

# Senior Citizens Forum Newsletter September 2021

## Message from the Chairperson, Dave Wright

Welcome one and all. We're delighted to let you know that we are holding an Annual General Meeting on 11th October and hope many of you will attend. Find out more about it on page 5, and please book if you would like to attend. We are also looking at what, if any, events we can organise, COVID 19 permitting!

Our other big news is that the Forum is changing its name! From 15th September we'll be known as Forum 50+.

So we'll still be 'the Forum' but feel that the term 'senior citizen' is a little outdated. It'll take us a little while to get everything changed, so please continue to use the current contact details opposite.

We need new people to join our management committee, to help us develop activities and services, and manage our Lottery project. Our meetings take place every 7 - 8 weeks and are very informal. If you'd like to find out more, please contact us. We can meet for a chat and you can attend some meetings before making any decisions. Or come along and see us at our AGM event on 11th October. (More details further on.)

We are also recruiting more volunteers for befriending by phone or in person, and for computer support. Please let us know if you can help.

Take Care, keep safe and always think positive.

## Covid-19 Update

Please be aware that by the time this magazine reaches you some of the rules may have changed.

Self-isolating - if you are fully vaccinated you no longer have to self-isolate if you have had close contact with someone who has tested positive. Instead you are advised to get a PCR test – you can book online or ring 119. It will not be compulsory and you will not have to self-isolate while waiting for the result, however you are advised to limit contact with others, especially with anyone who is clinically extremely vulnerable. The new guidance applies to people who had their final dose of an approved vaccine at least 14 days before coming into contact with a positive case.

Holidays - There's still a lot of uncertainty and confusion over travelling abroad for a holiday and the rules are updated constantly. It's also expensive paying for the tests you need to take, and many people are choosing to forego a foreign holiday at this time. Visit [www.gov.uk/foreign-travel-advice](http://www.gov.uk/foreign-travel-advice)

'Staycations' - Holidays in the UK are the obvious alternative however accommodation owners have raised their prices due to the higher demand, so this may not be affordable for many or may not feel like very good value for money.

Face coverings - Many people have stopped wearing face coverings while others still feel that it's an easy thing to do to help stop the spread of infection. It's up to you to make that choice, although it does make sense to wear one in enclosed spaces such as shops and on a bus or train carriage. (Read Di Smart's article on page 18 about how we should respect each other's choices in these matters.)

Getting out - it's wonderful to get out and enjoy more freedom, and to meet up again with family and friends. If you'd like to walk, do some shopping, enjoy a coffee in a café etc, but feel a little unsure on your own, give us a call on 07552 975676/07932 828333 and we can talk about how we might help.

## You're invited to attend the Forum 'Back Together' event plus AGM 2021

Monday 11th October 2021  
Dawley Christian Centre, High Street,  
Dawley, TF4 2EX  
10.30am - 12.30pm

Join us for a short AGM and the opportunity to come together with others. After the AGM, we may have a short presentation or just some time to chat, enjoy getting together again and take part in a quiz, (with prizes!)

### BOOKING IS ESSENTIAL

Due to limits to numbers to ensure safety, please book your place, by calling us on 07552975676/07932 828333, email: [enquiries@twseniors.org.uk](mailto:enquiries@twseniors.org.uk) or by going to: [www.eventbrite.com/e/forum-back-together-event-tickets-167485320101](http://www.eventbrite.com/e/forum-back-together-event-tickets-167485320101)

Tea & coffee available to purchase from the café.  
Please note, we will not be serving lunch at this event.

We look forward to seeing you there!

Please send in any nominations for the role of Forum Chairperson or Committee Member to reach us by 30th September, using the postal address or email address on page 2. You may nominate yourself. Please provide contact details and a brief note about any relevant skills, interests or experience.

## Would you like someone to chat to on a regular basis?

Our Telephone Chat Scheme volunteers will call you at agreed intervals to have a friendly chat. Whether you live alone or with others, whether you see people family and friends regularly or rarely, if you feel you would benefit from a regular chat, we'd love to talk to you.

Contact us on 07932 828333 or 07552 975676  
or email: [enquiries@twseniors.org.uk](mailto:enquiries@twseniors.org.uk)

## Computers

Now open:  
Oliver Court, Ladycroft, Wellington, TF1 3BU  
Wednesdays, drop in between 2pm – 4pm.  
Butter Cross Court, Stafford St, Newport, TF10 7UD,  
Wednesdays, drop in between 11am - 1pm.

