

# Senior Citizens Forum Newsletter October 2019

## Message from the Chairperson, Celia Steventon

I am very honoured to have been re-elected as Chairperson of the Forum for a third year. I really cannot believe where the year has gone!

The AGM in September was very well attended, and the guest speakers were very informative.

We are holding the second part of our Celebrating Age Festival on 9th October which may have taken place by the time you read this. I know it will be a huge success and hopefully you will discover a new hobby or pastime to take up regularly.

This year we have again organised two Christmas lunch parties because the numbers have grown each year. If you wish to purchase tickets, please see page 9.

I hope to see you at the Celebrating Age Festival and at one of the Christmas Parties.

## Forum AGM & Open Forum Monday 23rd September

We welcomed presentations from the Wellbeing Hubs Network and NHS Telford Clinical Commissioning Group.

Laura Thorogood, Telford CVS, explained that the Wellbeing Hubs Network is a collaboration of a variety of organisations linking together to promote and facilitate living well for everyone in the community.

John Cocker, T&W Council Public Health told attendees how this can help take the pressure off GP's and health services. The network aims to improve people's access to information and understanding about what's available and to find ways to be connected and live well through participating in regular creative and physical activities.

Tracey Jones, Deputy Director Integrated Care, Telford CCG, explained that Social Prescribing is a process involving health care professionals referring a patient to a link worker who will help to find non-clinical ways to improve wellbeing. This might include solutions that help people connect with others to aid better mental and emotional health.

Presently in Telford & Wrekin this is already taking place through the Healthy Lifestyles Advisers who regularly attend GP surgeries and community venues, Care Navigators who currently receive GP referrals and are based at the surgeries and a link worker based at Court Street Medical Practice, Madeley. The link workers work with patients to look at options such as regular exercise groups, creative sessions, volunteering, social groups etc.

The NHS Long Term Plan includes the formation of Primary Care Networks each comprising a range of services eg GP practices, pharmacists, link workers, first contact workers and paramedics, with government funding for a link worker within each network.

## Christmas Lunch Parties 2019

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

Whitehouse Hotel, Watling St, Wellington, TF1 2NJ  
2 course hot turkey lunch, vegetarian option of Moroccan cauliflower & chickpea filo parcel, plus dessert & tea/coffee. With musical entertainment, dancing, quiz and raffle.

You can purchase tickets:-

In person at the Wakes, Oakengates, Thursdays 1pm - 1.30pm.

You can reserve your tickets by calling 07932 828333/07552 975676,  
by visiting our website at [twseniors.org.uk](http://twseniors.org.uk) or emailing [enquiries@twseniors.org.uk](mailto:enquiries@twseniors.org.uk) followed by your payment:

- By cheque made payable to Senior Citizens Forum
- By online banking, (email for details)
- By card, only available online, (email for details)

\*\*Please indicate which day you would prefer to attend.

## 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)

## 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](http://www.forgeurbanrevival.co.uk)

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

## A Special Sunday Soup Social

Everyone welcome  
Sunday 20th October 12 - 2pm

Join us at Forge at The Wakes, Oakengates for our biggest Community Soup Social - join the table with others and enjoy a bowl of freshly made soup and bread. The lunch will include other activity alongside - everyone welcome.

If you would like to get involved as a volunteer just get in touch. To reserve your place at the table for you, your family or friends, call in at the Forge or visit the website at [www.forgeurbanrevival.co.uk](http://www.forgeurbanrevival.co.uk)

## 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 12<sup>th</sup>.

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](http://www.thewakes.org.uk)  
For enquiries call 01952 567502/07552 975676.

24th Oct	Diwali Celebration (please book)	FREE
7th Nov	Film & Cake (please book)	£4
14th Nov	How to be a Volunteer - Drop in social afternoon	FREE
21st Nov	Bhangra Dancing plus free health checks	FREE
28th Nov	Film & Cake (please book)	£4

## Community Blood Pressure Tests

Two blood pressure advisors, Marian and Jaz will be touring Telford and Wrekin this year taking people's blood pressure as part of an innovative community-based project.

