

Senior Citizens Forum Newsletter February 2020

Message from the Chairperson, Celia Steventon

Hello again, I hope you are well. Our two Christmas dinners were a huge success and we will be repeating them again in December 2020, so look out later in the year for details.

This time of year, is for looking at where you are and where you want to be in the future, and this is what the Management Committee is busy doing in relation to the Forum. This year we will be concentrating on finding additional funding for the Forum. The Big Lottery Grant, which we have benefitted from for the past 4 years, will finish in October and we must find the monies to keep the Forum running. Any ideas you have, on how to find funding, please let us know.

Our Forum in January was all about finding the cheapest deals for electricity and gas bills by switching products, and also about aids and adaptations for your home (see pages 6 & 7).

That's all for now, I hope to see you at our next forum on 27th April (page 4) and our forums and events throughout the year.

Next Open Forum

Monday 27th April 2020

10.30am - 12.30pm, doors open at 10am
The Wakes, Oakengates, TF2 6EP

Legally Speaking...

Get lots of useful information on legal issues from local solicitors. Topics include wills and probate, power of attorney, inheritance and more.

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)

Senior Social at The Wakes

THURSDAY 1.30pm

Something different every week!

27th Feb	Film & Cake £4
5th Mar	Curling with Cake £4
12th Mar	Horse Racing Afternoon with buffet £4

19th Mar Film & Cake £4
26th Mar VE Bunting Craft FREE
2nd April Coach Trip, British Ironwork Centre, Oswestry £6

To book please call in at The Wakes TF2 6EP or book online at www.thewakes.org.uk
For enquiries call 01952 567502.
All activities come with complimentary tea & coffee.
A joint initiative between the Forum and Oakengates Town Council.

Wellfit Seated Exercise to music class

Low impact gentle exercise to 60s and 70s music. Lots of fun and a great way to get fit and meet new friends.
For over 50s and adults who cannot access mainstream activities because of a disability or health problem.

The Wakes, Theatre Sq, Oakengates, TF2 6EP
Tuesdays 1pm - 2pm, £2.50 per class, Free first taster session.

For more details call Sarah on 07821 739943 or contact us at the Forum on 07932 828333.

Support our Forum Health & Care Action Group

The next meeting of our Health & Care Action Group will take place on:

Thursday 5th March 10.30am, Meeting Point House Southwater, TF3 4HS

This meeting is open to anyone interested in joining the group, or in coming along to find out more, as well as those who put their names forward previously.

Forum Community Link Worker

My name is Wendy Mitchell and I would like to introduce myself to our Forum members.

I have known the Forum for many years as I attended many meetings, representing Telford & Wrekin council as the Affordable Warmth Advisor.

I now have the greatest privilege of working for the Senior Citizens Forum as their Community Link Worker and I'm truly enjoying every minute. I'll be working to gain more members especially in areas where the Forum is less known, and I'll be building links with community groups and venues throughout Telford & Wrekin.

January Open Forum

On 20th January at the Wakes, the Senior Citizens Forum welcomed Ella Warburton from Citizens Advice, Telford & Wrekin, who gave a presentation on energy saving tips and how to change fuel companies.

To find the best energy company:

You can use the Citizens Advice price comparison website, (energycompare.citizensadvice.org.uk) or another comparison website) You'll need the name of your supplier and current tariffs, how much energy you have used in the past year, how you currently pay and your postcode.

Extra support:

Check with your supplier to see if they offer the Warm Home Discount. You might be able to get £140 off your electricity bill if you receive the guarantee credit part of Pension Credit or are on a low income.

The Priority Services Register offers extra services. Contact your energy supplier to see if you are eligible.

The Energy Company Obligation (ECO), a government energy efficient scheme, which some local authorities have set up with fuel companies, offers grants for efficient boilers and wall insulation, available to people receiving certain benefits on a low income or have a health condition.

Local Schemes for Telford and Wrekin residents:

Marches Energy Agency provides advice on heating and insulation grants, switching suppliers, energy saving tips, dealing with energy debts. They can provide home visits, subject to eligibility criteria. Contact online: mea.org.uk or by phone: 0800 677 1307.

Connected for Warmth offers first time connections and free first-time central heating systems to eligible households on a first come, first served basis. To find out more visit www.connectedforwarmth.org.uk or call 0800 029 4547.

