



69 years a supporter and still going strong

Shortly after the end of the 2nd World War, in 1946, Mary White's father took her to Fratton Park to watch his beloved football team, the team which had won the FA cup in 1939, the last time it had been played. She was hooked and has been to most of their home matches ever since as well as to some of the away games. Mary was there when Pompey were the champions of Division 1 in the 1948/49 and 1949/50 seasons. She was at Aston Villa for the semi final against Liverpool in 1992. As a young girl she would go into the grounds through the "boys" entrance paying 9d to be admitted. At that time she would stand in what was, affectionately, known as the Cowsheds, now the Fratton End. Mary describes it as rickety, but she could feel all the excitement of the match from there.

When she first started attending the majority of fans would cycle to the ground and Mary recalls seeing bikes being piled up in the front areas of the local houses with a small fee being charged for their safekeeping.

Over the years, Mary has seen how the players have become distant from their fans. She can recall a time when it was

relatively easy to get autographs; once she and her friends got on the Wolves team coach and obtained the signature of every player.

Mary has an amazing collection of past programmes, but does not purchase them anymore because she finds the cost prohibitive.

She has been a faithful supporter as Pompey has gone up and down the divisions, with worries about finances and the very future of the club. Harry Redknapp was manager when Pompey won the FA cup. Although delighted at that achievement Mary feels that 'Arry spent silly money on players, money which Pompey didn't really have.

Pompey is now the only supporter owned club in the country she believes, which is a real achievement. They have a magnificent following, attracting crowd numbers that any Championship team would be proud of, about 14000 when other league two sides are lucky to get 5000.

As her father before her, Mary has inspired her family to follow the sport; her two granddaughters both play football for their school and local clubs. She and her friend Joyce Baker turn out for each home match whatever the weather and are joined by

family members for the Boxing Day match, which she says this season was probably not the best!

What she enjoys most about being a Pompey fan is the camaraderie, the company, knowing everyone around her. She loves to see the young players coming through and achieving their best. She has seen the type of player and game change over the years; Mary recalls Peter Harris running down the wing and that Stanley Matthews was a winger.

Mary herself was always sporty; she played tennis all her life and only stopped 10 years ago. She watches football on television and listens to away match reports on Radio Solent.

Mary hopes that she will be able to see Pompey play next season, as she has done for almost 70 years! The only cloud on the horizon is parking! Mary has some mobility difficulties but, provided she can secure a parking space close to the grounds, she will be there. Unfortunately the number of such allocated spaces is very limited, despite requests for more provision to be made available.

VIEW FROM THE CHAIR

As Portsmouth Pensioners' Association has now been around for nearly a quarter of a century maybe its time to remind ourselves why we were established, what we have achieved, and what we hope to do now and in the future.

The first point to make is that we are not the only such organisation representing older people in different localities in the UK and indeed abroad.

Nearly 500 older people's forums/ elder action groups et al are affiliated to Age UK and the National Pensioners' Convention. Some are very active, others less so. Some concentrate on representing the needs and wishes of senior citizens to those in authority. Others spend more time organising social events and outings for their members and supporters, especially those who would otherwise be isolated. PPA has always tried to fulfil both roles – political and social. The prime aim in the early years was to get a better deal for older people living in Portsmouth in terms of local services. Campaigns were organised around pensions, health and social care, safety, discrimination and not to forget transport issues, which were and are so vital in ensuring a good quality of later life.

But members of the Association have also always enjoyed successive Christmas lunches, short breaks and outings, and coffee/tea gatherings. They have also been active in helping those less well-off than themselves – contributing to food banks and to the 'Pompey' clinic for older people in Awassa, Ethiopia for example. Credit must go to those who have led PPA over the years and notably Muriel Deacon and June Clarkson, who have contributed so much.

So we have a proud record of achievement and I believe are well known and respected in the city, and nationally. Thousands read our magazine – 'Pompey Pensioner' under its illustrious editors, including Howell Jones, Jim Riordan, Cyril Saunders and Jean Curry. I am certainly not alone in believing that this magazine is amongst the best of its kind in the country.

But what are the challenges for the future and why do we need (in Jack Jones' words) 'to keep on going to the end of the road'? I offer you THREE reasons why PPA

should continue to recruit new members, especially 'younger' older people, organise meetings, lobby the Council, publish pamphlets and our magazine, go on demonstrations in London, attend the Pensioner's Parliament, raise funds to those in need, and have a good time when we socialize.

First, austerity policies and cuts in essential services are with us, it seems, for the foreseeable future. Bailing out bankers has come at a price to people of all ages, and that includes the elderly. Social care budgets have been reduced, the NHS is struggling, and transport provision curtailed. These services are worth fighting for, and make such a difference to those who are struggling to stay independent.

Second, although age discrimination has been banned in the work place, older people are still not treated with due consideration and respect. We see and read shocking cases of abuse in the media. And many (younger) people hardly give a thought to the circumstances of older generations in this rapidly changing digital world in which we live. If we ourselves do not make a stand – who will?

Lastly, we have strengths and skills which are invaluable to the future of the country and city. What would life in Britain and Portsmouth be like if it we did not do more than our share of caring and volunteering? How many charities would struggle to survive without our input? How much would our younger people and grandchildren lose if we were not around to encourage and support them? Of course we want to enjoy our later life but we also want to play a positive role in society. In keeping active, we are more likely to keep well and happy!



Report on AGE UK Conference at the Queen Elizabeth Conference Centre London.

How can we make the UK a great place to grow older?'

That was the question which was debated by 250 older people and speakers from the main political parties at Age UK's General Election Rally event on 24 March 2015 in London.

Alan Burnett, Steve and Maxine Bonner and Lavinia Le-Good attended.

We met at Portsmouth town station where for some reason we were unable to go through the barrier unaided by station staff. All was revealed when the ticket inspector came round and ordered us off the train! Four insubordinate pensioners... how embarrassing...yet somehow gratifying that we still have it in us! Alan was all set for a showdown but actually we meekly alighted at Petersfield to await the slightly later train that we should have been on in the first place!

