

# Senior Citizens Forum Newsletter April 2019

## Message from the Chairperson, Celia Steventon

Hello again. We have just had the hottest and driest February since records began and now we have storm Gareth causing chaos with high winds and driving rain, what is the world coming to?

I hope you will be able to make the April forum on the 15th April, where we will be hearing from Veolia about recycling, the dreaded plastic and how we can all help with saving the planet. I know this will be very interesting and full of information, so come along and join us.

We're putting on an extra open forum event in April, in partnership with national charity Independent Age. Please join us on Monday 29th April to find out how we can all help support their campaign for free personal care (see page 5).

The Trustees have also written to the BBC Director General expressing our concerns at the possible withdrawal of the Free TV licence for the over 75's, we will keep you posted on what is happening. I'm looking forward to seeing you at all our events, keep well.

## Events

Our next event will be Monday 15th April 2019, 10.30am - 1.00pm, doors open at 10am at The Wakes, Oakengates, TF2 6EP

Event is open to all, members and non-members, free entry. Free light buffet lunch and refreshments. Come and join us, everyone welcome!

Recycling & reducing plastics waste - Our guest speaker will be Ruth Jones, Communications & Engagement Officer, Veolia UK, who will explain the journey our recycling materials take after being collected from our homes.

## Open Forum on 29th April

10.30am - 1.00pm, doors open at 10am at The Wakes, Oakengates, TF2 6EP

Support the Campaign for Free Personal Care.

Join the Forum and Independent Age on Monday 29th April.

Independent Age has just launched a major campaign on social care, calling on the government to introduce free personal care for all older people.

Free personal care would give older people the help they need with simple activities like getting dressed and getting washed. It would deliver basic fairness, helping people to lead life on their own terms and could help people live at home for longer. Free personal care could also reduce the number of older people stuck in hospital waiting for care and has already been proven to work in Scotland, where it was introduced nearly 2 decades ago.

As part of the campaign, we are hosting an event with the Senior Citizens Forum and we would love to see you there. At the event, we will be explaining how Independent Age runs campaigns and talking about how our campaign for free personal care will benefit older people in Telford and Wrekin. There will then be an opportunity to support our campaign by adding your name to a letter to local councillors asking them to support our call for free personal care.

We're hoping to be joined by some local councillors so that, after hearing our call for free personal care, you will be able to discuss this with them.

For more details about the event, you can contact Independent Age's Campaigns Team by email at [campaigns@independentage.org](mailto:campaigns@independentage.org) or call us on 020 7605 4478 or visit the website at [www.independentage.org](http://www.independentage.org) or contact the Forum.

Event is open to all, members and non-members, free entry. Complimentary refreshments.

## Forum Events Summary Apr - Sept 2019

Monday 15th April - Recycling, open forum, at The Wakes

Monday 29th April - Support the Campaign for Free Personal Care, at The Wakes

Wednesday 19th June - Celebrating Age Get Active Event, at The Place

Monday 23rd September - AGM & open forum meeting, at The Wakes

If you'd like to find out more about the Forum and Forum activities, come along and see us at The Wakes at the weekly Senior Social session, every Thursday, 1.30pm, (organised in partnership with Oakengates Town Council).

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

In this edition, we will be looking at drivers' minimum eyesight requirements and what ETAG has been doing over the last two months.

### Minimum Eyesight Requirement

The DVLA is encouraging all drivers to take the "Number Plate Test", a legal requirement and a quick, effective and easy way to check that drivers meet the minimum eyesight requirements. The driver of any vehicle must be able to read a number plate at 20 metres, (approximately 5 car lengths, 8 parking bays sideways on, 26 strides for a man, 33 for a woman). Anyone who can't read a number plate at this distance is encouraged to visit their optician for an eye test, free for over 60's. Good eyesight is essential for safe driving, so it's important to have regular eye tests.

### ETAG

The 4th February open forum saw the return of the ETAG stand with volunteers there to answer questions. We took 3 actions away to address at our March meeting. On 8th February a volunteer

attended the NHS Future Fit Transport Action Group at Royal Shrewsbury Hospital and learned that the Mitigation Action Plan for Transport, which had involved the councils, NHS, transport companies, taxi firms and staff at both hospitals, had been presented to and approved by the Programme Board. The plan highlights the problems which might arise from either of the Future Fit options. This group will meet up again in the autumn once the board has put together their initial Business Plan.

