

FORUM

Nov/Dec 2021

Welcome to

FORUM

TELFORD

50+

**Volunteer
for the Forum**

New rules for EU travel

A problem shared

In the 'food for mood'?



**Book your Fitness
MOT!**



- Supporting people to manage their mental, physical and emotional well-being.
- Tackling loneliness, and isolation, and address inequality.
- Providing information about services, support, advice, activities, volunteering, current issues and consultation opportunities.
- Promoting the needs and concerns of the over 50s so that they may be heard and accounted for in the planning of services and facilities.
- Helping people to participate in regular activities increasing social interaction, well-being and confidence.
- Providing opportunities for people to learn and gain confidence in the use of technology.
- Offering opportunities for volunteering.

Postal address:
FREEPOST RTGZ-UAGU-TXHJ
Forum 50+
Box 7, Unit D
Stafford Park 9
Telford TF3 3AF

Chairperson: Dave Wright
Forum Co-ordinator: Chris Fox
Editor: Chris Fox 07932 828333
Community Link Worker: Wendy Mitchell
07552 975676
Email: enquiries@forum50plus.org.uk

We welcome contributions from members and readers. Send in your articles, letters, stories, poems, photos, artwork.

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.

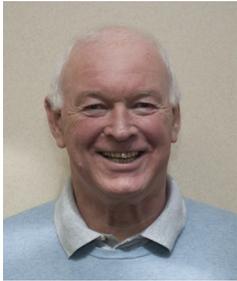
If you would like to advertise in this newsletter, please contact for details of rates and T&Cs.

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.

**Printed by Runtime UK Ltd, One Vineyard Road, Wellington, Telford, TF1 1HA
www.runtimeuk.com**



Message from the Chairperson Dave Wright

Nov 2021

forum50plus.org.uk



[facebook.com/
Forum50plus](https://facebook.com/Forum50plus)



[twitter.com/
forum50plus](https://twitter.com/forum50plus)



Welcome to our autumn edition of the Forum, the first edition as Forum 50+.

On Mon 11 Oct we held our Annual General Meeting and our "Forum Back Together" event. It was great meeting members face to face and hearing stories of how lockdown has impacted everyone.

The AGM was held at Dawley Christian Centre and was the first AGM in 2 years. It seemed a bit strange confirming that the minutes of the 2019 AGM were a true record of the meeting! Unfortunately we were restricted in numbers but hopefully these will increase as time goes on.

It is with great pleasure that I continue as the Forum 50+ Chairperson for the next year and would like to thank those members present for supporting me.

The team for the next year will be: our two wonderful and hardworking staff members, Chris Fox, Co-ordinator and Wendy Mitchell our Community Link Worker and your Trustees: Julie Francis, Lynne Kay, Joyce Monaghan, Dag Saunders, Clive Godfrey, Bob Groom and our newest member Stephen Reynolds.

After the AGM we had a brief from Dag on the survey we conducted earlier this year. The full report will be published on our website, (brief summary on page 21). We then had a break followed by 2 quizzes with a prize for the winning teams.

The last part of the meeting was a plea for volunteers, (details on page 5). Please get in touch with Chris if you might be interested.

The Trustees, Staff and I hope to see you at one of our activities or events in the very near future but until then take care and please keep safe.

Forum 50+ is the working name of registered charity Telford & The Wrekin Senior Citizens Forum, 1153586

Covid Update

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

Coronavirus (COVID-19) booster vaccine

The COVID-19 booster vaccine dose will give you longer-term protection against getting seriously ill from the virus.

Who can get a COVID-19 booster vaccine?

Booster vaccine doses will be available on the NHS for people most at risk who have had a 2nd dose of a vaccine at least 6 months ago, and this includes people who are:

- aged 50 and over.
- who live and work in care homes.
- frontline health and social care workers.
- 16 and over with a health condition that puts them at high risk.
- 16 and over who are a main carer for someone at high risk.
- 16 and over who live with someone who is more likely to get infections (such as someone who has HIV, has had a transplant or is having certain treatments for cancer, lupus or rheumatoid arthritis).
- pregnant and in one of the eligible groups.

If you're not sure if you have a health condition that puts you at high risk, check by visiting: [www.nhs.uk/conditions/coronavirus-covid-19/people-at-higher-risk/who-is-at-high-risk-from-coronavirus/from COVID-19](https://www.nhs.uk/conditions/coronavirus-covid-19/people-at-higher-risk/who-is-at-high-risk-from-coronavirus/from-covid-19) or check with your GP surgery. You can also give us a call and we'll look it up for you, tel 07932 828333.

