester Media City after closing speeches on Thursday.

After welcome to (wet) Blackpool by a (pensioner) councillor the first presentation was from a pensioner who turned into an inter-generational climate change activist when she was chained with her son and granddaughter to pipes at the Cuadrilla fracking site (post conference note – drilling has started again causing the first earth tremors in Blackpool since the Pensioners' Parliament was there!).

This was followed by the Communication Workers Union General Secretary who spoke of growing inequality and called for a new deal providing greater job security then advised the CWU is looking to open its own post office as a template service hub and to work with local authorities to do likewise. The growing inequality theme was continued with a report of Leeds University research finding that metropolitan cities are concentrating services and the importance of 'Place' (hubs?) for local communities citing the work done in Preston.

The afternoon finished with a disturbing report of how 2nd & 3rd generation Windrush descendants are being deported. Day two morning theme was housing & fuel poverty with a report of research by Stirling University which had devised a board game prompting housing providers to think outside their silos to devise housing strategies for good, warm and

safe homes as key for keeping older folk healthy and engaged citizens.

Ruth London from Fuel Poverty Action spoke of winter deaths caused by hypothermia, lamented the scrapping of Green Deal that had started making progress improving insulation of old housing stock and suggested the need for an Energy Bill of Rights.

Discussion during Q&A revealed Scotland had good social housing strategies leading to an enthusiastically supported call to end Right to Buy in England & Wales (scrapped in Scotland years ago), need for age friendly housing communities to ease transition from independence to interdependence and for street by street insulation (rather like the GIA programme).

The afternoon was devoted to the social care crisis stating the need for local authorities to be at the heart of local provision linking health, social care and housing with a call for a Commissioner for Ageing covering the devolved administrations to champion the needs of an ageing population. This has been done in Northern Ireland so no need to reinvent the wheel. Apparently there has been an offer of a Government Minister for older people but this is considered a sop, a way to spin vote winning sound bites rather than compiling a costed wish list of needs to be negotiated with politicians and bureaucrats and constructed into an agreed programme to attract cross party consensus rather than short term gerrymandering tactics that change every time the minister does.

Our Chairman has been provided with a fuller of report of the sessions we attended for the committee to ponder (need to keep them occupied!) with a suggestion they consider if there are matters that are relevant to us in Portsmouth & SE Hants and in particular support the proposal for the appointment of a Commissioner for Older People to champion the needs of an ageing population.

Blackpool Council provides free tram passes for NPC delegates so on the first night we went to Fleetwood, got off the tram into a greater downpour than when we left conference so jumped back on the tram to return to Blackpool where it was still raining! (is this climate change?) After the next day's sessions, we took the tram to Cleveleys to look at the recently completed sea defences. It is understood there had been construction problems

but these have been rectified by the contractor. On balance we liked what we saw and are less fearful of what might happen with the forthcoming Southsea Coastal defences so long as we are able to easily see all the activity on the Solent and approaches to Portsmouth Harbour. Blackpool and Cleveleys just had empty sea (and rain) with not a single boat in sight.

Betty & I really struggled with the concept of admitting we were with a bunch of pensioners (I'm still 29+ with a bus pass) but once an Abba tribute band got into their swing at the last night's social where we met someone who was an apprentice in Portsmouth 40+ years ago and hasn't been back since so we did our Shaping Portsmouth Ambassadorial bit and then hit the dance floor to (non fracking) shake the world back into perspective ready to return to sunny Southsea.

Charles Burns
July 2019

TOLPUDDLE FESTIVAL and REMEMBRANCE

On Sunday 21st July several members of Pompey Pensioners' Association travelled by coach, at the invitation of the General Municipal & Boilermakers Union, to the Dorset village of Tolpuddle. They then joined a march to the village church for the annual wreath laying ceremony on the grave of James Hammett. James Hammett was the only one, of the six men sent to Australia in 1834 for fighting for better conditions and higher wages, who returned.





Always look on the bright side of life

Optimists are likely to live longer according to a recent study. The most optimistic men and women increased their lifespan on average by 11 to 15 per cent and had a better chance of reaching 85 years of age than pessimists. These results were maintained after other factors were accounted for, such as age, disease, education, alcohol use, exercise and diet. So 'always look on the bright side of life' is not just a song from 'The Life of Brian', a positive outlook can make a difference to how long we live.

Florence Snead

Not all baby boomers are well off

There is a perception that all older people are well off and debt is more of a problem for younger generations. However, this is not born out by the evidence. Among 55-74 year olds recent research has shown unsecured debt has risen by 34% in the past four years. Borrowing by nearly half of this age bracket who are in debt is not on luxuries but essentials such as home repairs, and covering day-to-day expenses. Equity release is not always the answer. *Ros Altman*

Retiring at 75 is just not viable

It appears that increasing the retirement age to 75 has come from people with no financial worries and who can give up work whenever they wish. If I have to work until 75 I am depriving others of getting jobs. And how can teachers, manual labourers and nurses be expected to work into their seventies? I am sure there are many occupations in which it would not be viable to carry on working to this age. Also many pensioners are carers for older and younger relatives. *Letter to guardian*

Don't blame the BBC for fee fiasco

As a 78 year old pensioner I am not against paying for my television licence. I am, however, most disappointed that the prime minister continues to perpetuate the myth that the BBC is responsible

for the change and not a previous Government. Why not raise the eligibility age for free tv licences to 80 and those who are 75 and on pensioner credit? *Penny Proudlock*

Ready to go care plan delayed until 2020

The prime minister has said his promised blueprint for overhauling the crisis-hit social care system in England could be delayed until next year. (The average weekly cost of nursing care in England according to Which magazine is £876, and there is a growing discrepancy in different parts of the country and amongst those who have to pay and those who do not) The new Prime Minister has said that a new plan would be ready to go once he was in office. Now his proposals will be ready in 'due course'. *Nigel Morris*

TELEVISION LICENCES

Up to 1.5 million over 75s who previously received a free tv licence will have to pay from 1st June, 2020.

Free licences were first introduced for over 75s in 2000 by Culture Secretary Chris Smith at the same time as half-price licences for the visually impaired as part of a Government programme to reduce pension poverty.

By 2010 the cost of free licence fees for the over 75s had reached £36.5m

In 2015 the Government said that by 2020 the BBC would take over the cost of providing free licences for over 75s as part of the fee settlement at a cost of £745 million – a fifth of the BBCs current budget by 2021/22 and to £1 billion by the end of the next decade.

In 2015 the BBC News website stated it would cover the cost of providing free tv licences for over 75s and in return the licence fee would rise with inflation. This was referred to as 'The Deal' at a cost of £745 million, a fifth of the BBCs current budget by 2021/22 in the run up to the renewal of the BBC Charter in 2017.

Then the BBC announced that it would not pay for this even after putting up tv licences in 2017 for the first time since 2010 and then in 2018 and again this year.

The BBC will scrap blanket free licences for over 75s but households with one person on Pension Credit (around 90,000 households) will still be eligible at a cost of 1.5 million by 2020.

The BBC Board claimed it was the 'fairest option to help the poorest pensioners.'

It follows consultation with 190,000 people of which 52% were in favour of reforming or abolishing free licences.

"We think it's fair to those over 75 but also to all our audiences for whom there was no appetite for the level of cuts that would have been necessary if the concession had been extended.

There are people for whom this will be unwelcome news .

We know we have a loyal audience over the age of 75 but we think many of them will understand the difficult position."

Since then, because the number of pensioners continues to grow and because we are all living longer, thus making more eligible for a free licence, the BBC has been pondering if it can afford the bill.

In 2020 it's estimated there will be around 4.6 million households eligible for the over 75s scheme.

This is a compromise. A third of the cost will be born by the BBC and two thirds passed on to 'wealthier' pensioners.

The elderly are the biggest consumers of BBC output, the average age of BBC tv audience is now over 62.

How far should younger licence fee payers subsidise older viewers?

As consumption of traditional tv by younger viewers continues to drop there are questions about why they are being expected to pay for a service that the heaviest users get free..

In the BBCs consultation in November 2018 it was found that:

48% respondents were in favour of continuing concessions to over 75s

37% were in favour of reforming the current rules

15% in favour of scrapping concessions to over 75s

Pensioners are now less likely than any other group to live in poverty.

In 2000 46% of households with someone aged 75 or more were among the poorest in terms of income.

In 2012 that proportion had fallen to less than 32%. This has come about because incomes of over 75s households have grown more rapidly than average.

Income, wealth and life expectancy of older people have improved significantly, pensioner poverty rates have fallen and older households report higher well being on a range of metrics.

However

Caroline Abrahams, director of Age UK said there were "compelling arguments in favour of the over 75s tv licence concession. We noticed how important tv is. One in four over 65s say this is their main source of companionship"

Portsmouth MP urges Minister to be bold and stand up for pensioners when it comes to free TV licences

During a Westminster Hall Debate relating to free TV licences for over 75s, Mr Morgan spoke forcibly in favour of maintaining the benefit for pensioners. The debate follows a Government led decision to revoke the universally free TV licence for over 75s and instead only allow those with Pension Credit the benefit.

Mr Morgan said:

"This was an opportunity to voice the concerns of my constituents. Following my letter out to 10,000 people likely to be affected, I have had a steady stream of correspondence – including heart wrenching accounts of the loneliness and isolation that will ensue after the free licence has been removed.

I owe it to my constituents to make sure that the Minister responsible for these



Life President of Pompey Pensioner Assoc. and former RN submariner, Cyril Saunders, 82, speaking to a reporter from The News said, 'All of our politicians recently made a big thing about the D Day veterans, the war generation and the debt owed to them. Many of these veterans will now have to pay £154 for their TV licence. Actions speak louder than words – we put this country back on its feet after the war and this is the thanks we get.'

unjust changes is aware of the damage his Government is doing to Portsmouth pensioners."

Mr Morgan's speech forced the Government Minister to justify the policy change, particularly the notion of attaching the benefit to Pension Credit, which has been widely criticised by experts and MPs alike.

Stephen Morgan MP said:

"We know that around 1.3 million over-75s are eligible for Pension Credit but do not or cannot claim for the benefit. This means at least 650,000 of our poorest pensioners facing an ominous new annual bill they simply can't afford.

The Government has not taken this into account and now those with the least are set to lose the most. I have urged the Minister today to be bold and stand up for hardworking-pensioners by halting the implementation of this regressive policy change."

Another key message conveyed by the

local born MP was the statistical data for how pensioners in his city will be affected. Mr Morgan has conducted his own research through listening to constituents who responded to his letter. He used the Westminster hall debate today to inform the Minister on how his city felt about these changes.

"We know that in Portsmouth South, from respondents of over 300, nearly 90 % supported the continuation of the free TV licence.

Nearly 70% sighted loneliness as their main concern if the licence were to be revoked and over 30% considered themselves to have a mobility issue or disability that made getting out difficult.

What this suggests is that Portsmouth people, especially those facing mobility issues and loneliness, are very concerned.

The Government has made a serious misjudgement."

This is not the first time that the Portsmouth MP has tried to put pressure on the Government to maintain the free TV licence for over 75s. To date, he has written to the PM, asked the Minister responsible, met with Age UK and Portsmouth Pensioners Association, submitted a string of written questions and sent out 10,000 letters to residents.

On whether he will continue to campaign, Stephen Morgan said:

"The battle against loneliness and isolation will go on. I will continue to raise this matter both in Parliament and in the constituency to ensure that those who are affected by these cruel, callous changes have a voice.

The Government has the power to make these changes, we have responsibility to show them the pain they are causing."



IN OUR RETIREMENT AND WHY?

Some people never retire – through choice or necessity. And some women have had to postpone their retirement plans (WASPI campaign) But a majority of us find ourselves leaving a lifetime of paid work. It can be a challenge to cope with the demands – and opportunities – of not having a regular employment routine and more 'time on our hands'. A lot depends on our domestic circumstances, health, income, gender, hobbies and, possibly, what kinds of jobs we did in our working lives.

Looking at the statistics of longevity in Portsmouth, it is clear that most people can look forward to more than at least decade of active retirement, and then some more years when ill health constrains our activities. For some who live longer – and it often women – there is a need to adapt to seek an enjoyable and purposeful later life.

