FORUM
an active voice for older people

June/July 2017

Hay Fever
Working in Later Life
Holiday Home Exchange
Things to Do, Places to Go

Can you help us to Celebrate Age this October?

Get your tickets for the Afternoon Tea Party 1st Aug

twseniors.org.uk
Please take a copy
Free Will Writing Service

Parry Carver Solicitors are supporting Midlands Air Ambulance Charity’s Free Will Writing Service, which is available for those aged 55 and over. Whether you are looking to make your first Will or update an existing one, it’s important that you properly plan your financial affairs to ensure your loved ones are looked after.

Talk to us at Parry Carver today about having your Will written for free, for that extra peace of mind.

PARRY CARVER
SOLICITORS

7 Church Street, Wellington, Telford TF1 1BX
Tel: 01952 641 291
Mon - Fri 8.30am - 5pm
Sat 9am - 12pm

The Forum, Victoria Road, Shifnal TF11 8FE
Tel: 01952 460 777
Mon - Fri 8.30am - 5pm
Sat by appointment

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We can clear your gutters using our high power vacuum system.

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We just need your address and postcode:

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1 Vineyard Road | Wellington | Telford | TF1 1HA
Welcome to the June edition of our magazine.

By the time you read this we will have our new government in place, hopefully you all managed to cast your vote.

On 26th May we welcomed the local candidates and asked them to explain how their party would tackle a range of issues, including the crisis in our health services, social care funding, Brexit, immigration, the pension age for women, the local hospital debate and winter fuel payments. We now wait to see how the new government will address these issues. I’d also like to see how it might support the valuable work of voluntary sector organisations in helping to tackle problems such as loneliness.

In the meantime, we’ll be in Newport on 13th July and our Afternoon Tea Party will take place on 1st August. There’ll be limited places at the Tea Party so don’t leave it too late to buy your tickets. (see pages 4 & 5)

I hope to see you there!

Sue Palmer

The Forum is a small charity supporting people in Telford & Wrekin in middle and later life, helping them to have their say, access information about services, and engage in activities and volunteering opportunities.

To advertise in this magazine please contact us for details of rates. All revenue received helps support the production of this magazine.

Published June 2017
Next Open Forum
Thursday 13th July 2017

Lets Get Legal - a discussion about legal issues which may arise in later life.
Newport Cricket Club, Audley Ave, Newport, TF10 7DP
Free entry, everyone welcome, open to members and non-members

Attention - date change!
Forum AGM 17
19th Sept (not 20th!)
at The Place, Oakengates
Look out for more details in the next edition and on our website at twseniors.org.uk

Need help with transport?
Call Driving Miss Daisy

Driving Miss Daisy offers a safe, friendly and reliable community companion driving service for the elderly, children and anyone who is unable to drive but wishes to remain independent.

Book your Daisy!
0333 014 6211
07458 012 648
Afternoon Tea and Entertainment
Tuesday 1st August 2017, 2.30pm
Park Inn Telford, TF3 4NA

Join us for afternoon tea (sandwiches, scones with jam and butter, selection of cakes, tea and coffee). We’ll be entertained by comedy magician Sean Carpenter and also Side by Side Ukes.

Please use the form below to order your tickets and post with your cheque to the address on page 3

I would like……………………….tickets for the Afternoon Tea Party, 1st Aug

Special dietary requirements………………………………………………………………………………...

I enclose a cheque for .......................................................... (£9.00 per ticket)
(made payable to Senior Citizens Forum)

Please send my tickets to: Mr/Mrs/Ms/Miss (please delete)

Name………………………………………………………………………………..

Address……………………………………………………………………………..

………………………………………………………………………………………

……………………………………...Postcode…………………………………….

Tel no………………………………………………………………………………..
The council over the next 3 years will invest in improving the borough’s roads, pavements, and street lights, including the installation of energy efficient streetlights and road signs, alongside a programme of road lining improvements and repairs to local roads and paths.

The action group has received some feedback on the new energy efficient LED streetlights saying that in some areas they are too bright. The council can adjust them so if you have new lights in your area and they are shining like Blackpool illuminations or are so dull that you can’t see your hand in front of your face, then please inform the council directly or go via your local borough, town or parish councillors.

