

# Senior Citizens Forum Newsletter August 2018

## Message from the Chairperson, Celia Steventon

Well, what an incredible summer we have had so far? (I am writing this in July so I hope it has not gone downhill since then!)

In July we helped Telford celebrate its 50 years with an event about Pastimes in Telford. Despite the heat wave, everyone commented positively on the films shows, old photographs and the excellent lunch. Thank you, Anne-Marie, for all your help with the 60's themed lunch, complete with pineapple and cheese on sticks, black forest gateaux and Angel Delight, I had forgotten what Angel Delight tasted like!!

We are now gearing up for the next Celebrating Age Festival. The programme booklets will be sent out to you in early September. Please spread the word and why not try out a new activity? To round off the festival week Wellington Orbit are putting on a special film evening (see page 5).

Our Annual General Meeting will be held on October 22nd at The Wakes, Oakengates. (please see pages 22 & 23, plus a nomination form on page 25, as we'd very much like to welcome some new board members). We hope to make this an enjoyable and interesting event with a light buffet lunch, so make a note in your diary.

## Events

### Celebrating Age Festival

Monday 8th - Saturday 13th October, see opposite page

Look for details of the following events in our next edition

### October Forum & AGM - Monday 22nd October

Christmas Lunch Events - 3rd & 4th December 2018, tickets on sale in next newsletter.

## Future Fit

With the Future Fit Consultation process now in full swing, our own consultation event took place on Thursday 26th July at the Whitehouse Hotel. If you weren't able to join us at our event and have not yet taken the opportunity to complete the survey to give your views on the hospital proposals, you can do so at [www.nhsfuturefit.org](http://www.nhsfuturefit.org), or by requesting the documents by post by calling 0300 300 0900.

The consultation deadline date has been extended to allow time for responses to be submitted following the extra public events that have been added, including one taking place in Telford on 29th August at the Park Lane Centre, Park Lane, Woodside, Telford TF8 5QZ, (drop in between 4pm and 7pm).

The consultation will close at midnight on 11th September 2018.

You can contact the Future Fit Programme Team as follows:

Email: [nhsfuturefit@nhs.net](mailto:nhsfuturefit@nhs.net)

Twitter: @NHSFutureFit

Facebook: [www.facebook.com/nhsff](http://www.facebook.com/nhsff)

Telephone: 0300 300 0900 (24 hour answering service to take your requests for the consultation documents to be sent to you by post)

Freepost: FREEPOST NHS FF CONSULTATION

## Celebrating Age 2018

### Festival Launch Day

Monday 1st October, 10am - 2pm, The Place, Oakengates

Lots and lots of activities to try out, creative, keep fit, hobbies, music - in fact, even more than last year and something for everyone. Come along and enjoy a great day of fun, get together, music and refreshments, including a light buffet lunch.

### Festival Week - Mon 8th - Sat 13th October

Look out for the festival programme listing over 100 activities across Telford & Wrekin for you to try. The programme will be available in early September.

Sat 13th October - a special festival film screening by Wellington Orbit, Finding Your Feet.

Belmont Hall, Wellington, TF1 1LU, 7.30pm, doors open at 7pm

Tickets are available at [www.wellingtonorbit.co.uk](http://www.wellingtonorbit.co.uk) or at Wellington Orbit's stall in Wellington Market every Saturday from 9am until midday, £5 per ticket.

### Finding the Courage to Try New Things

Does fear stop you from trying new things? Do you hesitate to join a group, take up a new activity or meet new people because you worry about how you will do? Will I be good enough? Will everyone else do better than me? Will anybody talk to me?

This is a fear of the unknown, anxiety about walking into a room full of strangers and being the 'newbie'. If we had a guarantee that things would turn out well, we likely would be more willing to go ahead with a new experience. However, if the fear stops us from doing new things, we begin to stagnate, becoming stuck in old familiar ways of being and doing things.

It affects us at any age, but more so if we've become used to not doing much not or getting out very much. People who remain active and open to new learning and experiences however, do seem to stay younger.

