

NEWS

Seasons Greetings



AGE CONCERN ESPAÑA

Registered Charity N°: F-2089 Registro Nacional

Amigos de la Gente de Edad

Royal Patron of Age Concern:
HRH The Prince of Wales KG KT GCB

Patrons of Age Concern España:
The Baroness Greengross OBE
Judy Arnold-Boakes MBE

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from Age Concern España

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Editor: Jim Arnold-Boakes

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Registered Address:

Pasaje Sta. Catalina de Siena, 4-4º-5ª,
Los Geranios, 07002 Palma de
Mallorca

C.I.F.: G07894322

Federation Mailing Address:

Apartado 7, 07180 Sta. Ponsa, Mallorca

E-mail:

federation@ageconcern-espana.org

Web page:

<http://www.acespana.org>

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How to contact Age Concern in Spain

FEDERATION AC ESPAÑA

95 280 1746 / 971 71 87 94 / 971 71 14 92*

Apartado 7, 07180 Santa Ponsa, Mallorca

AC COSTA BLANCA SUR

96 678 6887 / 96 678 4588* / 96 678 9905*

C/ Paganini, s/n, Urb. La Siesta, 03184 Torrevieja,
Alicante

AC ESTEPONA Y MANILVA

95 131 8234* / 650 163 928

C/ Zaragoza, 29, 29680 Estepona, Málaga

AC IBIZA Y FORMENTERA

971 30 31 06 / 971 39 97 80* / 971 18 71 94 /

690 14 45 87

Apartado 370, 07800 Ibiza

AC MALLORCA

971 77 71 79* / 971 23 15 20* / 971 23 04 90*

Apartado 7, 07180 Santa Ponsa, Mallorca

AC MENORCA

971 37 70 49* / 971 37 70 23

Apartado 90, 07720 Es Castell, Menorca

OTHER REGIONS OF SPAIN

95 280 1746 / 971 71 87 94 / 971 71 14 92*

Apartado 7, 07180 Santa Ponsa, Mallorca

* including fax and/or answer phone service

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INFOLINE - the Age Concern national call centre

As you probably already know, we set up the national Age Concern **INFOLINE** (971 71 87 94) based here in the British Consulate in Palma, Mallorca in September.

The **INFOLINE** is staffed by the wonderful Pat and Kathy who are working tirelessly at the moment taking calls and researching all sorts of interesting information which is of use to the over 50s.

We were up and running in August and we have been actively promoting the line here in the Balearics. By the end of the year we should be in a

position to take calls from all parts of Spain.

Over the next few weeks we will be installing a 902 line (this means that

Pat and Kathy - our INFOLINE staff

the caller only pays a local rate for the call) in addition to the number above, which should make the **INFOLINE** accessible to all.

The delay in rolling out the line to the rest of Spain was due to some gaps in key parts of the

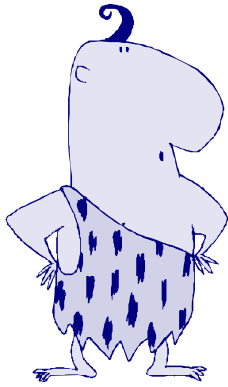
volunteer network. I must mention at this point what all of you I am sure know – what a wonderful job those volunteers do! Thank you.

Judy has been gradually filling roles with high calibre people that we believe we can rely on.

It was important that we did not roll out the line without the requisite back-up in place. By Christmas you should be hearing some news in your local area about the arrival of the Age Concern **INFOLINE**.

Please remember, when it arrives, the **INFOLINE** is there for **you** – so please use it!

Paul Abrey
HM Consul



It is with some hesitation that I suggest the standard of driving in my Shangri-la Island of Mallorca is downright **DISGRACEFUL!** But it really is **DISGRACEFUL.**

The novelty of living with new motorways that span the island, has bred a body of young 'Smart Alecs' (and some are not so young) who treat a motorway as a racetrack.

These young villains think nothing of screaming past one in a bid for breaking the 200 k.p.h mark - at other drivers' peril. They move from one lane to another, often causing severe breaking for civilised law-abiding citizens.

Where are the police on these occasions? They seem only to appear from nowhere when you, or I, are trundling along at our stately 90 k.p.h.!

I have the impression that road drill on mainland Spain (or indeed as far as the Canaries) is more courteous and orderly. Years ago, on the winding coastal road that used to

Editor's Beef

exist between Málaga and Gibraltar, I remember how juggernaut drivers would signal with their rear-lights that it was safe to overtake. What praiseworthy conduct!

Surprisingly spouse has just handed me a draft Factsheet on this very subject! 'Would you mind tidying this up a bit', she said – just like that!