Starting 14th September, new venue:  
The Anstice, 1 Anstice Square, Madeley, TF7 5BD  
Tuesdays, drop in between 2pm - 4pm (previously at Sutton Hill)

Coming soon:  
Hartshorne Court, Burton St, Dawley, TF4 2BY

For beginners, those who want to improve their skills and confidence and to sort out problems, on computers, tablets and smartphones. We can also help with security issues and advice about staying safe online.

### Computer support at home

The Forum is planning to offer computer/smartphone support at your home, for those who find it difficult to get to a drop in session or who need help with desktop computers. If you're interested in receiving help at home, please contact us.

07932 828333 or 07552 975676

### Forum Exercise Classes

Booking essential for all sessions.

New class - A new seated exercise session will start on 2nd September.  
Thursdays 1pm - 2pm at Hollinswood Neighbourhood Centre.  
Call Sarah on 07821 739943.

The session at the Sambrook Centre, Stirchley has now closed.

Seated Exercise  
Tuesdays 1pm - 2pm, The Wakes,  
Oakengates, TF2 6EP  
Contact Sarah on 07821 739943.

Menoga Yoga for Men  
Thursdays 9.15am - 10.15am, Hadley Community Centre, TF1 5NL  
Contact Anne-Marie on  
07734 107383.  
email: [yogawithannemarie@gmail.com](mailto:yogawithannemarie@gmail.com)

Chair Yoga  
Wednesdays 10.30am - 11.30am,  
Dawley Town Hall, TF4 3JR  
Contact Anne-Marie on  
07734 107383.  
email: [yogawithannemarie@gmail.com](mailto:yogawithannemarie@gmail.com)

We're still taking care, so please wear your mask to arrive and leave, and keep a reasonable distance.  
All classes are £3 per session.

## Get your flu vaccine this autumn

The flu vaccination is especially important this year. People at higher risk from coronavirus, are also more at risk of problems from flu, and if you get them both at the same time, you are more likely to become seriously ill.

By getting the flu vaccine, we can all help alleviate the pressure on the NHS and social care staff who may be dealing with coronavirus.

The best time to have the flu vaccine is in the autumn before flu starts spreading. But you can get the vaccine later. It's important to go to your appointments unless you or someone you live with has symptoms of coronavirus.

### Flu vaccine and coronavirus

It's safe for you to have the flu vaccine at GP surgeries and pharmacies, which will adopt social distancing, hand washing and wearing protective equipment. If you've had COVID-19, it's safe to have the flu vaccine.

### Where to get the flu vaccine

- your GP surgery.
- a pharmacy offering the service.
- if you have your flu vaccine at a pharmacy, you do not have to tell the GP. The pharmacist should tell them.

### You can have the free flu vaccine if you:

- are 50 and over.
- have certain health conditions or are pregnant.
- are in long-stay residential care.
- receive a carer's allowance, or are the main carer for an older or disabled person who may be at risk if you get sick.
- live with someone who's at high risk from coronavirus (on the NHS shielded patient list).
- are a frontline health or social care worker.

If you aren't eligible for the free flu jab, many pharmacies offer a paid for service. (eg Boots charge £14.99)

Most adults can have the flu vaccine, but you should avoid it if you have had a serious allergic reaction to a flu vaccine in the past. You may be at risk of an allergic reaction to the flu vaccine injection if you have an egg allergy as some flu vaccines are made using eggs. Ask a GP or pharmacist for advice.

Based on information at [www.nhs.uk](http://www.nhs.uk)

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

ETAG have received a question from about what should be done about a lost car logbook (V5C). We consulted the DVLA website and they give the following information:

'Lost, stolen, damaged or destroyed V5C car logbooks can be replaced, provided you do not need to change any of the details in the logbook, you can do this online and or by phone. The duplicate logbook will be posted to the address which the DVLA hold on record for the vehicle.'

Applying online:

You must be the registered keeper on the logbook to apply online. You should receive your logbook within 5 working days.

You cannot use this service if you need to change any of your details, you do not have the vehicle in your possession or you've already sent your logbook (V5C) to the DVLA for changes to be made.

Apply online at:

[www.gov.uk/government/organisations/driver-and-vehicle-licensing-agency](http://www.gov.uk/government/organisations/driver-and-vehicle-licensing-agency)

What it costs

The service usually costs £25. You can pay by credit or with a debit card. You cannot get a refund once you've used the service (for example if you later find your logbook).