At the very impressive Conference Centre Caroline Abraham, Charity director was in the Chair. The Prime Minister, David Cameron (Conservatives), Liz Kendall (Labour), Paul Burstow (Liberal Democrats), Natalie Bennett (Green Party), and Mark Reckless (UKIP) attended the rally to explain what they would do, if elected, to improve the UK for older people, today and tomorrow. Older people and those who care for them raised the issues that matter to them with a lively debate covering the NHS and social care, the level of the state pension and the future universal benefits like the bus pass.

David Cameron arrived late and started by speaking of his admiration of Age UK...quoting something about having parents and grandparents! There was a lot of heckling from the floor. A 91 year old delegate suggested that a minister for the aged be appointed at cabinet level for which a cheer went up from the audience. There was uproar from the floor when someone from the media (the Sun I think) asked a question. The delegates shouted him down with 'It's our meeting'. All spoke in favour of the bus pass and



The Care Act 2014 and its implications for YOU!

People are living longer, demand for social care is growing, but the quality of care provided can often fall short of the standard required.

Families may struggle emotionally and financially to care for relatives and professional help is generally low paid, poorly supported and undervalued. Hospitals beds can be blocked by inadequate provision of care in the community, either in the individual's own home or in residential accommodation.

How can this be changed? Are the changes introduced by the Care Act sufficient to address the problems?

A number of different Acts have been abolished in favour of one piece of legislation, the Care Act 2014.

The new Act represents a change in emphasis from crisis service to advance consideration, planning for care needs and to promote independent living with the full participation of the carer and the cared for. Carers are now on the same legal footing as those they care for.

Local council's have to

- Promote people's well being which includes their dignity, health and participation in work, education and training.
- Give advice and information about care and support.
- Develop a local care market.
- Promote integrated services.
- Meet the needs of family carers.



There is now a national standard for statutory support, not local ones. The effect is that national government decides who gets care and support under a system administered locally.

From October 2015 anyone may request the local council to assess their care needs and determine if they meet the national eligibility criteria. If eligible their care account starts in April 2016, with a cap set on their care costs at £72000 for those of state pension age. There will also be a deferred payment arrangement so that people will be protected from having to sell their home in their lifetime to pay for any care home costs.

To avoid a possible lengthy wait for assessment next spring when the cap and capital allowances apply people should request an assessment of their care needs NOW.

All of us are now potentially eligible for state help beyond the cap; all of us may request an assessment of our needs; all of us are entitled to information and advice.

Whether the councils have been adequately funded to manage these changes is another question and whether it will improve the status of carers and those in need of care remains to be seen.

winter fuel payment, though the Lib Dems and Labour have said they will remove entitlement to winter fuel payment from higher rate taxpayers. They generally all signed up to the triple lock for pensions. There was a lot of nice noise about the NHS but none of the parties have yet fully committed to the £9bn a year extra which the new boss of the NHS, Simon Stevens, says is needed. They mostly skirted questions about social care - and haven't committed to substantially increasing investment in it, which is what is so obviously needed. The exception is the Greens who said they would offer free social care and a citizen's pension for all, but didn't say how they would pay for them!

UKIP got a big cheer for saying they would abolish car park charges at hospitals.

I don't think any of the politicians said anything genuinely new at the Rally or made any additional commitments - to be honest we didn't really expect them to. It was a lively meeting and I'm glad to have been invited...particularly as a delicious lunch was served!

Maxine Bonner

PompeyPensioner
 Striving to reflect the views and aspirations of the Portsmouth Pensioners' Association and the 36,000 seniors of Portsmouth
Covering the issues that are vital to all Pompey Pensioners.



OPPOSING THE CUTS AT PORTSMOUTH COUNCIL MEETING.

Following the Coalition Government's announcement of more swingeing cuts to the Social Service's budget for 2015, the PPA committee identified how £30 million of this would affect Portsmouth Council. It was established that spending on adult social care would be the hardest hit.

We (the PPA) indicated our wish to have the opportunity to speak against these cuts.

As we were only allowed 5 minutes in which to make our case we chose to defend

'Dial-a-Ride', Free swimming , Podiatry care and the abolition of the grant for our magazine from the list of other important services which are threatened.

The first of the two meetings was with the Council Executive Committee (these were all Conservative councillors). They expressed their sympathy but still voted for the cuts.

Apart from the PPA there were representatives from Dial-a-Ride and Podiatry care who all spoke against the cuts. It was pointed out , emotively, how essential these services are particularly to the elderly.

The next opportunity to oppose the cuts was at the full council meeting. As I'd already used my previously allotted time to express our concerns, I used the 6 minutes allowed at this meeting to highlight protected spending of £100,000 on the 'hardening of grass verges', £1.47 million on new computers for the council and £1.6 million to attract new businesses to the city. New business wouldn't necessarily mean the creation of skilled jobs.

It seems that the millions being reserved by the council for these projects had a higher priority than social spending on essential services to the elderly citizens of Portsmouth.

The spending of these millions were approved by a combination of Conservative, Labour and UKIP votes...strange bedfellows indeed!

We perhaps need to remind ourselves how we got into this mess; the then Labour government borrowed billions to bail out bankers and other financial institutions who had lent money to what was known as the sub prime market, primarily in America. This meant lending money for mortgages to people who they knew had no hope in hell of repaying the money.

Fortunes were made elsewhere when these said properties were subsequently re-possessed.

What is abundantly clear is that workers and taxpayers and those on fixed incomes and pensions

are bearing the brunt of paying off this debt created by the financial sectors greed.

Steve Bonner



Extracts from letter from Penny Mordaunt MP - written 15th March 2015

Dear Geraldine,
Nationally the Government has done a great deal to protect pensioners from the necessary economies which have been made.....the triple lock on state pensions, guaranteeing that it will rise each year by whichever is higher of 2.5%, prices or wages. The chancellor also introduced Pensioner Bonds
The Conservatives are committed to preserving universality in terms of pensioner benefits - free bus travel, winter payments, free TV licences for the over 75s.