LEAP, the Local Energy Advice Partnership, helps eligible households reduce their energy costs and implement free-of-charge measures, such as fitting energy saving LED lightbulbs and heat reflectors. To check if you qualify for a free home visit, phone 0800 060 7567 or go to: applyforleap.org.uk

Smart meters measure the energy consumption and securely send the information to the supplier. The in house-unit displays the consumption in kWh or pound and pence. Contact Citizens Advice to seek advice about switching, smart meters, extra support and local schemes, and about how to complain to energy companies.

Call Citizens Advice on 0300 330 1165 or visit the Telford branch in Tan Bank, Wellington, TF1 1HW. Visit www.citizensadvice.org.uk

No Place Like Home

Heather Osborne, Chief Officer, Age UK, Shropshire, Telford & Wrekin, informed us about an initiative supporting older people, either facing possible homelessness or struggling in their current home due to their changing needs.

Aids and adaptations can help make your home meet your needs and support your independence, eg toilet frames, commodes, adapted kitchen utensils, recliner chairs, walking frames and portable wheelchair ramps. You can request a care needs assessment, but aids may only be provided if your needs are at a certain level. You can also get aids from the NHS or you can buy them yourself. Those that help you with nursing at home should be provided for free.

Minor adaptations costing £1000 or less, eg short concrete ramp, steps, handrails, automatic lighting, door-release intercom, may be provided for free, so ask for a care needs assessment. These are not means-tested – your income and capital are not taken into account.

Major adaptations costing more than £1000, eg widening doors, stairlifts, wet-room conversions, automatic toilets, wheelchair accessible kitchen facilities, improved heating, long wheelchair ramps, may be funded or part-funded by a Disabled Facilities Grant from the housing department at the council. The grant is means-tested, the maximum is £30,000, but the council may top this up. It is available to homeowners, tenants (with landlord's permission), park home and houseboat residents.

To request a care needs assessment or to enquire about any of the above, please call the My Choice Helpline on 01952 916030.

Local support, information and advice is available from Age UK Shropshire Telford & Wrekin. tel 01952 201803.

Telford & Wrekin Council offer a handyperson scheme for vulnerable people and people are able to use this service privately for a charge.
Call: 01952 217200.

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

Firstly, a belated Happy New Year from your Environment and Transport Action Group.

Just a quick reminder why the Senior Citizens Forum has action groups to be an active voice for your concerns, and in ETAG's case anything to do with the Environment or Transport issues. Some examples are air pollution, speed humps, late/crowded or cancelled trains, anything to do with the local bus services including the bus stations and the most reported, potholes.

In this issue we would like to report on some interesting survey results sent to us from the National Highways & Transport Network (NHTN) public satisfaction survey.

In 2019, 111 Local Government Authorities took part in the survey, and it was sent to 406,639 households, producing 99,229 responses.

One of the significant changes in 2019 was the rise in satisfaction in road conditions, however, more complained that cyclists were riding two abreast and on pavements in town centres. Highway maintenance was up by 6% from the low 32% of 2018, but the speed of repair is still an issue.

It's interesting that over 90% of the questions scored higher in 2019, although only 66% of responses from cyclists regarding the state of roads and cycle paths, were higher.

In 4 of the key indicators the public reported under 50% satisfaction - traffic levels/congestion, public transport information, highway enforcement/obstructions and conditions of highways.

In 2019 the NHTN introduced several new key indicators based on Quality (KQIs) - air quality, responsive transport and enquiry handling, communications and transport information. These new KQI's all reported a satisfaction result of under 50% with communication at 46% and air quality at 45% both highlighting areas of concern for the public around the UK.

Overall the lowest score was for the number of potholes on British roads. This shows the public perception is in line with what we find here in Telford and Wrekin. The other 2 areas where satisfaction is down is with local bus services and community transport whilst public rights of way showed very mixed results across the country.

Think distance, be safe, at any time of the year drinking and driving or using a mobile phone is not a good mix and remember that Civil Enforcement Parking powers came into force on 31 January 2020 so please park legally and safely.

The Anstice, Madeley

A huge thank you to all who contributed to the making of the extraordinary Poppy Display that adorned the Anstice on Armistice Day this year; a monumental task, brilliantly executed and a moving tribute to all those who fought and died in the First World War.