ETAG does regularly receive complaints about speed humps with members reporting that when riding in a car, bus or ambulance these humps cause discomfort especially for people with back or other health problems.

The council has been asking for views on the installation of traffic calming speed cushions along Wellington Road in Muxton and the group has put in a formal objection and requested that it considers alternative solutions like speed indication signs which have proved successful in other areas.

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How many litres of fuel are bought in the UK?
Here are some facts on fuel usage in the UK from April 2016 to April 2017:

**Diesel:** 21,927 Million Litres (56% of total fuel)
**Low Sulphur Gas Oil:** 3,994 Million Litres (10%)
**Petrol:** 12,239 Million Litres (31%)
**Total:** 38.249 Million Litres (97% of total fuel)  
(Renewable fuels make up the final 3%)

The data supplied here is from the Department for Transport and is a draft copy. The final report will be published in Feb 18.
Making an application for a dropped kerb

We are informed by the council that there are two types of dropped kerb so it’s important to put in the correct application so that they are dealt with by the correct department.

Pedestrian Dropped Kerb
This is where the kerb is lowered to make it easier for people with impaired mobility and users of wheelchairs, pushchairs or trolleys to cross the road at a certain point. Pedestrian dropped kerbs can also be of benefit to partially sighted pedestrians helping them to locate crossing points. The council undertake pedestrian dropped kerb work twice a year working to a very limited budget. When applying for this service in your area please indicate if you have a substantial disability that affects your ability to move on to and off a pavement, for example if you are a wheelchair user. There are some rare cases in exceptional circumstances where the council may consider completing a request outside of the usual work programme.

Vehicular Access Dropped Kerb
This is a dropped kerb to allow vehicle access when crossing a public footpath or verge to gain access to your property from the highway. For applications for either of the above please speak to the council officers or your town or parish councillors to gain more information.

Applications for both can be made at:
www.telford.gov.uk/info/1018/streets_and_roads/467/dropped_kerbs/4 or by calling 01952 384000.

The Senior Citizens Forum is here for all older people and anyone interested in older people’s issues across Telford.

If you are a member of a group and would be interested in a 10/15min talk about the Forum, our services and events, please get in touch.

Our Project Officer, Lynne Carney, will be delighted to visit your group and answer any questions.
tel 07552 975676/07932 828333 email: enquiries@twseniors.org.uk
Technology....don’t be digitally excluded!

Learn with the Forum!

Contact us today for details of computer advice, help and tuition, for all levels from beginners to advanced users, either one to one help or at our free drop in sessions. Call 07552 975676 or 07932 828333.

Drop in sessions (free):
Hartshorne Court, Burton Street, Dawley, Wed, 10am - 12noon
Newport Cottage Care Centre, Upper Bar, Wed, 12noon - 1pm
Oliver Court, Ladycroft, Wellington, Wed, 2pm - 4pm

Telford and Wrekin Libraries offer:

**One-to-one IT help** with volunteers at Southwater, Wellington, Newport and Madeley libraries. Ask at your local library for more details.

**Courses:** Check What’s On to find details of the one-off beginner sessions we run in Southwater, Wellington, Newport and Madeley Libraries as well as the free First Click courses - a two week basic introduction to using a computer for complete beginners. [www.telford.gov.uk/info/1012/libraries/1227/whats_on_in_libraries](http://www.telford.gov.uk/info/1012/libraries/1227/whats_on_in_libraries)

**Online computer courses:** The four main libraries are UK Online Centres offering free access via the Learn My Way website to lots of useful short courses which you can follow at your own pace. [www.learnmyway.com](http://www.learnmyway.com) Ask library staff for more information about how to make it easy to improve your IT skills or tel Tel 382915.