On 20th February, 5 members of ETAG, and Forum staff attended the Ketley Good Companions (KGC) group. We talked about the Senior Citizens Forum, Telford Bus Station, the new railway station bridge and Civil Parking Enforcement. Thank you KGC for inviting us to your meeting, and to the 30 plus attendees who presented some very good questions to the team.

At our 4th March meeting we welcomed the council's Assistant Director of Customer & Neighbourhood Services to talk about Civil Parking Enforcement. We also had an update from our representative who attends the Bus Users Group, plus our normal updates on local environmental and transport issues.

Join ETAG at their next meeting....

If you have an interest in either Environmental or Transport issues our next meeting is on 29th April, 2pm at Meeting Point House, Southwater Square. You're very welcome to come along and join the meeting.

ETAG volunteer, Valerie Skelton is currently featured on Independent Age's website in an article launched on International Women's Day focussing on some of the key issues that specifically affect older women, with public transport playing a vital role in helping them to remain independent. See the feature at [www.independentage.org/international-womens-day/what-do-you-think](http://www.independentage.org/international-womens-day/what-do-you-think)

## Free bulk collections to continue for over 65s and disabled

Free collections of large household items such as furniture and electrical items will continue for Telford and Wrekin residents aged over 65 and those with a disability. Telford & Wrekin Council will also continue to offer a 25 per cent discount on bulk collections booked by residents in receipt of Council Tax or Housing Benefit.

Borough residents aged over 65 and residents with a disability will be able to take advantage of one free bulk collection per calendar year for up to six items for each household. To arrange a collection visit [www.telford.gov.uk/bulk](http://www.telford.gov.uk/bulk) or call on 01952 384384 or enquire in person at one of the First Point locations at Madeley, Newport, Southwater and Wellington libraries.

## Forum Health Action Group

Thank you to everyone who expressed interest in our new health & care action group, which by now will have had its initial meeting. You can still be involved and can join the group at any time. If you would like to find out more, please get in touch. (Contact details on page 2)

As the purpose of the group is to represent our members, we will always welcome your ideas for topics and issues to investigate. The group will have a stand at our future forum meetings, but you can also write, email or phone. The group will also report in future editions of the magazine.

## Forum Computer drop in sessions (free)

Butter Cross Court, Stafford Street, Newport, TF10 7UD, Wed, 11am – 1pm

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 for all abilities, using our computers or your own, on laptops, tablets and smartphones. We provide the opportunity for you to practice, gain more confidence and chat to others. We also help with problem solving, online safety advice and computer clean up, email, video calling such as Skype, social media, searching online, shopping, photos and much more. No need to book, just turn up!

## Scam Update

Beware of these common scam phone calls

They say they're from Windows or Microsoft and tell you there's a problem with your computer, or that they're from BT and tell you that your broadband is going to be cut off. Or they say they are the police, tax office, bank, DVLA, TV Licensing and there's a problem with your account.

None of the organisations they pretend to be will EVER call you in this way. They'll never ask you to transfer money or disclose your security details.

Emails

Action Fraud has set up a dedicated email address where you can forward any scam emails that you receive or emails you are suspicious about. Visit the website at [www.actionfraud.police.uk/report-phishing](http://www.actionfraud.police.uk/report-phishing)

Investment Fraud

Beware of being contacted out of the blue and offered carbon credit certificates or another opportunity to invest directly in a 'green' scheme, making you feel that you're helping the environment. Investors have reported they can't sell their carbon credits and have lost any money they've invested. Carbon credits are not currently regulated by the FCA, so it's best to avoid them, or seek independent advice.

## Senior Social @The Wakes, every Thursday at 1.30pm

A weekly session, with a varied programme including activities, films, talks and food.

11th April - Therapy Dogs

FREE

Meet Tom Kane and his amazing hearing dog Harley. Hear how Harley acts as a vital set of ears, alerting Tom to a range of auditory signals, and making a major contribution to his life.

2nd May - Film & Cake\* £4  
Film title to be confirmed - check at [www.the.wakes.org.uk](http://www.the.wakes.org.uk)  
9th May - Side by Side Ukes plus Cream Tea £4  
Entertainment and sing along with local ukulele band, Side by Side Ukes

16th May - Curling FREE  
A great fun easy to do activity, similar to bowls, can be done without bending down.