My first reaction to this translation from the Spanish document to English was that some mental acrobatics were needed. I noticed, for instance, a number of headings marked 'POINTS' (it didn't explain why there was no heading for 'ONE POINT!'). Neither did it say why occupational drivers stand to lose less if they transgress!

Now 'points', to me, in English usage mean something added or awarded. So a point system to me is additive and not subtractive. Thus I would prefer to refer to these headings as PENALTIES (or I would even accept 'PENALTY POINTS').

As Elena Davis very clearly explained in the last issue that drivers are given a kitty of 12 points, from which they should avoid any subtraction by foolishly breaking the rules. In some

circumstances one can even increase one's kitty to 15 points - but that's another story. The main point is, however, that when you run out of points for breaking the law, you suddenly find you haven't a licence! It is then shank's pony!

The Act cites several examples of bad or dangerous driving and the penalties are draconian. I applaud the authorities for producing this document – it is certainly overdue. It does go on to put forward the notion that eventually the effect of the Act will be to weed out bad drivers! A 'sea-change' will make roads safer places! I only hope there will be sufficient police presence to put words into action.

There is however, one glaring admission in the Act; it fails to single out the slow, timid, or nervous driver who balks a caravan of faster traffic. DAWDLING is potentially lethally dangerous as SPEEDING, human patience being what it is!

Before I put my ignition key to 'OFF', may I be allowed one piece of swank? – I dreamt I had been driving for 75 years – when I woke up and worked it out, it was TRUE! In another year or two I reckon I will have got the hang of this driving business!

EU security rules at airports

We are approaching the time of year when many of our readers will be travelling by air to visit family and friends over the Festive Season. Before travelling, readers should check with their airline for the latest rulings.

At the time of going to print, further changes (detailed below) affecting EU countries, Norway, Switzerland and Iceland have been introduced on Monday, 6 November 2006.

Only small quantities of liquids are permitted in hand luggage. These liquids **MUST** be in **individual containers with a capacity of no more than 100 millilitres**. (NOTE: Put 100 millilitres in a measuring jug and you will see that it is not very much!) These containers (NOTE: You are allowed more than

one container.) **MUST** be packed in one transparent, re-sealable plastic bag measuring approximately 20 cms x 20 cms (20 cms is the width of this page!).

To assist security staff at the airport and for separate screening you must:

1. give all liquids to the screeners at the check points for examination
2. remove laptop computers and other large electrical devices from your hand luggage.

Included in the list of liquids are:

- contents of pressurised containers, e.g., hair spray, deodorants, shaving foam
- water and other drinks including soups and syrups
- lotions and oils including deodorants
- pastes including toothpaste
- perfumes, aftershave, liquid-solid preparations
- any sprays

- mascara
- all gels including shower and hair gels
- any item of similar consistency

The new rules do not affect:

- liquids in baggage which you check in
- liquids which you purchase airside, i.e., beyond the security point where you show your boarding card or on an aircraft operated by an EU airline. (NOTE: If these items are sold in a special sealed bag, they should not be opened before you are screened, as the contents might be confiscated at the security check point. This also applies if you transfer between flights at an EU airport.)

These liquids are in addition to those in the 20 cms x 20 cms re-sealable plastic bag mentioned above.

Source EasyJet

Barbara Green's

Information can often be more useful if it's in a list. Perhaps you, like me, rely on them - for shopping, to remind me what I've gone upstairs for in the first place, or what must be done by tomorrow or before Mr Vocal spots my neglect of domestic duties.

A list also means that we don't have to think on our feet. We can sit quietly and give some thought to what should be included on it - important when it relates to personal finance. The simplest list, yet the most instructive, is a straightforward budget, i.e. what we expect to spend next month or next year; instructive because within a few days we'll realise that we forgot something, or within a few months an unforeseen event will have distorted our calculations. Well, that's how it works for me anyway!

£

So, a list of current and future outgoings measured against income. For many of us in retirement it's the income side of the equation that can be difficult to predict. To start with it falls into two categories - secured and hoped-for!

Secured usually means pensions and annuities although, of course, for expats there is an element of uncertainty in converting UK sterling pensions to euros. (I'll leave aside recent events in the UK which have affected some occupational pensions).

Unsecured income is exactly that - investment income from dividends, structured funds, cash deposits or perhaps rentals from a second property. i.e. income that is expected, that has even been coming in regularly over recent years, but is not guaranteed because it's subject to global

currency fluctuations, economic pressures, market forces etc.

Perhaps listing income sources reminds you that you've lost track of some financial transaction from a past life in the UK. Help could be at hand.