We all have our own experiences, and that of our family and friends. My dad didn't have a chance of any retirement, as a heavy smoker he died of cancer in his mid sixties. On the other hand, my great aunt Elsie had to retire early from teaching through deafness, and lived to the age of 106... she spent more than half of her life retired. She played the organ in her local church, grew flowers and vegetables, and took a real interest in us as youngsters. We all know people who have had their retirement cut short and also plenty of people our age who make so much of their later lives – volunteering, developing new hobbies, childminding, DIY tasks, writing and singing, walking, cycling and swimming, and engaged in civic activities – like joining PPA!

While there are plenty of websites and books advising us on how we retirees should spend our time, I have not found any detailed study of who actually does what in Portsmouth or elsewhere. Looking around the city and observing the activities of fellow pensioners it would appear that there is as much diversity in their lifestyles as there is in their backgrounds and individual circumstances. I see some of my older neighbours walking their dogs on Southsea Common; hear of groups of former colleagues/workmates meeting regularly for a meal and/or drink and talking about the 'old days'; observe the steady stream of older patients at surgeries and in the waiting areas at QA hospital; admire those who participate in the busy programme of U3A; and witness busy coffee shops and the early pints being consumed at Wetherspoons

premises in Cosham, North End, Fratton and Southsea.

Standing back from the everyday sights of retirement living, what can be suggested as to overall patterns of activity? First, I suggest retirees/pensioners can be divided into two groups – 'REMAINERS' and 'LEAVERS'. And this is nothing to do with Brexit, so don't throw down your copy of Pompey Pensioner in disgust. My classification is based on a duality of some people keeping up and continuing the skills they developed in their paid employment, and others who make a clean break and turn to different options.

And there are ample examples of both. As far as 'LEAVERS' are concerned I know of a former professional footballer who never goes to see a football match or even watch one on TV. Though he does play golf. A GP who has taken up painting and now exhibits regularly in local art galleries. A former surveyor who rides motorbikes and windsurfs. A former IBM executive who plays the saxophone, and another who grows ferns. A London cabbie who now restores derelict buildings and goes sailing, and a former professor of economics aged 78 who plays and writes about cricket.

As for 'REMAINERS', those who use their work time skills after retirement, there are former MPs, like Lord Judd of Portsea, who still ply their political passions in the House of Lords, former music teachers who direct choirs, army veterans who run charities for ex-servicemen and women, and Royal Navy personnel who now use their skills with the lifeboat movement. Many teachers visit schools to mentor kids who are struggling with their reading, and architects who refurbish properties in Normandy. Electricians and decorators who help out via local Age UK services, and former municipal clerks who administer charity programmes. I am a 'remainder', a professional geographer who continues to make maps and take an interest in the environment.

What about you?

Be that as it may, most of us work out our retirement diaries to suit ourselves and changing circumstances. We may be full of good intentions ...to de-clutter, learn to get to grips with the digital world, take plenty of exercise, eat sensibly, travel, spend quality time with the family, volunteer, make the most of every day. Often a combination of the above. Maybe we don't always live up to these aspirations and spend time watching day time TV, drinking wine and not even saying hello to our neighbours.

So here is my guide to achieving a good retirement....

Play your part in improving the public realm, making our environment better for all

Open yourself to new ideas and challenges – as well as looking back to good times and achievements from the past

Make the most of your skills and experience to help others locally, nationally and internationally

Put yourself in other people's shoes, take yourself out of your own trials and tribulations

Enjoy precious times with family and friends and pass on tactful advice to the younger generation

Yield gracefully to the changing world, your declining capabilities and your own mortality

Alan Burnett

A recent Saga Poll

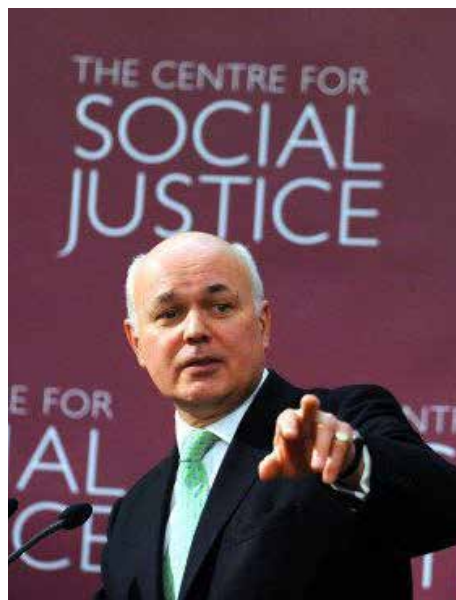
The Nation's Most Inspiring Over 60's put Richard Branson at the top for setting up an airline, opening a chain of records shops and completing a world record flight across the Pacific. He beat David Attenborough and the Queen in a poll of 2,000 people. He is one of three businessmen (ed!) in the top ten along with Alan Sugar, James Dyson (now of Singapore!) and Stephen Hawking (now dead)

48% of people identified hard work as an important and inspirational characteristic
40% of people identified dedication and contribution to society

18% identified creativity demonstrated by the five actresses, Paul McCartney and Stephen Fry who appeared in the poll
Jeremy Corbyn got three times more votes than Theresa May.

1. Richard Branson
2. David Attenborough
3. The Queen
4. Alan Sugar
5. Judy Dench
6. James Dyson
7. Helen Mirren
8. Stephen Hawking
9. Julie Walters
10. Paul McCartney
11. Billy Connolly
12. Jeremy Corbyn
13. Maggie Smith
14. Joanna Lumley
15. Stephen Fry
16. Sean Connery
17. Michael Caine
18. Prince Phillip
19. Mick Jagger
20. Anthony Hopkins





ECONOMICALLY INACTIVE?

The Intergenerational Fairness Committee of the House of Lords has recently suggested removing the Triple Lock on our pensions, the winter heating allowance and the free TV licences for over 75s.

The latter has been imposed by the government on the BBC who are now being vilified as the 'bad boys' for saying they cannot fund it.

Iain Duncan Smith's 'think tank' (The Centre for Social Justice) has picked up on the principles of the above cuts, adding the idea of increasing the pension age to 75 by 2035. Don't fret if you're a manual worker and just won't have the physical ability to carry on...you'll be retrained in an alternative more suitable occupation. We OAP's have been labelled 'Economically Inactive'.

Excuse me?!!!!

We save the government around £600,000 in childcare, enabling the younger generation to return to work and probably the same, if not more, in the voluntary sector; The League of Friends, the Red Cross, umpteen charity shops, Community Centres and goodness knows how many other projects.

'Don't know how I had the time to go to work' is a well-known adage -

Well if the Centre for Social Justice have their way you may well find out, we will be found jobs or retrained to make us 'Economically Active' once more!

Maxine Bonner

PP member



Climate Change

some statistics to make us pause for thought.

- 8.1 trillion kilometres are expected to be flown this year – the highest on record
- 986kg of CO2 is emitted on a return flight from London to New York
- 2% of global emissions are accounted for by the aviation sector – one of the world's fastest growing polluters.



A cashless society?

The rise of the cashless society means millions of people will be disadvantaged as a result. Banknotes and coins are a necessity for 8 million people struggling with debt or living in rural communities. Cash use has halved in the past 10 years, 74% of people still use it for example, to give to charity, window cleaners are paid in notes and coins in 85% of cases. The Access to Cash study highlighted a number of problems:

- There could be difficulties in rural communities where alternative ways to pay will be affected by poor broadband
- Those with physical or mental health problems might find it hard to use digital services
- They may not have a bank account
- Levels of debt might rise as budgeting is often easier with cash
- There may be a loss of independence for those who use cash as a lifeline when in difficult or abusive relationships
- There are higher prices for those are unable to benefit from online service or direct debits and this will increase.



Get Your Till Receipt!

Giving a customer their till receipt has become less commonplace in some shops, garages and smaller supermarkets in the last year or two. 'Do you want your receipt?' appears to encourage customers to refuse the offer and increasingly I find that a till receipt is now not being offered. Yes, we all see these receipts pile up behind the counter, but the till receipt is proof of purchase and provides a range of consumer protections.

I now make a point of asking for receipts and have recently spotted and been reimbursed for being overcharged £1.80 when the item had wrongly been put through the till twice. On another occasion, I was not charged the special offer price and was reimbursed by £1. In the past, my till receipt has enabled me to take goods bought on board a ferry to Trading Standards for a successful prosecution and reimbursement (there was no beer in the sealed cans which had all leaked in the car) and reimbursement for a mouldy in date malt loaf, for example. Most importantly, I have benefited for several years from Coop 10% vouchers which have only ever been issued with a receipt. Finally, the till receipt helps budgeting at home and is proof at the store's exit that the goods are bought and not stolen.

Karen

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.

My Life, My Death

Faye Evans, Partner at Churchers LLP

If you no longer have the ability to make or communicate your own decisions, who decides what is in your best interests? Depending on circumstances, there may be many voices in the mix: family, medical professionals, social services, but what happens if they don't all agree? How do you make your voice heard?

There are two types of legal document which individuals can put in place to address this issue:

1. Advance Decision (otherwise known as Living Will); and
2. Lasting Power of Attorney for Health and Welfare.

Advance Decision (Living Will)

To put an Advance Decision in place you must be over 18 and have capacity (i.e. you understand the decisions being made and the consequences of them). The document must be in writing, signed and witnessed, and (if it contains a refusal of life-sustaining treatment), it must state that it will still apply even if your life is at risk or shortened as a result of refusing treatment.

You do not need a Solicitor to make an Advance Decision, however, it is always prudent to discuss this with a Solicitor and seek their involvement to ensure that you are fully informed and that your reasons for making the decisions are properly recorded. It should also be remembered that the medical treatments being addressed in Advance Decisions can be complex; it is advisable to discuss this with a medical professional in order to ensure that your understanding of the consequences of your decisions are accurate.

An Advance Decision will only be legally binding if it is applicable i.e. you have lost capacity to make a decision about medical treatment and your Advance Decision covers the circumstances in which you find yourself as well as the treatment being considered. There must be no reason to think you have changed your mind since making your Advance Decision. It is important that you review your Advance Decision regularly and keep a record that you have done so. It is important that the appropriate people are made aware that you have an Advance Decision in place: GP, friends, family etc.

An Advance Decision is most appropriate

in circumstances where a diagnosis of a life-limiting condition has been made. A full discussion can then be had with the medical practitioner/advisor as to potential treatment, outcomes and decisions that you wish to make. In such circumstances it is far more likely that the Advance Decision will then be found to be applicable.

Advance Statement

An Advance Statement is a document that can accompany an Advance Decision. It is not legally binding but it is informative to those who may be making best-interest decisions on your behalf. Whereas an Advance Decision is specific to treatment which you may or may not wish to receive, an Advance Statement is more descriptive as to your likes, dislikes, how you wish to be cared for and your reasoning behind the decisions made in your Advance Decision. If considering an Advance Statement, it is wise to consult a Solicitor and/or medical practitioner to ensure that you cover all necessary points.

Lasting Power of Attorney for Health and Welfare ('LPA')

Your family/next of kin/friends do not have legal authority to make decisions with regard to your health and welfare, whether medical or care related. Whilst health professionals will usually ask family members for their opinions, these will not necessarily be followed. The only way to ensure that another individual has the legal right to make decisions on your behalf is to appoint them under a Lasting Power of Attorney ('LPA').

An LPA can be put in place by anyone who has capacity and is over 18. LPAs can be put in place online or by contacting a specialist Solicitor. There are a number of options contained within the document itself as well as a number of additional clauses which can be included depending upon your circumstances and these have legal ramifications. It is therefore advisable to seek advice from a Solicitor when putting an LPA in place to ensure that it is properly tailored to your needs.

An LPA allows you to choose who makes decisions about your health and welfare if you are unable to. You may choose one or more individuals as your 'Attorney(s)' and the powers given can be wide-reaching. You can include a power for your Attorney to give or refuse consent to life-sustaining treatment. All decisions the Attorney makes under the LPA must be in your best interests.