23rd May - Film & Cake\* £4  
Film title to be confirmed - check at [www.the.wakes.org.uk](http://www.the.wakes.org.uk)

6th June - Lunch & Quiz £4

## Celebrating Age! 2 large events happening in 2019!

The Forum will once again be working with Celebrating Age partners Age UK and Wrekin Housing Trust to give you the opportunity to find out more about the huge range of regular activities on offer in Telford & Wrekin, helping you to keep you fit, active, and connected to others.

In 2019, unlike the previous two years, we will not be holding a 'festival week' and we won't be producing a printed programme, instead we'll be holding two large events, one about keeping fit and the other based on arts and crafts.

The first event will take place on Wednesday 19th June, 10am-2pm, at The Place, Oakengates. Here you'll have the chance to try out a range of activities, talk to the group leaders, meet other people, and just have an enjoyable fun day with music, tea & coffee and a free light lunch.  
The second event will take place in October. The event will be free and open to anyone over 50.

If you are a local group holding regular sessions relating to physical exercise, dance, arts, crafts or hobbies, and you're interested in taking part in the events and promoting your group, please contact us on 07552 975676/07932 828333, email [info@celebratingagetelford.uk](mailto:info@celebratingagetelford.uk)

## See and Hear Shropshire 2019

Wednesday 15th May, 10am - 4pm, Shrewsbury Sports Village, Sundorne Road, Harlescott, SY1 4RQ

If you have sight or hearing loss, or know someone who has, the 2019 exhibition will be beneficial to you. More than 70 local and national exhibitors, seminars and workshops, Hearing Aid Maintenance Clinic, Boccia Tournament and All Ability Cycling.

Free Dial-A-Ride shuttle bus from Shrewsbury Train Station every 30 minutes throughout the day, from 9.30am. For further information contact Pauline Rose on 01742 257746 or visit [www.shropshire.gov.uk/see-and-hear](http://www.shropshire.gov.uk/see-and-hear)

## Ironbridge Gorge Walking Festival

For almost 15 years walkers from around the country have joined experienced walk leaders for a selection of free walks in and around the Ironbridge Gorge. Between 4th and 12th May 2019 the volunteer walk leaders of the Ironbridge Gorge Walking Festival will be dusting off their boots, rucksacks and maps to give visitors the opportunity to join them to explore this most spectacular part of the West Midlands.

After a major refurbishment the Iron Bridge can be seen in all its glory again, and for the first time in living memory repainted in its original colour. Of the 57 walks on offer over half start from the bridge.

We will escort you through the woods and dingles that now form the landscape, created as nature has reclaimed the industrial sites of the 18th and 19th centuries, and walk along canals and railways that transported goods to the River Severn, one of the main arteries for the Industrial revolution. We also take you to the more recent developments, such as the only tinted cooling towers, before they are demolished.

We are offering a range of different walks every day and for the serious walkers, at least one over 17 miles. Have you explored Wenlock Edge and seen the site of Thomas Telford's lime works? Slightly shorter but still all-day are walks between 10 and 17 miles, including two which have a break for lunch in a local pub, (not included).

There are a number of walks of between 5 and 8 miles and 23 walks of 4 miles or less. These range from a Troubadour wander around the Gorge, bird identification on the Wrekin, a tour of the Jitties in Broseley and some of the historical sites in Madeley.

For the cost of a parking ticket in Ironbridge (all day for £2.90) you can enjoy a whole day walking with like-minded individuals, and you might even learn something new!

For more information visit: [www.ironbridgewalking.co.uk](http://www.ironbridgewalking.co.uk)

Visit our Facebook page, follow us on Twitter or email:

[info@ironbridgewalking.co.uk](mailto:info@ironbridgewalking.co.uk) or phone 01952 433424

Brochures are available at all local libraries and Ironbridge Gorge Museum sites

## Wellington Orbit Arts & Community Centre

A Cinema in Wellington? Many said it couldn't be done!

At the end of April 2019 Wellington Orbit opens with its own cinema and restaurant – all on the ground floor of the former HSBC building at 1 Station Street – fronted on the Square. The arts centre will follow in the second phase.

With our easily recognisable logo and with planning permission obtained, new signs will soon be in place to confirm the move away from the banking sector which has been on the corner in Wellington since 1901. Quite a change of use!