The welfare of older people has been one of my key interests as an MP....I lead the campaign in Parliament for an Older People's Minister to be appointed. One point this minister might address is benefit take-up. It was rightly mentioned in your magazine that not enough pensioners claim the benefits to which they are entitled.

I hope that I have been able to reassure you that I understand the needs of older people in society, value the contribution they make and recognise that they deserve support to ensure their quality of life. Please let me know if you have any other local or national concerns with which I can help.

Penny Mordaunt

DONATIONS

Now that the grant from PCC for the magazine has been stopped, we are reliant on our own resources to keep 'Pompey Pensioner' going. Thanks to all your support and generosity, as well as cutting costs, we will publish two editions this year.

If anyone would like to make a donation to ensure the future of 'Pompey Pensioner', and/or help fund the POMPEY CLINIC for older people in Awassa, Ethiopia, please send a cheque to the treasurer - Roger Leaver, made out to Portsmouth Pensioners' Association.

(Please write 'Pompey Pensioner' or 'Ethiopian clinic' on the back of the cheque to indicate where you would like your donation to be made)



Tributes to Jean

Guest editor, Portsmouth Pensioner

It was with much shock and sadness we heard that Jean Curry had died in February 2015 following an illness.

Jean had the highest ethical standards. Intelligent and politically aware, she was a fairtrade eco-warrior long before it became fashionable to be so. She was unmaterialistic, generous and compassionate, with a real interest in the plight of the world's vulnerable – an interest often translated into action. And if something was a point of principle then she quietly stuck to it – even if that made things difficult: and Jean certainly never made a habit of taking the easy option. Wherever she got involved: a choir, walking group, volunteering, the Pompey Pensioners or Peddlers with her famous red bike, Jean made a positive impact. A genuine interest in people meant she had time for them and they warmed to her kindness.

At her work with the wheelchair service in West Sussex she was highly regarded by staff and clients, as she was by colleagues from her days of teaching, voluntary service in Zambia and her friends and colleagues in the Portsmouth Pensioners association and the Pompey Peddlers. Jean loved to travel, she was an English rose. She had a great love of the English countryside, English music and loved singing. She also embraced foreign travel taking great pleasure in discovering new places. When she loved something, Jean enjoyed it with great gusto and relish, whether it was music or ice cream.

Life wasn't always kind to Jean. When she

was ill, she withdrew so as not to bring others down. Despite everything, she had a certain uncynical naiveté, always looking for the best in people. Jean had no time for pretension and found it impossible to be anything other than true to herself, often leading to breath-taking honesty, which drew others to open up to her. She could also be exasperating – mainly because of her inability to accept a compliment or to be a little less self-critical! As a friend, Jean was loving, loyal and supportive. It's a tribute to Jean's great courage in battling the demons of her illness so many times over the years that she stuck with us as long as she did. As a young person Jean used to say that she would like to be an unobtrusive force. That sums up the unassuming strength of her character. She achieved her wish; she was a positive force for good who will be so greatly missed.

Linda March

I first met Jean at 9-48 am on 30th September 2013. The occasion was a 60+ Festival bike ride round Portsea Island. We did not know if anyone would come, but by 10am the start time a dozen of us had gathered at Morrison's car park, Landport, and that included Jean on her splendid red bike.

She soon made friends with the group, and indeed on subsequent outings was only too ready to organise the routes, and refreshment stops at cafes and pubs – so important to us senior cyclists. We all enjoyed Jean's company on these jaunts and at the social events we met up between them.

Not long after she came to one of the Portsmouth Pensioners' Association fund raising events for our clinic in Ethiopia. Having taught in Africa I think she knew the need for such a facility and gave generously to it. But equally important for PPA she agreed to become guest editor of 'Pompey Pensioner.' And as you all know did a great job.

I asked her once why she had agreed to give up her time and energy and expertise for the magazine and she replied – characteristically – 'because I wanted to put something back into the community.' We all miss Jean enormously and feel so bad about her mental health problems and tragic death. But I will always remember her for her vivacity, generous spirit, and willingness to work closely with others in all the activities in which she was involved.

Alan Burnett



June Remembered

June Clarkson, Secretary Portsmouth Pensioners' Association

The news of June's death brings a flood of memories recalling her dedication and commitment over many years to the PPA's campaigning and of her championing of vulnerable people generally. She was, of course, a strong advocate for older people – refusing to allow their hard fought entitlements to be referred to as "benefits".

She would have relished the recent General Election campaign and the political battle lines; there is no doubt whose side she would have been on!

Thankfully some things never change. She will be much missed but never forgotten.

Muriel Deacon

June was a remarkable and admirable woman. She had a determination and resilience that showed in her life and contribution to Portsmouth Pensioners' Association – as well as many other worthwhile causes.

For over a decade she was a most efficient secretary of the Association; she organised street stalls, outings and delegations to the National Pensioners' Convention (NPC) including the annual Pensioners' Parliament in Blackpool.

We miss her so much and owe it to her memory to keep on campaigning for all in need – not least older people, especially those not well off and not in good health.

Alan Burnett.

*A woman dies, a leaf
falls, in the far forest, a
babe is born, and the
great world sweeps on.
Farewell dear friend, the
world is better for your
life. We loved you living
and we love you now.*



PPA STREET STALLS

You may have come across the street stalls at various places around Portsmouth by the PPA...The Bridge Centre Fratton, Milton Market outside the Co-Op, Palmerston Road precinct, outside Tesco's at Cosham, North End and at St. Mary's May Fayre.

The purpose is to highlight our existence and activities.

Our various petitions; Save our bus pass, Hands off pensioners benefits and Dignity in care always attract passers by eager to add their names to these nationally organised campaigns supported by us. We meet and chat to such a variety of people, some who sadly say we're the first they've spoken to all day.

This is an ongoing programme once a month and we are always looking for volunteers to help alongside the regulars. We set up the table at 10.30am and finish around 12.30. Please let us know if you fancy coming along to one of these stall events.

