



# PHEW!

## FREE AT LAST!

## Well... nearly!

## NOW COMES THE FALLOUT

- *Social Care ...who pays?*
- *Rise in Covid Cases*
- *Collapse of GPs services*
- *The Triple Lock now locked for a year*
- *NHS waiting list and poor access to appointments and surgery*
- *Lack of and difficulty in registering with NHS dental care*
- *Care homes owned by wealthy hedge funds stashing money abroad*
- *Slow access to vaccines for Covid and Flu this winter*
- *Poorly trained, poorly paid and still poorly protected care staff*
- *Free TV licences – thousands still do not claim pension credit*
- *Poor quality housing, heating, health and safety*

*Founded 1991: Patron The Lord Mayor of Portsmouth*

# 30 YEARS OLD AND STILL GOING STRONG



Portsmouth Pensioners' Association began life in 1991. Bill Webster had the idea which was taken up by Alan Burnett and Syd Rapson who were then members of the city council.

Since then numerous campaigns on behalf of older people have been organised, social events held, charities at home and abroad supported, 59 editions of 'Pompey Pensioner' published, and research projects and policymaking pursued.

Looking back at the minutes of meetings in the nineties when Arch and Muriel Deacon, Howell Jones, Margaret Gent, Peggy Hibberd, Joan Hill and others were leading the charge, I am struck by how familiar some of the points raised in the minutes of the executive committee are to today's.

There are also some key differences!

Pension (£75 in '99 campaign) and health issues were on the agenda – notably single sex NHS wards (3971 people signed a petition). Bus services took up a lot of debate, and closing a rest home was opposed. It was noted that articles in the magazine 'were too long and needed peppering up'. There were 350 members of which only 192 had paid up. A cheque from the city council for £4000 helped pay for 'Pompey Pensioner'. Members enjoyed outings to Bognor and Wimborne ('spoiled only by the attitude of the driver') and 26 went on a day trip to France. Christmas lunch was held in the Solent Hotel, and Brian Kidd was the guest speaker. A coachload went to a London rally addressed by Jack Jones. John Stock was asked to sort out the PA system in the council chamber. And so on.

**So. Let's look back at past achievements, but also forward to the next 30 years!**



## FROM THE EDITOR

Welcome to the Autumn version of our magazine. In the Summer I felt a sense of relief and optimism only to realise that Covid has had a huge impact on older people. I suspect most of the difficulties are well known to all of you, especially trying to get a GP appointment or even to speak to a GP on the phone. Pretty scary if you are unwell and need help; even more so if you live alone. We are all reluctant to dial 999 and sometimes 111 are unable to help and refer us on. Lack of GP services has meant that A&E departments are overloaded and people have been kept waiting in ambulances until a bed comes free.



There have been a few shockers not least the treatment of the elderly in care homes. We need to encourage a better trained workforce who then can demand higher pay and better conditions.

The continuing discussion of who pays for care has caused a rift between young and old. The press have stirred up the divide by describing us as wealthy house owners – some maybe – the majority of us are just trying to get by while maintaining a few savings to pass on to our children and grandchildren.

This divide and the perception that the old are 'living it up' has led to the political possibility of locking the Triple Lock for a year and this is made easier when the government has a large majority. But we have all had enough of broken promises Boris!

So. We are relieved. We do want to open our lives up. We can see and hug our loved ones.

But don't let's be complacent – there are still a great many issues we need to fight for.

**Sue Petrie, Editor**

## VIEW FROM THE CHAIR

**Steve Bonner**

Welcome to the Autumn edition of the Pompey Pensioner.

The PPA committee continued to meet regularly during the restrictions, first by Zoom, with in my case, the aid of a grandchild, and latterly at a local pub where social distancing has been maintained. How much room is needed to raise a glass?

Our first public meeting in August at the new venue (The Buckland Community Centre) was attended by 60 members which is actually average for that month. It was a real treat to see the smiling faces of (double jabbed) friends again.

Unfortunately, we have to pay for this facility, unlike the Council Chambers which were free, but sadly we're unable to continue using that venue due to extended Council use. A box for voluntary contributions to assist in this additional cost will be made available.

We look forward to the enthusiastic speakers already booked for the rest of our meetings in 2021.

Our productive Knit and Mix group returned with numbers holding up nicely. There's more information about this friendly group in the magazine

On the political front (at the time of writing);

You've no doubt heard that the promises made during their election manifesto of keeping the Triple Lock on our pensions is about to be abandoned. Also, there's talk of increasing the age at which prescriptions are charged (up to 67).

Discussions on funding future Social Care through National Insurance payments will disproportionately impact on the lower paid. A fairer system of taxation should be campaigned for. It is true to say that today's pensioners don't pay NI, but we did, however, pay upfront all through our working lives. Our contributions were in fact a larger proportion of our wages than the current 20%.

At the same time, there are proposals being put to parliament to restrict opposition to what the electorate may feel is unfair legislation. This would prevent charities or organisations like the PPA from disagreeing with them. This is of course a direct assault on democracy and free speech.

Nevertheless the PPA will continue to voice our opinions on any important issues which threaten to impact on our income and wellbeing.

Enjoy this excellent issue of our magazine, and I hope to see you at future meetings.



## PRESIDENT'S PREFACE

**Alan Burnett**

People ask "why I bother to keep active with Age UK and Portsmouth Pensioners' Association?" My answer is that the interests, welfare and views of older people are often ignored and misrepresented. Misleading statements need to be challenged. Mark Baker's article in the Guardian is an example.

### THE TRIPLE LOCK MUST GO

By Mark Baker

*Maintaining the triple lock on pensions is immoral. Each year, it ratchets state pensions higher, ensuring they can never lag behind the wages of those who must foot the bill – but often unaffordably outpacing them.*

*The "I've paid in all my life" brigade conveniently overlook the fact that there's no pot sitting there waiting to be drawn down. Current tax pays for current pensions.*

*The most cosseted generation in human history is trousering a blatant electoral bribe by the Conservatives.*

*Of course, the system must continue to protect the poorest, but the automatic ratchet has served its purpose, feathering pensioner nests over a lost decade that has seen wider living standards stagnate.*

*Covid-19 has only exacerbated the injustice. Having sacrificed their livelihoods to protect older people during the pandemic, the sting in the tail for young people has been to watch the state pension get another uplift even as pensioner wealth soared to unprecedented heights.*

*Unfortunately, abandoning the triple-lock will do nothing to correct today's imbalance between the old and the young. In fact, current pensioners will barely notice the change as the impact will only accumulate over time.*

*It is these self-same youngsters whose pensions will be worth less by the time they collect them. This doesn't change the need for reform, but it*

*should prompt a hard look at the unfair tax burden shouldered today by the young in favour of the old, especially as we grasp the nettle of how to fund adult social care, a far more deserving cause than more goodies for well-padded pensioners.*

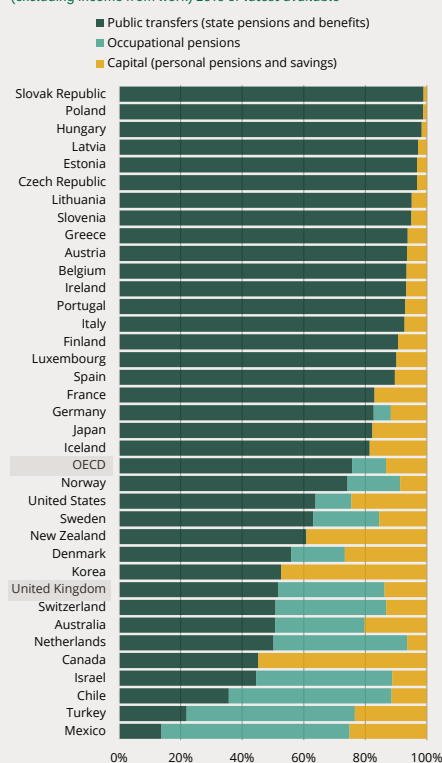
I find some of the comments misleading, and indeed, offensive. So, I would like to take this opportunity to put the record straight.

## NOT ALL PENSIONERS ARE WELL-OFF.

In fact, just under 20% of pensioners in Portsmouth and nationwide live officially in relative poverty. They rely on their state pension to make ends meet. They really need their bus pass and free prescriptions and free tv licence. Many do not own houses and flats (which have increased in value), and do not have substantial savings.

**THE STATE PENSION, EVEN WITH THE TRIPLE LOCK, IS ONE OF THE LOWEST IN EUROPE.** Ireland, Denmark and Netherlands for example have a similar system as UK

**Income sources of older people in OECD countries**  
(excluding income from work) 2016 or latest available



Source: OECD Pensions At A Glance 2019 chart 7.1 and HoC Library calculations

and pay more generously. In 2015 the UK ranked 25th of 35 OECD countries in terms of the overall package of state pensions and benefits.

## OLDER PEOPLE MAKE AN ENORMOUS CONTRIBUTION IN TERMS OF CARING AND VOLUNTEERING.

If, and when, they can, they help the younger generation financially and socially.

**WOMEN IN LATER LIFE** have seen the age they qualify for pensions and other entitlements increased without adequate warning. Hence the WASPI campaign which has been supported by PPA. So far the Government has not acceded to their very reasonable demands for justice.

**PAYMENTS FOR DAY AND RESIDENTIAL CARE** have risen in recent times, so much so that many in need see their contributions being taken from the value of their property or bank accounts.

**WITH INTEREST RATES SO LOW** hard-earned savings accounts generate precious little income. Meanwhile, share holders in mining companies, owners of firms which are being sold off to foreign equity conglomerates, and some companies and consultants supplying Covid equipment and management services, are making a fortune.

There is a strong case for pension increases to be maintained under the triple lock formula as the Government promised before the last election. Our Association has always stood up for fairness and looking after those in need. And that includes people of all generations.



## NHS 73<sup>RD</sup> BIRTHDAY RALLY

Campaigners gathered outside the Kings Theatre in Albert Road from midday on July 3rd before marching down to Castle Field. The protest was part of a national series of marches which took place in 35 cities across England to mark the 73rd birthday of the NHS.

The rally was responding to a proposed 1% pay rise for the NHS by the government – a sum which has been condemned by union members. Due to public pressure there has since been a higher offer.

The PPA banner was held aloft along with various other organisations' banners. Although the turnout was poor it was a pretty impressive sight (and sound). Megaphones amplified the views of the marchers and passing vehicles beeped their horns or gave 'thumbs up' signs in support. The camaraderie is always uplifting on these occasions especially when the views held are so emotive.

One of the marshalls keeping us safe while walking was actually a surgeon from a Southampton hospital. Dr. Veronika Wagner.

She gave a pretty impressive and eye-opening speech at Castle Field;

Matt Hancock had just resigned following his embarrassing behaviour with colleague Gina Colladangelo. Dr. Wagner explained that Gina Colladangelo's brother Robert, is managing director of "an independent healthcare company providing services and quality solutions to the NHS and private healthcare partners". Wheels within wheels it seems, with our NHS money!



Steve, Chair of the PPA gave a speech, many of the points of which are included in his 'View From The Chair'. He too received a positive and rousing reaction.

Our President Alan Burnett showed his support with a wooden football clacker. This made the applause for the various speakers sound as if there was a much larger crowd. The atmosphere was good as various 'old' friends found each other.

*Photos kindly supplied by The Portsmouth News.*



## THE IMPACT OF THE PANDEMIC ON OUR OLDER POPULATION'S HEALTH AND MORALE

Age UK Published 16 October 2020

As it launches its Winter Resilience Campaign, Age UK research shows how hard life has been for older people during the pandemic and how important it is that we support our older population through the winter.

Some older people are coping with the pandemic, but a sizeable minority are finding life incredibly tough. Those who are not very well and have long term health conditions were particularly likely to report this as an extremely challenging time.