Members of the public coming up from the station or crossing the Square may have noticed the new doors opening directly into the Square and the entrance to both the cinema and licensed restaurant.

The restaurant will be catering for all tastes using locally sourced products including freshly prepared soups. It will be open during the evening as well as the daytime and great care is being taken not to compete with our neighbouring café owners but to complement their menus.

And so to the cinema...

Seating 60 people in luxury seats and space for wheelchairs, patrons will be able to take their Barista coffee, tea or their wine/beer into the cinema.

The Wellington Orbit team has taken great care in obtaining advice on the programme of films to be shown. Alongside the main stream releases, screenings will include specially selected films that provide for the multi-cultural society in which we all live and also to ensure that all age ranges and abilities are catered for.

Prices will be announced shortly as well as more information on the opening date, but the public should rest assured that concessions will be available. Information on the opening dates and the latest news can be gained by keeping an eye on our web page:

[www.wellingtonorbit.co.uk](http://www.wellingtonorbit.co.uk)

or on Facebook: Save the Clifton trading as Wellington Orbit (but a search for Wellington Orbit will find it) or on Twitter @wellington orbit

No access to these? That's fine, just watch the local press, listen to local radio or come to the stall in Wellington Market on Saturday mornings between 9.00 a.m. and 12.00 midday. We will be there until the Wellington Orbit opens.

## WEA Courses

The Workers Educational Association is the UK's largest voluntary sector provider of education in England and Scotland. Founded in 1903 we have a long history of delivering friendly, accessible and enjoyable courses for adults from all walks of life. You need no previous experience, just a willingness to share your curiosity, ideas and experience.

An example of some exciting courses coming up this summer term:-

How to Draw and Paint Sea and Snow Scenes

Mon 3rd June - 17th June, 1pm - 2pm, Park Lane Centre Woodside

More Art for Everyone

Tues 30th Apr - 9th July, 10am -12, Jubilee House, Madeley

Clay for Beginners - An evening course (dates and times TBC)

Wednesday, Parklane Centre Woodside

Printmaking for Beginners

Thurs 6th June - 27th June, 10am -12:30, Brookside Central, Brookside

Yoga for Calm and Relaxation

Thurs 9th June - 20th June, 6.30pm - 8.15pm, Brookside Central

Art in the Evening

Mon 3rd June - 1st July, 7pm - 9pm, Shawbirch Community Centre

Search Telford courses at [www.wea.org.uk](http://www.wea.org.uk) or call 0300 303 3464

Follow our Facebook page [www.facebook.com/weashropshire](http://www.facebook.com/weashropshire)

Students in receipt of certain benefits may be eligible for course fee remissions. Courses are subject to change but students will be notified.

## Anagrams

Re-arrange the letters to find names of foods

AWFUL RECOIL

A MOTTO

CHEAP

A SUGAR SAP

COOL CHEAT

PUB TUNE TREAT (6,6)

CAR DUST

ORDER PIG

PAST EIGHT

A TROPIC

Solution at end of document

## Newport Cottage Care Centre

The Newport Cottage Care Centre is based in Newport, Shropshire and is more than just a Day Centre. Caring for elderly people and those living well with dementia within the community is the main objective of the Centre. We provide person centred care and a holistic approach to each individual whilst promoting personal choice. Our care staff are highly trained in assisting our clients in all aspects of personal care, whilst promoting dignity, independence and respect.

There are opportunities for our clients to take part in a wide variety of activities such as art classes, woodwork sessions, sewing lessons, exercise classes, weekly visits from Play Days Nursery or to join their friends for a chat which in turn prevents isolation and low mood.

We have various entertainers and stimulating social activities every day which help to keep their minds and bodies 'active'.

Every Tuesday and Thursday from 9am to 4pm, we offer specialised day care for people living with dementia or a memory impairment. Our staff are experienced in providing coping mechanisms for both clients and family needing support. Our dementia care service is available to clients paying privately, as well as those funded by the local authority. Our Midas trained drivers pick up and drop off clients from home within a 5-mile radius. Outside of this 5-mile radius, clients can still access our services if they can provide their own transport.

You can self-refer, or be referred to us by social workers, Memory Team, GP's, District Nurses, Alzheimer's Team or by families/friends.

Contact Kerry Nolan, Centre Manager, on 01952 820893 to find out more and how to access the services available. A free trial day is available to all our clients.

