

Senior Citizens Forum Newsletter February 2018

Message from the Chairperson, Celia Steventon

Hello again, I hope you are well and keeping free of this nasty cough which seems to be affecting everyone.

This time of year can seem so cold and damp but at least the evenings are drawing out and the sights of spring are beginning to show in the garden, as the bulbs bravely point the tips out of the soil. One of my Christmas presents was a visit to Highgrove Gardens, in February, so it will be interesting to see whether Prince Charles garden looks like mine.

By now we will have had our "Is Telford Age Friendly?" Forum which I feel sure will bring out loads of items for us to look at and build future Forums on. Our Forum Planning and Focus groups will be busy.

We will have said goodbye and thank you to Lynne Carney, who has moved onto a full time position but I am delighted that Chris Fox is going to take over the Coordinator role, Chris has almost 10 years' experience working with the Forum and will be a great asset.

That's all for now, see you soon.

Next Forum Event, Monday 23rd April 2018

Positive Steps to Safety. Exploring concerns about safety in our communities.
Monday 23rd April, 10.30am - 12.30pm at The Wakes, Theatre Square, Oakengates, TF2 6EP.
Free entry, everyone welcome, open to members and non-members. Refreshments/light lunch provided.

Forum Focus Group

This is a new way for us to hear the views of our members and to help other organisations consult with older people. We will contact this group by email or post, occasionally inviting them to attend a meeting. It is an opportunity for us to be aware of your concerns and views, and it offers a better way for you to have your say.

Anyone who is a member of the Forum can join the Focus Group by simply emailing us at enquiries@twseniors.org.uk

Forum news, by Lynne Carney

It was good to meet so many members and receive some great feedback at our TWO Christmas parties this year. We had so many people disappointed in 2016 that we offered the extra date, and over the two days around 320 local people joined us for a festive celebration. (see photos, page 23)

During the last few months we have attended a meeting of Telford Council and voluntary sector representatives to talk about how we all might work and communicate better about essential services despite reducing budgets. I have also met with Cllr Paul Watling whose portfolio includes early intervention for older people and who is keen to work more closely with us in the future.

Meanwhile, due to some services being re-commissioned, the Forum is being asked to help with consultation to ensure your views and needs are heard. The commissioners for the My Choice service will be meeting with our Focus Group in February to discuss information provided by the council. If you would like to be part of our Focus group please get in touch.

Our January Forum started the conversation around how Telford's doing as an 'age friendly' town, and one issue raised concerned community safety, therefore we will be exploring this at our next forum on 23rd April.

Our summer event this year will be part of the Telford 50 celebrations and will be looking back at how Telford people have spent their leisure time over the years.

This event will link nicely into the second year of the Celebrating Age Festival where we hope to offer a packed programme of events and activities for you to try and perhaps get involved in going forward. Keep your eyes on this one – it promises to be a great Festival this year!

Meanwhile, we have some big changes internally. I will be leaving the Forum on 2nd February to take up a new post at the Big Lottery Fund. Chris Fox will be increasing her hours to take over my role and we are recruiting a new Admin Assistant to support this. I would like to take this opportunity to thank you for being a great organisation to work with – I have really enjoyed my time with the Forum and I'm looking forward to seeing everything that comes along this year.

Is Telford Age Friendly?

At the open Forum on 29th January, over 60 people braved the heavy rain to attend our event at The Wakes, 'Is Telford Age Friendly?' Lynne Carney, Forum Project Officer, explained that the World Health Organisation introduced the concept of cities and communities world-wide making a commitment to adapt their structures and services to meet the needs of their ageing populations, making their communities a better place to grow old in.

541 cities and communities in 37 countries, covering over 179 million people worldwide have already embraced the initiative, including 21 communities in the UK.

Heather Osborne, Chief Executive of Age UK, Shropshire, Telford & Wrekin, informed attendees that Age UK has been looking into ways of introducing the initiative in Shropshire. Heather explained that it requires partnership working and the support of the local councils and will be a slow process due to financial pressures. She said that addressing the needs of the ageing population can be incorporated in a full range of services, from high level strategic planning to more community-based projects aimed at supporting people to be more socially connected, which is vital in maintaining health and wellbeing.