Plans are revving up for the opening of the new look Anstice with classes and events due to begin in the week of the 24th February 2020. Classes include a young people's drama club, a singing group, belly dance, Charleston dance, line dance and ballroom dance and yoga. Have a look at our fabulous, smart new website for information about our café, how to sign up to classes and for more news and information about events planned throughout the year. Events include regular Comedy Nights, jazz and youth band nights, kids disco, Bingo, Tea Dances and so much more!

Tickets are available for grand opening

Our Grand Opening event will be held on Saturday 15th February, with free workshops, performances and activities in the ballroom throughout the day. The café and library will also be open for business, with live storytelling and craft activities to keep everyone entertained.

In the evening, in order to end the day with a bang!, there will be a fabulous celebratory party for all the family featuring a rock and roll band. Entry will be free of charge, but you will need to let us know you are coming. Then throughout that half term week there will also be some more fantastic workshops and activities also FREE of charge. More information about how to book and what's on offer can be found on our website - www.theanstice.co.uk

We are so excited about finally welcoming the community through our doors and are hoping very much that you will come along on the day to support us and join in the fun. At last The Anstice will once again be full of life, learning and laughter. After so many years of closure and uncertainty, we can finally look forward to creating new stories for the community to remember with pride.

Making Space Arts & Crafts

Creativity for people living with Dementia and their Carers.

Are you interested in helping others to be creative?

Do you live with dementia and would like to attend a regular creative activity?

We want to find people to work alongside and be supported by an experienced community artist to gain confidence in providing dementia friendly arts workshops as a volunteer.

An initial drop-in session for volunteer artists to meet the lead artist is planned for 25th February. Those living with dementia who are interested in attending a regular creative session, are welcome to come along too, to see the venue, and have a go at an activity.

Tuesday 25th February, 12.30-2.30pm at Brookside Community Centre, TF3 1NE.

Please get in touch to chat about this in more detail.

Contact Steve Poole, Community Support Worker, tel: 01952 380341
or email Steve.Poole@telford.gov.uk

Should I be driving?

There are endless medical problems that can affect your ability to drive safely, both temporary and permanent, including failing eyesight, poor balance or coordination, issues with memory or concentration, lack of muscle strength or control, pain and drowsiness.

If you have any long-term condition, it's up to you to let the DVLA know. You'll need to keep your insurance company up to date, too: your insurance could be invalid if you don't. Your doctor can tell you if you could be affected.

Epilepsy is perhaps the most obvious medical reason to not drive. Seizures can cause complete loss of consciousness with no warning, so sufferers must inform the DVLA. You're not allowed to drive until you have been seizure-free for at least a year (6 months after the first one in some cases).

Blackouts are very common - one in three A&E attendances are due to loss of consciousness. If you have a blackout while sitting, you'll usually need to let the DVLA know - check with your doctor.

Neurological conditions such as multiple sclerosis, motor neurone disease, Parkinson's disease and other conditions affecting your nervous system can all affect your ability to drive. You'll have to fill in a questionnaire and you may be given a licence for a limited time.

Having a stroke or a TIA (transient ischaemic attack -the same symptoms as a stroke, but going away within 24 hours) doesn't necessarily mean you won't be able to drive but you mustn't do so for at least a month. You don't need to report it unless you still have weakness or eyesight problems. If you have multiple TIAs, you mustn't drive and do need to tell the DVLA, but you can start driving again once three months have passed since your last TIA.

Having angina which comes on at rest, when you're driving or when your emotions are high means you mustn't drive, until your angina is controlled.

Certain operations, particularly ones on your abdomen or legs, render you unfit to drive until you've recovered. The deciding factor is often whether you could perform an emergency stop safely. Ask about the regulations before you leave hospital.

Some medications can make you drowsy, so it's important to check with your pharmacist if you're in doubt. Among the most common are strong 'opioid' painkillers, tranquillisers and some antidepressants. Insulin and some tablets for diabetes can cause dangerous low blood sugar - always check the driving regulations with your doctor.

Based on an article by Dr Sarah Jarvis, www.patient.info

Forum Computer drop-in sessions (free)

We can help you at our four weekly computer drop in sessions, run by volunteers:

Learn how to get more from your device, whether it's a laptop, tablet or smartphone.

Stay connected by getting to grips with email, video calling, social media.

