



5 Tips to Boost Your Mind

Boosting your mood and helping yourself feel more positive is a great thing to do, no matter how tough life can be.

It may be something as simple as singing along to a favourite piece of music or watching an episode of a classic comedy does the trick.

Or, if you're feeling lonely, spending time with others - especially children or animals - can help to bring some light back into your life.

Psychologist Susan Quilliam lists her top 5 tips on how to lift your spirits...

1. **Smile** - 'When you smile it triggers mood-boosting hormones in the brain. So even if you don't feel happy, put a smile on your face and you may soon start to feel more positive.'
2. **Keep Busy** - 'It doesn't matter whether you tidy up the garden, wash the dishes or go for a walk - any activity that helps to break up your routine and gives you a sense of achievement will do the trick.'
3. **Talk to someone** - 'It doesn't matter whether you meet up face to face, talk on the phone, chat online or use Skype, connecting with other people helps to bring you out of yourself.'
4. **Help others** - 'Research shows that helping other people will help to lift your mood. So do a favour for a friend, donate to charity or volunteer.'
5. **Live in the moment** - 'If you're feeling low, try to regulate your breathing and pay attention to what you can see, hear and feel at the present moment. This will help you to feel calm and bring you back into emotional balance.'

AWARDS Project Newsletter ~Services for Older People~

GOSPORT VOLUNTARY ACTION

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Coping with Bereavement



Grief can make you feel many different things. It's important to remember that these feelings are not bad or wrong. They are a normal part of bereavement, and there are no quick answers to how you might be feeling.

Coping with fear

Feeling fearful and anxious is natural - your familiar world has been turned upside down. You may feel vulnerable and afraid. But as you get used to coping, in time, you will begin to feel more capable of dealing with your changed circumstances.

If you are feeling overwhelmed by fearful thoughts or anxiety, it could help to talk to someone about how you are feeling.

Coping with emptiness and depression

Feelings of depression and emptiness can hit you when the reality of death begins to sink in. Although it may feel almost unbearable at the time, this seems to be a period when some inner healing takes place. Afterwards, people say they feel lighter, more in control of their lives and better able to look forward.

Sadness is a natural response to bereavement, but some people may become depressed. You don't have to try to cope on your own and help is available if you are struggling with depression. You can see your doctor for help and advice. Remember that you can phone Samaritans day or night on 08457 90 90 90

Coping with anger

You may feel anger at the injustice of your loss, or at the lack of understanding in others. You might be angry at yourself and at the person who died, who has left you feeling abandoned, frightened and alone. These feelings are normal!

Don't bottle up your feelings - try to think about the reasons for your anger. Talking about your feelings with someone who isn't emotionally involved in your loss helps.

Coping with guilt

Some people experience feelings of guilt when someone dies. You may find yourself wondering if you could have done more to help, or feeling guilty about something you said or didn't say to them when they were alive. Guilt is a natural emotion after bereavement, but it's important not to dwell on things in the past that you can't change. Try not to be hard on yourself or anyone else.

Coping with loneliness

You may feel as though the person who died has left a big hole in your life, and this can leave you feeling lonely, especially if you spent a lot of time with them. Make the most of every opportunity to spend time with other people, keep in touch with friends and family, have a holiday or volunteer to help out with a good cause.

60+ in Gosport – Local Directory now updated!

Gosport Voluntary Action, Gosport Older Persons Forum and Gosport Borough Council are committed to working together to improve access to information and advice. The '60 plus in Gosport' directory provides a wide range of useful information for older people and their families, friends and carers and has been updated for 2017.

The directory is available at www.gosport.gov.uk or you can call in to the town hall to collect a printed copy.

If you would like one posted to you, or require an alternative format version, please contact Donna Simpson, Health & Wellbeing Partnerships Officer on 023 9254 5421 or email donna.simpson@gosport.gov.uk



**Better.
Local.
Care.** Gosport

Southern Health **NHS**

NHS Foundation Trust

Four Gosport GP Practices becoming one Organisation

Over the past years we have all been aware of the challenges faced by primary care with increasing workload pressures and a national shortage of GPs. Gosport is one of those areas where falling GP numbers and a lack of replacement GPs has led to many practises working together more closely, both in partnership with Southern Health NHS Foundation Trust as well as on Better Local Care pilots for the benefit of patients.

