

# Forum 50+ Newsletter – November 2022

## Message from the Chairperson, Dave Wright

Welcome to this our final edition of the Forum before Christmas. We hope you are well and enjoying life. We must keep positive about managing our finances this winter, but please use your heating and look after yourself.

We are now into our second year of the Lottery Grant and our befriending projects are going from strength to strength. If you think you could pick up the phone or offer face to face support, please let us know.

We would like to thank those of you who attended our Annual General Meeting and stopped for a natter afterwards.

On a personal note, I would like to thank everyone who voted for me to continue to be Chairman of Forum 50+ for the next year. The charity needs volunteers and with 2 members standing down from the Board of Trustees at the AGM, we are looking for volunteers to replace them. If you have a few spare hours every couple of months or would like to get involved with our projects, please let us know and we will welcome you with open arms.

We have an important task we are asking you to do. Please let us know if you still wish to receive your posted copy of the magazine. It's to help us ensure we're using our funds efficiently. Please see the article further on and let us know by email, phone, post, or through our website.

Take care over the next few months, keep warm, and stay positive. We offer our best wishes from all the Trustees and Staff here at Forum 50+ for the festive period and here's to a healthy and more prosperous 2023.

(Next edition will be published in February 2023.)

## Getting help this winter

### **If you're struggling to pay bills**

Contact your energy supplier, water company and network operator who will have a customer duty to help customers who are struggling to pay. Also, ask if you are eligible to be included on their Priority Services Register.

Scope runs a Disability Energy Support Service.  
Find out more here: [scope.org.uk/disability-energy-support](https://scope.org.uk/disability-energy-support).  
Tel 0808 800 3333.

### **Telford Energy Advice**

TEA offers support including the best deals on gas/electricity, accessing grants for home energy/heating/insulation improvements and advice about keeping warm at home.

Contact 0800 677 1952 or email: [advice@mea.org.uk](mailto:advice@mea.org.uk)

LEAP Energy Advice supports people receiving certain benefits. Call 0800 060 7567, or visit [applyforleap.org.uk](https://applyforleap.org.uk)

### **If you're struggling to buy food**

Contact Telford Crisis Support tel 01952 380400 for food support, including food parcel deliveries.

### **Debt advice**

Contact Citizens Advice Telford, tel 01952 567193.

### **Benefits Advice**

The council's Welfare Support can offer advice and support with benefits such as, Housing Benefit, Council Tax Support, Blue Badge, Concessionary Travel, Discretionary Housing Payment, Emergency Welfare Assistance. Tel 01952 380400.

Age UK Shropshire Telford & Wrekin tel 01743 233123 and Citizens Advice Telford, tel 01952 567193 also offer benefits advice and help with filling in forms.

Visit Telford & Wrekin Council's Cost of Living Hub for lots of advice and information. [www.telford.gov.uk/costofliving](https://www.telford.gov.uk/costofliving)

Call Forum 50+ (07932 828222/07552 975676) or Age UK (01743 233123) and we'll point you in the right direction and help you get the support you need.

## **Looking after ourselves**

There are lots of tips around about saving money we think the most important things are to:

**Keep warm** - so please use your heating, but save money by only heating rooms you use and turning the temperature down by 1 or 2 degrees. Wear layers but not too many that you can't move, keep your hands and feet warm.

**Don't be afraid to ask for help** - There's no shame or stigma in needing support.

**Keep moving** - avoid spending too long sitting down at one time, have a walk round the house, or even better outside on a sunny winter day.

**Eat well and drink plenty of fluid**

**Try not to worry** - don't read or listen to the news too often, as it tends to focus on worst case scenarios and can lead to anxiety.

## Warm spaces

Look out for information about community venues offering warm spaces this winter, where local residents can go to be warm, spend time with others and take part in activities if they wish to. The council will be providing details soon.

## Watch out for scams

Households are receiving £400 discount off their energy bills this winter, paid in 6 monthly instalments. There is no need to apply and you will never be asked to share your bank details, so please delete any texts or emails you receive which say you are eligible to receive a discount and ask you to click on a link.

With Christmas coming soon it's expected that parcel and package delivery scams will increase where people receive a message telling them that they need to pay an additional charge for their package to be delivered.