How and when to get your COVID-19 booster vaccine

You'll be offered a booster dose at least 6 months after you had your 2nd dose. The NHS will let you know when it's your turn to have a booster dose. It's important not to contact the NHS for one before then. Most people will be invited to book an appointment at a larger vaccination centre, pharmacy, or local NHS service such as a GP surgery.

We need volunteers!

Help us to help others....by volunteering a little of your time.

Be a friend

Having befriending support can make a huge difference to someone's sense of wellbeing, especially if they don't speak to or see anyone for several days. Combined with the impact of the pandemic, this can have a very negative impact on a person's confidence, wellbeing and mental & physical health.

We very much need more **telephone befriending volunteers** to make a regular phone call to one client or more, to chat, share news, offer support, and make sure they're coping OK.

We would also like to hear from people interested in becoming **face to face befrienders**. This may be visiting people at home or meeting up with them, perhaps for a walk, at the shops or a café. This could include befriending with computer support, sharing an interest or hobby, accompanying someone to a medical appointment or to a social activity.

Help people get connected

Computer support volunteers - helping at a weekly drop in session or providing support through home visits. You don't need to be an IT expert, just have some confidence and experience of using a computer, tablet and smartphone.

Help people feel welcome

It can be very daunting getting out and meeting others after so many months trapped at home and how daunting it can be to join a new group. **Helping at a small friendship group** to offer a friendly welcome can make all the difference as to whether people want to come back next time.

Full support and guidance will be given and any travel costs and other out of pocket expenses will be re-imbursed.

Call Chris for a chat to find out more:
07932 828333

Forum Exercise Classes

Booking essential for all sessions.

Seated Exercise

Tuesdays 1pm - 2pm
The Wakes, Oakengates,
TF2 6EP

Thursdays 1pm - 2pm
Hollinswood Neighbourhood
Centre.

For both of the above, call
Sarah on **07821 739943**.

Chair Yoga

Weds 10.30am - 11.30am
Dawley Town Hall, TF4 3JR

Menoga Yoga for Men

Thursdays 9.15am - 10.15am
Hadley Community Centre
TF1 5NL

For both of the above, call
Anne-Marie on
07734 107383, email:
yogawithannemarie@gmail.com

Please wear your mask to arrive
and leave, and keep a
reasonable distance.
All classes are £3 per session.

Swimming

If you are in receipt of Pension Credit and/or other benefits you may be eligible to swim for just £1 with a Telford Loyalty Card at Telford's pools at Madeley, Wellington, Newport, Oakengates?

You can collect a free TLC from any Telford & Wrekin Leisure Centre and First Point reception.

Walking For Health

- are now running a full programme of walks.

Choose a walk that you think you will be able to complete at ease as this will allow you to determine your comfort level and talk to the other walkers.

The walk leaders will suggest other walks that might be suitable for you, and you can build up to the longer, more demanding walks if you wish. Discuss any worries with the walk leaders before you walk so they can make sure you will be comfortable.

You can bring a friend, grandchildren, or the dog! Many walkers attend on their own and the walks are an ideal place to meet people and make new friends.

Visit **walkingforhealthtelfordandwrekin.org.uk**
or phone **07512 123995**

Functional Fitness MOTs

Around half of all women & a third of all men in England damage their health through lack of physical activity. As we age, we are more likely to be inactive. Falls in older people are common and often devastating. Good strength and balance are fundamentally important to reduce the risk of falling. Attending exercise classes or defined exercises at home can improve strength & balance.

If you are between 60 and 95 and feel at risk of falling, then come for a Functional Fitness MOT! Members of Shropshire Rural Communities Charity and their colleagues will measure your ability on a few simple tests. Each test has “normal values” for people of different ages, which will show whether you are “doing well” for your age or whether you could benefit from being more active.

Try a short Exercise Taster and find suitable local activities and online exercise websites from your fitness tester. Also, watch a film about how to reduce your risk of falling, develop a personal Falls plan and see how to get up from the floor after a fall.

Take home your fitness test results, action plan & information about health, activity & staying steady.

Booking is essential as appointments are limited.
Book your 2hr 30mins appointment NOW!

9.30 am - 2pm, Saturday 20th November
Cosy Hall, Water Lane, Newport TF10 7LD

9.30am - 2pm, Thursday 9th December
Meeting Point House, Southwater Square
Telford Centre TF3 4HS

Contact: Shropshire RCC's Wise & Well Team.
Ask for Sara or leave a message on 01743 360641
or email sara.edwards@shropshire-rcc.org.uk



Support the Forum as you shop

If you would like to help us, do you know that when you shop or book holidays on the internet, do you know you could be collecting free donations for Forum 50+ without it costing you a penny extra.

