

# Senior Citizens Forum Newsletter September 2020

## Message from the Chairperson, Dave Wright

Hi once again Forum members and readers. We have just received some excellent news from the National Lottery - they have awarded us a Coronavirus Community Support Grant until March 2021, so we can continue to run our Telephone Chat Service, offer IT support and continue sending out our newsletters and Forum magazine which I hope you enjoy receiving and find useful.

We are looking at how we can help those of you who are lonely or struggling with the current situation by presenting more opportunities for social contact and engagement. You could help the Forum with our Telephone Chat Scheme, maybe make some new friends. You could also contribute your ideas as a Trustee, highlight local issues through our action groups or simply make a donation as we'll be fighting for more funding to keep us going next year. We want to make a difference to our members during this period of coronavirus so please get in touch if you can help.

Climate change is going to be a hot topic in 2021 and the Forum hopes to host a climate change forum event next year (Covid-19 permitting). Our Environment and Transport Action Group will also be looking at the Telford and Wrekin Environmental Plan and will keep you informed.

So, once again this issue of the Forum is filled with information and articles so please enjoy and if you have a friend who doesn't receive the Forum please pass your copy on and ask them to become a member so that can receive their own copy of this great magazine.

As always stay safe and we hope to see you soon.

## What's new in October?

Please be aware that as things are changing day by day, by the time this magazine reaches you, some of the information be out of date.

### **What are the latest rules?**

- Pubs, bars and restaurants to close at 10pm and will also be restricted to table service only.
- People should work from home wherever possible.
- Face masks compulsory for bar staff and non-seated customers, shop workers and waiters.
- Limit on guests at weddings reduced from 30 to 15.
- Plans to allow fans to return to sporting events paused.
- "Rule of six" now applies to indoor team sports (does not include exercise sessions in community venues).
- Fines for not wearing masks or following rules increased to £200 for first offence.

### **The 'rule of 6' still applies**

It is illegal for groups of more than six people to take part in social gatherings in all parts of England except places which have a local lockdown where rules may be tighter.

The rule applies to social meet-ups indoors and outdoors. This doesn't affect workplaces, outdoor organised sports and places of worship, cafes and restaurants, but they all have to follow the rules such as social distancing and collecting contact details of those attending.

The 6 can include people from different households and families and support bubbles of more than six people are exempt.

### **Remember...**

To wear your face covering (to cover from the bridge of your nose to under your chin) in shops, libraries, taxis, public transport, hairdressers, medical centres etc. If you would like instructions on how to make your own, or if you need an exemption card, give us a call on 07932 828333/07552 975676.

## Forum Exercise Classes

Join one of our weekly exercise classes to get you out, keep you fit and meeting up with others. ALL PLACES MUST BE BOOKED as numbers are limited. If you turn up without booking you may be turned away. All sessions are £2.50 per week.

Seated Exercise with Sarah, to book tel 07821 739943.  
Tuesdays 1pm, Ketley Community Centre.  
THIS CLASS WAS PREVIOUSLY AT THE WAKES.

New session - Chair Yoga with Anne-Marie.  
To book email: yogawithannemarie@gmail.com or tel 07734 107383  
Tuesdays 10.30am, starts 27th October.  
The Anstice, Madeley, TF7 5BB.

Now supported by the Forum - Menoga (Gentle Yoga for men)  
with Anne-Marie. Bring your own mat.  
To book, email: yogawithannemarie@gmail.com or tel 07734 107383 Thursdays 9.15am, starts 22nd October. Hadley Community Centre, High St, Hadley, TF1 5NL.

Safety measures will be in place, including the wearing of face masks on entry, hand sanitizer, 2 metres apart while exercising, venues cleaned between sessions.

The above sessions are supported by a grant from Energize, Shropshire Telford & Wrekin.

Government rules state that community facilities can host more than 6 at activity sessions, provided nobody turns up in a party of more than 6, and safety measures are followed.

