

# FORUM

**June/July 2022**

Cost of Living  
Help

Happiness...  
who needs it?

Finding  
Gratitude  
in Turbulent  
Times



All about horses  
and humans



- Supporting people to manage their mental, physical and emotional well-being.
- Tackling loneliness, and isolation, and addressing 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.



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**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.**

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## Message from the Chairperson Dave Wright

Hello and welcome to our summer edition. Hopefully the weather is encouraging you to get outside.

### June 2022

[forum50plus.org.uk](http://forum50plus.org.uk)



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



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



**COMMUNITY  
FUND**

For my wife's and my 52nd wedding anniversary, we were given a night stay at Lake Vyrnwy Hotel and Spa in Wales. What a location just to relax and recharge one's batteries. Please see the view on the front cover and a little history of how the lake was formed:

In the middle of the 19th Century Liverpool was suffering from a lack of clean water. Even with the Mersey on their doorstep, water treatment techniques were very limited, and the sand filtration system being used didn't really help as it was very slow and didn't remove all the contamination. Cholera, dysentery, and typhoid caused by this contamination was a massive problem.

The Liverpool Corporation chose Vyrnwy Valley as an area suitable for a dam with good rainfall, and in 1880 they received Royal Assent to develop a reservoir at Llanwddyn with an aqueduct to Liverpool and a treatment works at Morda near Oswestry. Work was carried out between 1881 and 1891 producing the beautiful Lake Vyrnwy and Dam you see today.

The Queen's Platinum Jubilee events have been happening in and around Telford. Not only can I remember watching the Coronation I have wonderful memories of the Queen's Silver Jubilee when Her Majesty came out to Sennelager in Germany to inspect the troops who paraded before her. 4th Division paraded with its full armour and military might. The date was 07 07 1977.

We hope to see some of you at our Platinum Jubilee event on 16th June,

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

# Forum 50+ Befriending

**Feeling lonely  
and isolated?**

**Do you find it  
difficult to find  
social connection?**

**Not getting out?**

**We can help with  
the following:**

**Regular telephone calls**

**Home visits**

**Accompanied outings to  
the shops, for a walk or a  
cuppa etc**

**Friendship Groups**

Join us at our one of our regular friendship groups for hot drink, lots of chat and a chance to make new friends.

Call us to find out where and when our groups meet. If we know you're coming, we can look out for you! Tel **07552 975676/07932 828333.**



**"My befriender is lovely, we get on really well. It's nice having someone to go out with. It's helping me feel more positive and less lonely."**

**"The groups provide me with connection with other people where we can talk about anything without feeling judged. We enjoy positive conversation and laughter I never experience on my own!"**

# **We need volunteers!** Please help us to help others.

**Can you spare a little time? We need volunteers to support people either through a regular telephone call, a home visit, or by helping them get out and about.**

**We also need volunteers to:**

- help at our regular friendship groups.
- offer computer tuition and support.
- deliver our magazines to community venues.
- give people a lift to help them get out.

Please get in touch if you can help. Full support and guidance will be given and any travel costs and other out of pocket expenses will be paid.

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

## **Thank you for allowing me to give a little of my time to your “befriending” service.**

A Forum 50+ volunteer shares his experience of helping others.

“Listening lies at the very heart of relationship. It means that we are open to the other, that we respect him or her, that their perceptions and feelings matter to us. We try to give the person on the other end of the phone permission to be honest, even if this means making ourselves vulnerable in so doing. Listening does not mean agreeing but it does mean caring. We need more caring in this world. Listening is the climate in which love and respect grow.

“Pausing long enough to be present, to join someone in the moment of what he or she is experiencing, requires patience, discipline and awareness.

“You have given me an opportunity to practise and develop these skills.

“Often, the response is far less important than actually hearing the voice of another person and, in turn, hearing our own voices, too.

“Sometimes, not speaking but opening our ears and our hearts to one another can provide great comfort.”

## Art Class & Chat in Dawley Bank

With the help of local artist, Roger Farr, learn new art skills or brush up your existing skills. The hour long art class will be followed by a chance to enjoy a drink and a chat.

The Art Class & Chat will meet every Monday (except the last Monday of the month) in the Wye Room.

