

Senior Citizens Forum Newsletter October 2018

Message from the Chairperson, Celia Steventon

I hope you all enjoyed the fabulous summer weather we had this year. I've just come back from touring Croatia and am finding the weather a lot chillier! Read our article about keeping the holiday feeling alive 'Hold on to that Holiday Feeling!' on pages 12 & 13. Read about using your central thermostats effectively on page 9, and on page 14, find out how you can arrange a free home energy check.

By the time you read this the Celebrating Age Festival will have taken place. I hope you were able to join us at the Launch Day event on 1st October and attend some of the sessions in the programme. Nearly all the sessions listed take place every week, so you can join at any time.

I can't believe it's time to start selling tickets for our Christmas Lunches! See page 5 for details. Our tickets sell fast so act soon to avoid disappointment.

Please join us at our October Forum, on Monday 22nd October at The Wakes, details on page 4.

Events

October Forum & AGM Monday 22nd October, 10.30am - 1.00pm, doors open at 10am at The Wakes, Oakengates, TF2 6EP

Title: 'I've always wanted to.....'

We welcome guest speaker Pen Turner, her talk is entitled: Travels with a Penguin

'Travels with a Penguin' is not a talk about penguins. It's not exactly a talk about travels either – at least it's not the standard 'where I went on my holidays' type of talk. It's the story of how I, an ordinary woman in my fifties, walked away from my comfortable life, gave up my job, sold my home, and set off to travel all the way around the world to do some of the things on my 'wish list' – all with only a small stuffed penguin for company. I talk about how I came to make this decision, some of the things I did on my travels, and the effect the journey had on me. I finish off by getting my audience to think about their own 'wish lists' and how they could turn some of those dreams into reality." - Pen Turner.

The event is open to all, members and non-members, free entry. Free light buffet lunch and refreshments.

Forum Xmas Lunches 2018! Book your tickets!

Just like last year, we are holding two lunches in 2018, one on Monday 3rd December and another, exactly the same, on Tuesday 4th December.

Cost: £8.00 per person, to include lunch & tea/coffee, Whitehouse Hotel, Watling Street, Wellington, TF1 2NJ, at 12.45pm

Lunch will be a two-course meal - roast turkey, stuffing, chipolatas, gravy, vegetables and roast potatoes, followed by warm plum pudding with brandy sauce. The vegetarian option is goat's cheese and tomato tart with new potatoes and salad. Vegan and other special dietary requirements can be catered for. There will be musical entertainment, dancing, a quiz and raffle.

Entry by ticket only. Please book by either:

completing the form in the newsletter, enclosing a cheque and sending to the address on page 2.

by online banking (email us at enquiries@twseniors.org.uk and we will send banking details)

Please indicate which day you would prefer to attend.

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

In the last issue we highlighted train delays and the many train cancellations we see these days, with Euston Station in London being closed for several weekends in August 2018, including the August Bank holiday weekend as an example of this. We talked about how to make a claim if your train is delayed or cancelled. Keeping on the travel theme, in this issue we would like to look at the decline in bus journeys.

It is a fact that the number of people using buses in England each year is falling and earlier this year the Office of National Statistics stated that bus travel was at its lowest level in a decade. In England the total number of journeys was down to 4.44 Billion in the year 2016/2017.

The concern is that fewer people taking the bus and more using private cars or taxis could have an impact on traffic congestion and could mean poorer air quality in local communities, as well as leaving those who rely on the bus network, like many of our members, unsupported.

With fewer users, cherished bus routes will come under even greater threat unless the Government or Local Councillors support the bus companies and protect routes not paying their way. Concessionary fare schemes, currently costing councils about £200 million per year, need to be funded so that free off-peak travel is available for those with a bus pass.

Buses are important both to the residents and the environment as well as helping local economies. Users want to keep the maximum number of services running throughout the day.

We know that for many of you the bus provides a vital service. In some cases it's a lifeline, allowing people to go shopping, pick up medication, attend the doctor or just socialise with friends. All these things enable people, including the most vulnerable, to get out and about, also helping to prevent them from becoming lonely.

The ETAG have a member who sits on the Bus Users Group here in Telford so if you have any questions for the bus company or on any environment or transport issue, please pass them to us via our telephone numbers or email address on page 3.

The UK government has set out plans to get rid of avoidable plastic waste within 25 years.

Supermarkets will be encouraged to have plastic-free aisles and the 5p bag charge will be extended to all shops. Greenpeace praised the Government for wanting to tackle plastic waste, but said the plans do

not match the scale of the environmental crisis and the National Trust questioned whether the plan "will have the institutions and laws to ensure it really delivers across the UK".