Learn how to navigate the internet safely.

Manage photos, type letters and much more.

You can come along to get advice, solve a problem, learn something new or just gain more confidence and chat to others.

No need to book, just turn up!

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

Could you help?

Would you be willing to spare 2 hours a week to help at our computer drop-in sessions?

You don't need to be an expert, although experience of Windows 10 is essential, other than that, just an ability and willingness to help people to learn or solve a problem.

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

Easyfundraising.org.uk

Remember you can raise Funds for the Senior Citizens Forum and help support our newsletter, events and services by shopping online from over 3,000 shops and sites, and it doesn't cost you a penny extra!

Go to www.easyfundraising.org.uk/causes/telfordandwrekinscf and join for free. Every time you shop online, go to easyfundraising first to find the site you want and start shopping.

After you've checked out, that retailer will make a donation to your good cause for no extra cost whatsoever!

There are no catches or hidden charges. So why not register now and earn donations for the Senior Citizens Forum every time you shop.

Thank you for your support!

Things to do...

Hadley 5-0

We are a friendship club for the over 50s young at heart We meet every Monday morning excluding Bank Holidays at the Hadley United Services Club located just off the High Street in Hadley. There is a large car park at the front or we are just a few minutes' walk from the bus stop.

We are open from 9.30am, and tea, coffee and biscuits are provided.

We have speakers, musical mornings or in-house entertainment each week from 10.30am to 11.30ish. We charge a £1.00 annual fee plus £1.50 each visit. We also have a number of day trips throughout the year (at an extra cost).

First visit free, so why not try us? What else would you be doing on a Monday morning?

Let's Meet Together

Fun, friendship and food
Holy Trinity, Hadley, TF1 5NX
Feb 20th, Mar 19th, Apr 16th, 2 - 4pm
(The third Thursday of the month)

For those with memory loss or dementia and their family members, friends or carers. 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. Variety of activities and always food and drink! Free to attend.

Enquiries: Sue Hanscombe: 01952 245982 or 07762 139 426

The Belmont Hall Wellington

BELMONT CAFE

Every Tuesday
10am -12 noon
Low cost drinks
and snacks.

BELMONT CLUB

annual outing, music, bingo, entertainment, every Friday, 10.30am. 2 course meal for £5.

Come and Join us at The Belmont Hall
New St, Wellington TF1 1LU.

Meet new friends and have fun!

No Waste Friday lunch Club

The Forge Café, Oakengates launched its No Waste Friday lunch club in January.

The lunch, 12-1pm, is for all those who love food, meeting up with others and hate food waste. It costs just £2 for a wonderfully freshly cooked lunch, and there will always be a veggie option available.

This new weekly lunch club is for all, whether you come on your own, as a family, with friends or others. In addition, we will offer food products for suggested donations to take home with you on the day (subject to availability).

Art for all

The Art Group at the Methodist Church in Wellington enjoyed great success with their exhibition again in 2019.

As well as a wonderful celebration of art from the Art Group, many artists in the area also exhibited, a total of over 200 pieces.

There were many wonderful comments on the work, also how much visitors had enjoyed the event.

Visitors to the exhibition were able to vote for their favourite pieces of art. Telford & Wrekin, Mayor, Steve Reynolds, presented prizes to the adult winner Wendy Bonigal for her wonderful 'Japanese Anemones' painting and to the children's winner Daniel Burkitt for his super interpretation of the Blue Planet – 'Live gentler upon this earth'.

The Art Group meets weekly on Tuesdays and Thursdays, hosting a visiting artist at least twice a year and enjoying sketching days and gallery trips.

They look forward to seeing new members whether they are new to art or have been drawing and painting for some time. For more information call Barbara Murray on 07592 881108.

TenPin Bowling

Every Thursday at 10am
Tenpin Telford, Southwater, TF3 4EJ

Short Mat Bowls

Every Mon & Thurs, 2pm
Randlay Community Centre, TF3 2LH

All above sessions are for over 50's.
Everyone welcome, just turn up or call June on 01952 598704

Come and join in the fun at Hollinswood Neighbourhood Centre!

We need new members at our clubs - you'll be made very welcome.

We have a Chit Chat Club every Wednesday at 10.30am - 12 noon. We are a happy, friendly club and enjoy entertainment, speakers, outings, and of course a cuppa and a chat!