## Forum Telephone Chat Scheme

The Forum is continuing to offer telephone support. (Email and messaging support available too)

Our volunteers call you at agreed intervals to have a chat and check that you're coping OK. We are also offering help with computers, tablets and smartphones - whether a problem or learning something new, we'll try and help over the telephone or by email.

Contact us on 07932 828333 or 07552 975676  
Mon - Fri, 10am - 4pm (leave a message outside of these hours)  
or email: [enquiries@twseniors.org.uk](mailto:enquiries@twseniors.org.uk)

## We need your help

We cannot continue to provide this much needed service without enough volunteer support. Would you be willing to be one of our telephone befrienders? Could you spend a little time every week supporting others with a friendly phone call and make some new friends? We'd very much welcome more male volunteers.

We have some simple procedures in place to hide your number and to enable to claim for any out of pocket phone expenses.

If you're not sure, give us a call to have a chat about how it works.

Chris 07932 828333 or Wendy 07552 975676  
or email: [enquiries@twseniors.org.uk](mailto:enquiries@twseniors.org.uk)

## Volunteering for the Chat Scheme

Julie has been supporting Beryl since the beginning of April. Here she shares her experience of volunteering for our Telephone Chat Scheme.

"I work in a primary school so when the Government announced lockdown, I was put on a rota meaning I would only be required in school once every four weeks or so. I saw on the news and on social media that there were many people who were self-isolating who were doing so alone with little or no support, and I couldn't bear to think that they would be lonely or scared. I saw a post on Facebook which the Telford and Wrekin Senior Citizens' Forum had commented on and I messaged them straight away, wanting to offer whatever help I could.

I was soon assigned a client and we hit it off straight away. I look forward to calling them and we talk about everything and anything! It's great to know that I am helping someone through this uncertain time and by focusing on someone else, it's helped me to cope with it too. The calls brighten up my day.

I'm very grateful that I'm in a position to be able to help and would encourage anyone else to do it too. Don't be shy! The Forum are also very supportive. You can ask them anything and they will listen to your concerns and act on them. I would also say to anyone struggling or worried about things, or if they are worried about relatives or neighbours, to get in touch with the Forum as there are many ways they can help and volunteers like myself are only too willing to have a chat."

A huge big thank you to Julie and all our other Chat Scheme volunteers.

## Donnington & Muxton Over 65's Christmas Dinner Cancelled

Donnington and Muxton Parish Council have a free Christmas dinner and entertainment event annually, however this year's has had to be cancelled due to Covid-19 changing regulations.

However they will be putting on an event in spring to make up for it (all being well and more details to be announced in the new year).

## What are the differences between colds, flu and COVID-19?

Colds, flu and COVID-19 all come with at least some similar symptoms - so how can you know which is which, and what should you do if you're worried.

Colds and flu are more common in the autumn and winter. Cold weather may influence the way our immune systems deal with viruses, a lack of humidity in the air may help viruses thrive and spending more time indoors, we may come into contact with more people harbouring infections.

Unfortunately, this winter we'll also be dealing with COVID-19. At this stage, it's hard to say how colder temperatures will affect transmission of COVID-19 and with so many different bugs with fairly similar symptoms doing the rounds, it may be hard to know whether you're dealing with a cold, the flu, or COVID-19.

"All of these involve a cough, sore throat, fatigue, aches and pains," says GP Dr Stephanie Colbourn, "The key to telling the difference between them is by which symptoms are predominating."

Symptoms of a cold tend to stay in the upper airways, so you're most likely to experience a blocked nose, sneezing and a sore throat. The mucus production can cause a wet cough and you may have aches, pains and fatigue. Most colds will go away by themselves in a week or so but in the meantime you can take over-the-counter remedies to relieve the symptoms.

The flu is typically more serious and can lead to complications such as pneumonia in vulnerable people. It can affect both the upper and lower respiratory system and tends to last a week or two. It causes fever, fatigue, aches and pains, and headaches, but also a dry cough and a sore throat.

You may be entitled to a free NHS flu vaccination. Check with your GP or local pharmacist.

