

# Weymouth Areas Seniors Forum

## Over 50s Forum

# Newsletter

No. 16 Spring 2009

Membership is **FREE**

### **Inside this issue:**

Page 2 Jottings of a Committee Member; Pensions Credit

Page 3 Beware of Doorstep Callers; Stroke Awareness; Swim for Free

Page 4 ICE; Healthy Cooking Tips; Forum Contacts; Film Offer; Future Meetings; Stop Press!

### **New Committee :**

Iris Cudd

John Dancy

Paddy Fussell

Noella Green

Andy Hutchings

Gordon Lake

Gill Penwell

Zoe Mensing

Peter Morison

Kate Wheller

Hilary Foggo (Co-opted)

Dorset POPP support from:

Lesley Chandler

&

Fiona Kent - Ledger

### **WE'RE BACK!**

As many of you know, at the Annual General Meeting in November, a resolution was passed to put the Forum in suspension as a consequence of too few nominations being received for the Management Committee, whose prime function is to organise the activities of the Forum. Having sent appeal letters to all our members, we are delighted to announce a new Committee has been formed.

A new Committee brings new ideas and an opportunity to refresh activities. We shall be having a different meeting format and venues. Monthly Forum meetings will now be held at three different venues in Weymouth, Littlemoor and Portland. Each will have the same main speaker theme but will also provide the opportunity for people to discuss issues in their local area.

### **FORUM MEETING DETAILS**

**Tuesday, 19<sup>th</sup> May, St Paul's Parish Centre**  
58 Abbotsbury Road, Weymouth, DT4 0BJ

**Wednesday, 10<sup>th</sup> June, Littlemoor Community Hall**  
Louviers Road, Weymouth, DT3 6AY

**Monday, 20<sup>th</sup> July, Community 2000**  
6 Straits, Easton, Portland, DT3 6AY

**All meetings run from 2pm to 4pm.**

The main speaker for these meetings will be Elaine Milton, from Trading Standards, who will speak about their services including the new *Buy with Confidence* scheme helping you to find reliable and trustworthy traders. By working together, we shall run the 'cowboys' out of town!

***Please support us and encourage your friends and neighbours to come along too!***



You probably never expected to see another newsletter. We came very near to extinction when we were unable to raise more than 4 committee members just before Christmas, but thanks to the Herculean efforts of Hilary, we are now like the Phoenix rising from the ashes!

LET US REMIND OURSELVES OF WHAT WE ARE *FOR*. We are *for* the over 50's. We are the *forgotten* victims of modern society. Our standard of living is *forever* being eroded as our pensions fail to keep pace with prices. To top it off, we are victims of the credit crunch, where interest on our savings, if any, are disappearing, or in many cases, have already gone. We want to keep ourselves and the Government aware of our problems. We can do this in many ways but no one is expected to say or anything is they do not want to.

**COST OF LIVING.** The soaring cost of food, Council Tax and energy bills will wipe out the rise in the state pension which comes in this April. While the pension is set to go up by 5%, year by year price rises are running at 8.6% for singles and 6.7% for a couple.

**PENSIONERS ACTION FORUM.** In Devon, the president of this Forum, Albert Venison, is an outspoken leader in our age group and approaches the Government on our behalf. He says "Instead of giving all this money to the banks, give it to the pensioners. The Government should be raising the state pension as much as it could. When the rise is introduced in April, the pension will go up to £95.25 per week for singles and £152.30 for couples." Personally, because of my great age, mine will go up a further 25p. *Yippee!*

As this is still far short of that required to maintain a reasonable standard of living, those without other resources will need to claim pension credit. I have been turned down twice for this but don't let that put you off trying!

### ***Gordon Lake***

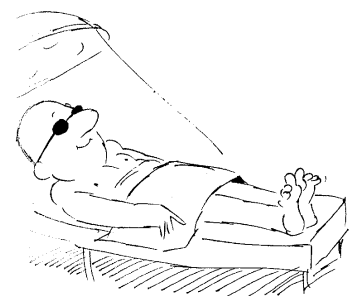
*Note: the welfare benefit volunteers at Age Concern Dorchester can help you claim the benefits you are entitled to. Their volunteers have just celebrated raising £1 million on behalf of older people across Dorset.*

## ***Pension Credit***

Pension Credit is a tax free payment for those aged 60 or over who live in Great Britain. The amount of Pension Credit awarded depends on how much money you have coming in each week and how much you have saved or invested. There are two parts to Pension Credit - the Guarantee Credit and the Savings Credit.

The Guarantee Credit can top up weekly income if you are aged 60 or over. You will probably get the Guarantee Credit if the money you have coming in is less than £130 a week for a single person or £198.45 if you have a partner. These amounts may be more if you or your partner are severely disabled, are a carer or have housing costs.

The Savings Credit is awarded if you are aged 65 or over and you have saved some money towards your retirement. You could get up to £20.40 a week if you are single or £27.03 a week if you have a partner. Savings Credit can be paid on its own or with the Guaranteed Credit.