**Some other useful websites:**
www.digitalunite.com
www.bbc.co.uk/webwise/0
www.gcflearnfree.org/subjects/technology
www.gransnet.com/life-and-style/technology
382915
It’s a what?!......a funny look at computer jargon

LOG ON - Add another one to the stove.
LOG OFF - Too hot, take one off.
DOWNLOAD - Getting the firewood off the delivery lorry.
HARD DRIVE - Getting home late at night.
WINDOW - What to shut when it's cold outside.
BYTE - What the mosquitoes do.
BIT - What the mosquito did.
MEGABYTE - What the BIG mosquito did!
CHIP - a bag of those with your fish.
MICROCHIP - The scraps in the bottom of the bag.
DOT MATRIX - Old Dan Matrix's wife.
WEB - What a spider makes.
WEBSITE - What's found in the corners of high ceilings.
CURSOR - Someone who swears.
USER - The neighbour who keeps borrowing stuff.
HARDWARE - any computer item that can be picked up and thrown out of the window!
NETWORK - Mending holes in the fishing net.
INTERNET - Complicated fishing net repair method.
NETSCAPE - What haddock do when you don't do your network.
ONLINE - Good sign there'll be clean clothes this week.
OFFLINE - The clothes pegs let go and the laundry falls off.
BACKUP - What you do when you run into a lion in the woods.
BAR CODE – The rules down at the local pub.
CACHE - Needed if you don’t have a credit card.
HACKER - Uncle Fred after 32 years of smoking.
MEGAHERTZ - How your head feels after 17 beers.
MODEM - What you did when the grass and weeds got too tall.
Get Up & Get Going!

Getting more active was the theme for our May 17th Forum at Meeting Point House, where members had the opportunity to have a go at some seated exercises, simple yoga techniques and some more energetic line dancing.

Our providers were:

Seated Exercises: Sarah Gamble-Warner, 07821 739943
Yoga, Michele Burton, www.allgenerationsyoga.co.uk  tel 07970 731174
Line Dancing: Steve Rutter, Nuline Dance, 01939 236773

Information stalls were provided by the following:
Walkabout Wrekin, tel 07512 123995
T&W Council Culture & Wellbeing, tel 382620
Wrekin Retirement Living Fishing Club, tel 07468 580535
Healthy Lifestyle Team, tel 382582
Driving Miss Daisy, tel 0333 014 6211

A comprehensive directory of clubs and classes in the Telford & Wrekin area, can be found on our website at www.twseniors.org.uk/clubs-classes
If you would like a printed copy or some help locating a local club or class, please call 07932 828333.
Get Active

Walking Football

Coming Soon! NEW sessions For men and ladies aged 30+ who are currently inactive

- Same rules as the normal game of football just played at a slower pace...
- NO running or sprinting allowed
- Ideal for those with lower activity levels or with low risk medical conditions

Starting: Wednesday June 14th
Wednesday: 10-11am (Men)
Thursday: 10-11am (Ladies)
Venue: AFC Telford United, Bucks Head Watling Street, Wellington, TF1 2TU

Get active, make new friends and have fun, £2 per session, 1st session free

To register or for more information contact Sid on 01952 382620, mobile 07896420362 or email: sid.harris@telford.gov.uk
Health Champions are local community volunteers who care about the health and well-being of those around them.

Health Champions help others to enjoy healthier lives by raising awareness of health and healthy choices, sharing healthy messages, removing barriers and creating supportive networks.

They are able to motivate people to get involved in healthy social activities and signpost people to relevant support and services.

We are recruiting!

Are you...

Passionate about the health of yourself, your family/friends and community?

Ready to make a difference by helping others?

Wanting to progress to new opportunities and be more involved in your local community?

...If so, contact us about becoming a Health Champion today!

e: healthchampions@telford.gov.uk
with your name, address and contact number
or t: 01952 385114

Health Champions will be fully trained and supported in their role and will gain a recognised accredited qualification with the Royal Society of Public Health.
Hotbuckle Productions present:

Far from the Madding Crowd

Blists Hill Victorian Town
Father’s Day, Sunday 18th June

Hotbuckle Productions will be coming to Blists Hill Victorian Town, on Father’s Day, Sunday, 18th June with their own inspired adaptation of Thomas Hardy’s classic novel, Far from the Madding Crowd, telling the story with humour and emotion.