Many older people are enduring increased and devastating levels of anxiety, in part because they know they are at serious risk from the virus. Even during the summer, when restrictions were eased, many were too afraid to go out.

Months of being cooped up at home have led to muscle weakness – 'deconditioning' – and a reduced sense of balance, increasing the risk of falls.

There is evidence of new and emerging cognitive decline. This might have happened anyway, but families told the Charity they feared it was exacerbated by the very difficult, often isolated conditions in which their loved ones were living.

There were many examples of depression, loss of hope, low mood, lack of support for meal preparation, deteriorating physical health and increased pain due to untreated health conditions. These have impacted on some older people's appetites and diets, which has weakened their resilience still further.

A sizeable minority of older people now found themselves unable to gain pleasure from activities they usually enjoyed, and the fact they couldn't muster the energy and enthusiasm to look after themselves, or their homes, to their usual standards.

Older people with pre-existing health conditions were some of the hardest hit and those shielding were half as likely again to be feeling more anxious since lockdown than those who were not.

Seeing their loved ones deteriorate was causing families great anguish. They feared that what had been lost would never return.

Significant numbers of older people are deeply apprehensive about how they will cope this winter. And, longer term, they feared that life might never go back to normal or, if it does, that it will happen too late for them to benefit, especially if they are seriously unwell.

Asked how their health and the way they felt had changed since the start of the pandemic:

- **1 in 3 respondents (4.2million) or 34% reported feeling more anxious since the start of the pandemic**
- **1 in 3 (4.4million) or 36% agreed they felt less motivated to do the things they enjoy**
- **Over a quarter (3.2 million) or 26% can't walk as far as they used to**
- **1 in 5 (2.4 million) or 20% are finding it harder to remember things**
- **1 in 5 (2.3 million) or 18% say they feel less steady on their feet**
- **2 in 3 (7.9million) or 64% felt less confident taking public transport**
- **2 in 5 (5.3 million) or 43% felt less confident going to the shops**
- **1 in 4 (3.3million) or 26% felt less confident spending time with family.**

Data from the Office National Statistics collected at the end of September reinforce these findings. For example, the ONS found that two in five (39%) over 70s said they felt unsafe or very unsafe when outside of their home, due to the pandemic.

Caroline Abrahams, Age UK's Charity Director, said:

*"This pandemic is tough for everyone, but older people have the added anxiety of knowing that for them the risks of catching Covid-19 are higher'. We have heard a lot about the enormous problems facing older people in care homes, but this new research reveals that life is extremely challenging for many cooped up for month after month in their own homes too."*

*"As many as a third of all older people are struggling and given the reluctance of this age group to admit their difficulties and ask for help we suspect that in reality the numbers affected are considerably higher."*

*"Fear of the virus, loss of mental and physical capacity, loneliness and isolation, and an inability to grieve as normal for those they have lost add up to a potential public health emergency affecting many older people."*







## WINTER RESILIENCE CAMPAIGN

We all should rally round the older people in our lives, to encourage them to take steps to keep themselves as fit and well as possible.

The pandemic has hit the fast forward button on ageing for millions of older people. Helping them to get through this winter will demand a collective effort and the right policies and support from Government, especially for those who are shielding, self-isolating or who lack a strong network of family and friends.



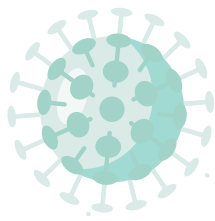
Decisions Government takes in the next few weeks will be crucial. We sincerely hope Ministers will resist the ageist calls to shut older people away and 'let the virus rip'. Getting test and trace working properly is the only way of overcoming the dual threats to our health and our economy, and that's where Government should focus its attention now.

**Age UK aims to support older people through the winter when they are most vulnerable. Age UK is urging everyone to stick together and not to forget the many older people still struggling and who face many challenges this winter.**

Age UK offers the following advice on how to look after ourselves during winter. The good news is there are lots of things we can do to help keep well in winter.

### **We advise older people to:**

1. Have an annual flu vaccination – the new vaccine introduced this year for people aged 65+ has an agent which helps boost the immune system and helps fight illnesses. If you are over 65 and haven't had a pneumonia jab find out if you're eligible when you have your flu jab. Ask about the shingles vaccine.
2. Keep moving and eat well – don't sit still for more than one hour at a time, even if you just move your arms and legs. Stay active. Even a little bit of activity can help you to keep up your strength and mobility. Not only will it keep you fit and healthy, it will also generate heat to keep you warmer.
3. If you are struggling with big meals try eating little and often. Something is better than nothing, even if the only thing you fancy is a slice a cake. Drink plenty of fluids not just tea or coffee.
4. Contact your GP about any health concerns. The coronavirus pandemic has resulted in fewer people accessing NHS services for a range of conditions that are not related to coronavirus. Be reassured that you won't be a burden on the NHS and your GP will be able to help you. (Editor That's if you can get through to the surgery of course!)
5. Keep warm to stay well – heat your living room and your bedroom to a temperature that feels comfortable. Draw curtains in the evening to prevent heat loss. Tuck long curtains behind radiators so that heat isn't trapped. Keep radiators and heaters clear of furniture and washing so the warm air can circulate. Turn off radiators and heaters in rooms that are not in use. Close the doors. Use heating controls and timers to heat your home without wasting energy.
6. Call Age UK's befriending services to help combat any feelings of loneliness.
7. Winter-proof your finances - Lots of us find winter an expensive time of year. Darker nights and cold weather mean higher bills. Christmas can put a strain on your pocket. Age UK has important information on how to get your home and your finances ready for winter.



## COVID AND THE ELDERLY

**"Old and Age," came together as the COVID-19 pandemic spread. The disease hit older adults and people with chronic medical conditions especially hard. By June 2020, the World Health Organization confirmed the death toll had passed five hundred thousand, the vast majority of whom were over the age of sixty.**



As health agencies and media outlets report on the particular vulnerability of "seniors" and "the elderly," the pandemic has laid bare how we devalue those aging into old age.

**Tweeters dubbed the disease a #boomerremover, while those getting sick and dying in long-term care struggled for media attention.**

Doctors in Italy made snap judgments to prioritize younger over older patients in allocating care. Belgian hospitals excluded older long-term-care residents from emergency treatment. Right-wing politicians in Brazil and the United States framed the crisis as pitting the health of older people against the health of national economies, identifying older people as unproductive to justify skimping on public health measures.

COVID-19 has highlighted how the experience of old age is not the same for all. In the United States, Black, Native American, and working-class and poor people have worse health outcomes, and shorter life expectancies than their white, middle, and upper-class counterparts, the result of years of unemployment, segregation, food insecurity, environmental hazards, toxic stress and inadequate health care.

Such cumulative inequality evokes how poor, Black, and Brown people have been prematurely aged. Many are denied the opportunity to reach "old age," affirming racism as rooted in "group-differentiated vulnerability to premature death."

The lives of older people and some of the lowest-paid, most precarious workers are linked. Their work is now being called what it has always been: essential. While the race-and class-privileged can work from home, working-class, Black, and Brown people, many older themselves, are doing the work (cleaning, feeding, caring, and maintaining life itself) that requires close contact with older adults who depend on them.

Forced to weigh potential COVID-19 exposure against the need for a pay cheque, they may be asymptomatic,

without the job security to call in sick, or the space at home to self-quarantine. So. The virus spreads both at work and in multi-generational homes, with deadly consequences for older people.

COVID-19 and Black Lives Matter raise similar questions.

- Whose lives matter?
- Who will be exposed to ill health and early death?
- Who is treated as disposable?

Capitalism, as an economic and social system, prioritizes market competition and assigns human value based on economic productivity, treating old age as a debased state of dependency and older people as a drain on the system.

These ideas:

...Assume everyone from their sixties to past one hundred is similar, identically dependent, and past useful life.

Ignore enormous heterogeneity in health and quality of life within age groups.

**The "elderly" are presented as an exceptional population and aging as a problem to be solved.**

***Old Age and Radical History: Editors' Introduction - Duke University Press***





## WASPI update Autumn

### 'PARLIAMENTARY OMBUDSMAN'S REPORT VINDICATES WASPI WOMEN'

This headline encapsulates the first really good news WASPIs everywhere have received since the campaign launched in 2015. It follows WASPI's claim of maladministration against the DWP in failing to notify women about the changes to their state pension age.

Debbie de Spon, WASPI's Communications Director said:

*"Today's findings reinforce what we knew all along; that the DWP failed to adequately inform 3.8 million 1950s born women that their State Pension age would be increasing.*

*The DWP's own research showed that women were not sufficiently aware of the changes, yet they failed to act. This inaction had devastating and life-altering impacts on women across the country."*

WASPI now calls on Government to agree 'fair and adequate compensation'. To this end, WASPI members have been writing to their local MPs asking them to contact the Secretary of State for Work and Pensions, Theresa Coffey, on their behalf. Solent WASPI members have received a mixed response, some receiving supportive letters from their MPs, including Portsmouth South's MP Stephen Morgan. However, many



received a standard Government response letter signed by Guy Opperman, Pensions Minister, merely recapping Pension legislation since 1995, with a reference to the decision of the High Court in 2020 on an entirely unrelated piece of legal action in which WASPI had no part.

WASPI's statement can be found in full here [www.waspi.co.uk](http://www.waspi.co.uk)

The Ombudsman's findings received extensive national media coverage. In addition, Debbie de Spon was interviewed on BBC Radio 4's Woman's Hour and locally Solent WASPI's Shelagh Simmons was one of Chris Pearce's guests on Express FM.

Solent WASPI's Social, held last month at the Baffins Pond Association, courtesy of Jeanette Smith, was the perfect occasion to mark the PHSO's decision and to launch our new banner; it was designed and handmade by artist and WASPI supporter, Mandy Webb.

The Portsmouth News gave the event excellent coverage:

It was the first occasion that a significant number of members had been able to meet face-to-face, since 2020. We look forward to our lovely banner's first public event at the

Labour Party Conference in Brighton late September, followed by the FiLiA conference, at Portsmouth Guildhall, in October.

Several WASPI members took part in the NHS March and Rally in Southsea, organised by Dr Veronika Wagner, at the beginning of July, in rather unseasonal weather; we were proud to march alongside the PPA, Trades Council and others.



## Our clinic in Ethiopia

Ethiopia has undergone significant economic and social change in the past two decades but poverty is still rife, and one in four people live below the poverty line.

Climate change and unpredictable rains is disrupting many older people's livelihoods. Crops are failing, leaving older people hungry and without a reliable income. When rains fail pasture and water for livestock quickly become scarce. With little nutrition, cows stop producing as much milk and many die.

Conflict has driven nearly 900,000 refugees to find sanctuary in Ethiopia, over half of whom are from South Sudan. Vulnerable people in the camps are desperately in need of healthcare, food and social support.



### KESTE-DAMANA OLDER PEOPLES' ASSOCIATION

Donations given to our Clinic by Portsmouth Pensioners Association for more than 10 years have enabled needy and destitute older people to access free health care. Keste-Damana Older People Association, comprises more than 400 members.

Funds from Portsmouth Pensioners have been used to buy medicines eg painkillers and provide treatment for non-communicable diseases as well as paying allowances for health professional volunteers and the clinic security guard.

The clinic is open twice a week. As well as professional support people also get an opportunity to socialise. HelpAge International and Ethiopia-Elderly and Pensioners National Association (EEPNA) provide the clinic and the older people with technical support and follow up.

January 2018	£800.00
June 2019	£600.00
June 2020	£900.00

At Financial year end 31st March 2021 the amount in our account for Ethiopia was £483.00.

## COMBATING LONELINESS AMONGST OLDER LGBT PEOPLE



Older LGBT people are especially vulnerable to loneliness. They are: more likely to be single, live alone, and have lower levels of contact with relatives and less likely to engage with local services.

Over four fifths of older LGBT people do not trust professionals to understand their culture or lifestyle.