Visit our section on the website and join for free:
www.easyfundraising.org.uk/causes/forum50plus

Then when you shop, first go to **www.easyfundraising.org.uk** to find the shopping site you want. After checking out, that retailer will make a donation to your good cause for no extra cost.

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.

Thank you for your support!  **easyfundraising**
feel good shopping

Computers

Free drop in sessions - no need to book, just call in.

Oliver Court, Ladycroft, Wellington, TF1 3BU

Wednesdays, 2pm – 4pm

Butter Cross Court, Stafford St, Newport, TF10 7UD

Wednesdays, 11am - 1pm

The Anstice, 1 Anstice Square, Madeley, TF7 5BD

Tuesdays, 2pm - 4pm

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 offering support at your home, for those who find it difficult to get to a drop in session or who need help with desktop computers, computer set up or connection problems. If you're interested in receiving help at home, please contact us.

07932 828333 or 07552 975676 enquiries@forum50plus.org.uk

A Forum Computer Volunteer describes how you can

'Capture Your Memories'

...and improve your computer skills at the same time.

For a number of years my friend Jacky has suffered from Alzheimer's disease, a form of dementia. For eighteen months I have been taking her out on three afternoons each week and because of her inability to walk far I have had to think of things to do. She became most active and talkative when we visited places where her family or relatives used to live or where we had painted or walked over the hills.

It is difficult to have a conversation with dementia sufferers because they begin a sentence and cannot end it. They will come to a stop and recognise that their memory has let them down. Often they will finish the sentence 2 minutes later when you are talking about something else.

But they will reply to questions - sometimes at some length. In my experience older persons like to tell you about their childhood.

One thing which did hold Jacky's interest was writing a short life history. This took several chats on separate occasions before I had sufficient notes to enable me to write her story. Her son helped by finding a family photo album. If a person with dementia goes into hospital or care home a dementia nurse will contact the family to obtain background details (this usually involves a telephone call). The result is a sparse history because they do not have time or the family member contacted does not have the information (they very likely have little knowledge of when their parent was a child).

So I believe members of the Forum may like to help others to achieve:-

- (a) A life history which will be useful to nurses/carers
- (b) A piece of family history which can be preserved for posterity
- (c) An enjoyable few hours of conversation for the person with dementia
- (d) A little relief for the person's full time carer

This can only be achieved in the earlier stages of dementia. It may also appeal to people who do not have dementia but have no access to a computer. Support may be given in a small group session or one to one at home.

If you would like to find out more about helping with this project, or you would be interested in receiving support to capture memories for yourself, a friend or a loved one, please call **07932 828333**, email: **enquiries@forum50plus.org.uk**

ETAG

ENVIRONMENT & TRANSPORT
ACTION GROUP

Dave Wright, Chair of ETAG

Our last entry for 2021 and what a year it has been but where does the time go? 4 of our 5 meetings this year have been via Zoom however we are pleased to report that our last meeting was face to face.

We have one final meeting to go in November which will be ETAG's Annual General Meeting when we will be looking at next year's meetings and our terms of reference to ensure that they are still fit for purpose.

Since the last report we have received one request from our members, a question about buses to the Orthopaedic Hospital in Gobowen near Oswestry. We asked the bus company, and they came back with a slightly easier way to get to the hospital however the time taken to get there would be longer. (See box to the right).

We have also been present at the Bus Users' Group and raised concerns with T & W Council about traffic calming. New speed humps have an impact when you travel over them, eg when you

have a bad back. We don't often win on this issue, but we will keep up the pressure.

The ETAG volunteers look forward to being your voice on issues concerning anything to do with the environment or transport in 2022, so if you have any questions on these topics, please send them to us either via email, letter or phone and we will try to answer them. There may be a slight delay with responses as we have to go out to the organisation involved and sometimes have to chase them for an answer. We do try to report back either in person or via our next entry in the Forum.

Please keep safe.

Telford to Gobowen by bus

Due to recent amendments to the X4 and X5, which have both been extended to Oswestry, it's now possible to reach the hospital at Gobowen by taking fewer buses but with a slightly longer journey time.

Home to Telford Bus Station then X5 to Oswestry.

OR X4 from the Princess Royal Hospital.

From Oswestry, Arriva 2 or 53 or Lakeside Coach 449 to the hospital.

As we constantly hear reports of rising energy prices this winter, here are some tips to save money on your gas and electric bills.