Phil Gillam from the Alzheimer's Society gave us an update of the initiatives in Newport, aimed at helping it become the first 'dementia friendly' community in Shropshire. This has included getting

local businesses to be more welcoming and helpful to dementia sufferers, and supporting individuals recently diagnosed with dementia to access activities in the area.

We asked 'What does Telford do well and what could be improved?'

This is what you said:

Open spaces

Some areas of the town are very well maintained, with lots of green spaces and new development, but older areas tend to suffer. There is a need for more seating and more public toilets, and improvements to pavements. Residents are concerned about parking issues and safety, and would like to see a greater police presence in some communities.

Transport

Telford has very good transport services, along with a good network of roads and cycle paths. Your concerns include rising bus fares and a lack of clear information about bus services and charges. There are issues with the new bus station, a lack of service to some estates and too many pot holes and speed bumps in the roads.

Housing

Telford benefits from a good deal of new housing development but there are problems with maintenance of older properties. People feel that the new homes are unaffordable and there are insufficient bungalows and homes designed to meet the needs of ageing or disabled occupants, so there's little incentive for older people to downsize.

Social participation

There are lots of activities, groups and classes and good leisure centres but people have difficulties with transport or don't like to go on their own. Many would like to see more information about what's on locally and more facilities in outlying areas.

Communication

Information provision and consultation is fairly good but geared to internet users. There is a need to ensure information reaches people who are not computer users as well as those with sensory impairments.

Health Services

Many people have very positive experience of health services locally, but have concerns about travel to hospital, parking charges and GP appointments, among others.

These notes are just a summary of several points raised at the meeting.

2018 is your year to get digital!

Keep in touch with family and friends, follow your hobbies, manage your money, shop, book holidays and so much more.

There are many negative reasons that may deter you from learning to use a computer. 'It's too difficult', 'I'm too old' and 'there is too much to learn' as well as 'it's not safe'. In fact it's much easier than you might think, it's never too late to learn something new, you don't have to know everything and we can help you learn how to take some simple measures to keep you safe online. The benefits far outweigh the difficulties, so why not give it a go? Learn with others at your own pace at friendly weekly drop in sessions.

Free Forum Computer drop in sessions

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

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

Oliver Court, Ladycroft, Wellington, Wed, 2pm - 4pm

The sessions provide one to one tuition, help with laptops, tablets and smartphones. We help absolute beginners and experienced users with issues such as online safety advice and computer clean up. You can bring your own device or use ours. Call us on 07552 975676 or 07932 828333 for more details.

Should I bank online?

Many people are nervous about online banking, especially after years of being used to visiting the local branch. Online banking can make life much easier, you don't have to visit the branch so often, so there are no queues. You can manage the same transactions you'd want to complete in the branch, paying bills, checking your balance, setting up direct debits, and transferring money to other accounts, 24 hours a day at your convenience.

Even if you don't use computers very often, banks try very hard to make their website easy to use. And most banks and building societies offer email or phone support help if you're not sure about something.

Is online banking safe?

A lot of people worry about this – but banks and building societies use secure sites and protect your details with logon credentials and passwords. Some banks send a code to your phone or send you a pin reader.

Top tips:

Seek some advice in a branch or over the phone first.

Don't share your logon details and passwords and always log out of the website as soon as you've finished.

Avoid doing banking in a public place, if you do, make sure you can't be seen.

There are some fake sites out there, and it's quite common to get emails that claim to come from banks. They'll ask for your details or tell you to click a link and enter them online – this is known as 'phishing'. Your bank or building society will never ask for your personal details in an email, so if you receive a message like that, delete it straight away.

Environment & Transport Action Group

In the last issue we wrote about air pollution and monitoring especially around the Central Bus Station. At the Christmas social events many members asked the management team about concessionary travel within Telford. We have researched this and found the following:

The Telford and Wrekin Concessionary Travel Scheme offers a number of different travel opportunities for residents who are age eligible, or with disabilities that qualify under certain criteria.