Following this work, it has been announced that Brune Medical Centre, Forton Medical Centre, Stoke Road Medical Centre and Waterside Medical Centre in Gosport have had approval from the local Clinical Commissioning Group to work together as one organisation. This is set to commence from 1st April 2017.

There are currently no planned changes to services for patients. Initially, patients will remain registered with their own surgery but will benefit from increased access to other sites should they wish to do so. The new name will be The Willow Group.

If you have any questions or comments, please contact one of the practice managers or email Gosport Primary Care Integration Lead Chris Complin at chris.complin@nhs.net

The Befriending Service

The Befriending Service has been operating in Gosport for more than twelve years and continues to provide support to very many older residents in the Borough who have become socially isolated or lonely and demand is growing.

The Service can only survive with the valuable and dedicated support from our army of volunteers who make the service, but we still need more.

We are looking for

Volunteers to support CHAT Group Host

Visitors

Volunteer Drivers to take guests to CHAT Groups

If you can spare even one hour a week or know of anyone who may be interested we would love to hear from you.

If you would like more information please call 023 9260 4681

The Cinnamon Trust

The only specialist national charity for people in their last years and their much loved, much needed companion animals.

A network of 15,000 volunteers “hold hands” with owners to provide vital loving care for their pets. We keep them together - for example, we’ll walk a dog every day for a housebound owner, we’ll foster pets when owners need hospital care, we’ll fetch the cat food, or even clean out the bird cage, etc.



When staying at home is no longer an option, our Pet Friendly Care Home Register lists care homes and retirement housing happy to accept residents with pets, and providing previous arrangements have been made with us we will take on life time care of a bereaved pet.

The Cinnamon Trust—Peace of mind for owners, love, care and safety for beloved pets. But helping 32,142 people a year with 41,342 animals and running tow home from home sanctuaries costs - We need your help to make sure we’re always there.

Please call 01736 757 900

Brendoncare clubs in Gosport



At Brendoncare clubs, you'll discover that you're much more than a member - you're a friend.

Why not try:

Gosport Monday club	1.30pm-3.30pm (£4)
Games club on Wednesdays	1.30pm-3.30pm (£4)
Yoga on Wednesdays	10.00am-11.00am (£4)
Ping pong on Fridays	10am-12noon (£2.50)

All Gosport clubs meet at:

Club Hampshire, The Anchorage, Willis Road, Gosport, PO12 1LZ

For more information on this and other clubs, please call us on **01962 852133**, email clubhampshire@brendoncare.org.uk or visit our website www.brendoncare.org.uk/clubs.

Registered charity number: 1091384

Don't miss our 2017 Spring Open Meeting

" In the know – where to go"

10.00 to 12.00 Friday 7 April

Thorngate Hall Bury Road PO12 3PX

(Doors open 9.40am when free tea and coffee will be served)

- We are covering the issue of where do you go and who do you speak to when you want to report something that is bothering you, something that needs resolving, something that is happening in your neighbourhood that is bothering you or you suspect criminal activity.
- We will be interviewing a local councillor to discover what their role is, why they volunteered and what rewards they get.
- We will also have an informal quiz on who to contact to speak about issues.
- And a session using different resources to solve a problem
- Looking forward to seeing you there.

The event is free - all are welcome.

Trigger Toolwhat is this all about

A recent article on the BBC talked about what the NHS in local areas are going to do to save money

For Hampshire it says:-

- The challenge
- The area will have a funding gap of £577m in health and £192m in social care by 2020-21 if nothing is done.
- What is being done?
- The plan says the whole system will be shifted towards prevention and self-care. The area plans to reduce activity in the acute sector, releasing the equivalent of 300 beds, reducing the size of its physical estate by 19% and estate costs by £24m.