Monday 10am to 12pm  
Sessions cost £3

Tel: **07785 534507**  
Dawley Baptist Church  
Park Road, Dawley Bank  
TF4 2BB

## Get together groups at the Hub on the Hill, Sutton Hill

Coffee Afternoon, Weds 1pm - 3pm

Golden Games Group,  
Weds 11am - 2pm

Sunflower Social Seniors Lunch  
Club Friday 11.30am - 1pm  
Please book. Tel **01952 898052**

Forget Me Not Care & Share Group  
- for those affected by dementia.  
Mons 11am - 1pm

Hub on the Hill, Southgate,  
Sutton Hill TF7 4HG



## Calm Cafés

Calm Cafés offer people who require support with their emotional and mental health a space to meet like-minded people, and gain support from trained staff.

The Calm Cafés are delivered by Telford Mind and Telford & Wrekin Council, providing support and safety to anyone in need by offering coping mechanisms and management techniques to help reduce the risk of crisis.

As well as offering support, professionals can also refer and direct you to further services if required.

Outpost Café at The Wakes,  
Theatre Sq, Oakengates, TF2 6EP.  
Mondays 5pm - 8pm

The Hub on the Hill  
Cafe, Southgate, Sutton Hill, TF7  
4HG. Wed 5pm – 8pm

Meeting Point House  
Cafe, Southwater Square, TF3  
4HS. Tuesdays and Thursdays,  
5pm – 8pm

You can access the cafes on a drop-in basis, but if you require any further information, then please contact **07434 869248** or email **talk2@telford-mind.co.uk**





# Oakengates Senior Social @The Wakes

Every Thursday @ 1.30PM

## Summer Programme

### DATE

### COST



16th June - Live Music

£4.00

(Paul Walker & Karen Pfeifer)

with jacket potato and cold fillings

23rd June - Curling with cold buffet

£4.00

30th June - Trip to British Ironwork Centre with

£6.00

packed lunch or cream tea + £6.50?

7th July - Film and Cake

£4.00

14th July - Summer Walk with packed lunch

£4.00

21st July - Quiz with cold nibbles

£4.00

Most activities will come with complementary tea or coffee.

For tickets, please visit The Wakes TF2 6EP  
or online at [www.thewakes.org.uk](http://www.thewakes.org.uk)

For enquiries call 01952 567500



Oakengates  
TownCouncil  
THE HEART OF TELFORD

## Cost of Living - what help is available

*We are writing this the day after the government's 26 May announcement, so further information about the support may be available by the time you read this.*

Having originally announced a £200 loan that would need to be paid back over five years, the government is now granting all households a **£400 discount that will not need to be repaid.**

The money will be credited to the accounts of customers who pay by direct debit or with cash or cheque. For those on prepayment meters the money will be applied to the meter or sent in vouchers.

Households receiving means-tested benefits, including Pension Credit, **will get an additional cost of living payment of £650** – in two instalments, the first in July and the second later this year. You need to have received, or begun a claim for the benefits by 25 May.

Those who will have reached state pension age by 19 - 25 September 2022, **will be entitled to a £300 payment,** in November or December.

**A disability payment of £150** will be made to those who received/ made a claim for, non-means-tested disability benefits by 25 May. The money will be paid in September.

You can get more than one of these payments.

### Getting advice

Telford Energy Advice (TEA) offers free and impartial support on all domestic energy efficiency matters including the best deal on gas and electricity, accessing grants for home energy efficiency/ heating improvements and advice about keeping warm at home.

If you or someone you know has concerns about energy, contact TEA on **0800 677 1952** or email **[advice@mea.org.uk](mailto:advice@mea.org.uk)**

### Quick tips for saving energy:

- Turn your appliances off standby mode.
- Draught-proof windows and doors, top up insulation.
- Turn off lights when you leave the room.
- Replace all the lights in your home with LED bulbs. More expensive to buy, but they last much longer.
- Run your washing machine at a 30-degree cycle. Wait until you have a full load before washing.
- Avoid using a tumble dryer.
- Keep your shower time to just 4 minutes. Swap one bath a week for a shower.
- Fill the kettle with just the amount you need.