Beware also fake messages supposedly from supermarkets offering shoppers a voucher off their next grocery shop. The email contains a link, which could lead to giving away logon details etc. If in doubt, ignore and delete it.

## How can we can help one another?

We can all keep an eye on vulnerable neighbours, friends and relatives, either by phone, or calling in for a chat, asking if they are OK and have the essentials they need, and that their home is warm enough.

Let us know if you are concerned about somebody.

Do you have any blankets, thick warm ones that you no longer use, or maybe you have a fleece jacket or warm jumper that you no longer want?

We can help distribute them to help people keep warm.

Are you interested in joining a knitting and crochet group, to make blankets, socks, gloves, hats scarves which we pass on?

Do you have any knitting/crochet yarn, needles or hooks you no longer need?

## Can you help us keep in touch with vulnerable people this winter?

With an occasional phone call or visit to check they're coping, keeping warm and have everything they need. Call us if you can volunteer some time.

Contact us on 07932 828222/07552 975676  
or email: [enquiries@forum50plus.org.uk](mailto:enquiries@forum50plus.org.uk)

## Donate household goods you no longer want

We visited the Telford Crisis Centre in Halesfield recently and were very impressed by the operation and the hard work taking place by staff and volunteers.

We were told that food donations had decreased, which is not surprising as everyone is watching their spending. If you can spare a little, drop an item or two in the collection boxes in local supermarkets and community venues.

Did you know that the Crisis Centre accepts donations of household goods? So if you have old sheets, duvets, pillows, tableware, cookware, towels in good condition, they'd be very happy to accept them. You can drop them off at their HQ, at Fruit of the Loom House, Unit G, Halesfield 10, TF7 4QP . Tel 01952 586646.

## What benefits might I be entitled to?

**Pension Credit** gives you extra money to help with your living costs if you're over State Pension age and on a low income. It's based on how much money you have coming in.

Call Telephone: 0800 99 1234 or apply online <https://www.gov.uk/pension-credit/how-to-claim>.

**Personal Independence Payment** is extra money to help you with everyday life if you're below state pension age and have an illness, disability or mental health condition. You can get it on top of Employment and Support Allowance or other benefits. Your income, savings, and whether you're working or not don't affect your eligibility. To claim tel: 0800 917 2222.

**Attendance Allowance** can be claimed if you: have reached State Pension age. need care or supervision because you have an illness or disability. have needed care or supervision for at least 6 months because of your illness or disability. Phone for a form 0800 731 0122 or download one from <https://www.gov.uk/government/publications/attendance-allowance-claim-form>

**Carers Allowance** is a benefit for people who are giving regular and substantial care to disabled people. Carer's Allowance is a taxable benefit and forms part of your taxable income. Tel 0800 731 0297 or claim online at <https://www.gov.uk/carers-allowance/how-to-claim>

**Winter Fuel Payments** are automatically paid to those in receipt of State Pension. You need to make a claim if you're under State Pension age but on certain benefits. Call 0800 731 0160 to check eligibility.

**Cold Weather Payments** run from the start of November to the end of March. If you're receiving certain benefits, you will automatically get a Cold Weather Payment of £25 for each week between 1 November and 31 March, where the average temperature in your local area is at or below freezing over seven consecutive days.

**Warm Home Discount** applies if you are on a low income or receive certain means-tested benefits you could benefit from a one-off payment of £150 (for winter 2022/23) to reduce your electricity bill. The scheme is likely to open in November, but you may be able to pre-register with some providers sooner. To

check if you qualify for this discount visit [gov.uk/the-warm-home-discount-scheme](http://gov.uk/the-warm-home-discount-scheme) or contact your energy provider.

## Environment & Transport Action Group Ken Buttress, Chair of ETAG

Looking firstly to buses again, Arriva have told us that they do continue to struggle at times to maintain the service frequencies on some routes due to the number of roadworks in the borough.

Whilst the new electronic timetable information at the Wellington Bus Station does seem to be up and running for most of the time, it is intriguing that the rolling service information in one or two of the station shelters simply say 'refer to timetables'. All well and good if you have the Arriva app on a smart phone of course, which not everyone does.