Sage - a project in Leeds - provides learning on how to support older LGBT people who are, or may be, at risk of being lonely and to provide a safe space where people can interact

- facilitate the meeting of like minded people
- provide a supportive environment to help build confidence
- support local organisations to help them become LGBT friendly

Opening Doors London, provides services and support to older LGBT people - runs over 45 social activities every month, runs a Befriending Service, and provides training on a range of ageing and LGBT issues.

The organisation has opened a memory café for LGBT people over 50 living with dementia. Believed to be the first of its kind in England, it provides a safe place for people to meet and engage.

Care Connect University of Sheffield

Advice and Support for LGBT people - GOV.UK ([www.gov.uk](http://www.gov.uk))



### LGBT+ elders protest at disbanding of key government advisory group

The LGBT+ Working Party of the National Pensioners' Convention statement on the government's decision to disband its LGBT advisory panel. Speaking on behalf of the Working Party, NPC General Secretary Jan Shortt said:

*"We deplore the decision to dissolve the LGBT Advisory Panel, established by the Conservative Prime Minister Theresa May to 'advise ministers on issues and policies concerning lesbian, gay, bisexual and transgender people'."*

The decision could not have come at a worse time for the country's 1.5 million LGBT+ pensioners' as many face increased isolation and loneliness because of the Covid -19 pandemic.

Discrimination against LGBT+ retirees in the provision of Social Housing, Adult Social Care and End of Life Care remains a huge concern. A study by Age UK into the mental health of LGBT+ Pensioners has shown that many suffer from increased mental health problems impacted by years of prejudice and discrimination.

There has been an increase in the number of LGBT+ people living in poverty. A recent National LGBT Survey found that in the previous 12 months only 63% of trans people surveyed were employed. There are also particular concerns about the rights of black and Asian LGBT+ pensioners, with Hate Crime against LGBT+ people on the rise.

We urge Government to think again about disbanding the LGBT Advisory Panel. We would view any announcement of a new body that does not include consideration of LGBT+ rights in the UK - and International LGBT Rights - as part of its remit to be a betrayal of Theresa May's commitment to establishing the LGBT Advisory Panel, and a betrayal of the UK's one million plus LGBT+ pensioners."

## PLACES FOR PEOPLE

The Office for National Statistics show that in 50 years' time, there is likely to be an additional 8.6 million people aged 65 years and over — a population roughly the size of London. The greatest increase will be in the 85+ age group.

Rural areas have seen larger increases in average age than urban areas and this pattern is set to continue. Ironically, it is here that services such as public transport, health facilities, and community services are harder to access and where older people are more likely to experience feelings of isolation and dependency.

We need to design physical environments as well as social networks to respond to this change in demographic mix, while recognising that older people's needs are varied and diverse with many continuing to be independent, active and in employment, and others needing more care and support.

The UK population is projected to increase to 73 million by 2041. People in the 65+ age bracket will rise from 18% to 26% of the total population. [www.placesforpeople.co.uk](http://www.placesforpeople.co.uk)

### AGE FRIENDLY COMMUNITIES

The Age-friendly Communities Framework includes eight key areas, to improve structures and services to meet older people's needs.

- Outdoor spaces and buildings
- Transportation
- Housing
- Social participation
- Respect and social inclusion
- Civic participation and employment
- Communication and information
- Community support and health services

Age-friendly communities ensure people of all ages can live healthy and active lives and make it possible for people to continue to stay in their homes, participate in the activities they value, and contribute to their communities, for as long as possible.

Creating age-friendly communities involves older residents, local groups, councils, and businesses working together to ensure improvement and involvement.

**Centre for Ageing Better**

[www.ageing-better.org.uk](http://www.ageing-better.org.uk)



## PERSPECTIVES ON SEXISM AND AGEISM

**We frequently describe society on the basis of financial status or economic inequalities e.g. upper class versus lower class but there are other inequalities which are more commonly seen as discrimination – identifying biases with life-long consequences in job opportunities and exclusion based on specific differences among people or isolating particular inequalities, gender and age, sexism and ageism.**

Sexism implies bias based on gender and is used to relay a degradation in some form to a woman as opposed to a man. While this is not intended to create a stereotype, it is a fact that women are treated as lesser than men

Gender, like socio-economic status, has the ability to shape an individual's opportunities and experiences throughout life. The term "sex" is differentiated from "gender". Gender identifies the social and cultural roles men and women follow.

*"Of all the ways that one group has systematically mistreated another, none is more deeply rooted than the way men have subordinated women."*

Alan Wolfe *The New Republic* article *The Gender Question*

Women, half the world's population, do two thirds of the world's work, earn one tenth of the world's income, own one hundredth of the world's property, and get paid approximately eighty percent of what men earn.

Sexism – what seems like an innocuous slight - can result in very real economic disadvantages, including pay differentials (and the subsequent effect on pensions and life after work) and occupational segregation. It can affect a woman's pursuit of higher education, her ability to perform both in her studies and on the job, and ultimately the pay rate she is able to generate for her level of education and work performance.

Historically, women have been viewed as being on a lower plane than men. Women's groups, political adversaries, and the suffragette and women's rights movements have all lobbied for fair and equal treatment in terms of voting, freedoms of speech and dress, and equality in the workplace.

*"...I can't resist the temptation to laugh every time International Women's Day rolls around. Why just one day? Isn't every day a woman's day"*

Erica Jong *How to Save Your Own Life*

Ageism, too, results in widespread mistreatment, abuse, manipulation, and denial of proper services. This description does not begin to mention unfair treatment seniors receive in employment situations.

**Why are seniors singled out and made to feel incompetent or less valuable?**

Are older people, because of age, viewed as being less capable, uninformed, and not always in control of their faculties?

Senior's contributions are often considered to be less than those of a younger person.

Seniors are not only made to feel bad about themselves and their abilities, but are often deprived of opportunities to demonstrate their skills and to generate income.

Many older people are unable or unwilling to speak out and have no family or support system. Outside agencies and caregivers need to advocate for their rights and intervene in situations when it looks as if they are being short changed.

**Because we are living longer, fuller lives, it has become essential to find ways to integrate rather than ostracise senior citizens.**

We should ensure older persons are able to lead fuller, more vital lives in contrast to the past, when 65-year-olds were written off as having less merit than their youthful counterparts.

Senior status often takes on new meaning – rather than respect and honour, older people find themselves struggling for a place in society.

In a 2006 on MS NBC's Website "Ageism in America," Dr. Robert Butler, President The International Longevity Center-USA and the person who 35 years ago coined the term "ageism," stated:

*"Concerns of the elderly have moved higher up the agenda. Daily we are witness to, or unwittingly are participants in, cruel imagery, jokes, language, and attitudes directed at older people."*

*"We all aspire to live to be old...we must work to create a society where old age is respected, if not honoured, and where persons who have reached old age are not marginalized."*

[www.universalclass.com/articles/psychology](http://www.universalclass.com/articles/psychology)

Sue Petrie



## REPORT TO AGE UK ON WINTER WARMER GRANT RECEIVED BY PORTSMOUTH PENSIONERS' ASSOCIATION

Like most organisations during 2020 and 2021, PPA has had its regular activities - meetings, campaigning and socials - curtailed. When we received this grant we thought long and hard on how to spend it within the restrictions imposed by the Government and in response to the needs and views of our members and supporters. We decided, with the agreement of the Grants unit to postpone our planned event.

We finally held it last week – Friday 10th September. We organised coffee/tea and cakes/pastries for 75 in the main hall of the Buckland Community Centre which is located near bus routes in central Portsmouth, in what is predominantly a post war council estate.

We gave the event as much publicity as possible, including at a monthly meeting held a few days earlier. In the event some 50 older people attended, mostly members but also others using the centre for Tai chi and other activities.

Not only was the refreshment appreciated, but also a chance to chat about how we had coped with the pandemic, and get to know each other better. We also had a talk about the history of the Association and if and how its activities have changed over the years. There was also a lucky dip and allotment sale with the proceeds going to the clinic we help to fund in Ethiopia

The hire of the hall amounted to £30 and refreshments to £4 per head. Thus the total cost was £330. Our grant amounted to £300 and the rest came out of our social fund.

Although the event was long delayed and less well attended than we hoped, we deem it to have been a success. Many of those attending live on their own and the sociability of the occasion, amongst members and non- members was a notable feature.

Lastly our magazine editor was at the event and it gave her an opportunity to liaise with those who contribute to it and will help deliver it round the city later this Autumn. There will be a report on the event in 'Pompey Pensioner' which we estimate is read by 10,000 older people locally. Thank you for the grant and we hope to apply for others that are available in the future

**Dr Alan Burnett, President, PPA**



## Adult Social Care

After Mr Johnson's earlier announcement on arrival at 10 Downing Street more than 2 year ago that he had 'a clear plan' to fix our broken social care system, we have been eagerly waiting details of this plan. Finally our Prime Minister has announced his plans will be funded by putting an additional 1.25% on national insurance. He provides no details of the nature of these plans only that it will be another 3 years before they happen.

Social care is in a desperate state. It urgently needs radical reform as well as additional funding. Many people are being refused the help they need to give them a decent quality of life. Should they continue to have to wait a further 3 years before getting the support they need? Many will not survive to get any care at all let alone see any changes. And isn't it odd that the funding method is announced before any details of what is being planned? And is national Insurance the fairest way to fund the changes anyway? It seems to me that the Prime Minister has hardly chosen the fairest way to finance any reforms.

Wealthier retired people are exempt from national insurance so would not have to contribute while low paid and younger workers who do pay it will be disproportionately affected. These are the groups in our society who are already the worst affected by the current rise in the cost of living. Surely funding care through income tax would be a far fairer way of finding the necessary funding.

I'd be interested to hear what other members think of Mr Johnson's proposals?

**Sue Mullan**





## What has staying at home taught us about the housing experiences of older people?

Covid-19 has had the effect of holding up a mirror to society forcing us to confront harsh realities. Situations that provoke little more than a collective shrug in normal times – the fact that more than one in five million workers are in insecure work and could lose their job suddenly or that millions of private renters are just one pay-cheque away from losing their home – are commanding attention.

The instruction to stay at home prompted wide-spread discussion and the sharing of advice about staying fit and healthy while confined to home. How did people living alone cope with isolation and loneliness. For many, home is not a place of comfort, safety or security.

### There are familiar challenges for many older people in the UK.

People prefer to stay in their own home as they age rather than moving to alternative accommodation. However, for many, home is neither safe nor comfortable. According to the Centre for Ageing Better, over one million people over 55 and more than 1 in 5 people over 75 live in poor and inadequate housing. The most common problem is a serious hazard that presents a risk to health or safety, such as excess cold or a fall hazard. Living in a decent home is particularly important for older people who spend more time at home and are more likely to have a long-term illness or disability that could be made worse by poor-quality housing. The impact of poor housing on health and well-being is estimated to cost the NHS in England more than £600m per year.

Older people struggle to access the support they need to live safely at home. Age UK estimate that 1.4 million people over the age of 65 have unmet care needs, often linked to housing conditions that make everyday life difficult.

Older people are vulnerable to social isolation and loneliness, linked to loss of family and friends, limited mobility and financial problems. 4 million people over 65 in the UK live alone, a key predictor of loneliness. There is a significant human cost of social isolation and loneliness, including cognitive decline, depression and early death. Lonely people are more likely to be admitted to hospital, visit a GP or A&E, and more likely to move into residential care.

One positive is greater collective understanding of the realities of everyday life. Understanding promotes empathy and compassion and drives commitment to act and help others. Drawing on our own experiences of staying at home and isolating, we might now find the collective will to recognise and respond to the calls of Parliamentary inquiries, charities and campaign groups, practitioners and policy-makers to do more to tackle isolation and loneliness and to ensure older people are living in safe housing that promotes independence and well-being, and to access the health and social care they need.