Apply by phone:

Waiting times are currently longer if you apply by phone, but you should receive your logbook within 6 weeks if you apply this way. You can apply by phone if you're the registered keeper on the log book that's gone missing or is damaged, and none of your personal or vehicle's details have changed.

You can of course also apply by post as follows:

Download and fill in an application for a log book (form V62). (or pick up the form from the Post Office)  
Send it to DVLA with a cheque or postal order for £25 made payable to 'DVLA, Swansea'.  
Post to: DVLA, Swansea, SA99 1DD

Please keep your questions coming in.

Keep Safe. The ETAG team.

## Get that repair done!

Research from Churchill Motor Insurance reveals over the past five years 19.2 million drivers (46 per cent) have ignored necessary repairs to their vehicles for more than a month, costing them an average of £560. Two-thirds of mechanics say they see cars every week where repairs have been left too long.

32 % admitted to leaving damage to bodywork for more than a month, with five million not repairing it for more than a year. Alarmingly, it's not just cosmetic issues being left - nearly six million have waited to sort out problems with their brakes. 19% drive with broken wing mirrors, 44% with damaged bodywork, 27% with cracked or chipped windscreen and 1 in 10 continue to drive with bald tyres.

The main reason for driving with damage is that motorists believe the issue is only cosmetic, a fifth because they know they can get away with it. Around 19% say they cannot afford repairs, while lockdown and a lack of time were also contributing factors.

Delay can make the job more expensive and if you're caught driving a vehicle in a dangerous condition it could cost you a fine of £2500.

## Citizens Advice, Telford & The Wrekin, Don't Waste Time & Energy

For free Advice and Information on your energy bills that you can trust, call us today on 01952 567193 or [emailcase@telfordcab.co.uk](mailto:emailcase@telfordcab.co.uk)

## Shropshire Rainbow Film Festival 2021 (Shropshire's LGBTQ+ Film Festival)

Oct 15<sup>th</sup> – 17<sup>th</sup>, 22<sup>nd</sup> – 24<sup>th</sup>. Everyone is welcome!

Back in 2006, staff at Shropshire Council were very aware of the legacy of section 28, preventing schools from talking about homosexuality (only repealed in 2004) and the difficulties faced by lesbian, gay and trans pupils in Shropshire (and Telford) schools.

To encourage debate, and find solutions, a film event was put on for teachers and other school staff at the Old Market Hall in Shrewsbury – the films were 'Wilde' and 'Get Real', both with themes of homophobia (back in the day and at schools currently). The event was a great success. Out of it came an understanding of the positive role film screenings can play in reflecting people's lives and also provide a safe and enjoyable space where people can explore ideas and feel supported. And so, the Shropshire Rainbow Film Festival was born.

It became a charity, run entirely by unpaid volunteers. It has screened films every year since then; this year's Festival will be the 14th, with 12 films to choose from. It aims to 'entertain, educate, challenge and change'.

After an absence of the Festival weekend last year (Covid!!) – the emphasis this year is, perhaps not surprisingly, to 'entertain'!!

Prior to the Festival there will be a meeting for anyone who might like to be involved in it, at 2pm on Saturday, September 18th in Shrewsbury. If this lights your candle, for full details and more information, please get in touch for an invitation:

[info@rainbowfilmfestival.org.uk](mailto:info@rainbowfilmfestival.org.uk)

Peter Roscoe (Trustee)

Full details at [www.rainbowfilmfestival.org.uk](http://www.rainbowfilmfestival.org.uk)

## Opening film, October 15<sup>th</sup> - Jump, Darling

A rookie drag queen reeling from a breakup escapes to the country, where he finds his grandmother (played by the late Cloris Leachman aged 94) in steep decline yet desperate to avoid the local nursing home.

## Scam Update

### Energy scams

There has been a rise in the number of energy related scam calls recently. These may come in the form of calls which promise you a reduced bill if you sign up to their service or the caller may be pretending to be your energy provider and demanding money.

They might demand payment immediately, insisting that you are behind with your payments. If you receive one of these calls or you are unsure, hang up the phone and call back on a number which you know to be genuine, from your bill or from the website. Watch out for threats to cut the power supply, unclear details about your current agreement with your energy provider and requests for money transfers or prepaid debit cards.

### NHS Covid pass scams

Criminals are sending emails and texts inviting people to apply for a NHS Covid Pass which proves your vaccination status and test results to allow you entry to certain events or to travel abroad. They send a link which goes to a convincing fake NHS website to get your personal details. The NHS will never ask for payment or your bank details, nor will they arrive at your home, or ask you to prove your identity by sending copies of personal documents.