The new electronic bus timetables which are now to be found at some bus stops throughout the borough are to be updated by the council with the current service times, but they are dependent on the bus companies keeping the council up to date first! The one nearest me certainly rarely seems to be up to date with times for the next following buses or the correct service number and letter.

Turning now to trains, West Midlands Railway have been promoting the introduction of their new trains in the region recently, including on the Birmingham to Shrewsbury line. You might come across one on the days when trains are actually running!

We continue to talk to the council with regards to speed restrictions and alternatives to more speed bumps where possible.

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.

## What happens to my rail ticket if there is a strike?

### Refunds:

If your service has been cancelled, delayed or rescheduled, you will be entitled to a change or refund from the original retailer of your ticket.

### Changing travel plans:

If you have a ticket for travel on a strike day, you can usually use your ticket either the day before the date on the ticket or for up to 2 days after.

Changing operator or route: you may be able to use your ticket on another train company or an alternative route.

Please contact the train company you are due to travel with for more information.

## Act now if you want to receive future editions of the magazine

Thank you to everyone who has sent in a donation to help our magazine to continue. However we need to make more savings, therefore we're asking members who receive the magazine by POST, to please let us know if you would still like to receive your copy going forward.

**To let us know you can either:**

Complete and return the form below.

Telephone us, 01952 828333 or 07552 975676, leave a message if we're not available.

Email us: [info@forum50plus.org.uk](mailto:info@forum50plus.org.uk)

Leave a message on our website: [forum50plus.org.uk/contact-us/](http://forum50plus.org.uk/contact-us/)

If we do not hear from you by 6th January 2023 we will presume that you no longer wish to receive a copy, but you will remain a member of the Forum. There will be the opportunity to go back on the mailing list after this date if circumstances make it difficult for you to let us know before then.

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<b>I wish to receive future editions of the Forum magazine by POST</b>	
Name(s).....	
Address.....	
Postcode.....	Tel no.....

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If you have recently made a donation to the Forum, or applied to become a member after 1st October, or receive the magazine by email, you do not need to let us know. Thank you!

## Ageing Gracefully By Paul Kalinauckas

Welcome to this new series of articles on the subject of Ageing Gracefully which I hope you will find of interest.

I've been chatting to quite a few other older people recently about what their advice is on ageing gracefully. A common theme that came up was the need to get up and go for a regular walk. They all spoke of the benefits to their health and well-being of getting out and about, if only to get the blood pumping a bit faster around the body. Ageing gracefully means adapting to the changes in your body as you get older in the best way that you can. Even if you don't feel very fit or active, simply moving more often will benefit you. And what simpler way than going out for a walk. Some people prefer a solitary walk and others find going out for an organised walk with other people more attractive. Many spoke of all the new friends that they had made by going on organised walks and looked forward to them every week. Making the commitment to meet up with others at a set time and place to ensure that they did their walk was also good advice.

Walking is a great way of meeting new people as I found out when I set up Bowring Walkers who go out every Monday at 11.00 am from Bowring Park in Wellington. We've explored the area in a series of short walks around 2 to 3 miles each, ending up back at the Park after an hour or so for a welcome cup of coffee and a chat. There are plenty of benefits from walking regularly, including reducing stress, losing weight and sharing laughs. It may take a bit of confidence to go out on your own to meet new people but it's well worth it.

You can find many organised walks, led by trained Walk Leaders, throughout the Telford area, to suit all abilities. Most walks last from 30 to 90 minutes and you can find further details on the internet at [walkingforhealthtelfordandwrekin.org.uk](http://walkingforhealthtelfordandwrekin.org.uk) or you can phone 07512 123995. No need to book on – just turn up and give it a go. And it's all free of charge.



## Exercise Classes Charge apply £3/£4

### **Yoga for all abilities**

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 Sahara on 07475 500227.

### **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

## Breath Work & Meditation with Sahara

Through meditation and breathing awareness we find a deep state of release from our muscular, mental and emotional tension, allowing the whole system to relax.

Wednesdays 11.15am - 12.15pm

Bring your own yoga mat. (Pillow and blanket recommended)

Can be done seated. Open to all ages 18+  
Discount applies if attending Chair Yoga session at 10am.  
Contact Sahara 07475 500227 email: sarah@bridgnorthyoga.co.uk

## Welcome Sahara

Forum 50+ welcomes new Yoga teacher Sahara, who is now leading our Yoga for All Abilities, Chair Yoga and Menoga sessions as well our new Breath Work and Meditation class recently launched on Wednesday mornings at Dawley Town Hall. (see previous page for class details).

