

Forum 50+ Newsletter – August 2023

Message from the Chairperson, Dave Wright

Thank you to everyone who attended our Wellbeing event on Wed 12 July. What an excellent day with stalls, dancing, massage and much more. From the feedback we've received everyone really enjoyed themselves and met up with friends old and new. Hopefully some of you will now join one or more of the activity groups, See pages 16/17 for group details.

We continue to receive high demand for our befriending services, and are always looking for volunteers to support these activities so if you think you could help with telephone calls or are happy to visit a lonely person, please, please get in touch. The more volunteers we have the more people we can help feel a little less lonely.

We also run 7 social groups, (page 20), computer sessions, (page 11) and exercise classes (page 12) and we are currently looking for volunteers for our Environment and Transport Action Group. If you have an interest in these issues please get in touch. The group meets every two months and the next one is at Hadley Community Centre on Tues 5 Sept, 10:45am and you are very welcome to come along.

Lastly as a charity and with around 2456 members we have to hold an Annual General Meeting (AGM). Please see page 4 for details of this year's event which will include a presentation about the local Hospital Transformation Programme.

So, on a final note always remember, making every minute count is important because time is precious, and sometimes even simple events can bring a little happiness. Keep safe and if you need help please ask.

(Next edition will be published in November 2023.)

Our next event...18th September 2023

Get up to date with the Hospitals
Transformation Programme

The Hospitals Transformation Programme (HTP) team from Shrewsbury and Telford Hospital NHS Trust are attending our next event to give a presentation about the programme and what you can expect to see over the coming months. Members of the programme and clinical teams will be available to answer your questions, and will be sharing information about how you can get involved.

Plus - Forum 50+ AGM 2023

18th September 2023
2.00pm - 4.00pm (doors open from 1.30pm)

Wellington Methodist Church, New Street, Wellington, Telford, TF1 1LU

Hot drinks & cake.
Free to attend, open to members and non-members.

The AGM agenda can be found on page 24 along with the draft minutes of the 2022 AGM. The Chairperson will present his annual report at the meeting and the annual statement of accounts will be available.

If you are interested in becoming a Trustee of Forum 50+, please get in touch at enquiries@forum50plus.org.uk

Upcoming online HTP focus group sessions on Microsoft Teams:

Tues 5 Sept 10:00 – 12:00 Women and Children’s Services

Thurs 7 Sept 10:00 – 12:00 Medicine and Emergency Care, Surgery, Anaesthetics and Cancer.

Thurs 21 Sept 11:00 – 13:00 Clinical Support Services

To register for any of these sessions, please email sath.engagement@nhs.net and joining details will be sent out in advance of the meeting. Further details of the Hospitals Transformation Programme can be found here: www.sath.nhs.uk/about-us/hospitals-transformation-programme

Forum 50+ needs volunteers

Could you spare a couple of hours a week to spend some time with someone who is lonely? You can offer your support either by telephone or in person, which can include home visiting and/or accompanied outings, eg a short walk, trip to the shops or cafe.

Our volunteers range in age from 18 to 88. We offer flexible times, re-imburement of travel costs, full guidance and support.

Other roles include helping at our regular social groups, helping to organise social activities, giving lifts, digital support, charity trustee.

Give it a go! If it doesn’t suit you, there’s no obligation to continue.

To find out more, call Chris on 07932 828333 or email enquiries@forum50plus.org.uk

Senior Social at the Wakes

Programme Autumn 2023

Thursdays at 1.30pm - 3pm

7th Sept Summer Walk, Telford Millenium Nature Reserve, £4.

14th Sept Curling, £4.

21st Sept Paper Craft by Crafty Tern, £6.

28th Sept Live Music with Bob Holmes, £6.

5th Oct Zumba Gold, £6.

12th Oct Horse Racing, £4.

19th Oct Film Screening, £4

26th Oct Rock ‘n’ Roll Bingo, £6.

Lunch is provided. Tickets can be purchased from the Wakes, Oakengates, TF2 6EP on Tuesdays & Thursdays, 10am - 12 and 1pm - 4pm.