We are also hoping to start a dance club every 3rd Tuesday of the month, at the same venue, 2pm - 4pm. All kinds of informal dancing can be arranged.

Join us at either club and enjoy yourselves. Your first meeting will be free of charge. The number 3 bus passes the door.

Hoping to see you all soon, all good wishes from the Hollinswood Chit Chat Club.

Wanted - Volunteer Youth Club Kitchen Assistant

All Ages Carers Centre Telford & Wrekin CVS

Volunteers are an important part of our organisation. We are currently looking for volunteers to help at our regular term-time Youth Clubs for our young carers for 2 hours per week. Young carers are aged between 5 and 18 years of age and help to look after one or more members of their family – often they are the only carer.

We are looking for someone to assist in the kitchen area to supervise the kitchen work including the preparation of food and ensuring the kitchen is left clean and tidy at the end of each session.

Skills you will need include good standards of hygiene, assisting in preparation tasks, being organised and methodical, knowledge of cooking and basic First Aid procedures. It would be an advantage to have a qualification in food preparation and cooking to level 1 but this is not essential as we will provide this training to the successful candidate.

For an application form or an information chat, please contact Sue Last on 01952-262065 or email sue.last@telfordcarers.org.uk

New WEA Courses Feb 2020

Welcome to the Science of Seated Exercise

An introduction to the science behind Seated Exercise. Have you been thinking exercise is just for 'gym bunnies'? Bust those myths and take a look at how your muscle tone and general mobility can be improved. Learn short sets that you can practice at home as well as the science behind working different muscle groups.

Free course, 3 sessions, Thursdays from 27 Feb to 12 Mar,
1pm - 3pm at The Glebe Centre, Glebe Street, Wellington, TF1 1JP.

Make your own Easter decorations for the home

This course will teach you how to needle felt safely, use a variety of coloured wools to create a landscape image and develop it further using embroidery stitches, beads or materials of your choice.

5 sessions, Mondays 24 Feb to 23 Mar at 9.45am - 11.45am,
at The Wakes, Oakengates, TF2 6EP. Fee £43.00

Enrol at wea.org.uk or by calling 0300 303 3464

University Centre Telford

Did you know that the University Centre Telford, housed within the Southwater Library building, run regular public lectures and workshops?

The lectures cover a range of subjects, including History and Science, and are open to everyone. They are free to attend, but booking is required.

Visit www.wlv.ac.uk/uctelford/news-and-events or
www.eventbrite.co.uk/o/university-centre-telford-14216932742
telephone 01952 277777
email enquiries@uctelford.co.uk

Wellington Orbit

Prior to Christmas, the Wellington Orbit Cinema, on the corner of the Square and Station Street in Wellington, established itself as a meaningful entertainment space in Wellington with mainstream films being screened within a few weeks of release to the countryside cinema chains. Details for all forthcoming films can be found at www.wellingtonorbit.co.uk where you can also book your seats. You can also, of course, come into the Wellington Orbit café and book in person or telephone 01952 743377.

In the latter part of 2019 and at the beginning of 2020 we have been widening our scope to hold community events in the café space itself – and yesterday (20th January) we held a very successful QUIZ NIGHT, and we came very close to having to disappoint would-be teams. The next Quiz Night will be on the 24th February 2020 at 8.00 p.m. Book early is our advice!

We are holding a TUESDAY TODDLERS at the Orbit Café from 9.00 a.m. to midday. Bring your toddler and chat to other parents, grandparents and guardians whilst your child or children play with the toys provided.

A plan is in place to hold illustrated talks in the space and the first on “CARRAVAGIO” was held on 6th February.

And there’s more – a DATE NIGHT on the Saturday 15th February 2020. Find out more about all these by going online or telephoning the Wellington Orbit. You can also look for details on our Facebook Page which is @wellingtonorbit

ALL these events will help us in the raising of funds for Phase II – the opening of the upper floors for more arts and community events. Your support for the cinema and any of the above will go towards helping this happen.

Lastly, if you believe that you may be able to help – creating a set of quiz questions, supporting those arranging the talks, spreading our news or generally VOLUNTEERING in the cafe – also get in touch, we would love to have you as a volunteer!

Wellbeing Drop ins

A quiet, friendly environment to meet and talk with others. Join in practical activities such as crafts and board games or find out more about things taking place in the local area. Everyone is welcome.