An estimated 12.7 million tonnes of plastic end up in our oceans each year. That's a truck load of rubbish a minute. Travelling on ocean currents it's now turning up in every corner of our planet – from Cornish beaches, to uninhabited Pacific islands, and is even being found trapped in Arctic ice. Big pieces of plastic are choking and entangling turtles and seabirds, miniscule pieces are clogging the stomachs of creatures who mistake it for food. Plastic is now entering every level of the ocean food chain and even ending up in the seafood on our plates. Greenpeace is calling on big corporations to reduce their plastic footprint and stop producing excessive plastic packaging that is designed to be used once then thrown away. If we all act together now we can protect the world's precious oceans for future generations.

We can all:-

- reduce our use of single use plastics – avoid take out coffee cups, plastic drinking straws, cotton buds, bottled drinks, takeaway containers. Stick to re-usable plastic bags and try to cut down on plastic contained food.
- avoid products containing microbeads, tiny plastic particles which are found in some face scrubs, toothpastes, and bodywashes.
- support the bans – we all know how convenient plastic is, but if everyone made some changes, it could make a huge difference.
- recycle all our plastic that can be recycled
- spread the word
- take the plastics pledge

Visit [greenpeace.org.uk/what-we-do/oceans/plastics](https://www.greenpeace.org.uk/what-we-do/oceans/plastics) to take the pledge (Do the quiz to see how big your plastic footprint is.)

The Forum's Environment & Transport Action Group, at a request from a number of our members, wrote to our local MP, a few years ago, asking to raise this issue in Parliament.

Forum Computer drop in sessions (free)

Change to Newport Drop in

Butter Cross Court, Stafford Street, Newport, TF10 7UD
Starting 10th October, every Wednesday 11am - 1pm
Open to non-residents

We're also at:

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

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

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

Call us on 07932 828333/07552 975676 for more details.

We offer help to absolute beginners through to experienced users, 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. Even if you have only one question to ask, or just one problem to solve, please call in. No need to book, just turn up.

Central heating thermostats - how to use them effectively

We're often told that turning the heating down by a couple of degrees can lead to a fair saving on energy bills so getting the temperature right seems pretty important. However with gas central heating systems often having three ways of controlling the heating -dials on the boiler, a thermostat/controller on the wall, then also possibly thermostatic radiator valves, how do we use them effectively and economically? What happens if settings contradict one another?

Boiler thermostat

This sets the temperature of the water that will be pumped from the boiler through the radiators. The higher this is set, the quicker it will heat your home. Condensation and combi boilers work more efficiently at the Economy setting but may need to be turned up during a severe cold spell.

Room thermostat

The room thermostat is usually located in a hallway, and should be set to the lowest comfortable temperature, typically between 18 and 21 degrees, (around 20-21 for households with elderly people and young children.

At this setting you shouldn't need to turn your thermostat up when it is colder outside; the house will heat up to the set temperature regardless, and then turn off until the temperature drops. It may take a little longer on colder days, so you might want to set your heating to come on earlier in the winter.

Some room thermostats are also controllers, allowing you to set different temperatures for different times of the day. Room thermostats need a free flow of air to sense the temperature, so they must not be blocked by curtains or furniture, or put near heat sources.

Thermostatic radiator valves

These valves are found on some of your radiators, and have a dial with numbers, usually 1 -5. Set them to the level you want for the room; a lower setting uses less energy and so will save you money. For instance, in a living room where you spend a lot of time you might want to turn it on full, whereas a spare bedroom you might want to set it low or even off.

They do not control the boiler; they reduce the flow of water through the radiator when the temperature goes above a certain setting, so they can't make your room very warm if the main thermostat is set low. Some radiator valves are prone to sticking if they haven't been turned very often. It's not a bad idea to turn them fully up or off a few times a year to reduce the chance of failure.

Jayne Sargent Foundation

is a local independent charity based in Telford offering a cancer support group and welcomes anyone dealing with cancer, regardless of when diagnosed.

We are a friendly group who meet over tea and homemade cake to help support one another. We meet on the last Tuesday of every month 11am - 1pm and the second Thursday of every month 7 - 9pm at Meeting Point House in Southwater, Telford. Our meets allow us a voice which can improve services in our area. We learn new skills with our craft, dance and exercise sessions, have days out and offer complementary therapy.