In summary it is becoming more important that preventative care is delivered. Most of us come into contact with older people during our normal lives. The Trigger Tool... is designed to do just that, make you aware of things that might 'Trigger' a need for attention. The package is called eLearning but it is not a case of going back to school it is more of an awareness raising exercise. to remind us of those triggers we need to observe This does have to be done on line I urge everyone to have a look at it. If you do not have a computer at home maybe you and a friend or two could go to the library and look at it on their computers. It does lend itself to working with friends.

This is the link www.hants.gov.uk/pacelearning/triggertool/story.html

Working together to protect our community in Gosport from tobacco related harm

Tobacco remains the single greatest cause of health inequalities and smoking is the largest cause of preventable and premature death.

Deaths from smoking related disease is highest in Gosport when compared with other areas in Hampshire. Local action to protect our community from tobacco related harm requires a joined up approach and all organisations can make a contribution to doing this through their services, and within their contacts with the public.

The full Strategy and Hampshire Action Plan, and further information, is available on the Smokefree Hampshire website at

<http://www3.hants.gov.uk/smokefreehampshire.htm>

Quit Smoking Service

Quit4Life provides a Free NHS service across Hampshire¹. They offer weekly specialist adviser sessions, telephone support, workplace sessions and pharmacy and GP appointments. They offer access to Nicotine Replacement Therapy (NRT) and other stop smoking medications. NRT is also available if the smoker is pregnant or under 18. If the smoker does not pay for their prescription, then the NRT will be free <http://www.quit4life.nhs.uk/>

Or go to hantsweb and your community section

Gosport Gallery @ Gosport Discovery Centre

18 March to 29 April - Monday to Saturday 10am to 5pm

Gosport Gallery @ Gosport Discovery Centre, Walpole Road, Gosport, PO12 1NS

Drawn To Nature

Come and enjoy the work of three talented, local artists inspired by nature. Together, Kevin Hayward, Clive Meredith and Julia Pankhurst encapsulate the richness of the countryside, coast and wildlife in this exciting and varied exhibition. From flora and fauna to the ever changing sea, all three artists portray the natural world in their own distinctive style. **FREE Admission**

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



LOVE YOUR LIBRARY

Memory Group



Meeting at Gosport Discovery Centre on:

Wednesday 3 May 2017

Wednesday 28 June 2017

Wednesday 26 July 2017

Wednesday 23 August 2017

Time: 2-3 pm

This group is FREE and in a friendly social setting where we can share stories, poetry, have fun activities and reminisce with our special collection. People with dementia and their carers are welcome.

www.hants.gov.uk/library

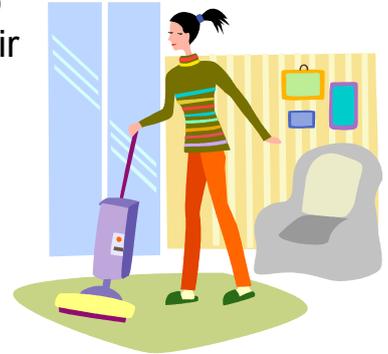


DUSTBUSTERS

A Domestic Help Service for elderly, frail and disabled residents of the Borough of Gosport, who are unable to do their own housework to continue living independently in their own homes. Fees are payable.

Please telephone: 023 9260 1314,
or email: dustbusters@gva.org.uk for more details.

Gosport Voluntary Action is a company limited by guarantee, Registered in England & Wales No. 4191320
Registered Charity Number 1087177



GOSPORT GARDENS & DART

Services for Older People



Do you have any DIY or gardening that you need help with?

Gosport Gardens and DART (Decorating and Repair Team) are two of a number of not for profit services provided by Gosport Voluntary Action, enabling older and disabled residents to continue living independently in their own homes, within the Borough of Gosport, all provided at a very low cost.

For more information please contact us at:

Martin Snape House, 96 Pavilion Way
Gosport, PO12 1FG

Tel: 023 92503871 or Email: dart.gardens@gva.org.uk

Gosport Gardens and DART (Decorating and Repair team) are part of the AWARDS project, Services for Older People, and are funded by the Big Lottery Fund.