April 27, 2020

*UK Collaborative Centre for Housing Evidence (CaCHE)'s Professor David Robinson*

*Urban Transformations, COMPAS, School of Anthropology, University of Oxford*

[www.urbantransformations.ox.ac.uk](http://www.urbantransformations.ox.ac.uk)



## THE ROLE OF MEN & WOMEN IN SOCIETY

Men and women agree that the strain of our new societal world has made maintaining marital relationships, raising children and leading fulfilling lives to be increasingly difficult.

Men and women agree there should be equal work opportunities

Men said they approved of women working outside the home

Men and women said it would be better if women could stay at home and take care of children and the home.

Most men claimed they were happy to share child care and domestic duties with wives working outside the home.

Working mothers still shoulder most of the responsibilities in terms of doing chores and taking care of their children. They are displeased with the lack of assistance their husbands provide.

**With respect to social and political perspectives:** men support increased defence spending, women support increased spending on health care.

Men want successful, lucrative careers and place a premium on a healthy, active sex life

Women value having some form of religion in their lives and close personal relationships. Men and women share an equal sense of confusion about how to incorporate all of these expectations into their daily routines and question the degree to which they are able to strive for equality in all areas of their lives.

Washington Post poll:





## KNIT AND MIX

'Knit and Mix' resumed at Buckland Community centre on Friday 9th July.

It had been missed during lockdown as a meeting place for anyone who wished to knit (for charity or themselves), mix with others...not necessarily Portsmouth Pensioners Association members, and to enjoy the complimentary drinks and cakes, supplied by Pompey Pensioners Association.

'Knit and Mix' meets twice a month, on either Mondays or Fridays, 1pm until 3pm.

Some of the group arrive at the Community Centre earlier in order to have a very reasonably priced and well cooked meal in the centre's cafeteria. It is necessary to let them know you're going to eat there. If this is the case telephone 02392 692 914

Please feel free to telephone Steve Bonner on 02392 816 895 if you'd like details about joining this friendly group, or email him on [steve.bonner42@gmail.com](mailto:steve.bonner42@gmail.com)

A regular of the group, Ruby Bishop sadly passed away during the enforced break and a minutes' silent reflection was held for her.

## PORTSDOWN U3A EVENTS 2021

**20th October** – General Meeting – 2.00pm  
Speaker – Sue Tinney – World Vision making a difference  
Refreshments available - Visitors welcome £2.00 entry  
Venue - Cosham Baptist Church, Havant Road, Cosham

**17th November** – Annual Lecture – 2.00pm  
Speaker – Ernie Rhea - The Medici: Florence and the Golden Age of Art  
Refreshments available - Visitors welcome £2.00 entry  
Venue - Cosham Baptist Church, Havant Road, Cosham

## PORTSEA MEN'S SHED – NEW HOME

Since the spring of 2018 Portsea Men's Shed were searching for new premises as the previous lease expired at the end of June 2018. After a lengthy search and a few false dawns, finally, in the Autumn of 2019 with great help from PCC and Landsec, owners of Gunwharf Quays, a site was identified for a new shed to be built

The site in the ground floor of Wickham Street car park gave us plenty of room for a shed of approximately 1000 sq feet and planning started in earnest.

2020 was a tough year for everyone, however Men's Shed team pushed on. A number of challenges were presented with the planning process, building control and shed design.

Cripps Property Services were engaged to build the shed and following strict protocols work started on the build in January 2021. Progress was made through the early part of the year and final fit out of electrics and water mains connections were made.

Portsea Men's Shed moved into their new shed during April 2021. Since then time has been spent building work benches, fitting out the kitchen and coffee room, building access ramps and steps and other things to get the shed ready for use. With this largely completed we are now up and running again. Men's Sheds are described as:

*"Community spaces for men to connect, converse and create. Activities are often similar to those of garden sheds, but for groups of men to enjoy together. They help reduce loneliness and isolation, but most importantly, they're fun"*

There are 595 Sheds established in the UK with another 145 in development. More information can be found at:

**<https://menssheds.org.uk>** Portsea Men's are open for business and looking for new members. We have also provided help and assistance to the local community in Portsea and are keen to take on small projects for the community and individuals.

The Shed is open for callers Monday, Wednesday and Friday from 9:00 -- > 12:00 and call also be reached via [info@portseamensshed.org.uk](mailto:info@portseamensshed.org.uk)

Please drop in to have a look, a coffee and a chat

**Dave Weston – Treasurer Portsea Men's Shed**





## THE SCOTTISH MEDIUM

the last person to be imprisoned under the 1735 Witchcraft Act.



### VICTORIA HELEN McCRAE DUNCAN (1897 – 1956)

Born Callander, Perthshire.

At school, she alarmed pupils with her hysterical behaviour and dire prophecies. She married Henry Duncan (1916) cabinet maker and wounded war veteran, who was supportive of her paranormal talents.

In 1926 Duncan progressed from clairvoyant to physical medium offering séances claiming to materialise the spirits of the deceased by emitting ectoplasm from her mouth.

In 1928, Harvey Metcalfe took flash photographs of Duncan and her alleged "materialization" of spirits including her spirit guide "Peggy".

In 1931, the London Spiritualist Alliance (LSA) revealed that the ectoplasm was made of cheesecloth, paper mixed with egg white and lavatory paper.

### Harry Price investigation

In 1931, Price paid Duncan £50 to perform a number of test séances. She reacted violently at attempts to X-ray her.

*"...she dashed out into the street, tearing her seance garment to pieces. She clutched the railings and screamed and screamed."*

I leave the reader to visualize... A seventeen-stone woman, clad in black sateen tights, locked to the railings, screaming at the top of her voice.

We got her back into the Laboratory and... it was agreed we could cut off a piece of "teleplasm". The sight of half-a-dozen men, each with a pair of scissors, waiting for the word, was amusing. When it came we all jumped. One of the doctors secured a piece. The medium screamed and the rest of the "teleplasm" went down her throat... Could anything be more infantile than a group of grown men wasting time, money, and energy on the antics of a fat, female crook

In a séance in Edinburgh on 6 January 1933 the spirit of Peggy emerged in the séance room but it was revealed to be made from a stockinette undervest.

The police were called and Duncan was prosecuted and fined £10.

### Sinking of HMS Barham

On 25 November 1941 HMS Barham was sunk off Egypt being torpedoed at short range sinking within four minutes with one the heaviest losses of life. 862 men drowned.

[rommelsriposte.com/2019/11/26/the-loss-of-hms-barham](http://rommelsriposte.com/2019/11/26/the-loss-of-hms-barham)

In November 1941, Duncan held a séance in Portsmouth where she claimed the spirit materialization of a sailor told her HMS Barham had been sunk. The sinking had been revealed

only to the relatives of casualties, and was not announced publicly until January 1942

Did Duncan simply pick up the gossip and attempt to turn it into profit?

*"In the run-up to D-Day, the authorities were paranoid about potential security leaks. She was giving out very accurate information and exploiting the bereaved... it was absolutely essential to keep the Allied deception plans intact."*

Two lieutenants were in the audience at a séance. Lieutenant Worth was not impressed when a figure appeared claiming to be his aunt and another his sister. Both were alive and well.

Duncan was found in possession of a HMS Barham hat-band unaware that after 1939 sailors' hat bands carried only 'H.M.S.' and did not identify their ship.

Duncan was arrested under section 4 of the Vagrancy Act 1824, a minor offence tried by magistrates.

The authorities then used section 4 of the Witchcraft Act 1735, covering fraudulent "spiritual" activity which was triable before a jury. Also charged were Ernest and Elizabeth Homer, of the Psychic centre at 301 Copnor Road, Portsmouth, and Frances Brown, Duncan's agent. There were seven counts, two of conspiracy to contravene the Witchcraft Act, two of obtaining money by false pretences, and three of the common law offence of public mischief.

Duncan was imprisoned for nine months, Brown for four months and the Homers were bound over.

Winston Churchill wrote to Home Secretary Herbert Morrison, complaining about the misuse of court resources on the "obsolete tomfoolery" of the charge.

### Ectoplasm sample

A sample of Duncan's ectoplasm was displayed at the Spellbound Exhibition - The History of Magic at the Ashmolean Museum Oxford and is now held at the Cambridge University Library

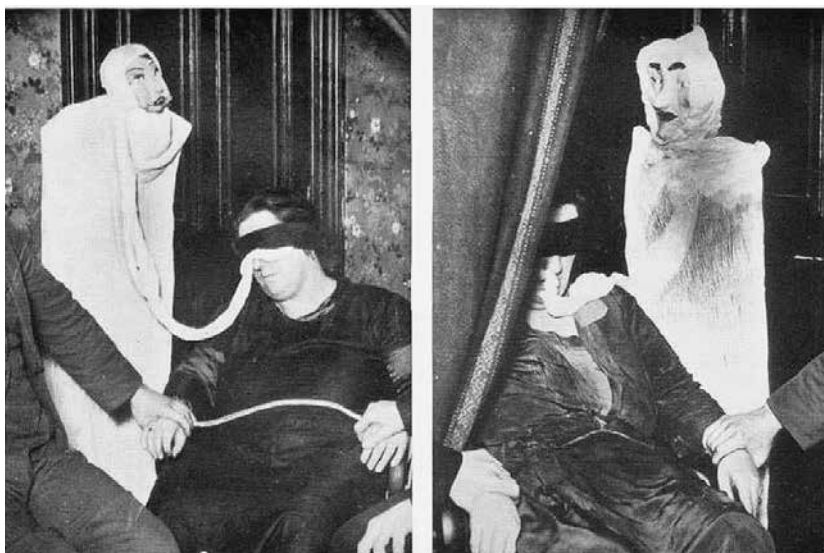


PLATE XV

Phantoms "photographed during a séance with Mrs. Duncan at her home. Note mask-like faces, "coat-hanger" shoulders, and warp and weft of material.

## TOTAL WAR?

The bombing of Hiroshima on Monday 6th and Nagasaki on 9th August 1945 killed up to 226,000 people, mostly civilians. The actual number of deaths has never been verified.

After the bombing of Pearl Harbour on the 7th December 1941 by the Japanese, the US administration, wanting retribution, set out to create a nuclear bomb, the most powerful weapon ever known.

This research became known as the Manhattan Project. Dr Julius Robert Oppenheimer became head of the project's Los Alamos Laboratory in New Mexico where bomb design work was carried out

### THE TRINITY TEST QUOTE

Oppenheimer was not just a theoretical physicist, he was also a philosopher who had studied Sanskrit. He was able to read the Bhagavad-Gita in its original form from which his famous quote comes.

"We knew the world would not be the same. A few people laughed, a few people cried, most people were silent. I remembered the line from the Hindu scripture:

'Now I am become death, the destroyer of worlds.'

I suppose we all thought that, one way or another,"

After the Hiroshima bombing, Truman issued a statement

"We may be grateful to Providence that the German atomic bomb project failed, and that the United States and its allies spent \$2bn on the greatest scientific gamble in history—and won".

Truman warned Japan: "If they do not accept our terms, they may expect a rain of ruin from the air, the like of which has never been seen on this earth. Behind this air attack will follow sea and land forces in such numbers and power as they have not yet seen and with the fighting skill of which they are already well aware.

(Sound familiar - GW Bush's threats after 9/11)

The memorials in Hiroshima and Nagasaki record the names of more than 510,000 hibakusha; 324,129 in Hiroshima and 185,982 in Nagasaki.

### DOUBLE SURVIVORS

200 people from Hiroshima sought refuge in Nagasaki. The 2006 documentary *Twice Survived: The Doubly Atomic Bombed of Hiroshima and Nagasaki* documented 165 nijū hibakusha (double explosion-affected people).

On 24 March 2009, the Japanese government recognized Tsutomu Yamaguchi as a double hibakusha. He had been in Hiroshima on a business trip when the bomb was detonated. He was seriously burnt and spent the night in Hiroshima.