## Healthy Lifestyles Advisors - Free Health Checks

At our last forum the question was raised about the upper age limit for checks and screening undertaken by the council's Healthy Lifestyles Team, who are available on certain days at some GP surgeries, community centres and at Southwater One.

We can confirm that there is no upper age limit. Advice and checks are available to anyone at any age, free of charge.

There may have been some confusion with the NHS Health Check where people between the age of 49 and 74 are called in to their local surgery every 5 years.

Checks offered by the Telford Healthy Lifestyles team include:

- Full lifestyle screenings
- Lung age
- Carbon monoxide readings
- Body fat
- Weight & height
- Blood pressure
- Body mass index

To contact the team for more information or to find out when the advisors are in your area, call 01952 382582, or email: [healthylifestyles@telford.gov.uk](mailto:healthylifestyles@telford.gov.uk)

## TV Licences

Free TV licences for the over 75's are currently financed by a government-funded scheme, which is due to end in 2020, when the funding will transfer to the BBC.

In reply to a recent letter sent to her by the Forum, Telford MP Lucy Allan replied, "The Government has made it clear that it wants, and expects, the BBC to continue the concession. The BBC understood the level of commitment required when it agreed to the funding settlement and to take on responsibility for the concession in 2015."

It is expected the cost of free licences to the over-75s will total £745million by 2021/22 - a fifth of the BBC's current budget.

The BBC's public consultation, which closed on 12th February, proposed the following four options:

1. Scrap free licence fees for over-75s  
(90% saving, 10% residual costs to shut down)

2. Replace with a 50% concession for all over-75 households (estimated 44% saving)

3. Increase the age threshold for eligibility

Raise age threshold to 77 (estimated 13% saving).

Raise age threshold to 80 as people over the age of 80 are more likely to live alone so this could help to target the concession at those who are most reliant on television for company (estimated 35% saving).

4. Means-test eligibility for the concession

Link free TV licences to over-75s who get pension credit (estimated 72% saving).

Link free TV licences to anyone receiving pension credit regardless of age (estimated 56% saving).

Disappointedly, the consultation wasn't publicised very widely and only available to internet users, but we hope to hear about the results shortly.

You can still sign the Age UK petition online at

<https://bit.ly/2QqATJV>

Help them reach their target of 100,000 signatures.

## If you need to cancel or cut short your holiday

Have you changed your mind about a holiday? Have health or family issues got in the way, or something unavoidable cropped up? Perhaps you no longer feel safe visiting the destination. Even more stressful is receiving news while you're away that leaves you having to get home as soon as possible.

Where do I start?

Your right to cancel will depend on the terms and conditions of your holiday booking and your travel insurance. Check both to see if your circumstances are covered so that you can avoid losing all the money you spent on the trip.

If you cancel before you're due to go away, you may get a refund for the amount you've paid – this tends to be on a sliding scale, with the refund being less the nearer you get to departure.

However, there are still many holiday companies that don't provide compensation if you have to cancel or return home and you may still have to pay. If this happens you should look at making a claim on your travel insurance.

What can I claim for?

Your insurer will only accept your claim if you have a good reason for doing so. Reasons may include:

Unexpected death, illness or injury of anyone in the travelling party.

A fire, burglary or unexpected damage to your home.

You're made redundant.

You're advised not to travel for a medical reason that occurred after you took out the insurance.

You're called for jury service or as a witness in court.

If you have to come home early, your insurer will usually only refund any extra travelling costs and the cost of any unused time in your holiday accommodation.

What if the country is no longer safe to travel to?

If you're worried about safety, check the Foreign Office travel advice website, [www.gov.uk/foreign-travel-advice](http://www.gov.uk/foreign-travel-advice) or enquire through your travel agent.

If the Foreign Office advises against all travel to your holiday destination, then your tour operator is legally obliged to offer you a full refund or an alternative holiday. However, their policies will vary and it's best to look at the terms and conditions for your booking.

If you're on holiday when an incident occurs, then it's very likely the tour operator will run additional flights to bring you back to the UK.

## Get Telford Walking.....on May 19th 2019

Telford and Wrekin has one of the highest levels of obesity and type 2 diabetes in England. The health problems which follow these are well known, they can however be reduced by basic changes in lifestyle, primarily by adjustments to diet and by taking a little regular exercise. Our area is particularly rich in local footpaths and green spaces most of which are easily reachable on foot.

