

Senior Citizens Forum Newsletter August 2019

Message from the Chairperson, Celia Steventon

I first wrote this earlier in July saying that the weather hadn't been so good this summer but we're now at the end of July and in the grip of a heatwave. Hopefully you're coping OK and managing to stay cool and hydrated.

In June we held the first of our Celebrating Age events and what a huge success it was, with attendees taking part in salsa, Bhangra dancing, yoga for men, table tennis, curling, just to name a few. We were also featured on BBC Radio Shropshire, as well as being joined by the Mayor, Cllr Stephen Reynolds and supported by staff of Argos Telford and Fodens Solicitors.

We are now gearing up to ensure that the second Celebrating Age event, 'Art, Music, Dance & Hobbies' in October at the Whitehouse Hotel, Wellington, is just as successful. See page 4 for details, then come along and find a new hobby!

Our 2019 AGM will be held on September 23rd at the Wakes, so make a note in your diary. I look forward to seeing you there.

Enjoy the rest of the summer and keep well.

Forum Events – Hold these dates!

Monday 23rd September 2019

Forum AGM plus Guest Speaker - Dianne Smart, Personal Wellbeing Practitioner
10.30am - 1pm, doors open at 10am
The Wakes, Oakengates, TF2 6EP

A short Annual General Meeting followed by our guest speaker, Dianne Smart, a local Personal Wellbeing Practitioner. Read more about Dianne on page 19. Read her article about the benefits of getting outdoors and doing some gardening on page 18.

Everyone is welcome at the event, entry is free and there's no need to book. A complimentary light buffet lunch and hot drinks will be served. (Donations welcomed)

2019 Xmas Lunch Events

Our two lunch events will take place on Monday 2nd December and Tuesday 3rd December, 12.45pm.

If you'd like to attend one of our popular Xmas lunch parties at the Whitehouse Hotel, Wellington (2 course hot lunch, entertainment and dancing), put the date on your calendar and remember to buy your tickets when they are on sale.

Tickets will be on sale at the AGM on 23rd September. You can also buy tickets (from 26th September) at the Senior Social session, Thursdays 1.30pm - 3pm, at The Wakes.

There will be a form to apply for tickets in the next edition of this magazine in early October, plus information about price and methods of payment. Telephone bookings can be made after 23rd September.

Celebrating Age 2019 - Art, Music, Dance & Hobbies

Wednesday 9th October 10am - 2pm, Whitehouse Hotel, Wellington, TF1 2NJ

Join us on 9th October 2019 between 10am and 2pm to find out about and try your hand at a wide range of hobbies and creative activities. Come along and find something new to inspire you!

Painting, singing, woodwork, all sorts of hobbies, dance - lots of different things to have a go at. You can meet the group leaders and find out about local regular sessions, or simply come along and enjoy the day.

Musical entertainment, tea & coffee and a free light buffet lunch.

No need to book, just drop in, everyone welcome (over 50's)

If you are a local group holding regular sessions relating to these activities and you're interested in taking part in the event and promoting your group, please contact us on 07552 975676/07932 828333, email info@celebratingagetelford.uk
website: www.celebratingagetelford.uk

Keeping Fit & Active, Wednesday 19th June

Around 120 people attended our first of two Celebrating Age events in 2019, and joined in with several of the activities, including Bhangra dancing, Salsa dancing, yoga, bowling, Boccia and seated exercise.

On page 16 you can find contact details of the groups that attended the event. Don't miss our second event, Art, Music, dance & Hobbies on 9th October, details on page 4.

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

Welcome again and where does the time go? Your Environment and Transport Action Group have had their 4th meeting of 2019 and some of the concerns we have had from our members, we would like to share with you.

We received notice that Shropshire Council were going to reduce some of the subsidies to the bus company. This would have an impact on our members so we wrote a letter to Shropshire Council

highlighting where this would impact on our members in Telford. We are very pleased to report that Shropshire Council will now put changes on hold and subsidies will continue as before.

We have also received several concerns about the new bus station and how cold it was during the bad weather in June – if it is cold in June it can only be worse in the winter months.

We had already brought this to the attention of T & W Council and will remind them again, however they have told us until they take over the bus station there is very little they can do about the large gaps above the doors.