Experian, one of the three major credit-rating agencies, has set up a database of unclaimed assets - life policies, pensions, unit trusts, dividends and shares. You can use the system for yourself or on behalf of a relative or friend - if you have proof that you are their legal representative. (This usually means a copy of the Grant of Probate or Power of Attorney.) I mention it because over the years I've met many expatriates who have had to sort out family matters 'back home'. For further details and a search request form write to: The Unclaimed Assets Register, Garden Floor, Bain House, 16

Money Box

Connaught Place,
London W2 2ES. Or
look online at
www.uar.co.uk. A
search costs £18
sterling.

The 'assets' in the
above scheme do
NOT include State
pensions and other
Social Security
Benefits. Those
queries still go to our
old friends at
Newcastle on Tyne,
where the Department
of Work and Pensions
has a Tracing Service.
If you have a problem
over your occupational
or personal pension or
you have questions
about it you could
contact The Pensions
Advisory Service in
the UK. Their helpline
is a UK local call rate
number on
0845 6012923;
fax +44 20 7233 8016;
11 Belgrave Road,
London SW1V 1RB.
Web site:
<http://www.opas.org.uk>



The next step in an

overall review of
personal finances is to
make a list of current
assets, including
investments.

Alongside each make
notes about their
value - not only in
terms of x euros but
how well they are
earning their keep.
How much does it cost
annually to manage
that luxury villa; what
are the annual
management fees for
various investments;
do the fees wipe out
the returns; how far
can you rely on the
'unsecured' income
from an asset; how
well does rental
income cover the
costs of the property -
is occupancy dropping
and is the net return
enough to justify the
responsibilities
involved; which assets
are you comfortable
with and why; which
would you prefer to be
without and
why
oh, you finish your
own list, I'm
exhausted. A careful
study of such an

annotated list might give
you an indication of
whether you should sell,
buy or hold.



I remarked recently that
globalisation can make
it difficult to work out
which country we're
reading about. I've
come across 2 news
items about the dangers
that older people face
because some
"advisers" target them
for their perceived
wealth and/or the
availability of lump sums
that come with matured
policies, inherited
assets or sales of
privately-owned
businesses (Villains
beware - my wealth
lends a whole new
meaning to the word
"perceived"). However,
one report covered
Spain and the other the
USA. A lesson about
thinking 'it couldn't
happen here/to me'. It
can happen to any of
us, anywhere.

Oops, the Ed cut me off.
More next time.

Recycling - the future of our

Much has been written and said in recent weeks in respect of global warming and the disastrous effect our lifestyle is having on the environment.

We have a stark choice - to play out part or to ignore the warnings and let our grandchildren suffer the consequences.

The Autonomies are encouraging us to recycle by providing 'Green Parks' and a variety of coloured bins into which we can sort our rubbish.

If you were to sort out all or any of the following items from your everyday rubbish, we think you will surprise yourself how much can be recycled.

The following is provided as a

general guide and colour-sorting might vary from Autonomy to Autonomy:

IN A GREEN BOTTLE BANK

Only glass bottles and containers

Do not throw in:

Ceramic waste (plant pots, ornaments)
Light bulbs
Fluorescent lights
Mirrors
Crockery
Flat glass panes
Soil and earth

Note: The collection of bottles and glass is beneficial for the environment, as they can either be re-used or recycled.

IN A YELLOW BANK FOR LIGHT PACKAGING

Tetrabrik
Plastic bottles and containers
Plastic bags
Metallic tops

White polystyrene food trays
Cans
Aluminum foil

Do not throw in:

Newspapers, magazines, cardboard
Glass, cork stoppers
Food
Bottles and containers full with liquid/food
Anything toxic
Aerosols

Note: Whenever possible, it is always better to use returnable bottles and food containers. The taste is the same, and we create less waste.

IN A BLUE RUBBISH BIN FOR PAPER AND CARDBOARD

Magazines
Newspapers
Clean cardboard
Sheets of paper
Wrapping paper

grandchildren is in our hands!

Do not throw in:

Laminated paper
(e.g. from the
butchers)
Paper soiled with oil,
paint, etc.