Steve Bonner



MY FAVOURITE BUS PASS JOURNEY

Alan Burnett

Despite being fortunate in having both a car and a bicycle, I often use my bus pass. Journeys to QA hospital, coming back laden from shopping or allotment; and also when I am out of the city – on the Isle of Wight, in London and elsewhere in England.

To me, the most pleasurable journey is in the capital. The Number 6 bus ride from the Aldwych in the West End to Kensal Rise. This 6 mile route takes anything between 42 and 66 minutes, depending on the state of traffic. If I didn't have a senior bus pass the ride would no doubt cost several pounds.

We usually climb up and hope to get a front seat to have a good view of the sights.

First stop is Trafalgar Square – the scene of many memorable demos I have attended in my life – most recently a pro-union rally before the Scottish referendum. It is where I saw Nelson Mandela and welcomed back the English rugby team after they won the world cup. Admiral Nelson surveys the throng from on high. Then up Regent Street and into Oxford Street, with its huge stores – Selfridges and John Lewis – complete with a Barbara Hepworth sculpture high up on its wall. There are shoppers from all over the UK and the World. In December the seasonal lights and decorations are atmospheric. December 1965 I was working in nearby trendy Carnaby St., (in a toy shop) earning £15 a week and usually skint but London was swinging. Alas that year the Xmas decorations consisted of plastic angels which were somehow filled with water and thus appeared to be in a state of advanced pregnancy!

Next we go round Marble Arch – and memories return of being 14 and hearing the inspiring Donald Soper speak from his soap box on a Sunday at Speakers Corner. Up the Edgware Road we go and into what seems like a slice of Beirut or other Middle Eastern city. Arab banks, restaurants and hookah pipes remind the bus passenger that London is a polyglot and multi ethnic city (unlike Portsmouth which is 84% 'white British'). Then we turn west into the London Borough of Brent – an inner city chunk of west London where more than

half the population was born abroad. Fellow passengers are all ages, and nationalities; school children in their uniforms, pensioners with their shopping, commuters on their mobile phones. Mostly they ignore each other – a pity! The route passes through Maida Vale and to the south is Portobello Road with the Notting Hill carnival and its famous market. Now much 'gentrified', compared to 50 years ago when I spent the princely sum of £5 on an antique, garnet and paste, engagement ring for Jenny. This is the neighbourhood that Alan Johnston MP grew up in poverty, which he has described so movingly in his book – 'The Boy'.

Arriving at Queens Park – we 'alight' to visit friends. We pass the flat where my daughter Kate and her partner Matt lived for a while and where our first grandchild – Keir - started his embryonic life! At the Jancz's house on Chevening Road we came for breakfast before taking the tube to Wembley for the Cup Final in 2008, when Pompey beat Cardiff 1-0 and when Sol lifted the FA cup – 'we were there'. Memories of celebrating in several pubs that night returning in jubilant mood and inebriated state back home on the A3. A happy and memorable day.

So the Number 6 roars on to its terminus and then returns back to the heart of the capital. It's usually full, but not with passengers, like me, for whom the journey is so nostalgic and enjoyable.



Bus Pass

One rainy day in Norfolk, we made the short journey from Gorleston to Great Yarmouth by bus. Whilst held up en route, a passenger decided to make a 'phone call and her end of the conversation went as follows:-

"Hallo, it's me! No, I'm still not well and now I've got something else. I've just been to the doctor's again and he tells me I've got paranoia, so between the women's problems and the paranoia I'm really not very well at all."

Paula & Eric Rumsby.

LIFE IN THE 1500'S

Baths were taken in a big tub of hot water. The man of the house had the privilege of being first in, then the other men and sons, then women and finally the children. The saying 'Don't throw the baby out with the bath water' arose because it was possible that the water became so dirty that the last to use it may not be easy to see among the grime.

Most couples married in June because their yearly bath was taken in May and they still smelled ok by then. However they were starting to smell a bit so brides carried bouquets of flowers to hide their body odour...Hence today's custom of a bride's bouquet!

Houses had thatched roofs, thick straw piled up with no wood underneath. It was the only warm place for cats and other small animals (mice, bugs) to shelter. When it rained sometimes these creatures and animals came tumbling down....Hence the saying, 'It's raining cats and dogs'

Canopy beds came into existence because there was nothing to stop the creatures and their droppings from dropping down into the bed below. Four posts and a sheet hung over them afforded some protection.

Only the wealthy had something other than dirt on the floor...hence the saying 'Dirt Poor'.

The wealthy had slate floors which became slippery when wet so fresh 'thresh', (or straw)was spread on the floor to help them keep their footing. As the winter wore on, more thresh was added until, when they opened the door it would all begin to slip outside. A piece of wood was placed in the doorway to prevent this from happening...'A threshold'.

Cooking was done in the kitchen in a big kettle that always hung over the fire. Each day the fire was re-lit and more added to the pot. Mostly these were vegetables as they didn't have much meat. The resultant stew was eaten for dinner and the leftovers got cold overnight. The cycle started again the following day. Sometimes the stew contained food that had been there for quite while....

Hence the rhyme ' Peas porridge hot, peas porridge cold, peas porridge in the pot, nine days old'

Sometimes they obtained pork which made them feel very special. Visitors

would be invited to see the bacon hanging up...it was a sign of wealth that a man could 'bring home the bacon'. Some was cut off to share with guests and everyone would sit around...'chewing the fat'.

Bread was divided up according to status. Workers got the often burnt bottom of the loaf, the family got the middle and guests got the top....or...'upper crust'.

Those with money had plates made of pewter. Tomatoes were considered poisonous for 400 years or so because their high acid content would leach into the plates causing lead poisoning, and death. It happened with other foods with 'high acid' content too.

Lead cups were used for ale or whisky. Sometimes the imbibers would be knocked out for a couple of days as a result. Passers by, seeing someone in this state along a road might take them for dead, and a burial was arranged. First though, they were laid out on the kitchen table for a couple of days. The family would gather round eating and drinking and waiting to see if they would wake up. Hence the custom of holding a 'Wake'.