COVID-19 can be extremely serious in some people, while only causing mild or no symptoms in others. "A key difference with COVID-19 is that a fever and dry cough are the main symptoms," says Dr Colbourn. "It can cause shortness of breath and the loss of taste and smell. These can be accompanied by fatigue, aches and pains."

No diagnosis based on symptoms alone is 100% accurate, and if you have the three main COVID-19 symptoms, it's essential to self-isolate and arrange a test as soon as possible.

The NHS provides COVID-19 tests free of charge and advises that you need to get the test done in the first five days of having symptoms. You can either book a test online or call 119. You can order a home test. If you're not sure if you need one call your GP or 111.

Based on an article at [patient.info](https://patient.info)

## Preparing for winter

Get the flu jab - you're eligible for a free jab if over 65 and will be contacted. Later in the year, the flu vaccine may be given to those aged 50 to 64, however if you're aged 50 to 64 and in an at-risk group, you should not delay having your flu vaccine. Talk to a GP, practice nurse or pharmacist for more information about the vaccine. (There's a vaccine for pneumonia too. Check if you're eligible when you get your flu jab.)

Keep warm - ensure you get your central heating boiler serviced.  
For advice about heating your home or heating costs, contact Telford Energy Advice 0800 677 1952 or Citizens Advice 0300 330 1165.  
Contact Age UK 01743 233123 for advice about keeping warm.

Ensure your support networks are in place. This may be contact with family and friends, or support from organisations such as the Forum or Age UK.

Ensure you can get your medications and essential shopping if you're not able to get out. If you're unable to shop online and don't have family to help, contact Age UK on 01743 233123.

## Shop online and raise funds for the Forum

Did you know that whenever you buy anything online you could be collecting free donations for the Senior Citizens Forum?

There are over 3,000 shops and sites on board ready to make a donation and it doesn't cost you a penny extra.

1. Head to our section on the website  
[www.easyfundraising.org.uk/causes/telfordandwrekinscf](http://www.easyfundraising.org.uk/causes/telfordandwrekinscf)  
and join for free.
2. Every time you shop online, go to [www.easyfundraising.org.uk](http://www.easyfundraising.org.uk) first to find the site you want and start shopping.
3. After you've checked out, that retailer will make a donation to your good cause for no extra cost whatsoever!

There's even a reminder service you can download to ask if you want the retailer to make a donation if you forget to go to easyfundraising first!

You can also register on a smartphone by simply downloading the easyfundraising app.

There are no catches or hidden charges.

Thank you for your support!

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

## Climate Change Partnership

Telford & Wrekin Council has made a commitment to be Carbon Neutral by 2030, with the aspiration for the Borough to be carbon neutral by 2030. The council is seeking to lead by example by reducing its own carbon emissions and using the planning and regulatory powers local government has to shape and influence action on climate change in the Borough.

However, the council realises it does not have the power to significantly reduce carbon emissions across the Borough as a whole, alone.

There are many people, organisations and businesses in Telford & Wrekin who are exploring smarter, greener ways of working and living – and the council recognises that there is much to learn and share between partners.

Therefore, following the launch of the council's Action Plan in Spring 2020, the Council established a Climate Change Partnership – involving local organisations, representatives of the community and influencers to come together to explore and implement ways and means for the borough to become carbon neutral.

They are currently in the process of establishing themed working groups to develop the climate change actions further. A member of the Environment and Transport Action Group will represent the Forum on the Transport thematic group.

The Environmental and Transport Action Group will be meeting again in the near future. If you want any questions answered or have anything you wish to report, please send to ETAG at the Forum address or email: davidwrgh02@gmail.com Subject – ETAG

## Telford Mind Calm Cafe

Are you looking for emotional or mental health support in the evening? Are you feeling isolated? Do you need someone to listen?

Calm Cafes offer people living in Telford & Wrekin who require support with their emotional and mental health a space to meet like-minded people, and gain support from trained staff.

Due to COVID 19 restrictions, places are limited and need to be booked in advance. The Calm Café's are for those aged over 18.