Another problem with the bus station is the lack of printed timetables which we brought to the attention of the bus company and the council and will keep chasing them until notice boards are put up and printed timetables are on display. The tiles are also falling off the wall. This has been noted – we have not followed up on this one but will keep monitoring it.

The railway station – we have highlighted to the council that the lifts keep failing which causes problems to not only older people but those with pushchairs or heavy suitcases. Water on the stairwells has also been highlighted by some of our members – we are told this is being investigated.

Lastly for this edition we have been looking at the trains and in particular overcrowding and trains not turning up. We are in contact with managers from West Midlands trains and Transport for Wales as this is an ongoing topic of concern.

At Forum events - please if you know of or are concerned about an environment or transport issue, please let ETAG know and we will take it up on your behalf. We will be near the ETAG presentation board or you can speak to one of the Forum Trustees who are present at the event – they will be wearing a Trustee badge.

In between Forum events you can contact us via the address, phone number or email on page 2 of this Forum edition.

New food waste recycling service

All Telford & Wrekin households will have the choice to recycle their food waste weekly, to be collected on the same day as your normal recycling and rubbish collection.

The service will start from the 2 September 2019 for houses and from the 16 September 2019 for properties sharing communal containers. You will receive a new collection calendar by 30th August with full details of your scheduled collections. Veolia will start to deliver the new food waste caddies between the 19th August and 13th September, along with free biodegradable caddy liners and a helpful user guide.

How to use the caddies

Line your kitchen caddy with the compostable bag supplied or you can also use kitchen towels or newspaper. When your kitchen caddy is full, transfer the contents into your outdoor caddy, which you need to put out EVERY WEEK with your other containers scheduled for collection that day. If you live in a household with shared recycling and rubbish containers just empty your food waste into the communal silver top food waste wheelie bin.

I don't have room in my kitchen

If you don't have space to store your indoor caddy, you can put your food waste directly into your outdoor caddy.

Where do I get the bags?

You will receive a roll of compostable bags to start, then when you run out, there is a tag for you to place on your outdoor caddy to request a new roll. If you use a shared outdoor caddy, you can order more bags online.

If you already receive an assisted collection service, please leave your outdoor caddy with your other containers for collection as normal.

Items which can be collected -

all cooked and uncooked foodstuffs including eggs & egg shells, bones, loose tea, tea bags, coffee grounds, mouldy or out of date food, pet food and plate scrapings.

But not the following -

liquids, oils and fats, plastic bags, packaging of any sort, animal bedding, animal waste/faeces, cardboard and paper.

Senior Social @The Wakes, every Thursday at 1.30pm

A weekly session, with a varied programme including activities, films, talks and food, will be back on September 12th.

12th Sept	Film & Cake - The Greatest Showman (please book)	£4
19th Sept	TADLOP - Sound of Music with lunch (please book)	£4
26th Sept	Beware the Scammers - Talk	FREE
3rd Oct	Create a Memory Frame (please book)	FREE
10th Oct	Film & Cake - Finding Your Feet (please book)	£4
17th Oct	Quiz with Lunch (please book)	£4
24th Oct	Diwali Celebration (please book)	FREE

All activities come with complimentary tea & coffee.

To book, please call in at The Wakes TF2 6EP or book online at www.thewakes.org.uk For enquiries call 01952 567502//07552 975676.

Thank you to everyone who has come along to our Thursday Senior Social sessions over the last few months. We've certainly enjoyed working with Oakengates Town Council to put on the film & cake afternoons, quiz, tea dance, music, talks, exercise, horse racing and curling and we hope you've enjoyed these too. We're taking a break for the summer but will be back every week from September 12th, so please come along, have fun and make new friends.

A joint initiative between the Forum and Oakengates Town Council.

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.

At the drop-in sessions we can help you learn to get more from your device, whether it's a laptop, tablet or smartphone.

Learn about email, video calling, social media, searching online, shopping, managing and sharing photos, typing letters and much more.

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. No need to book, just turn up!

Too many passwords!

Passwords are essential protection when using the internet, but we need so many these days, it can be difficult to remember them all. It's then tempting to use the same simple one for everything we do, but this can be opening the door to hackers who could then get hold of your personal and financial details.

