

Here is your chance to tell
**Adam
Holloway MP**
what you think about any issue

Please complete the feedback form and return it to address below:

Full Name: _____

Address: _____

Postcode: _____

Telephone: _____

Mobile: _____

e-mail: _____

Please write your comments here,
or on a separate sheet:

If you would like to join an organised tour of the House of Commons please contact me.

Adam needs volunteers to deliver this newsletter. Tick here if you would like to help (just your road).

Adam can be contacted as follows:

Commons: 020 7219 8402

Gravesend: 01474 332097

Email: hollowaya@parliament.uk

By post: Adam Holloway MP
House of Commons
London SW1A 0AA



Adam with residents of St. James Oaks



Adam at an Age Concern Lunch



Adam meeting people in Gravesend town centre

**PLEASE USE
YOUR LOCAL
POST OFFICE
AS MUCH
AS POSSIBLE**

HandyVan - home security service

Trained HandyVan fitters can install security equipment, change locks on doors and windows, and fit smoke alarms and carbon monoxide detectors.

A fleet of 35 HandyVans are based in key areas around the UK and deliver a free service to those who meet the criteria below:

- Applicants are 60 years of age or over.
- Applicants' disposable savings/assets do not exceed £20,000 (not including the value of their home).

Everyone is vulnerable to burglary, and the HandyVan service enables people to feel safer in their homes. Prevention is always the key to a safe, secure home and HandyVan fitters will work to help you ensure that your home is free from the risk of burglary, fitting security equipment such as door chains and viewers, window locks and installing safety features such as smoke and carbon monoxide detectors.

If you would benefit from the HandyVan service, or you know someone who would, then please call the team on 01255 473 999



Chairman Gian Chand Bajar (Left), with family friends

Adam Holloway MP

for Gravesham

Summer 2007 Newsletter

In this newsletter, I have concentrated on information of use to the elderly, family members and carers. God willing, most of us will be pensioners one day.

In this newsletter I would like to honour a 71 year old denied his retirement. We are all too aware that on the 23rd of May Gravesend taxi driver Mr Gian Chand Bajar was murdered in the course of his part time retirement job. Mr Bajar was a family man, born in India, he had made his life and raised his children here. I never met him, but the accounts of him have glowed - he loved Gravesend, was no less than Chairman of the bigger Sikh Temple and on the board of the Welfare Society. The murder was utterly senseless, the ultimate lack of respect for a neighbour. Now Mr Bajar's family are left without him, bearing the grief that could now be in the homes of anyone of our 300 or so taxi drivers - it could have been any one of them. I would like to pay tribute to the Police for the fantastic way they have conducted the investigation so far, and to the taxi drivers themselves who have joined together to minimise the chances of such a disgraceful tragedy ever happening again.

Finally I would like to send the love and sympathy of everyone of goodwill in Gravesham to the Bajar family.

Adam



FIGHTING AGAINST CRIME AND ANTI-SOCIAL BEHAVIOUR IN GRAVESHAM



Adam Holloway MP

Action for Gravesham all year round

Post Office Closures?

Town centre, Meopham and Vigo

For many older people, the traditional Post Office is not just a convenience, it's a lifeline. It's where older people go to do their banking, to pay bills, to buy. For some, visiting the Post Office might be one of their only contacts with other people each week. By taking away Post Offices, older people are being robbed of services and contact they rely on.

The closure of a local Post Office isn't just an inconvenience to older people. They may then have to travel for an hour or more, on public transport, just to buy stamps.

I will do everything in my power to stop Post Office closures - people of Gravesend town centre, Meopham and Vigo recently got together to produce huge petitions in support of theirs: but the bottom line is that we must all try and use them as much as possible, or they will become increasingly vulnerable to closure.

Tribute to Malcolm Borgoyne



Malcolm (right) assisting with one of my 'Meet the MP' sessions in Gravesend.

I would like to pay my respects to Councillor Malcolm Borgoyne who died in April. He was a kind and thoughtful man who worked hard for his constituents in Meopham. I would like to send my sincere condolences to his family, especially his wife Julia.

Volunteering

Whether you are elderly or young, many of you can give practical help by offering your time by volunteering. Please get in touch with Jenny Lane at the Volunteer Centre in Gravesend. Tel: 01474 322729



Kent Fire & Rescue Service

Home Fire Security Check

FREE from Kent Fire and Rescue

Almost all fires in the home can be prevented. To arrange a Home Fire Safety Check and receive a **FREE 10 YEAR SMOKE ALARM**, please telephone: **Freephone 0800 923 7000** or visit **www.kent.fire-uk.org**

Local Council Elections



THANK YOU



GOOD LUCK

Welcome to Samuel Rook



Many of you will know Finnian Rook, our Constituency Director, and I am sure you will want to congratulate Finnian and his wife Liz on the birth of their son Samuel earlier this year.

HELPTHEAGED WE WILL™

Help the Aged offer practical advice and help. I have covered three areas but please log onto to their website at www.helptheaged.org.uk or call the telephone numbers listed below.

Elder abuse occurs when an older man or woman is harmed, mistreated or neglected, often by someone in a position of trust.

Stay warm in winter (I know that we are entering summer now, but this will keep).

Last winter, more than 25,000 older people died as a result of cold-related illnesses. Taking simple measures can help ensure a warm and safe winter. Be prepared for the cold weather by following these simple tips this winter.

1. Eat for warmth – Regular hot meals and hot drinks provide warmth and energy.

2. Keep moving – Any activity, even vacuuming gets circulation going and makes you feel warmer.

3. Dress appropriately – Wrap up warmly, indoors and out, ideally several layers of thin clothing.

4. Keep your home at the right temperature – Hang thermometers in the living room and bedroom and keep temperatures between 21 and 24

degrees centigrade (70 and 75 degrees Fahrenheit).

5. Keep warm at night – Wearing the right clothing to bed is as important as wrapping up outdoors.

6. Insulate your home – Double glazing, loft and cavity wall insulation are all good means of trapping warmth in the home. You could also hang a thick curtain on front and back doors and use draught-proofing strips.

7. Get a flu jab – The flu virus changes every year so get your jab EVERY YEAR.

8. Sleep with your windows closed – Cold air on the head at night has been shown to increase blood pressure.

9. Claim your rightful benefits and grants – Everyone over 60 should claim the Winter Fuel Payment and there are many other benefits and grants to which you may be entitled. Call SeniorLine to find out more on **0800 800 6565** or for **Textphone-minicom 0800 26 96 26**

10. Apply for grants and programmes – There are many free products and services designed specifically for older people, such as the British Gas 'here to HELP' programme. Contact major energy suppliers to find out what they offer.

AGE Concern GRAVESEND
The Day Centre
Clarence Row, Gravesend
Kent DA12 1HJ
Tel : 01474 564898 or 567131
Fax : 01474 564300

ALL OVER 60'S WELCOME

Breakfasts, freshly cooked lunches, tea, coffee and biscuits served in congenial company. Assisted bathing available, ladies hairdressing, chiropody, hard of hearing service, holidays and outings all available at the Day Centre.

Internet Cafe for the over 50's
-Just come in and play!-

Our Community Bathing Service covers the area from Higham to Crockenhill and all the towns and villages in between.

Call for details of our freshly cooked meal delivery service.

Open 9 a.m. to 4 p.m. Monday – Friday

Web Site : www.gravesendageconcern.co.uk
E-mail : support@gravesendageconcern.co.uk

Registered Charity No 246514

This newsletter is paid for by Adam from his IEP



FIGHTING AGAINST CRIME AND ANTI-SOCIAL BEHAVIOUR IN GRAVESHAM