### Advertisement

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Whatever your wishes, we will make sure they are granted.

Need expert advice on Wills, Probate and Lasting Powers of Attorney?

Contact Sophie Yates on 01952 726111.

Fodens Business Centre

M54 Junction 6, Telford, TF3 5HL

Offices also at Smithfield Road, Much Wenlock, TF13 6BG

hello@fodens.co.uk

fodens.co.uk

## What does it mean to experience 'burnout'? - Dr Jane Graham

In his book; 'Burnout'; Herbert Freudenberger first used this word to describe lack of incentive or motivation at work. It's a condition that tends to build over time rather than having the odd day of feeling 'fed up' with work, as we all do at times. 'Burnout' is how we may come to feel when we have been experiencing stress at work for a variety of reasons over a longer period of time.

The pandemic has impacted on all of our lives in many ways, and for those working, it has impacted upon how many of us actually work.

Initially working from home may have felt liberating. We may have imagined having more free time and enjoying being at home; but the reality may have meant longer hours, less breaks, and screen-fatigue. For those still going into the workplace, it may have meant taking more responsibility as less of our colleagues were present, or else doing more work simply because 'you were the one there' when something needed actioning.

Whether you have been working at home or in the workplace, or else doing 'blended' working - many of us have felt isolated and alone over a sustained period of time; and we may now be noticing that we are feeling a bit frazzled - like we are 'burnt out'.

Symptoms of 'burnout'

There are three main areas which give us tell-tale signs that we are struggling.

For a start, you may feel exhausted - drained and overwhelmed - like you don't feel able to cope and lack energy. You may also have some accompanying physical symptoms such as headaches, stomach ache and tension in your neck and shoulders.

You may start to notice yourself becoming cynical at work and start to dislike your job and feel resentful about doing your usual tasks or additional tasks to your usual job. You may also find yourself feeling quite numb and emotionally distanced from your colleagues; even avoiding contact with them.

You may notice (or else others may tell you) that your performance at work seems to have reduced; or that you are making mistakes more frequently. This could be as a result of poorer concentration as you feel more and more overwhelmed. Heavy workloads, time pressures, lack of support, lack of clarity about what our job entails, and perceived unfair treatment or perceived favouritism can be high-impact factors of us developing burnout.

Although most symptoms are likely to develop in relation to our work, our lives outside work as well as personality traits such as perfectionism can have a negative impact on how we feel and add to the problem.

So what can I do if I am feeling 'burnt out'?

Feelings of being burnt out should always be taken seriously. If you don't take it seriously by taking care of yourself; how will others? The good news is that burnout is reversible with care.

Self-care

First work out what needs to change for you to feel better. Do you need to work in a different way? Less hours, flexible working, a new role, or even a new job? Set about making the changes you need by finding out about your policies at work. Make a list of the things that you find stressful about your job, and the things you still enjoy. Notice if any particular solution you may think of gives you a feeling of relief.

Care from others

Approach your Human Resources department, or your boss directly, if you work in a small company. Talk about how you are feeling. Try to have the conversation as early as you can when you first notice the signs. Ask for help from your workplace and also visit your GP. Some symptoms may also relate to your mood and mental health so it's important to talk to your doctor to make sure you get the right kind of support.

What else can help?

A holiday may help or time off from work, but in the longer term, these brief interventions won't necessarily cure your 'burnout'.



However, do try to incorporate ways of managing your wellbeing - a healthy diet, getting a good night's sleep, keeping to a good routine, exercising, finding time to meet with friends and developing a good work-life balance will help you feel more balanced and in control.

There is plenty of information available about ways to take care of your physical and mental health available from [telford-mind.co.uk](http://telford-mind.co.uk); [livewell.telford.gov.uk](http://livewell.telford.gov.uk) and [healthytelford.com](http://healthytelford.com) in our fantastic borough.

For help to find about local groups to join and things to do, contact the Forum on 07932 828333/07552 975676.

Dr Jane Graham is an integrative psychotherapist based in Telford.  
Email: [janehelengraham@gmail.com](mailto:janehelengraham@gmail.com)

## Slotting back into life as we knew it

[www.smart-lifecoach.co.uk](http://www.smart-lifecoach.co.uk) [dianne.srsmart@gmail.com](mailto:dianne.srsmart@gmail.com) Tel: 07896 955 911

For many of us, life is starting to look a little different, in that social restrictions are now lifted. This has a number of meanings, fears and interpretations for different people.