Celebrating Age is offering people the opportunity to 'take the leap', and to have a 'taster' session, before committing to a regular activity. See if you can find a friend to join you, but if not, the activity providers will be expecting new people during the festival week and will offer a warm welcome.

“Statistically, after men have retired they have a tendency to become isolated. Working on practical projects with a group of similar-minded men can help to combat this, and to make new friends.”

- Newport Men’s Shed

## Small connections make a BIG difference!

### Telford Health Champions & Community Connectors

Getting out and meeting new people can be a challenge for us all. If you would like to attend one of the Celebrating Age Festival sessions, feel you need help to make the first step then we can help!

Our volunteers are able to meet you at an agreed venue and accompany you to an activity or group, offering support until you feel comfortable.

If you or someone you know would like support from a volunteer, please contact Kerry Davies on

01952 385114 or email: [kerry.davies@telford.gov.uk](mailto:kerry.davies@telford.gov.uk)

Special 15% discount offered by Driving Miss Daisy for transport to the Celebrating Age events. Booking must be made directly with Driving Miss Daisy, tel 03330146211 or 07458 012648. Availability cannot be guaranteed.

### Pastimes in Telford

On July 4th we celebrated 50 years of Telford, focussing on ‘Pastimes’ and reminiscing about the places we spent our free time - parks, leisure centres, pubs, clubs and special events.

We would very much like to thank Steve Bowers who gave his time to share his videos of Telford from 1968 to the present day.

If you enjoyed seeing Steve’s videos or if you weren’t able to attend the event, you can view them on his YouTube channel. Go to [www.youtube.com](http://www.youtube.com) and search Telford The Ultimate Guide.

### Become a Community History Volunteer

Join a friendly team of volunteers who cover two drop-in advice sessions a week on a rota basis. Volunteers work in pairs to help customers with local history enquiries, those who are starting on their family trees or need a little help, plus opportunities to be involved with helping at the annual community history day and promoting community history projects.

Enquire at Wellington Library or through [www.discovertelford.co.uk/get-involved/volunteering](http://www.discovertelford.co.uk/get-involved/volunteering)

### Environment & Transport Action Group by Dave Wright, Chair of ETAG

In the last issue we highlighted the Future Fit Travel Advisory group and the work they were doing on travel to and from hospitals. Several members have asked the question about visiting patients on a

Sunday in Shrewsbury as there are no buses running between the two towns. This was put to the panel at the initial meeting and we are awaiting the consultant's reply which we believe is due very shortly.

## Train Delays and Cancellations

This time we are looking at our rights when it comes to train delays and cancellations. It's inevitable that if you travel by train you are likely to at times be subject to delays but almost two-thirds of passengers don't claim their due compensation.

### Deciding not to travel

If, after you've bought your ticket, you find your journey is going to be delayed (by any amount of time) or cancelled, you can ask for a full refund if you decide not to travel. Head to a ticket office, call the train company or fill out a form online.

### Delays

If the train you're booked on is delayed you should be able to get a later one or take a different route, though it's important to check with the train company or station staff if you're unsure, particularly if the alternative route is run by a different company.

### What if I miss a connection because my train's delayed?

You can either wait and get the next available train with your ticket or, if you take alternative transport, you can get a refund for the unused part of the journey. If the train company operates 'Delay Repay' - it doesn't matter why your train was delayed and you're entitled to 50% of your ticket price if you reach your destination between 30 minutes and an hour late and a full refund if more than 1 hour late.

Some train companies operate 'Delay Repay 15', in which case you're entitled to 25% of your ticket price if you get to your destination between 15 and 29 minutes late. If your train company doesn't offer these schemes you can still get compensation under the 'National Rail Conditions of Carriage'. You won't get as much and nothing if the delay wasn't the train company's fault - for example delayed due to bad weather, however you may be covered for this by your travel insurance.

### How to Claim

You can claim compensation by visiting the train company's website - you'll probably need to upload a picture of your ticket. You can claim by letter if you prefer. You'll need to provide details of your journey and send your original tickets. It's a good idea to make copies of them in case your letter goes missing - a digital photograph or scan will do.