Or tickets can be booked online at www.thewakes.org.uk

Environment & Transport Action Group Ken Buttress, Chair of ETAG

I will start this month with an urgent appeal for your help. The railway companies nationwide, through their industry body the Rail Delivery Group, have announced proposals to close almost all ticket offices at railway stations throughout the country including Wellington and Telford Central. They propose that new ticket vending machines at stations will sell every type of ticket available at the appropriate price for the days and times of travel.

This is not acceptable and yet again demonstrates their wanton disregard for senior citizens and those with a disability, particularly wheelchair users who will find it difficult to reach the machines, and anyone who needs help (like most of us!) which they currently get from the staff in the ticket offices. Screens situated outside can also be very difficult to read when the sun is shining on them.

So we are asking you to write to, or email, your MP - either Lucy Allan or Mark Pritchard, depending on which constituency you live in – letting them know your views on this, and if you have time also to visit the website of Transport Focus, the independent passenger watchdog.
www.transportfocus.org.uk/train-station-ticket-office-consultation/

Email: TicketOffice.WMT@transportfocus.org.uk

Freepost: RTEH-XAGE-BYKZ, Transport Focus, PO Box 5594, Southend on Sea, SS1 9PZ.

Tel 0300 123 2350.

There is also a petition available to sign at Wellington railway station between the hours of 09.00 and 13.00 at the booking office there, and I have written on behalf of the Forum to both MPs setting out our objections to this proposal.

Turning to the Ironbridge Park and Ride service, this started again on weekends and bank holidays from 22nd July until the 17th September. It's free to park and £1 per adult to ride and Bus Passes can be used on this service.

Telford and Wrekin Borough Council have received funding to install 140 Electric Car Charging Points in the Market Towns in the Borough. Discussions are in hand with a contractor to develop a programme for their installation. We are aware though that many EV charging points require an 'app' on a phone to use them, one for each supplier, as does the payment for car parking now in many big cities. Too bad if you don't have a smartphone these days?

The Arriva network is subject to the Government initiative for January to March, now extended to the end of October, with a maximum single bus fare of £2, and you can of course continue to use a bus pass if you hold one, within the permitted times.

And finally another appeal. ETAG desperately needs some new members. We meet once every 2 months for a couple of hours at Hadley Community Centre with occasionally a bit of research to do between meetings, so if you feel you might be interested in joining us please contact Chris on 07932 828333.

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.

New midlife MOT website launched to help older workers

The Department for Work and Pensions (DWP) has launched a new online Midlife MOT to help older workers with financial planning, health guidance, and to assess what their skills mean for their careers and futures.

The free Midlife MOT website encourages people to review their skills and help to break down barriers to the labour market. It brings together trusted services, help such as a jobseeker toolkit and charity resources. It will allow people to identify job opportunities as well as better preparing them for later life and their retirement.

The website signposts key organisations and charities, including the NHS, Mind, MoneyHelper, Citizens Advice and DWP's find a job portal.

As part of this, MoneyHelper has created a financial tool which will provide a personalised report to help people understand what to prioritise to improve their financial position, from now through to retirement.

www.jobhelp.campaign.gov.uk/midlifemot/home-page

Ageing Gracefully By Paul Kalinauckas

One of the challenges of ageing gracefully is taking care of your own physical and mental wellbeing. Research shows that older people who are positive about their own ageing generally live longer than those with less positive self-perceptions of old age. Being more active can assist us all but we may have more frequent visits to the doctor to address health related issues as we grow older. People who feel negatively about ageing are more likely to engage in unhealthy behaviours such as smoking and drinking and to have poor eating and exercise habits. They are even less inclined to engage with health check-ups such as cholesterol tests or prostate exams and to seek medical help for various ailments.

Ageing gracefully is about looking after ourselves and social prescribing has now been introduced into GP practices to assist us with improving our health and wellbeing. Social prescribing works particularly well for people who have long term health conditions, need support with mental health issues or who feel lonely or isolated. It is an approach that connects people to activities, groups, and services in their community to meet the practical, social and emotional needs that affect their health and wellbeing.

