



An independent organisation giving all older residents of Gosport an opportunity to have their voices heard

Spring 2019



Don't miss our 2019 Spring Open Meeting

In the know - "People Meeting People"

Speakers from some of the Gosport social groups
10am to 12md Friday 12th April
Holy Trinity Church, Trinity Green Gosport. PO12 1HL
(Doors open 9.30am when free tea and coffee will be served)

We also want to hear from you:

- Where can older people meet others in Gosport?
- What might stop them going to these places?
- What social activities are not available that you think would be popular?
- Help us to put together a list for local residents by telling us of the places you know where new people would be made very welcome.

The event is **FREE** - all are welcome

Police Counter services re-open

Since Saturday 2 March, the police front counter services have reopened at Gosport Borough Council's offices in the High Street, following works to the council building.

Opening times:

Tuesday 10am – 6pm

Saturday 10am – 6pm

Closed 2pm – 3pm and bank holidays.

The front counter also has a yellow telephone installed so that anyone can contact Hampshire Constabulary outside of these opening hours.



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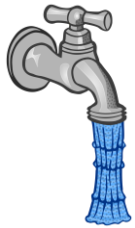
In an emergency, contact 999, or call 101 in other situations; You can also email your local team via Gosport.Police@hampshire.pnn.police.uk or visit www.hampshire.police.uk/contact-us/ to find out how else you can contact the police.

Can you sign up to a Priority Services Register?

These registers are maintained by utilities services including gas, electricity and water companies. The benefits of registering can include:



- **Advance notice of planned interruptions in supply.** If you are medically reliant on your power or water supply you can arrange for your company network to give you advance notice of planned cuts (for example, where they plan to carry out engineering work).
 - **Priority support in an emergency.**
 - **Create a password.** You can set a password that any company employee will use if they knock on your door.
 - **Nominee scheme.** Customers can ask their supplier to send communications (such as account statements or bills) to someone you have nominated (for example a family member or carer)
- **Ensure that it's safe and practical for you to use your meters.** For example moving a prepayment meter if you are unable to access it safely to top it up.
- **Meter reading services at appropriate intervals.**
- **Accessible information.** Account and bill information in an accessible format, for example in larger print or braille.



Being of pensionable age is one of the recognised criteria for registering but there are also others such as:

- are disabled or chronically sick
- have a long-term medical condition
- have a hearing or visual impairment or additional communication needs
- are in a vulnerable situation.

Each company holds its own register but follow guidance from the regulatory bodies Ofwat (water) and Ofgem (energy). Contact your own suppliers to ensure you are on their lists.



Just a thought.....

The secret of staying young is to live honestly, eat slowly and lie about your age....

Lucille Ball



Alzheimer's
Society

Leading the
fight against
dementia



The Herbert Protocol

Hampshire Search and Rescue (HANTSAR), in partnership with Hampshire Constabulary and the Alzheimer's society, is proud to announce a new campaign, aimed primarily at those who care for vulnerable people of all ages who, because of their vulnerability, may go missing. The Herbert Protocol initiative is named after George Herbert, a Second World War veteran of the Normandy landings, who lived with dementia and sadly died while he was 'missing' on his way to his childhood home.

This new initiative will ensure that you are well prepared for an unanticipated emergency. It is particularly relevant to those who care for friends and family at home and those who work with vulnerable people in various residential settings.

The hub of the initiative is the "Life History Questionnaire", available to download in PDF format;

- Fill in as much information as you can.
- Take a clear 'head and shoulders' photo of the person you care for. Fix it (or insert a digital photo) to the appropriate place on the questionnaire.
- Keep the information in a safe place so that it is readily available to hand to the police in the event of that person going missing.
- Take a new photograph every six months and replace the old one.

This proactive initiative is intended to alleviate as much of the stress associated with this type of event as possible. It is easier to hand the questionnaire to the police rather than try to recall all the information at such a stressful time.

If you are reading this on line, download the PDF by clicking on the icon below, once open please save the PDF and you will be able to digitally fill out the form



If you reading this on paper then contact us and we can send you a copy.



Dates for your diary

Ritz Cinema, St. Vincent. Gosport

Thursdays 7.30pm, Saturdays 10.30am.

Tickets can be bought at the Tourist Information office by the ferry or on line

<http://www.stvincent.ac.uk/the-ritz-cinema>

March 21st - Crazy Rich Asians

March 30th - Peter Rabbit

April 4th - Book Club



The 55+ Infofest will be held again this year at Thorngate Hall on

Friday 18th October

Doors will open at 10am till 2pm (during this session there will be free coffee and tea) and again from 4pm -7pm (when the bar will be open).



Thank you so much to those of you who have chosen us to receive contributions from your monthly entries in the local Gosport Community Lottery.

This has become a very valuable resource for the community organisations in the Borough. The more who join, the more local organisations can benefit.

For more information:

Visit www.gosportcommunitylottery.co.uk or contact Gosport Voluntary Action on **023 9258 3836** to find out more.

We hope you found this information of interest

Would you like to be on our membership list or join our committee?

To ensure you don't miss anything, please contact us for a membership form. (Post or e-mail only please, no-one from the Forum is available at this address for personal callers)

Gosport Older Persons Forum, PO Box 1,

Gosport Voluntary Action, Martin Snape House

96, Pavilion Way, Gosport. PO12 1FG e-mail: gosportopforum@hotmail.co.uk