The scheme includes the new English Concessionary Travel Pass, which allows free travel on local bus services throughout England, between 9.30am and 11pm Monday to Friday and at any time on Saturday, Sunday and Bank Holidays. Please note: local bus services do not include booked excursions and long distance coach travel such as that provided by National Express. It does not cover rail replacement journeys either.

If you choose not to take up the English Concessionary Travel Pass and you are of pensionable age, disabled or mobility impaired you may choose one of the following concessions:

National travel taxi tokens - worth £30, but there is no cost (subject to status)

Disabled persons railcard - annual cost £10 and offers up to one third off most national rail travel.

Dial-a-Ride - offers a door to door service for residents who cannot access conventional public transport due to mobility problems or are over the age of 70. All vehicles are easy to access, with the ability to carry passengers in wheelchairs. The staff are fully trained in disability awareness and passenger safety to ensure the comfort and wellbeing of customers. Dial-a-Ride is available Monday – Friday excluding bank holidays and can take you most places in the urban area of Telford, excluding hospital appointments. You do need to apply online for Dial-a-Ride scheme.

What if I need a carer to travel with me?

If you are unable to travel without assistance, you will be entitled to a special travel pass allowing a companion to travel with you on production of entitlement or underlying entitlement to carer's allowance, (this does not need to be the same carer every time). Travel for the companion will be restricted to journeys that start within the Telford and Wrekin area only and usual time restrictions will apply.

Who Can Get the Concessionary Pass?:

If you live permanently in Telford and Wrekin and you come within at least one of the groups listed below, you may be entitled.

The age of eligibility for women will be pension age and for men it will be the pensionable age of a woman born on the same day. You can check this by using the pension calculator on the Gov.uk website, www.gov.uk/state-pension-age. Please remember to tick female even if you are male.

You may also be entitled if:

You are registered blind or partially sighted, with a high degree of visual loss.

You are profoundly or severely deaf and/or without speech.

You have a disability or injury which has a substantial and long term adverse effect on your ability to walk.

You have no arms or have long term loss of the use of both arms.

You have a learning disability.

You have been prevented from holding or would be refused a driving licence under Part III of the Road Traffic Act 1988, under section 92 of the Act (physical fitness) on grounds other than persistent misuse of drugs or alcohol.

Please note: Bus pass renewals are now processed automatically; your new bus pass will be sent to you before your current bus pass expires.

Effective Hearing Programme

Do you have a hearing loss and would like to make better use of your hearing aids, have better access to services & equipment and have more effective communication skills?

Come to our FREE half day course. Booking is essential.

Wednesday 21st February, 9.30am - 1pm

Meeting Point House, Southwater Square, Telford, TF3 4HS

Other dates and locations are available.

For further details or to book, call 01743 342168 or email: shls@shropshire-rcc.org.uk

Hearing Aid Clinic

Drop in for hearing aid tube changing, battery collection and advice on hearing aid care.

Wellington CAB, Tan Bank, TF1 1HW

10am - 12noon, the first Wednesday of every month

For more complex repairs or problems with how your hearing aid sounds, please contact Shropshire NHS Audiology 01743 261482, or email: audiology@sath.nhs.uk

All men over 50 ...don't get wrecked get checked.

Men in the Telford area are being invited to attend a second special event on Monday 26th March, 6pm to 8.30pm at The Anstice Memorial Hall, Park Street Madeley, TF7 5BB where they will get checked for prostate cancer FREE of charge.

After discovering the heart-stopping facts about prostate cancer, Ironbridge Lions approached retired Consultant Urological Surgeon, Mr David Baxter-Smith, an authority on prostate cancer who has worked closely with Lions and Rotary across the country to make screening more widely available.

Mr. Baxter-Smith urges all those who had a test last year to return to check that their PSA level has not risen.

Prostate cancer affects around 45,000 men in the UK every year. Of those, almost one third will die from the disease. In Shropshire alone, around 250 men are diagnosed annually. Despite these frightening statistics surprisingly there is no national screening programme, which is why Ironbridge Lions, together with Ironbridge Rotary, are urging all local men in 'at risk' categories to attend the event and get checked by having a simple blood test carried out by professional phlebotomists.