Here are some useful tips for using passwords online:

Avoid using easy to guess passwords, such as family and pet names, birthdays, house numbers and names, phone numbers, etc, as these are the most vulnerable.

Avoid sharing your passwords with anyone else, including friends and family members.

Changing passwords regularly improves security but doing so often can be confusing. However it's essential to change them if you have been a victim of or suspect fraudulent activity.

The best way is to have a different password for each site, but as it isn't easy to remember them all, you could have a list of four or five that you will easily remember. Always use unique ones for banking and all other financial transactions, and for social media too.

A mix of capitals, lowercase letters, numbers and symbols always helps encrypt passwords and deter hacking.

It's impossible to remember them all without writing them down. It's much more likely that hackers will target you online from many miles away, even so, store the paper somewhere secure and avoid carrying them around in a diary or wallet.

Bank account access involves several levels of codes and passwords, so don't put them all on the same piece of paper.

You can search on the internet for a free application called a password manager which will generate strong passwords for you and store them in an encrypted vault. You login to the manager with one password and it will automatically fill in a password each time you visit a site that requires one. Check out the reviews to make sure you use one that is secure and well regarded.

Are you entitled to Pension Credit?

The BBC intends to means test free TV licences from June 2020, and you'll only be entitled to one if you claim Pension Credit. However, an estimated 1.3 million eligible households don't claim Pension Credit, in many cases because they don't realise they're entitled to it. For those who qualify it can be worth £1,000's a year.

Pension credit is an income-related benefit aimed at people over state pension age. It offers a regular tax free top-up to their income and is available to single and widowed people, as well as couples.

What you get depends on your income, and how much you have saved or invested. All income is taken into account, including basic and additional state pension, other pensions, employment, any social security benefits you have, plus any savings and investments above £10,000.

Pension credit has two parts. Guarantee Credit tops up your weekly income if it's below £167.25 (for single people) or £255.25 (for couples). Savings credit is a reward for those who reached state pension age before 6 April 2016 and had saved some money for retirement.

You can claim by calling the Pension Service on 0800 99 1234 or you can contact the helpline on 0800 731 0469 for more advice or to request a paper form. You will need your National Insurance number, information about your income, savings and investments and your bank account details.

The earliest you can start your application is 4 months before you reach State Pension age. You can claim any time after you reach State Pension age but your claim can only be backdated for 3 months.

For help and advice on your entitlement, how to claim and other benefits you may be entitled to, contact Age UK Shropshire Telford & Wrekin on 01952 216 018.

The clock is ticking....

for pensioners with working-age partners. Both partners must be of state pension age to claim, however, if only one of you had reached state pension age by 14 May, you can still qualify by applying by 13 August and backdating your claim, securing your eligibility to pension credit going forward.

Extra Benefits

By claiming Pension Credit, you can also qualify for other benefits, including council tax reduction, housing benefit, cold weather payments, Carer Addition, free dental care as well as, from June 2020, a free TV licence if you're over 75.

Scam Update

Beware fraudulent phone calls and emails aiming to panic you into taking action immediately. These may be automated calls saying they're from your broadband provider, there's a security breach and this will mean your service will be interrupted, so press 1 to contact us now. If you receive one of these calls, please do not press any number to contact them, just hang up.

Beware the very authentic looking email from TV Licensing claiming that your payment hasn't gone through, or you are due a refund or a discounted license. Don't click on any links in the email, TV Licensing don't ever send emails of this type, nor do they ask for bank, card or personal details. You can report these emails to Action Fraud at:
www.actionfraud.police.uk/report-phishing

Forgefest 19th and 20th October

Forge at The Wakes, Theatre Square, Oakengates, TF2 6EP are hosting Forgefest - Celebrating the Diversity of Telford through the arts:

Saturday 19th - Celebrating the Arts

10am-4pm Bitesize craft 'have a go' free sessions. Book a place and you will receive a fee for a food voucher.

4pm-7pm A Telford addition of 'For the Record' - a free meet-up of music lovers discussing memories and playing vinyls linked to past and current Shropshire bands along with gigs attended across the country.