The National Academy for Social Prescribing say that it can play a hugely important role for many older people, but it is too often those who are most isolated within our society who miss out. Why not ask your local practice if you could have a chat with your local social prescriber to see if they could help you age more gracefully?

FREE IT Courses in basic computer skills

Tech With No Limits are running a Beginners Computer Skills Courses again in Telford AND are super excited to introduce a NEW Level 2 Course in Microsoft Office 365 too! The 6-week courses are starting in September, with a sign-up session at Telford CVS on 4th September.

This is a fantastic opportunity for local people in need to gain 2 hours FREE expert tuition in computer skills per week, and you can choose between a morning or afternoon session for each course.

To qualify for tuition applicants must be unemployed, aged over 50, or registered disabled.

Book online or call Andy the tutor on 07842 906098.

Online link: <https://www.eventbrite.com/o/tech-with-no-limits-68395720953>

Basic Computer Skills – Dawley, 13th September, Leegomery, 6th November

Office IT Skills – Dawley 11th September.

10am or 1pm, Free tea & coffee

Sign up session – 4th September, 1.30pm – 3.30pm, at Telford and Wrekin CVS, 1st Floor, Suite 12 & 15 Hazledine House, Central Square, Telford TF3 4JL

It's never too late to get digital!

Support with computers, tablets & smartphones.

Need help getting started? Afraid of technology? Having problems?

Drop in at our free weekly sessions -

Hartshorne Court, Burton St, Dawley, TF4 2BY

Mondays, 10.30am - 12.30pm

Madeley Library at the Anstice, Madeley, TF7 5BD

Tuesdays, 2pm - 3pm

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

Digital Skills courses for over 65s

Free, fun, friendly and supported by digital champion volunteers.

Tea and coffee provided. 6 x two hour sessions.

Bring your own smart phone or tablet device, if you have one.

Topics include emailing, online shopping and internet safety.

Woodside, 5 September 10am - 12pm

Brookside, 5 September 2pm - 4pm

Wrockwardine Wood, 15 September 10am - 12pm

Admaston, 17 October 10am - 12pm

Wellington, 17 October 2pm - 4pm

Hadley, 27 October 1pm - 3pm

To book your place please call 01952 380000. Or visit www.telford.gov.uk/getconnected

Exercise & Wellbeing Classes

Seated Exercise Classes Starting September

Call 07932 828333

Tues 1pm - 2pm, starts 5th Sept
The Wakes, Theatre Square,
Oakengates, TF2 6EP

Tues 2.15pm - 3.45pm
(includes cuppa & chat afterwards)
Starts 5th Sept
Ketley Community Centre, Holyhead Road, Ketley, Telford, TF1 5AN

Thurs 10.30am - 11.30am
Starts 7th Sept
Admaston House, Wellington Road, Admaston, Telford, TF5 0BN

Breath Work & Meditation

Restarts 6th Sept
Weds 10.45am - 11.45pm
Dawley Town Hall, High St,
Dawley, TF4 3JR
Call 07475 500227

Yoga for all abilities

Restarts 29th Aug

Tues 9.30am - 10.30am
Leegomery Community Centre, Leegate, TF1 6NA

Chair Yoga

Restarts 6th Sept
Weds 9.30am - 10.30am
Dawley Town Hall, High St, Dawley, TF4 3JR

Menoga - Yoga for Men

Restarts 31st Aug
Thurs 9.15am - 10.15am
Hadley Community Centre, High St, Hadley, TF1 5NL

Call 07475 500227 all Yoga sessions.

We also support:

Exercise for All!

Weds 10am - 11am
St Leonard's Church, Alma Ave,
Malinslee, TF4 2DS
Call 07773 852493

Tai Chi, plus tea & chat

Thursdays 10am - 12pm

Dawley Bank Baptist Church, Park Rd, TF4 2BB. Call 07570 808306

For all classes, please call first. Small fee payable.