Their aim is to carry out 10,000 new blood pressure tests by the end of March 2020 thanks to funding from the British Heart Foundation.

Andy Burford, Cabinet Member for Health and Wellbeing, said: "People often don't know they have high blood pressure until it's too late as there are no symptoms – the consequences could be suffering

a stroke or heart attack. Thousands more people will have their blood pressure checked by testing in convenient community locations rather than in GP surgeries, and this will help to identify some of the estimated 18,000 people in Telford and Wrekin who currently have undetected high blood pressure.”

Marian and Jaz will also be at a series of public events so members of the public can have a quick test.

The team will be carrying out checks at Celebrating Age on 9th October and at Senior Social@TheWakes, Thursday 21st November.

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

The Environment and Transport Action Group have held their 5th meeting in 2019. Please remember we are your voice for any concerns you might have with the environment or transport within Telford and Wrekin. Acting on your behalf we take your concerns to the necessary authorities and companies, so keep presenting problems either at Forum events, or contact us via the address, phone number or email presented on page 2.

### Civil Parking Enforcement Powers

The Department of Transport has transferred the powers of parking enforcement from the police to Telford & Wrekin Council. What does this mean for residents?

We know that the police have been busy doing operational work so the first change is that the council will be allowed to issue tickets throughout the whole borough rather than just on council owned land.

The Police and Crime Commissioner John Campion has part funded five Civil Enforcement Officers to the tune of £200,000 over 4 years.

The council, after going through scrutiny and doing a lot of work on traffic numbers, has decided that they need to hire five extra enforcement officers who will begin work from January 2020.

The initial work of the Civil Enforcement Officers will be education for a short period of time, after which the issuing of tickets will begin. We are told by the council that the Enforcement Officers will not be given any targets to reach so there will be no pressure on them to fine for the sake of fining.

The Civil Enforcement Officers will also have the powers to deal with a variety of other issues such as anti-social behaviour and environmental crime (throwing cigarette ends or litter on the ground).

Parking half on the pavement and half on the road is being looked at by central government. There should always be enough room to allow a pram or wheelchair to travel safely on the pavement. Parking over a dropped pavement is now illegal and could result in a fine.

If you see cars/vans/lorries parking illegally report them to the council and then the enforcement officers can be placed in the right areas to catch offenders.

Think distance, be safe and don't park illegally.

## Preparing for Winter

### Free home energy checks for older people

Age UK Shropshire Telford & Wrekin has once again 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. Many people in Shropshire live in poorly insulated houses which are expensive to heat. Shockingly around 300 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 11 in some parts of Shropshire last winter 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 fourth year running to help older people to 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.

### Check your heating

Contact a Gas Safe registered engineer to arrange a service of your gas central heating or gas fires, as well as cooking appliances, to make sure these are operating properly, efficiently and safely. Anyone over pension age who receives pension credit, council tax benefit or housing benefit or anyone who has a disability or long-term illness can now receive a free gas safety check from their energy supplier. Contact your gas provider.

### Winter Fuel Payment

Once you reach Pension Credit Age, you'll be eligible to apply for the Winter Fuel Payment. It's worth between £100 and £300 a year, depending on your circumstances. It's not means-tested and you don't need to claim, you'll receive it automatically.

### Flu Jab

You are eligible for the free flu vaccine if you are aged 65 years or over, have a long-term health condition (check which conditions are eligible), or are a carer. If you are not eligible you can opt to pay for the flu vaccine. Ask your GP or pharmacist.

## 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!

## Hospital at Night Team

### A simple solution to improve patient care

The Hospital at Night Team at the Shrewsbury and Telford Hospital NHS Trust (SaTH) has come up with a simple solution to improve the care of patients who need medical treatment during the night.

They have developed highly visual alert labels which can be placed in a patient's notes to ensure that those who were poorly overnight are seen first when medical teams do their rounds the following morning. The scheme has been rolled out across the Royal Shrewsbury Hospital and Princess Royal Hospital, Telford.