7pm-11pm Live performances from both Telford and Shropshire bands, £5 a ticket including supper. Tickets on sale at The Wakes or via our website www.forgeurbanrevival.co.uk

Throughout the day there will be poetry, short stories, singing and dance.

Sunday 20th - Special Sunday Soup Special

Everyone is welcome to come together for a free bowl of soup, music and chatter. Spaces will be limited so please reserve your place. Come along on your own, with family, friends (children welcome). You will also be able to see the entries into our Diversity of Telford arts competition.

To read more about these events go to www.forgeurbanrevival.co.uk and click on 'Forgefest'. If you would like to enter a drawing, painting, photo, poem or short story in the competition, then go to our website and click 'Create Competition', or email communications@forgeurbanrevival.co.uk, or call in at The Wakes.

Things to Do....

Morris Dancing

The Ironmen and Severn Gilders, Mons 8pm -10pm at Telford Langley School, Dawley. Just turn up or email secretary@imsg.org.uk or info@imsg.org.uk

Walking Netball

Oakengates and Shifnal, Email: telfordnetballchair@gmail.com

WellFit Seated Exercise

Gentle exercise, lots of fun and a great way to get fit and meet new friends.

Tues 1pm – 2pm, The Wakes, Oakengates. Call Sarah on 07821 739943.

Menoga

Gentle form of Yoga for men of all ages. Tues 10am – 11am, The Wakes, Oakengates. Email: yogawithannemarie@gmail.com or tel 07734 107383.

Yoga with Lynne

Wednesday 10 – 11am at the Wakes, Oakengates. Call 01952 567500.

Seniors Gym Club

Low impact fitness sessions for people over 55, Tues and Fri, 2pm - 3pm, Wellington Leisure Centre. Tel Kevin on 01952 825239.

Mindfulness

Develop a more peaceful mind, sleep better and reduce stress. Contact Lorraine on 07898 823339, email: lorraine@affiity-and-beyond.co.uk

Tai Chi

Reduces stress, improves posture, muscle strength, balance and mobility. Taoist Tai Chi Society Tel 01952 597685 www.taoisttaichi.org/find-a-class

Telford Salsa

Beginners, skills workshops and regular socials. Tel 07929 862462, visit www.telfordsalsa.com

Walking for Health

A regular programme of led walks happening most days of the week. Visit walkingforhealthtelfordandwrekin.org.uk, tel 07512 123995

Prime Time Tennis

Gentle short mat tennis, tel 01952 274657 for session details.

Dance Steps

Short dance routines to music, Tues 11:30am–12:30, The Wakes, Oakengates. Tel 01952 567503 email admin@oakengatestowncouncil@telford.gov.uk

Singing for Pleasure

Informal, everyone welcome. The Wakes, Oakengates. Weds 2:30 – 3:45pm. Tel Diane 01952 201803.

Walking Futsal

Walking 5-a-side football, everyone welcome, male and female. Telford College Sports Hall, Sun 6 – 7pm. Email: sports@telfordcollege.ac.uk
tel 01952 642464.

Crafts & Coffee

Arleston Community Centre, Fri 9.30 - 11.30am, £2 per week covers materials, drinks & snacks. Email: arlestoncommunity@gmail.com
tel 01952 382270.

Forge at The Wakes

Soup Social

Join us any Tuesday at The Wakes, drop by between 12 midday – 1 pm. A great time to chat with others and have wonderful freshly made soup.

Curling

Interested in setting up a curling group? Contact the Forge, details below.

For the Record

Come along, chat, maybe bring along a favourite album, cd, memorabilia etc. Café & bar open, first Thurs every month, Forge at The Wakes, 6pm – 9pm.

Get Creative

A range of creative workshops held on Saturdays throughout the year including art, music, drama, dance & craft.

For more information about activities at Forge at The Wakes, Email: communications@forgeurbanrevival.co.uk or tel 07715667975.

New WEA Courses starting September

An Introduction to Mixed Media Art

5 sessions, 23rd Sept – 21st Oct, 9.45 – 11.45am, £48
The Wakes, Oakengates, TF2 6EP

Art for Wellbeing

5 sessions, 23rd Sept – 21st Oct, 1.30 – 3.30pm, £43
Court Street Medical Practice, Madeley, TF7 5EE

Mindfulness for Well-being

5 sessions, 26th Sept – 24th Oct, 1.00 – 3.00pm, £39
Court Street Medical Practice, Madeley, TF7 5EE

More information and more courses can be found at enrolonline.wea.org.uk
tel 0300 303 3464

If you receive certain benefits you may be entitled to a free course.