Visit [www.facebook.com/bridgnorthyoga](http://www.facebook.com/bridgnorthyoga)

## Goodbye to Anne-Marie

We say goodbye and a big thank you to Anne-Marie, former Forum Co-ordinator, for launching and running the three Yoga classes over the last few years.

Anne-Marie has just returned from touring India and Nepal and is now due to relocate to North Wales coast. We wish her the very best for her new life in Wales.

## Church & Chetwynd Aston Village Hall

**Flicks in the Sticks** - Downton Abbey 26th November 7.30pm

The Crawleys and their intrepid staff prepare for the most important moment of their lives. A royal visit from the King and Queen of England will unleash scandal, romance and intrigue that will leave the future of Downton hanging in the balance.

Admission: Adults: £5, Child: £2.50, Family: £12

Film starts at 7.30pm Refreshments available from 7pm

Bring your own chair/cushion if preferred! You can pay cash or card on the door.

**Christmas Singalong** Dec 10th 7.30pm

A joyous collection of songs guided by The Gallery Singers with special guest flautist Aimée Calderbank.

Admission: Adults £10 and Children £5

Profits to be split between the Ukrainian appeal and Newport Food Bank and include a mince pie and glass of mulled wine.

### **Events for 2022, Jan - Mar**

Jan 1st 4.00pm, Nutcracker - recording of Royal Ballet performance.

Jan 28th 7.30pm, Flicks in the Stick - Elvis (2022)

Feb 25th 7.30pm, Flicks in the Sticks - Top Gun: Maverick

Mar 11th 7.30pm Folk Night

Mar 25th 7.30pm, - Flicks in the Sticks - The Good Liar (2019)

For bookings contact: 01952 810349 For enquiries: 01952 813234

## **Wellington Cycle Delivery Scheme**

Volunteer cyclists are being sought for a new Cycle Delivery Scheme operating in Wellington from Thursday to Saturday.

Shropshire Cycle Hub has introduced the project to save on carbon miles by delivering shopping around the Wellington area by electric trailer bikes.

If you could spare a few hours to volunteer as a delivery rider please contact Paul Kalinauckas for more information by phone on 07802 385529 or by email to [paulkalinauckas@phonecoop.coop](mailto:paulkalinauckas@phonecoop.coop)

## **Forum 50+ Chairman's Annual Report Oct 21 – Sep 22**

Over the last year our new Lottery funding and further small grants have enabled the Forum to survive, with grant priorities requiring us to develop direct support for people over 50 in terms of helping people reduce isolation and cope with challenging circumstances. This has been a large learning curve but all those involved have found it very rewarding especially when we see the progress some of our clients have made.

Launching our new identity as Forum 50+ has meant we have become better known and have increased the number of people we engage with. We have built on relationships with referral agencies and been involved in joint initiatives with other organisations.

Our befriending scheme is working well but our biggest challenge is recruiting volunteers. To widen our support we started to engage 3rd party micro-providers.

We have set up new social groups which we know are providing an opportunity for people to meet and widen their social networks. Some of our attendees are

now moving from needing help to becoming befriending volunteers helping others and offering the support that they received.

We are running 4 exercise classes on a weekly basis and have continued to run 3 weekly drop-in computer sessions and started providing computer support at home. Our membership sits just over 2350 and during this period we have gained 170 new members. All members receive our Forum magazine but we are looking at ways of reducing the cost of this to release more money for direct support.

Our funding priorities unfortunately mean fewer big social events, however on 16 June we did hold a great Platinum Jubilee Celebration event at Hadley Community Centre, which was well attended, the food was good and the singer captured the occasion with some great old songs.

I would like to say thank you to: our members of staff, Chris and Wendy for the hard work they have put in over the very challenging year; our board of trustees, two of whom are standing down and we all wish Bob Groom and Dag Saunders all the best for the future and say a massive thank you to them for their contributions and input over many years.