Meeting Point House, Southwater - Tuesday & Thursday

Hub on the Hill, Sutton Hill - Wednesday

6.30pm & 6.45pm - 8.15pm

Please contact the support line: 07434 869248

## Advertisement

### Senior Home Services

A Shropshire micro provider with aims of reducing & preventing social isolation among the elderly.

Our mission is to help & encourage service users to improve overall physical and mental health. We want to help the elderly regain their independence by supporting them in all aspects of life.

We guarantee the same carer visiting each time to ensure the best service so that the customer can relax and look forward to the time spent with us. You would be very welcome to join us as a customer and be a part of our journey.

## Success story

Joan contacted Senior Home Services having received our information leaflet through her door. Joan requested some support and tuition to use an iPad that had been given as a present by her family who live a considerable distance away from Shropshire.

Senior Home Services supported Joan by setting up an email address and drafting messages with image attachments to family members. Joan was delighted with the response from family members which included images of her great grandchildren.

Joan is now confident in using her iPad. She was amazed how much technology has changed since retiring from employment. She now often makes video calls to family members and spends her evenings on Wikipedia researching animals and places she loves.

Learning all about the World Wide Web has given Joan a new skill to share. It has also enabled another topic of conversation to be discussed with her friends at social activities she attends.

Contact: Colleen Bremner 07871 137184 [www.seniorhomeservices.net](http://www.seniorhomeservices.net)

## How do you plan for Christmas under the cloud of coronavirus?

It's so difficult to plan ahead at the moment and too early to know how our Christmas will be this year. Pantomimes, Christmas markets and fairs are being cancelled, Fewer people will be taking outings to pubs and restaurants and journeys to stay with family, and finances may be tight.

Under current rules, families will be limited to gatherings of 6, which may be a blessing if you normally have to provide for a much higher number and at least there won't be the usual chair shortages!

It's advisable to shop early this year to avoid crowds, longer queues and high demand for online delivery slots. Start to buy festive food now, that you can store or freeze. For poultry farmers the concern is that birds will be too large for limited gatherings. They may have to slaughter birds up to 10 days earlier to limit their size., but at least they will fit in the freezer.

High street stores are expecting their toughest festive season for years, and some stocks of gifts may be lower than usual. Be aware of gift return periods although shops will no doubt extend these to allow for people buying early. Online sales are predicted to soar along with the demand for home-deliveries, so don't leave it too late.

Far fewer numbers will be travelling away for Christmas, but if you do book to travel or stay away, ensure you check the flexibility and cancellation policies.

It's going to be a 'stay at home' Christmas for most, but at least we'll be safe. Let's cherish whatever togetherness we can have - in person, or over a video call or a phone call. Maybe the world will recapture the true spirit of Christmas which isn't just about pubs, parties, overstocked pantries and multiple shopping trips.

It may be too risky for very vulnerable people to see anyone in person so it's vital that we all look after ourselves and one another over the winter and Christmas period.

If you find yourself struggling with anxiety, depression and low mood, find out about available support on pages 16 & 17, or contact us if you would like to receive a regular call to help you through the winter.

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## Telford and Wrekin IAPT Service

Improving Access to Psychological Therapies for Depression, Low mood and Anxiety

Struggling with feeling low? Isolated? Anxious or worried? Or struggling with the impact of your physical health upon your emotional wellbeing?

Many older adults are understandably feeling more worried and low as a result of the ongoing COVID19 situation or may have felt this way beforehand, if this sounds like you, there are ways we can help.

Telford Wellbeing service is a free NHS service, providing a range of recommended therapies for common mental health problems. We are made up of a range of specially trained practitioners and we offer information, guidance and talking therapies in a variety of formats, such as by telephone, video appointments or online.

Having a long-term physical health condition such as diabetes, muscular skeletal conditions or respiratory problems, can also affect all areas of our life, not just our physical health. Telford Wellbeing Service is now providing a service to help people with long term conditions maintain the best possible health for them.

The support we offer will help you focus on moving forward and will concentrate on steps that you can take yourself to improve how you are feeling.