Being short of space it became difficult to find burial places. Coffins were dug up, the bones went to a bone-house and the graves re-used. 1 out of 25 were found to bear scratch marks inside and they realised that they were sometimes burying people alive. They began to tie a string on the wrist of the corpse, lead it through the coffin and up through the grave where it was tied to a bell. Someone would have to sit out all night to listen for

the bell...'the graveyard shift'. This meant that someone might be 'saved by the bell', or was considered a 'dead ringer'.

....sent in by Edna Green

Letters to the Editor.

Choosing care with care.

I read this feature (Pompey Pensioner Winter 2014 edition) with interest and thought that Mr Hutchinson pertinently expressed many of the concerns, both practical and emotional, that have to be faced when deciding on long term care for a relative.

In addition to the points made by Rob Hutchinson readers may wish to consider the following:

Toileting – are there regular opportunities given to residents to use the toilet or be taken if they cannot get there, and sufficient time to use the facilities, and not be expected to perform to set times and no other?!

Staffing levels – How many permanent staff members are on duty in the evenings, overnight and at weekends? How many temporary agency staff are engaged?

Adequate skill mix of staff members – Is there always a trained nurse on duty?

A few years ago I had to seek suitable care for a relative and found it very difficult and at times upsetting for both me and the person in need of that care. I hope these additional points can be of help to others.

Janet Williams



Memories of the 1945 General Election...

It is 70 years since the historic post-war General Election of 1945.

Joan Hill, 94, was a founder member of Portsmouth Pensioner's Association along with her late husband Fred. She recalls her personal experience of that election, the first since 1935, held on 5th July, 2 months after VE Day:

" I learned my politics from my father, a socialist and staunch Trades Unionist. We both longed for a post War Labour Government.

He was a carpenter and although only 51, his health was failing, and in the summer of 1945 he was admitted to the Royal Hospital after becoming ill at work. I was a telephonist in the Dockyard and visited him daily at The Royal before joining the Labour canvassing team in the old Meredith Ward of the city.

The Labour candidates in the three Portsmouth constituencies were Captain Julian Snow, Jack Blitz and Major Donald Bruce. My husband Fred, a talented sign writer, helped by making posters and public speaking at meetings. The feeling was of optimism and a growing confidence that we would win, coupled with a determination that things would be different.

On the eve of Election Day my father was sitting up in hospital, keen to hear how the campaign was going. It was an exciting evening. Fred was chairing a rally from the back of a Co-op lorry at North End junction with Councillor Robert Mack, a well-known Portsmouth figure. The enormous crowd was good-natured and there was a wonderful atmosphere. Police had closed the roads and diverted the traffic. Fred and Robert struggled to hold the attention of the crowd as the candidates were late arriving.

Next day, polling day, my mother, sister, and I were called to the hospital as my father had deteriorated overnight and sadly he died that morning. My mother suggested I carry on campaigning as my father would have wanted me to. At the Labour committee rooms I kept busy making tea for the campaign workers and helping out generally. I was grateful to have something useful to do at such a sad time.

We finished polling day exhausted but had to wait 3 weeks for the results, because thousands of servicemen were still serving all around the world and their votes needed to be sent in and counted.

The results began to arrive on July 26th, and the excitement mounted. I was at work in the Dockyard as news came in from all over the world. Both Donald Bruce and Julian Snow were elected; we were witnessing a Labour landslide and the beginning of a brighter future. Sir Jocelyn Lucas was re-elected in Portsmouth South and continued as a Conservative MP until 1966.

Following the election, came the birth of the National Health Service and with it the peace and security we longed for. Recent years have sadly proved us wrong as the NHS seems to face constant threats which are heart-breaking for my generation.

I still belong to the Labour Party and continued to actively campaign for them and the PPA for many years.

Remembering the events of 1945 brings back sad memories because I lost my beloved father so young, but also happy memories of the hope, joy and comradeship of that time. After the dark years of the War, it was exhilarating to be part of it."

Joan Hill



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023 9247 5259, from the website www.renaissancechoir.org.uk or from the door.



The voice of the pensioners' movement

The National Pensioners Convention (NPC) is Britain's biggest independent organisation of older people, representing around 1000 local, regional and national pensioner groups with a total of 1.5m members.

The NPC's main objective is to promote the welfare and interests of pensioners, both now and in the future, as a way of securing dignity, respect and financial security for all in retirement.

The NPC organises rallies and lobbies of MPs, leads delegations to parliament and makes submissions to government on policies affecting older people.

The Convention also stages an annual three-day Pensioners' Parliament in Blackpool, where over 2000 representatives from across the country discuss issues of concern and share ideas in an atmosphere of genuine friendship.

The NPC also regularly features in both the local and national media, and uses every

opportunity to raise awareness, influence public opinion and secure changes in policy on important issues.

The real strength of the organisation however comes from the work of our many affiliated groups, who are active in their local areas and regions, promoting the NPC's campaigns. This makes the Convention unique, as the only national campaign group in the country which is run by pensioners for pensioners.

To keep our affiliates and supporters informed, we also produce a quarterly newspaper called The Message, alongside regular briefing papers and pamphlets, as well as organising seminars, training sessions and educational schools. In addition, the Convention maintains a library of useful information on a wide range of subjects, as well as a popular website.

With more support from both today's and tomorrow's pensioners, the NPC will be able to develop its organisation, strengthen its influence and increase its level of activity as the campaigning voice of the pensioners' movement.

The Pensioners' Charter

The NPC believes that every pensioner has a right to choice, dignity, independence and security as an integral and valued member of society. To achieve this, the NPC campaigns for a wide range of policies, many of which feature in the Pensioners' Charter (below) which was created in 2005.

Every man and woman on reaching state pensionable age will have a right to:

- A basic state pension set above the official poverty level and linked to average male earnings
- A warm and comfortable home
- Free health care treatment based on clinical need and an annual, comprehensive health check
- Free community care and services to assist living at home
- Free long-term care
- Free nationwide travel on all public and local transport
- Free education, access to and participation in leisure and cultural activities
- Goods, services and benefits without age discrimination
- Active engagement and consultation on national and local issues affecting older citizens
- Advocacy, dignity, respect and fair treatment in all aspects of their lives

The 2015 NPC Pensioners' Parliament will again take place at the Blackpool Winter Gardens from 16-18 June. A provisional programme will be available shortly. Tickets are priced £8 or £5 for a day ticket.