We must acknowledge all our volunteers who give their time, care and commitment - social group helpers, computer volunteers and action group volunteers tackling Environment and Transport questions. and the befriending volunteers who, either on the telephone or face to face, help people who very much need that support. Finally, thank you members for your continued support.

Dave Wright

## Adjustment to Life Post Covid

As many of you will know I work with a whole range of people, many of whom have experienced somewhat of a life change post covid. For many, they now work from home. Whilst this may have been something they had dreamed of they now realise it's not everything they'd hoped for. Many say they miss company (if they are home alone), dressing up every morning and even having an excuse to put make up on or shower!

It's easy to criticize and assume everyone has the motivation to do these basic things however, some people are struggling on many basic levels. I have spoken to many who now feel that motivation is lacking considerably since lockdown and

beyond. They find socialising 'a bit of a chore' and instead often find themselves choosing to stay in rather than going out with friends as they did before.

People describe to me that before lockdown they possibly went to the gym, attended social groups, met friends or family on a regular basis however, now seemingly they struggle with the motivation to do so. Often, making up all sorts of excuses why they shouldn't go.

Also, people are struggling with weight gain or alcohol consumption as understandably, they have gotten into a routine of watching TV and eating and drinking for comfort and solace. It's very understandable and surprisingly common amongst us all.

Now that things do seem to be opening up fully, its still very difficult for people to re-enter the world they shared before covid. Personally, I think it will take a while for us all to calibrate and get back to some sort of 'normality', what ever that is!

My advice is to be kind to yourself and to allow yourself time to adjust. If you can find something that can motivate you then 'power to your elbow' however, if you are struggling give it time. It's an unprecedented time for us all and will take time for confidence and emotions to heal after experiencing such a difficult transition to 'our normal' lives.

Take time to think about what you want to change (if anything) and then think about how you might be able to put this in place. This might require outside help or self-help. Take some time to think it through and think about what might work for you.

If I can be of help, please do contact me.....

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

## **It's never too late to get digital!**

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.

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

Help at Home is also available (charges will apply for more than 4 hours of home support)

Contact us by calling 07932 828333/07552 975676

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

## The Gift of Half an Hour Dr Jane Graham

Well, things are a little turbulent right now in the UK, aren't they? Firstly, there was the hike in petrol fuel, then the threat of huge increases in bills, for our households and for businesses, which is now happening, then the hike in food prices, and now we have lost the Queen. Whether you are a royalist or not, her death brings even more change at a time when we need a sense of consistency, and life feels more unpredictable for most of us right now.

While we cannot deny the doom and gloom, we can (and for our own wellbeing must), find ways of helping ourselves to counterbalance it.

I want to talk about the gift you can give to yourself and others which costs little, but helps a lot.

The Gift of Half an Hour for you...

If you feel rushed off your feet.

If you feel there is never a moment for you to just 'be'.

If you feel stressed.

If you feel overworked or burned out.

If you are worrying about how to cope with everything.

Just stop. For half an hour. Book it in your diary. Think about booking it in every day, or at least once a week. You can do a lot of self-care in half an hour!

For instance...

Make yourself a cuppa.

Put on some favourite music – if you need to get moving and motivated, choose something you can dance to which energises you (it will increase dopamine in your brain). If you need to slow down and relax, choose new age or classical music, or soft relaxing music (it will soothe you and increase Oxytocin in your brain).

Read a magazine or book.

Do some deep belly breathing.

Follow a Tai Chi moving meditation or a yoga video on You Tube.

Practice meditation or mindfulness.

Wrap up warm and sit out in the garden or go out for a walk, in nature.

Practice a musical instrument.

Listen to a podcast.

Of course, you can give the gift to others too!

The Gift of Half an Hour for others...

Phone a relative or friend for a catch up.

Check in on an elderly neighbour - better still invite them for a cuppa!

Shop for someone who needs help.

Walk a neighbour's dog if they can't manage it.

Volunteer to offer your help for half an hour somewhere in the community each week.

In a stressful world right now, the gift of half an hour is low cost, and brings benefit to mental health and wellbeing – something we all need.

## Bereavement Café

A monthly opportunity to meet and chat with others who have been bereaved, hosted by members of local churches.

First Monday of the month, 2.30pm - 4.00pm.