Shropshire-based professional theatre company, Hotbuckle Productions, produce new writing and original work but are best known for adaptations of traditional and classic works of literature. Well known for their innovative storytelling abilities, their style is distinctive with fast costume changes and great humour, striving to make every story as accessible as possible.

Come along when the gates open at 5pm and admire the historic streets as you walk through the Town to The Green, where the performance will take place at 6pm. (Suitable for all the family, but recommended for those aged eight years and over.) Bring rugs to sit on the grass and your own picnic; there is a refreshment stall that sells tea, coffee and ice creams.

Tickets for the performance are £12 for adults and £6 for children and students, while the price for a family of four including dad is £24. Fathers go free when accompanied by a full paying adult.

Tickets must be purchased in advance either online at: www.ticketsource.co.uk/date/331031 or by calling the box office on 01743 860 576 (booking fee applies).
There are many advantages to working after state pension age. Apart from topping up your income, it may also help to keep you mentally and physically active. There's no official retirement age and you can’t be forced to retire. There are benefits to your employer too as many value the skills, experience and reliability of older workers.

Advantages of working

For many people, money – or lack of it - is a major reason for choosing to continue working, but it’s not the only motivation.

If you're still fit, enjoy your role and want to carry on, benefits for your wellbeing include:
- mental stimulation
- a structure to your days
- social contact and friendship
- status and identity
- a sense of purpose

What about your pension?

Once you reach state pension age, you have three options. You could:
- stop working and get your state pension
- continue to work and get your state pension as well
- carry on working and delay claiming your state pension.

Deferring a private pension may not be so beneficial. You should get independent financial advice before making any decisions about what to do with your pension pot and the Society of Later Life Advisers can help you find the right adviser. You'll need to speak to your employer if you have an occupational pension to find out if you can delay taking it and how this might affect what you get.

Tax and National Insurance

You may have to pay income tax depending on how much you earn, and on the whole of your earnings if you’ve used your tax allowance against an existing pension, however you don’t have to pay National Insurance contributions any more once you reach state pension age.

Working – your options

If you don’t want to work full-time, flexible working includes options such as:
- working part-time
- job sharing – you share your job with a colleague and split the hours between you
- working on a casual ‘as needed’ basis
- working from home
- working for yourself

Working in later life is it for you?
Returning to work

If you’ve been out of work for some time, the National Career Service can advise you. Your local Jobcentre Plus may also provide support such as CV advice and help to prepare for job interviews. You may want to take a course or update your computer skills. If money isn’t a concern, you could also consider volunteering to gain more skills and experience.

If you’re thinking of setting up your own business, there is lots of advice, support and training available, including some government-backed schemes.

Finding work

There are various ways of finding vacancies and using the internet can be very effective. You could try:

- online job search websites
- company websites
- local and national newspapers
- recruitment agencies

When you apply for jobs, you don’t have to say how old you are and employers are not allowed to discriminate on the grounds of age.

(Based on an article published by Independent Age)

Useful Resources

**Pensions** - www.pensionwise.gov.uk - tel 0800 138 3944
www.pensionsadvisoryservice.org.uk - tel 0300 123 1047
www.societyoflaterlifeadvisers.co.uk - tel 0333 2020 454

**For free tax advice** - www.taxvol.org.uk - tel 01308 488066

**Advice for small businesses** - www.nationalenterprisenetwork.org tel 01908 605130

**Learning** - www.learndirect.com - tel 0800 101 901
Telford Skills Delivery Team - 01952 382888
Computer Learning - see page 8

**Job Centres** - Telford Centre and Madeley - tel 0845 604 3719
www.nationalcareersservice.direct.gov.uk - tel 0800 100 900

**Volunteering** - www.twseniors.org.uk/volunteering/
www.discovertelford.co.uk/get-involved

**Jobs** - www.jobs.shropshirestar.com
The new £1 coin came into circulation at the end of March, signalling the beginning of the end for the round pound, which will be completely phased out by 15th October.

The new design is meant to be harder for criminals to fake and is billed as the “most secure coin in the world”. About 45 million £1 coins, or 3% of those in circulation, are apparently counterfeit. Royal Mint, which produces the coins in its Llantrisant factory in Wales, says the new £1 features a secret “patented high security feature” to prevent copycats. Distinctive features – including grooves on the coin and tiny lettering – are meant to make it easier for shopkeepers and bank tellers to recognise a genuine coin.