How to contact us:

You can call us on 01952 457415 between 9.00am and 5.00pm, Monday to Friday. We will take your details and arrange a telephone assessment with one of our friendly practitioners. Or alternatively you can refer yourself via your GP or through our website at:

[telfordwellbeingservice.sssft.nhs.uk](http://telfordwellbeingservice.sssft.nhs.uk)

## Positive Steps to Wellbeing

### **Be kind to yourself**

We all have bad days. Be kind to yourself. Encourage rather than criticise yourself. Treat yourself the way you would treat a friend in the same situation.

**Connect with others**

Stay in touch with family and friends - make regular and frequent contact with them. Try your first video call or maybe send someone a letter as an alternative during the pandemic.

**Eat healthily**

Eat regularly, eat healthily, and drink water. Try to maintain a regular routine during the day, include a balance of the things which keep you feeling well.

**Have some fun and/or be creative**

Having fun or being creative helps us feel better and increases our confidence. Enjoy yourself! Is there a hobby you use to enjoy that you could re-introduce in your spare time?

**Accepting: 'It is as it is'**

We tend to fight against distressing thoughts and feelings, but we can learn to just notice them and give up that struggle. Some situations we just can't change. Allow those thoughts and sensations just to be – they will pass.

**Exercise regularly**

Being active helps lift our mood, reduces stress and anxiety, improves physical health, and gives us more energy. Get outside, preferably in a green space or near water. Aim to be physically active every day. Any activity is better than none. The more you do the better, even if it's just light activity, doing less can make us feel low and increase worrying!

**What counts as light activity?**

Light activity is moving rather than being stationary or lying down.

Examples of light activity include getting up to make a cup of tea, moving around your home, walking at a slow pace, cleaning and dusting, vacuuming, making the bed, standing up, completing sit down exercises.

**Relax**

Make time for yourself. Allow yourself to chill out and relax. Find something that suits you – different things work for different people.

Breathe... (imagine a balloon in your belly, inflating and deflating as you breathe in and out)

**Balance sleep**

Get into a healthy sleep routine – including going to bed and getting up at the same time each day. Write down any worries bothering you before going to sleep to help clear your mind.

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## Chairperson's Report

Sept 2019 – Oct 2020

Dave Wright Acting Chairperson

How many of you remember the last AGM at the Wakes back in September 2019 where the main subject of discussion was "A Map Through A Maze"? Little did we know that all our lives would need a map though the COVID-19 pandemic rules and regulations!

320 people attended our Christmas parties over the 2 days and what a fantastic meal and time we had. Lots of fun with live music, a raffle and meeting up with old friends. Beating that loneliness that some of us feel.

January 2020 saw us at the Wakes with our Forum event with guest speakers from the Citizens Advice Bureau and Age UK. This was a lively discussion event with over 50 of our members attending.

Unable to hold our normal Forum meetings over the last few months, we have still managed to produce and send out The Forum Magazine to all members but due to the limitations we have not been able to distribute around the Community Centres, Libraries, Doctors/Dentist waiting rooms, Age UK and Meeting Point House.

Thanks to a small grant from the National Lottery, we've also managed to send out several extra News Updates keeping our members informed on the current COVID-19 situation. From your feedback we know these have been well received. Thank you.

To help some of our members who may not have family or friends around the Telford area we have set up our Telephone Chat Scheme. We started this towards the end of March in response to the pandemic situation, and hope to continue this service going forward. We have supported over 70 people to date and the numbers are growing. We are grateful to the volunteers and trustees who are supporting this scheme, but we will need more help as referrals and requests grow. If you could spare some time phoning lonely people in and around Telford please get in touch with Chris or Wendy.

We continue to offer help with computers by phone as our drop-in sessions are not taking place. Senior Socials at the Wakes is also on hold, but we have restarted our seated exercise class, and are opening two new sessions this month.

We always try to take up opportunities to speak up for older people and enable you to share your views. We are working with the council on the Climate Change Partnership and the local housing strategy. The Environment and Transport Action group work with the council and other agencies to air your concerns, but has been put on hold due to the pandemic.

Our National Lottery project ended in September, but we have secured a further £30,000 from the National Lottery Coronavirus Support fund to enable us to help more people through telephone support and keeping you updated with news, until the end of March 2021.