Gosport Voluntary Action is a company limited by guarantee, Registered in England & Wales No. 4191320 Registered Charity Number 1087177



Fairly fat-free Fruit Loaf



Preparation time: 5-10 minutes (excluding overnight soak of some ingredients).
Cooking time 1½ hours.

Ingredients

- 340g/12oz mixed dried fruit
- 170g/6oz chopped dates
- 2 oranges
- A mug of hot brewed tea
- 340g/12oz wholemeal flour
- 1 egg

Method

- ♦ In a mixing bowl, stir the fruit with the zest and juice of both oranges. Pour in the hot tea and leave covered overnight to soak in a cool, dry place.
- ♦ The next day add in all the other ingredients and mix together. Pour into a greased/lined loaf tin.
- ♦ Turn your oven on to gas mark 2/150°C/300°F and bake the cake in the middle of the oven for about 1½ hours until the sides start to shrink from the side of the tin and a knife comes out clean from the centre of the cake.
- ♦ Leave to cool and slice like a loaf.

Enjoy !

Better
balance for *life*

Steady **AND** Strong

Build confidence and stay independent for longer...

Day Monday (starting 9th January 2017)
11am

The Discovery Centre, Gosport,

PO 12 1BT

£4 per session

.....

Community exercise class aimed at improving stability and strength to help prevent falls in older people. Specifically aimed at frailer older people who are having trouble with their balance and walking.

Contact Instructor:
Marian 02381781604

Please call the instructor before attending

Supported by



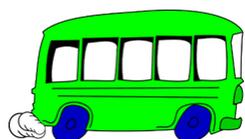
Gosport Live at Home Scheme Extended Lunch Club



For older people to socialise over a 2 course freshly cooked meal with tea & coffee and an activity afterwards

Tuesdays 12noon – 2pm

at



Bridgema^y Methodist Church
Prid^eaux Brun^e Avenue



£3 per session plus monthly membership of £5

Transport available
(£2 per return journey)

More information from Pam McCune
Tel. 01329 234409 or 07785254397

Gosport Live at Home Scheme

Light Lunch and Afternoon Tea Club

For older people to come and socialise over a light hot lunch, drinks & biscuits, varied activities, sandwiches & cakes

Thursdays 12.45 – 3pm

at



Bridgema^y Methodist Church
Prid^eaux Brun^e Avenue



£2 per session plus monthly membership of £5

Transport available (£2 per return journey)