I have spoken to a number of people who are extremely concerned about catching covid (particularly the Delta variant) and are very anxious about any social mixing. Others, are relieved that these restrictions have been lifted and look forward to a new found liberty.

The variations in society's attitude to the lifting of these restrictions is varied and controversial. I, like many, have my own views on this and will not be using this forum to share them.

I think it's important for people to feel as secure as they can be in our current climate, and this may mean that you might need to voice your expectations to others about what you feel is safe for you, asking someone to keep their distance for example. People have voiced to me, their uncomfortableness in asking others to change their behaviour to suit theirs.

I think it's important to have conversations with your friends, relatives and work colleagues about how you can feel safe and how they can accommodate this, without feeling compromised. Compromise maybe the way forward in many so cases.

It's important that individuals don't feel bullied into certain situations in order to keep other parties happy. If at any point you are being asked to compromise on your safety (in your opinion) by an employer, friend or relative then it's vital that you state from the off that this is something you are not happy with. This is vital, as dialogue can be had that will hopefully allow each party to voice concerns, opinions and most importantly expectations.

We all have different opinions about what society 'should' be doing with regard to covid and as numbers rise, anxiety will too. Sometimes people may describe normal and understandable anxieties as being paranoia, this is often unfair as individual concerns need to be validated and understood. They may be different to yours but they are just as valid.

You have a right to an opinion and you also have the right, should you wish, to continue to wear a mask, socially distance, wash and sanitise hands regularly and not socialise inside or out.

People also have the right to not do any of the above as restrictions are not mandatory anymore. Whatever helps you to feel safe and secure in this anxiety provoking situation is your choice and yours alone.

So speak up, you owe it to yourself! Stay safe!

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## Art Exhibition 2021 Wellington Methodist Church

For the last ten years the Art Groups at Wellington Methodist Church have organised an exhibition for members and local artists to exhibit their work. Last year it was cancelled at the Church due to Covid, but they did have a very successful online exhibition instead. This year they're planning to have the exhibition at the Church, Thursday 28th to Saturday 30th October, 10.30am - 3pm each day, as well as online from Friday 12th - 28th November on the local Creative Arts and Crafts web site:  
[www.creativeartsandcrafts.co.uk](http://www.creativeartsandcrafts.co.uk)

If you're interested in exhibiting work please call Barbara Murray for an entry form on 07592 881108 (last date for entry forms to be submitted - 8th October, artwork to be delivered to the Church 26th October).

Refreshments including home made cakes will be served at the church exhibition with the usual coffee morning on Saturday morning. Do come along to see the display, entrance is free.

## Forum AGM 2021

Monday 11<sup>th</sup> October, 10.30am – 12.30pm  
Dawley Christian Centre, TF4 2EX

Agenda

1. Welcome
2. Minutes of the AGM, 23rd Sept 2019
3. Chairperson's Report 2020/21
4. Presentation of Accounts 2020/21
5. Election of Trustees 2021/22
6. Date of next AGM 2022

Draft Minutes of the Annual General Meeting held on Monday 23rd September 2019, at The Wakes, Oakengates.

1. Welcome

Chairperson Celia Steventon opened the meeting by welcoming members.

## 2. Minutes of the last AGM, Monday 22nd October 2018

These were approved – proposed by G Vernon and seconded by J Lockley. Members agreed unanimously to accept them by a show of hands.

## 3. Chairpersons Report

The Chairperson presented her report. No questions were raised.

## 4. Presentation of Accounts 2018/19

The Treasurer presented the audited 2018/19 annual accounts. The Forum is within budget for the year. The Forum is entering its final year of Big Lottery funding and we'll be seeking further funding over the coming months. Julie Francis asked for the accounts to be accepted. It was proposed by J Monaghan and seconded by J Hardman, and members agreed unanimously by a show of hands.

## 5. Election of Trustees 2019/20

The constitution states that trustees hold office for three consecutive years and that at every AGM two trustees stand down. Dave Wright and Joyce Monaghan will step down, but both wish to be considered for re-election, along with Sheila Pitts, Lynne Kay and David Parker. All five appointments proposed by D Plimmer and seconded by J Francis, members agreed unanimously by a show of hands.

One nomination for Chairperson, Celia Steventon. This was proposed by B Groom and seconded by K Buttress, members agreed unanimously by a show of hands.

## 6. Date of next AGM

This will take place in September or October 2020.