We will need to pursue further funding in 2021 to enable the charity to continue its work in supporting people in Telford & Wrekin. However due to COVID-19 sadly we will not be holding our Celebrating Age or Christmas Parties this year. Our AGM 2020 will be postponed until early next year, depending on the circumstances.

To you, our members, the trustees, staff and myself would like to thank you for your support. Times have been hard but keep smiling, and keep safe and well. We are now planning for 2021 when we hope to see you all again soon.

## Loving a list

Clients who work with me know I am a great believer in lists! I love them.....

They just, can't be beaten for keeping us on track, on the straight and narrow and most importantly....get things done!

Yes, it's that simple.....honest!

I read all sorts of material designed to help people get more organised, feel more in control, get a better life work balance. I am not disputing that this is not helpful, often it's very helpful however, so too is a trusty list!

I explain to clients that a list does a number of things, these include:

- makes you think about the task in hand
- makes you accountable as it's actually in 'black and white' which means you can't ignore it
- gives you a sense satisfaction when you tick off achievements
- helps you to feel in control, as you are taking action

All of the above not only help you to reach your ultimate goal but also help you to reach smaller steps along the way. These small steps are great for our confidence and self-esteem as they are proof that we 'can achieve things'. This can be so liberating, particularly if it's something we have been struggling with for a while.

Lists can be used for everyday tasks but also for the longer term projects most of us have in our heads.

Clients often say, "I'm not good at sticking to lists" or "lists don't work for me". I would argue, they do work as long as you work to them.....we all make choices!

So, the next time you need to crack on with something or simply need 'a gentle boot up the bottom'  
**MAKE A LIST!**

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

## Are you getting what you are entitled to?

Around a third of people of pension age in our borough might be missing out on financial support and assistance that is rightly theirs - pension credit, council tax reduction, travel discounts, discounted rates at leisure facilities at and much more.

Telford & Wrekin Council has produced a new guide, available online at [www.telford.gov.uk/pensioners](http://www.telford.gov.uk/pensioners) - but you can also request a paper copy by calling 01952 383947.

You can also get information and advice about financial issues from Age UK Shropshire, Telford & Wrekin by calling 01952 216 018.

Comprehensive guides on a range of financial issues are available at [www.ageuk.org.uk/services/information-advice/guides-and-factsheets](http://www.ageuk.org.uk/services/information-advice/guides-and-factsheets)

## Homelessness in Later Life

Spare a thought for the homeless as they struggle through a Covid winter.

These commonly held views often cloud over the systemic and structural factors that cause or contribute to social problems that can result in homelessness:

Homeless people make poor choices

They come from dysfunctional families with deficient values

They've simply failed to work hard and seize opportunities

They choose to drink, smoke cigarettes, take drugs or gamble. Many homeless people have made a deliberate decision that being homeless is better than conforming to the norms, responsibilities and expectations of society.

The 'damage done is damage done', and they won't be able to reintegrate into mainstream society.

In reality, contributing factors include a lack of access to affordable housing and education, poverty, unemployment, including difficulties getting back into employment, family breakdown and cuts to relevant support services.

According to a government study, there has been a 111 per cent increase in older (over 60) statutory homeless applicants since 2009/10. The average age of death of a homeless person is 47 years. 9-12% of rough sleepers are estimated to be 55+ and around 4,000 older people are estimated to be in hostels in any one night.

Age UK state that around 1.9m older pensioners are living in poverty and over 2 million older people live in non-decent housing.

The Local Government Association, which represents more than 370 councils in England and Wales, warned that based on existing trends, the scale of elderly homelessness is set to double by 2025.

If you're affected by homelessness you can seek help from:

Telford & Wrekin Housing Solutions Team 01952 381925

Shropshire Council Housing Options 0345 678 9005

Stay Telford 01952 291904

Kip@maninplace 01952 248248

Age UK Shropshire Telford & Wrekin 01743 233123

Citizens Advice 0300 330 1165

Wanderer

Alone I ache for freedom to have some peace  
where I can call home  
but so many times, instances, I've longed for stillness.  
A place to call such a home, a castle without walls or moat.