"It has been proven that early diagnosis of prostate cancer results in better outcomes," says Lion President Charlie Miller, "and that is why every man in an 'at risk' category should come along and get checked. Those at risk are:-

All men over 50

All men over 40 with a history of the disease in their family

Any man over 45 from an African/West Indian ethnic group

"Having talked to others about similar events staged around the country in recent years," says Mr. Miller, "it is a fact that many men who had no prior symptoms were tested and found to have prostate cancer and as a result were able to receive treatment before it was too late." At our last event some 15% of those checked were advised to seek further medical advice.

Remember the event is free and no appointment is necessary.

For further information visit www.facebook.com/ironlions or call 0845 8339516

100 years on - The Great War - February/March 1918

by Dave Wright

In the last article you will remember that we were in December 1917 and British General Orders were issued to stop all aggressive operations and take up a defensive posture, following a realisation that the Germans were planning an offensive likely to take place in spring 2018.

Exhausted British and French troops lacked manpower due to the large number of casualties taken at the end of 1917. American troops had started arriving but only in small numbers. Italy was in dire straits and Russia was out of the war.

Intelligence confirmed that Germany and her allies had the initiative having increased by an additional 42 divisions, freed for use by the collapse of Russia and all to be based on the Western Front. Germany believed that if they could beat the British and French before the Americans arrived in force then the war would be won.

Lloyd George and the War Cabinet wanted closer control than ever before over battlefield strategy. General Headquarters was given a thorough shakeup and General Haig's Chief of Staff and senior intelligence officers were replaced.

The War Cabinet decided that the Western Front would be the lowest priority in re-enforcements. Haig, to carry out the order to take over 25 miles of French battle lines, reduced some brigades to 3 battalions to bring his weak divisions up to strength. What did this disruption mean to troops on the ground? Group loyalty was lost and moral suffered badly. Haig was very lucky to hold onto his position – he did, but, it is said, by only a whisker.

With all this going on the Germans launched their first offensive of 1918 on 21st March. Operation Michael saw 43 German divisions attacking 12 British ones (only 2 in reserve). The Germans aimed most of their attack at the old French lines which the British had only recently taken over and were very thin on the ground with troops.

The British had copied German tactics but the idea of a consistent system of defence rather than lines of trenches was entirely foreign to British commanders. However, the Germans had made a tactical mistake relying on footslogging which left them unable to exploit the undoubted chaos in the 5th Army. If they could have followed up with tanks the British army might have been surrounded and the war on the Western Front at an end.

Love in older age

is just as valid as in youth, and if anything, it can actually be more important to find companionship as you get older.

There are issues with mature dating that make it more complicated, including the amount of 'baggage' we are likely to have from previous relationships. If you're single, chances are you are widowed or divorced, possibly with children or grandchildren and with all the accompanying issues and complications. So you do not date a person but their whole history and family, and that can make things harder.

As well as it seeming impossible to find someone suitable, your lack of energy and mobility could mean that it is even harder to get out there and meet people. You are also likely to have become accustomed to a comfortable routine on your own and it can seem like a big upheaval to introduce someone new into your life, or to start going out more.

If you are staying single in memory of a previous partner then you should know that that is not what they would want for you, and that it is possible to have a bit of fun and companionship without 'replacing' the love of your life.

If you want a more controlled way to find potential partners, then you could sign up to a dating website and browse them from the safety of your home – and it is likely to be a bit of fun if nothing else (if you are not so computer savvy then ask a younger relative to help). Even if you find someone who is just 'a very good friend' it will mean you have someone to go out with.

Alternatively, you could try a singles holiday – then you will still have had a great experience and what do you have to lose?

It is still very much possible to overcome or sidestep the obstacles. If you do then you can give yourself a new 'lease of life'. You might have been out of the game for a while, but there is no reason that it is too late to get back on the horse and if you do then you are likely to find that the benefits drastically outweigh the difficulties as you find a partner to share your life with.

Based an article from Saga.