The plan is to eventually include the information on the Trust's electronic patient information screens.

Clare Walsgrove, Hospital at Night Matron, said:

"We felt this was important for our patients to move this forward as quickly as possible to ensure they were seen promptly after they had been poorly overnight and to ensure that their treatment plans were updated following an episode of deterioration."

## Free Personal Care

Campaign Update from Independent Age

With the Prime Minister forming his plans for social care now, the older people's charity, Independent Age, has launched a petition calling for the introduction of free personal care.

Earlier in the year, the Forum heard from Independent Age about their call for free personal care. They believe that all older people should have the support they need with essential activities like

washing, getting dressed and preparing a meal. Free personal care would make this a reality and mean that people no longer had to worry about the costs of personal care mounting up.

Sign their petition today and show the new Prime Minister that free personal care must be introduced as soon as possible - it's really easy and only takes 2 minutes!

You can find the petition here:  
[campaigns.independentage.org/free-personal-care-now](http://campaigns.independentage.org/free-personal-care-now)

## Shropshire Disability Network Activities in Telford

Shropshire Disability Network (SDN) was formed over ten years ago to provide a collective voice for people with disabilities across the county.

It is looking forward to holding its Christmas meeting in Wellington. Ahead of this, you will be able to find SDN raising awareness at Princess Royal Hospital and funds at Sainsbury's Telford, among other activities.

SDN is a membership charity run by volunteers. It is free to join. Members are a mix of people living with different disabilities, as well as family members, carers, advocates, also representatives of disability organisations and other stakeholders.

SDN holds quarterly members' meetings with passionate and enlightening speakers as well as British Sign Language interpreters. These meetings currently alternate between Shrewsbury, Oswestry and Telford.

The charity is delighted that its new Chair, Paul Bryce, will speak at its Christmas meeting. Paul, who has been blind all his life, is a freelance broadcast journalist and regular presenter on RNIB Connect Radio.

SDN also has a new Patron, Jess Hiles. Jess was named as one of Dimensions' Learning Disability and Autism Leaders for changing communities. She has published a series of children's books.

Paul will be joined at the meeting on 12th December by Nikki Barden, who will speak about the neurological movement disorder, dystonia. All are welcome to attend this meeting at the Whitehouse Hotel, Watling Street, Wellington, TF1 2NJ, from 10.30am till 1pm. Refreshments and networking will be on offer at the start.

SDN provides an informative website and a newsletter for people without easy access to the internet as part of its mission. Why not add your disability-related event to SDN's events calendar:  
[shropshiredisability.net](http://shropshiredisability.net)

The charity reaches out to and helps to represent the interests of people with disabilities and carers at community events and stakeholder meetings, and encourages collective responses to public consultations.

It maintains points of telephone/text and email contact for people seeking support, and confidentially links people with appropriate services.

SDN runs the Safe Places Shropshire scheme. This scheme has extended into Welshpool in Powys too. You can find the Safe Places team raising funds at Edmond Village Hall's tabletop sale on the first Saturday of the month.

Call or text SDN:  
07780 852 229; or email: [admin@shropshire-disability.net](mailto:admin@shropshire-disability.net)

## Population Screening Programmes

### Cervical Screening

Offered to women aged from 25 to 49 every 3 years, and from 50 to 64 every 5 years  
[www.nhs.uk/cervical](http://www.nhs.uk/cervical)

### Breast Screening

Women aged 50 up to their 71st birthday. Older women can self refer. [www.nhs.uk/breast](http://www.nhs.uk/breast) 01743 261080

### Bowel cancer screening

Men women aged 60 - 74 every 2 years. Those 75 or over can request screening. [www.nhs.uk/bowel](http://www.nhs.uk/bowel)  
Tel 0800 7076060

### Abdominal Aortic Aneurysm (AAA)

Men during the year they turn 65. Older men can self-refer.  
[www.nhs.uk/aaa](http://www.nhs.uk/aaa) Tel 01743 261048

You will be contacted automatically when you are due for screening for the above. Deciding whether or not to have a screening test is a personal choice and one which only you can make. You have the right to accept or decline.