## Should you be on the Priority Services Register?

The Priority Services Register is a free support service to help people in vulnerable situations. It is offered by energy suppliers, water companies and network operators. Each keeps their own register and you need to contact them to get on it.

You are eligible if you:

- have reached your state pension age.
- are disabled or have a long-term medical condition.
- are recovering from an injury.
- have a hearing or sight condition.
- have a mental health condition.
- are pregnant or have young children.
- have extra communication needs (such as if you don't speak or read English well).

You might still be able to register for other reasons if your situation isn't listed. For example, if you need short-term support after a stay in hospital.

## Council Tax Rebate

The council tax rebate will provide a payment of £150 to households living in council tax bands A – D. Payments will be made from April 2022 and will not need to be paid back. For residents who had signed up to pay their Council tax by direct debit by 1 April 2022, will have had £150 paid directly to their bank accounts. Telford Council are sending out letters inviting people who pay by other methods, to apply for the rebate.

Those who are in a Band E property and pay their Council Tax by direct debit will have received a £100 payment in their bank account, and those who pay by other methods will receive a letter. If you are in receipt of Council Tax Reduction and in Band E - H, you will receive £150 payment (note: this is not in addition to the £100 mentioned above).

## Beware the Council Tax Rebate Scam

Criminals are calling UK residents and claiming to be from the local council, then asking them to hand over bank details to receive the government's £150 rebate.

Don't be tempted to respond to texts or emails asking for bank details. If you don't pay your Council Tax by direct debit, you should wait to receive your letter from the council explaining how to claim the rebate. If you think you've already given your details away to a potential scammer you should contact your bank immediately.

# ETAG

## ENVIRONMENT & TRANSPORT ACTION GROUP

Ken Buttress, Chair of ETAG

Arriva have told us that it is their national company policy not to print timetable leaflets for the amended services running from the 23rd April, so it's a matter of finding your bus service times on their website or at your nearest bus stop, if it has a timetable board that is !

We have pointed out to Arriva that their website, for example, only gives the daytime services on weekdays on the Telford to Stafford No 5 route and no evening or Sunday service times. They have promised to correct this and they have also sent us the list of which services will use which stands in the new Wellington Bus Station.

### **Use it or Lose it**

Following their mass review of services in Telford and Shrewsbury, some service frequencies have been increased from every 30 minutes to 20 and others have been halved from every 30 minutes to every hour, and several have been terminated altogether. Others have service route changes, in some cases meaning that passengers can no longer get

to their doctors surgeries or now require a change of buses. They say that while fare paying passenger numbers have returned to about 90 per cent of pre pandemic levels, bus pass usage is still well down.

One of the council's Service Delivery Managers came to our last meeting and we had a most useful discussion and now understand much better the differing responsibilities between the council and the bus service providers and particularly who is responsible for what in terms of infrastructure maintenance.

We have asked the council to look into better seating at the Telford Bus Station and passed on the numerous comments we have received about the new Wellington Bus Station shelter sizes.

The new electronic bus timetables which are now to be found at some bus stops are to be updated by the council with the new service times, but they are dependent on the bus companies to keep the council up to date.

The Council hopefully now understands the importance of timetable boards to passengers, and will work with us to try to persuade Arriva to provide information following the closure of their information office.

Train companies are continuing to experience problems with training drivers for new trains and some drivers are still off with Covid. From Shrewsbury to Newtown and beyond, there are still disruptions to services due to recent flooding.

We continue to keep an eye on the borough council's legal notices so that we can object on members' behalf, for example, to any proposals for more speed humps in the roads. We have recently objected to the proposals for speed humps in Wrekin Drive and Winifreds Drive in Donnington.

If you have a problem relating to Environment or Transport issues in Telford that are seemingly intractable, do let us know and we will do our best to help.

## Shropshire, Telford and Wrekin's Green Spaces

Green space, such as parks, woodlands, fields and allotments have been recognised as an important asset for supporting health and wellbeing. Whether this is by improving our physical health by walking, cycling, gardening etc. or having better mental health including reduced levels of depression, anxiety and fatigue.