Heating and power make up one of our biggest annual household – but there are lots of easy everyday things you can do to bring those bills down and potentially save around £200 per year.

1. Turn your plugs off at the mains...

Many appliances, from smart speakers to smartphones, laptops to games consoles still use energy when they're plugged in, even when they're turned off. TVs on stand-by are often the worst culprits of the lot. You could save up to £35 a year.

2. Use less water in the kitchen

Using a bowl rather than a running tap to do the washing up can potentially save £25 a year. Cutting back your washing machine by one cycle per week could save up to £8 a year. And only filling the kettle with the water you need saves up to £6 a year, a potential saving of £39 a year.

3. Take 60 seconds less in the shower

It isn't always easy to step out of the shower. It can be cold on the other side. And sometimes you just want to sing and sing. But spending one minute less in the shower can save £8 per person per year. And if you have a water meter, you'll save even more.

4. Turn your thermostat down a notch

Do you keep your thermostat above 20°C? According to USwitch, 70% of UK households have their heating on at least that high. But if you were to turn your heating down by 1°C, it could bring your bills down by 10% (and you may not even notice the difference). On average, turning your heating down just 1°C can save up to £80 a year.

5. Wash your clothes at 30°C

According to the Energy Saving Trust, washing clothes at 30°C instead of 40°C uses around 40% less energy over a year. It's still good to do the odd hot load to kill bacteria in your machine, but 30°C is fine for an everyday wash., and it could save up to £52 a year.

(Taken from www.britishgasevolve.co.uk/energy-saving)

Planning a trip to Europe?

Be prepared!

You may need to do extra things before you travel to an EU country, from now on, as well as to Switzerland, Norway, Iceland or Liechtenstein. It's important to check the travel advice for the country you're visiting, because of Brexit changes as well as rules relating to Covid-19.(see page 20)

Passports: You need to renew your UK passport before you travel if, on the day after you leave the country you're visiting, it is either:

- valid for less than 3 months
- more than 10 years old (even if it's valid for another 3 months or more)

If you're visiting more than one country in the EU, Switzerland, Norway, Iceland or Liechtenstein, your passport must be valid for at least 3 months from the day after you leave the last country you visit.

These rules do not apply to travel to Ireland - you can continue to use your passport as long as it's valid for the length of your stay.

Healthcare: Your European Health Insurance Card (EHIC) will still be valid if it is still in date, or you can apply for Global Health Insurance Card (GHIC) will be valid in an EU country. Visit: www.gov.uk/global-health-insurance-card
Or phone 0300 330 1350.

Insurance: You should have appropriate travel insurance with healthcare cover before you travel. Make sure it covers any pre-existing conditions. You can read advice on buying travel insurance with the right cover at: www.gov.uk/guidance/foreign-travel-insurance

Organising pet travel: Contact your vet for advice well in advance of your travel.

Border control: You may have to show your return ticket or onward ticket, and show you have enough money for your stay. Use separate lanes from EU, EEA and Swiss citizens when queueing.

Visas for short trips: You do not need one if you're a tourist. You can stay for up to 90 days in any 180-day period. If you visit more than one of these countries within a 180-day period, you can't spend more than 90 days in total across all the countries you visit.

Staying longer: You may need a visa or permit to stay for longer, or for study, work or business. You can travel to and work in Ireland in the same way as before 1 January 2021.

Driving abroad: You may need an international driving permit (IDP) to drive in some countries., however if you have a UK issued valid photocard licence, you do not need an IDP for the EU, Switzerland, Norway, Iceland or Lichtenstein.



YEAR OF
Wellbeing



YOUR TIME TO FEEL
HAPPIER AND HEALTHIER

www.telford.gov.uk/wellbeing

Make your pledge to improve your wellbeing

Taking time to consider ways to improve how we feel is important. There is only one you, and you should take care of it.

So we'd like to encourage you to take a moment and make a pledge to improve your wellbeing: Telford & Wrekin Council - Make your pledge to improve your wellbeing - join the Year of Wellbeing (govdelivery.com). Once you have made your pledge, you will receive emails with motivation, tips and information you can put into practice. Thousands have joined up already. So why not join them?

People across Telford and Wrekin are making a pledge to improve their wellbeing as part of our Year of Wellbeing - a whole year of activity about improving how we feel.

After the past 18 months of dealing with the Coronavirus pandemic, we all deserve to be living happier and healthy lives.

This is your time to feel happier and healthier. Join the Year of Wellbeing for tips and information to help you sleep better, do more of the things you want to do, and just feel better:

www.telford.gov.uk/info/20798/year_of_wellbeing

If you are not online but would still like to be part of the campaign, contact us at the Forum and we'll ensure the campaign materials are posted out to you.