Note: The more
paper and cardboard
we recycle, less trees
have to be cut down,
thus creating less
damage to the
environment

IN A BROWN BIN FOR ORGANIC WASTE

Remains of fruit and
vegetables
Remains of raw and
cooked food
Bread
Pastry and cakes
Cold meats and
sausages
Fish and animal
bones
Nut, egg and seafood
shells
Coffee dregs, tea
leaves and tea bags
Small-sized garden
waste (leaves, herbs
etc)

Hair
Cotton
Paper towels and
kitchen towels

Do not throw in:

Liquids (soups, milk,
oil)
Wrappings, food
containers, aluminum
foil
Vegetable remains of a
large size or treated
with pesticides
Domestic animal
excrement
Sawdust from treated
wood
Tetrabrik, glass,
plastic, tin cans
Medicines
Bleach, detergents,
dissolvent
Metal
Newspapers,
magazines, cardboard,
sheets of papers
Batteries
Nappies or sanitary
towels
Ash or cigarette ends
Leather or material
Dust from sweeping
or vacuum cleaner
bags
Ceramic waste or

stones

Note: After having
been suitably
treated, these
organic remains will
be turned into
compost, and
therefore it is
imperative that they
are not mixed with
any other type of
waste.

MEDICINES

Unused medicines
can be deposited in
the special white
containers available
in most chemists.





Good news for us oldies

It seems that as we age our brains mellow. The results of a study conducted by Dr. Leanne Williams and colleagues, in Australia showed that, '... emotional well-being improves over seven decades of the human lifespan ... life experience and changing motivational goals may increase selective control over the balance of negative and positive emotion.' The study included persons aged twelve to seventy-nine.

Predictions indicate, the researchers added, that by the year 2150 one in three people will be 60 or over.

Rutgers University Professor Helen Fisher, whose field is human emotion, said, 'Hopefully these findings will begin to usher in a new and more positive understanding of the aging process.'

P.S. I had no sooner finished writing this piece when I saw an extract from Claire Tomalin's book, 'Thomas Hardy: The Time-Torn Man', which I cannot fail to quote: 'Character ripens with age, and people grow wise and witty, mellowed by their experiences good and bad, and still intent on plans and hopes.'

Word to the WISE

Some trenchant and amusing quotations

- I contend that for a nation to try to tax itself into prosperity is like a man standing in a bucket and trying to lift himself up by the handle.
Winston Churchill
- In general, the art of government consists of taking as much money as possible from one party of the citizens to give to the other.
Voltaire
- My net income does not keep up with my gross desires.
Errol Flynn
- It's not the temptations you succumb to in life you regret, but the ones you don't.
Somerset Maugham
- Nothing so dates a man as to decry the younger generation.
Adlai Stevenson
- I wish that dear Karl could have spent more time acquiring capital instead of merely writing about it.
Jennie Marx
- I don't make jokes. I just watch the government and report the facts.
Will Rogers
- As always the British shudder at the latest American vulgarity, and then embrace it with enthusiasm two years later.
Alistair Cooke
- To err is human, but to really foul things up you need a computer. (Oh, how right he is. E.D.)
Paul Ehrlich
- A just cause is not ruined by a couple of mistakes.
Dostoyevsky

by Elena Davis

Farewell, Mediterranean diet

The famous Mediterranean diet seems to be on the way out, according to specialists who attended the recent World Congress of Cardiology in Barcelona. This is the diet which consists of fish, vegetables, legumes, fruit and olive oil and very little animal fat. According to Dr Ramón Estruch of the University of Barcelona, 'Young people are not eating well today and obesity is increasing. We need to return to the classical patterns of the Mediterranean diet we had in the 60's and 70's.'

On the other hand, the food writer for the Majorca Daily Bulletin claims that Spaniards never did eat the Mediterranean diet inasmuch as they have always consumed a great deal of pork which obviously contains fat. He says that what many Spaniards eat is Mediterranean food. The term Mediterranean diet, according to him, was coined by an American epidemiologist, Ancel Keys, who visited southern Italy in the late 60's and remarked on the fact that there was little heart disease among the villagers. As their diet included olive oil but little animal fat, he made a study of diets in other Mediterranean areas and found the same pattern and the same results. He published his findings in 1971, using the term which is now familiar to us.

Animal news

According to the National Geographic, for reasons unknown, England's hedgehogs are disappearing so quickly that they could be extinct by 2025. Pesticides could be the cause, but there is no scientific proof yet. They like to hide in underbrush where they do better than in open farmland. Gardeners have been urged by conservationists to leave their places in somewhat messy condition to help these little insectivores.

Incidentally, I once took a hedgehog into my house and tried to make a pet of it – I use the neuter word as I had no way of knowing whether it was a he or a she. My cat took a dim view of it, however, and it had fleas, so back into the garden it went.