The service is completely free as we fundraise to provide our service in Telford. There is no need to book, just turn up and you will be made very welcome! You are welcome to bring along a friend, carer or relative. Keep in touch with us on Facebook or Twitter to find out more about upcoming meets, activities and events or visit jaynesargentfoundation.org.uk for more information or pick up a leaflet from Meeting Point House.

More Tea Vicar!

A new vintage inspired tea room at Meeting Point Café in Southwater, Telford is now offering homemade scones and afternoon teas.

Served on vintage crockery the afternoon teas are available Monday to Saturday 12-3pm, in the newly decorated tea room which even has a record player, so bring along your old vinyl records.

Afternoon teas cost £8 per person which includes a pot of tea. The room is also great for birthdays and celebrations as well as local community groups. Pictured here are Reverend Lee Plummer of River Community Church at Meeting Point House and Sandra Cashmore from Meeting Point Café.

10% discount for readers - mention the Forum magazine!

Craft Fair at Meeting Point House

Every second Saturday of the month between 10am and 2pm.

A variety of quality handmade items will be available to purchase ranging from woodwork to glasswork, jewellery to knitting.

Stalls will be in several locations throughout the building and Meeting Point Café will be on hand to accommodate all your refreshment requirements.

Free entry to all! If you would like to hire a table, please contact us!

For more information about the Craft Fair and the Afternoon Teas, contact Meeting Point House on 01952 292268, or email reception@meetingpointhouse.co.uk

Hold on to that holiday feeling!

It's over. The air is cooling. School is the opposite of out. You can probably feel the holiday spirit leaving your body. But what if you could capitalise on your holiday momentum and apply some of your novelty-seeking break from routine to your daily routine?

Holidays are good for humans. A 40-year study in Finland found that those who took a holiday every year were more likely to live longer. The good news for those on a budget is that the benefits were the same wherever you spent your break.

Immediately after a holiday is the perfect time to make changes to your routine. The plasticity in your brain – its ability to change and adapt to experiences – will be freshly stimulated by a combination of novel experience and physical activity and ready for the idea of positive change. So, with that in mind, here some ways to keep the holiday spirit alive.

1 Be a home tourist

Appreciate the place where you live. (After all in Shropshire, we're surrounded by history and natural beauty.)

2 Re-evaluate your routine

What didn't you do when you were away? Apart from the housework, did you watch less TV use the internet less? You could continue to free up this time to ...

3 Devise new habits

On holiday you do something a bit different – so why not try something new at home? It's easy to spend time watching TV, which is OK, but you could pack your swimsuit or go for a walk.

4 Savour the small things

When we're on holiday, we slow down and focus on one thing, you just need to keep up the practice, no matter what you savour.

5 Plan day trips

Try looking at the period between now and Christmas with the same eyes with which you viewed your forthcoming holiday; plan a few trips - they need not be expensive. What is important is committing to them before your risk aversion kicks in and your plasticity gets rigor mortis.

6 Join a club

Always wanted to tap dance, or draw, or learn to knit, or throw ceramics, or ride a horse? You will meet new people, some of whom may become friends. Even if they don't, they will provide you with the sort of novel social interactions that you experience on holiday.

7 Eat holiday breakfast

If you walked out early for fresh bread, find a baker near your home that can offer something similar. Buy figs and melons or sit in a cafe with a croissant and cappuccino.

8 Cook with a new ingredient

Pick one new ingredient to use each week. Up the ante by making your novelty ingredient seasonal.

9 Go outside

It can be hard to replicate the awe inspired by the Grand Canyon but try to get outside more. Delay switching on the telly for five minutes to squeeze in a walk around the block.

10 Make an autumn resolution

Holiday provides time out and a chance to reflect on what is truly important to you. So, if you had an epiphany while you were away, now is the time to turn your insights into action. You may change your life, or an element of it. And that could feel like a holiday.

11 Buy a carafe

No, seriously. a little glass carafe that says "quarto litro" at its neck, just like the ones in which the cheapest wine is served on holiday. It encourages restraint on the wine front, while adding ceremony!

12 Swim, walk, cycle

We tend to get more exercise on holiday, so keep it up when you get home!

Based on an article 'Sad Summer's Over?' The Guardian, Sept 2018

Free home energy checks for older people

Age UK Shropshire Telford & Wrekin is a local charity supporting older people and has been successful in securing additional funding to offer free and impartial home energy checks for the over 60s.