So the most important factor is - keep hold of your ticket. When you leave the station, rather than allowing the machine to 'suck' up your ticket, talk to the person by the barriers and explain that you need to retain it.

You should receive a refund within a month. A lot of companies offer vouchers to use on future train journeys, but you can insist on a cash refund if you prefer. You should try to claim within 28 days, but some train companies allow longer.

If you're not happy with the response from your train company you can submit a formal complaint or take it to Transport Focus at [www.transportfocus.org.uk](http://www.transportfocus.org.uk)

## Using Technology for Healthcare Services

### Ask NHS App

You can use the free Ask NHS app which has a symptom checker and can signpost you to the most appropriate service according to your symptoms.

The new ASK NHS app has been designed to provide improved access to NHS 111 and other local NHS services. Advice is delivered by the virtual clinician 'Olivia' and she takes you through the steps of the symptom checker which can result in the booking of a GP appointment, access to NHS choices, a call back from a clinical expert or access to self-care.

You can download the Ask NHS app via Google Play (for Android phones) or Apple App Store (for iPhones).

### Emergency SMS

The emergencySMS (phone texting) service is available for anyone who finds making a voice call difficult. It lets people who have communication difficulties, are deaf, hard of hearing or speech impaired, send a SMS text message to the UK 999 service where it will be passed to the police, ambulance, fire rescue, or coastguard.

You will need to register your mobile phone before using the emergencySMS service. To register:

Send the word 'register' in a text message to 999

You will then receive SMS messages about the service

When you have read these SMS messages reply by sending 'yes' in an SMS message to 999

You will receive a SMS message telling you that your mobile phone is registered or if there is a problem with your registration

This may be useful to a great many people, including those who may want to make a 999 call without being seen to do so. For more information visit [www.emergencysms.org.uk](http://www.emergencysms.org.uk)

### Forum Computer drop in sessions (free)

Hartshorne Court, Burton Street, Dawley, TF4 2BY, Wed, 10am - 12noon

Newport Cottage Care Centre, Upper Bar, TF10 7EH, Wed, 12noon - 1pm

Oliver Court, Ladycroft, Wellington, TF1 3BU, Wed, 2pm - 4pm

The Hub on the Hill, Southgate, Sutton Hill, TF7 4HG, Mon, 2pm - 4pm

We offer help to absolute beginners through to experienced users, with one to one tuition using our computers or your own, whether a laptop, tablet or smartphone. We provide problem solving, online safety advice, computer clean up, and much more.

Wellington Orbit in conjunction with Flatpack Festival present:

**Buster Keaton in 'THE CAMERAMAN' – 1928** with LIVE PIANO ACCOMPANIMENT

with Meg Morley at All Saints Church, Church Street, Wellington, TF1 1DN

FRIDAY 14TH SEPTEMBER 7pm, doors open 6.30pm.

Refreshments available.

TICKETS: £5 online at [www.wellingtonorbit.co.uk](http://www.wellingtonorbit.co.uk) or from the stall in Wellington Market each Saturday, 9am to midday, or from All Saints Church Office, Lychgate Walk, TF1 3HA, 9am - 1pm, Mon - Thurs.

All religious backgrounds welcome.

## Changes to out of hours medical assistance

### Shropdoc and NHS 111

A new partnership between Shropshire Community Healthcare (Shropcom) and Shropshire Doctors Co-operative (Shropdoc) has been selected to provide the Out of Hours service for patients in Shropshire, Telford & Wrekin. However, from July 2018 patients needing urgent out-of-hours medical help or advice will need to call the NHS 111 service. This change is in line with national policy to provide a consistent, integrated approach to urgent care.

Is the whole GP out-of-hours service transferring to NHS 111?

No, only the call handling and assessment of clinical need will transfer to 111. Face-to-face appointments, GP telephone consultations and mobile visits will continue to be provided by the local out-of-hours provider.

When should I call NHS 111?

- If you need medical help fast but it's not a 999 emergency.
- If you don't know who to call.
- If you need advice or reassurance about what to do next.
- If you are worried about an urgent medical concern.