The 2020 AGM was cancelled due to Covid19, in line with Charity Commission guidance.

## Chairperson's Report Oct 2020 - Sept 2021

Another year on and things seem to be getting back to some sort of normality. We have missed our live events and are really looking forward to our first AGM since 2019. Your trustees and staff have been busy during the last 12 in several ways.

Covid has had a huge impact on everyone and the priority this last year has been to keep safe and stay at home as much as possible. So, of course, our normal events and activities were put on hold.

50 volunteers offered their time to talk to and support around 150 through this isolating period. The number includes clients that were passed from T&W Council's coronavirus community support team. This service is ongoing so if you know someone who would like to have a chat with one of our volunteers, please let us know.

We have secured funding to help the charity to continue for at least another 3 years. Our Lottery grant is focused on alleviating loneliness by helping people to find new connections and activities. We do have to raise more money to fully support events and our Forum Magazine. We still don't know if we'll have our Christmas lunch parties this year.

Our fitness classes have restarted, and new ones opened in a number of venues, plus we have the computer personnel helping you get online at our drop in sessions.

The Forum magazine went out every 2 months, and a coronavirus support grant enabled us to send out extra news updates to ensure a monthly correspondence with members. From the feedback we know that you like to receive the magazine with lots of useful articles and information.

We conducted a survey asking people how they feel about going out again and received 100 plus replies and hope to get the results out to you in a future magazine.

Finally, we have our Environment and Transport Action Group up and working again and look forward to hearing about your issues like traffic calming humps, footpaths, potholes, litter etc.

We continue to speak up for older people and enable you to share your views. We are getting set up for new projects but always welcome your help and involvement.

So, to you, our members, the trustees, staff and myself would like to thank you for your support in 2020/2021. Times are still hard, however we know that you keep smiling and enjoying a good joke and we hope that you are keeping safe and well.

We are now looking forward to being able to see you again on a regular basis. Keep Safe .

Dave Wright, Chairman

**Telford & Wrekin CVS and the Senior Citizens Forum came together, funded by Llandau, to provide a project – ‘Older People Living the Best Life.’**

The project focused on family carers and the over 50s who are not in work or retired, with the aim of supporting their sense of wellbeing through arts, and a social and enjoyable part to the day.

The arts programme was delivered by Caris Jackson, a local talented artist who uses a range assorted creative materials for different abilities. There have been opportunities to brush-up/learn IT skills and lots of different volunteering roles.

Due to the Covid pandemic, face-to-face creative sessions were not possible the participants received a delivery of arts materials with sessions delivered through ‘how to’ videos and live Zoom sessions, enabling them share their ideas and inspire one another with their creations.

The project finished with an outdoor craft and social get together at Jackfield Village Hall and a booklet is being produced to ‘showcase’ the items that the participants have created, including lino prints, drawings and collage, celebrating the diverse range of skills the group were able to develop while carving out time for themselves.

Advertisement

## Senior Home Services

Are you wanting to go out but are too nervous to use public transport? Or too nervous to go alone?

Senior Home Services is a small care/companion service that offers to accompany & take you shopping, to social events, to medical appointments and walking.

We understand that it may be nerve-racking asking for help, questions might run through your mind like:

“Who will be coming?” “Can I trust these people?” “What if I change my mind?”

We can come and have a chat with you before you decide if you would like our help. All our staff are Disclosure & Barring Service checked and insured to ensure your safety and trust.

We are very flexible, if you decide to cancel or need to change your appointment that's OK!

We also offer to help with light cleaning, bed making, help & guidance using technology e.g. computers or mobile phones.

If we are able, then we will respond positively to any additional requests.

This is an example of one of our clients:

A lady called and said she needed to get out the house but her mobility wasn't too good and she lacked confidence walking far. We met and spoke about her love for the country side. We planned the day so that views of the countryside could be seen from the car window; we stopped and had some lunch. The lady felt great afterwards and said it had made such a difference seeing something other than her four walls! We regularly do activities like this which she really looks forward to.

Call Colleen for more info on: 07871 137184

Our website: [www.seniorhomeservices.net](http://www.seniorhomeservices.net)

## Donnington Community Gardening Group

Open to everyone who has an interest, passion or love of gardening and is keen to learn more!

Meet other members of the community interested in gardening, share tips, exchange ideas, share knowledge and learn new skills.

You can be assured of a warm welcome whether you are a complete novice or an experienced gardener.

To find out more, contact Richard at Donnington Community Hub on 01952 382202

## 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:

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.

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