Keeping warm in the colder months is a huge issue for many homeowners who live in Shropshire. Many people live in poorly insulated houses which are not on the main gas grid and are therefore expensive to heat. Shockingly around 285 older people die every winter in Shropshire from cold-related causes.

The free advisory service is delivered in partnership with Age UK Shropshire Telford & Wrekin and Marches Energy Agency. The charity wants to stress it is not trying to sell anything, the one hour visit will offer impartial advice to make homes warmer and could save money on heating bills.

Heather Osborne, Chief Executive of Age UK STW, said: "With temperatures plummeting to minus 13 in some parts of Shropshire last winter and significant snowfall we are urging older people to think ahead and prepare their homes for the coming winter months. This scheme is always very popular, I am delighted we have been able to secure the funding for a third year running to support older people keep their homes warm. Last year we visited over 100 older people who were desperate for help to reduce their energy bills but didn't know where to turn, so please do pick up the phone and talk to us.'

If you would like a free Home Energy Check call Age UK Shropshire Telford & Wrekin on 01743 233123.

The flu vaccine

You are eligible for the flu vaccine this winter if you will be aged 65 and over on March 31 2019 – that is, you were born on or before March 31 1954. So, if you are currently 64 but will be 65 on March 31 2019, you do qualify.

You can have your NHS flu vaccine at:

- your GP surgery
- a local pharmacy offering the service
- some community pharmacies now offer flu vaccination to adults at risk of flu including people aged 65 and over, people with long-term health conditions and carers.

When to have a flu vaccine

The best time to have a flu vaccine is in the autumn, from the beginning of October to end of November, but you can have the vaccine later in winter.

Ask your GP or pharmacist.

The shingles vaccination

You are eligible for the shingles vaccine if you are aged 70 or 78 years old. In addition, anyone who was previously eligible but missed out on their shingles vaccination remains eligible until their 80th birthday. You can have the vaccination at any time of year, as soon as you turn 70 or 78. It's not available on the

NHS to anyone aged 80 or over because it seems to be less effective in this age group.

How do I get the shingles vaccine?

Once you become eligible for the shingles vaccination your doctor will take the opportunity to vaccinate you when you attend the surgery for general reasons or for your annual flu vaccination. If you are worried that you may miss out on the shingles vaccination, contact your GP surgery to arrange an appointment to have the vaccine.

How long will the shingles vaccine protect me for?

It's difficult to be precise, but research suggests the shingles vaccine will protect you for at least five years, probably longer.

Contact your GP surgery for more information.

Tea, Cake & Company

Contact the Elderly is a national charity aiming to combat loneliness and social isolation by arranging volunteer-led monthly afternoon tea-parties, gatherings and outings. Established over 50 years ago the charity has grown steadily and across the UK there are now 830 volunteer-led friendship groups.

Each group consists of about 6 to 8 older 'guests', who are collected from their homes by a volunteer driver and taken to the host's home or community venue one Sunday afternoon a month. The group is warmly welcomed by a different host each month, but the drivers remain the same so that over time acquaintances turn into friends and loneliness is replaced by companionship.

Loneliness across all age groups is an increasing problem and research has shown that it is as bad for your health as smoking 15 cigarettes a day, significantly impacting on heart disease, depression and dementia. There are 2.2 million people aged over 75 living alone in the UK, a number increasing annually and an estimated 1.2 million chronically lonely older people. For many, TV is their main source of company.

Kath Davies, the charity's Development Officer for the West Midlands, lives in Shrewsbury where she volunteers for the local tea-party groups as a host and reserve driver. Kath has signed up a number of volunteers, including a Group Coordinator, and with a few more drivers and hosts, a second Telford group could be launched quite soon.

Kath says, 'The charity is looking to expand the number of groups in Shropshire and I am working to raise awareness locally. This will involve finding those elderly people most isolated in their community as well as recruiting volunteers, thus enabling a second group to be developed in Telford as well as others around the county.'

We all have many demands on our time but this form of 'micro - volunteering' can easily fit into busy lives. The charity does not ask for a big commitment time-wise from its volunteers:

A tea party host is asked to invite the group into their home (or community venue) once or twice a year and provide a light afternoon tea. The property needs to have easy access and a downstairs toilet.

A volunteer driver is asked to commit to drive the elderly guests to and from the tea-parties one Sunday afternoon a month. Drivers are DBS and reference checked for safeguarding purposes.

Kath is also asking people to refer 'guests' who they feel might benefit from joining the group. Contact the Elderly' offers a vital lifeline of friendship to over 75's who live alone, often with sight and hearing problems, and who are at risk of becoming isolated as their mobility decreases. Guest referrals can be received from relatives, friends and neighbours, as well as from other charities and organisations working with the elderly.