A B-29 over Osaka on 1 June 1945 - USGOV-PD

He arrived at his home in Nagasaki on 8th August, the day before the bombing, and was exposed to residual radiation while searching for his relatives.

### WORTH WATCHING

HIROSHIMA MON AMOUR: The Most Important Film In French ...

[www.filminquiry.com/hiroshima-mon-amour-1959-review](http://www.filminquiry.com/hiroshima-mon-amour-1959-review)

A French woman and a Japanese man have an affair while she is in Japan making a film about the impact of the atomic bomb on Hiroshima. The man, an architect, lost his family in the bombing. She recalls her lover during the war, a 23 year-old German soldier who later died.

[www.sensesofcinema.com/2013/cteq/hiroshima-mon-amour](http://www.sensesofcinema.com/2013/cteq/hiroshima-mon-amour)

...a testament to Hiroshima, rebuilt after the cataclysm of the war, but unable to escape its past. It's also the story of two lovers who face similarly inescapable histories.

### READING

Hiroshima John Hersey  
Penguin Books 1946







## A TALE OF FOUR AUTHORS

There cannot be another city that can claim such close association with arguably the most famous authors of all time – Arthur Conan Doyle, Rudyard Kipling, H.G.Wells and Charles Dickens.

**Conan Doyle** wrote his Sherlock Holmes mysteries while waiting for patients to visit his surgery in Kings Road. Such a huge loss that his house was bombed during WWII as was most of Kings Road. What a tourist attraction that would have been for Portsmouth.

**H.G. Wells** worked in the Southsea Drapery Emporium in Kings Road which he described as 'the most unhappy, hopeless period of my life.' His experience there gave him the idea for The History of Mr Polly.

**Rudyard Kipling** grew up from the age of five to eleven at Lorne Lodge in Campbell Road, 'in the extreme suburbs of Southsea, next to a Portsmouth unchanged in most particulars since Trafalgar'.

Kipling's parents were Anglo-Indians who sent him and his sister back to Britain for schooling. He was placed with a strict and severely religious woman, Mrs Holloway and her husband, an old captain who used to take him to the dockyard and show him the ships.

He recalled he had once been 'entangled in a harpoon-line while whale-fishing, and dragged down till he miraculously freed himself. But the line had scarred his ankle for life—a dry, black scar, which I used to look at with horrified interest.'

Towards the end of Captains Courageous, a young spoiled boy falls overboard on a sea journey and builds a relationship with a fisherman who shows him how to behave with honour and integrity. The fisherman is dragged beneath the waves and one cannot help but compare him to the kind old captain with whom Kipling lived at Lorne Lodge.

To Kipling's distress, the captain died leaving him with 'the Woman', Mrs Holloway, whose treatment led Kipling to dreadful suffering.

And of course, **Charles Dickens** was born in Portsmouth.

**Carole Carrell**

## DID YOU KNOW?

**The Metropolitan Police data base is called HOLMES**

Home Office Large Major Enquiry System

## IT'S A SMALL WORLD – THE CASE OF AMAZING COINCIDENCES

Kirkcudbright – pronounced 'Kirkcoobry' is a charming wee town in south- west Scotland. It is located more than 400 hundred miles north of our great city of Portsmouth. But recent experiences tell me that the two places are closer than they seem.

Firstly, a fishing boat registered in KBT was seen to be moored in the Camber, Old Portsmouth. Perhaps, since commercial fishing is an activity on both the Solent and Solway, this is not so remarkable. But still it was a surprise and a long way to come.

Secondly a couple of years ago we were having a bar lunch in this Scottish town when I came across John Schofield, my best man from our 60s wedding. An amazing meeting as he lives in British Columbia and happened to be visiting unknown to us. If I hadn't gone to the gents at that specific moment our paths would not have crossed. I gladly bought him a pint.

But our latest 'what a coincidence' experience is also hard to believe. We were walking round a delightful walled garden in Kirkcudbright this summer, and got into conversation with a family. Asking where they came from, we were very surprised when they said, almost hesitantly as if we might not would know it - PORTSMOUTH!

It turns out they were also on holiday, live in Stanley Avenue, Baffins – a few doors down from a great friend of ours and have an allotment near our daughter. What I ask is the statistical chance of such a meeting? (66 million people live in the UK, 220,000 in the city of Portsmouth, a few hundred live and grow veg off Tangiers Road on Portsea Island). Again, the coincidence is uncanny. Two Pompey families meeting north of the border by chance at 2-45pm on a sunny August day in 2021.

I am sure I am not the only one to be able to tell a 'it's a small world' story or three. Maybe dear readers you will write in with yours?

**Alan Burnett**

## THE JOHN THOMPSON TRUST

**a charitable trust providing independent living for seniors in the heart of Southsea.**

Our founder, the Reverend John A Thompson, was born in 1885 in County Tyrone Northern Ireland and entered the Wesleyan Ministry in 1913. In 1933, after service in Northern England he settled in Battersea London. Pre NHS he set up clinics to provide ante-natal care, physiotherapy, foot and dental care, day nursery, youth clubs and holidays for the poor of the community. He promoted the work and care of the Mission and soon gained the attention and support of Harley Street physicians, MPs and the Royal Family.

A house in Broadstairs was given to John Thompson to use as a convalescence home for the young and the elderly. As Broadstairs was so hilly and uneven it was unsuitable for the infirm so an alternative property was sought. 26 Festing Road, Southsea was seen as a suitable location and was purchased.

The Trust then concentrated on acquiring more property in Southsea providing independent living for the mature and retired with reasonable rents. After John Thompson's death in 1953 his wife and a board of trustees continued his work in the manner he intended.

We take great pride in upholding the John Thompson Trust mission statement: To ...provide the relief of poverty, need and financial hardship for the elderly by providing accommodation, care and counselling as well as grants to individuals and organisations.

The John Thompson Trust is still an independent charity offering rented accommodation at an affordable rate for seniors. Although it is independent living we encourage social activities such as a gardening club, a quiz afternoon and well as offering lunches for tenants in our sun lounge. We have joined forces with Socials for Seniors and together we hold a weekly games morning which is an opportunity to make new acquaintances and have some friendly competition in a fun atmosphere. Seniors from the community are most welcome to come and join us for our social gatherings

For more information about the Trust or to become a volunteer Contact **023 9281 5465** **Info@jttrust.co.uk**

*Registration number 235784*



## SOCIALS FOR SENIORS

Chocks away – we're taking off! Summer 2021 has been our most successful since we started in Summer 2019. With the easing of restrictions, our numbership is slowly increasing. We reached a "personal best" of 19 at one of our Monday coffee afternoons at the CourtX pavilion on Eastern Parade, which is our home venue.

I'm also very happy that we can offer an opportunity seven days a week to get together. In September we joined forces with the John Thompson Trust on Festing Road to launch a new Games Morning, hosted by the Trust in their very comfortable sun lounge. Games such as Rummikub, Upwords, Scrabble and card games are available and numbers are increasing each week.

During the summer, in addition to our daily activities, we have gone on outings by bus to Port Solent and Gosport, and by private minibus to Stansted Park. We plan to continue these outings through the winter.

Cinema for Seniors in the CourtX pavilion is also back – to kick-start our season we showed Annie Get Your Gun and we will alternate each month between a musical and a drama. All of the above are, of course, subject to any covid restrictions that may be applied!

Socials for Seniors was launched to offer friendship to those living on their own, to help alleviate feelings of loneliness and isolation. Many of our seniors have become firm friends (in fact, two of them have recently been on a Saga cruise together!) and we are always glad to welcome new faces. For more information, contact me, Dinah, on [dinah.socials@gmail.com](mailto:dinah.socials@gmail.com) or visit our Facebook page, "Socials for Seniors, Southsea".

**Dinah Walters, Organiser, Socials for Seniors**





## UK's CULTURE DIVISIONS... REAL BUT EXAGGERATED?

**Policy Institute King's College London and Ipsos MORI,  
28 May 2021**

75% of the public think divisions in the UK are exaggerated by the media, and 40% believe politicians invent or overemphasise "culture wars". Britons see such conflicts as a problem and think the country is the most divided it's been during their lifetime.

These divisions are reflected in various groups' views of equal rights for ethnic minorities and women, and in their attitudes to cultural change and class.

### The public tend to see divisions and culture wars as exaggerated

- 77% of people agree the media makes the country feel more divided
- 44% think politicians invent or exaggerate culture wars as a political tactic.

Analysis of UK newspapers from 1997 to 2020 shows that, in articles where descriptive language is used in relation to "culture wars", the term is most commonly employed with battle metaphors such as "combat", "battleground" and "warrior"; with divisive talk of "conflicts" or "clashes" between "tribes" or "camps", or with emotive language such as "bitter", "poisonous" and "toxic"

That doesn't mean such tensions aren't real

- 51% think the UK is currently the most divided it's been during their lifetime. **BUT,**
- 30% say we have been through divided times before, and that divisions were worse in the past.
- 44% think culture wars are a serious problem for UK society and politics.
- 51% disagree that culture wars only exist in the media and social media, not real life.
- 46% of the public think the UK is divided by culture wars.

Brexit and differences by wealth are seen as particular sources of tensions within the UK. 38% think there is tension between Leavers and Remainers, 34% feel the same about relations between rich and poor. People also see tensions on immigration, politics and cultural values, and the "metropolitan elite" vs "ordinary working people" – but less so between genders, by education level, or between cities. Tensions are reflected in the different views on equal rights, cultural change and class.

**The public are split on whether the UK's culture is changing too fast.**

- 24% of the public say when it comes to giving Black, Asian and minority ethnic groups equal rights with white people, things have gone far enough – this rises to 45% among Leave supporters..
- 18% of the population believe equal rights between women and men have gone far enough.

**Despite greater focus on the UK's cultural divides, the public are more likely to say the country is more divided by class than 20 years ago.**

### Political divides

Labour supporters are twice as likely as Conservatives to say most of the people they interact with online share their political views.

This isn't just because Labour supporters are more likely to use social media – a similar pattern can be seen when looking at supporters of both parties who use social media on a daily basis.

Labour supporters are more likely to say people they come into contact with – such as colleagues – largely agree with them on politics.

**Professor Bobby Duffy**, Director of the Policy Institute at King's College London, said:

*"The public are contradictory on the source and extent of culture wars – with many saying both that they're exaggerated in the media or stoked by politicians but also exist in 'real life'. Both can be true. There is a clear interaction between how the national conversation is set and how the public react – we can get into spirals where one feeds off the other.*

*We need to take cultural divisions seriously. First, while many agree we are experiencing a culture war or that we're divided, very few strongly agree: we hear a lot about the extremes, but most people are not as fired-up as it seems. Second, we feel like we're in the most divided times, because we forget the tensions of the past.*

*We need to focus on the vital importance of encouraging connection."*

**Ben Page**, Chief Executive of Ipsos MORI, said:

*"...Politicians, commentators, activists and the media are raising the heat about divisions. The public are alert to this: only a minority are not proud to be British, or are uncomfortable with the pace of change. Familiar issues like class, wealth and political beliefs do exist, with Brexit adding to them. Understanding the nature of these is crucial if we want to respect and talk through differences, rather than battle over them – but Britain is much less divided than the media would have us believe."*

[www.kcl.ac.uk](http://www.kcl.ac.uk)



## IT'S NEVER TOO LATE TO LEARN NEW SKILLS

Whatever our background, education, employment, and domestic circumstances, older people possess many skills. Practical and computer/technical abilities are always useful at home. Speaking a foreign language is a great asset when travelling abroad. Playing a musical instrument and singing in a choir is very satisfying. Sewing and knitting has often been passed on from our mothers (and fathers! Ed) and growing vegetables from our dads. Traditionally, cooking was done by females, but younger men are now more likely to be seen in the kitchen. We have skills learnt at work and at home to be cherished and maintained throughout our lives.