Shoppers have been able to use both old and new coins since 28th March. You have until 15th October to spend the old £1 coins. After this date they cease to be legal tender but you will still be able to return old coins to the bank and exchange them after this date. So, get raiding those piggy banks and search down sofas and in coat pockets to make sure you’ve used all your old coins before 15th October.

Vending machines, car park machines and toilet turnstiles will all have to be adapted to accept the new coins and reject old ones. Supermarkets will hopefully by now have ensured self-checkout machines accept old and new coins and they will reject the old ones when they go out of circulation in October. Some other machines might be slower to adapt.

If you have a key ring token the same size as a £1 coin that fits in to supermarket trolleys, you may still be able to use it after October. The bigger supermarkets say their trolleys will accept both the new and old £1 coin, as well as the tokens.

It does not seem long ago that the paper pound note was phased out in 1984. We now we have a plastic fiver and the new tenner will be in circulation in September 2017.

Some of us are still getting used to the “new money” introduced with decimalisation in 1971!

What a lot has changed since then!

(Based on an article in Mature Times, April 17)
'Old Money’ Quiz

It took us a while to get used to the new money when decimalisation was introduced. Now after all this time, see how well you can remember the ‘old money’ by having a go at the quiz below.

1. How much was half a crown in shillings and pence?
2. How many farthings to a penny?
3. How many shillings in a pound?
4. What was the smallest denomination note?
5. How much was a guinea in pounds and shillings?
6. How much was a florin worth and what was it more commonly known as in later years?
7. What was the common name for a sixpence piece?
8. How much was a loaf of bread in 1960?
9. What was the last year old money was minted?
10. What year did decimalisation take place?

Answers on page 26

Money Trivia

Two 1p coins weigh the same as one 2p, two 5p coins weigh the same as one 10p coin.

The pound is the oldest currency still in use.

Originally, 240 silver pennies weighed one pound. Which is how the currency got its name, with a “pound sterling” literally being worth the same as a pound of sterling silver. Silver was the legal basis of the pound for hundreds of years.

The ridges on the edges of coins are thanks to Isaac Newton, who spent 30 years as warden of the Royal Mint. He recalled all plain edged coins in circulation and re-issued them with milled edges to stop people shaving bits off to make new ones.

Bronze coins are no longer made of bronze. That means you can tell how old a 1p is by seeing if you can pick it up with a magnet (coins made after 1992 are made of steel and just plated with copper, so are magnetic, older ones are made of bronze so can’t be picked up with a magnet).
Celebrating Age will be a week-long festival celebrating the wide range of activities and achievements available to older people across Telford and Wrekin.

From painting to creative writing, from walking football to communal singing – Celebrating Age will offer a full programme of events, workshops and taster sessions, taking place at a range of venues throughout the borough.

This will include a focus event at Oakengates Theatre on Monday 2nd October with exhibitions of older people’s art work, performances by older people’s groups and opportunities to try a wide range of arts and crafts.

If you are part of an arts or activity group and would like to get involved in Celebrating Age, get in touch now. We are still looking for groups to offer events or taster sessions for older people to take part in with during the Festival.

If you would like to know more go to our website www.celebratingage.org or contact either Lynne Carney at the Senior Citizens Forum on 07552 975676 or email lynnecarney@twseniors.org.uk or Diane Douglas at Age UK STW on 01952 201803 or email diane.douglas@ageukstw.org.uk

This Festival is being coordinated through a partnership between Telford and Wrekin Senior Citizens Forum, Age UK Shropshire, Telford and Wrekin, Telford and Wrekin Council and Wrekin Housing Trust.
Ironbridge & Severn Gorge Lions

Lions club reports ‘shocking’ results of Madeley prostate cancer screening event.

Results of a prostate cancer screening event that took place in Madeley last month have revealed a staggering 15 percent of the men tested for the ‘silent killer’ disease need further investigation.