The charity's model is based on a simple yet very effective concept; free, once a month Sunday tea parties for small groups of older people bringing all ages together, developing fulfilling friendships and giving everyone something to look forward to.

For further information visit www.contact-the-elderly.org.uk or contact Kath tel 01743 232992 or email kath.davies@contact-the-elderly.org.uk

St Georges Community Group

The group meets the 1st Thursday of the month at Turnpike Court, St Georges.

Following a community action plan to make the area a better and safer place to live and visit, we welcome residents and visitors to be involved with our group and activities.

Activities include advocating for accessible pathways to basic amenities, development of The Miner's Walk Heritage Trail, wildlife projects in our green and open spaces and strengthening the foundations of the group.

If you have some skills to share, want to learn and/or be involved in the local community where you live or visit, please get in touch.

For more details please visit: - www.theminerswalk.org
On Facebook: - St Georges Community Group (Love St Georges) and also Butterfly and Wildlife Project - St Georges
Contact: Louise Bremner Tel: 07518 935 844

The Hub on the Hill

in Sutton Hill, is very pleased to announce some new developments at the centre.

The Charity shop is now open on Tuesdays and Fridays, 9 - 2pm and 2 - 4pm.

The team are looking for volunteers who would like to donate time to help run the shop during opening hours. Donations of good quality second hand clothes and household items are also welcomed (no electrical items). For more information please contact Terry on 01952 898052.

Here are 10 reasons why being a grandparent is the best job in the world, supported by some favourite quotes.

1. You've got time to notice the little things.
"I have so much more time to play than I did with my own children!"

2. You can watch them discover the world and their place in it.
“They’re so ready and willing to learn all the time. It’s just fascinating and quite inspiring too.”
3. And teach them a few things too.
“I’ll tell you, this old dog loves teaching my grandson new tricks.”
4. You get to be the ‘fun ones.’
“The best grandparent rule? You’re allowed to spoil them! It’s a grandparent’s prerogative.”
5. You don’t always have to be the sheriff.
“Don’t blame me darling. Your parents make the rules.”
6. From the past to the future, it’s one of the best views around.
“Grandchildren see the history in us - we see the future in them.”
7. Grandkids are just a heck of a lot of fun.
“I never get tired of the funny things my grandchildren say and do.”
8. It’s a loving relationship like no other.
“My grandchildren are so special and the love I feel for them is different from any other kind of love. They always want more cuddles.”
9. You’re making an important and meaningful difference to their lives.
“What can be more important than helping a child become a kind, caring and resilient adult?”
10. You’re in a position to leave a legacy.
“We’re lucky that we’re able to contribute to big things in the future like helping fund university or maybe towards a home.”

Unite against dementia and become an Alzheimer’s Society volunteer today

Alzheimer’s Society, the UK’s leading dementia charity, is looking for volunteers in the Telford and Wrekin area.

Dementia is now the UK’s biggest killer, with someone developing it every three minutes. There are many important ways you can play a part as a volunteer in one of Alzheimer’s Society’s exciting services. Whether you can give an hour, a day or more, you can make an important difference to the life of someone living with dementia. Alzheimer’s Society is particularly looking for volunteers for the following roles:

Dementia Adviser Volunteer

Dementia Adviser Volunteers make telephone calls to people with dementia and their carers who have been referred to the dementia support service. Volunteers are based in Alzheimer’s Society’s Wellington office. A regular commitment of half a day a week for a minimum of six months is required for this role.

Dementia Friendly Community Champion

This role can be carried out in your local area, making a real difference to people living with dementia in your community. Dementia Friendly Community Champions provide essential support in helping the local area to become a dementia friendly community; where people with dementia are understood, respected and supported. Working closely with the Dementia Support Worker for your area, this role

would require you to network with local businesses and organisations, assisting at events and distributing leaflets.

Group Support Volunteer

Alzheimer's Society runs several groups for people living with dementia and their carers. Volunteers support the group coordinator to deliver the group, enabling people attending to participate in activities and meet others in a supportive and relaxed environment.

Alzheimer's Society is urging everyone to come together and unite against dementia. Unite against dementia by becoming a volunteer today.

For more information please contact Hayley Page, Volunteering Officer at Alzheimer's Society on 01543 573936 or email volshropstaff@alzheimers.org.uk

Shropshire Prostate Cancer Support Group

In conjunction with Oakengates Town Council Invite men over 50 years old to their Prostate Cancer Awareness Event with free PSA Testing on Monday 22nd October between 6pm and 9pm at The Wakes, Theatre Square, Oakengates, TF2 6EP.