Monday, 10:00am - 12:00noon at Donnington Community Hub
Tuesdays, 1:30pm - 3:30pm at Newport Library
For more information, contact 01952 383605 or call/text 07800 671757
Tuesdays, 9:30am - 11:30am at Dawley Social Club, King St
Contact 01952 683719, or call/text 07794 999282
Wednesdays, 2.00pm - 4.00pm at the Leegate Centre, Leegomery
Contact 01952 897111 or call/text 07976 710840

Goal setting...does it really work?

Well, given what I do, I would say without a shadow of a doubt that it defiantly does work. Look at it like this, if you go food shopping without a list it’s highly likely that you will forget something, and either have to return or do without. That is the same as goal setting.

How come I hear you say? Well.... let’s start by saying what goal setting does for you:

- It gets the thoughts/actions down on paper, helping you to have a clearer picture of what you want to achieve
- It allows you to plan and think about how you might achieve it
- It makes you accountable! This is where I often come in and I’m a bit like Weight Watchers, I monitor your progress.....

So how exactly do you set out goals? I always use S.M.A.R.T goals (not surprising is it) as I find them very easy to use and effective. So, let's start with:

Specific: Be exact about what you want to achieve. If for example you want to lose weight, be specific about how much you want to lose. Try not to say to yourself, "as much as I can" instead say, 2 stone.

Measurable: make your goal easy to measure, using the weight loss example, say how much you want to lose every week in order to reach your goal.

Attainable: How exactly will you achieve your goal, will you join a slimming club, join a gym? If so, how and when will you do this?

Realistic: Be honest about what you think you can achieve. Don't set your goals too high as you may be setting yourself up to fail. For example, it would be unrealistic to say that you wanted to lose a stone in a week or go to the gym every morning and every night. This would only last for a few days and then you would burn out and probably give up.

Time measured: Set yourself small goals along the way in order to reach your ultimate goal. It's always good to state a finish time as otherwise reaching our goal can be an ever-changing feast! You might want to say, by next January I would like to have lost 3 stone for example.

There is one sure thing, if you don't write down your goals or share them with another, it's likely that at some point your motivation will waiver and you will feel like 'throwing the towel in'. It's bit like wanting to win the lottery but never buying a ticket!

If you want to buy your ticket to success this year, drop me a line and we'll get started directly!

Visit: www.smart-lifecoach.co.uk
Email: dianne.srsmart@gmail.com
Tel: 07896 955 911

Men over 40.....don't get caught over the limit!

Once again men in the Telford area are being invited to attend a special event on 9th March 2020 from 6.30pm to 8.30pm, at Haberdashers' Abraham Darby, Madeley, Telford TF7 5HX where they will be able to get checked for prostate cancer FREE OF CHARGE.

A small blood sample will be taken on the night by a dedicated team of professional phlebotomists and sent away to the laboratory and results sent out to each individual within a few days. Our retired consultant Mr Baxter-Smith urges all men "over 40 to get their PSA check done every year. So even if you have attended before please come along and be checked again.

Prostate cancer affects around 45,000 men in the UK every year. Of those, almost one third will die from the disease. In Shropshire alone, around 250 men are diagnosed annually with prostate cancer.

Despite these frightening statistics there is no national screening programme for prostate cancer, which is why Ironbridge Lions, together with Ironbridge Rotary Club, are urging all local men over 40 to attend the event and get checked by having a simple blood test.

“It has been proven that early diagnosis of prostate cancer results in better outcomes,” says Lion President John Marsh, “and that is why every man over 40 should come along and get checked.”

You should get your PSA level tested if you are over 40. Any man from an African/West Indian ethnic group is more at risk of contracting prostate cancer.

“Having talked to others about similar events staged around the country in recent years,” says Mr. Marsh “it’s a fact that many men who had no prior symptoms were tested and found to have prostate cancer and as a result were able to receive treatment before it was too late.”

And ladies, don’t let the man in your life slip through the net.... make sure he comes to get checked.

Remember it is free! Just Book your appointment online by visiting www.gfct.mypsatests.org.uk or phone 07970 417497 and speak to Colin.