We Clean your **Carpets** and **Upholstery**



PRE £99

CHRISTMAS CARPET CLEANING DEAL

- ✓ Hall
- ✓ Stairs
- ✓ Landing
- ✓ Lounge
- ✓ Furniture moved




Ready to walk on



Environmentally Friendly



Pet Safe

**Working Safely
Contact Free**
during Coronavirus

See dri-now.co.uk
for more information

★★★★★

120+ Reviews
4.8 Excellent

★ REVIEWS



Get an instant price
dri-now.co.uk

or call 01952 303 382

STOP, HANG UP, CALL 159

If you think someone is trying to trick you into handing over money or personal details.....stop, hang up and call 159 to speak directly to your bank.

Consumers now have a secure and easy-to-remember phone number to contact their banks in order to avoid painful scams. It could prove to be the safest way for many to contact their provider if they have suspicions and concerns about their accounts, or even if they're struggling to find a customer services number.

Stop Scams UK and Global Cyber Alliance have recently launched the UK-wide 159 call service, which is designed to guarantee consumers a safe route to contacting their banks.

The scheme is urging people to "stop, hang up and call 159" to check calls are for real. The idea is to help those who believe they have been contacted by scammers claiming to be their bank, or by fraudsters who encourage them to transfer money.

According to Stop Scams UK, criminal gangs stole over £470 million from individuals and small businesses last year by pretending to be a bank or other service provider, encouraging consumers to falsely make a payment or transfer money.

Currently, banks that cover over 70% of UK current account customers are signed up to the scheme at launch, although more are expected to follow. The majority of telecoms firms are participating in the scheme.

However, Martin Lewis warns:

"The obvious thing that many people will do is to stop, hang up and call 159 back. But I'm afraid even that does not guarantee you safety, because sophisticated scammers can spoof a dialling tone so you think you're calling your bank – but the scammer provides a ringtone and an answer.

"To be totally safe, dial 159 on another phone, or you could call a friend's phone first and if they answer 'Hello Barclays' you know there's a problem. Alternatively, you could wait half an hour and try 159 on the same phone. But you have to be aware that these scammers are dedicated, talented and will stop at nothing to get your money – stay alert."

Taken from www.moneysavingexpert.com

In the food for mood? - Dr Jane Graham

As the nights are drawing in, coughs and colds are increasing, and the flu season approaches; we may find ourselves feeling less like going out and about.

Low levels of natural daylight can impact on our mood and we may notice feeling a bit more gloomy as the months go on.

Instead of the salads and cold food we tend to enjoy in the summer, we tend to move more towards warm, comforting foods as our body instinctively seeks carbs for energy and warmth.

It's important to try to eat a balanced diet, whatever the season; but eating well through the colder months can really help boost our immune system to help us fight off infection and aid recovery when we are ill.

But did you know that food can also have a positive effect on our mental health? Here's some sources for the vitamins and minerals you need to help boost your mental wellness.

Stressed and irritable?

Wholegrains - Brown rice, barley, oats, quinoa, rye, bran

Meat proteins - Chicken, pork loin, turkey, liver, kidney

Fish - Tuna, trout, salmon, cod, halibut

Beans, pulses and seeds - Soy beans, chick peas, baked beans, sunflower seeds, poppy seeds, pumpkin seeds

Nuts - Almond, brazil, cashews, pistachios, walnuts, pecans, peanuts (unsalted)

Dairy - Plain yogurt, mozzarella cheese

Fruit - Bananas, oranges, strawberries and blackberries, kiwis

Veg - Spinach, avocado, broccoli, sprouts, cabbage, courgette, squash, peppers, watercress

Anxious?

Wholegrains - Buckwheat, long-grain rice, barley, oatmeal, quinoa

Meat proteins - Calf's liver, turkey

Fish - Tuna, salmon, cod, halibut, shrimps

Beans, pulses and seeds - lentils, chick peas, kidney beans, black beans, baked beans, sesame seeds, sunflower seeds, poppy seeds, pumpkin seeds

Nuts - Peanuts (unsalted), cashews, hazelnuts, walnuts, almond, brazil, cashews, pistachios, walnuts, pecans, macadamia

Dairy - Plain yogurt

Fruit - Bananas, oranges, strawberries and blackberries, kiwis

Veg - Spinach, avocado, broccoli, sprouts, cabbage, cauliflower, peppers, watercress, asparagus, green peas

Depressed?