The advantage of an LPA over an Advance Decision, is the extent of its application and the level of flexibility it affords. Advance Decisions are specific to the treatments, conditions and circumstances specified within them. An LPA covers every decision that pertains to your own body. When choosing an Attorney, you can fully discuss your wishes, concerns, likes and dislikes. Your Attorney is then able to interpret your views and your feelings of how you would wish to live your life, e.g. what you would feel comfortable/uncomfortable with, what you would consider a good quality of life etc. and they then make decisions based upon this. Attorneys acting under an LPA are able to make decisions in a more nuanced way than can be achieved by an Advance Decision.

You should choose your Attorney carefully. Ideally it should be somebody who knows you well and with whom you feel comfortable discussing personal matters. You should have a full and frank discussion with them as to what your wishes are. The LPA can be used once it is fully signed and registered at the Office of the Public Guardian (this incurs a court fee, currently £82.00) but only if you have lost the ability to make such decisions yourself.

A Lasting Power of Attorney for Health and Welfare can be put in place alongside a Lasting Power of Attorney for Property and Financial Affairs to ensure Attorneys are empowered to deal with all aspects of your affairs if you are no longer able to.

What if I have both?

It is possible to have both documents in place, however, where there is an overlap the most recent document will be followed. If you appoint an Attorney under an LPA and then put an Advance Decision in place, provided the treatment in question falls within the perimeter of the Advance Decision the Attorney will not be able to overrule it. If the treatment or decision in question is not covered in the Advance Decision, your Attorney would be able to make the decision on your behalf.

If you have an Advance Decision in place and subsequently appoint an Attorney under an LPA, the LPA will take precedence.

It should be remembered that decisions concerning life-sustaining treatment do not extend to euthanasia which remains unlawful in England at this time.

Whilst it is strongly advisable for individuals who have received a diagnosis of a life-limiting condition to put LPAs or Advance Decisions in place, it should be remembered that these documents can cover unanticipated events such as sudden accidents, stroke etc. These documents can only be put in place whilst you have capacity. If you lose the ability to make decisions before putting either an LPA or Advance Decision in place, decisions will be made about you in accordance with the Mental Capacity Act 2005 on the basis of your best interests. Where there is any disagreement as to what constitutes a patient's best interests, a referral to the Court of Protection for a decision will be necessary and this can be very expensive and stressful for all concerned. The outcome is not always what families would have wished or indeed what they believe the patient

themselves would have wished.

It is your choice whether to seek the advice of a medical professional and/or Solicitor when making any of the documents referred to in this article. It is imperative when putting an LPA or Advance Decision in place that you do so without ambiguity. While medical advisors will be able to give clear advice as to the medical terminology to be used and the consequences of treatments, solicitors will ensure that your wishes are phrased without ambiguity in terms of their legal effect.

If you would like more information on the topics raised in this articles, please do not hesitate to contact the Private Client Team at Churchers who will be happy to help you. Additional information can also be found at the following organisations' websites: Compassion in Dying, Dying Matters, Age UK and NHS.



Do you need some legal guidance?

FREE drop in session

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

Churchers Solicitors Offices:

13-18 Kings Terrace Southsea PO5 3AL

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

02392 820 747



YOUR WILL Having the last word

I am writing as a totally non-legal person about a friend of mine who passed away 15 months ago. His estate is still not settled and is dwindling due to legal fees. This was not his wish.

Please heed this story and advice to ensure your wishes, in your will, are carried out quickly and correctly. You must be happy and confident that your executor(s) is/are fully understanding of your wishes and that they have the final say in all matters.

If you have property that needs to be sold and for the proceeds to go to charities: depending on the wording in your will charities may have the right to dispute the value set on that property and to delay any decision. This could mean the charities eventually receiving less because of delays in the process causing legal costs which you did not wish to happen. The estate could end up used for legal costs, thus failing to help the charities of your choice.

My late friend's estate is still not settled due to the charities, he had chosen should benefit from his will, arguing the sale value of his property (even though the value had been set by a reputable estate agent). The delay has already caused the loss of two sales and his estate is gradually diminishing in value due to extra legal costs. My friend worked hard all his life and this is not what he intended should happen after his death. Other costs incurred, due to the delay, are council tax and maintenance/ service charges.

Giving charities a say in decisions can cause your executor(s) unnecessary additional work and stress so please check this out with a solicitor to ensure your executor(s) does/do have the final say and cannot be overruled.



The 1940s

The 1940s was an extraordinary decade of highs and lows. A decade of extreme sorrow and loss for some families and also of joy and street parties for others. It was a time when petrol, clothing, food and sweets were rationed, when servicemen returned from war forever changed by what they had seen. A time of second hand clothes and freedom for children to play in the streets with marbles and skipping ropes. A time of blackout and then of light flooding in. It was a scarred time but a hopeful time.



Photo taken in 1945 at a street party in Waverley Road, Drayton



SIMON

Recipient of the Dicken Medal 1949

(The PDSA Dickin Medal was instituted in 1943 in the UK by Maria Dickin to honour the work of animals in WW2 - Wikipedia)

When Communist guns opened fire
On HMS Amethyst
A shell killed the Captain
And singed the whiskers and fur of Simon,
The Ship Captain's cat.
Simon was in a state of shock
And for a few days could not do a lot,
But he noticed the shelling cracks
Revealed new hiding places
Of the ship's rats.
Simon was soon back in action
And caught a record number of victims,
Exceeding all expectations!
Opinion of the crew
Declared Simon was a hero.
He kept adding to his Rat Hit List
As HMS Amethyst
Made its famous escape at night
Down the Yangste River
To the open sea and sunlight.
A Hero's welcome in Hong Kong
Was delayed by quarantine,
But Simon so pined for crew and ship
From life he slowly slipped.
Yet Simon's service was known to all,
And was posthumously awarded
The Dickin Medal – The animal equivalent
of the VC Whereupon Simon leapt,
gloriously Into Royal Navy history.

My first view of Portsmouth

By Mike Barrie, PP Member

It was late November 1945, when my train pulled into Portsmouth Harbour station; I was tired after the long journey from the Isle of Man, and struggled to carry my kit, which included my hammock, along the platform until I could grab a trolley.

At the age of 17 and 1 month, this was the day that I had been eagerly awaiting, the day I was actually going to sea as part of the crew of a Royal Navy ship. Strictly speaking this was not true as although I was drafted on to HMS Ranee (a lease lend aircraft carrier that had been converted to act as a troop carrier), to take passage to Sydney Australia, I was classified as a passenger not crew but on board my classmates and I were given tasks so we were not passengers in the tourist sense.

We boarded a coach and made the short trip to the dockyard and on looking out of the coach's windows I was overwhelmed by the grey metal giants surrounding us. I was particularly fascinated by this giant Aircraft Carrier HMS Leviathan which was tied up near the Dockyard gate, and from what I learnt later, although it was launched in 1943 it was never completed and was sold for scrap in 1968.

The Portsmouth I saw was a dreary looking city with bomb craters everywhere and dominated by the Dockyard with these magnificent ships. Remember as a Boy Seaman our shore leave was limited to a few hours twice a week in the afternoon and as our pay was so poor, a trip to the cinema and a cup of tea at Aggie Weston's was as much as we could manage. Aggie Weston was a Sailors' rest set up by a Barrister's daughter who provided a place where sailors could stay without alcohol. Seamen could get a cheap meal, there were magazines in the lounge and beds if required, her homes and the Salvation Army were a blessing for young lads away from home with very little money. Both of these organisations did outstanding work, what is more they never rammed their religious beliefs down their guests' throats.

The city looked drab in those post war days, remember as a garrison city and the home of the Royal Navy it had been the target of regular air raids from Goering's

Luftwaffe. In 1945 there was no money or resources to regenerate the city, into the pleasant if overcrowded metropolis it has since become.

On my first visit my chance to get to know the city and its inhabitants was limited, because after a week we set off to literally the other side of the world, but with my subsequent visits firstly while in the Navy and then after marrying a Portsea girl and moving here, when I retired, I have grown to love the city and its inhabitants and look upon it as the place to live out my final years.

ARMED FORCES DAY

Saturday 29th June was Armed Forces Day and in the dockyard, this year, I met a 94 year old veteran of WW2. His first name was Alec but, because he had been born on the 23rd April, his parents had also given him the names George, after the saint and William, after Shakespeare. Alec had attended the D Day event earlier in the month and then crossed to France aboard Boudicca.

During his service Alec had earned many medals (see photo) and told how on the 6th June 1944 he had been a submariner aboard a submarine patrolling to prevent enemy submarines from spotting Allied convoys going from England to France. Alec lives on the Isle of Wight and was wearing an Isle of Wight poppy, it was so distinctive being at the centre of an Isle of Wight map with the start and end dates of WW2 placed on either side of the poppy. Alec, on noticing how I admired this badge, insisted on giving it to me refusing any payment in return. I always treasure this beautiful token of remembrance.

Muriel Cox



AN INCIDENT IN WARTIME LONDON

This is a story of the way my family was affected by bombing towards the end of World-War 2 in London. I was 19 at the time working in a telecommunications laboratory in central London, living at home with my parents and siblings in a house that belonged to my paternal grandfather. This was located in Green Lanes, a main road in what was then the borough of Stoke Newington in North London.

With the 1944 D-Day invasion successful, the limited effectiveness of the Luftwaffe, the gradual advancement of troops into western Europe, and the progress made by Soviet troops in the east, the end of the war seemed to be in sight. For many in southern England, however and, particularly in London, the threat of aerial bombardment was still present. The Nazi German government had managed to get its engineers and scientists to develop new weapons: the flying bombs or V1s and the rocket bombs or V2s, the precursors of what became ballistic missiles.

The V1s, familiarly known as "doodlebugs", were small unmanned jet aircraft containing high explosives, which were radio guided from their launch sites. The aim was to send them to a British city and then cut out the engines so that they fell and exploded when they reached the ground. They were relatively slow, warning of their approach could be given, and they could be brought down by the RAF or anti-aircraft fire before reaching their target city. One could hear them coming. Nevertheless, many did get through and caused considerable damage.

The V2s were supersonic rocket bombs. They could not easily be intercepted and certainly could not be heard approaching. On January 8 1945, just four months before the end of the war in Europe, I had gone to bed at about 10 pm in one of the attic bedrooms on the second floor of my grandfather's house. In the photo, this would have been the room with the left-hand dormer window.

About half an hour after going to bed I was woken up by plaster and bricks falling on my bed. My instinctive reaction was to dive under the bedclothes. I stayed there until I felt that nothing else was falling, then came out from under the blankets and was amazed to see the sky and the stars. During the wartime blackout, there was no light



My grandfather's house in the early 20th century

pollution, so the stars were visible. I then realised that the roof had been blown off the house as well as part of the supporting wall. This can be seen in the photograph below, which was taken a day or two later. We found out later that the bomb had fallen some hundred metres away. The houses nearer to the explosion had been pulverised, only the chimney stacks remained upright. We had been relatively lucky.

I gradually got out of bed, glad of the advice I had received to put the head of the bed against an inner wall. I checked the floor was sound and made my way to the landing. There I found my mother young brother and younger sister who were apparently unhurt. The older of my two sisters was injured as a paving stone from the road had landed on her abdomen. She also had deep cuts to her hands caused by flying glass. I helped her out of her bed and having gingerly verified the staircase was still useable, we inched our way downstairs and out into the garden. We were joined by my father who had bedded down in another part of the house. Soon the rescue services were on hand and we were shepherded to a house in an adjacent road which was undamaged and whose occupants kindly agreed to accommodate us temporarily.

After a while an ambulance came to collect my injured sister and I accompanied her to the Royal Northern Hospital in Holloway. There she was X-rayed and a decision was taken to operate on her immediately. As I could do nothing useful, there was no point in my staying at the hospital and I was taken by a volunteer driver back to the house where the rest of the family had been placed. As we were to find out, by then the rest of the family had been told to go to a rest centre located in a primary school in Blackstock Road. They had had to walk there in their dressing

gowns. The driver took me to the centre. As I remember it, there were a number of mattresses laid out on the floor of the school hall on which were sleeping the people who had been bombed out of their homes.

The next day my father and I went back to the house to try to salvage a few clothes and other necessities. Not a pleasant task as by then it was snowing! Later, the war damage services who were well organised, collected our belongings including furniture, and took them away to be stored in a warehouse. This we presumed was done to safeguard our possessions from looting. We were also given small sums of money to tide us over until such time as some kind of normal life was restored.