Get your hands in soil - it's good for you!

By Di Smart, Personal Wellbeing Practitioner

I often share with clients and online the importance of 'getting out there' to improve mood and mental health. I walk every day mainly to keep my mental health in check, alongside this, I'm a keen gardener and can't stress the importance for health of 'getting one's hands dirty'.

I have shared articles claiming that getting one's hands in soil can produce excellent results on mental wellbeing. Apparently, soil has magical properties and elements that once soaked into the skin can help enormously with mental health generally. I personally think, there is a little more to it.

The outdoors is a wonderful thing for changing not only our attitude, but for changing our perspective on things. I often ask clients to 'rethink' a problem after a walk, it truly does do magical things. This is the same with gardening when I often think over an issue or a problem. It works wonders for 'working things out'.

A famous gardener has recently heralded the benefits of gardening on mental health. This is music to my ears but not a new idea by any means. Why do you think the old sanatoriums used to have enormous grounds and beautifully tended gardens full of colour and life? These in the main, were tended by the patients as it was seen to be very therapeutic on many levels.

These might have included:

Getting your hands in the dirty soil

Actually doing something rather than thinking about something

Seeing immediate results in your labour and continuing to enjoy seeing the results as you plants or seeds grow

Seeing others enjoy the 'fruits of your labour'

And seeing the life cycle go on as the plants die back and come to life as if by magic in the spring

All the above are amazingly simple things that can boost and motivate our mind and mood! Watching anything grow and develop is a life changer, believe me, I see it in clients daily. I'm sure many of us have seen it through our children.

I can hear you say: "I haven't got the space" or "the weather isn't right". My answer to that is, it doesn't have to be a huge allotment or flower bed, a simple window box, planter or flower pot will do, anything that will motivate you to go outside and get your hands in that lovely dirty soil.

So, its summer, get yourself out there and get cracking on creating something beautiful! It will be worth it, honest!

I am a local qualified and experienced Mental Wellbeing Coach, with a long history of working in both children's services and adult mental health. I am registered with the HCPC (Health & Care Professions Council) and am a member of The Association for Coaching. I have worked with a number of families, couples and individuals and support people to: sort through some problems, make life changes (big or small) and life plans, help them to gain confidence and to communicate more positively.

I love my job and would love to hear from you if you feel I could help you with living the life you want to live!

For more information on how I can help you contact on: Website: www.smart-lifecoach.co.uk
Email: dianne.srsmart@gmail.com Tel: 07896 955 911

Telford's Live Well Hubs - new service for adults

A new drop-in service is now being offered to provide information and support to help adults lead healthy and independent lives. Pop-in if you're worried about health and social care needs in later life, would like advice with housing and coping with memory loss or a long term illness or would like to find out about local groups, clubs and activities.

Live Well Hub

Newport Library, every Tuesday, drop in between 12 and 2pm.
For more information contact 01952 387183.

Live Well Drop-in

Everyday 9am - 1pm, no appointment needed.

Monday - Hub on the Hill, Sutton Hill

Tuesday - Lawley Bank Court

Wednesday - Wellbeing Community Café, Madeley High St

Thursday - Dawley Christian Centre

Friday Brookside Central Community Centre

Every 4th Tuesday of the month - Stirchley Medical Practice.

For more information contact 01952 385555.

SIR ARTHUR CURRIE 1875 - 1933 by Dave Wright

Having previously looked at the start of Income Tax in 1799, this time we're back to the Great War.

In 1914 Canadian Arthur Currie was an estate agent and part time soldier in command of the 50th Gordon Highlanders in Victoria, Canada. As a gambler and weighing in at 17 stone he didn't look like a soldier, but he proved himself to be an excellent commander. During his military career he stole \$11,000 from regimental funds to cover his gambling losses. Friends in high places helped him out and even with this theft known about he was allowed to keep his command.