But what about acquiring new skills? Whilst on holiday I came across a few people in their later lives whose skills were exceptionally impressive. I would like to tell you about them and my modest attempts to follow their example.

BERNARD AND JANE S isolating in their Scottish holiday home, have taken up golf from scratch. They now play some great shots, and recorded some impressive scores, even on a hilly and very challenging 'mountain goat' course. Single figure handicaps are in the offing, and they taught me how to improve my swing, hit the ball straight and try to avoid the gorse bushes!

JOHN Q took me sailing - a hobby which many in Portsmouth have real prowess. As a landlubber I was amazed at the knowledge and skill involved. Intimate knowledge of tide and wind conditions, minding the sails,



passing the correct side of buoys (port or starboard), judging who has right of way between boats especially during races, and making sure commands from the skipper were clear and concise. Although my contribution was limited, the day out on the briny gave me a real appreciation of nautical skills.

DAVID C is a Pennine farmer and top sheep dog trialist. His working dogs fetch his 400+ sheep from the fellsides. On the farm, and in official competitions whistling commands are picked up and followed with amazing obedience and accuracy. Each dog has its own set of signals. Herdwick sheep are a tough and independent breed and don't always take kindly to being placed in pens. Be it for shearing, dipping or attracting winning scores in competitions they have to be treated with the utmost skill.

I tried out the 'one man and his dog' signals to turn the herding dog right or left, lay down or press forward. They looked puzzled at first, actually obeyed on a few occasions. It was a most rewarding experience. I wish all the dogs on Southsea Common were as biddable as those in the trough of Bowland.

The moral of these recollections is that skills amongst older men and women are to be acknowledged, admired, and maybe even copied. It's well worth trying to get involved in activities in which you have barely been previously active.

It's never too late to learn.

**Alan Burnett**



## HMRC's TRUST REGISTRATION SERVICE – Doesn't affect you? Think Again!

We've all been glued to the news over the last year and there has been a lot to take in; Covid, vaccines, driver shortages and rising fuel prices have filled the headlines. What you may have missed in the small print is that, from 1 September 2021, registration is now compulsory for many trusts that were previously not required to be registered on HMRC's online Trust Registration Service (TRS).

Taxable trusts have been required to be registered for a number of years but this has now been extended to cover trusts where no tax is payable.

That doesn't affect any of us though does it. Does it? The requirement to register covers a wider range of circumstances than one might expect and is not limited to 'traditional' trusts.

### CONSIDER THESE SCENARIOS:

- Do you own your home with someone other than the person you live with?
- Do you own a property where there are more than four legal owners?
- Have you acted as executor for anyone where there was a trust in their Will?
- Have you acted as executor where children under the age of 18 were beneficiaries?
- Are you looking after funds for anyone else?
- Have you placed a life policy or other investment into trust that will pay out before the insured person dies?
- Have you put an asset protection or family trust in place?

If the answer to any of these questions is yes, or if you know that you are appointed as a trustee under a trust deed or will, you may need to register with the TRS.

For non-taxable trusts, a one-off registration is all that is required (unless there are changes to the trustees or beneficiaries' details). Failure to register may result in fixed penalty fines from HMRC.

HMRC have indicated that they will send out reminder letters to trustees when they become aware of a failure to register. If you receive such a letter it is important to seek advice, and put the registration in place if applicable, so as to avoid a penalty.

### DEADLINES FOR REGISTRATION:

- non-taxable trusts in existence on or after 6 October 2020 by 1 September 2022;
- non-taxable trusts created after 1 September 2022 within 90 days;
- (there is an exception for Will trusts where the deadline is extended to two years post death);
- changes to the trust details and/or circumstances, within 90 days of the change.

What should I do if I am not sure whether this applies to me?

There is helpful information on the HMRC and government pages online.

If you are unsure whether or not you need to register, the Trusts team at Churchers would be happy to help on an affordable, fixed-fee basis.

Providing expert legal  
services to the Portsmouth  
community for over 130  
years



13/18 Kings Terrace, Portsmouth  
Tel: 023 9282 0747  
[www.churchers.co.uk](http://www.churchers.co.uk)



## DAMAGING VIEWS ON AGEING

### Centre for Ageing Better

A report looking at the language used across society related to ageing and older people has revealed negative attitudes that damage the country's social fabric by stoking intergenerational tension and potentially affecting policy-making.

The report, which analysed the way ageing and later life are spoken about in politics, the media, advertising and the charity sector, reinforces concerns raised around the treatment of older people during COVID-19.

Ageing is associated with decline and ill-health. Older people are commonly portrayed as frail, vulnerable and dependent, with the top ten most frequently used words across society including help, care, support, dementia and the NHS.

The ageing population are seen as a costly 'crisis' emphasising the dependence of older people on State support. This overlooks the vital contribution of older people to society including caring for loved ones and providing support in communities.

In politics and the media older people are pitted against younger people in 'boomer vs millennial' narratives around competition for resources, with older age often being used as a proxy for wealth. The report warns that this hides the inequalities that exist within generations.

These ways of talking underpin the issues seen during the pandemic, with older people treated as a single group who are vulnerable, frail and a problem to be managed rather than citizens of equal value. Negative attitudes to older people have serious consequences, sowing distrust between generations and potentially affecting policy-making decisions.

### Top 10 words used by influential sectors\* about ageing and older people



\* government and political sector, the media and social media, advertising and ageing-focused charities

**Anna Dixon**, Chief Executive the Centre for Ageing Better, said:

*"Open a newspaper and you'll find articles which refer to the 'crisis' of an ageing population, 'selfish' boomers, or the 'burden' of older people on the NHS.*

*"Pernicious views of old age are drawn from outdated assumptions and negative stereotypes.*

*"The serious concerns raised about the treatment of older people during the pandemic have highlighted the consequences of this kind of language. The call for a 'cull' of the elderly was one particularly extreme response to the crisis, but it's clear that negative attitudes to later life could have an impact on policy-making.*

*"We're all living longer. It's vital we find new ways of talking about ageing. Politicians and those working in the media have the power to shape the way we discuss these issues, and a responsibility to represent the reality and diversity of later life.*

**Nearly half a million homes lived in by a person aged 55 or older are excessively cold\*.**

**Fixing this alone could save the NHS over £300m.**

\* Excess cold signifies that, whatever the type of heating or insulation in place, the home is still not warm enough (17 degrees or less) and could pose a threat to health.

Source: Building Research Establishment analysis of MCS22 (2018) English Housing Survey. Bespoke analysis for Centre for Ageing Better

Centre for Ageing Better

**The proportion of older people who use the internet regularly has grown rapidly, but there are still over 3.7 million people aged 55 and over who have never used the internet.**

Source: Source: ONS (2018) internet users, Table 1a. Available at: <https://www.ons.gov.uk/businessandindustry/infrastructure/communications/telecommunications>

Centre for Ageing Better

**People living in the wealthiest areas have almost twice as many years of disability-free life ahead of them at age 65 as those in the poorest.**

Years spent with and without disability at age 65 for men in the poorest and wealthiest areas, England, 2016/18



Source: ONS (2020) Health state life expectancies by Index of Multiple Deprivation (IMD 2018) and IMD 2015. England, at birth and age 65 years. Available at: <https://www.ons.gov.uk/peoplepopulationandcommunity/healthandlife/articles/healthstatelifeexpectanciesbyindexofmultipledeprivationengland>

Centre for Ageing Better

**At least 80% of UK homes that will exist in 2050 have already been built.**



Source: Broadman, B. et al (2020) Chapter 5: Building fabric and housing stock, in: 100% Housing: Environmental Change Institute, University of Oxford, UK. Available at: <https://www.eci.ox.ac.uk/research/energy/100percenthousing/chapter05.pdf>

Centre for Ageing Better



## PICNIC IN THE PARK

On Monday 16th August Alan Burnett and I had a Picnic in the Park in Cumberland House Gardens with other members from Pompey Pensioner Association.

Allan provided a table set up with raffle prizes and some of our Magazines. We had between 8-10 members join us. It was nice to have a small group as we had time to talk to everyone and get to know them better..

After coffee and lunch, we drew the Raffle and then had a game of croquet on the grass. Allan had brought a croquet set with him. (I even managed to get the grass cut ;-). Three of us challenged Allan to a game. We all had a great laugh trying to put the ball through the hoops, (some were better than others ).

Cheers  
Felicity McKenna



## FRIENDS ON FACEBOOK

I'm trying to make friends outside Facebook while applying the same principles.

I walk down the road and tell passers by what I have eaten, how I feel, what I did last night and what I will do later and with whom.

I show them pictures of my family, the dog, garden produce, taking things apart in the garage, mowing the lawn and watering the plants, standing in front of landmarks, driving around Portsmouth and doing what everyone else does every day.

I listen to their conversation, give them the thumbs up and tell them I like them.

It works just like Facebook. I have four people following me: two police officers, a private investigator and a psychiatrist.



## POMPEY PENSIONERS ASSOCIATION CHRISTMAS LUNCH



The Royal Maritime Club,  
Queen Street,  
Portsmouth PO1 3HS

**Friday 10th December 2021  
from 12.30**

Cost £20 Bring a friend.  
Drinks can be bought at the Bar  
Contact  
Roger Leaver  
023 9269 7343



## Tony Hewitt - The Foot Man - Mobile Foot Clinic

### My services:

- Nail/Toenail cutting
- Diabetic Foot care
- Athletes Foot management
- Corn/Callus removal
- Treatment of cracked heels
- Fungal Nail Infection care
- Neurovascular Assessment included
- Removal of hard skin
- Treatment of thickened toenails
- Ingrowing toenail advice & treatment

### Why Choose me:

- Fully Covid-19 Vaccinated
- Infection Control Guidelines followed
- Full PPE Worn
- D.B.S Checked (Enhanced)
- Insured
- Autoclave used, all instruments sterilized
- Friendly, experienced and professional service

Contact: 07871118324 Facebook: 'The Foot Man' Email: [tonyanthonypaul@live.co.uk](mailto:tonyanthonypaul@live.co.uk)

Price: £30 Initial Assessment, £25 for each subsequent appointment, up to 1 hour service

Evening and Weekend Appointments available

Qualifications: Stonebridge Associated Colleges Diploma in the Field of Foot Care (SAC)  
Registered with the Allied Foot Health Professionals

## THE MENOPAUSE - TEETH, GUMS AND MOUTH

Hot flushes, insomnia and mood swings are common in menopause but changes to our teeth and gums are not something usually associated with 'the change.'

*Changes in hormones make a big difference to our teeth, gums and mouth and may lead us to experience unusual sensations in our mouths*

*Dr Jenny Kabir Fresh Dental Smile Clinic*

### Common Symptoms

#### Dry mouth

The mouth may feel dry or painful. Changes to hormones means the body produces less moisture. This can lead to a change in taste buds and in food habits.

#### Burning tongue

40% experience a burning sensation as though they have just eaten a hot curry

#### Sensitive gums

The drop in oestrogen can make gums feel sensitive and inflamed or lead to increased bleeding with a higher risk of receding gums.

#### Tooth loss

This is more common in postmenopausal women - the drop in oestrogen makes bones, including the jaw, weaker.

#### What to do?

A dry mouth makes it easier for bacteria to grow so:

Brush teeth twice a day and floss once a day.

Eat a balanced diet – avoid sugary food and opt for food packed with calcium.

Drink plenty of water and avoid spicy foods to overcome the dryness and burning sensation.

Visit your dentist regularly. Tell the dentist you are going through the menopause and any changes you have noticed.

## THE STATE OF YOUR TEETH AFFECTS YOUR OVERALL HEALTH

Gum disease isn't just about your teeth, it's also linked to serious health problems in other parts of your body. It may increase risk of stroke, diabetes and heart disease. Gum disease has even been linked to problems in pregnancy and dementia.