60 of the 412 men who were tested showed abnormal PSA results, with 39 of those being flagged for urgent referral. The upper acceptable PSA level in prostate cancer tests is 5. One man who was tested at Madeley had a reading of over 1700!

The event, which was staged by Ironbridge and Severn Gorge Lions with assistance from Ironbridge Rotary Club, originally aimed to cater for 200 screenings. However, due to the high level of enquiries received from the run-up publicity, Lions President John Marsh made a last minute decision to order an additional 250 testing kits.

The screening event was the brainchild of Lions Past President, Mavis Dereham, who during her year of office learned about the frightening numbers of men being diagnosed with prostate cancer and the lack of a national screening programme.

After gaining the support of retired Consultant Urological Surgeon, Mr David Baxter-Smith, who gave his time free of charge to organise the tests and oversee the event, Ironbridge Lions worked for almost twelve months to raise the money to purchase the testing kits which cost £15 each.

We are seeking Volunteers to join our teams at Cancer Research UK Shropshire, Staffs and West Midlands and surrounding stores.

Hours to suit, pop in and have a natter and a coffee.
Please call for further information - Jackie on (01902) 714094
Why am I now suffering from hay fever - I’ve never suffered before!

At first, you may put your symptoms down to a summer cold that just goes on and on, never occurring to you that you could have developed hay fever in midlife. Surely allergies are set in our childhood? However a growing number of middle-aged Britons are now developing hay fever.

Indeed, experts from the charity Allergy UK are warning that the rise in numbers of “new” older sufferers is so explosive, by 2030 more than 30 million Britons could be suffering allergy symptoms.

Why have I been hit by hay fever in mid-life?

No one is born with allergies – you develop an allergy when you are exposed to an allergen and then develop a response. Pollen isn’t new, but your ability to tolerate it will have changed.

Are you less likely to get symptoms in a city?

“Built-up areas can still be problematic,” says Allergy UK. “Cityscapes are planted with trees and grasses that have high pollen, which can also be transferred into urban areas by the wind.” Traffic fumes have also been blamed as allergens and pollution work together, and the general population shift, from rural to urban communities, has also been associated with an increase in allergies.
When should we worry?

The main release for tree pollen is from late March to mid-May; for grass pollen (which affects 95 per cent of all hay fever sufferers) from mid-May to July; for weed pollen, it’s from the end of June to September.

Is the pollen count on the increase?

Definitely, says Allergy UK. “We have proof of that it’s not just daily averages that have risen, but also in the number of days when pollen exceeds a certain limit.” So it may be that for many people, previous levels of pollen were too low to trigger a response.

What medication works?

Mild allergies can be controlled with standard over the counter antihistamines. If your hay fever is only sporadic, such as when the pollen count is particularly high, a cheap, one-a-day remedy is a good option for short-term relief.

For those who need to take something for the duration of the hay fever season, a stronger, non-drowsy antihistamine can be effective. For longer-term, daily allergy symptoms, you’ll do better with a battalion of pills, nasal steroids and eye drops, which can all be bought over the counter and will help to decrease discomfort.

THE MIDNIGHT FLOWER PRESS

Friday 14th - Sunday 16th July (7.30 pm Fri & Sat, 2.30pm Sat & Sun)
Belfrey Youth Theatre

The Midnight Flower Press is a musical set amidst the dangerous and cruel working conditions for children in pre-Victorian Britain. Flora works in a cotton mill. Her father has died and Flora and her siblings are trying to care for their sick mother and earn enough to keep the family going.

However Flora has her father’s flower press and, together with her friends, dreams of selling their pressed flower pictures and getting out of the factory for good.

Conditions and treatment in the factories are cruel though and soon it becomes clear that these young people will need to stand up for themselves in order to change things……and Flora realises her Flower Press could be used to print leaflets…..

Directed by the Senior Citizens Forum’s own Lynne Carney, and with devised choreography, lively chorus songs and beautiful and haunting solos, The Midnight Flower Press promises to be another triumph for this talented youth theatre.

Tickets £8 (£6 concessions)

To book go to www.belfreytheatretickets.ticketsource.co.uk or ring 01952 222277
TLC Choir

Sing 4 Health and Raise Money for animals!