Try Saga's dating site at www.sagadating.co.uk/s/

They also have lots of ideas for singles holidays at: travel.saga.co.uk/holidays/holiday-types/singles-holidays.aspx

Fibromyalgia

Fibromyalgia, also called fibromyalgia syndrome (FMS), is a long-term condition that causes pain all over the body. It can also cause fatigue, muscle stiffness, sleeping difficulties, problems with mental processes (known as fibro-fog), headaches and irritable bowel syndrome.

If you think you have fibromyalgia, visit your GP. Treatment is available to ease some of its symptoms, although they're unlikely to disappear completely.

What causes fibromyalgia?

The exact cause of fibromyalgia is unknown, but it's thought to be related to changes in the way the central nervous system processes pain messages carried around the body. In many cases, the condition can be triggered by a physically or emotionally stressful event, such as an injury, giving birth, having an operation, bereavement, among others.

Anyone can develop the condition, although it affects around 7 times as many women as men. It can occur in people of any age, and nearly 1 in 20 people may be affected by fibromyalgia to some degree.

Diagnosis & Treatment

Fibromyalgia can be a difficult condition to diagnose. There's currently no cure, but there are treatments to help relieve some of the symptoms and make the condition easier to live with.

Medication – such as antidepressants and painkillers

Talking therapies – such as cognitive behavioural therapy (CBT) and counselling

Lifestyle changes – such as exercise programmes and relaxation techniques

Exercise in particular has been found to have a number of important benefits for people with fibromyalgia, including helping to reduce pain.

Support groups

Many people with fibromyalgia find that support groups provide an important network where they can talk to others living with the condition. Fibromyalgia Action UK is a charity that offers information and support to people with fibromyalgia. Visit www.fmauk.org or call the charity's helpline on 0300 999 3333.

Forum awarded grant for Telford 50 event

We've been very fortunate to have been successful in securing a small grant from Telford & Wrekin Council to hold a special event as part of the Telford 50 celebrations this year.

Our event will be held on July 4th, 2018. It will be a celebration and reminiscence event inviting you to explore how you have grown up with the town and how the development of local facilities has enriched your lives. We will be reminiscing about social activities, clubs and hobbies you've enjoyed over the years and the places you've frequented. This will be extended out to explore how leisure facilities and clubs have changed over the years and to celebrate all that Telford has to offer now.

So start having a look through your albums to see if you have any pictures of local landmarks and places you used to frequent that have now gone or changed use or maybe are still offering great nights out. Perhaps you could bring your photos along on the day or maybe you would be willing to let us copy them to use at the event.

If you are involved in a local history group and would like to take part and be present at the event, or if you have an interest in local history and would like to help us organise the day, please contact Chris on 07932 828333, email: chrisfox@twseiors.org.uk

Pension and Benefit Changes from April 2018

State Pensions and benefits

The old and the new State Pensions will be increased by 3%, a cash increase of £3.65 a week and £4.80 a week respectively.

The standard rate of Pension Credit Guarantee Credit will increase by £3.65 a week for a single person and by £5.55 a week for couples.

Pension Credit Savings Credit will increase by 20p a week for a single person, 9p a week for couples. Savings Credit is extra money if you've got some savings or your income is higher than the basic State Pension. It's only available to people who reached State Pension age before 6 April 2016. You could get up to £13.20 extra per week if you're single, £14.90 for a couple.

Working-age benefits

Universal Credit is a new means-tested benefit for working-age people. It's gradually being introduced nationally (Nov - Dec 2018 in Telford & Wrekin) and will replace income-based Jobseeker's Allowance and Employment & Support Allowance, Housing Benefit, Income Support, Working Tax Credit and Child Tax Credit.

Private pensions

Lifetime allowance for pensions will increase to £1,030,000. This is a limit on the value of payouts, including lump sums or retirement income, that can be made without triggering an extra tax charge.

Tax allowances and thresholds

The amount of income you can earn before you pay tax will increase from £11,500 to £11,850. Basic rate tax will be payable on income up to £34,500, the higher rate threshold will be set at £46,350. The Marriage Allowance allows you to transfer up to 10% of your unused personal allowance to your

partner, reducing your tax bill by up to £230 a year in 2018-19. The government will now allow claims in cases where a partner died before the claim was made. These claims can be backdated by up to 4 years.