*"The link between oral health and overall body health is backed by robust scientific evidence. Despite this, only 1 in 6 people realises that gum disease may have an increased risk of stroke or diabetes. And only 1 in 3 is aware of the heart disease link."*

*Dr Nigel Carter Chief Executive, British Dental Health Foundation*

### Gum disease dangers

Gum disease is an infection of the tissues that support the teeth caused by bacteria from plaque build-up. In some people susceptible to gum disease, the body over-reacts to the bacteria around the gums and causes too much inflammation. In others, the inflammation doesn't clear up properly. The result of the intense gum inflammation is that it affects the bloodstream, slowly damaging blood vessels in the heart and brain over a long period of time.

Gum disease has been linked to a variety of other health problems, including:

- heart disease and heart attacks
- diabetes and its control
- stroke
- rheumatoid arthritis

Brush your teeth for a full 2 minutes twice a day with a fluoride toothpaste and look after your gums by cleaning between your teeth with floss or interdental brushes.

Visit your dentist and dental hygienist regularly for cleaning and check-ups. The health risks of gum disease

**www.nhs.uk**

Doctors and dentists prescribe antibiotics to help clear up local infections. Not taking the correct dose or finishing the dose too early can have detrimental effects on your heart health.

## I WISH I HAD LOOKED AFTER MY TEETH

The news that there is a three-year waiting list for NHS Dentists is extremely worrying. Government has failed to recognise that bad teeth can directly damage the heart. The bacteria from an infected tooth travels to the heart muscle causing heart attacks. To neglect an aching tooth or bleeding gums for any length of time, apart from the pain, can ultimately cause death. It is a false economy to charge the public for dental treatment. If a bad tooth is treated promptly, it will save the NHS millions of pounds in treatment for damaged hearts, not forgetting the unnecessary deaths which could be caused by the lack and cost of dental treatment. Dentists are refusing to treat NHS patients and deleting them from their data bases. A check-up can cost £24. Dental treatment must be made available to all either free or at the lowest possible cost.

**Carole Carrell**







## SLEEP

We live on a rotating planet with regular patterns of light and dark and our bodies have evolved to work with this cycle. Our kidneys produce less urine, our body temperature drops and our immune system is less effective at night. These changes – circadian rhythms – dictate when we feel the need to sleep.

**Between 10 and 30% of people in developed countries experience chronic insomnia.**

1879 Thomas Edison invented the electric light and our relationship to night and day changed. We could extend the day but light has the effect of alerting the brain, making it harder to sleep.

Shift work became easier but working and eating during the night makes trying to sleep during the day more difficult. People who work night shifts are estimated to lose between one and four hours sleep a day. Lack of sleep affects emotional stability, memory, reasoning, reaction and co-ordination and precedes the onset of Alzheimer's disease, cancer and psychiatric illnesses and is also associated with heart disease, obesity and diabetes.

Daylight saving time was introduced in 1916 to extend evening light to encourage outdoor activity, help with military training and reduce energy consumption. Moving the clocks each Spring and Autumn affects our body clocks, changes linked to heart attacks, strokes, suicide and psychiatric admissions.

At the back of the eye there are light sensitive cells which attach to the part of the brain – the suprachiasmatic nucleus (SCN) – which regulates our cellular 'clock' as well as those areas

that regulate mood and alertness. When light penetrates the eye it acts like a reset button ensuring the body remains in line with the rising and setting sun.

The spread of tablets and smartphones has changed our relationship with the night. Light sensitive cells in the back of the eye are particularly sensitive to the blue wavelengths of light which predominate in electronic screens. The American Medical Association found that the large amount of blue light emitted by LED street lights, although appearing to be bright, white light, has affected our circadian rhythms. The AMA advises the avoidance of white street lights and for warmer coloured ones, which are dimmable.

Different coloured LEDs can be joined to vary the shade of light enabling the light intensity to be adjusted according to the time of day. Some workplaces, hospitals and care homes are installing 'human centric' lighting to increase productivity during the day and improve people's sleep.

The biggest challenge is getting more light into people's eyes.

There's a simple solution – on an overcast day it is ten times brighter outside than in a standard office so by walking we can reconnect with the light cycle and improve sleep.

# Ha Ha!

"I said to the gym instructor: 'Can you teach me to do the splits?' He said: 'How flexible are you?' I said: 'I can't make Tuesdays.'"

"I've decided to sell my Dyson – it's just collecting dust."

"Somebody actually complimented me on my driving today. They left a little note on the windscreen. It said 'Parking Fine.' So that was nice."

"I was having dinner with my boss. His wife said, 'How many potatoes would you like, Tim?'. I said 'Ooh, I'll just have one please.' She said 'It's OK, you don't have to be polite.' 'Alright,' I said, 'I'll just have one then, you stupid cow.'"

"I rang British Telecom and said: 'I want to report a nuisance caller.' He said: 'Not you again.'"

"I've just been on a once-in-a-lifetime holiday. I'll tell you what, never again."

**Tim Vine**



Johnny decided to play truant. Because his house was next to the school, his teacher made a visit to his parents, but only the Grandfather was at home.

When he saw the teacher coming the Grandfather said:

"Johnny! Your teacher's coming. Hide. I'll say you aren't here."

"No," said Johnny "you hide. I told the teacher I was at your funeral."

# DAYTIME DANCE CLASSES FOR ADULTS *by Sarah Moore*

Five years ago, Sarah Moore started specialising in day-time dance classes for adults. In February she will celebrate 4 years of wonderful dancing in Southsea.

Classes are for adults of all ages and abilities but particularly suit the 'active retired.' There is an online program of ten classes per week available on zoom with a range of talented teachers. Physical classes will soon be moving to CourtX (Canoe Lake Pavilion) and the Havelock Centre (Fawcett Road PO4 0LQ) so it is a great time to join.

There are classes in Musical Theatre, Ballet, Tap and more! The Mellow Moves class is really accessible for all; a great starting point if you are a beginner or would like to take things more gently. Sprightly Steps is a livelier class full of fun and energy. There are

three levels of tap, two levels of ballet and a vibrant musical theatre dance class – so there really is something for everyone.

There are so many benefits to dancing: it improves balance, co-ordination, fitness and flexibility. It challenges the mind and the memory, creates social opportunities, provides a creative outlet and increases well-being as it brings joy! This is supported by a great ethos at Sarah Moore Dance, where they truly believe, dancing should be for everyone.

The teachers are knowledgeable, experienced and love what they do. On offer now there are free trials at all classes so this is a chance for you to try it out and experience dancing for pure joy in Southsea.



Further details are on the website  
[sarahmooredance.co.uk](http://sarahmooredance.co.uk)

or you can contact

Sarah on

**07708792928**

or email at

[admin@sarahmooredance.co.uk](mailto:admin@sarahmooredance.co.uk)



## Dance Classes for Adults

**CourtX (Southsea Tennis Pavilion)** Eastern Parade PO4 9RF

**Mondays**

12.30 - 1.30pm **Ballet:** Improver/Advanced

1.30 - 2.30pm **Musical Theatre Dance**

**Tuesdays**

12.30 - 1.30pm **Ballet:** Beginner

1.30 - 2.15pm **Mellow Moves**

**Havelock Centre** Fawcett Road PO4 0LQ

**Thursday**

12.00 - 12.45pm **Tap:** Advanced

12.50 - 1.35pm **Tap:** Beginner

1.40 - 2.25pm **Sprightly Steps**

2.30 - 3.15pm **Tap:** Improver

Classes run term-time only. Dates and prices available on website.

**07708 792 928**

[sarahmooredance.co.uk](http://sarahmooredance.co.uk)

*Sarah Moore Dance*

Dance Classes, Events and Workshops  
for Adults of All Ages and Abilities



# THE STATE OF THE PLANET Did you know?

Enough concrete has been poured to cover the Earth's surface to a depth of 2mm.

Humans and their livestock account for 97% of the current weight of land mammals, wild animals just 3%

**Plastic waste has been found on the world's highest peaks and at the depths of the deepest oceans**

We produce more than 300 million tonnes of plastic annually, equivalent to 1 billion African elephants or every person on Earth

We produce enough food to feed 11 billion people. The world population is 7.8 billion people (predicted to be 10 billion by 2050) but

7 million children die each year from hunger and preventable diseases

**825 million people do not have access to enough food.**

In 1986 we reached mutually assured destruction with 69,368 nuclear weapons

Carbon dioxide levels are the highest they have been in 3 million years

We have added 2.2 trillion tonnes of carbon dioxide to the atmosphere since the Industrial Revolution 25% from the US, 22% from the EU and 5% from Africa.

Increasing carbon dioxide levels are causing the oceans to acidify.

**The oceans have lost over 2% of their dissolved oxygen which is essential to sea life**

Since the beginning of civilisation (sic) we have cut down three trillion trees, more than half the trees on Earth

11% of greenhouse gas emissions caused by humans are due to deforestation — comparable to the emissions from all of the passenger vehicles on earth

*The i Wednesday 12th May 2021 Madeleine Cuff  
How to Save Our Planet: The Facts Penguin Life*

Earth's climate has changed throughout history. In the last 650,000 years there have been seven cycles of glacial advance and retreat, with the abrupt end of the last ice age about 11,700 years ago marking the beginning of the modern climate era — and of human civilization. Most of these climate changes are attributed to small variations in Earth's orbit that change the amount of solar energy earth receives.

[www.conservation.org](http://www.conservation.org)

2019 was the second warmest year on record mostly the result of human activity since the mid-20th century and proceeding at a rate unprecedented over millennia.

NASA data shows average global temperatures in 2019 were 1.8° F (0.98° C) warmer than the 20th century average. The five warmest years in the 1880–2019 record have all occurred since 2001

The Greenland and Antarctic ice sheets have decreased in mass. Data from NASA's Gravity Recovery and Climate Experiment show Greenland lost an average of 279 billion tons of ice annually between 1993 and 2019, while Antarctica lost about 148 billion tons of ice per year

Global sea level rose about 8 inches (20 centimetres) in the last century. The rate in the last two decades, however, is nearly double that of the last century and accelerating every year

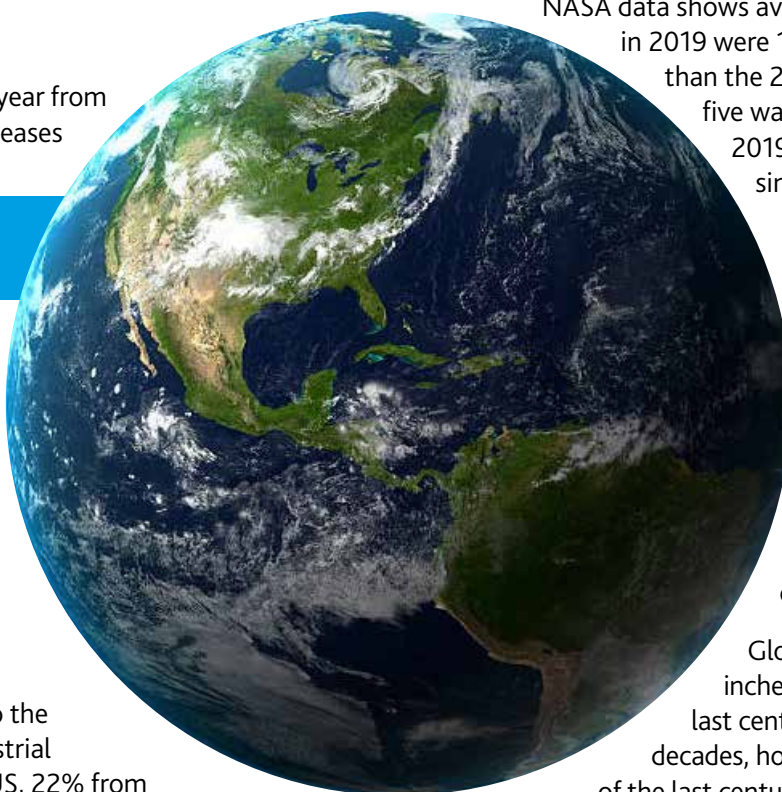
[climate.nasa.gov/evidence](http://climate.nasa.gov/evidence)

*"Governments and businesses have the real power for change through tax incentives, tax breaks, subsidies and regulation."*

*Professor Mark Maslin climate change scientist University College London*

The UK government set one of the toughest climate targets in the world – to cut emissions by 78% by 2030. The US said it would halve them by 2030 and China promised to reduce carbon emissions to net zero by 2060.