Funded by the Prostate Cancer Support Group.

Are you a woman over the age of 65?

Have you lived with nerves, low mood, depression, anxiety or any other form of emotional or mental health problems since you were 65?

If so, would you like to take part in a research study?

I am a research student at Keele University and looking for participants to interview.

Would you talk to me about your experiences, your views, how you coped, what helped or hindered your recovery process, in a face to face conversation lasting about one hour?

For more information, in strict confidence and with no obligation to take part, please contact: Bridget Jones: Telephone or Text 07376 567853 or email: b.v.jones+1@keele.ac.uk

Travels with Granny

Dementia is often difficult enough for adults to comprehend, but what about younger people? Journalist and author Juliet Rix has written an excellent new book, Travels with Granny, to help explain what can be a confusing topic for children.

In recent years, Juliet had started writing for children, and decided it would be a good idea to write something about living with dementia, to explain to children what's going on. "If an adult is behaving weirdly, that's quite frightening. But if you can understand that the person might be someone else, it's a bit like daydreaming, and we all do that. It stops being so scary, and you can learn to talk to people."

The resulting book, which features vibrant illustrations by Christopher Corr, is a colourful story

focussing on the idea of travelling somewhere else to explain what people with dementia are going through. For example: Granny's legs won't carry her much further than the door, but she still travels. And sometimes she takes her grandchild with her. The grown-ups think Granny doesn't know where she is, but grandchild thinks Granny knows exactly where she is, it just isn't where the grown-ups are...

“What I’m hoping is when you read this book with your kids, then when you come across someone who has dementia, who’s confused and behaving in an otherwise inexplicable way, be it in your own family, a neighbour or someone in the local supermarket, you can say to your child that ‘maybe he or she is travelling, I wonder where they are today?’”

The book has garnered praise from experts in dementia. “Such a gentle, positive and fascinating way of introducing a child to dementia, this will prove valuable to so many families,” says Tessa Gutteridge, Director of YoungDementia UK.

“As well as helping children to understand, I also hope kids have fun reading it because it’s about lots of places in the world and the nice relationship between a granny and a child,” says Juliet.

Travels with Granny is out now via Otter-Barry Books. Taken from an article on www.ageuk.org.uk

100 years on – The Great War, October/November 1918 by Dave Wright

The Hundred Days Offensive for the Allies, under the command of French General Ferdinand Foch, was an ambitious campaign that was intended to build a very decisive push against the Germans. We stated in the last edition that SECRECY was vital to the allied plans and this continued to be the case when the offensive was getting under way.

During October 1918 the allies were gaining momentum, with victories on land, at sea and in the air with the Royal Air Force (RAF). This new arm of the British Forces had been formed on 1st April 1918 with the amalgamation of the Royal Flying Corps (RFC) and the Royal Naval Air Service (RNAS). During the 100 days offensive the RAF took its place alongside the British Navy and Army as a separate military service with its own ministry.

The Germans’ morale at the start of the offensive had been much higher than the Allied Forces but by October 1918 their defences had started to crumble. Their resources were being stretched to near breaking point and the German soldiers’ morale was soon at an all-time low.

In early October 1918 the US Commander in Chief, General Pershing, paused to regroup and then flung some of his most experienced divisions against the German 3rd line. Like most of the battles in the Great War, progress was very slow and costly in human life. This drive to capture the German 3rd Line allowed the French 4th Army to push towards the Aisne. On 12th October Pershing split his Army into two and continued to batter their way northward and by 30th October had managed to push beyond Argonne.

The final stage of the Offensive started on the 1st November with the 1st Army cutting through the remaining German defences both in the north and east. The mighty push allowed the French 4th Army to finally cross the Aisne.

This intensive fighting cost the Americans 117,000 men and the Germans 100,000, including 26,000 prisoners of war.

The British forces were doing their bit and after only 3 weeks the whole of the Hindenburg Line had

been broken. The British were pushing hard and by the 1st November they had reached the French/Belgium boarder. The British forces' last offensive ran from 4th to 10th November. Overall, during the 100-day offensive they had suffered huge casualties of 952,000 men, listed as killed, wounded, sick, taken POW or just simply missing.

The Hundred Days Offensive culminated in the signing of the Armistice which finally ended the war on the 11th hour of the 11th day 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

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.

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