What will happen when I call 111?

You'll speak to a highly trained advisor. They will ask you a series of questions to determine your symptoms, so they can direct you to the best place to get the right help and care.

What happens if I call NHS 111 and it's an emergency?

If you call NHS 111, the health advisor will find out from you by asking questions if the situation is an emergency and if it is, they will organise for an ambulance to be sent to you straightaway.

It is free and available 24 hours a day, 365 days a year. It means that all patients have easier access to clinical advice and support, including if they have a dental, pharmacy or mental health problem when the normal health services they would use are not available. However during normal working hours, you can still contact your GP surgery or other healthcare service.

For more information visit [www.nhs.uk](http://www.nhs.uk) and search '111'

## Healthcare Choices

If your GP needs to refer you for a physical or mental health condition, in most cases you have the legal right to choose the hospital or service you'd like to go to.

You can also choose a clinical team led by a consultant or named healthcare professional, as long as that team provides the treatment you require.

You can book your appointment via the NHS e-Referral service. It can be done while you're at the GP surgery, or online using the shortlist of hospitals or services provided in your appointment request letter. The shortlist is selected by your GP, so make sure you tell them about your preferences during the appointment.

To agree the shortlist, you and your GP can compare information about the hospitals or consultants listed, including quality outcomes, waiting times, parking and travel.

You have the legal right to ask for your appointment to be moved to a different provider if you're likely to wait longer than the maximum waiting time specified for your treatment.

This choice is a legal right, if you are not offered a choice ask your doctor why and say that you wish to go through your options. If you are still not offered, or if you are refused a choice, contact your local Clinical Commissioning Group.

If your CCG is unable to resolve the complaint to your satisfaction, you're entitled to take your complaint to the Independent Parliamentary and Health Service Ombudsman.

You do not have a legal right to choose if you need urgent or emergency treatment, you are detained under the Mental Health Act or on temporary release from prison, in court or an immigration removal centre, or if you are referred to high-security psychiatric services, or drug and alcohol misuse services provided by local authorities.

For more information about NHS Choices visit [www.nhs.uk](http://www.nhs.uk) or talk to your GP practice.

You can view what choices are currently available to NHS patients at <https://bit.ly/2c5Mchs>

You can compare different hospitals according to what matters most to you at [www.nhs.uk](http://www.nhs.uk) such as waiting times, reviews left by other patients, consultants, patient safety, complaints and quality of food.

## Wrekin U3A welcomes new members

### What is a U3A?

Learning; laughter; friends. We meet for a general meeting with a speaker in Shifnal Village Hall, 2pm on the fourth Tuesday of the month, except December. There are also over 40 special interest groups, offering a wide range of learning, leisure and social activities, which meet at other times during the month.

### Who can join?

Anyone not in, or seeking, full time employment can join, with no lower age for membership and no other qualifications. The U3A approach is "learning for pleasure". There is no accreditation or validation and no assessments or qualifications to be gained.

### How can I join?

Come along to Shifnal Village Hall on the fourth Tuesday of any month except December, to sample a meeting or two and meet our members before making up your mind.

### What does it cost?

The annual subscription is currently £14. There is a small entrance fee for monthly meetings and participating in interest groups may incur some costs.

### Some of our talks to look forward to:

28th August: The life of Charles Rolls, co-founder of Rolls Royce

25th September: History of RAF Cosford

23rd October: Barrow to Baghdad and back, one man's travels and how he started to write novels, with Philip Cain.

For more information please visit [www.u3asites.org.uk/wrekin](http://www.u3asites.org.uk/wrekin)

### Do you have a couple of hours a week or month to spare?

Walking For Health – Telford & Wrekin need Volunteer Walk Leaders, Walk Assistants and a Co-ordinator

### What do walk leaders do?

Our walk leaders love their roles and tell us great stories about how much they enjoy helping others to get active and get walking and providing vital support that wouldn't otherwise be available. You'll stay active, develop leadership skills, get to know your local area and meet lots of new people.

What do walk assistants do?