Our stay in the rest centre was to be short-lived; we were asked to find accommodation with family and friends. This was so that that space in the centre could be made available for any further victims of air raids. The result was that the family became split up, some going to Bounds Green, some to Southgate, while I stayed with a friend's family in Haringey. My older sister remained in hospital until she was fit enough to leave.

As I recall we remained as boarders in other people's homes for about a month until the authorities found us alternative accommodation. Ultimately a requisitioned house in Bethune road, some three-quarters of a mile from our previous home, was made available and we all moved in once our furniture had been moved there from the warehouse.

It was a traumatic experience, but one made tolerable by the very efficient action taken by the authorities and the kindness of the people with whom we came in contact.

Norman Graves



citizens advice Portsmouth

Portsmouth Citizens Advice celebrated its 80th birthday in

September this year and was one of the initial 200 local citizens advice centres set up by the government to provide an emergency service at the beginning of the Second World War.

It was manned by volunteers working from private houses or public buildings, in Portsmouth we operated from a horsebox in Guildhall square. Advisers dealt with problems such as homelessness, evacuation or the loss of ration books. They also helped with loss of relatives and others becoming prisoners of war. Our records show that even in those dark times, debt quickly became an issue as income was reduced due to the military call ups within families.

Portsmouth Citizens Advice today, based in Ark Royal House in Winston Churchill Avenue employs the equivalent of 5 full time money advisers, funded through our project by the Money And Pensions Service, they deliver specialist money advice through a range of channels, including a local and national webchat service or a more traditional face to face or telephone service.

In the year to 2018 we saw 2,598 clients and dealt with over 4,700 individual debts totalling over £9.1 million of which we obtained 'write offs' for £1.2 million. Our team also won the IMA, Debt team of the year, award.

However, we don't just deal with debts, we also help and advise on a host of other topics including benefits, and consumer issues as well as undertaking National Citizens Advice initiatives.

Please feel free to contact us on the issues that may be affecting you on,



02392 855855 or email contactus@caportsmouth.org.uk or pop in - our address is Citizens Advice Portsmouth, Units 2&3 Ark Royal House, Winston Churchill Avenue, Portsmouth, PO1 2GF. Our opening hours are Monday to Friday 9.00 to 4.00pm.

Wendy Carlyle,
Research & Campaigns Coordinator
Citizens Advice Portsmouth

A NAVY LIFE 1919-1950

My father-in-law Norman Lupton Chapman was born in Pudsey in Yorkshire in April 1902. He enlisted in the Royal Navy age 17, and served for 31 years including in the 2nd World War.

Mainly based in Portsmouth he served on at least 10 ships and at some point he became a Petty Officer.

In 1927 Norman married Doris in Portsmouth. Later while on HMS Amphion he was based in South Africa and the area around it for 2 years 10 months. Of course in those days that was the length of time men could be apart from their family, my husband was just over 2 years old and his sister just over 3 years when he left. (see picture of the family below)

During WW2 Norman served on board HMS Whitshed and on the 31st July 1940 the ship struck a mine while patrolling off Harwich. My father in law survived but six men were killed during this incident and the badly damaged ship was towed to harbour in Harwich by HMS Swan.

Later he served on the cruiser, HMS Scylla which was the allocated RN Flagship for the Normandy landings and the flagship for Admiral Philip Vian. Scylla served off Normandy as flagship of the Eastern Task Force for 18 days. On the 23 June 1944 Scylla was badly damaged after a mine



exploded underneath the ship, then she was towed back to Portsmouth (there is a detailed report of the days leading up to the 23rd June 1944, aboard HMS Scylla, written by William Goff on, world-war.co.uk/Scylla_dday.pho3

My father-in-law left the navy in 1950 and spent the rest of his life, with his family, in Portsmouth.

Cecille Chapman
PP committee member

'Never a Dull Moment'

ISBN: 978-1911273431

A police pioneer and later Lord Mayor



of Portsmouth, Gladys Howard spent most of her life in dedicated public service. Her posthumously-published memoirs paint a picture of a woman succeeding in an age before equal

rights and opportunities had become established.

Gladys always lived in the city of Portsmouth, and she describes growing up in Portsea before moving on to the Blitz years, dodging flying lumps of molten shrapnel. Joining Portsmouth City Police in 1947, Gladys went on to become the City's first woman police sergeant and inspector. A remarkable woman, she went on to become a Councillor and later Lord Mayor of Portsmouth.

This book, with an introduction and notes by Hampshire police historian Dr Clifford Williams, is full of interest for those who want to know more about Portsmouth, women policing and civic duty.



An equal share of profits will be donated to The Gurney Fund, which exists to provide support relating to education and development for the children of police officers, from subscribing forces, where a parent has died or retired on ill health grounds.

Dr Clifford Williams

One Street

William Harding was born in Portsea in 1853.

In 1914, retired Royal Navy Serviceman, William was living at 21 Stirling Street, Buckland with his daughter Kate, his second wife Elizabeth and their three sons.

Stirling Street was an ordinary, terraced residential street where neighbours would have known each other. A street like so many other streets in the country until WW1 changed lives forever.

These are the neighbours William and his family lost between the years 1915 - 1918:

Corporal J Duffy from No. 16

Electrical Artificer 4th Class William Henry Westcott from No 17

Private Frederick Hennen from No 19

Private Solomon Leopold Stringer from No 22

Bombardier William Henry Every from No 52

The information is on <https://www.portsmouth.gov.uk/ext/your-council/your-city/world-war-i-plaques>

The site contains an alphabetical list of all the streets and all the losses.

WORLD WAR I
1914-1918



LEST WE FORGET
100 YEARS

STIRLING STREET

WE WOULD LIKE TO SAY THANK YOU TO THE FOLLOWING
PEOPLE WHO LIVED IN THIS ROAD AND DIED SERVING
THEIR COUNTRY IN THE FIRST WORLD WAR

NAME	DIED	LIVED AT N ^o
CORPORAL J. DUFFY	20 FEB 1915	16
ELECTRICAL ARTIFICER 4TH CLASS WILLIAM HENRY WESTCOTT	31 MAY 1916	17
PRIVATE FREDERICK HENNER	29 OCT 1916	19
PRIVATE SOLOMON LEOPOLD STRINGER	4 SEP 1918	22
BOMBARDIER WILLIAM HENRY EVERY	2 SEP 1916	52



For more information visit
Portsmouth History Centre
at the Central Library or see
www.cwgc.org




IMAGE Courtesy Portsmouth city council

HAVE YOU SEEN?

The memory booth set up just adjacent to the entrance to Portsmouth Guildhall Café.

The memory booth is open Monday to Friday 9am – 5pm
Saturdays 10am – 2pm

It's for YOU to record your memories of the Guildhall in preparation for a major exhibition 'Discovering the Guildhall History' The exhibition will open in January 2020



What's in the Portsmouth History Centre for you?

The short answer is lots - especially if you want to know about the history of this city, of your family, to read local writers, or have an interest in naval history. The History Centre, on the second floor of the central library, is an amalgamation of the former local studies collection and the city records office, which used to be in Museum Road.

It holds the city's own records back to the 15th century - council minutes, maps, photographs, the records of air raids, plans of council buildings from schools to public conveniences. There are thousands of records lent or donated by local businesses and individuals, such as Brickwoods brewery, Palmer's brushes or Bolitho Way the solicitors. As the record office of the Anglican diocese of Portsmouth, it holds parish registers for south-east Hants, while other local religious groups have also deposited their records with us. All the local newspapers are available on microfilm, there are collections of pamphlets, fliers and posters for local events. This is where you can listen to the city's collection of over 1,800 recorded memories - oral history - on subjects ranging from working in corset factories to fighting on D-Day.

The centre has just about every book ever published about Portsmouth and many novels written by local people. There is a special collection of works by and about Charles Dickens, while the Richard Lancelyn Green/Arthur Conan Doyle Bequest includes Doyle's working papers, his family papers and photos and material on his many interests, including Spiritualism. The Naval Collection has thousands of volumes on the world's navies, specialising of course on the Royal Navy. Our computers give free access to the websites of Find My Past and Ancestry, and the British Newspaper Library.

The PHC is open six days a week. Access is free, but the first time you come please bring proof of your address - a driving licence, council tax bill or recent utility bill. Come and visit us - trace the history of your house or neighbourhood, research your family tree, or just browse the books and historic photos.

John Stedman, archivist

(editorial note: Apologies to John Stedman whose name, as author, was missing from his article on John de Gisors – Portsmouth's founder which appeared in Issue 54 of PP magazine)

DICKENS FESTIVAL

On 1st June I travelled with fellow members of the Birth Place branch of the Dickens Fellowship to the Rochester Dickens' Festival.

It was a fine day which turned very warm. On arrival we all went in various directions to see the places of most interest to each of us.

After a brief listen to the pipe band I went to The Vines which is a pleasant park, possibly named after the Vineyards established by the monks when in residence there. It also has historic connections with various famous people. After eating my packed lunch in the park, I took several photos of Restoration House opposite which was a model for 'Satis House', the home of Miss Havisham in *Great Expectations*. Some more photos followed with visits to Eastgate House (Miss Twinkleton's School in the *Mystery of Edwin Drood*) and the Swiss Chalet. The Swiss Chalet was originally erected in the grounds of Dickens's house at Gads Hill Place in Higham. He wrote *Edwin Drood* in this Chalet. The last sentence he wrote of that uncompleted novel was written in the upper room in the early afternoon on the day he had his fatal stroke.

There were many people wandering up and down the High Street all day in colourful costumes, but in the early afternoon there was a Grand Parade there, after which I took a brief visit to both the cathedral and the guildhall having seen these on a previous trip.

I finished the day at the Masonic Temple for a talk on whether or not Charles Dickens was a Freemason. Some of his friends and relatives were but, as there is no record of his initiation held at Grand Lodge, apparently he was not.

There is much to see in Rochester about Charles Dickens which is impossible to cover in one day. I hope we visit the Dickens' Festival again next year.

Muriel Cox PP committee member



Should vegans and environmentalists go cat free?

Cat ownership in the UK is growing at an impressive rate. 45% of the UK population own a pet and nearly 26% of all British adults own a cat.

90% of all pet owners say that owning a pet makes them feel happy and improves their quality of life.

There is a substantial market for dog and cat food which represents £2.5 billion including the market for routine veterinary care, products and toys.

A strong vested interest?

It is estimated that cats catch 275 million prey items annually of which 27 million are birds.

A spokesman for the Royal Society for the Protection of Birds when asked what effect this has on the environment claimed there is "no clear scientific evidence that this is the cause of bird population decline. Cats kill mainly injured, sickly or older birds that would die anyway.

However, there is clear evidence to show that wildlife is diminishing due to climate change, pollution, urbanisation, intensive farming and fragmentation of habitat."

Both these statements are questionable – some might say that since the RSPB gets donations from a large proportion of cat owners – they would say that wouldn't they?

Since the 1980s farmers have been under pressure to produce more and for less than ever before but now, to be fair, farmers are changing their farming methods by becoming increasingly organic, planting and maintaining hedgerows and wildflower meadows all due to pressure from the market.

But anyone who has been to France during the hunting season will know that many songbirds are shot and killed for sport in huge numbers and over wintering habitats are being increasingly destroyed across Europe.

In New Zealand flightless parrots are under threat from domestic and feral cats and in Australia cats are such a threat to native birds that there are cat curfews enforced by law.

The Royal Parks Conservation Officer, Tony Duckett, says Britain should follow suit. *"These so called pets shouldn't be allowed to roam freely sh***ing in other*

people's gardens and killing birds."

Brave man!

Sir David Attenborough has said that cat owners can help reduce the number of garden birds caught by their pet moggy with a quick release collar and bell – this has been estimated to reduce bird capture by about 30%. Owners can also restrain cat's freedom of movement around dawn and dusk when birds are roosting.

In urban areas cats are increasingly being kept indoors which is acceptable so long as this is done from a very early age and they get plenty of exercise and stimulation and their diet is adapted to prevent the cat becoming overweight. There are a huge range of challenging toys and activities available for indoor cats.