More information from Pam McCune
Tel. 01329 234409 or 07785254397

Email: gosport.liveathome@mha.org.uk

Follow us on FACEBOOK



Volunteers also needed

Love Your Bones – 29th March 2017- Gosport

Osteoporosis and Bone Health Patient and Public Conference

We are pleased to announce our Mini Love Your Bones

09:15 - Registration -

09:45 - Overview Osteoporosis and Life Style Advice and Osteoporosis

10:45 - Exercise and Bone Health

11:30 - Refreshments

12:00 - Health Eating and Diet

12:30 - National Osteoporosis Society

- National Update

- Portsmouth and South East Hampshire update

13:00 - Lunch: Light lunch and refreshments provided

13:45 - Falls and Falling

14:30 - Men get osteoporosis too

15:15 - Medication and Osteoporosis

16:00 - Your questions answered

Venue- Venue: Masonic Hall -5 Clarence Road, Gosport, Hampshire, PO12 1BB

RSVP if you would like to attend or would like details of further broken bone

talks: Mr Tom Clark s Telephone 0239228 6000 ext 4291 or 02392 286 142

Email rheumatology.conference@porthosp.nhs.uk

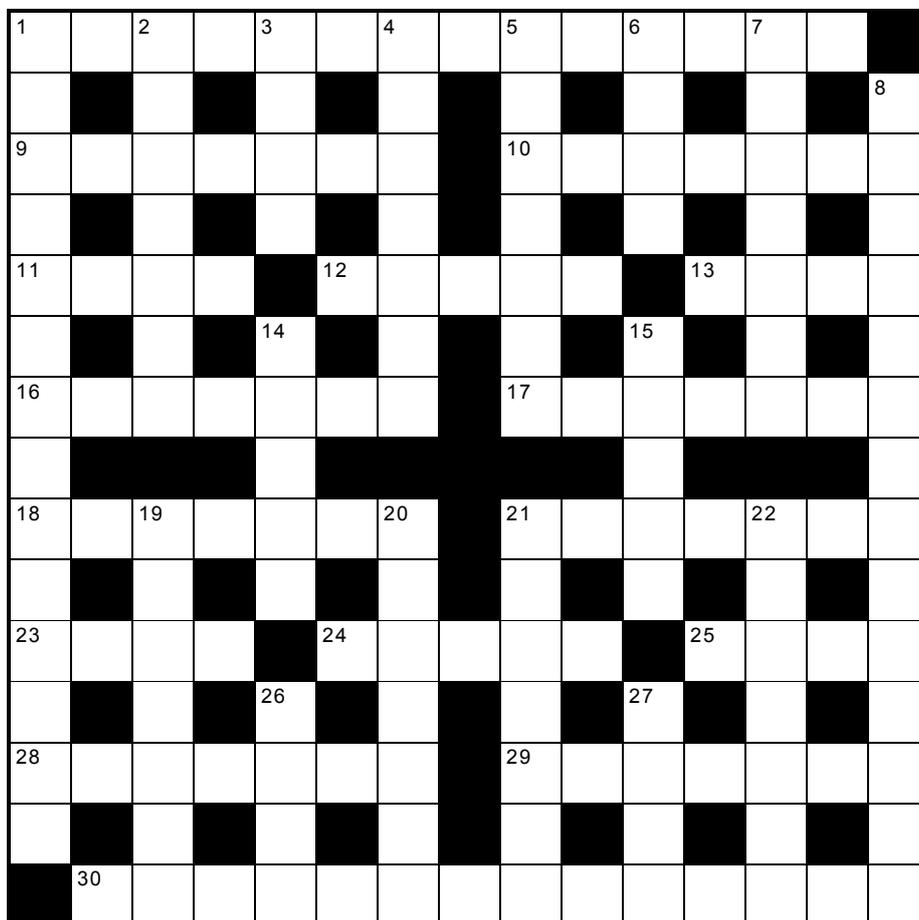
Or Write to FLS/ Bone Health Service , Rheumatology Department, Queen Alexandra Hospital, Cosham PO6 3LY

Same Day Access Service in Gosport celebrates first anniversary

The Same Day Access Service in Gosport, which has been a great success and a model that could be copied across the country, celebrates one year anniversary.

The project offers patients who ring their usual GP practice, the option for a same day appointment at Gosport War Memorial Hospital. Patients are put through to a phone triage system ran by medical professionals who can either give advice or if necessary, book them in for an appointment with the appropriate clinician that same day.

The aim of the service is to make it easier for people to receive a same day consultation with the relevant healthcare professional.



ACROSS

- 1 Mostly training and skill show how easily something can be done (14)
- 9 Admires new weapon (7)
- 10 Company chief ordered to get a small house (7)
- 11 A fool rejected Turner perhaps (4)
- 12 Transaction includes black fur (5)
- 13 Endlessly show respect by going down on one? (4)
- 16 Cut head off...cut head off exotic flower first (7)
- 17 Get together for prayer (7)
- 18 A very short dance? (3-4)
- 21 The weather worried Tim and Alec (7)
- 23 Transport for vagrant mostly (4)
- 24 Embargo on nobleman (5)
- 25 God whose reflection is seen in canal (4)
- 28 Spoke but spoke indistinctly first off (7)
- 29 He worked with vicar to keep records (7)
- 30 Deborah started changing act (5,3,6)