Wellington Methodist Church, New St, TF1 1LU

## Breathe Easy Telford

For people living with or caring for some one with a lung condition. Membership is completely free.

Group meetings are on the fourth Thursday of the month (except August and December), 2.00pm at Hadley United Services & Village Club, High St, TF1 5PB.

Contact 0300 222 5800, email: [helpline@asthmaandlung.org.uk](mailto:helpline@asthmaandlung.org.uk)

Find the Group on Facebook

[www.facebook.com/groups/breatheeasytelford](http://www.facebook.com/groups/breatheeasytelford)

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Fodens Business Centre

M54 Junction 6, Telford, TF3 5HL Offices also at Smithfield Road, Much Wenlock, TF13 6BG

[hello@fodens.co.uk](mailto:hello@fodens.co.uk) [fodens.co.uk](http://fodens.co.uk)

**Men's Shed**

Want to do something different? Men's Shed is just the place. It's a great place to get involved making things for ourselves and the community. You can enjoy the company of other men with similar outlooks on life. You can pass on your skills and experience, or just come along and have a chat and a cup of tea.



Contact 07974 292886 [newportmensshed.co.uk](http://newportmensshed.co.uk)  
The group meets at Hall Barn, Church St, Madeley, TF7 5BT.

## Learn to Play Bridge

Weekly lessons on Wednesdays,  
7.30pm - 9.30pm, Lawley Community Centre, Arleston Lane, TF4 2PR.  
£3.00 per session. Tel 07930 092733 for more details.

## Hand Bells

Are you looking for a hobby? If so I am looking to enlarge my team. No previous knowledge is required we learn as we go along. We are wheelchair friendly and based in Dawley. Come along and give it a try with no obligations. If your interested ring Margaret on 01952 595782. If I'm not available leave your name and number and I will get back to you with further information. Thank you.

## Build a Bench Project

Would you like to earn new skills, build confidence and meet new people?  
Jon us at Smallwoods in Coalbrookdale.  
Contact [rebeccavincents@smallwoods.org.uk](mailto:rebeccavincents@smallwoods.org.uk)  
Website: [smallwoods.org.uk](http://smallwoods.org.uk)

## Telford Tree of Light

Run by Rotarians drawn from the four Rotary Clubs in Telford the Telford Tree of Light is run primarily as a service to the public and for 26 years has raised substantial amounts of money for local charities.

For the sum of £5.00 (the same as in 1995) you can have the name of a loved one displayed in the Telford Centre at Christmas time. All donations are passed on to charities nominated each year by the presidents of the four organising Rotaries and all expenses are covered by commercial or private sponsorship.

The Severn Hospice has received half of the amounts raised and other 50 other charities have benefitted from the £750,000 of donations received to date.

Recently larger shares have been granted to purchase a blood bike named the Spirit of Rotary and to Hope House to provide a welcome canopy for the reception area.

The names of loved ones are printed in weekly batches in the Telford Journal and are displayed around the Tree in Telford Shopping Centre, the offices of Tranter Lowe in Oakengates, Hadley Learning Community and on the website ([www.telfordtreeoflight.co.uk](http://www.telfordtreeoflight.co.uk)). You can follow us on Facebook (TelfordTreeofLight).

The concept of the Tree of Light was introduced to Shropshire from South Africa in the 1990's and we believe we are the most successful tree of light in the UK. We have provided information to other Rotaries as far away as Australia to help them set up their own tree of light.

The four Clubs running the Appeal are the Rotary Club of Telford Centre, the Rotary Club of The Wrekin, the Rotary Club of Ironbridge and the Rotary Club of Wellington, Shropshire. The Presidents for the next Rotary year have select the distribution of donations as follows: Severn hospice 50%, Hope house 18.75%, 6.25% to each of the following Telford Prostate cancer Support group, 2nd Wellington Scouts, Telford After Care Team, Young Carers and Jayne Sargeant foundation.

Peter Seaward Chairman of the Trustees said "It is so worthwhile helping different charities each year. Please use the application form opposite or apply on our website at [www.telfordtreeoflight.org.uk](http://www.telfordtreeoflight.org.uk)."

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**Join us today! Become a member of The Forum**

To become a member of Forum 50+, 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.forum50plus.org.uk](http://www.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.

Postal address:

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

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