Killer whales at Marineland Park, Niagara Falls, have learned to entice seagulls to their pool by regurgitating fish which attract gulls. They then become food for the whales. One of the animals started this custom which was imitated by his younger brother and then picked up by other orcas

Whistle while you work

One of the most extraordinary of the thousands of languages still extant is non-verbal. On La Gomera, the second-smallest of the Canary Islands, children are being taught the traditional whistle language, *El Silbo*. This is based on four consonant and two vowel sounds. The whistler puts a finger shaped like a U into one side of the mouth, and the sound may carry 2,500 metres, depending on the location, wind and the whistler's lungs.

Until 1935 there were no roads on the island, and as recently as

1993 there was only one public phone in the principal village of Iqualero. *Silbo* helped to keep people in touch. In the last few years as tourism has grown – there is a ferry from Tenerife -- roads were built and radio and phone communications developed, with a resulting decline in the use of the whistle-language. In 2000 the regional government made it a compulsory subject.

The sound of the language is somewhat similar to Spanish, according to the local school teacher, but to an outsider it is more or less incomprehensible.

London comes out tops

It may seem unbelievable to London's resident bus and underground riders, but in a survey carried out by TripAdvisor, international travellers selected the city as the easiest to get round in. New York came second and Paris third. The worst city was Los Angeles. Also London's taxi drivers were voted the best.

On the other hand, a majority of Britons poled and about a quarter of the visitors declared London's public transport to be the most expensive.

Watch out!

Bogus callers

Most people who come to your door will be genuine callers. However, you cannot always be sure so it is important to take precautions before opening the door. Bogus callers can be very persuasive. They can claim to be from the council, the police, health, gas, water or the electricity company. They may say that their car has broken down and that they need to phone for help. They can

also turn up as builders or gardeners and try to trick you into paying for unnecessary work. It is important not to pay in advance and to decline any offer to drive you to the bank to withdraw money.

When someone rings or knocks on your door, remember:

- look through the spy hole to see who it is;
- put the chain on before you open the door to talk to

them;

- make sure your back door is locked, sometimes thieves work together with one coming to the back door, while the other keeps you occupied;
- check callers for their identification before you let them in and if in doubt, call the company they represent; shut the door and use the phone number in the phone book, not on the identity card;
- if still in doubt, ask the caller to leave and tell them to write and make an appointment so that someone else can be with you;
- if in doubt, do not let them in.

Keep a note of all reference numbers and phone numbers by the front door to make checking easier.

In an emergency call 112.



There's a thief about!

Malicious phone calls and harassment

When you answer the telephone do not give your name or number. If you receive a malicious phone call do not respond to it but put the receiver down and walk away; come back later and hang

up without listening to see whether the caller is still there. Do not say anything - it is the reaction the caller wants from you. If the calls continue, keep a record of them - you may wish to contact your service provider or the police.

If you are a victim of harassment, you should contact the local police station to enquire what help is available.

Safety outside the home

Out walking

Attacks on people by strangers in public

places are rare and violent crime accounts for a small part of all recorded crimes. You can reduce the risk of attack further by following simple rules:

- plan your routes in

advance and stick to well-lit, busy roads; do not take short cuts through waste land or deserted parks and alleyways, avoid underpasses; if you can, avoid walking alone, especially in unfamiliar areas;

- walk facing the oncoming traffic so that a car cannot pull up behind you unnoticed;
- you might want to consider buying a personal attack alarm; carry it in your hand while you are walking outside at night; if you carry a mobile telephone, have useful numbers programmed into it for speedy access;
- Carry your bag close to you and do not keep everything in your bag; for example, put your keys in your trouser pocket and your mobile in your jacket pocket;



Watch out!

- do not carry large sums of money with you; cover up expensive looking jewellery;
- if someone tries to snatch your bag, it might be best to let them have it instead of risking injuries;
- If you think someone is following you, check by crossing the street more than once, to make sure that you are right; if you are still worried, get to the nearest place where there are people and call the police.

Public transport

- wait in a busy and well-lit area;

- sit near other people or close to the driver
- if somebody makes you feel uncomfortable, change places

Taxi

- try to book a taxi before you go out; check that the taxi that arrives is the one you ordered
- sit behind the driver; if you feel uneasy, ask the driver to stop in a busy place that you know and get out.

Driving

- keep your vehicle in good condition and make sure that you have enough petrol;
- plan your route in advance and tell

- somebody where you are going;
- park in well-lit busy areas; if you park during the day, make sure the area will stay safe after dark;
- do not leave anything on display, lock any items in the boot;
- keep doors locked and valuables out of sight;
- do not give or accept lifts from strangers;
- if you break down on a motorway, pull over onto the hard shoulder. Do **NOT** get out of the car before putting on your fluorescent gilet. Place the appropriate warning triangles and if you have one, call for assistance on your mobile phone. Alternatively, wait for the police patrol. Do not wait in the car - there is a high risk of



There's a thief about! contd.

accident. Do not accept lifts from strangers. Wait in a safe spot, e.g., on a nearby embankment, but keep the front passenger door open so you can get into the car quickly if someone approaches you or you feel threatened; lock yourself in and speak to him/her through a small gap in the window.