For more information visit:  
[www.gov.uk/guidance/nhs-population-screening-explained](http://www.gov.uk/guidance/nhs-population-screening-explained)

## The War Years

Thank you to Forum member Katherine for sharing her memories of her childhood during the 40's.

I was born 10 days before the start of World War II, so I never knew what you might call a normal childhood. My family and I lived in a farm cottage in Wiltshire and there were 2 boys living next door - refugees from London who weren't very happy!

We didn't suffer a great deal from bombing etc, but I do remember a nearby airfield being machine gunned by a passing German plane - and towards the end when preparations for D-Day were

underway, I lay awake many nights while the cottage shook as convoys of tanks, lorries and pretty well everything else passed by in the dark.

Other memories include the Americans flying over and dropping lots of silver foil strips which everyone made into Christmas decorations. Also the day my father refused to take me to see the dead German parachutist in a nearby tree; and the VE day party in the village hall when I was too shy to ask where the toilets were - with inevitable results!

There was a stint in isolation hospital with scarlet fever. Very disappointing because before going home all my belongings had to be burnt.

My brother and sister were both born during these years but I can't remember a single thing about these events. Funny what you remember and the things you forget!

This is one event I shall never forget. I still feel guilty about it 75 years later. My father kept young rabbits and day-old chicks in a shed in the back garden and I was allowed to play with them. I was always warned to be very careful to close the door after me because the chicks were kept warm with a special paraffin heater. One day I didn't and clearly remember standing at the landing window of the cottage, watching the shed go up in flames. Everything was burned.

## Post War

Shortly after the war ended, we moved to Mid Wales and home was a stone cottage with 12" thick walls and a slate roof. There were 2 up and 2 down rooms with a small extension for the kitchen, no mod cons at all, no electricity, no gas, no phone, no heating and no running water. There was a well at the end of the garden with a corrugated iron sheet to cover it. All sorts of small things fell in and drowned. I'm still not fond of water! At the other end of the garden was a small shed containing a "one holer" and cut up newspaper on a nail for you know what!

Access from home to the main road was an untreated lane of about a mile. Nothing was delivered to the cottage and school was a long trudge downhill in the morning and another trudge in the afternoon carrying up bottles of milk. Scrumping apples from the local orchard helped the journey along and I could always have a drink from a spring which ran down the hill (except when there were dead sheep in the water).

The village school was useless so, aged 10, I spent a year with my grandparents in North Wales catching up with my education. I couldn't even do joined up writing! Their cottage, called Bryn Tegla, was miraculously civilised. It had electricity, running water and a bathroom complete with flush lavatory. There were more children around than I'd ever seen before, parties and outings and trips to the cinema.

I passed my 11+ and claimed the bike I had been promised and learnt to ride it downhill and push it uphill. After 2 years of grammar school we moved to a proper house near Shrewsbury (no running water, just a well and a pump) but electricity and a telephone. I went to school on my much loved bike, but in all honesty I hated the whole civilization thing. It wasn't until I began to be interested in boys, clothes, music, boys, dancing and the cinema that I began to appreciate that this was the life for me! But I'd still go back to Wales, with mod cons! And a car!

## HIDE - Hidden Illnesses & Disabilities Exhibition

By Tom Kane

As someone who has worn hearing aids since 2000, I have always been passionate about the rights and support available to the disabled particularly of course deafness.

After attending the Naidex exhibition for two years running with my friend Christine Morris, and realising that at this exhibition which was being touted as the exhibition for the disabled, all we saw were glossy brochures. It was mostly geared to sell to the mobility side of the disabled community, not the hidden side.

We decided that we could run an event which it would be of more use to our community, where support groups could exchange ideas with other groups and we could promote the groups services to the public after the networking period.

We initially tried it at the Wakes in Oakengates in Oct 2018 and had 9 groups attend. It seemed to be a good idea so we toyed with the idea of running it twice a year. Unfortunately the project was too much at the beginning of 2019 for the both of us, however I was determined to run an event in September this year.