A booking form can be downloaded from the below page
<http://npcuk.org/pensioners-parliament>

or from this direct link
<http://npcuk.org/wp-content/uploads/2015/01/Simple-Booking-Form1.doc>

If you wish to book accommodation through the Visit Blackpool site you can do so at
<https://resweb.passkey.com/go/pensioners15>



Southsea Greenhouse

By Alice Barnard, our newest volunteer
When first walking into the Southsea Greenhouse you are hit by the sheer warmth of the members. Their devotion and passion is evident in the clear amount of time they have spent creating a sanctuary for the local community. The Greenhouse epitomises the word community, where the gates are always firmly open to new people and volunteers. Whether you are a keen gardener or looking to play a part locally there is always a place for you.

Positioned right on Southsea seafront the Greenhouse is the perfect sea side haven filled with quirky items from homemade honeys, wellington boot plants and local art presenting the fineries of Portsmouth. Only two years old the Greenhouse has transformed from a patch of land into an evolving and established landmark of Southsea. The recently built greenhouse at the back of the garden is the piece de resistance, indicating the future possibilities available for the garden with more funding.

Southsea Greenhouse is never dull with regular events and workshops happening every few weeks which appeal to all ages. By embracing the great outdoors children in particular can benefit where they can discover new interests and hobbies through the fun activities offered by the Greenhouse.

These events are all to contribute to helping the environment as well as making Portsmouth a better and greener place.

If you'd like to visit the garden, volunteer, or interested in entering Portsmouth in Bloom, take a look at our website: www.southseagreenhouse.co.uk or call us for times and events 07530913211



Portsmouth Pensioners Christmas Lunch 2014

The 2014 PPA Christmas Lunch was held, for the second year, at the Maritime Club. 95 members and guests enjoyed a full Christmas menu with excellent service from cheerful and helpful staff.

Two guests were invited. Mrs. Jean Louth who had been instrumental in organising the names on the memorial in the Guildhall Square for the First World War victims and Mrs. Verrier who had received an honour from the City Council earlier in the year for her dedicated community services over many years. Sadly Mrs. Verrier was unable to attend on the day due to ill health.

Cyril Saunders gave his usual happy talk which is always appreciated and enjoyed by the members. Steve Bonner and his wife Maxine organised the raffle table - a big thank you to both of you. Thanks also go to those individuals and businesses who generously donated prizes - it is so much appreciated.

Health problems for Muriel Deacon and June Clarkson meant they were both unable to attend. We send our sincere get well wishes to Muriel and hope that she will be restored to good health very soon. Sadly June is no longer with us and our thoughts are with her family. Thank you to the committee for help on the day and to all members who have supported us over the years.

God bless you all with a happy and healthy 2015.

Nell Leaver

"Pensioners are the worst drivers. They are dithering, old and in the way. They should have their licences taken away" said Jeremy Clarkson who had just pranged his Ford RS200.

Holocaust Memorial Day Service - Tuesday 27th January 2015



A very cold January morning and over 100 attendees, including a number of school children gathered outside the D-Day Museum by the memorial tree.

A very sombre and moving service with readings and prayers from representatives of communities who had suffered or been persecuted in the Holocaust, under Nazi persecution or part of the genocides in more modern times in parts of Eastern Europe and Africa. The message that came across was for all of us to love and forgive. The Lord Mayor lit a candle and placed a stone at the base of the Holocaust Memorial Tree and invited everyone to also place a stone. January 2015 marks the 70th Anniversary of the liberation of Auschwitz -Birkenau. We hope and pray such persecution never happens to anyone, anywhere again.

Nell Leaver

Commonwealth Day Flag Raising Ceremony Monday 9th March 2015



A short service in Guildhall Square was attended by local Dignitaries, community groups and school children.

The Commonwealth flag was raised by leader of Portsmouth City Council, Donna Jones, who also read out a message from Her Majesty the Queen. A reading from the Lord Mayor of Portsmouth, Councillor Steven Wyllie, was followed by readings from representatives of Commonwealth nations.

The ceremony concluded with music from bagpiper Duncan Matthews.

Nell Leaver

New social groups for the over 50s across the city

Do you want to meet new people and take part in activities or just enjoy a chat over a cup of tea and a slice of cake? Then why not come along to one of the new social groups for over 50s?

For only £2 you can be sure to receive a warm welcome and to have an enjoyable time and – (although there's the chance to try activities such as crafts, reminiscence and quizzes)- the emphasis is on the social time together.

COPNOR COFFEE CLUB

Mondays 10-12pm at North End Baptist Church Copnor

SOUTHSEA SENIORS

Tuesdays 2-4pm at The White Horse 51 Southsea Terrace Southsea PO5 3AU

NATTERJACKS,

Wednesdays 2-4pm at the Church of the Holy Spirit Fawcett Road Southsea

THURSDAY CHAT AND TEA

Thursdays 10-12pm at Trinity Methodist Church Albert Road Southsea

PAULSGROVE PRIME TIME

Fridays 2-4pm at The Healthy Living Centre Paulsgrove

POMPEY KURLERS (new age kurling)

- now operating waiting list, please call number below
Tuesdays 10.15-11.45am at the Somerstown Hub Southsea

COSHAM CRAFT GROUP

Cosham Community Centre, Mondays from 2pm-4pm.

MILTON SOCIAL GROUP

Beddow Library, Milton Road,
on Fridays from 10.30am-12.30pm.