Walk assistants' responsibilities can vary. You could be helping the walk leader welcome walkers and ensure that all necessary paperwork is completed, or you could be the 'back marker' – making sure no one gets left behind. You could also be accompanying a walker, making sure they get plenty of encouragement and good company. Full training and support are provided.

Co-ordinator

This role is an administrative role; you will need to have basic PC skills as it involves adding registers to a simple established database, as well as answering emails and telephone calls about the walks in Telford.

Full training and support will be given for all the roles.

For more details please contact Celia at: [info@walkingforhealthtelfordandwrekin.org.uk](mailto:info@walkingforhealthtelfordandwrekin.org.uk) or phone 07512 123995.

## Switching energy suppliers is one of the easiest ways to save money on your gas and electricity bills.

In the UK, households that switch energy providers save an average of £217 per year, simply by choosing a cheaper tariff. The millions of UK residents who have never switched providers, or have not switched recently, are likely to be overpaying on their energy bills unnecessarily.

If you're online, it's easier than ever to compare and switch energy, telephone, broadband and insurance providers using comparison sites. The most well-known ones are Uswitch, Moneysupermarket, Go Compare, Compare the Market and Confused.com

Many people are wary of switching, but their reluctance could be costing them quite a bit of money. By visiting one of these sites and inputting a few details you can obtain a list of quotes showing how much money you could save against your current tariff.

Once you have made the decision, switching is easy online, or you can call for more details.

Tips

- Be sure to read the comparison site's privacy policy and opt out of receiving future emails and calls if you don't want them.
- Click through to the utility company's website for more details, there may be some extra costs that need to be taken into account.

- Consider whether you're happy to be locked in for the contract period, there may be penalties to pay if you leave early.
- Look at the ratings for customer service, it's all very well saving a bit of money but not so good if it's a nightmare trying to get through to and deal with the company.
- If it's an unknown company, it's a good idea to search online for reviews to find out what other people's experiences are of using them.

For more advice about switching and making savings visit  
[www.citizensadvice.org.uk/consumer/energy](http://www.citizensadvice.org.uk/consumer/energy)  
 or telephone Citizens Advice on 0300 330 1165

## Energy Price Cap

It could make a big difference to your energy bills.

Millions of British homes could benefit from lower gas and electricity bills this winter after parliament approved a law which caps energy tariffs.

The Domestic Gas and Electricity (Tariff Cap) Bill will put in place a requirement for Ofgem to cap standard variable tariffs until at least 2020 to tackle the amount consumers have been overpaying the Big Six energy suppliers, which the Competition and Markets Authority has put at £1.4 billion a year. The new legislation should be operating next winter after receiving parliamentary approval.

What are Standard Variable Tariffs?

This is the supplier's most basic or default tariff - and it doesn't come with a fixed term. If a customer does not choose a specific energy plan, for example after their deal ends, they will by default be switched onto an SVT. Around 12 million UK households are currently on these tariffs. The best way to get off them is to switch to a cheaper deal. The new law capping prices for the 12 million people who are either stuck on standard variable tariffs or choose to stay with the same supplier, will stop firms overcharging.

It need not be downhill all the way....

by Janet Street Porter for the Independent, June 2018

The biggest problem facing society is how to sell getting old in a positive way, especially to the young who view it with unmitigated dread. Ageing is inevitable, no matter what new technology or expensive face creams you might invest in.

Too often, we talk about getting older in terms of less. Less of everything that makes life enjoyable. Less good health and mobility, fewer friends, less money, less memory, less time left on earth. Without spelling it out, we are endorsing a shrinking existence, not a vibrant life. The word "old" carries so much baggage. Negative thinking about the third of the population who are not young is steeped in our national consciousness.

At 71, I don't see my world as diminishing, quite the reverse. I see nothing but opportunities and challenges ahead, and I refuse to get mired in wistful thinking about better times in the past.

Ageing needs rebranding for a very practical reason – doctors have found that negative attitudes can take as much as seven years off life expectancy and they can lead to poorer health. We need a big re-education process, starting at primary school level.