The event in Meeting Point House on the 12th September was supported by 16 groups covering all areas of the disabled community and was seen by all who attended it as a great success. Those involved with disability and adult social care in Telford & Wrekin Council who dropped in were all very positive in supporting this venture.

So the future of HIDE looks good, we will soon have our own page on Facebook where groups will be able to promote their particular events. We would like to run the Telford HIDE in September each year, in April we would like to run an event in Shrewsbury.

## What happens if your card is used fraudulently?

First of all - try not to panic!

If your debit card has been used fraudulently - you are covered under the Payment Services Regulations meaning that you must be refunded immediately if you have had money taken from your account without your permission.

You must report the loss of your debit card, or any unauthorised payments as soon as possible. In most cases the bank will repay what has been lost, unless they assess that you've been negligent - but they need to be able to prove this has been the case.

If your credit card has been used fraudulently - you are covered under the Consumer Credit Act, which means you should be able to claim your money back.

If someone applies for credit or opens a bank account in your name - you might start to get letters from banks or companies you've no accounts with. If this happens, contact the bank or company bank straight away and make sure you keep all correspondence.

In all cases report the loss or unauthorised use as soon as possible. It's a good idea to log the contact number on your phone in case you lose the card while you are out and about.

Sometimes people get calls from fraudsters pretending to be your bank and saying that your account has been used by someone else. If you're uncertain, put the phone down, look up the correct number and call the bank. Remember your bank will never ask you for your passwords or pin number over the phone.

## Things To Do

### Let's Meet Together

Fun, food and friendship at Holy Trinity, Hadley, TF1 5NX

17th October, 21st November, 19th December 2pm - 4pm, (The third Thursday of the month)

Who is it for? Those with memory loss or dementia and their family members, friends or carers. No cost: we're funded by donations & volunteers.

Why come? A warm and loving atmosphere for social, emotional and spiritual care for those with memory loss or dementia and for those who care for them.

What will it include? A variety of things! But always food and drink! There may be puzzles, a craft activity, gentle exercise, singing, a prayer...

Enquiries: Sue Hanscombe: 01952 245 982 or 07762 139 426

## WREKIN RETIREMENT AND DISABLED ANGLING CLUB

We are looking for new members, get you out weekly during summer, make new friends.

Help given to anyone who needs it.

Open to everyone first timers or experienced anglers.

PHONE BOB PAINTER 07468580535 OR LES BROOMFIELD 07853237542

## Kynnersley Garden Club welcomes you

We are a friendly club that has just celebrated its 10th year. We meet monthly at Kynnersley Village Hall TF6 6DX, on the 2nd Friday of each month at 7pm, and have members from all around the Telford area, including Newport, Shrewsbury, Tibberton, Wellington, Edgmond.

April - Aug we are out & about the local area visiting nurseries and gardens plus we have an annual trip and hold a summer BBQ in a member's garden.

Sep – March we meet in Kynnersley village hall for a variety of interesting speakers, we have an annual show, enjoy social interaction over tea and coffee and hold a Christmas event.

Contact Hannah at [talksherlock@gmail.com](mailto:talksherlock@gmail.com) 01743 341949

## How to be a 21st Century Gardener

Exploring the many ways gardeners can reduce their impact on the world's natural resources and help those plants whose habitat is evolving faster than they can.

Friday 8th November 2019 at 7pm, Regional Food Academy, Harper Adams University, Edgmond, TF10 8NB

Guest speaker: Timothy Walker, BBC4 presenter of "Botany - a Blooming history", four times Chelsea Flower show Gold medal winner, Horti Praefectus of the Oxford Botanic garden 1988-2014.

Tickets £4 in advance £5 on door (limited numbers)

Contact: talksherlock@gmail.com 01743 341949

## Dolls House Club

Enjoy the pleasures of dolls houses and other miniatures with people who are passionate about their hobby. New members are always welcome.