Mobile phones

Mobile phone theft is on the increase and although it affects mainly young people, you can also take steps to reduce this crime:

- record the details of your phone and store them in a safe place so that you can give them these details to the police should your phone be stolen;
- record your registration number

and your phone number which is located behind the battery;

- always use your phone's security lock code or PIN number;
- avoid using your phone in crowded places or where you might feel unsafe; do not leave it unattended.

After the crime What to do

If you are a victim of crime you should:

- report the incident to the police;
- try to recall as much as possible about the event and details of the people involved; take the name and address of any witnesses. If a car was involved, try to notice such details as its colour, its make and its registration number;
- list missing items (if any);

- contact your insurance company;
- change your locks if your keys have been taken;
- if your cards have been stolen, call your bank or credit card company as soon as possible, the number should be on your statement;



- if your mobile phone is stolen, report your number to your network and the police so that it can be cancelled immediately.

Source: AC England

ACO news

AC Menorca's

Secretary, Julia Osborn and President, Alan Bailey

*Shop Manageress, Sandra Berresford (left)
and LIFELINE, Barbara Hart*

ACO news

Executive Committee

Membership Secretary, Janine Hunt and Ray Osborn

Social Activities, Betty and Alan Wilinon

ACO news

Donations for AC Ibiza y Formentera

Sally Kennedy writes that Age Concern Ibiza y Formentera is very grateful to Jean Berry, who asked for donations to be made to Age Concern following the death of her husband, Peter. The ACO is always very appreciative that at such a sad time people think of the Organisation. Thank you very much, Jean.

Once again, many thanks to Margaret Nawaz who has given the ACO 700 euros, which were raised at two lunches she organised. Since Margaret is a very busy person, we are very grateful to her for taking the time to do this for us. We are currently increasing our stock of medical aids; so all donations are gratefully received. Thank you, Margaret.

At Sibby's autumn Bring and Buy on Thursday, 19 October '06, the magnificent sum of 1.740 euros was raised. Apart from the many people who came to 'buy', we would also like to thank the owners of the Wild Asparagus apartment complex, who had held a raffle and donated the proceeds (250 euros) to Sibby Saunders for the Bring and Buy. Once again, our heartfelt thanks to Sibby and her magnificent team for this wonderful effort.

A further cry for help!

Sally Kennedy writes that following the plea for volunteers published in the last newsletter; AC Ibiza y Formentera's situation remains the same. If you cannot help the ACO could you please put the word around that volunteers are desperately needed for all over the island but especially in the San Antonio area. Volunteers are needed who would accompany older people on visits to the doctors and visit those who are more or less housebound. Any amount of time that you can give would be appreciated - just whatever you can and whenever you can is all the ACO asks. If you think that you could be of assistance, please phone Sally on 971 303 106 or 690 144 587.

Also, the ACO is still looking for space to store its stock of 'useful' items (wheelchairs, etc.), about the size of a one-car garage would be more than adequate. Due to a legacy that the ACO has received, it could afford to buy or rent. However, this needs to be sorted out sooner rather than later, so once again, please contact Sally at the above numbers, if you can help.

ACO news

AC Costa Blanca Sur

*The picture above shows some of the Executive Committee -
l to r: Megan Wright, Sue Foster-Atkins, Angela Keay (President), Pat
Curmi, Charles Garratt and Judith Ferris*

AC Ibiza y Formentera's Executive Committee

*l to r: Maureen Allen (who has recently retired but remains an active
volunteer), Tyke Fortier, Julia Moore, Sue Marí, Sally Kennedy (President),
Pauline Jennings and Carol Trafford*

ACO news

AC Mallorca's '**crazy**' afternoon!

Pictured with the singing duo 'Whiskers' (Tom far left and Sandy far right) are from left to right: Ronel Boshoff (President of Age Concern Mallorca), Judy Arnold-Boakes MBE (Co-Patron of Age Concern España) and Maureen Rowland.

Many '**crazy**' people joined Age Concern Mallorca on Saturday, 23 September in what had been billed as 'An Afternoon to Forget'. However, forgetting the afternoon is most unlikely!

The food was wonderful, the music by 'Whiskers', excellent and the '**crazy**' but good-hearted and generous company helped to raise 800 euros, which will greatly assist Age Concern in its endeavor to establish a new Day Centre for the over 50s in Mallorca.