Scam Update

Scam text messages, known as SMShing, can take many forms. They are designed to either instil a sense of panic or to offer a reward for clicking on a link that will take you to a fake website, where you’ll be asked to enter sensitive financial or personal data.

Sometimes criminals will hi-jack a regular message on your phone. They might pretend to be one of your contacts and ask you to text them. Some may say ‘your statement is ready to view’ or ‘we have determined that you are eligible for a tax refund, click here...’ Another example is ‘Your Paypal account is now blocked. Please re-confirm your identity today or your account will be closed, click here...’

If you are in any doubt about any text message, remember to take 5 and think about your next actions. Call the supposed company using a number you know to be correct and report the attempted scam to Action Fraud on 0300 123 2040.

Great War Poets and Authors Part 3 - Sergeant Will Streets

by Dave Wright

Poet Will Streets served with the Sheffield City Battalion (Sheffield Pals) who fought at Serre at the Battle of The Somme. Will Streets was wounded on 1st July, the first day of the battle, and was missing for 10 months until his body was found on 1st May 1917.

John William Streets was born on the 24th March 1886 – the eldest of 12 children, and always called Will by his mother and father. The family lived in Whitwell, Derbyshire.

Will was a very talented and intelligent boy, who was good at schoolwork, could play the piano and loved painting, sketching and writing about the Derbyshire countryside. He was offered a place at a grammar school but declined in order to help care for his brothers and sisters.

Will wanted to earn money to help his parents, so from the age of 14 to 28 worked at the coal face in his local Whitwell coal mine. Will still found time to keep up his interest in classics and French. After work he could often be seen with his mentor studying the subjects that he loved. On Sundays Will became a Sunday school teacher in the Whitwell Wesleyan Chapel.

Even though Will hated the idea of war, like hundreds of other young men he responded to the call. The response to the opening of a recruiting office at the Corn Exchange in Sheffield was so enthusiastic that within two days of the new battalion had reached its full complement of 1,000 men.

Coal Miner Will Streets enlisted in the 12th (Service) Battalion York & Lancaster Regiment. The battalion was one of the 'Pals Battalions' made up of men from a specific area, workplace, profession or football team. The one Will joined was filled with men from the Sheffield area. Many of the recruits were professional men and office workers, some had been to public schools and universities, but many were men from the Penistone railway and local coal mines.

During the next 18 months the Sheffield Pals completed their training in the UK and Will used this time to write poems like 'Hymn to Life'. He sent many letters to his parents warning them that he might not return from this war. 3 of his brothers had also volunteered to serve in the Forces.

By Dec 15 the Sheffield Pals were on their way to Alexandria, Egypt as part of 31st Division, their main task to protect the Suez Canal. After two months they were on the move to France and the Western Front. In April 1916 the Pals were at Colincamps behind the British front line on the Somme battlefield, before embarking on more training for the planned large-scale offensive against the Germans.

Will's battalion went over the top on the 1st July 1916. During his two years in the army he had gone from private soldier to sergeant and on the night of 30th June, Sergeant Will Streets moved into the assembly trenches behind his comrades in the Sheffield City Battalion. The first wave clambered out of the front-line trench and crawled into no-mans-land, under cover of the British artillery bombardment.

At 7.29 hours precisely the second wave of men, which is believed to have included Will, moved forward and lay in position about 30 yards behind the first wave, and soon made their way towards the German trenches to make their assault where they were immediately met with very heavy fire. Will was wounded and made his way back to the British line. He was seen going to help another wounded man but he subsequently disappeared.

The German wire had not been damaged by the British artillery shelling during the 7-day bombardment and there were many British casualties. By 3rd July the casualty report for the Sheffield Pals reported that 15 officers and 468 other ranks were killed, wounded or missing. Sergeant Will Streets was one of the 373 'other ranks' who were missing.

A Soldier's Cemetery by John William Streets

Behind that long and lonely trenched line
To which men come and go, where brave men die,
There is a yet unmarked and unknown shrine,
A broken plot, a soldier's cemetery.
There lie the flower of youth, the men who scorn'd
To live (so died) when languished Liberty:
Across their graves flowerless and unadorned
Still scream the shells of each artillery.
When war shall cease this lonely unknown spot
Of many a pilgrimage will be the end,
And flowers will shine in this now barren plot

And fame upon it through the years descend:
But many a heart upon each simple cross
Will hang the grief, the memory of its loss.

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