Email bowenacb@aol.com or contact the Forum on 07932 828333 and we'll pass your details on.

## Dark nights looming

If you are anything like me, you may find yourself noticing quite rapidly that the summer nights are disappearing fast. The blinds are coming down much sooner and that autumnal air is surrounding us by late afternoon.

I walk most days, therefore the weather plays a big part of my life. In spite of trying desperately to get outdoors in the pouring rain, I fail miserably at times.

Dark mornings and dark nights impact greatly on my motivation to walk, this then impacts on my mental well being and my motivation generally. With this in mind, I find a plan of action the best way forward as this can help to keep me on track.

The obvious choice would be to walk during the light hours, this however, is not always possible and is exactly the same with making changes of any kind. Sometimes our circumstances dictate what we can do when (if that makes sense).

I know how much my walking helps me to function, therefore, I need to find a way that will allow me to manage this in spite of what the seasons or the weather throw at me. My youngest son who is an outdoor expert advises that "there is no such thing as bad weather with the right clothing". I have no excuses!

This is true also of the dark nights; I simply need to choose routes that include street lights or take a torch! I heard only the other week of a blind person who had climbed Snowden, how inspiring is that! This brings me to the point.....my thinking I can't walk because it's dark or wet is only a mindset! I can walk in the rain (I have done so this morning, this prompted my blog idea), I just need to plan for it and wear the right gear and have the right frame of mind.

I hear you say....my hair will get wet! Plan for it and plan to wash it after the rain, as I have done today. I know sometimes this can be tricky or difficult but keeping up with regimes or fitness routines often is, which is why so many of us give up.

Plan, Plan, Plan is my moto. If you can't do it when you want to then plan for another time or double up when you can. It will make you feel better and will change your mindset generally as it involves 'thinking outside the box'. This is something we all benefit from.....or so my clients say anyway!

If you feel you are lacking motivation or feel your mindset needs expanding, drop me a line to book a session. Visit: [www.smart-lifecoach.co.uk](http://www.smart-lifecoach.co.uk), email: [dianne.srsmart@gmail.com](mailto:dianne.srsmart@gmail.com) Tel: 07896 955 911.

## Scam Update

Watch out for.....

Cold callers supposedly from an NHS approved company carrying out a survey of elderly care needs. One gentleman was persuaded to accept a home visit where the caller tried to get him to purchase a mattress for £14,000.

The delivery of any parcel you didn't order. One scam sees fraudsters knocking your door and asking for its return as it was delivered by mistake, but as you signed for it your identity can be stolen.

Calls from the police or your bank saying they want help catching rogue bank staff and ask you to visit the bank to withdraw or transfer money.

Fraudsters who want to make money from the TV Licence scandal. They pose as TV Licensing (the body responsible for collecting the Licence fee) and ask you to pay up now or tell you there's been a problem with your payment.

Report scams to Action Fraud [www.actionfraud.police.uk](http://www.actionfraud.police.uk), tel 0300 123 2040

## Poets of the Great War Part 1 - Lt Wilfred Owen MC

by Dave Wright

Over the last year and a half, we have looked at the battles which took part 100 years ago during WW1, Income tax 220 years ago and Sir Arthur Currie, one of the great commanders of the Great War. In this and future editions we will look at some of the War Poets from the Great War.

One of the leading and great poets was Shropshire's Lieutenant Wilfred Owen MC. He was killed in action around the Sambre-Oise Canal at Ors, on the 4th November 1918 with only 7 days and nearly to the hour of the signing of the Armistice which ended the war to end all wars. He was a second lieutenant on the day of his death however his promotion was given the day after he was killed. Sadly Owen's mother received the telegram informing her of his death on Armistice Day, as the church bells in Shrewsbury were ringing out in celebration.

Owen is buried at the Ors Communal Cemetery in Northern France, where there are graves of a number of soldiers with military medals, honoured as heroes on the battle front. The inscription on his gravestone, chosen by his mother, is based on a quote from his poetry: "Shall Life Renew These Bodies of a Truth all Death will be Annul".