The Shropshire, Telford and Wrekin Green Social Prescribing Partnership (EnergizeSTW, Shropshire Council, Shropshire Wildlife Trust and Telford and Wrekin Council) would like to ask a few questions about how YOU use green spaces or if there are difficulties in accessing green spaces near you.

The online survey will take approximately 9 minutes to complete.

**<https://bit.ly/3Ms4uvq>**

**Iceland stores** are offering 10% off on Tuesdays to shoppers who are over 60 to help with the cost of living crisis.

In order to receive the discount you will need to show proof of your age, eg with a driving licence, senior bus pass or senior railcard. The frozen foods retailer said there is no minimum spend to redeem the offer, which applies to all of its products and ranges.

The Telford branch is located in Southwater Square.

### **Yoga for all abilities**

#### **Change of day - Tuesday**

Tues 9.45am - 10.45am  
Leegomery Community Centre,  
Leegate, TF1 6NA

### **Chair Yoga**

Weds 10.00am - 11.00am  
Dawley Town Hall, High St,  
Dawley, TF4 3JR

### **Menoga - Yoga for Men**

Thurs 9.15am - 10.15am  
Hadley Community Centre,  
High St, Hadley, TF1 5NL

For all the above, call Anne-  
Marie on **07734 107383**,  
email: **yogawithannema-  
rie@gmail.com**

### **Seated Exercise**

Tues 1pm - 2pm  
The Wakes, Theatre Sq,  
Oakengates, TF2 6EP

Call Sarah on **07821 739943**

### **Exercise for All!**

Weds 10am - 11am  
St Leonard's Church, Alma Ave,  
Malinslee, TF4 2DS

Call Rebecca on **07773 852493**

### **Tai Chi, plus tea & chat**

Fridays 10am - 11am  
Dawley Bank Baptist Church,  
Park Rd, Dawley Bank, TF4 2BB

Call **07570 808306**

## **Senior's Gym Club For Over 55's FITNESS AND RHYTHM GROUP**

Looking for a friendly group, where you can meet  
new people and keep healthy at the same time?

Join us for our low impact fitness and rhythm sessions.  
(Exercise to music with a trained instructor)

Wellington Civic & Leisure Centre  
Wednesdays 2.30pm - 3.30pm  
£3.00 per session (first session free),  
£12 annual membership.

For more information contact  
**01952 825239/01952 595690**

# **Menoga - that'll do for me!**

By Paul Burton



When I retired due to the pandemic two years ago I was looking forward to doing things of benefit to me. I looked at two forms of “gentle exercise” Tai Chi and Yoga. I very quickly gave up Tai Chi as it didn't suit me, but found a men's group for Yoga run by Anne-Marie who is the best of instructors. I nervously messaged her and booked myself in!

Originally during the pandemic we had the group in Oakengates but it has now moved to Hadley Community Centre. It is held every Thursday at 9.15am to 10.15am followed afterwards by a tea/coffee and chat for anyone who wants it.

Its great fun, easy to get involved, we all enjoy a bit of banter and social interaction but we do get down to the serious stuff of Yoga as well! Comfortable clothing and a mat are all that is needed, no sparkly leotards required! Everyone moves at their own pace and for anyone with movement difficulties it can be easily adapted. Anne-Marie is very helpful and as she says, we can always adapt to anyone. We have had a 92 year old recently start who is brilliant and has quickly settled in.

We currently are looking for new members to swell the ranks and I firmly believe that it does men good to do some exercise and get involved. I really enjoy looking forward to the session on Thursday each week and you certainly feel better afterwards. We are a great bunch and you will be made very welcome if you decide to give us a try.

Anyone who is interested but needs more information should contact Anne-Marie on 07734 107383 or email at [yogawithannemarie@gmail.com](mailto:yogawithannemarie@gmail.com) - if any person would like to know more from me please email me at [salopman@yahoo.co.uk](mailto:salopman@yahoo.co.uk)

# Happiness..... who needs it?

I appreciate this blog might be a tad controversial however, I felt compelled to write it as recently in my work, particularly with parents, it keeps popping up.

For those of you who have worked with me or have heard a few of my talks, you will know I have an issue with the word HAPPY.