Visit www.benefitsguide.co.uk - a very useful, easy to navigate website with lots of useful articles and advice.

Beanstalk

At Beanstalk we believe that life is better when everyone can read well and express themselves with confidence. That's why we recruit, train and support volunteers across England to work in schools with children who have fallen behind with their reading ability and confidence.

Beanstalk reading helpers work with children on a one-to-one basis, giving them consistent support to improve their reading ability increase their overall self-confidence and help give them the vital literacy skills they need to succeed in school and life.

Our values underpin our actions, that's why we promise to be fun, inspiring, professional, trusted and determined in all we do to help children read, grow and thrive.

We have a number of opportunities in your area to support local children with their literacy skills. If you would like to get involved please have a look at our website www.beanstalkcharity.org.uk or call our Shropshire office on 01952 567846

The WEA is looking for qualified tutors

In Art, Craft & Singing.

The next recruitment period will be the week commencing 26th Feb.

To apply email your CV and supporting cover letter to westmidlands@wea.org.uk or to find out more ring Lucy Wilkins on 07825 378783.

Community Preventing Falls Through Exercise Programme

A full programme of sessions held throughout Telford Monday to Friday.

Enquiries to Jude Bailey 07456505553 Fit4alljb@gmail.com

What to keep in your medicine cabinet

You can be prepared for most common illnesses by keeping a well-stocked medicine cabinet at home. This list doesn't cover everything, but it will help you deal with most minor illnesses.

Paracetamol, Ibuprofen and Aspirin for minor aches & pains and flu symptoms

Antihistamines (creams and tablets) for allergies, eg hayfever and insect bites

Oral rehydration sachets and anti-diarrhoea tablets

Antacid tablets or liquid for indigestion, stomach ache, heartburn, trapped wind

Always follow the directions on the information leaflets, and never take more than the stated dose. If a medicine is past its use-by date, don't use it, take it to your pharmacy where it can be disposed of safely.

If you have questions about any of these medicines or you want to buy them, ask your local pharmacist.

First aid

Bandages to support injured limbs, such as a sprained wrist, and also apply direct pressure to larger cuts before being treated in hospital

Plasters - a range of sizes, waterproof if possible.

Sterile dressing to cover larger injuries to prevent infection until treatment can be given

Medical tape to secure dressings or to tape an injured finger to an uninjured one

Antiseptic to clean cuts before they're dressed

Eyewash solution to wash out grit or dirt in the eyes

Tweezers for taking out splinters

Travelling with Medication

If you are going overseas this year be aware that there may be some restrictions regarding travelling with and taking medications (including over the counter medications) into the countries you intend to visit.

For prescription medicines it is a good idea to take a letter from your GP explaining the reason for the medicines, to avoid any problems crossing border controls and getting through airport security.

Some prescribed medicines contain drugs controlled under the Misuse of Drugs Act 1971. Patients travelling abroad in possession of such medicines must do so in compliance with the Home Office regulations. You will need to do some research as some countries have extensive lists of medications that are not permitted e.g. India, Turkey, Pakistan and United Arab Emirates.

And it goes without saying that you should not take in anything that is not intended for your personal use!

For advice visit www.gov.uk/travelling-controlled-drugs

If you are not a computer user, your pharmacist or travel agent may be able to offer advice.

General tips for travelling with medicines or medical equipment:

Ensure adequate supplies are taken for the duration of your trip, include extra for unforeseen delays, damage or loss.

Keep medicines and equipment in original packaging with labels.

Consider using a thermos flask, cool pack or insulated pouch for medications that need to be kept at a specific temperature.

Carry medicines in your hand luggage; suitcases may be delayed or lost in transit. Where possible split medications between bags, including hand luggage, so that if one goes missing supplies are still available.

Essential medication required during air travel may be exempt from the maximum 100ml liquid restriction but this requires a letter and prior approval from the airport and airline.

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

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.

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.

The newsletter is entirely independent and is not tied to any political party. Information is, to the best of our knowledge, correct at the time of going to press but no liability will be accepted for any errors or omissions. The inclusion of an article does not necessarily imply a recommendation of its aims, policies or methods.

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