**The climate summit in Glasgow in November could see a crucial kick start to growth in low carbon technologies and services.**



## Women's Royal Naval Service Benevolent Trust

*giving to those who gave...*

The Trust exists to provide worldwide advice and financial relief in cases of necessity or distress among its members and their dependants and to make grants for the education of members.

For further details and information on how to contact us to apply for assistance please visit: [www.wrnsbt.org.uk](http://www.wrnsbt.org.uk)



Women's Royal Naval Service Benevolent Trust

Castaway House, 311 Twyford Avenue,  
Portsmouth, Hants. PO2 8RN

T: 023 9265 5301 E: [generalsecretary@wrnsbt.org.uk](mailto:generalsecretary@wrnsbt.org.uk) WRNSBT  
Registered Charity No. 206529

Brought to you by



In collaboration with



**FREE**  
digital resources  
for carers

## Looking after someone?

Caring for a loved one who is ill, disabled or older can be valuable and rewarding, but without the right support caring can have an impact on your health, your job, your finances and your social life.

Visit [carersdigital.org](http://carersdigital.org)

Create an account using your **free access code:**

**DGTL1973**

Use this code to get free access to all the digital products and online resources, including:



**E-Learning**  
Building resilience

Designed to help carers access advice and information relevant to their situation, find resources and identify sources of support including technology, as well as promote carers' own health and wellbeing.



**Jointly**  
Care co-ordination app

A central place to store and share important information about the person you are caring for. Set up appointments, allocate tasks, save files and notes, manage medication and lots more.



**Free publications**  
Carers UK guides

Essential reading for carers including: *Upfront guide to caring*, *Looking after someone - Carers Rights Guide and Being heard*: A self-advocacy guide for carers



**More resources & info**  
Links to workplace resources

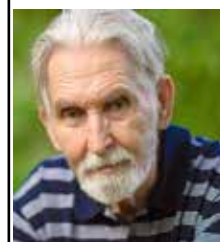
Access links to further resources and sources of information and support for people who are looking after a loved one.



**Are you a pensioner who looks after someone of a similar age?**



**Does a friend or relative rely on you for help?**



**Do you make sure meals and tablets are taken?**

**We want to hear from you**

**Can you tell us about your experiences of caring?**

**Contact Mary**  
at the University of Portsmouth  
For more information

Call: 02392 844524  
Email: [UP15153@myport.ac.uk](mailto:UP15153@myport.ac.uk)



## 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



# 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



**MAGAZINE DISTRIBUTION.**  
**Cecille Chapman**  
tel 92733557



### VICE PRESIDENT

**Geraldine Johns**  
tel 92377840  
iadine31@yahoo.co.uk



### MEMBERSHIP SUPPORT

**Surendra Zaveri**  
105 Shearer Road, Portsmouth PO1 5LN  
tel 07833 361502  
Surendrazaver@hotmail.com



### CHAIR

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



### IT ADVISER

**Rob Birznies**  
tel 02392 828503  
pompena@virginmedia.com



### VICE CHAIR

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



**COMMITTEE MEMBER**  
**Muriel Cox**



### TREASURER

**Roger Leaver**  
143 Kirby Road, North End, Portsmouth PO2 0PZ  
tel 92697343  
roger.leaver143@btinternet.com



### EDITOR

**Sue Petrie**  
Email:  
supetrie@aol.com

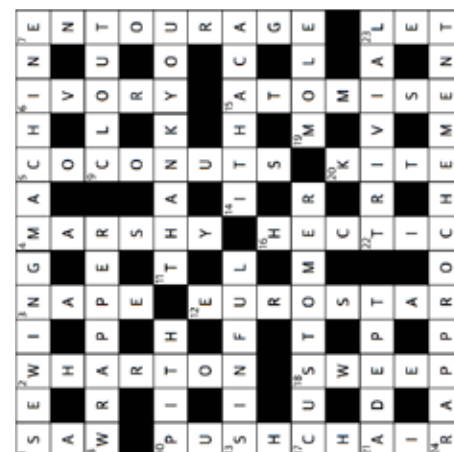


### SECRETARY. & MEMBERSHIP SECRETARY.

**Pauline Morris**  
35 Priory View, Victoria Road North, Southsea PO5 1AN  
pmorris1961@yahoo.co.uk

## ANSWERS to MORE OR LESS

- 214,000
- 84%
- 59TH
- 2,222
- 368
- 279
- £227,561
- £8 MILLION
- £17 MILLION
- 40,000
- 22%
- 4.9%
- 63%
- Charles Dickens – covering Portsea and Landport
- Stephen Fletcher, Director of Sustainability and Environment at the University of Portsmouth



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

ANSWERS

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

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.***

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

**www.pompeypensioners.org.uk**

## MORE OR LESS – A POMPEY QUIZ

(All statistics taken from Portsmouth City Council Governance and Audit Committee papers, 24th Sept, 2021)

1. What is the population of the City of Portsmouth? 184,000 214,000 or 240,000
2. What percentage of the city population is 'white British'? 64% 74% or 84%
3. In terms of income deprivation Portsmouth comes 59th, 79th 99th most deprived out of 317 local authorities?
4. How many households are on the waiting list for accommodation? 22, 222 or 2,222
5. How many children are in care in the city? 36, 368 or 3,680
6. How many officers employed by PCC earn more than £50,000 pa? 27, 279, or 2,790
7. The total annual re-numeration – including pension contributions – of the highest paid officer employed by PCC amounts to £127,561, £227,561, or £327,561?
8. The Covid-19 pandemic resulted in additional spending (particularly in social care) of £8,000, 8,00,000 or £8,000,000? The council also lost income (from port dues, parking, commercial rents etc) totalling £17.9 million. The provision of a temporary mortuary to handle Covid-19 deaths cost £400,000
9. The port has been awarded funds towards infrastructural changes for new border checks of EU trade totalling £170,000, £700,000 or £17,000,000?
10. By the end of 2021 the total number of homes covered by food waste collection trials will be 400, 4,000, 40,000?
11. The percent of children living in poverty in the city is 2%, 12% or 22%
12. What percent of city's 16-18 year olds are NEET (not in education, employment or training) 1.9%, 4.9% 8.9%?
13. Of the 88, 000 dwellings in the city what percent of private dwellings are terraced houses – 53%, 63% or 73%?
14. Which ward in the city is the most deprived – Charles Dickens, Central Southsea, or Cosham?
15. Portsmouth Climate Action Board is chaired by Steven Fletcher, Stephen Morgan or Stephen Bonner?

Answers page 29



*"I just want poor people to move somewhere else"*



A man goes to the optician for his annual eye test. The optician puts a contraption on his face and asks him what he can see. "I see empty airports and empty football grounds" he says. "I see closed theatres, closed pubs, closed restaurants". "That's perfect." says the optician. "You've got 2020 vision."

## WHAT'S IN A NAME

As we are going through traumatic times at the moment, I thought it might be a good idea to have a chuckle or even a belly laugh to send away the anxieties for a few moments. What follows are real names from a book by Russell Ash entitled *Potty, Fartwell and Knob*. Here are a few of my favourites which, whenever I feel down, manage to lighten my mood. The do say laughter is the best medicine so I hope the following will bring at least a smile.

Gladys Friday born 1900, Nora Bone 1902, Ida Down 1894, Pete Sake 1840, Lettuce Spray 1633, Rosy Cheek 1897, Seymour Bust 1841, Walter Cress 1858, Colly Flower 1797, Paddy Fields 1908.

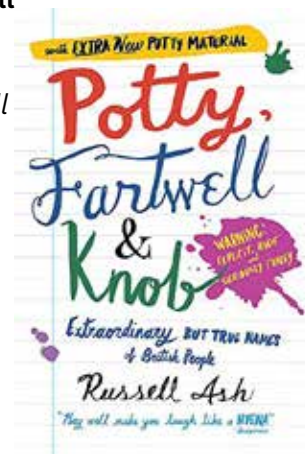
I am wondering what would have happened if Christine Killer 1784 had married Archibald Deadly 1875. Would they have been the Deadly-Killers? Likewise, Joseph Rhubarb marrying Hephzibah Pudding 1845. Would they have been known as the Rhubarb-Puddings. I do hope Hannah Cock who married Thomas Roach in 1912 did not combine their names. And finally, Mr and Mrs Roydes who called their daughter Emma!

**Carole Carrell**

Russell Ash - *Potty, Fartwell and Knob* has trawled parish registers and censuses going back 900 years to compile...a... book of unlikely-but-

true British names. It features an incredible and diverse range of totally genuine names, evoking everything from body parts (Dick Brain), sex (Matilda Suckcock), illness (Barbara Headache) and toilet functions (Peter Piddle) to food (Hazel Nutt), animals (Minty Badger) and places (Phila Delphia)...The book provides a laugh-out-loud overview of Britain's eccentricity through the ages.

**Editor**





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

## SUDUKO

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

1		2		3		4		5		6		7
8								9				
10												
13												
17		18										
21												
24												

## Across

- 1** Singer, perhaps – chewing is mean (anag) (6,7)  
**8** Outer packaging (7)  
**9** Influence (5)  
**10** White tissue under the peel of citrus fruit (4)  
**11** Grateful expression (5,3)  
**13** Guilty (6)  
**14** Greek island where Odysseus was king (6)  
**17** Person paying (8)  
**19** Counterspy (4)  
**21** Skilled (5)  
**22** Not serious (7)  
**24** Thawing of icy relations (13)

## Down

- 1** Woodcutter (3)  
**2** American novelist, author of The Age of Innocence, d. 1937 (7)  
**3** Back of the neck (4)  
**4** Waterlogged (6)  
**5** Funfair stall knock-offs? (8)  
**6** Piano key? (5)  
**7** VIP's attendants (9)  
**10** Child's buggy (9)  
**12** Train from London to Paris, Brussels or Amsterdam (8)  
**15** Turn into a fine spray (7)  
**16** Fast – wild (6)  
**18** Brush up – look for bugs (5)  
**20** Bird of prey – spinnaker (informal) (4)  
**23** Permit (3)

# Portsmouth Pensioners Association

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

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

There's strength in numbers. So – **get involved - join us!**

## MEETINGS

at Bucklands Community Centre  
2.15 - 4.00pm

### November 1st

Mark Button Portsmouth University  
Cyber Crime as it affects older people

### December 6th

Spinnakers ukulele band

#### 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 is determined to keep Pompey Pensioners in touch. So letters and e mails are welcome. Send ideas, suggestions and comments to the editor

**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 editor:

**Sue Petrie** Email: supetrie@aol.com  
to advertise in our next issue.

## Portsmouth Pensioners' Association - JOIN US

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

Meetings held at Buckland community centre first Monday of the month 2.15-4.00pm

• Speakers • Campaigns • Lobbies of Parliament

• Anyone is welcome to attend one meeting before joining • Subscription £10 p.a.

### Interested in joining? Complete the membership form below

with a cheque for £10 made out to 'Portsmouth Pensioners' Association' and send (with stamped addressed envelope) to:

Pauline Morris ( membership secretary) - pmorris1961@yahoo.co.uk

35 Priory View, Victoria Road North, Southsea PO5 1AN



Name: \_\_\_\_\_ Date of birth \_\_\_\_/\_\_\_\_/\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Tel No: \_\_\_\_\_ Email: \_\_\_\_\_

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