I just don't find it helpful, as it's such an arbitrary word. When people say they want to be happy, do they mean every waking moment of every day?

Parents often say to me that all they want for their children is for them to be happy! My answer is: really? Is that REALLY all you want for them? Once we explore exactly what they hope for their children's futures, it's not to be happy only! It's to be secure, fulfilled, satisfied, to name a few.....

The thing is, what really is happiness?



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Is a feeling of contentment (a much better word in my opinion)?

Is it a feeling of satisfaction?

Is a feeling of fulfilment?

Or being at one with yourself and the world?

The point I am making is that all of the above come and go, we don't feel any one of these all the time (24/7) do we? If you do, you must be the luckiest person alive and great if you are!

However, for most of us (I hope) we feel some of these, some of the time and likewise, we may go through periods of our life where the above words are prominent in our minds.

My issue is that many people come to see me because they are not feeling any or few of the above, this is my role of course. However, what often isn't helpful is when people aren't feeling the above, that they might get accused of feeling negative, lacking in positive mindset etc etc.



This can be demoralising and extremely unhelpful for people experiencing a low time in their lives. It can also contribute to low self esteem and motivation.

To this end, I would ask that the next time you describe feeling happy or indeed, are encouraging someone else to be, try to be a little more thoughtful with your words.

It can make such a difference!

**www.dismart-coach.co.uk dianne.srsmart@gmail.com**  
**Tel: 07896 955 911**

## Helping the Elderly Stay Independent

**At Extra-Help Telford & Wrekin, our aim is to help everyone.**



We are passionate about assisting our elderly population to remain independent in their own homes, by providing support with housekeeping and shopping, as well as allowing busy people more opportunity to enjoy time with friends and family.

Extra-Help is fully insured, and all our home helpers are personally interviewed and DBS and reference checked, to provide you with extra reassurance, providing a caring service with continuity and consistency. Help can be regular or as needed.

### **Services include, but are not limited to:**

Companionship, light household tasks, transport to supermarket, doctors, hospital appointments & hairdressers, meal preparation.

Give us a call and let us provide you with the extra help you need.

**We are also looking for additional Home Helpers to join our expanding team on a part time basis within Telford.**

Telephone: **01952 301430**  
or email: **telford@extra-help.co.uk**

website: **www.extra-help.co.uk**



Advertisement



# Jubilee

**Celebrate the Queen's Jubilee by joining us for an afternoon of singing, dancing and comedy.**

**Tuesday 20 September 2022**  
**2.00–5.00pm**

It's Jubilee year, so make a date in your diary to join us for the return of our annual Afternoon of Entertainment and prepare yourself for something special.

Tickets will go on sale May 2022: £10.00.

For more information please call

**01743 233 123**

email [enquiries@ageukstw.org.uk](mailto:enquiries@ageukstw.org.uk)

or visit [ageuk.org.uk/shropshireandtelford](http://ageuk.org.uk/shropshireandtelford)

**The Place Telford**  
**Limes Walk**  
**Oakengates**  
**Telford**  
**TF2 6EP**

## Support with computers, tablets & smartphones

Need help getting started? Afraid of technology?

We can help you learn at your pace. We can show you how to stay safe online and avoid scams, explore new things and get more out of your computer, tablet or mobile phone and we can help tackle problems too.

Or perhaps you want to start from scratch, including getting guidance with choosing and setting up equipment.

Contact us for help at home by calling **07932 828333/07552 975676**  
Email: **enquiries@forum50plus.org.uk**

### Or drop in at our free weekly sessions -

**Hartshorne Court, Burton St, Dawley, TF4 2BY**

Mondays, 10.30am - 12.30pm

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

Tuesdays, 2pm - 4pm

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

Wednesdays, 11am - 1pm



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## 12 things you can do online:

1. Renew your driving license, vehicle tax, TV license, passport.
2. Check and pay your bills.
3. Compare insurance quotes, savings accounts, energy tariffs.
4. Research holidays, entertainment, property to buy or rent.
5. Search for local services and tradespeople.
6. Find out how to fix something. (there's always someone who has had the same problem).
7. Pay for parcel postage and arrange for it to be collected.
8. Check opening times of businesses and shops.
9. Manage prescriptions.
10. Make appointments.
11. Check your bank account, move money between accounts.
12. Apply for benefits.

