

# PO55

Poole Over Fifty Fives

The main aim of PO55 is to improve the health, well-being and lives of people aged 55 or over in Poole, working on local issues with organisations such as Borough of Poole, the Poole Well-being Collaborative and the Office of the Police Crime Commissioner

## Newsletter

Issue 5  
October & November  
2017

After a very successful **Full of Life Day** at the Spire held on the 12<sup>th</sup> October, not only created awareness but over 116 people attended with various stand activities assembled throughout.

These pictures speak for themselves!



### Some Statistics

Attendance 116 +

Stands 16

Attendance groups

(55 -70) 39%

(70 -75) 52%

(85+) 9%

87% of those attending said they would follow up on what they had seen today

**Our thanks go to all those that attended and in particular -**

*Branksome Centre, Dorset Care Record, Hope in the Community (HITC), Parkstone Art Group, Poole Lions, Poole Ukulele Plucker's and Strummers' (PUPS), Red Cross, Poole Healthy Walks, Sporting Memories, Prama Care, Neighbourhood Watch, Poole Over 55s (PO55), University of the Third Age (U3A), Poole Men's Sheds, Women's Guild & Yoga with Sheena Bailey.*

**But most importantly, sincere thanks to Borough of Poole for organising the event, hosted of course by Poole Over 55's and a special thanks to Bournemouth University who generously funded the event.**

**Someone to help with your water bill or at least they will try!**

**The Water Guru:** Water Guru Project - Bournemouth and Poole Citizens Advice

My name is Jane Clark and I have recently taken on the role as 'Water Guru' at Citizens Advice Bournemouth and Poole

and was wondering if I could be of assistance to your organisation and your clients.

Both Bournemouth Water and Wessex Water

are funding this initiative in the hope that they can find the most vulnerable in our area and assist them with their water bills. They both offer a number of different schemes depending on the clients' situation.

People may need help due to job loss, a health condition, bereavement, change of circumstance, financial problems, low income or being on benefits.

I am currently doing appointments at Citizens Advice in Bournemouth, in the Town Hall, to help the people complete the application forms for both companies. I also attend our various outreaches around the area.

I look forward to hearing from you if you think I can be of assistance. Jane Clark.

[janec@bournemouthcab.co.uk](mailto:janec@bournemouthcab.co.uk)

## OUR Next Meeting

7 December 10.30 – 12.30

The Spire

Poole High Street

Speakers are:

Jake Moore – Cyber Crime Prevention

Monique Munroe – Win on Waste

Please do come and join us, we have refreshments but we also have a choir!

Did you know - if you receive Pension Credit you may be eligible for around 20% discount from your water bill. Contact Wessex Water by calling 0345 600 6600 for an application form. Also, if your electricity supplier is part of the Warm Home Discount Scheme and you receive the Guarantee Credit element of Pension Credit you may be entitled to up to £140 a year discount. Even if you don't get the Guarantee Credit element you may still be entitled to a discount. Contact your electricity supplier direct.

## Forthcoming events

**March 2018** – A MAJOR event planned for this month – look out for further announcements!

**Booking well ahead**, reserve this date for our AGM on the 5<sup>th</sup> July 2018.

## Contact us at

Our email address; [pooleover55@gmail.com](mailto:pooleover55@gmail.com)  
Telephone; 07927 012556

See you on the 7<sup>th</sup> December!  
David