NORTH END ALLSORTS

Now operating a waiting list, please call number below
Thursdays 10am-12pm
The Learning Place, Derby Road, North End

STAMSHAW KURLERS (new age kurling)

Wednesdays 10.15-11.45am
Stamshaw and Tipner Leisure Centre
Wilson Road, Stamshaw - now operating a waiting list, please call number below

HILSEA SOCIAL GROUP, Tuesdays 10.33am-12.30pm

Howard Road Community Centre, Howard Road (off of Northern Parade)

This was a year long project that was a joint initiative between Portsmouth City Council and Portsmouth Clinical Commissioning Group. Eleven groups have been set up across the city and all are now self-running and self-sustaining.

People can just pop along on the day or if they want to find out more or be added to a groups waiting list please just call

Julie Roberts - Project Officer 02392 688705
julie.roberts@portsmouthcc.gov.uk



DIAL-A-RIDES AGAIN

Since the Council cuts, Kerron Barnes and myself (Tracey Jones) have taken over the new and revamped Pompey Dial Ride as a Not-for-profit organisation.

Our new service began on 1st April, we are now based at the Beneficial Foundaton in Fratton. The council did give us a start up grant towards helping us buy minibuses so we could begin our service, we are currently running 3 buses and trying to raise funds for a 4th bus.

Our fares are £5.00 return journey, £3.50 for a single, £1.00 per escort or carer and as from August our yearly membership will be £12.00 per year which is equivalent to £1.00 per month. We've had to increase our charges in order to help us survive since the Council's support was withdrawn. We are having to seek funding from other resources and are also selling advertising space on our vehicles.

Dial Ride has been running the same way for 30 years, re-vamping allows us to bring the Elderly and Disabled back into our community. We are now offering more activities & day trips to our customers, and are currently organising Shopping Trips to Fareham, Waterlooville and Havant.

We are also starting a weekly lunch club where we will collect our customers from home, take them to one of the local pubs where they serve good food and they can make new friends and improve their social lives. Also afternoon teas at Stansted House, these will be on a Saturday afternoon. We welcome suggestions for other trips our customers and future customers would like to take part in.

POMPEY DIAL RIDE
02392 828205



CONGRATULATIONS ON A GOOD EFFORT.

This past year has seen a lot of suffering, by many people, in many parts of the world, for many reasons. It was with this in mind that, at our October meeting, I suggested that, instead of giving each other Christmas cards that would gather dust until 12th night, and end up in the recycling bin, we donate the money that they would have cost, to the Salvation Army, and it was agreed.

I visited the Salvation Army Citadel in Albert Road, and after explaining our intention, was given a collection box. This was passed round at the November meeting, and another opportunity was given at the Christmas dinner, for those who missed the November meeting.

I returned to box to Major Ian Urmston on 9 December, and received a letter from him, thanking us for the £219.55 that we had collected, saying that it would help them with their work, which included providing a Christmas Day event for about 100 people who would otherwise be spending the day alone.

Although many pensioners are not among the wealthiest people in the community, I think that it shows that we care, and are prepared, in some small way, to help those who are less fortunate.

Thank you to everyone who contributed to that £219.55 total.

Let's see if we can beat it this year!

Cyril Saunders.

Donation – Christmas 2014

Thank you for the collection that the Portsmouth pensioners Association held for our work at Christmas. The total raised was £219.55 which will go along pay to helping our work this year. We are holding a day of celebrations on Christmas Day when we expect to be hosting approximately 100 people who would otherwise be alone on Christmas Day. In addition we will be supporting a number of families across the city by supplying toys and seasonal goods.

Thank you once again for this donation

Yours sincerely

Ian R Urmston
Major
Commanding Officer



Southsea Citadel
Salvation Army
Church and Community Centre

Major Ian Urmston
Commanding Officer

Tel: 023 9282 1164
Mobile: 07788 811624
Email: ian.urmston@salvationarmy.org.uk

Date: 9th December 2014
Ref: Christmas Donations/CS

Neighbours

They keep telling me to have T.V.,
Now I'm on my own: I don't agree –
When would I get all my thinking
done, With that noisy thing forever
switched on? They asked would I like
a trip to Spain. To taste the wine, and
once again I had to say, no, not for
me, I'm happy enough with my cup
of tea. And would I like a lift to town
To see the shops; stroll up and down?
Oh dear, oh dear, why all this fuss –
I can get there on a 19 bus!
Then every day they tap the wall
In case an Angel's been to call!
But my eyes are bright,
my feet are steady
I'll go when I am good and ready,
That's something just between me
and the Lord. And until that day
please take my word
For a long time yet,
I hope to be an independent O.A.P

Pamela Williams



How to recognise that you're getting old

Sent in by PPA member Edna Greene

Everything hurts...what doesn't hurt,
doesn't work.

Your bra fits better when put on back to
front.

Your children begin to look middle aged
You look forward to a quiet evening.

You have all the answers...but nobody
asks the questions.

You sit in a rocking chair but can't make
it go.

Your house is too big but your medicine
chest is not big enough.

*Although amusing, I don't think this really
applies to any of our members who still have
plenty of 'snap' left in their garters!*
Maxine B.



University of Portsmouth Research

A team at the University of Portsmouth have been funded for 2 years by the Forces in Mind Trust to look at the effectiveness and cost-effectiveness of Veteran Outreach Support (VOS) based at the Royal Maritime Club in Portsmouth. They are interested in finding out if VOS works, who it works for, and at what cost. The research team are interested in hearing from people who have used this service or thought about using it.

There are a number of opportunities to get involved in the first stage of this research:

1. One-to-one interviews with people who have used VOS now or in the past. The researchers would like to hear people's experiences of using VOS from the positive to the less positive. This will be on-going until the end of May 2015.
2. Group discussions with people who have used VOS now or in the past, as well as those who have thought about using VOS but have not used it yet. This will take place from March to May 2015.
3. Survey (either online or by post) to explore reasons why people may or may not use services such as VOS. This will be made available between April and July 2015.