The benefits of keeping a cat indoors, apart from the benefit to wildlife, is that they are safe from attack by urban foxes who will frequently kill a cat, your cat will not get involved in fights with others, some of which may not have been spayed, and they are safe from traffic accidents, going walk-about and in some cases, being stolen..

Sue Petrie



Daisy aged 18 years who lived happily indoors sometimes venturing into my courtyard garden to sunbathe. She loved dressing up.!



An intellectual challenge for an indoor cat - a feeding tower



**We Need
Your Help
QAH**

**Relax with a Coffee,
Tea, Cold Drink,
Sandwich, and Much
More in our Coffee
Shop on B Level.**



**New Main Entrance
Lift Area 2 B Level
next to Oncology**

League of Friends

Are you looking for a rewarding job if so come and join us.

The League of Friends supports the Queen Alexandra Hospital and provides much needed equipment to many departments of this Hospital.

If you would like to give your time in a relaxed working environment, friendly atmosphere, and job satisfaction, please come and join our team of volunteers.

We are unable to do what we do for this hospital without Volunteers.

Please call 02392 286797

**Or pop into our coffee shop
B Level for a Volunteer pack.
Thank You**



TRIBUTE to Peggy Hibberd

The death has occurred of Peggy Hibberd. Peggy and her second husband Tom were active in the PPA in the nineties. Until recently Peggy distributed Pompey Pensioner magazine. Peggy was a hairdresser by profession, and for a while worked with Muriel Deacon, our life president. She was born in 1925 and buried in Milton cemetery. Alan Burnett, Nell and Roger Leaver attended her funeral on behalf of PPA.

I was so sorry to hear of the death of Peggy Hibberd recently and I feel it is time to say a big 'thank-you' for all she contributed to Portsmouth Pensioners' Association over very many years. She was in at the beginning of the Association as its first Treasurer in 1991 and, along with the rest of us, had great hopes and aspirations for our future. She occupied many important roles both on and off the E.C.

On a personal note, we were hairdressers together; she was my manageress at one point – not an easy position to hold it has to be said! She was without doubt one of life's characters.

So finally – thank you Peggy
Muriel Deacon - Hon. Life President

Peggy was a founding member of the Association. She and her second husband Tom were active in the 90s. Peggy distributed Pompey Pensioner magazines until recently. She was born in 1925 and buried in Milton Cemetery. Alan, Neil and Roger attended her funeral on behalf of Pompey Pensioner Association.

Alan

Portsmouth City Council Health and Care Blueprint

Portsmouth City Council has confirmed its commitment to both the ethical and residential care charters set out by Unison, becoming only the second council to sign up to both.

The Charters, part of the Health and Care Portsmouth blueprint published in 2015, cover a range of areas including on-going staff training, ensuring people receive the right length of visit to suit their needs and taking steps to provide better continuity of care by having a single homecare worker.

In June 2018 PCC pledged to ensure all council employees are paid the Foundation living wage ie £9.00 per hour. (No zero hours contracts and permanent, casual and agency care staff are paid the FLW)

The Charters commit the council to going further in meeting these standards in private care companies and will play a significant role in ensuring that all social care clients - whether they are supported by the council or private care firms - will be treated with dignity and respect.

Cllr Matthew Winnington Cabinet Member for Health, Wellbeing and Social Care said "the decision to commit to both the Ethical Care Charter and the Residential Care Charter is an important one for social care staff, providers and service users."

Andy Biddle, Deputy Director of Adult Social Care said there is significant work underway to transform the way services are provided "to ensure they are delivered at the right time, and in the right place to allow people to live healthy, independent lives."

The Miracle of the Onion



After a well appreciated article on Cucumber, I decided to write about another commonly used vegetable – The onion. I have read that in 1919 flu killed 40 million people.

Doctors visited farmers to see if they could help them to combat the flu. Many of the farmers and their families died when they contracted the flu but doctors came upon one family whose wife and children were healthy and nobody in the house had contracted flu!

The doctor asked the farmer what he was doing that was different from the others. The farmer's wife replied that she put an unpeeled onion in a dish and placed them in every room in the house.

The doctor thought that could have been the reason they had not contracted flu and so he asked for one of those onions. When he placed it under the microscope, he found the flu virus in the onion. The onion obviously absorbed all the bacteria and thereby kept the family healthy.

This particular doctor sent this wonderful onion story to a friend in Oregon who regularly contributed material to him on health issues; and she replied with the most interesting experience about onions. She said that she did not know the story of farmer's family but she herself got pneumonia and became very ill. Because of her previous knowledge about onions, she cut both the ends off an onion and put them in every room of the house and one placed in a jar next to herself over night. By the morning, she began to feel better while the onion became black.

Lots of times when we have stomach problems we don't know what to blame. May be the onions we ate earlier are to blame!

So my friends, Onions absorb bacteria and that is the reason why they are so good at preventing us from getting colds and flu. And curry is a good healthy diet for the winter.

BUT we should not eat an onion that has been sitting for a time after it has been cut open.

Left over onions are poisonous so bear this in mind.

When food poisoning is reported, the first thing the officials look for is whether the 'culprit' is onions and where those onions

came from.

Onions are a huge magnets for bacteria, especially uncooked ones.

Never keep a small portion of sliced onion over a period of time and then use it to prepare food. It's not even safe if you put it in a Zip-lock bag and placed it in your refrigerator. It is still POISONOUS.

On this point please do not give onions to dogs. Their stomachs cannot metabolize onions.

Remember, it is dangerous to cut an onion and try to save it to cook with the next day. It becomes highly poisonous for even a single night – as it creates toxic bacteria which causes adverse stomach infections even food poisoning because of excess bile secretions.

Surendra Zaveri



FRIENDS OF HIGHLAND ROAD CEMETERY

We are The Friends of Highland Road Cemetery and hold monthly tours of the graveyard from April to September. We are dedicated to maintaining the cemetery and celebrating its historical connections. There are many famous people buried here including a prince, the actress Ellen Tiernan better known as the mistress of Charles Dickens, a Titanic survivor and VC holders.

We are also happy to assist in locating the last resting place of loved ones buried in the cemetery.

For more details visit our website friendsofhighlandroadcemetery.org.uk

"I was in a bar in Dublin when I saw a coaster which said 'Drink Canada Dry' so I thought I'd give it a shot." Dominic Behan Irish poet and dramatist when asked why he was visiting Toronto.

I named my dog Six Miles so I can tell people I walk six miles every day.

Today a man knocked on my door and asked for small donations towards the local swimming pool. I gave him a glass of water.

Children's Essay errors

The plural of spouse is spice
The feminine of manager is managerie
Iron was discovered when someone smelt it

An oboe is an American tramp
Caviar is the eggs of a surgeon
Trigonometry is when a lady marries three men at once
Parsimony is money left by your father
Celibacy is a disease of the brain

Doctoring Brexit

Members of the Royal Society of Medicine were unable to reach a consensus

regarding the question
'Should Brexit take place?'

The Allergists were in favour of scratching it, but the Dermatologists advised not to make any rash moves.

Obstetricians felt certain everyone was labouring under a misconception, while Ophthalmologists considered the idea short sighted.

Pathologists yelled "Over my dead body" while Paediatricians said "Grow up!"

Psychiatrists thought the whole idea madness, while Radiologists could see right through it.

Plastic Surgeons opined this proposal would "put a whole new face on the matter".

Podiatrists thought it was a step forward but Urologists were pissed off with the whole idea.

Cardiologists did not have the heart to say no

So in the end

The Proctologists won out, leaving the entire decision up to the arseholes in Parliament.

The Joy of Frogs

The unusually harsh weather in Portsmouth known as The Beast from the East in 2018 led to the decimation of a well-established colony of frogs in our wild, walled Southsea garden. The frogs had arrived and settled over many years, and to accommodate our slug and snail eaters we had sunk and filled butler sinks with rain water, oxygenating plants and ramps, leaving parts of the garden to managed wildness. There was nothing more restful than frog watching in the shade of a tree on a warm summer's day but in 2018 we had no such pleasure. Many other gardeners had reported frogs being lost to disease and harsh weather too. Yet this year nature has taken its course and in a spring- clean of the frog garden, frog spawn appeared once again in the butler sinks. There was no other evidence of frogs, however. Over the summer, we have spent many hours watching the army of tadpoles develop, topping sinks up with flagons of cheap mineral or de-chlorinated tap water in the absence of rain and feeding small amounts of boiled round lettuce. We built another pond to accommodate migrating froglets and during absences from home, have had friends mind them. It has not been easy to buy oxygenating plants within the city or special holiday tadpole food (EcoPond) to ensure fewer were lost to cannibalism. A car and the internet were necessary unfortunately. We were keen to have plenty of froglets as many would be lost to cats and other predators. A perfectly formed frog the size of a little finger nail is a wonder to watch toddling out of a pond. Equally fascinating are froglets all spontaneously and simultaneously leaping out of the pond towards independence and maturity in the depth of the garden. Six mature frogs have now appeared in the new tiny pond and it has been a pleasure to frog gaze with our grandson. It is now full summer and the snails are once again being kept under control.

Karen



Two Grannies and a Gramps on a Day Out.

Kev Linda and I set sail on Friday morning at 9.30 fighting a little bit of tide going out of Langstone harbour, with a coffee in hand, as per usual most boaters know to tuck in to the west side beach of Langstone harbour to get out of the incoming tide. We watched 2 boats in the main stream going nowhere. (we never did see them come out into the Solent). We got out of Langstone and Motor sailed part of the way and had a short sail in to Ryde Harbour, our destination for the weekend. Upon arriving at Ryde there were other Tudor boats there. Some of us went off for a wild water swim at Ryde sands with a very strong current.



On the Saturday the plan for the day was to watch the start of the Fastnet race. So with Bus passes in hand we set off at about 10 to get down to the Needles. We changed buses at Newport, discussing who had forgotten the Binoculars! As we were coming across the Downs and looking out onto the Solent we had a Brainwave, we would get out at Yarmouth and watch the race from Yarmouth pier. We wandered through to the Royal Yarmouth Sailing Club and decided to have a coffee there. We were made very welcome and they have a lovely Restaurant and bar overlooking the Solent with views all the way down to Cowes where we could see the start of the race. Best of all they had free standing massive binoculars. We availed ourselves of alcoholic beverages and spent a very nice time there talking to different club members as Linda does, whilst watching the Fleet come past us. We did get to the pier and had crab sandwiches and an interesting walk along the Pier which has new planks of wood donated by the residents of the Isle of Wight local Brownie pack to a Royal Navy Commander with an inscription of Hoved To, and the date of his death. We had a great day and returned to the boat for drinks and a Fish and chip supper. Cheers! **Felicity McKenna.**



Fun; Fun; Fun and More Fun!

How much fun can your household achieve for just £6 a year? Well, the members of Purbrook Horticultural Society can answer that – lots and lots. If you enjoy company, own an indoor plant; grow Herbs on the window sill; have a garden; allotment or even acres of ground, then you will find something to enjoy. The £6 per household per year membership fee gives free attendance at monthly meetings with speakers, held at the Deverell Hall, London Road Purbrook on the first Thursday of the month [7 for 7.30pm start] which includes an interval allowing time to take part in a raffle; buy items from the sales table; renew membership; book an outing or even have a go at showing your prized plant or handicraft on the show table all while enjoying free Tea, Coffee and biscuits. Included in the membership fee is 4 editions of the Gazette annually which has all Society information as well as interesting articles from the members and a Trading Store manned by enthusiastic volunteers which opens on Saturday mornings from 0930 to 1130 and is situated on the London Road at Purbrook adjacent to Purbrook East Allotments where all gardening supplies are at reduced cost and advice free! Each year we have coach outings to places of interest, mainly stately homes and gardens, at very competitive prices and I do not know how it transpires but the majority have splendid weather to boot! In the Spring a Show is held at the Deverell Hall, London Road Purbrook and in the Summer a much larger Show featuring Handicrafts; Floral Art; Vegetables; Fruit; Flowers; Home Baking and Preserves, held at Crookhorn College Stakes Hill Road Waterloooville, as well as Plant sales thus giving members the opportunity to showcase their many and varied skills as well as gardening prowess. Why not check us out at www.purbrookhorticulturalsociety.org.uk or pop in to see us, you'll always be most welcome!