Age Concern Mallorca would like to say a big **THANK YOU** to all who supported the event.

ACO news

Fourth Collection - a big hit for AC Mallorca's Fashion Show

On the third Saturday of October the Age Concern Mallorca **FASHION ROADSHOW** hit town! The 'Fourth Collection' under the direction of Bobbie McCann was a spectacular success from start to finish.

The conference room of the beautiful Hotel Palas Atenea in Palma de Mallorca was transformed into a chic and elegant fashion house - complete with catwalk. Eight models aged between 26 and 70+ showed 93 outfits

covering four categories and ending with glamorous party wear. All the outfits were all shown to specially selected music.

All clothes were sold at the end of the show - and Age Concern Mallorca's funds were substantially increased.

The promotional poster which tempted so many to attend

Many thanks to all who helped with this success – those who donated clothes, those who attended the event and were so generous, the media, the back-stage volunteers on the day, the volunteers who promoted the event and many, many more. Your help ensures that the work of the ACO goes on.

The cat-walk

Photograph Grup Serra

ACO news

Age Concern Mallorca launched its Christmas Hamper Appeal recently to collect non-perishable foods for elderly people across the island of Mallorca.

The Hamper Appeal runs all year round to provide needy older people with basic foods and household items such as cleaning products and even pet food.

Fundraiser for Age Concern Mallorca, Bobbie McCann from Sóller, said, 'We try to get basics to people all year round. Things that you and I might take for granted such as toilet rolls, shampoo and even dog and cat food for their pets, but at Christmas we would like to give add something a little extra like chocolates, a bottle of sherry or even some nice 'smellies'.'

AC Mallorca volunteers at the launch of the Hamper Appeal

There are various ways of getting goods to the Age Concern Mallorca volunteers with drop off points around the island.

For more information contact Jackie Codd at Age Concern Mallorca by phoning 971 23 15 20 or by e-mailing acmallorca@ageconcern-espana.org

'When you are out shopping just pop an extra item in your basket and you will really make a difference to someone who is elderly and alone this Christmas,' said Bobbie.

ACO news

Eileen Dry,
President Age
Concern Estepona
y Manilva, writes that

say is, 'Oh! I never knew there was an Age Concern in Spain'. Business has been fairly brisk and we are in the throws of changing the

heat.

Normally, we would not arrange any social activities during this period, but this year was different.

Three members of our Social Committee, Julie, Jan and Kathleen decided that those people who were brave enough to stay around with temperatures in the mid 30s C (and on occasions 40C) should be compensated. They organized a dinner at the Vines restaurant in Estepona. We ate outside the restaurant in the *plaza* that had a water feature. The food and the company were excellent. Julie, Jan, and Kathleen decided not to hold a raffle but to have a party game called 'Heads and Tails'. This was hilarious, some put their hands on their backsides instead of their heads and vice-a-versa.

Friends and volunteers at The Vines

the Shop closed on 26 July for the summer break. During this time we were able to carry out urgent repairs in one of the rooms. Two of our volunteers, Michael and Peter, volunteered (with a little persuasion!) to dismantle all the shelving. They did a fantastic job; every piece was numbered, so when it came to reinstalling them, they fitted perfectly in their original place.

summer stock over to autumn/winter wear.

Sadly we have lost two of our regular Shop volunteers, Marion Gentle and Joan Green, who both died of cancer.

August was fairly quiet, as a number of people go away during this time to escape the

The shop reopened on 4 September. It was nice to see some familiar faces again and some new ones. Estepona is becoming a tourist area and we get a number of visitors from the UK coming into the Shop. Usually the first thing they

Supporters at the 'La Salsa' evening

ACO news

President, Eileen Dry and Angela Nolan who arranged the event

One happy participant aged eight years (sic) walked away with a prize of 20 euros. The whole evening was a great success and well attended.

To start our autumn/winter social calendar, we were going to hold a barbeque in September. This had to be put on hold, as unfortunately the council banned all barbeques until mid October because of the fire risk. October came and the temperature was still too high, so again we had to cancel. Eventually we decided to forget the whole thing!

Angela, another of our volunteers organized a dinner at La Salsa

restaurant for Saturday, 4 November. This was a very popular event for both Friends and volunteers of Age Concern. Shortly after the date was announced all tickets for the event had been sold. We think the unlimited wine/beer and soft drinks that were included in the price must have been the attraction! Forty-plus people

enjoyed a great evening. We had a choice of three starters, three main courses plus fish as an alternative course. The dessert was a fabulous chocolate mousse, that you could die for(!) and finally

coffee. A raffle was held with 17 prizes. One table appeared to win most of the prizes but probably they bought the most tickets!