This research is being conducted independently of VOS. If anyone would like to take part in any of the studies or knows someone who might want to take part, please feel free to contact

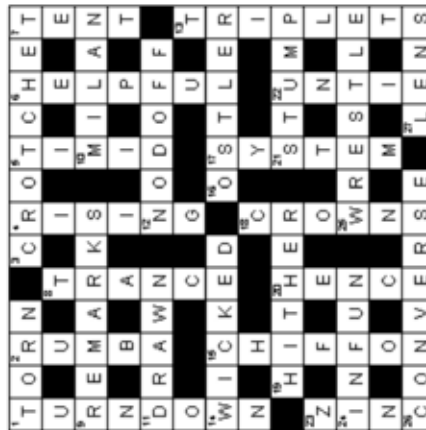
Dr Emina Hadziosmanovic, School of Health Sciences and Social Work, University of Portsmouth, Portsmouth, PO1 2FR.

Telephone: 023 9284 4451
Email: emina.hadziosmanovic@port.ac.uk

Visitor to old man:
Have you lived here
all your life?
Old man: I don't
know; I haven't
died yet!

Old age - when
actions creak
louder than words.

Most of us would
like to live long,
but we do not
wish to grow old.



DINGBATS: Afternoon tea, Chianti, Red Leicester Cheese
Spicy, Banana split, cooking for one, Marmite, Breakfast, Cumin

ANSWERS

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

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

Portsmouth Pensioners Association

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Personal Choice Weekly Activities

Supporting the Well Being of People Aged 50+ in Portsmouth

Tuesday: Job Club—2pm

Wednesday: Computer Class—10am

Wednesday: Lunch Club— 12:30pm

Wednesday: 'Prime Time' Social Group— 2pm

Thursday: Activity Afternoon—2pm

Includes Free Tea and Cake!

Please feel free to come along to any and all of these sessions,
if you have any questions please call 02392 346440
All these sessions take place at 'Oasis the Venue' on Arundel Street



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

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14		15				16	17					
					18							
	19			20			21		22			
23												
24					25							
26											27	

Across

- 1 Ripped (4)
- 3 Musical note (8)
- 9 Comments (7)
- 10 City of N Italy (5)
- 11 Depicted (5)
- 12 Fall asleep (3,3)
- 14 Evil (6)
- 16 One who attends to horses (6)
- 19 To this place (6)
- 21 Baffle (5)
- 24 Not seriously (2,3)
- 25 Grapple (7)
- 26 Opposite (8)
- 27 Optical glass (4)

Down

- 1 Reject (4,4)
- 2 Dance of Cuban origin (5)
- 4 Ascending (6)
- 5 Faint-hearted (5)
- 6 Rendering assistance (7)
- 7 Canvas shelter (4)
- 8 Hypnotic state (6)
- 13 Three offspring born at the same time (8)
- 15 Sheer fabric of silk or rayon (7)
- 17 Method (6)
- 18 Five-shilling coins (6)
- 20 Therefore (5)
- 22 Loosen (5)
- 23 Bluish-white metal (4)

FOOD & DRINK DINGBATS

Middy T	Key & t	Steer Cheese
007 Baltic	BAN ANA	4COOK1
MOTHER MAY	FA ST	q

Acknowledgements...

Pompey Pensioner thanks a number of people for their support in the production of this journal. Sorry if we miss anybody out.

Thanks to Age UK, Portsmouth City Council, Wessex Pensioners' Convention and our 'umbrella' – the National Convention for information and help. Portsmouth Pensioners' Association and its officers are determined to keep Pompey Pensioner on the map and Ideas, suggestions and comments are welcome. Please send written contributions for future editions of Pompey Pensioner to:

Geraldine Johns

31 Down End Road, Drayton, Portsmouth PO6 1HU.

Email: iadine31@yahoo.co.uk

Maxine Bonner 42 Chetwynd Road, Southsea PO4 0NB

tel 92816895

the.bonners@tesco.net

P.P.A. Meetings 2014/15

Our monthly meetings-the first Monday in the month at 1.30 in the Council Chamber of the Guildhall.

Mon.July 6th

Mon.Aug.3rd.

Mon.Sept. 7th

Mon.Oct.5th.

Mon.Nov.2nd

Mon.Dec.7th



The campaign for a better deal for Britain's over sixties goes on.

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

Firstly, Join the Portsmouth Pensioners' Association

(Subscription: Just £5 a year – See below for details)

There's strength in numbers!

Then, If you are able, get involved.

advertise in the next issue of

PompeyPensioner

- Circulation of 6k distributed at locations throughout Portsmouth
- Ad rates are: £35 for 1/8 page (59.5mmx90mm)
£55 for 1/4 page (125mmx90mm)
£80 for 1/2 page (125mmx185mm)
£140 for full page (297mmx210mm)
- Please send advertisements to the editors: Maxine or Geraldine **Geraldine Johns** 31 Down End Road, Drayton, Portsmouth PO6 1HU. Email: iadine31@yahoo.co.uk **Maxine Bonner** 42 Chetwynd Road, Southsea PO4 0NB tel 92816895 the.bonners@tesco.net or any committee member to advertise in our next issue.



Portsmouth Pensioners' Association - JOIN US

The Campaigning Voice for Pensioners in Portsmouth

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

• Speakers • Campaigns • Lobbies of Parliament • All welcome! Subscription £5.00 p.a.

If you are interested in joining the Portsmouth Pensioners' Association please complete the membership form below with a cheque for £5.00 made out to 'Portsmouth Pensioners' Association' and send (with stamped addressed envelope) to: Lavinia Le-Good (membership secretary) 69, Westwood Road, Hilsea PO2 7QP. t el 02392 661265.

Name:

Address:

Postcode:

Tel No: Email:

We give notice of monthly meetings of the Association to be held in Portsmouth Guildhall Council Chamber on the first Monday of every month except when that Monday is a bank holiday. Throughout the year a variety of speakers attend our meetings with an opportunity for members to ask questions and debate subjects of interest particularly to the older generation. The meetings begin at 1.30pm and are generally well attended so early arrival is recommended. The meetings are structured formally but members are invited, indeed encouraged, to participate fully in all our discussions, so that we may better represent the feelings of older people. Portsmouth Pensioners' Association (PPA) is a campaigning organisation Portsmouth Pensioners' Association is affiliated to the National Pensioners' Convention (NPC)