Lynda Piddington Chair



The Roberts Centre - set in the heart of Portsmouth the centre works to improve the lives of children and families.

One way that we, as older residents, can help is to make Christmas easier for families with little money or other support. In its most recent newsletter the Roberts Centre gave information about their project "Family Friends" designed to do just that. Family Friends was the idea of a supporter who said; 'Having little money to live on means always worrying about how to make it last. Imagine how hard it feels when you have children and Christmas is coming up. Seeing all the shops full of things you can't afford must make you feel an outsider. We asked the Roberts Centre to suggest a family and we were given basic details (first names and ages of children and their likes). We then bought them Christmas presents, and of course new pyjamas as well as Christmas food for the whole family'. Using Nectar Points Tesco Vouchers or BOGOF means it needn't cost a fortune but we're sure that having a short break from money worries will always be appreciated and put some smiles on faces. There is no specific amount expected just that it's a person specific gift from 'Father Christmas' to the family." Is this something you or someone you know might like to do next Christmas? If it is then email carole.damper@robertscentre.org.uk and she will add you to our Family Friends.

What happens next? In September Carole Damper will send you details of the age and gender of the children and the number of adults in the household. She will also provide you with brief information about the family. In the 3rd week of December a representative from the Roberts Centre will come and pick up your gifts by arrangement and deliver them to the family in time for Christmas.

The Roberts Centre always welcomes volunteers. What kind of things do Volunteers do at the Roberts Centre? · Volunteers deliver the Made of Money course which helps families whether they are struggling with debt, finding it hard to save, or want to do more than just manage. · Help sort and pack Harvest Festival hampers · Help at Supported Child Contact enabling 100's of children each year to see their non-resident parent. There are lots of other volunteering roles. Contact HR@robertscentre.org.uk

Social Care Crisis in Numbers

- **54,024** older people have died waiting for care to begin.
- That's **77** loved ones dying per day, around **3** every hour
- **626,701** older people were unable to access the care system.
- That's **936** claims without formal care support every day.
- **7,240** older people have lost their homes and any savings through the cost of social care.
- That's **10** older people draining their savings every day.
- **£476,939,017** has been wasted in the NHS through delayed discharge due to lack of social care.
- That's almost **£500** wasted every minute.
- **1,263,844** older people have developed an unmet need, such as being able to wash or dress.
- That's **1,805** more people in need every day.

Source Age UK

Caring for you in the home you love

Home & live in care from Bluebird Care

We offer respite care, end of life care, dementia care and Parkinson's care from 30 minutes homecare support to 24 hour live in care.



Contact the friendly Bluebird Care team:
portsmouth@bluebirdcare.co.uk

02392 006218

Adult Social Care

Like many other members of PPA I was extremely concerned by the findings of Age UK's national research into the state of Adult Social Care presented by Joel and Daisy from Age UK at our September meeting.

Having previously assumed that accessing care support, whether residential or domiciliary, would be a simple matter of picking up the phone or talking to a GP to get help for a friend or relative in need of support, I have been quite shocked to see just how difficult it is for people to do this, often at a time when they are under severe pressure and most in need of help. My own experience of trying to assist friends here in Portsmouth get help in caring for elderly or infirm relatives led me to find out more about how people secure social care support locally. Since embarking on this, I have been quite horrified to see just how difficult it has become. I therefore decided to investigate the situation further to compile a more detailed picture of the local situation to use when talking to health and social care professionals about ways of improving the situation.

I would find it very helpful in doing this if I could talk to other people about their own experiences, positive as well as negative, to help identify strengths and weaknesses in the system to use in discussions with professionals. Obviously the research would have far more weight if it could come from PPA using its own members' experience rather than from a single individual. No personal details would appear in any final report although it could be useful to know where in the city the person was based as well as details of their own encounter with the system.

I would therefore like to invite members to make contact with me if they have anything they would like to share of the issue and would like to contribute to the research. I have 12 years' experience as a professional researcher working in the public sector. I would hope to work closely with Age UK Portsmouth in this work.

If you are interested in helping, please contact me at suem74179@gmail.com / 02392348520

Thank you, Sue Mullan

SOCIALS FOR SENIORS

Cinema, Coffee Club and Activities Afternoons

Socials for Seniors has grown out of Cinema for Seniors, which I wrote about in the last edition of the Pompey Pensioner Magazine. I have been very pleased with the progress we have made since February. All our events are held at the award-winning Canoe Lake Leisure Pavilion, off Eastern Parade, Southsea (by the grass tennis courts), which is fully accessible. Our principal aim is to encourage those who might otherwise spend the afternoon by themselves to come along and meet others in a similar situation. Activities include a weekly Coffee Club, monthly screenings of Cinema for Seniors and a monthly Activities Afternoon for Seniors. Coffee Club takes place every Monday, from 2.30 – 4 p.m. It's a chance to meet up once a week for coffee, cake and company! We use the first floor bar and terrace area, with its beautiful views across the tennis courts and beyond. Coffee Club started in June with seven attendees; in August our numbers had swelled to 24! Many of those who come are widowed and new to the area, so are enjoying making new friends. Cinema for Seniors, on the first Thursday of the month, shows popular films from bygone days. Previous screenings have included "Singin' in the Rain", "Casablanca" and "The Glenn Miller Story". Doors open at 1.30 for coffee, tea and biscuits, and the film starts at 2 p.m. We have a short interval for more refreshments and the opportunity to chat to others. The cost is £5, which includes the film and refreshments. We have been running Cinema for Seniors since February, with a group of regulars who come each



month, and we're always pleased to welcome newcomers! Space is limited to 25, so booking is essential – please either call in at the Pavilion or email info@canoelakeleisure.co.uk. On the third Thursday of the month we hold an Activities Afternoon, from 2-4 p.m. This session is free for social members of Canoe Lake Leisure, with a charge of £2 for others. Each session offers table tennis, cards and board games. If you would rather not play games, then just come along for coffee and company! The bar/coffee lounge upstairs is open for refreshments. Last but not least, we hold occasional community/fundraising afternoons. The first, a presentation by the Community First Responders, volunteers who offer first aid in life-threatening situations, was very well received in the spring. The next talk will take place on Thursday, 26th September, when a representative from the King's Theatre will be speaking to us about the history of the theatre and what goes on behind the scenes. The cost of this talk is £5, a proportion of which goes to the charity.

We now have a Facebook page – search "Socials for Seniors, Southsea". This gives information about our events, both past and future.

For more information on any of the above, please contact me on dinah.socials@gmail.com.

**Dinah Walters Organiser,
Socials for Seniors**



VISIT TO POOLE LIFEBOAT AND HARBOUR MUSEUMS



The weather had been unseasonably warm and dry in April, ideal for the Pompey Pensioners to visit the Poole Lifeboat and museum... and then heavens opened. On the way, Steve Bonner (organiser) noticed that the coach driver's GPS was directing him to Wareham rather than Poole so after a detour we were a little late arriving.

Spirits were high despite the coach driver being unable to park very near the museum. It was blowing a 'hooley,' rather chilly and very wet but PPA members are made of stern stuff and walked the short distance.

The voluntary staff of the small museum hadn't bothered to open up that day as they didn't expect anyone as hardy as the Portsmouth Pensioners to visit.

We stood around for a while and knocked on the door until it became obvious that it wasn't going to open. Most of us, inspired by the rain, needed a 'comfort' visit and headed off to find the facilities. Although there were signs for facilities, we searched in vain and it was decided that a café for breakfast would meet all of our needs. Half of the group went ahead to The Lifeboat station and were given a very interesting talk and film show about the role of the brave lifeboat volunteers. We'd divided the group as the room could only facilitate a certain number. Unfortunately the second group arrived later than expected to a frosty (ish) reception. OUT CAME THE SUN and the mood changed altogether, the talk, film and tour of the Lifeboat shed was extremely interesting. The chap who'd stayed late was happy to keep going and was very informative. The harbour was full of millionaires' yachts all lined up and gleaming white in the sun.

We split off to try one of the many harbour front lunch places and then visited the marvellous Harbour Museum which, unlike the Lifeboat one, was open. It was a lovely modern place, very interesting with a super

café and gift shop. Walking back towards the coach some of us ventured into the huge Pavers shoe shop.

Pompey Pensioner group trips are good fun. A day out with friends subsidised by the PPA. Of course if we could fill the coaches on these trips the cost would be less per head. All in all, an excellent trip.

Maxine Bonner
PP Member

Rant or Lament

This is less a rant and more a lament. How do people cope with old age, with loss of independence, with having to ask for help?

I can't get used to being old, and as for asking for help that's impossible. I did a recent trip by air and saw the people needing help in one section by the departure gate – last to get on the plane and last to get off. Mind you, I waited until most had left the plane before tottering down the narrow steps struggling with my hand baggage. At least the bag had wheels so that made walking across the tarmac and through the airport easier. I conceded that I needed to use the lift instead of the escalator to get to security and exit but that's it for now

PP Member

PORTSMOUTH!

The South Coast is a great place to live.

Portsmouth is there,
with so much to give

The Dockyard, the seafront
and the Spinnaker Tower

And in the Naval Base you can spend
many an hour

It's steeped in history, from end to end
With the Mary Rose, the Victory and of
course John Pounds

The navy is smaller now,
but still here at hand

To play at our ceremonies with their
super bands

There's the Gunwharf
where the young like to spend
And the ferries go back and forth,
every day without end

The seafront goes on for mile after mile
With great sights to see

of which I'll never tire
*** GOOD OLD POMPEY,
MY HOME TOWN ***

Mary Johnson
Knit and Mix Group

Reports from committee member
Muriel Cox

BUS TRIPS

This year's bus trips were to the May Fest in Winchester and in June there was the June Clarkson Memorial trip to Bosham, Chichester and Emsworth. June's ashes lie in Swanmore graveyard and in August I made a personal visit to tidy up the grave and place a fresh plant on it. In July the trip was to Bognor. Unfortunately it rained on our August day out at Petersfield but, being British, we made the best of the day. My thanks to my 'regulars' for supporting these trips



KNIT & MIX

A thankyou letter has been received from NHS Solent for the knitted woolly teddies we had delivered (see photo). They are used to help children deal with their worries under a scheme called Controlling Worries. They are also taken along to public events to get people talking about anxiety.

Another letter came from staff at The Mission to Seafarers, St Michael Paternoster Royal in London telling us how much our knitted gifts are appreciated. In July, Ann Alexander, Mary McDermott and I went to London for the annual Mission to Seafarers service. We are grateful to Steve Bonner who provides us with refreshments at our meetings in Buckland Community Centre where, as well as the work, lots of chatting and laughter goes on. We are also grateful to everyone who donates wool or other items to us and we are always ready to welcome new members. If you want to know more please speak to me at a PP meeting.

Muriel Cox

TICKETS NOW ON SALE FOR CHARITY CHRISTMAS CONCERT BY CANDLELIGHT

On Saturday 7 December, the Renaissance Choir and Portsmouth Cathedral Choir will perform a Christmas Concert by Candlelight at Portsmouth Cathedral, in aid of Rowans Hospice Silver Jubilee Appeal.

Set in this beautiful venue, the evening's programme will be packed full of wonderful music, including some carols and Christmas Songs that are sure to fill the audience with festive cheer. Tickets start from just £10.00 and all money raised by this event will go to supporting the renovation of Rowans Hospice.

Talking about the Concert, Rowans Fundraising Manager Craig Willcock said: "This was a sell-out concert last year and received amazing feedback, so we are so delighted that Renaissance Choir and Portsmouth Cathedral Choir have agreed to hold the event again this year. We are sure that demand for tickets will be high, so would advise people to get their tickets as soon as possible to avoid disappointment."

Craig then added: "We honestly are so thankful to everyone who has supported the Silver Jubilee Appeal, which we launched last October to raise £7.5million to fully refurbish the hospice. Phase one of this ambitious three phase project has already started, which is thanks to the incredible support Rowans has already received from the local community."

Tickets for the Christmas Concert can be purchased online at www.rowanshospice.co.uk/events or directly from Portsmouth Cathedral.