I'd like more wandering or less,  
especially no more temporary digs or a place like here that I call hell.  
I've seen countless towns to cities, through many have seen more of England in a lifetime than most  
homeless, 23 I think, or possibly more,  
in some, regrets of the great places and others glad to have gone.  
Maybe I'm misunderstood because of my build,  
my hectic unsure way of living alone always struggling  
to keep head over water,  
wishing the family in various country places  
had not died or just elapsed in time.  
They called me a wolf, alone,  
wandering it's true but if I'd had the support it would not have been.

I long for a garden with green grass  
to lie my weary head to bathe in quietness,  
to have neighbours who'd offer a cuppa,  
maybe one day eh?  
When I weep I am sometimes not proud  
to be British,  
my colonial roots envy other countries',  
I despair of our human race for its failures in keeping England greener than now.  
Alone I ache for achievement, glory  
and a life to say  
I can pass on to others to offer all my gifts,  
my talents, my adventures and stories untold.

Andrew, 58

## The Great War by Dave Wright

On the 11th November 1920, the body of the unknown British soldier was buried in Westminster Abbey. The soldier's grave commemorates the multitudes who died in The Great War 1914 – 1918. There is an inscription, shown right.

The quotes from the Bible, shown below, were chosen because it is believed the soldiers fighting in the Great War had to have something to believe in, that God existed and that they were known individually by him. This may be why about 20,000 soldiers were baptised on their way to the battlefields.

This year of COVID-19, we believe Remembrance Day will be very different from previous years but we are sure that these words will be spoken in much of the country:

They shall not grow old as we that are left grow old; Age shall not weary them, nor the years condemn.  
At the going down of the sun and in the morning, We Will Remember Them

Just one last thought - The Kohima Epitaph:

“When you go home tell them of us and say for your tomorrow, we gave our today”

Around the Unknown Soldier tomb there are 4 Bible texts which seem to be hidden by the wreath of poppies.

“The Lord knoweth them that are his” - 2 Timothy 2:19

“Greater love hath no man than this” - John 15:13

“Unknown and yet well known, dying and behold we live”  
2 Corinthian 6:9

“In Christ shall all be made alive” - 1 Corinthians 15:22

“BENEATH THIS STONE RESTS THE BODY OF A BRITISH WARRIOR  
UNKNOWN BY NAME OR RANK  
BROUGHT FROM FRANCE TO LIE AMONG THE MOST ILLUSTRIOUS OF THE LAND  
AND BURIED HERE ON ARMISTICE OF  
11 NOV: 1920, IN THE PRESENCE OF  
HIS MAJESTY KING GEORGE V  
HIS MINISTERS OF STATE  
THE CHIEFS OF HIS FORCES  
AND A VAST CONCOURSE OF THE NATION.

THUS ARE COMMEMORATED THE MANY MULTITUDES WHO DURING THE GREAT WAR OF 1914-918  
GAVE THE MOST THAT  
MAN CAN GIVE, LIFE ITSELF  
FOR GOD  
FOR KING AND COUNTRY  
FOR LOVED ONES HOME AND EMPIRE  
FOR THE SCARED CAUSE OF JUSTICE AND THE FREEDOM OF THE WORLD.  
THEY BURIED HIM AMONG THE KINGS BECAUSE HE  
HAD DONE GOOD TOWARD GOD AND TOWARD  
THIS HOUSE”

**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)

We welcome contributions from members and readers. Send in your articles, letters, stories, poems, photos, artwork and we'll publish what we can.

This magazine is available in a text only format, sent by email. If you would like to receive a text only copy, please contact us.

If you would like to advertise in this newsletter, please contact for details of rates and T&Cs.

Due to Covid-19, we are currently not able to deliver a batch of magazines to community venues, housing schemes, care homes, medical practices.

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.

The Forum does not endorse the products or services advertised, nor does it accept any responsibility for statements or claims made in advertisements.

All revenue received helps support the production of this magazine.