Wholegrains - Brown rice and long grain rice, bran, oats, barley, oatmeal buckwheat, quinoa, rye

Meat proteins - Beef/calf's liver and kidney, pork, chicken, turkey, lamb, ground beef

Fish - Tuna, salmon, trout, cod, halibut, shrimps, mussels, sardines, mackerel, oysters

Beans, pulses and seeds - Soy beans, lentils, chick peas, kidney beans, black beans, pinto beans, sesame seeds, sunflower seeds, poppy seeds, pumpkin seeds

Nuts - Peanuts (unsalted), cashews, hazelnuts, pine nuts, pecan, walnuts, pistachios, almond, brazil, macadamia

Dairy - Plain yogurt, sour cream, milk, eggs, mozzarella cheese, cottage cheese, cheddar, gruyere, emmental, camembert, stilton, parmesan

Fruit - Bananas, mango, oranges, strawberries and blackberries, kiwis, raisins, pineapple, plums, dates, figs, prunes

Veg - Mushrooms, broccoli, green cabbage, courgette, squash, sprouts, cauliflower, kale, avocado, asparagus, red pepper, red cabbage, watercress, celery, spinach, garlic, green beans

Too much information?

Don't worry! Some basic things to focus on include:

- Choosing complex carbs which burn slower and keep your blood sugar steady
- Choosing oily fish (aiming to eat fish twice a week if possible),
- Eating lots of fibre and vegetables (half your plate)
- Following a balanced diet which includes something from each of the main food groups each day.

Final word?

If it's your turn to be chef, please remember that some people are allergic to some ingredients so please check with them first!

Dr Jane Graham is an integrative psychotherapist based in Telford. Email: janehelengraham@gmail.com

A problem shared...

It can be difficult to meet with friends or colleagues in our current climate. So many people are reporting that they don't seem to talk as they used to, often they feel guilty in sharing minor difficulties when the world is in such a state of flux. There always seems to be 'something more important' to talk about. This means that so many of us are brushing our frustrations or worse difficulties under the carpet so to speak.

I recently had a great Zoom catch up with a friend and fellow coach, after our meeting I reflected and thought how liberating it was to have reassurance on a number of areas discussed. Because I do what I do for a living, I often don't fully appreciate what my clients must be experiencing and still feel not only honoured, but also surprised when they return saying how liberating they have found the coaching process.

This I concluded; was exactly how I had felt from this morning's meeting. There is something about being able to 'offload' in an environment that is not only safe, non-judgemental but to speak to someone who entirely understands YOUR perspective!

I often say to clients that perspective is everything and it truly is for without it we remain stuck and cocooned in our own shell.



Di Smart • Life Coach
Simply life changing

I can't tell you how many times I have heard "I never looked at it that way" or "you have certainly given me some things to think about". It's music to my ears of course, as a coach that is what I am striving for.

My meeting this morning wasn't a coaching session but simply a catch up, a chat however, what it did on reflection is to reassure me of my feelings, liberated me from guilt, looked at things slightly differently and most importantly gave me a sounding board.

It's so easy to assume that we don't need to talk or share as we often perceive it as being weak or burdening people with our problems. What we don't take on board is that others may benefit from that sharing as they too maybe experiencing exactly the same issues.

So, the next time you think, "I am not going to share" remember a problem shared is a problem halved.

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

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

01952 726111 | hello@fodens.co.uk | fodens.co.uk

Advertisement



Hello, my name is Tracy

I am a support worker and I offer the following services in your own home:

Only £13
an hour!

“I am here to
help make life
a little easier
for you.”

Light housework
Changing bedding
Laundry & Ironing
Shopping
Preparing light meals
Companionship

Call me for a chat on
07870 407575

Advertisement

Covid 19 Travel Rules

Before you travel, you must:

1. Check foreign travel advice for the countries you want to go to.
2. Arrange any COVID-19 tests you will need to enter the countries that you will travel to. You must use a private test provider for this, not an NHS test.
3. Find out how you can use the NHS COVID Pass to prove your vaccination status abroad. Some countries require proof of vaccination status before you can enter. You can obtain the NHS COVID Pass through the NHS App, the NHS website or request an NHS COVID Pass letter be posted to you by calling 119.
4. Check what you will need to do when you return to England. You may need to take COVID-19 tests or quarantine.

Full details at: www.gov.uk/guidance/travel-abroad-from-england-during-coronavirus-covid-19

GET INVOLVED IN YOUR LOCAL HEALTHWATCH

We are always looking for new volunteers to help us in our activities.