In order to help people who would like to take more regular exercise, an event is being held by local volunteers on Sunday, 19th May.

There will be short circular walks from each GP surgery and the Princess Royal Hospital, and a walk from each surgery to the Town Park. These walks will join the Telford T50 50-mile Trail and converge on the Town Park at about 3 pm.

This event is organised by Telford T50 50-mile Trail, Walking for Health - Telford & Wrekin, Telford and East Shropshire Ramblers and Wellington Walkers are Welcome, with support from the Health and Well Being Department of Telford and Wrekin Council.

You can choose from:

A short circular walk from each GP surgery at 10am (start time may vary at some practices)

A linear walk from each surgery to Telford Town Park, using the Telford T50 50-mile trail

Start from your own surgery, or choose a time or distance that suits you

Do your own thing, possibly finishing at the Town Park Arena at 3pm

Certificates will be issued for those finishing at the Town Park at about 3pm where refreshments will be available. You will need to make your own arrangements to return home or to your starting point. Under 18's are welcome provided they are with a responsible adult.

Details of starting points and times are available on [www.telfordt5050miletrail.org.uk/get-telford-walking](http://www.telfordt5050miletrail.org.uk/get-telford-walking)

Pick up a leaflet from your local GP practice.

Follow on Facebook: [www.facebook.com/GetTelfordWalking](https://www.facebook.com/GetTelfordWalking)

## What are senior citizens worth?

Thank you to Jean Daly for sending in the article below, we hope it makes you laugh. (Source unknown.)

Did you know that we old folks are worth a fortune? We have silver in our hair, gold in our teeth, stones in our kidneys and lead in our feet!

I have become older since I saw you last and a few changes have come into my life. Frankly, I have become a frivolous old woman!! I am seeing six gentlemen every day. As soon as I wake up Will Power helps me out of bed, and then it is time for breakfast with Mr Kellogg, followed closely by the refreshing company of Mr Tetley or my other friend who I only know by his initials PG.

Then comes someone I don't like at all - Arthur Itis. He knows he is not welcome but insists on being here, and what is more, he stays for the rest of the day. Even then he doesn't like staying in one place, he takes me from joint to joint. After such a hectic day I am glad to get to bed (and with Johnnie Walker too!)

What a hectic life! Oh yes, I'm now flirting with Al Zheimer! The vicar came to call the other day and said that at my age I should be thinking of the hereafter. So I told him I did, all the time. For no matter where I am, the bedroom, the kitchen, the sitting room or the garden, I ask myself, "Now, what am I here after?"

Well, I'll close now and hope that Will Power is your constant companion too but do make sure that his friend Emma Royd does not creep up from behind! And watch out for the crafty one - Gerry Atric!

## Cryptogram

Cryptograms are simple-substitution codes where every letter of the alphabet has been switched. See if you can decipher the hidden quote by Benjamin Disraeli.

YO Y FMQMIYC IBCM, SJM TZOS OBHHMOOLBC TYQ XQ

CXLM XO SJM TYQ DJZ JYO SJM VMOS XQLZITYSXZQ.

Solution at end

## Things to do

### Swimming

Good news for swimmers - the council will extend its £1 swim for all borough residents over 50 for another three years. £1 sessions accessible for residents aged over 50 include all public swimming sessions, male/female only and adults' only sessions with a Telford Loyalty Card.

### Hand Bell Ringing

Margaret writes - Are you interested in having a go at bell ringing? No knowledge is required, we learn as we go along. It's not strenuous, you can stand or sit, as long as you can count to 4!

I used to belong to a group of ringers with 31 bells from Diddlebury and I'm keen to get started again. I haven't got 31 bells but enough to ring plenty of tunes. There's no pressure, it's just for fun and a get together. Get in touch with me on 01952 595782.

If I'm not in leave a message (speak slowly as my machine is not very good, must get another one) and I'll get back to you. Looking forward to hearing from you.

Whist

Would you like to learn to play Whist?

Playing Whist is a great way to exercise your grey cells and we offer a social session where everyone is welcome.

The group meets on Monday evenings 7pm - 10pm, and Thursday afternoons 2pm - 4pm, and on a Wednesday evening to offer a free lesson.

Church Aston and Chetwynd Aston Village Hall, Walls Headway, Church Aston, TF10 9JG

Call William Grant on 01952 605747 for more details.