Why you shouldn't ignore hearing loss

It is not uncommon to suffer a decline in your hearing as you get older. It is also not uncommon to do nothing about it. In fact, it can take up to ten years before a person seeks help for hearing loss. For some, the decline is so gradual that they don't realise how bad it's got; some people think it is a normal part of ageing and that they just have to live with it; others fear the discomfort, look or hassle they associate with hearing aids.

But ignoring hearing loss, deafness and tinnitus could lead to other serious health conditions and have a negative impact on your wellbeing. Untreated hearing loss leaves sufferers unable or struggling to communicate with friends, family, colleagues and health professionals. This can lead to isolation, low self-esteem and anxiety.

Social withdrawal

People who are hard of hearing often find social engagement challenging because of the effort to hear and understand speech and would rather avoid meeting up with others than experience increased feelings of tiredness, isolation and lack of motivation.

Hearing aids

Hearing aids compensate for hearing loss and, according to the report from Action on Hearing Loss, there is good evidence that hearing aids enable people to stay socially active, reduce the risk of depression and may even reduce the risk of dementia.

There is treatment and advice available to help manage hearing loss and tinnitus and in turn help prevent the onset of related health problems. You can get a free hearing test on the NHS if you are referred to an audiologist through your GP. If you don't want to wait, you can pay to get tested somewhere else, like at a pharmacy or opticians. Always see your GP first if you also have other symptoms, like earache or discharge or if you have sudden hearing loss in one ear.

(Based on an article at www.maturetimes.co.uk)

Update to NHS complaint process

Since 1 July 2023, patients and members of the public can make a complaint about primary care services (such as GP services, pharmacy, optometry and dentistry) by contacting NHS Shropshire, Telford and Wrekin instead of NHS England.

You can do so by phone, e-mail or written correspondence via NHS Shropshire, Telford and Wrekin Patient Services Team:

Tel: 01952 580407 Email: stw.patientservices@nhs.net

Write: Halesfield 6, Halesfield, Telford, TF7 4BF

You can also complain directly to the healthcare provider: eg GP surgery or dental surgery.

Discover the benefits of exercising in nature with Green Spaces Are Go #greenspacesarego

Residents are invited to embrace the outdoors and step into the borough's newly invigorated green spaces as part of Telford & Wrekin Council's "Green Spaces Are Go" campaign. Throughout the year, a series of captivating activity-themed events and improvements will take place in the borough to help people discover their 'green mover' spirit.

The campaign aims to illuminate the powerful connection between exercising in nature and the boost to wellbeing it can give. Through Green Spaces Are Go, the council is investing in new geocaching trails, nocturnal bat walks utilising state-of-the-art detection equipment, and nature-infused cycling lessons. The council has also given various not-for-profit organisations grants to fund several inspiring projects to help spark people's fitness journey.

People will have the chance to immerse themselves in a myriad of activities ranging from archery, outdoor pursuits, hands-on conservation work, orienteering, football, Tai Chi, 'Parkour', and expertly guided sessions at several outdoor gyms. There are so many activities that there is something for all ages and abilities, certain activities are tailor-made for children and young people, for families and for individuals.

Cllr Kelly Middleton (Lab), the Cabinet Member for Healthy, Safer & Stronger Communities and Partnerships, said: "Exercising in nature can boost wellbeing, reduce stress, anxiety, and depression, and promote happiness. Telford and Wrekin boasts 23 nature reserves and over 300 green guarantee sites, all free and available to anyone. By funding these events and improvements, we wish to spotlight our green spaces and the difference they can make to people's wellbeing."

Find out more about the benefits of exercising in a green space and find an event near you by visiting: <https://healthytelford.com/greenspacesarego>

“Anyone can exercise here...and it's free!”

You don't have to be fit to do this, but you will get fit by doing it!
Join a friendly 45 minute group session led by a qualified coach.
Outdoor gym at Donnington Recreation Ground, School Road TF2 8JA

Mondays at 6am and 10am,
Wednesdays at 6.15pm
and Saturdays at 10am

All ages, under 18's with parental supervision.