Healthwatch Telford & Wrekin are the champions of health & social care services in your local community. We work with service providers and the local community to ensure the best possible care is provided for you.

We work with a dedicated team of volunteers who give their time to ensure local voices are heard. If you are interested in getting involved or would like to know more, please get in touch today.

HAVE YOUR SAY IN OUR LATEST SURVEY

At Healthwatch we launch monthly 'Have Your Say' questionnaires to help inform service providers about the views of local residents.

Urgent Medical Care Survey

If you or someone you know have had an urgent medical problem since 1 May 2021 please tell us your/their experience and what happened.

Now that the NHS 111 First service has been running locally for nearly a year we would like to hear from patients who have sought urgent medical care since May 2021 to understand the current patient experience. Complete the survey or call the number below to share your experiences.



www.healthwatchtelfordandwrekin.co.uk/urgent-medical-care-survey

Phone: **01952 739 540**

Email: **info@healthwatchtelfordandwrekin.co.uk**

Website: **www.healthwatchtelfordandwrekin.co.uk**

Fears about GP practices and hospital care feature high in Forum survey results

In June 2021, with the country having experienced fifteen months of Covid restrictions, the Forum undertook a simple survey entitled, ‘How do you feel about going out again?’ in an attempt to establish how the Covid measures had affected the lives of local people and what fears and hopes they had for the future.

The survey was completed by 110 people with ages ranging from 55 to 89. All responses were anonymous. It’s not possible to fit in all the details here, the full report is available on our website www.forum50plus.org.uk or can be posted to you on request.

Not surprisingly, people talked of missing out on precious time with loved ones, holidays and regular activities. Some had struggled with bereavement, loneliness and missing the things that normally keep us reasonably content.

In terms of addressing feelings about going out again, the responses were very mixed, with many eager to resume an active lifestyle while others said they’d lost their confidence and may feel more cautious or find it harder to get out and mix.

There were also concerns over cancelling of regular hospital appointments, long waiting lists and access to dentists but the overwhelming concern with the NHS was with GP services and access to doctors.

There is little doubt that the Covid crisis has hit normal NHS services very hard and the NHS has had to find different ways of operating including using internet technology. Much of this is helpful but it would seem essential that local practices together with the Clinical Commissioning Group and Integrated Care System urgently consider how they should explain to local people how services have changed and why. Over many years GP services have always received a high level of commendation from the public, this is now in considerable jeopardy according to the views of those who responded to our survey.

We will be offering this report for consideration by local organisations, the Council, the NHS and any others who might find it useful – the themes of isolation, fear for the future, loss of socialising opportunities and others will need to be addressed as we move into life after Covid.

We would like to thank all those who responded to the survey, particularly for their patience and honesty. Thanks also to the interviewers, mainly Forum volunteers who took so much time in carrying out the interviews.



Oaken gates Senior Social @The Wakes

Every Thursday @ 1.30PM

4th Nov	Curling
11th Nov	Bhangra Dance Class & Healthy Lifestyles
18th Nov	Citizens Advice Talk - Cost of Energy
25th Nov	Tea Dance
2nd Dec	Tadlop at Christmas
9th Dec	Film and Cake
16th Dec	Christmas Dinner

All activities £4, except Christmas Dinner (£6). All include tea and coffee. Limited places, please book by visiting The Wakes, TF2 6EP or online at www.thewakes.org.uk
For enquiries call 01952 567500

****Please note that if you hold tickets for events prior to Covid-19, we are still planning to rearrange these****

Anagrams Can you work out the names of 10 countries from the anagrams below? Answers on page 26.

- | | |
|---------------|------------------|
| 1. ULTRA ASIA | 6. SLENDER THAN |
| 2. BIG MULE | 7. ANY ROW |
| 3. COLD ANTS | 8. A SNIP |
| 4. NEAR GYM | 9. NEAR GIANT |
| 5. NICE LAD | 10. LIZARDS WENT |

Silly Riddles - answers on page 26

1. What has to be broken before you can use it?
2. I'm tall when I'm young, and I'm short when I'm old. What am I?
3. What is full of holes but still holds water?
4. What question can you never answer yes to?
5. What goes up but never comes down?
6. The more of this there is, the less you see. What is it?



Health and Care

ONE RECORD FOR BETTER HEALTH AND CARE

Everyone's health and social care records in Shropshire, Telford and Wrekin are now available on the new integrated care record 'One Health and Care'.

Completely confidential and secure, it's designed to help doctors, nurses and other registered health and social care professionals directly involved in your care to make better, safer decisions.