*Information from The Pensions Service*

There has recently been another spate of bogus caller crimes in Dorset. If an unknown person knocks on YOUR door, firstly always put the chain on the door before opening it. Never let anyone in without checking their identity and check any telephone number given to you with the phone book. Don't just ring the telephone number as these people often work with an accomplice. Remember, it's YOUR home and you do not have to let anyone in unless you wish to. Just say "No"! If you are unsure, a good tip is to telephone a neighbour and ask them to come round BEFORE you let the person in. If the person is genuine, they will wait. If a neighbour is not available, ask the person to come back at another rearranged time and this will give you time to arrange for somebody to be there. Let Trading Standards know about any dubious traders on 01305 224702.

## **Stroke Awareness - F A S T**

Use this simple test to detect a stroke:

**Face** - Has the person's face fallen on one side? Can they smile?

**Arms** - Can the person raise both arms and hold them there?

**Speech** - Is the person's speech slurred?

**Time** - to call 999 if you see any single one of these signs

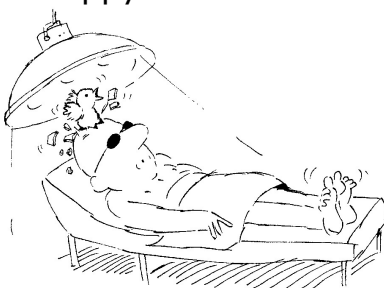
By calling 999 early treatment can be given which can prevent further damage to the brain. *Information from the Stroke Association*

## **Support Swim for Free**

The Committee are pledging their support to Age Concern Weymouth's campaign for free swimming for the over 60s and under 16s in Weymouth and Portland. Last year the Borough Council rejected a Government funded scheme for such free swimming. 82% of the country's councils have signed up to the scheme, effective from 1st April. *If you wish to support the campaign, you can sign one of the petitions available at Age Concern's charity shop in St Mary's Street, Weymouth or in the Dorset Echo offices at the Granby Industrial Estate. It is also possible to sign up online [www.dorsetecho.co.uk/campaigns](http://www.dorsetecho.co.uk/campaigns)*



Happy Easter!



*Mother Nature is wonderful. A million years ago she didn't know we were going to wear spectacles, yet look at the way she placed our ears!*

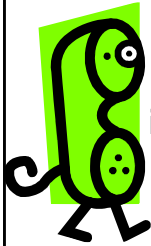


*A Senior Moment - I made a list.*

*I checked it twice.*

*I left it at home - Bother!*

## **ICE – In Case Of Emergency**




We all carry our mobile phones with names and numbers stored in its memory. If we were to be involved in an accident or were taken ill, the people attending us would have our mobile phone but wouldn't know who to call. Hence the 'ICE' (In Case of Emergency) Campaign.


The concept of 'ICE' is catching on quickly. It is a method of contact during emergency situations. As mobile phones are carried by the majority of the population, all you need to do is store the number of a contact person or persons who should be contacted during an emergency under the name 'ICE' (In Case of Emergency). The idea was thought up by a paramedic who found that when he went to the scenes of accidents there were always mobile phones with patients but they didn't know which number to call. Using 'ICE', emergency service personnel and hospital staff would be able to quickly contact the right person by simply dialling the number you have stored as 'ICE'.


For more than one contact name, simply enter **ICE1**, **ICE2**, **ICE3** etc... For example, **ICE1 Maggie**, **ICE2 John**, **ICE3 Pauline**


## **Healthy Cooking Tips**

(Courtesy of Dorset Food and Health Trust)


 Be aware of your salt intake. The recommended maximum salt intake for adults is 6g per day.


 Pasta, particularly wholemeal varieties, is an excellent source of fibre.

 Use seasonal vegetables to make salad in the winter eg red and green cabbage, celery, carrots etc.

 Oily fish such as mackerel, trout, salmon, pilchards, sardines, kippers and herring, are great for your heart and your brain!

## **Contact us via:**

Zoe Mensing   
27 Church Knap, Wyke Regis,  
Dorset, DT4 9XZ

Telephone 07932 739783   
to speak to a committee member

E-mail contact c/o   
forums@acdorchester.org

Webpage:

Click on the Forums link at  
[www.acdorchester.org](http://www.acdorchester.org)

## **Do you enjoy films?**

Do you know that Cineworld in Weymouth do a special deal for people of pensionable age on a Monday? See the Monday classic film before 5pm for £3 and receive a voucher for 2 free cups of coffee - 1 valid on the day and the 2nd valid for any other Monday before 5pm.

## **FUTURE FORUM MEETING DATES FOR YOUR DIARY**



**Tuesday, 15th September**  
**St Paul's Parish Centre**  
**Wednesday, 21st October**  
**Littlemoor Community Hall**  
**Monday, 16th November**  
**Community 2000**

Main speaker to be announced. All meetings provide an opportunity for you to give YOUR views.



**Refreshments are available for a small donation plus a raffle!**

**Stop Press!** New bereavement group starts at Pilgrim House on 1st April, 10.30am. Meets on 1st Wednesday of the month, except May when meeting on 13th.