This special Christmas Concert is just one of the many great ways that the community can get involved in supporting Rowans Silver Jubilee Appeal. Other ways include filling in a silver change box, signing up for a challenge, arranging your own event or buying one of the limited edition Forever Roses, created by local artist Jamie Cullimore. To find out more the renovation project and how you can get involved visit silverjubilee.rowanshospice.co.uk

Portsmouth Cathedral Events and Services

Living Well – "Lighten Our Darkness" – sermons on aspects of mental health.

Sunday 27th October – "Caring for the Carers"
the Revd Anne Lindsay former Chaplain to Portsmouth Hospital NHS Trust

Sunday 24th November - "Older People's Mental Health"
the Revd Nick Fennemore, Head of Chaplaincy Southern Health NHS Trust

CHRISTMAS IS COMING

One for the diary

DATE: Saturday 30th November 2019

PLACE: Portsmouth Cathedral, St Thomas Street, Old Portsmouth

EVENT: Christmas Fair (if anyone is making jam or chutney please consider adding an extra jar for us to sell at the Fair)

www.portsmouthcathedral.org.uk



The RENAISSANCE Choir **PORTSMOUTH CATHEDRAL CHOIR**

Christmas Concert by Candlelight

in aid of

Rowans Silver Jubilee Appeal

Saturday 7 December 7.30pm
Portsmouth Cathedral
Old Portsmouth

Central Nave £15 | Sides £10 | Kids for a quid
Tickets available to purchase from
Portsmouth Cathedral t: 023 9282 3300
in person at Rowans Hospice or Portsmouth Cathedral
or online: www.rowanshospice.co.uk/events

Registered Charity Number: 299731



From Heel 2 Toe

Do you suffer discomfort from...

- Callus / Dry Skin • Athletes Foot •
- Corns • Verrucas • Fungal Infection •
- Unable to cut your own nails •
- Also treat Diabetic's •

**Treatment in the comfort
of your own home**

For Treatment of Foot related problems
Contact Chris on:
07840 807741
EVENING & WEEKEND CALLS AVAILABLE
Chris Lewis-Hall SAC, Dip



PORTSDOWN

List of Speakers (or Other Events) Booked for Monthly General Meetings at Cosham Baptist Church 14.00 (2.00pm)

16 October 2019	Christine Ames	"A Glimpse through the door of No. 10"
20 November 2019 (AGM)	Marion Emery	"Reflections and 5-piece Walnut Bedroom Suite"
18 December 2019	End of Year Party	
15 January 2020	Sandra Welch	"The Sailors' Society"
19 February 2020	Madeleine Salvetti	"Famous and Infamous of Portsmouth"
18 March 2020	Paul Harradine	"Foot Health"
15 April 2020	Jenny Mallin	"Five generations of my Anglo Indian family during the British Raj"
20 May 2020	Steve Herra	"Body through the Porthole"

Further details on the Speakers and Subjects will be published on our website as they become available.

Meetings are held on the third Wednesday of each month (except August) at 14.00 (2.00pm)

Venue: Cosham Baptist Church, Havant Road, Cosham, PO6 2QZ

Website: www.portsdownu3a.org.uk Email: contact@portsdownu3a.org.uk



Yoga Portsmouth yoga and massage offer yoga classes for Beginners, Intermediates at the following venues:
 Copnor: Stacey Community Centre Monday 6-7pm
 Anchorage Park Community Centre Thursday 6:30-8:00pm
 The classes are suitable for all ages and abilities and taught in a friendly way. Please contact Andy Webb on 07766753638 or andywebb402@gmail.com for more information

Andy Webb Diploma Fryog



"Live, Laugh, Learn"

University of the Third Age,

PORTSMOUTH

Are you Retired or Semi-Retired? Then U3A is a fun way for you to keep active. Come along and enjoy a friendly atmosphere in an informal sharing and learning environment.

There are a variety of groups each day of the week, during term time, run by the members, for the members. AND a welcoming cafe, where drinks and snacks are available.

We meet at – 'The Hub' Somerstown Central Community Centre
 Rivers Street, Portsmouth PO5 4EY

For more information about Groups, Taster Sessions and Fees

Visit: u3aasites.org.uk/Portsmouth

Contact: Membership Secretary E mail orquinn@gmail.com Tel 07506145293

Dates for the Autumn Term General Meetings Tuesday Oct 22nd & Nov 19th 2pm 4pm these include a Speaker and Members' Forum.

Can we fix it?

Reducing waste and saving money with Portsmouth Repair Café

The doors first opened to this monthly event, in March 2018 and since then, the volunteers have seen 665 items, and managed to fix 71% of them! People bring in their broken jewellery, bikes, toasters, kettles, hoovers, computers (including for software advice), suitcases, clothes, toys and more.

The idea started in Amsterdam in 2009 and there are now over 1,500 groups around the world. Clare Seek, Portsmouth's founder, says that as well as environmental benefits, there are many people that visit with items that hold sentimental value, "As new life is breathed into much-loved toys; ornaments that people remember seeing in their grandparents' homes; and favourite jumpers with coordinating patches added to cover holes, the joy for the repairers and the visitors is visible. Also money is tight for many in our city, simple things like keeping kettles working longer, and getting bikes working is essential."

The event is held on the 3rd Saturday of each month at Buckland United Reform Church on Queens Road in Fratton, between 10.30am & 1pm, and visitors log their items as they enter, and chat and enjoy cups of tea whilst they wait for repairers to be free. They then sit with the repairers and learn more about their item and how to repair it, so that in future they can sort more things themselves and pass skills on to others. Every time something is fixed, a small bell is rung, so that everyone can celebrate. The event is funded by donations from those who attend.

Things aren't always that simple to fix, manufacturers often seal things and don't provide spare parts, so the group is working with others across the country to lobby for the Right to Repair.

The team is always looking for more volunteers to join, so if you have skills and would like to find out more, email repaircafeportsmouth@gmail.com or visit www.repaircafeportsmouth.org.uk

Clare Seek

www.repaircafeportsmouth.org.uk

www.facebook.com/repaircafeportsmouth/

A TRIBUTE

Issue No 54 of Pompey Pensioner magazine featured the story of how Louise Ivey found the Cancer Support Centre in Cosham, and how finding the centre "changed her life" and was "the best move she ever made since being diagnosed with endometrial cancer in 2015". Louise wrote of how the centre supported her, and how she and her family were able to help the centre with fundraising events. A moving story of mutual support.

The following message, dated 14th April 2019 was received from Tina Randall, Manager of Wessex Cancer Trust

Thank you for publishing a great article in the Pompey Pensioner for Wessex Cancer Trust. It has been shared across the Trust and at the support centre. I'm extremely grateful for your support.

Louise was delighted to feature and give her positive story. Sadly Louise passed away peacefully yesterday. She had been living with cancer for a couple of years which was terminal. She deteriorated rapidly over the last 6 weeks but was pleased to be able to help the Cosham cancer support centre with this final gesture through the Pompey Pensioner. Thank you once again,

Kind regards

Tina Randall, Wessex Cancer Trust Support Centre, 77-79 High Street, Cosham, PO6 3AZ
www.wessexcancer.org.uk

SOMETHING TO BLEAT ABOUT!

Hilary had a little Lamb,
Its fleece as black as soot.

And everywhere the lamb would go,
Its sooty foot he put!

Cyril Saunders - This addition means that I am no longer the lone 'black sheep' of the family!



New Secretary of PPA



Hello, my name is Margaret and I became the new Secretary of the PPA at the AGM on 3rd June 2019.

I had heard of the PPA for quite some time before being in the position to join it. When Alan asked for volunteers to be on the committee last year I offered my services as Minute Secretary which I have been doing for nearly a year now. Then I was asked if I would consider being Secretary, which at first I was doubtful about as I am on 2 other committees and felt I could not take on anything else. But I have come around and hopefully will be able to do the job justice, especially following in Steve's footsteps, as he will be a hard act to follow.

I have worked in admin all my working life which started in 1963 when I joined the Civil Service as a copy typist, working in a typing pool, and ended up with me being in charge of one of them!! In those days I worked for the Department of Housing and Local Government which had changed to the Department of the Environment by the time it was disbanded in 1993. I then got a job as a Research Secretary, working for several Professors, in the Department of Geography at the University of Portsmouth before moving to Environmental Design and Management (EDAM) - now defunct - and retiring in 2007.

I am Portsmouth born and bred and live only about 6 minutes walk away from the house my twin sister and I were born in. Although she now lives in Lancashire, I have retained my roots here, having a fondness for the city. My late husband and I bought a house in 1971 and this is the house I still live in!!

If you see me at any time please come and say hello so that I can put names to faces and get to know you all.

Margaret Fairhead

CHRISTMAS MEAL 2019

This year's Christmas Meal for PPA members will be held on Friday 6th December at The Royal Maritime Club, Queens Street, Old Portsmouth. Full details of time, menu and cost available from committee member Roger Leaver at PP meeting

BECOME A MEMBER OF THE PPA

Membership runs from January to December. The fee is £10 and a membership card is issued. There is an application form on the back page of this magazine

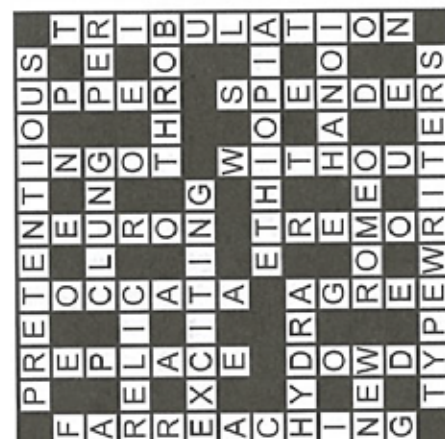
Meetings are the first Monday of the month unless it's a bank holiday in which case it is on Tuesday instead. Renewal can be undertaken by post to the address below but please remember to include a SAE and a cheque for £10 made out to Portsmouth Pensioners' Association.

Membership joining and renewal:

Anyone who is thinking about becoming a member is welcome to attend one meeting before joining.

Lavinia Le-Good

lavinia.legood@btinternet.com



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

ANSWERS

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

Singin' in the rain at Exbury on 29th May 2019

The coach started at Southsea and the final pick up was on time at Cosham at 9.10am. Everyone on board was friendly and welcoming.

The roads were fairly quiet and the journey there was good. We all had a dip in Steve's sweetie bag and when we got to the edge of the New Forest there were plenty of ponies with young foals to see. We arrived at Exbury just before 10am.

Luckily we were almost first there and the guide got onto the coach and gave us good information about the gardens – The gardens were started 100 years ago by the Rothschild family and the paths cover 21 miles.

The Azaleas had, by then, finished flowering but the rhododendrons could still be found in bloom.

Since 2001 there has been a steam railway, and there are also buggies that can take up to 12 people on tours of the gardens. The train departs on the hour starting at 11am.

It was time to disembark and everyone headed for coffee at Mr Eddy's Restaurant. Next Brenda and I decided to catch the first train and got on at Central Station. The train chugged one and a half miles through the gardens to Exbury North where people could get off if they wanted to. The weather looked threatening and it would be easy to get lost on the return trip so nobody got off and we headed back to Central Station.

Having used the loo at the station we headed towards the entrance and came across the head gardener's notice board – Tom Clarke is the head gardener. There was a list of the plants to be discovered in the gardens. Notice of guided bird watching walks lasting one hour fifteen minutes leaving 11.30am and 13.30pm.

We then walked to Witcher's Wood and back to the Park in front of Exbury



House. We sat and ate our picnic lunch surrounded by magnificent trees. We then walked to Centenary Gardens and into the Sundial Gardens finding the beautiful Wisteria, by which time the rain had set in. So we had a coffee and cake at the café there, which we had been warned by the initial guide, takes cash only, not cards. We sat under the marquee covers watching the raindrops and wondering if this heavy rain would mean that we would leave early.

Suddenly we caught sight of Steve and Maxine with a group of people and dashed to catch up with them. It turned out to be the bird watching walk.