Angela has also organized a Christmas Dinner Dance for Saturday, 9 December at Estepona Golf. Last year this event was a sell-out and we are hoping for the same situation this year.

On Thursday, 25 January 2007, Barry Hands has organized a coach trip to IKEA in Seville – our nearest store, the other being in Madrid. A number of people have already booked. We just hope there will be enough room on the coach for all the purchases - we really do not fancy sitting on the coach with flat pack kitchens on our laps!

Ron Read, who was a Squadron Leader in Bomber Command during WWII, presenting a signed copy of his book to Tony Bluett

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for their kind assistance on numerous occasions

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Do you have what it takes to become a Federation volunteer?

The Federation is increasing its number of volunteer caseworkers in Almeria, Cadiz, Castellon, Galicia, Granada, Murcia and Valencia

Prospective volunteers will have:

- **lived in Spain for at least five years**
- **an understanding of Spanish culture**
- **a good knowledge of services in the area in which they live**
- **conversational ability in Spanish**
- **administrative ability**
- **patience!**

For further details and an application form please contact the Head of Casework on 971 65 39 19 or e-mail casework@ageconcern-espana.org

Factsheets

AGE CONCERN ESPAÑA produces numerous Factsheets. These Factsheets are available **FREE** (up to a maximum of **FIVE**) by sending a large self-addressed envelope (23cm x 16.5cm) to Age Concern España, Apartado 7, 07180 Santa Ponsa, Mallorca. A donation to cover the cost of postage, etc. would be appreciated.

1. Tele-Alarm
2. Breast cancer screening
3. Help with incontinence
4. Palma Social Services Centres
5. Mallorca Social Services Centres
6. Menorca Social Services Centres
7. Ibiza Social Services Centres
8. What to do in the event of death
9. Personal check sheet
10. Glaucoma
11. Precautions against falls in the home
12. UK habitual residence test
13. Keeping warm and keeping well
14. Hospital visiting service
15. British War Disability Pension
16. Benefits from UK charities
17. Health care in the European Community
18. Cataracts and eye surgery
19. Clinics and hospitals in the Baleares
20. Spanish 'Telefónica' answer-phone service
21. Health care for cats and dogs
22. Diabetic retinopathy
23. Retiring to Spain
24. Lanzarote Social Services Centres
25. Hospitals and clinics in Lanzarote
26. Social Security Offices in Palma de Mallorca
27. Exportable benefits
28. Nursing care in the Valencian Community
29. Residential care homes for older people in the Valencian Community
30. 'Meals on Wheels' in the Valencian Community

What is a Friend of Age Concern?

Friends of Age Concern are supporters of the aims and work of Age Concern with and for older people in Spain. Their role is defined in the Statutes of a local Age Concern Organisation. Friends of Age Concern do not of necessity take an active part in, and have no responsibility for, the running of an Age Concern Organisation. They are, however, bound by the Statutes of their local Age Concern Organisation and the Law of Associations.

- Friends of Age Concern need not be resident in Spain
- Friends of Age Concern must be individuals of age or entities whose application has been approved by the local Executive Committee
- Friends of Age Concern make an annual donation (there is no minimum or maximum) to support the aims and work of an Age Concern Organisation
- A Friend's entitlement to the facilities provided by an Age Concern Organisation may be terminated for failure to comply with the Statutes, By-Laws, Rules, or for not accepting decisions taken at an Ordinary or Extraordinary Assembly (AGM or EGM)
- Friends of Age Concern may not undertake publicity activity, act as spokespersons for an Age Concern Organisation, or incur financial liabilities on its behalf without express authorisation from the Executive Committee
- Friends of Age Concern enjoy the facilities and may participate in the activities of an Age Concern Organisation, but may NOT attend or take part in a General Assembly (AGM or EGM)
- Friends of Age Concern receive information bulletins or any other publication that may be issued, e.g., the Age Concern NEWS



I/We wish to become a Friend/Friends (delete as appropriate) to support the work of my/our local AGE CONCERN.

PLEASE USE BLOCK LETTERS

SURNAME(S) (Mr/Mrs/Miss/Ms/Title)

FORENAMES(S)

POSTAL ADDRESS (including postal code)

RESIDENTIAL ADDRESS (including postal code)

TELEPHONE NUMBER

FAX NUMBER

E-MAIL ADDRESS

SIGNATURE(S)

Please complete and return to your nearest Age Concern Organisation - details on page 2.



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