## Acting as a Guide with Traveleyes by Anne-Marie Davies

Some of you may have watched a programme on BBC 2 recently called "Travelling Blind", about the founder of a company called Traveleyes, the company who I travelled to Marrakech with in March this year.

The idea is that the small tour party (14 of us) is made up of visually impaired and sighted people who act as their eyes. The trip was only for a few days, but we packed a lot in, from camel rides and cookery lessons to a traditional hammam. I guided three different people during the trip, and it was interesting working out how to explain things that I could see so that they could visualise it in their heads.

Of course, Marrakech was teeming with noise, colour and spicy smells but it was interesting to look for mosaic reliefs on the walls of palaces or silks in the medina that my travel friends could feel as well.

It was my first trip with Traveleyes; it was both interesting and certainly made me more aware of my surroundings. I will travel with them again, but as a caveat will remember to research any optional tours before I go; 6 hours in a mini bus with a mad driver was not my idea of a day out!

But, that apart, it was an eye-opening way to see a place and certainly makes you think differently about travelling. They have all sorts of diverse holidays on offer from Christmas markets to the Silk Road from a few days to 2 weeks so something for everyone, check them out at [www.traveleyes-international.com](http://www.traveleyes-international.com)

## FOLLOWING THE GREAT WAR – THE YEAR 1919

By Dave Wright

### Russian Civil War

Starting in January 1919 the Russian Civil war waged between the Russian White Armies and the Red Army. Initially the White Armies successfully advanced from the south and the east. However, by November 1919 they were almost totally wiped out and were completely exhausted because of fighting on several fronts.

### 1919 Inventions

Can you remember the rotary dial telephone? Before it was invented all calls had to go via an operator, but the rotary dial allowed people to dial the number themselves.

Charles Strite invented the first pop up toaster which used electrical coils to toast the bread but there was a slight problem at this stage as all bread was cut by hand and was often too thick to go into the toaster. It took another 10 years before bread slicing machines started gaining in popularity.

### Guantanamo Bay

The United States signed a leasing agreement with Cuba in 1919 acquiring Guantanamo Bay, situated at the south-eastern end of Cuba, as a naval station.

We wonder if they ever thought that in 2002 George W Bush's administration would establish a detention camp where inmates could be detained indefinitely without trial and some also tortured? President Barack Obama promised he would close Guantanamo Bay detention centre, but met very strong bipartisan opposition from Congress, and they passed laws to prohibit detainees from Guantanamo being imprisoned anywhere in the USA. However, inmates' numbers dropped from 245 to 41 during Obama's administration with detainees either freed or transferred to another country.

In January 2018, 99 years on from the initial leasing agreement, President Donald Trump signed an executive order to keep the detention camp open indefinitely.

### Grand Canyon National Park

It was during this year when the US Congress established the Grand Canyon as a National Park. It is said to be one of the major natural wonders of the world and one of the earliest successes of the Environmental Conservation Movement.

### Daylight Saving Time

Germany had started using Daylight Saving Time during the Great War in 1916 and many other European countries followed suit. The US Congress approved it in 1919. We know it as British Summer Time and it is the practice of adjusting our clocks forward one hour. This year British Summer Time started on 31st March in 2019.

## Age UK Afternoon of Entertainment 2019

Age UK Shropshire Telford & Wrekin is delighted to announce the theme for the Afternoon of Entertainment 2019 will be Sparkle & Glamour, so make a date in your diary and prepare to come dressed to impress.

Tues 14th May 2pm - 5pm, Oakengates Theatre, TF2 6EP

Tickets on sale, call 01952 201803, ext 002

email [telford.enquiries@ageukstw.org.uk](mailto:telford.enquiries@ageukstw.org.uk)

[www.ageukshropshireandtelford.org.uk](http://www.ageukshropshireandtelford.org.uk)

## 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) or follow the link 'Contact Us' on our website [www.twseniors.org.uk](http://www.twseniors.org.uk)

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

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).

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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.

All revenue received helps support the production of this magazine.

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## Solutions to puzzles

### Anagrams

Cauliflower, Tomato, Peach, Asparagus, Chocolate, Peanut Butter, Custard, Porridge, Spaghetti, Apricot.

### Cryptogram

As a general rule, the most successful man in life is the man who has the best information.