NO AUDITIONS!
And no need to read sheet music as all songs will be taught by ear in a friendly and relaxed environment. Where possible we will give you sheet music or lyrics. We also can provide large print lyrics for the visually impaired. Cover songs include Pop, Rock, Motown, Jazz, and Musicals...!

Why not come and try a no obligation appetizer?
If you want to improve your breathing, health, love singing, and enjoy meeting new friends, while raising money for a good cause animal charity, then this new TLC choir is exactly what you’re looking for!

What should you expect?
We are looking for both men and women to join us. You will have loads of fun learning new interpretations of songs. We also have two large spacious rooms where you can put your feet up if all the excitement gets too much! Each session includes: gentle relaxation and general well-being. You will have fabulous performances because: We sing! We Laugh! We Socialise! We perform!

Get your toes tapping, fingers clicking, faces laughing ... all good for the heart and soul!
We meet every Thursday. 7:00pm until 8:45pm at Leegomery, Community Centre. Leegate Avenue. Telford.

For more information email:
born_2sing@hotmail.co.uk
tel Mr Watson 07507 486532
art exhibition at Wellington Methodist Church

The Art Group at Wellington Methodist Church is once again planning to hold an Art Exhibition of work created by their group members, and as in previous years, it is also open for local artists to exhibit their work. The exhibition will be held at the Church on Friday 7th and Saturday 8th July, 10am till 4pm each day.

If you’re interested in exhibiting work please call Barbara Murray for an Entry Form on 07592 881108 (last date for entry forms to be submitted – 16th June, artwork to be delivered to the Church 4th/5th July).

Refreshments will be served at the exhibition on both days and there will be the usual coffee morning on Saturday morning. Do come along to see the display, entrance is free.

Liz Doody, Art Tutor
Wellington Methodist Church Art Group
Tel 07970 709116

Fancy a go at bowling?

Keep fit and have fun joining in with a group of seniors meeting every week.

Short Mat Bowls - Monday & Tuesday,
1.45pm - 3.30pm, at Randlay Community Centre, Randlay Avenue, TF3 2LH.

10 pin bowls - Thursday morning,
10am - 12noon, at Tenpin, Telford , St Quentin’s Gate, TF3 4EJ.

Contact June on 01952 598704 for more details.
Hadley and Leegomery Friendship Group is a new group formed as part of the Older People’s Community Engagement Project delivered by the Royal Voluntary Service and the People’s Health Trust.

Come and join the group every second Wednesday of the month to get together and meet new friends. It’ll be welcoming, fun, creative, supportive, with tea, coffee and cake.

If you would like to come but find getting there difficult, or maybe because it feels daunting to come alone, please call Alex on the number below for a chat.

Contact Alex on: 07834 753 092

12th July - Meet and Greet
The group will come together with Ketley Good Companions at Ketley Community Centre, Holyhead Road, Ketley, TF1 5AN

Meetings at 1.30-3.30pm on the 2nd Wednesday of every month
50 plus and like to travel? Want to swap homes with like-minded people?

House swapping and exchange can be a great way to travel the world at a reasonable cost and often suits retired people who have flexibility with their time. Although there are several websites offering holiday home swaps, Home Exchange 50plus caters for the older traveller.

House swaps can take place anywhere, so you might swap your country cottage for a city apartment, a property by the golf course or a luxury beachside villa. Properties are available all over the world; the most popular destinations include the UK, Australia, Canada, France, Ireland, Italy, Spain, New Zealand and the USA.

A house swap happens by the exchange of a main residence or a holiday home with another home owner for a pre-agreed holiday period, allowing both to enjoying an inexpensive holiday. As well as the house itself, cars, boats, motorhomes, bikes and other sporting gear and even pets can be included in the exchange if agreed!

Not surprisingly, we seniors are becoming great fans of home exchanging. We tend to be more flexible on dates with more free time available; we don't normally have to worry about school holidays as we are often empty nesters. Enjoy a short city break, explore a country on a two-week holiday, play golf on some beautiful courses or take a long-term sabbatical vacation - all at a fraction of the normal cost.