DOWN

- 1 Launch sailing vessel and celebrate lavishly (4,3,4,3)
- 2 Composition by an Italian poet (7)
- 3 Melt some of the path away (4)
- 4 Announcer on the radio for match (7)
- 5 Rustic leaders of British union get tummy ache (7)
- 6 Permit takes time for Latvian (4)
- 7 Apprentice from Aintree messed up (7)
- 8 Again advanced smaller sum to head, showing persistence (14)
- 14 Damp has to destroy finally (5)
- 15 The King lives – that's crazy! (5)
- 19 One demands former thespian (7)
- 20 I put lad off with praise (7)
- 21 Piece of music for choir at end of performance (7)
- 22 Studio is refurbished late – that's right (7)
- 26 River associated with a waste product (4)
- 27 Copy Spain and Switzerland, love (4)

Crossword Solution (AWARDS Newsletter, Autumn Edition)

ACROSS

1 Lancaster. 6 cosy. 9 suffice. 10 trailer. 11 oars. 12 resilience. 14 tribal. 15 sedative. 18 Stirling. 19 pliers. 22 clap eyes on. 24 urge. 26 apostle. 27 screech. 28 ante. 29 singleton.

DOWN

1 last out. 2 Nefertiti. 3 akin. 4 teepee. 5 retainer. 6 charitable. 7 salon. 8 Greece. 13 call centre. 16 in earnest. 17 integers. 18 such as. 20 Stephen. 21 cousin. 23 adorn. 25 oral.

Neighbourhood Alert



Payment diversion alert

Fraudsters are emailing members of the public who are expecting to make a payment for property repairs. The fraudsters will purport to be a tradesman who has recently completed work at the property and use a similar email address to that of the genuine tradesman. They will ask for funds to be transferred via bank transfer. Once payment is made the victims of the scam soon realise they have been deceived when the genuine tradesman requests payment for their services.

Protect yourself

- Always check the email address is exactly the same as previous correspondence with the genuine contact.
- For any request of payment via email verify the validity of the request with a phone call to the person who carried out the work.
- Check the email for spelling and grammar as these signs can indicate that the email is not genuine.
- Payments via bank transfer offer no financial protection; consider using alternative methods such as a credit card or PayPal which offer protection and an avenue for recompense.

If you believe that you have been a victim of fraud you can report it online http://www.actionfraud.police.uk/report_fraud or by telephone 0300 123 2040.

EVENTS IN GOSPORT AND THE SURROUNDING AREAS

Gosport Discovery Centre

Regular Events for Adults

All groups are self led drop-ins. They are fun, FREE and open to all.

- Needle Work Club, Every Tuesday, 1.00-3.00pm
- Scrabble Club, Every Friday, 2.00-4.00pm
- Knit & Knatter, second Thursday of the month, 2.00-4.00pm
- Crochet Club, fourth Thursday of the month, 2.00-4.00pm
- Art Club, Fridays, fortnightly, 7th & 21st April. 10.00am-1.00pm
- Computer Club Every Friday, 2.00-4.00pm, (Advance booking is essential).

Coffee Morning:

Tuesday 28th March

St Mary's Church, Alverstoke

Come along and enjoy cakes, coffee, tea, books and a treasure hunt! £2.50 per entry, all proceeds go to the parish centre regeneration fund.

Lee Historic Waterfront Walk and Talk:

Tuesday 4th April

Join the group for a 90 minute walk along the Lee Promenade, starting at Elmore Car Park, Lee-on-the-Solent at 10.00am.

Contact Ray Harding on 023 9255 1706 or email ryhrdng@aol.com

Lee Residents Community Table Top and Craft Fayre:

Wednesday 19th April:

Methodist Church, High Street, Lee on the Solent. 9.30am - 12.30pm

Gosport Marine Festival:

Saturday 27th May

Offering a fantastic mix of nautical fun, 'try-a-boat' sessions and plenty of family onshore activities including live music. Centered around Trinity Green, Gosport 10.00am - 6.00pm

Lee Horticultural Society Social Evening:

Wednesday 24th May

Joint guest speaker Geoff Hawkins on '30 acres to 30 square yards'. Starting at 7.30pm at Lee Community Centre, Twyford Drive. For more information contact Bruce Thomas on 023 9255 1873.