We walked through the Laburnum Arch and on the right was the Handkerchief tree. We then walked through the daffodil meadow. This is where the singing in the



rain comes in. The volunteer guide was recognising the type of bird from its song and the group had binoculars to confirm the identity of the bird, singing. Sticking with the group we saw the Stone Bridge and the Japanese Bridge coming back to the Park from which we found our way out.

We finished as we started in Mr Eddy's Restaurant and because of the rain most of the other passengers were also there. We were due to leave at 5pm but in the circumstances we left a bit earlier. It was a steady journey home with another dip

in the sweetie bag but when we got near Port Solent the traffic was gridlocked due to a crash in that area.

In spite of this we got home in good time after a wonderful day.



Had we gone earlier in the month the plants would have been spectacular. Had we gone on the day either side of the 29th we would have avoided the rain and I might have put on the camisole I had with me to do a bit of sunbathing. Anyway it made Brenda laugh - she said 'where did you think you were going, to Spain?' We certainly enjoyed it, and if our bit of rain resulted in a dry day for the veterans on D-day it was well worth it. We must not forget!

Pat Bentley PP Member





Awassa, Ethiopia Pompey Clinic for Older People

A project run by older people for older people. As readers will know, Portsmouth Pensioners' Association helps fund a small clinic in East Africa, where older people have no pension, NHS or free transport. Unless they have a family to support them they can be destitute.

We help to keep the clinic running two days a week with a retired nurse in charge. Patients receive medicine and advice and the clinic is a lifeline for many.

Thanks to the generosity of members we have just donated £600 to the clinic which will pay for medicines and the salary of the part time nurse.

Please continue to send your cheques to Roger Leaver, our Treasurer, made out to Portsmouth Pensioners' Association and write 'Ethiopian account' on the back.

'Older people of the world unite...we have nothing to lose but our pains.'

Alan Burnett



LETTER OF THANKS FROM AMAN WABE of HAWASSA OP CLINIC TO POMPEY PENSIONERS' ASSOCIATION

Dear Dr Alan,

I hope you are doing good and well with all your family and Portsmouth

Pensioners. We here in Ethiopia are well and everything going well and smooth with new government except sometimes some ups and downs are happened in different parts of the country such as ethnic conflict, displacement of people etc.

Hawassa Keste damana older people clinic is also serving the needy older people smoothly. The Volunteer health profession provide service two days in a week. More than 100 Older people have got service i.e check up, medicine particularly, for non-communicable diseases etc in the past six months, since the medicines were purchased and procured with the money you transferred through HelpAge International bank account. The older people are very happy and thank Portsmouth pensioners and you for your supports that enabled them to get free health care, otherwise which they couldn't afford to buy. Now, the money transferred to the clinic is almost finished and they asked your additional money to transfer to be used to purchase medicine, small medical equipment such as for measuring blood pressure etc, and to cover health professional volunteer and clinic guard monthly transport cost etc. Since the clinic will stop its service unless they get supports from you, it is good if certain amount of money will be transferred through HelpAge International bank account as usual.

The amount to be transferred depends on the financial capacity your association have. Then we will properly purchase the medicine with the involvement of Kestedamena OPAs members.

Last week I and HelpAge Communication Officer visited the clinic and have discussion with older people and took the attached photos. Please have the attached photos which show the clinic is working and the health profession is providing the service.

Please greet me all the family members.

Hoping to hear from you.

Sincerely Yours, Aman Wabe



Happy Days

I was born and brought up in Portsmouth and attended Highbury Catering College, where I took and passed City and Guild exams. Then I moved to London and worked for the BBC at Television Centre as a Hospitality Waitress, serving everybody from the Queen to Business Executives for lunch, dinner etc. It was a great place to work as everybody that you worked with treated you as an equal.

After I married and had 3 children I moved back to Portsmouth. Then I needed a job and managed to get into School Meals working at Cottage Grove school where we produced 600 meals a day with a team of just five staff.

Later I moved on to Warren Park primary school in Leigh Park. There I completely re-organised the menus, and with feedback back from the children and staff, we introduced a Breakfast Club as children were coming in to school, hungry. In my 15 years of working there, over time, I completely re-designed the kitchen with a new dishwasher and Space Age ovens!! We had nutritionally healthy menus for the 250 children and staff that we catered for, it was hard work but very rewarding. We would put on a Traditional Christmas lunch making our own Christmas puddings, cakes and biscuits. Our average Christmas lunch was about 400 including staff. The tables would be dressed with tablecloths and crackers and there would be music playing, it was always a great atmosphere for the children and staff. We also used to do themed lunches and get dressed up, which was great fun, putting the menu together and making treats for the children.

The ethos of the Head, Mr Colin Harris and of all his Staff was always the welfare of the children. With this team we achieved 2 Outstanding Ofsted Reports. It was great being part of The History of the School.

Felicity McKenna
Vice Chair PP

PPA Officers & Committee

Hon Life Presidents

MURIEL DEACON & NELL LEAVER & CYRIL SAUNDERS



PRESIDENT

Alan Burnett 8 Sussex Road, Southsea PO5 3EX
tel 92837268
alanburnett@live.co.uk



VICE PRESIDENT

Geraldine Johns
tel 92377840
iadine31@yahoo.co.uk



CHAIR

Steve Bonner
42 Chetwynd Road, Southsea PO4 0NB
tel 92816895
steve.bonner42@gmail.com



VICE CHAIR

Felicity McKenna
17 Dunn close Eastney, PO49TX
felicity.mckenna@ntlworld.com



TREASURER

Roger Leaver
143 Kirby Road, North End, Portsmouth PO2 0PZ

tel 92697343
roger.leaver143@btinternet.com



MEMBERSHIP SECRETARY

Lavinia Le-Good
69, Westwood Road, Hilsea, PO2 9QP
lavinia.legood@btinternet.com



MAGAZINE DISTRIBUTION.
Cecille Chapman
tel 92733557



MEMBERSHIP SUPPORT

Surendra Zaveri
105 Shearer Road, Portsmouth PO1 5LN
tel 07833 361502

Surendrazaveri@hotmail.com

WEBSITE ADVISER



Rob Birznies
tel 02392 828503
pompena@virginmedia.com

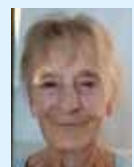


COMMITTEE MEMBER
Muriel Cox

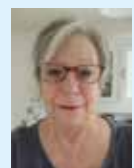


SECRETARY
Margaret Fairhead

EDITORS



Doreen Fay
Email:
doreenfay@hotmail.co.uk



Sue Petrie
Email:
supetrie@aol.com

*Join us to be
involved,
informed and
influential.*

PPA

www.pompeypensioners.org.uk

Now I am old I plan to...

"Go gentle into that good night"

And not to "rage, rage against the dying of the light" **Dylan Thomas**

There are so many examples of Bucket List makers even amongst my younger friends – nothing wrong in that although I do think it puts pressure on people. It makes them feel that unless they have dropped by parachute from a tiny aircraft or dangled by their ankles from a length of elastic over an intimidating water fall, they have somehow not lived. I say – leave that to the birds and the tribes in Papua New Guinea!

So much emphasis is placed on having experiences, going to places, and doing daft and dangerous things all, of course, viewed through mobile phone 'selfies' and then posted on Facebook as proof of the experience. It has become competitive – who has been furthest, fastest, daftest and most awesome etc.

Cacoethes C16th – an irresistible urge to do something inadvisable.

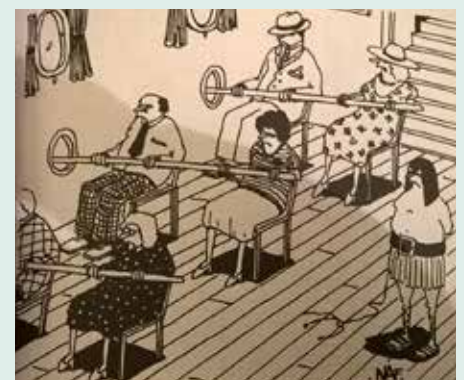
I plan to make it all simpler, to do things I have been told not to do but from home.

Drink that extra glass of wonderful red, stay up very late talking with friends. Oh yes! And I will drink that cup of coffee after six o'clock and to hell with not being able to sleep or having to get up to go to the loo. Who cares anyway?

We all know that those who have suffered a heart attack are told they must go on a diet, take more exercise, stop getting stressed, give up smoking and drinking and they will live then until they are one hundred and so receive congratulations from the Queen.

Of course, we all want to live longer, to live as long as possible, but do we want to live longer without any joy? I can't think of a better time than in old age to do things that are unsafe, naughty, mischievous and daft. And not having to travel far to do so.

Sue Petrie



'Well now I know why this cruise was so cheap'

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

SUDUKO

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

	1	2		3		4		5		6		
7												8
				9						10		
11												
								12				
13												
								14		15		
					16	17						
18		19		20								
								21				
22				23								
	24											

Across

- 1 Showy (11)
- 9 Held on to something tightly (5)
- 10 For each (3)
- 11 Ancient object (5)
- 12 Palpitate (5)
- 13 Stirring one's interest (8)
- 16 Country in NE Africa (8)
- 18 Monster with nine heads (5)
- 21 Capital of Vietnam (5)
- 22 Of recent origin (3)
- 23 Lover of Juliet (5)
- 24 Devices popular before computers existed (11)

Down

- 2 Provide a substitute for (7)
- 3 Musical composition (7)
- 4 Nerve cell (6)
- 5 Gold block (5)
- 6 Higher in place (5)
- 7 Having a widespread range (3-8)
- 8 A cause of great trouble (11)
- 14 Lacking; not having (7)
- 15 Big ____ : song sung by Shirley Bassey (7)
- 17 Slight earthquake (6)
- 19 Frumpy (5)
- 20 Consent (5)

The campaign for a better deal for Britain's 55+ goes on.

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

JOIN THE PORTSMOUTH PENSIONERS' ASSOCIATION

(Subscription: Just £10 a year – See below for details)

There's strength in numbers! If you are able, get involved.

**Donations
ARE WELCOME**

P.P.A. Meetings

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.

FUTURE PPA SPEAKERS

4th November 2019 Dot Gibson, Deputy General Secretary of NPC and Sue Mullan from the Rowans to talk about some work she would like to do with members on their experience of trying to get social care for a member of their family or a friend

2nd December 2019 Mr Ian Millen, Outreach Officer for Veterans Support

6th January 2020 Dr Clifford Williams, Hampshire Police Historian on the life of Gladys Howard who served on Portsmouth City Council and served as Lord Mayor

3rd February 2020 Colin Farmery, Portsmouth Football Club Outreach and Safeguarding

2nd March 2020 A Representation from the Water Board re Havant Winter Reservoir Project

DISCLAIMER

All material published in The Pompey Pensioner (either in the magazine and/or the website), including adverts, editorials, articles and all other content is published in good faith. However Pompey Pensioner 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.

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:

Doreen Fay Email: doreenfay@hotmail.co.uk

Sue Petrie Email: supetrie@aol.com

advertise in the next issue of PompeyPensioner

Circulation of 8k distributed throughout the PO area

£55 for 1/8 page Landscape (65mm H x 95mm W)

£85 for 1/4 page Portrait (130mm H x 95mm W)

£150 for 1/2 page Landscape (130mm H x 190mm W)

£300 for full page Portrait (262mm H x 190mm W)

PDF or Hi resolution JPG required (300 dpi images for printing)

Please send print ready advertisements to the editors:

Doreen Fay Email: doreenfay@hotmail.co.uk

Sue Petrie Email: supetrie@aol.com

or any committee member to advertise in our next issue.



Portsmouth Pensioners' Association - JOIN US

The Campaigning Voice for Pensioners in Portsmouth - **All Donations Welcome**

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

• Speakers • Campaigns • Lobbies of Parliament • Anyone is welcome to attend one meeting before joining • Subscription £10 p.a.

If you are interested in joining the Portsmouth Pensioners' Association please complete the membership form below with a cheque for £10 made out to 'Portsmouth Pensioners' Association' and send (with stamped addressed envelope) to:

Lavinia Le-Good (membership secretary) 69, Westwood Road, Hilsea PO2 9QP.

Name: _____ Date of birth: ____/____/____

Address: _____

Postcode: _____

Tel No: _____ Email: _____

Adding your email address gives us permission to contact you by email if necessary about PPA business.