Health and social care staff from GP Practices, hospital trusts, community and mental health trusts and social care will be able to access your digital shared care record if they are directly involved in your care.

The information that they will be able to see includes:

- Your name, date of birth, sex, address, telephone number, NHS number.
- The name of your GP Practice and GP.
- Medications, allergies, ongoing and historic conditions, immunisations and diagnoses.
- Test results, hospital referrals, admissions, discharges and clinics attended.
- Social and mental health information and care plans.

Sensitive information such as attendance at sexual health clinics, fertility treatment records, and gender reassignment records will not be included.

All GP practices within Shropshire, Telford & Wrekin will have access to One Health and Care along with the following organisations:

- Shropshire Community Health NHS Trust
- Midlands Partnership NHS Foundation Trust
- Shropshire Council (Social care)
- Telford & Wrekin Council (Social care)
- Shrewsbury and Telford Hospital NHS Trust
- Robert Jones & Agnes Hunt Orthopaedic Hospital NHS Foundation Trust

If you're happy for your records to be available on One Health and Care to health and social care professionals, you don't need to do anything. Alternatively, if you wish to object, you need to contact your GP Practice.

For more information on raising an objection contact: **shrop-com.dataprotection@nhs.net**
Tel: **01743 871953**
For more information, visit: **stwics.org.uk/our-priorities/one-health-and-care**

Sign up for bin day reminders

Telford & Wrekin Council rolled out their free bin day reminder email service in September so residents never have to remember which bins go out when.

Nearly 7,000 residents have now signed up to receive a weekly reminder. They will now receive an email the day before their scheduled collection to remind them which bins to put out the next day. The service will also remind them of bank holiday collection day changes.

Not signed up yet? Signing up is easy, you just have to tell us your postcode and email address.

Sign up here: dac.telford.gov.uk/bindayfinder

Dependable home support

Advertisement

Everybody has times when a little support is needed around the house. If you, or someone you know, would benefit from some home support to keep up with daily tasks, please give me a call.

Ad-hoc and regular home support services to everybody that needs it. Full insurance, which means you can be confident that you, and your relatives are in the best hands.

Straight forward charges and the reassurance of having an experienced, reliable and trustworthy person to attend to everyday tasks.

I charge per hour and there is no long term contract, which means you can call upon my services when you need them most.

My services:-

Domestic cleaning, shopping, bed making, laundry and ironing, any other simple services around the home.



Platinum Home Support

is a reliable and affordable solution.

07814 567248

Join us today! Become a member of The Forum

To become a member of Forum 50+, either:

- complete the form opposite & post it to the address below
- phone **07552 975676/07932 828333**
- follow the link 'Membership' on our website **forum50plus.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. Please ensure that you indicate your preferences on the form on the opposite page.

**Please return the completed form to:
FREEPOST RTGZ-UAGU-TXHJ
Forum 50+
Box 7, Unit D
Stafford Park 9
Telford TF3 3AF**

Answers to Anagrams, page 23.

- 1.Australia 2.Belgium
- 3.Scotland 4.Germany
- 5.Iceland 6.Netherlands
- 7.Norway 8.Spain
- 9.Argentina 10.Switzerland

Answers to Silly Riddles,
page 19.

- 1.An egg 2.A candle 3.A sponge
4. Are you asleep? 5.Your age
6. Darkness

How we handle your data

Forum 50+ 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 on the form opposite 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 to stop receiving any correspondence from us, please contact us at the address above, or by calling 07932 828333, email enquiries@forum50plus.org.uk

FORUM 50+ MEMBERSHIP APPLICATION

Mr/Mrs/Ms/Miss Name:.....

Address:.....

.....

Postcode:.....Tel no:.....

Email:.....

I agree to my details being held on the membership database

I would like to receive the newsletter (published every 2 months):

By post (*I agree to my details being passed to the mailing company*)

By email

We may periodically send emails containing news, useful information, surveys, invitations to events and opportunities for volunteering.

I wish to receive the following types of emails from the Forum

News Events Surveys Consultations Useful info

I would like to find out more about volunteering for the Forum

Please state where you picked up your copy of this magazine

.....

These two items are used for statistical purposes only, you do not have to answer them if you do not wish to.

Date of Birth.....Ethnic Origin.....

**No Problem
No Call Out Charge**

Gutters Cleared

We remove leaves - moss - grass - growth & debris

Photos

Before & After

We do a camera survey first



**Working Safely
Contact
Free**

during Coronavirus

See
gutterpro.co.uk
for more information



10,000+ Reviews

4.96 Excellent



Get an instant price

01952 303 374

or online gutterpro.co.uk