Over 50s Wellbeing Fun Day

On Wednesday 12th July attendees enjoyed a fun afternoon trying out activities and chatting over tea and cake, at our Over 50s Fun Day event at the Anstice, Madeley.

Here are details of the groups who provided taster sessions:

Fit4Life Falls Prevention Seated Exercise, online and face to face classes (Wednesday, 1pm - 2pm, Oakengates United Church. Tel Leigh on 07865 081598
Website: fit4lifetelford.com

Bhangra Dance & Fitness at the Wakes, Oakengates, Thurs 6pm - 7pm.
Gentle Dance & Social, also at the Wakes, Tuesdays 11.30am - 12.30pm. Tel Jee on 07851 270409

Forum 50+/Bridgnorth Yoga Studio:

Chair Yoga, Wednesdays
9.30am - 10.30am.
Breath Work & Meditation
Wednesdays 10.45am -11.45am
Both at Dawley Town Hall, restarting 6th Sept. Please call to check about possible changes during school holidays.
Call Sahara 07475 500227.

Menoga (Men's Yoga) Thursdays 9.15am - 10.15am, at Hadley Community Centre.
Call Sahara 07475 500227.

Emira Belly Dancing, fortnightly on Thursdays,
6pm - 7pm at Dawley House.
Contact Emily at
emirabellydance@gmail.com
www.wellnesswithin.love

Line Dancing - class at the Anstice on Wednesdays,
7.30pm - 9pm.
Tel Dale 07849 361806

Jane Turley, Inner Beauty, for massage, reflexology, beauty treatments.
www.facebook.com/jane.turley.58/
Other related local activities

Community Falls Prevention Exercises are also delivered across the town by Fit4All, tel 01952 908738,
<https://fit4allonline.co.uk/>

Chair Yoga and beginners Yoga also takes place at the Anstice. Contact Jackie 07933 513659 ,
<https://jackie-letsflow.co.uk/>

Lots of activities take place weekly at the Anstice and at Jubilee House in Madeley. Visit our website to view our directory of Clubs, Groups and Classes which can be viewed by area or by category. Contact us if you're not online and would like information about regular local groups. Tel 07932 828333.

Seniors Gym Club

GYM and/or FITNESS & RHYTHM EXERCISE for OVER 55's

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

Why not join one of our low impact fitness sessions led by a qualified instructor.

The following group sessions are currently available to club members:

GYM SESSIONS

Mondays 2.00pm - 3.00pm

Thursdays 2.00pm - 3.00pm

Both at Abraham Darby Sports and Leisure Centre.

Fridays 11am -12pm

Horsehay Village Golf Centre.

FITNESS & RHYTHM SESSIONS

(Exercise with background music)

Wednesdays 2.30pm – 3.30pm Wellington Civic and Leisure Centre.

£12.00 annual club membership.

There is also a £3.00 charge for each session attended with the first session being free.

For more information please contact Kevin 01952 825239, Olga 01952 595690 or Colin 07811 887901.

Telford Steam Railway

“Hi everyone, my name is Irene and I volunteer at Telford Steam Railway, managing the Furnaces Tearoom situated in Horsehay. It has recently been brought to the railway’s notice that many people in the surrounding area don’t know that there is a heritage railway in Telford. We are usually open on Sundays and Bank Holiday Mondays between 11am and 4pm, with the occasional Saturdays and special event days. Our running season begins on the Easter weekend and finishes at the end of September.

Currently the Furnaces Tearoom is only open when the trains are running. However, we are hoping to start opening during the week for the local community to use as somewhere people can come to meet up with others, make new friends, have a coffee & cake morning/afternoon or just get out of the house for a couple of hours. Before we make a final decision, it would be great to find out from you if there would be any interest in the tearoom opening during the week & which days & times would be most beneficial. We would like to hear from pensioners, walkers and mums with young ‘uns, private groups such as birthday parties, gamers, railway enthusiasts etc who are looking for somewhere to meet up (our tearoom can be hired form a very reasonable price) - basically from anyone who would like to provide this service within the community. Thank you.”