On 22 April 1915 on the Ypres battlefield the Germans attacked, for the first time in the war, behind a moving cloud of gas. They forced a huge gap of 5 miles in the front line, with the Canadians and Belgians to the left and right of the French. If either of these forces collapsed the entire Ypres position and the city of Ypres would be in danger of being overrun by the Germans.

By Saturday 24 April commanders on the first line were in crisis and Currie found his brigade bearing the weight of the defence. In defiance of orders Currie himself went back to the rear, located reinforcement troops and brought them forward to the first line to support his Infantry Brigade. Not following orders risked being shot or sacked, however his actions meant that the Germans failed to break through and were unable to take the city.

In 1916 Currie was promoted to Major General and General Officer Commanding 1st Canadian Division. In July he was at The Somme but like most forces there the 1st Division suffered heavy losses for very little gain.

April 1917 saw Currie's division fighting at Vimy Ridge. He was then promoted to Commander of the Canadian Corps and the first Lieutenant General in Canada's history. The Canadian Corps were given the task of capturing the Passchendaele Ridge. Currie thought this was an impossible objective but would attempt it if he were given time to prepare. He had the engineers build a plank road as close as he dared to the front line allowing ammunition and other supplies to be brought forward to the troops.

The Canadians attacked Passchendaele Ridge in 4 phases and, at a huge cost of 16,346 casualties, managed after much hard fighting to capture their objective. This was the 3rd Battle of Ypres, now known as Passchendaele.

Throughout his military career Currie was always prepared to take risks, recognising that a bold plan was often safer. However he always insisted on very careful planning and preparation.

Thinking outside of the box helped Currie take part of the Hindenburg Line in the heavily defended sector along the Canal du Nord. His troops passed all their objectives in one day and by day two had managed to breach a 12-mile-wide and 6-mile-deep area capturing over 7,000 Germans and some 205 guns.

Currie is best known for his planning and leadership during the 100 days campaign (8 Aug – 11 Nov 1918) during the most successful of all allied offensives which led to the defeat of Germany and the end of the Great War.

During this period Canadian forces won several important victories including Amiens, Cambrai, Valenciennes and Mons, however under Currie's leadership they also took 45,800 casualties.

Wellington Walking Festival 2019

This year's festival will take place from September 9th - 15th and includes a full programme of walks of various lengths, graded as Easy, Moderate and Strenuous.

The programme can be picked up in several outlets around the town can also be viewed and downloaded from the website at www.info176998.wixsite.com/wwaw/2019-walking-festival

All walking events are free, but donations are welcome.

For further information email: info@wellingtonwalkersarewelcome.org.uk or call 01952 740287.

Volunteers needed

Shropshire Disability Network is a local charity run entirely by volunteers. We are committed to improving the experiences of people living with disabilities, their carers and families. We cover the county of Shropshire, including the Telford & Wrekin area.

We are looking to fill two volunteer roles which will be vacant in September 2019.

We are looking for a motivated Chairperson who can lead SDN strategically to ensure that our work continues.

We are also looking for a volunteer who is willing to take on the administrative role of Secretary. The role could be split between two individuals, with each taking responsibility for a different area of the work.

Volunteers for both roles should be prepared to volunteer to join our Board of Trustees. We will pay necessary out of pocket expenses.

Volunteering increases self-confidence. If you have a desire to bring change for people with any kind of disability or their carers and families and to help them find a voice, this role will help provide support for these people. Our volunteers have found that their efforts for Shropshire Disability Network have given them a sense of accomplishment as well as pride and identity.

If you would like to know more about the tasks involved, please contact either Ruby Hartshorn on 07780 852 229 or Ann Shaw on 07970 816 030. Or email: admin@shropshire-disability.net or secretary@shropshire-disability.net

The Friends of Telford Town Park...

...are looking for someone to be their volunteer Publicity Manager.

"This person, would enable us to make sure that when we have achieved something, it gets publicised (before and after!). It needs to be someone who is computer literate and savvy about the media. I would think it could involve up to 1 hour a month." Contact can be made via the website at www.friendsoftelfordtownpark.org otherwise contact us at the Forum (details on page 2) and will pass on your message.