The Royal Society for Public Health in partnership with the Calouste Gulbenkian Foundation, has published a report which shows that many view old age as a period of decline and ordeal, with a third believing that loneliness is inevitable with advancing years. According to the report, these negative attitudes to old age are seen in children as young as six, and gradually get reinforced as they grow up.

In some ways, this report tells us stuff we already know. As a teenager in the 60's I would look at my parents and see them as dinosaurs. In reality, older people see themselves quite differently – the Office for National Statistics found that they were the most satisfied with their lives and were happier than most other groups.

How can we create interaction between the generations, so that older people are not shuffled off to the margins, only interacting with carers, family and their own age group?

Changing a mindset requires practical solutions - the RSPH wants journalists to stop referring to people by age, and they want to ban the cosmetics industry from using the term “anti-ageing”. But the biggest battle is not over a pot of cream but our secret fear of disintegrating. Let's rebrand the ageing process as a source of joy and delight.

## Forum Annual General Meeting 2018, 22<sup>nd</sup> October 2018

### Agenda

1. Welcome
2. Minutes of the AGM, 19th Sept 2017
3. Chairperson's Report 2017/18
4. Presentation of Accounts 2017/18
5. Election of Trustees 2018/19
- 6 Date of next AGM 2019

### Draft minutes of the Annual General Meeting held on 19th Sept 2017

#### 1. Welcome

Chairperson Sue Palmer opened the meeting by welcoming members.

#### 2. Minutes of the last AGM, 29th September 2016

These were approved by the members by a show of hands and signed as a correct record.

#### 3. Chairperson's Report

The Chairperson asked if there were any questions regarding the annual report, none was raised.

#### 4. Presentation of Accounts 2016/17

The Treasurer reported that the Lottery grant income received included part of the Lottery Year 1 grant, as well as the whole of year 2, in this accounting period. (Lottery project years run from Oct to Sept.) The Forum had successfully raised its financial contribution to the project, and spending had

been within budget. There were no questions on the annual accounts. The members approved the accounts with a show of hands.

#### 5. Election of Trustees 2017/18

The constitution states that trustees hold office for three consecutive years and that at every AGM three trustees stand down. Sue Palmer and Sylvia Hearne are resigning, Bob Groom will step down but wishes to be considered for re-election. Dave Wright, previously co-opted, wishes to stand as trustee. Members approved both appointments with a show of hands.

Clive Godfrey, Forum Secretary, gave a tribute to retiring Chairperson, Sue Palmer and thanked her for her commitment over the last four years. Sue Palmer gave a short speech thanking the members and trustees for supporting her during her time as Chairperson.

#### 6. Date of next AGM

This will take place on 22nd October 2018.

### Chairperson's Report 2017/18 Celia Steventon

This has been my first year as Forum Chairperson and a busy year it has been. At the 2017 AGM we said goodbye to outgoing Chairperson Sue Palmer and heard presenter Anne Bailey on 'Getting Older, a New Experience' - focusing on the impact of an ageing population on the individual and on the wider society. Taking this a step further at the January forum we asked you whether you think Telford is sufficiently 'Age Friendly'. We found many positives and some negatives – this is a subject we are hoping to explore in more detail with Age UK.

October 2017 saw the first Celebrating Age Festival, working with partner organisations to showcase the huge range of activities going on in Telford that people can get involved in. We are running the second one this year, so look out for the programme. We hope to see you trying something new this autumn!

In November 2017 and July 2018 we held Future Fit debates giving you the opportunity to voice your concerns and views – hopefully we will see a solution reached and the plans implemented so we can achieve the desired improvement in hospital services as soon as possible.

Our Christmas lunches have in the past been oversubscribed so in December we ran two events and will be doing the same again in 2018. Look out for the ticket sales.

In February we said goodbye to Lynne Carney, who moved on to work with the Big Lottery. Chris Fox, who has been with the Forum for 10 years, took over the role as Co-ordinator and is now ably supported by Administrator Louise Burton.