Home and Hospitality Exchange is not a new idea but more and more of us, from all walks of life, are now swapping our homes for holidays. It is the holiday alternative for the over 50's and a great way to see the world.

Whatever your home is, be it a luxury beachside villa, a city apartment, a simple country retreat or a house in the suburbs, you can list it on the website. Swap your home or holiday house with other like minded seniors for a vacation in your own country or worldwide.

www.homeexchange50plus.com/index.php or tel 07808 840149

"We are enjoying a home exchange at the moment, we are currently staying in Weston super mare and our exchange partners are in our home in Perth. We have enjoyed being members of your exchange site and are hoping for many years of exchanges with our fellow travellers”.

Are you a member of a Rotary club? Home Exchange 50plus has partnered with the Rotarian Home Exchange Fellowship to enable Rotarians worldwide to swap homes with fellow Rotarians.
Pentagon Arithmagons

The aim of an arithmagon is to work out which numbers go in the empty circles. The numbers in the square boxes are made by adding together the numbers in the circles either side. For example, if the number in the square box was 10 you could try 6 and 4, but the numbers must also add up on the other edges, making this more difficult than it first appears.

Answers to the ‘Old Money’ Quiz on page 17

1. 2 shillings and 6 pence
2. 4
3. 12
4. 10 shillings
5. 1 pound and 1 shilling
6. 2 shillings, two bob bit
7. Tanner
8. 1 shilling
9. 1967
10. 1971

Solutions to Pyramid Addition puzzles in the the last edition.

Coloured pyramid

top block = 65

Grey pyramid

top block = 154
Join us today!

To become a member of the Senior Citizens Forum, either:
- complete the form on the back page & post it to the address on page 3
- phone 07932 828333/07552 975676
- email enquiries@twseniors.org.uk
- follow the link 'Contact Us’ on our website www.twseniors.org.uk

Membership is free and open to people resident in the area, in middle and later life, or anybody with a particular interest in older people’s issues.

Visit our website for news and information on local services and events: www.twseniors.org.uk
Find us on Facebook and Twitter (follow links from website)

The Forum Leisure Directory

The Forum Leisure Directory can be found at www.twseniors.org.uk/clubs-classes
If you are not a computer user but would like to view the directory, which lists societies, clubs, classes and activities in the area, we can post out a copy for a small charge to cover the cost of printing & postage. Please send a cheque for £3.00, made payable to the Senior Citizens Forum, to the address on page 3 and make sure you include your name and address.
If you would like to receive a list covering one category eg Arts & Crafts, or just one area of the town, we can post this out free of charge. Please tel 07532 828333 to enquire.

WE ARE A CHARITY! (Registration no 1153586)

The Senior Citizens Forum is a registered charity and has no regular income. Don’t forget that you can help – if you get the opportunity to nominate a charity for funds please do think of us; or if you would like to make a donation, it would be much appreciated. Cheques, made payable to the Senior Citizens Forum, can be sent to our freepost address on page 3.

If you are an organisation and would like a number of copies of this newsletter and future editions to be delivered to you, please let us know.
JOIN THE FORUM NOW!
Would you like to receive this free magazine through the post every two months by becoming a member? (Open to anyone in middle and later life). Please fill in this application form and return to the address below. Alternatively you can email your details to enquiries@twseniors.org.uk, call us on 07932 828333, or contact us via our website at www.twseniors.org.uk

SENIOR CITIZENS FORUM MEMBERSHIP APPLICATION

Mr/Mrs/Ms/Miss Name:........................................................................................................

Address:............................................................................................................................

........................................................................................................................................

Postcode:................................Tel no:.................................................................

Email:.............................................................................................................................

I wish/do not wish to receive emails from the forum  (Please delete)

I would like to receive the newsletter through the post/via email  (Please delete)

I would like/not like to give some time as a volunteer  (Please delete)

Please state where you picked up your copy of this magazine

........................................................................................................................................

These two items are used for statistical purposes only, you do not have to answer them if you do not wish to.

Date of Birth................................Ethnic Origin......................................................

Please return by post to the address shown on page 3