Forum AGM 2019, 23rd September At The Wakes

Agenda

1. Welcome
2. Minutes of the AGM, 22nd Oct 2018
3. Chairperson's Report 2018/19
4. Presentation of Accounts 2018/19
5. Election of Trustees 2019/20
- 6 Date of next AGM 2020

Draft Minutes - Senior Citizens Forum Annual General Meeting Monday 22nd October 2018

1. Welcome

Chairperson Celia Steventon opened the meeting by welcoming members.

2. Minutes of the last AGM, Monday 19th September 2017

These were approved – proposed by Stephen Reynolds and seconded by Julie Francis.

3. Chairpersons Report

The Chairperson presented her report and in addition thanked Chris Fox and Louise Burton for their hard work with the Celebrating Age Festival.

No questions were raised.

4. Presentation of Accounts 2017/18

The Treasurer reported that the Forum is on budget for the year and had successfully raised its financial contribution to the Lottery project.

A question was raised by a member regarding postage costs and whether hand delivery reduced this cost. Chris Fox confirmed that the Forum hand delivers to venues not door to door. Julie Francis asked for the accounts to be accepted, proposed by Bob Groom and seconded by Joyce Monaghan.

5. Election of Trustees 2018/19

The constitution states that trustees hold office for three consecutive years and that at every AGM two trustees stand down. Dag Saunders and Clive Godfrey will step down, but both wish to be considered for re-election. Proposed by Dave Wright and seconded by Ken Buttress. Chairperson (Celia Steventon) wished to remain as Chair. This was proposed by Arlene Godfrey and seconded by Ken Buttress. Members approved all appointments with a show of hands.

All trustees were introduced to members by Celia Steventon.

6. Date of next AGM

This will take place in September/October 2019.

Chairperson's Report Sept 2018 - Sept 2019

Celia Steventon

Another year has passed, where does the time go? At our 2018 AGM we welcomed presenter Pen Turner who entertained us with tales of her solo travels and why you're never too old to follow your dreams.

In December we ran two Xmas parties as they are very popular, we plan to do the same this year. Tickets will be on sale at the AGM.

So, what has happened this year so far? At our February forum – the speaker on the Healthy Hearts campaign unfortunately cancelled but BBC Radio Shropshire DJ Paul Shuttleworth happened to call in and filled the slot for us, which gave us some excellent publicity.

At our April forum we welcomed Ruth Jones from Veolia who took lots of questions from you about recycling.

Having helped out national charity Independent Age with some research this year, we were then asked by them to host a joint event which took place in April, to inform you about the ongoing Campaign for Free Personal Care.

June saw our first of two Celebrating Age events this year Working with partner organisations, Keeping Fit & Active was aimed at promoting the huge range of activities going on in Telford to help keep us all fit and active and in good health.

The second Celebrating Age event, Art, Music, Dance & Hobbies will take place on 9th October and we hope to see you there to try something creative or find a new hobby.

This year we've started a new project working with the Wakes in Oakengates, putting on a weekly exercise class and a weekly Senior Social, where people have enjoyed films & cake, talks, curling, dancing and quizzes and many have made new friends. Everyone is welcome to come along. This has been so successful that we hope to look at other venues within Telford to start a similar project.

We've relaunched our health action group who are currently looking at how they can have an impact on medical services, and our Environment & Transport Action group continues to address local issues, including issues with the bus station.

We've increased our newsletter distribution this year and have welcomed new volunteers, but in 2019/2020 we will be facing huge challenges keeping the Forum alive. As we enter our final year of Big Lottery funding, our staff are working hard to locate and apply for funding to enable us to continue.

I must thank all of our volunteers, (trustees, computer tutors, action group members, and newsletter deliverers), also our two members of staff, and of course, yourselves, our members for continuing to support us.

Join us today! Become a member of The Forum

To become a member of the Senior Citizens Forum, either phone 07932 828333 or 07552 975676 or email us at enquiries@twseiors.org.uk or follow the link 'Contact Us' on our website www.twseiors.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.

Postal address:
FREEPOST RTGZ-UAGU-TXHJ
Senior Citizens Forum
Box 7, Unit D
Stafford Park 9
Telford TF3 3AF

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.

All revenue received helps support the production of this magazine.

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