Our April forum had over 90 people keen to hear about how to avoid the latest scams and in July we put on Pastimes in Telford, to celebrate Telford 50. Thank you for supporting our events, they bring people together to share views, meet new friends and have a good time.

This year we have undergone an external evaluation to ensure we are reaching the objectives of our Big Lottery Project, some of you may have been asked for your feedback by the evaluators. We constantly review ways that we might help older people locally, how we might provide opportunities for people to voice their views and how we keep them informed about services and support, activities and volunteering opportunities.

Thank you to our hard-working volunteers - our Board of Trustees, the Environmental and Transport Action Group and the computer volunteers who offer a great service at drop in sessions, helping people to get to grips with technology.

We want to carry on doing these things as well as we can but for this we need your support. Join us if you're not already a member, come to our events, pass on the newsletter and encourage others to join. Maybe volunteer some time or take part in surveys and consultations – help to keep our voice active. I look forward to seeing and meeting you at our AGM.

## 100 years on – The Great War, August and September 1918 by Dave Wright

We ended last time looking ahead to the 8th August 1918, but firstly let's consider what the soldiers were thinking at this time. "When will this war end, will I see my loved ones again, what are the brass (high ranking officers) doing"? The Germans were probably thinking "one more push and we can win this war and be home by Christmas" as well as "when will I see my loved ones again?"

At the end of July 1918, the Germans were still on the offensive and in their minds doing well, but the British generals were building up their allied armies. More American units were arriving in France, the British had transferred reinforcements from the Home Army and from the Sinai and Palestine, and the Canadian and Australian armies were in force on the Western Front.

A major factor in the final plan scheduled for 8th August 1918 was SECRECY, so every order issued during this phase of the war included the notice "Keep Your Mouth Shut". There was to be no pre-battle bombardment like on the Somme, this time only artillery fire immediately prior to the advance of the Australian, Canadian and British forces, covering 8 miles in one day.

Later to be called The Battle of Amiens and then the Hundred Days Offensive, the battle would ultimately lead to the end of the Great War. It was one of the first major engagements involving armoured warfare, marking the end of trench warfare. Suddenly the allied forces were mobile and using aggressive and innovative tactics, which were surprise, the artillery opening fire and then the infantry and tanks starting their advance.

During the battle the allied forces used aerial photographic reconnaissance to ensure accurate fire on the enemy. The plan was to hit 504 of the 530 German guns at zero hour whilst a creeping barrage would precede the infantry units moving forward. The Germans had used this method of warfare in their Spring Offensive but not to such an effect. It was a very effective method of gaining ground.

Furthermore, the allies had managed to successfully move the Canadian Corps of 4 Infantry Divisions to Amiens without being detected by the Germans, reflecting on the increasingly efficient staff work of the British Army. The plan also called for a detachment of two infantry battalions, a wireless unit and a casualty clearing station to move to Ypres to bluff the Germans into thinking that the entire British Corps was moving north to Flanders.

During the first day of the battle the morale of each side completely changed. The Germans called it "the blackest day of the Germany army".

The next stage is the end of the War at the 11th hour of the 11th Month. Lest We Forget.

## Join us today! Become a member of The Forum

To become a member of the Senior Citizens Forum, either phone 07932 828333/07552 975676 or email us at [enquiries@twseniors.org.uk](mailto:enquiries@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.

As a member you will, unless you notify us otherwise, receive our newsletter every two months by post or email.

## How we handle your data

The Senior Citizens Forum is committed to ensuring that your privacy is protected by using your data fairly, lawfully, securely and solely for the purposes for which it is required.

We collect data to allow us to register you as a member of the Forum so that you may receive our newsletter every two months. If you choose to receive it by post, we pass your name and address to a mailing company. We sometimes use the data for statistical purposes. We will not sell, distribute or lease your personal information to third parties unless we have your permission or are required by law to do so.

If you believe that any information we are holding on you is incorrect or incomplete, or you wish to have your details removed from our records, or wish to stop receiving any correspondence from us, please contact us at the address above, or by calling 07932 828333, email [enquiries@twseniors.org.uk](mailto:enquiries@twseniors.org.uk).

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 above.

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