On 21st October 1915 Owen enlisted in the Artists Rifles Officers Training Corps. For 7 months he trained at Hare Hall Camp in Essex. On the 4th June 1916 he was commissioned as a 2nd Lieutenant (On Probation) in the Manchester Regiment.

Owen's life was changed by a number of traumatic experiences. He fell into a shell hole and suffered concussion, then was blown up by a trench mortar and spent several days unconscious amongst the remains of one of his fellow officers. He was diagnosed as suffering from shell shock and sent to Craiglockhart War Hospital in Edinburgh for treatment. It was while recuperating here that he met fellow poet Siegfried Sassoon, an encounter that was to transform his life.

Wilfred Edward Salter Owen was born on the 18th March 1893 at a house in Weston Lane near Oswestry. He was the eldest of Thomas and Susan Owen's four children and at age 11 discovered his poetic vocation. In later years he combined Sassoon's gritty realism with his own romanticism to create poetry that is potent and sympathetic. One of his famous phrases was "The Pity of War".

On the 1st October 1918 Owen led units of the 2nd Manchesters to storm enemy strong points near the village of Joncourt. For his courage and leadership he was awarded the Military Cross, an award he had always sought in order to justify himself as a war poet, but the award was not gazetted until 15 February 1919 the citation followed on 30 July 1919.

### Anthem for Doomed Youth by Wilfred Owen

What passing-bells for these who die as cattle?  
Only the monstrous anger of the guns.  
Only the stuttering rifles' rapid rattle  
Can patter out their hasty orisons.  
No mockeries now for them; no prayers nor bells;  
Nor any voice of mourning save the choirs,  
The shrill, demented choirs of wailing shells;  
And bugles calling for them from sad shires.  
What candles may be held to speed them all?  
Not in the hands of boys, but in their eyes  
Shall shine the holy glimmers of good-byes.  
The pallor of girls' brows shall be their pall;  
Their flowers the tenderness of patient minds,  
And each slow dusk a drawing-down of blinds.

### Have a quick laugh.....

I phoned the local ramblers club today, and this bloke just went on and on!

I've just been on a once-in-a-lifetime holiday. I'll tell you what, never again!

I just like to sleep naked. The air-hostess could have been a bit more understanding.

"Bad huh, Doctor, so tell me, how long have I got?"

"10.."

"10 months? - "

"9, 8, 7, 6, 5,"

## Trading Standards Accredited

Trading Standards Accredited (TSA) is a scheme operated by Telford & Wrekin Council's Trading Standards Service, which aims to give residents details of local businesses they can trust.

Businesses from various trade sectors are part of TSA. Using a TSA member will give you the reassurance that you are choosing a business that offers great customer service and can be relied upon.

All businesses are checked by Trading Standards and must have relevant insurances. They also sign up to a strict Code of Practice. In the unlikely event of any problem, the TSA team will work with you and the member to agree a resolution.

The Scheme has an easy to use website [www.tsaccredited.co.uk](http://www.tsaccredited.co.uk) where you can search for a member by business category, or there's a handy A-Z tool. Simply complete your postcode, choose a trade area and the search results will be listed based on members that are nearest to you. If you don't have access to the internet, then please telephone our contact centre on 01952 381818 and we will carry out the search for you. You don't have to be a Telford & Wrekin resident, everyone is welcome to use the TSA scheme.

It has been estimated that problems with goods and services cost UK consumers almost £23 billion each year. In addition, in excess of 5 million people over the age of 65 have been targeted by scammers!

Don't be part of this statistic! Choose wisely, reduce the risk and use a business from Trading Standards Accredited.

## 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@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.

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](mailto:enquiries@twseniors.org.uk)

The Senior Citizens Forum is a registered charity and has no regular income. Don't forget that you can help – if you get the opportunity to nominate a charity for funds please do think of us; or if you would like to make a donation, it would be much appreciated. Cheques, made payable to the Senior Citizens Forum, can be sent to our freepost address above.

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

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