



USEFUL TELEPHONE NUMBERS

Age Concern Eastleigh
02380 620275

Eastleigh Council
02380 688000

One Community
02380 902400

Dial-a-ride
2380 902450

Police
0845 0454545

Eastleigh Health Centre
02380 612032

Eastleigh Library
02380612513

Post Office Services
08457223344

ACTIVITIES ROUND-UP

Railway Institute, 2 Romsey Road,
Eastleigh, SO50 9FE

MONDAY Book Club;
Dance club
Ping Pong

TUESDAY Fitness Club
U3A Kurling

WEDNESDAY U3A-Gardening
Tai Chi
ACE Singers

THURSDAYS Computer lessons
Kurling
Table Tennis

Toenail cutting services Thursdays every 6 weeks. Please make an appointment with June Murphy on 07811 878536

8 Ways to help an elderly person who is lonely

- Show them you're available. Keep in touch by phone, email or in person so they know someone is there for them when they need support....
- Offer to take them out...
- Ask how they're feeling...
- Enlist expert help...
- Be dependable...
- Help them discover new ways to stay in touch...
- Help them to try something new...
- Talk about practical barriers.



Spring 2020

I.&A. Service

Information and Advice Service
available Monday to Thursday
10.00am to 12.30pm at
Wessex House.

Call 02380 620275 for appointments

Outings

Our first outing this year will take place
at Stewards Garden Centre
Christchurch
on Thursday 26th March.

A detailed leaflet is being created and
will be distributed to all members in
due course .

Contributions Please

We welcome contributions to the News
Letter ; this can be anything such as
special memory, a short poem or an
event you have been to, just use your
imaginations and drop your epic into
the office.

GIFTS AND DONATIONS TO AGE CONCERN EASTLEIGH

We operate on a very tight budget and
can always make good use of any extra
money that we receive. Any donations
you can make will be put to good use.
In addition, if you, or anyone you know,
has a good reason to remember us
perhaps you might consider making a
gift or legacy to Age Concern Eastleigh
in your will. If so, we recommend that
you make a will with a solicitor. If you
have already made a will, it is simple to
add a codicil to amend it. If there are
multiple changes to be made, it may be
advisable to make a new will. You will
need the following details about us:

Registered Charity Name:

Age Concern Eastleigh.

Registered Address:

Wessex House

Upper Market Street

SO50 9FD

Registered Charity Number: 202718

Benefits of volunteering

What do volunteers gain?

Experience of diversity and integration with the
community.

Increased levels of self confidence, awareness and skills
that equip you for life and work.

Chance to meet like minded people and make new friends.

Enjoyment and personal satisfaction.

Opportunity to make a difference in the community.

Develop new attributes and increase your experience within
different types of work.

Several older volunteers said they derived positive health benefits, feeling that
volunteering kept them both physically active and mentally alert. They were well
aware that retired people could sink into lethargy.

**VOLUNTEER
WITH US**

Many thanks to our ACE Singers for making this year's Christmas party magical by taking some time off from their busy schedule to delight us with some wonderful carols.



This year the ACE Singers brought joy to: North Baddesley Friendship Circle, Bittern Park Pensioners Club, North Baddesley Pensions Club, Fleming House Nursing Home, Valley Lodge Care Home, Hamble Good Neighbours.



Well done ACE Singers keep it up!!

Anyone interested in join ACE Singers can talk to Sandra or Monica every Wednesday from 2.00pm.



NHS Physical activity guidelines for older adults

Older adults should do some type of physical activity every day. Any type of activity is good for you. The more you do the better.

Adults aged 65 and over should:

- ◇ aim to be physically active every day. Any activity is better than none. The more you do the better, even if it's just light activity
- ◇ do activities that improve strength, balance and flexibility on at least 2 days a week
- ◇ do at least 150 minutes of moderate intensity activity a week or 75 minutes of vigorous intensity activity if you are already active, or a combination of both
- ◇ reduce time spent sitting or lying down and break up long periods of not moving with some activity

If you've fallen or are worried about falling, doing exercises to improve your strength, balance and flexibility will help make you stronger and feel more confident on your feet. Speak to your GP if you have any concerns.

We are committed to promote the well being of all older people and to help make later life a fulfilling and enjoyable experience.

In order to make more people aware and encourage them to take part and keep active we had a new banner installed outside the Railway Institute!

**HELP US COMBAT
LONELINESS WE
NEED VOLUNTEERS
TO VISIT OR CALL
LONELY OLDER
PEOPLE**



Please note:
AGM will be held on:
Wednesday 17th June 2020 at the:
Railway Institute starting at 2.30 pm.

Eastleigh Handyperson Scheme

Eastleigh Handyperson Scheme is a safe and reliable subsidised minor repairs service available to home owners and private tenants in the Borough who are over 60 years of age or a disabled adult.

Hourly rates for this service are:

£9.60 if you are over 60 years of age and in receipt of a means tested benefit

£9.60 if you are a disabled adult and in receipt of a means tested benefit
£18 if you are over 60 years of age or disabled and not in receipt of a means tested benefit

There is a maximum of two hours for each visit.

To find out more or to book an appointment, call 023 8068 8301 or email handyperson@eastleigh.gov.uk