# Finding **gratitude** in turbulent times

**Dr Jane Graham**

This week I found myself thinking about the strange times we have been living through over the past two or so years. There has been, and continues to be so much happening around the world that it is hard to see anything as constant these days. Bringing it closer to home, our Queen's health is failing, our politicians are struggling to focus on what matters to everyday people, and we find ourselves in an economic crisis, with the cost of living increasingly rising to unmanageable levels.

But actually, one thing is constant and always will be. That is change. Sometimes change feels good, and sometimes it doesn't.

It is easy to feel overwhelmed with what is going on around us and focus only on the negatives. Our brain likes patterns and is hard-wired to look for them. They help us to make predictions of what will happen in the future based on our past experiences. The problem is that it can distort our thinking processes. We can sometimes become focused only on negatives – not only in our environment; but inside ourselves, with our own negative thoughts, worries and self-talk.

**Life is not about  
waiting for the  
storms to pass.**

**It's about learning  
to dance in  
the rain.**

**(unknown)**



## **Is there an antidote to negativity?**

Challenging ourselves to find positives in life can have a positive effect on our mood and mental wellness. There is much we cannot change and so we have to embrace reminders of what brings us joy, happiness and appreciation for what we have, on a daily basis. This is an antidote which we all have access to.

## What is gratitude therapy?

Gratitude therapy is easy to practice. It doesn't cost money, it doesn't require a huge time commitment, and just takes a few minutes of your time every day. The simplest way is at the end of the day. Before you sleep, just think through your day and find 3 things to be grateful for.

Examples might include being thankful for being in less pain, or for spending time with a friend or neighbour, or having eaten a nice meal. You may also think about 3 things in your life to be grateful for, such as being grateful for your children, or your health, or your pet.

Here are some other ways you can develop the practice of gratitude therapy:

### **Prayer**

If you have religious beliefs, you will recognise how powerful prayer is and you can count your blessings as you pray.

### **Sending loving or thankful thoughts**

Thinking of people who have been kind or caring to you and wishing them well.

### **Writing**

A thankful email, text or letter to those people in your life who matter; letting them know how they enrich your life.

### **Keeping a gratitude journal**

Write down what has gone well for you or what you are grateful for each day.

This week I have been able to find many reasons to be grateful.

I am thankful for Telford and Wrekin Council who continually try to find ways of making life better for residents; for those GPs who have stoically kept going to provide healthcare as best they can; and for teachers who have been meeting the challenge of finding new and creative ways of educating our children.

On a personal level, I am grateful for the kindness of my family; for the companionship of my dogs; and for the lovely weather which helps me want to get out more.

## What are you grateful for today...?

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**Dr Jane Graham is a Psychotherapist based in Telford specialising in adult ADHD and also trauma. Contact via: [www.caretochange.co.uk](http://www.caretochange.co.uk)**

## Memories of the Queen's Coronation

Shared by Forum member John Cousens

You asked for our recollections of the new Queen in 1952. I was at RAF Cardington signing on for 3 years in the RAF - all papers were altered from His Majesty to Her Majesty in ink. Little did I know that in July 1952 I would be 3ft away from H.M in a Guard of Honour at the 1952 Royal Tournament in a display team featuring illuminated club swinging, from RAF Bridgnorth, to music! Even now certain tunes on Classic FM gets my arms twitching!

## Summer Art Exhibition



The Art Groups at Wellington Methodist Church had a fun day recently, painting cockerels in preparation for their summer exhibition which will be at the Church on Friday and Saturday 1st and 2nd July, 10am till 3.30pm both days.

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





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# 50s quiz

The Queen celebrated her Platinum Jubilee this month. Her coronation took place in 1953, following her accession to the throne in 1952.

Have a go at this quiz - it's all about events that took place in the 50s. Answers on page 26.

1. Name the TV crime drama headed by Elliot Ness.
  2. Who did Marilyn Monroe marry in 1954?
  3. In 1955 an amusement park was opened in California; what was it called?
  4. Name the first man-made satellite launched into space?
  5. Four days after he was killed in a car crash, the film 'Rebel Without a Cause' was released. Who was he?
  6. Which Communist leader came to power after the Cuban Revolution in 1959?
  7. Who was president of the US for the majority of the 1950s?
  8. Which human organ was the first ever to be transplanted in 1954?
  9. Which 1951 TV show starred Lucille Ball as the lead character?
  10. Which 50s TV cowboy has a horse named Trigger?
  11. Who released the song 'Tutti Frutti' in 1957?
  12. Which UK prime minister succeeded Winston Churchill in 1955?
  13. Which war started on June 25th 1950?
  14. What life-saving vaccine was invented in the 1950s?
  15. In the National Health Service Act of 1952, prescription charges were introduced on the 1st June – how much did they cost?
  16. Who played George Dixon in all 432 episodes of 'Dixon of Dock Green'?
-





# Don't get lost with Probate, we are here to guide you.

For expert advice on our Probate Services, contact  
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# All about horses and humans



**Nestled in the undulating Shropshire countryside between Telford and Much Wenlock is the Cavalier Centre. From the outside it looks like any other equestrian centre, but take a step inside the enormous arena, or wander around its paddocks, stables and corrals, and you'll find it's a totally different kind of place altogether.**

That's because it's the home of some truly innovative and pioneering programmes that use the bond between horse and human in wonderful and healing ways. As its website says, it's a place where horses make the difference.

At its core it is a centre for Riding for the Disabled programmes, including riding, carriage driving and vaulting – the incredible sport of gymnastics on horseback. Led by qualified and enthusiastic coaches, and supported by an amazing army of volunteers, people with all kinds of barriers to mainstream physical activity and sports can take part. They learn to walk and trot, navigate obstacle courses as well as fundamentals of equine sport like dressage.

It can be an amazing transformation. As one of the participants' mums said recently: "I had to take a video of my daughter at the Centre, because none of my family and friends would believe the difference in her confidence."

But that's just one aspect of its work. There are also initiatives like STEPS, a programme that works to build confidence and life skills in those who are wanting to get back on their feet after some kind of setback. The Centre also runs Stable Relationships - an in depth one-on-one emotional intelligence course over 12 weeks, targeted particularly at young people who struggle to regulate their emotions and behaviour.

The effect on the participants is incredible. As one participant in the STEPS programme testified: "We talked about lots of things which have happened in my life and how this had affected me, we talked about ways I can push through some difficulties to help me feel more self-confident. Without this help and support I would have been much more anxious."

But the innovation doesn't stop there. On Saturday afternoons, the arena can be filled with laughter and shrieks from the children taking part in the pioneering At Home With Horses sessions which pairs ponies with people from refugee backgrounds. It's a unique space where they can leave their history behind and just be kids again.

All of this extraordinary work impacts volunteers too. Whether they're supporting an older person in enjoying Tea with a Pony, walking alongside a rider in an RDA session or hosting a fundraiser, they too are changed by the experience. As volunteer Sue says: "Seeing a rider go from reluctant, and sometimes just frightened, to sitting happily on a pony with a huge smile on their face is so rewarding." The Centre provides all the training and support a volunteer's needs – as well as encouraging them to learn new skills.

It may sound a bit of a cliché, but there's definitely something different about the Cavalier Centre. But then perhaps it's the presence of the horses and ponies who provide so much joy and love. After all, as the Centre's brochure states: "In riding a horse we borrow freedom."

If you'd like to know more, or to become a volunteer, you can find all the details at the Cavalier Centre's website: **[www.cavaliercentre.org](http://www.cavaliercentre.org)** or call **01952 443752**.



## 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](http://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.

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**Telford TF3 3AF**

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### Answers to 50s Quiz, page 22

1. The Untouchables
2. Joe DiMaggio
3. Disneyland
4. Sputnik1
5. James Dean
6. Fidel Castro
7. Dwight D Eisenhower
8. Kidney
9. I Love Lucy
10. Roy Rogers
11. Little Richard
12. Anthony Eden
13. Korean War
14. Polio
15. One shilling
16. Jack Warner

### How we handle your data

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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](mailto:enquiries@forum50plus.org.uk)



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

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