Call in the café or contact Irene on 07554 419728 or email:
richard.owen@telfordsteamrailwaytrust.co.uk

Adjacent to the café is a large building housing a fantastic model railway museum. Entrance is free but donations are accepted. The layouts are extensive but you need to see for yourself. Why not pop along to the model railway and then go for a cuppa at the café. At the moment the model railway opens at the same times as the café and railway.

Volunteers are needed, so if you fancy helping on the railway or café then just pop along and talk to a member of staff.

Go For It!

If you are thinking about taking on a new hobby, interest or challenge remember, it's okay to feel afraid.

For those of you who know me you'll know that I love keeping busy. I cannot stress enough the importance of occupation and many of my blogs include this. I have recently questioned my own situation with this regard and have recently taken up a new hobby. This has involved research, purchasing resources and learning how to use new technology as well as making a few mistakes!

Whilst at the time, I have been a little perplexed and have done a great deal of head scratching on reflection, I have enjoyed the challenge immensely. I am now starting to see results for my effort and feel that warm feeling when I finish each challenge as it comes.

The point I'm making is that challenges don't have to be major, even the smallest challenges can be a way of getting 'our grey matter' working which in turn, triggers all sorts of 'feel good' feelings. Even finishing a crossword or walking an extra 10 minutes can make such a difference to our over all mental health and resilience. I cannot stress this enough, challenging our selves to take on new things is vital for self- development and growth.

I speak to a number of people who say they have lost the ability to take on new challenges, I challenge them, by getting them to think about why this is? In almost every case, it's because they are not choosing to take on new challenges as they are afraid of change itself and failing of course!

So, if you are thinking about taking on a new hobby, interest or challenge remember, it's okay to feel afraid, out of your depth or scared. Remember if nothing changes, nothing changes.
Go for it!

<https://www.dismart-coach.co.uk/> dianne.srsmart@gmail.com Tel: 07896 955 911

Why not give it a go?..

Forum 50+ social groups

Tea/coffee, chat, meet new friends.

Horsehay Village Hall
(Occasional activities)
Mondays 10.30am - 12pm

Six Bells Madeley
Mondays 1.30pm - 3pm
Sambrook Centre, Stirchley
1st & 3rd Tuesdays of the month. 10.30am - 12pm

The Woolpack, Shawbirch
Tuesdays 1.30pm - 3pm

Outpost Café at the Wakes, Oakengates
Wednesdays 1.30pm - 3pm

Wrockwardine Wood & Trench Parish Council
Thursdays 10.30am - 12pm

Highfield House, Hadley
Fortnightly Thursdays
10.30am - 12pm

Call 07552 975676 or 07932 828333 for details.

Flex & Flow Pilates & Yoga

Pilates (including Back Care Pilates) and Yoga classes taking place on various days.
Admaston House Community Centre, Wellington Road, Telford TF5 0BN
Visit www.flexandflowpilates.com
Not online? Call Forum 50+ on 07932 828333 and we'll pass the message on.

Making music - Relive the 60s!

Does anyone with a guitar or whatever fancy getting together for music making - 60s, folk etc? I can make a bit of a sound on drums. Please drop me an email if you are interested.

Email: dagpheasant@aol.com

Let's Meet Together

For those with memory loss or dementia and their family members, friends or carers. Meets on the third Thursday each month 2 pm-4 pm. Free to attend, enjoy fun activities, food and friendship.
Venue: Holy Trinity Church, Waterloo Road, Hadley TF1 5NX
Tel: 01952 245982

Gentle Dance & Social

Enjoy a variety of fun and easy to learn dance routines in a welcoming and friendly environment.
Tuesdays 11.30am – 12.30pm, The Wakes, Theatre Square, Oakengates TF2 6EP.
Call 07851 270409

Shropshire Senior Rainbow Friends (formerly known as 'In the Cafe')

Get-togethers with a theme for LGBT+ people aged 50-100+.
The next meet up for this popular get-together is August 23rd, 2-4pm. Open to all LGBT+ people aged 50 -100 or more.

2pm - 4pm at Palmer's Cafe, Claremont St , Shrewsbury.
Please contact SAND for further details 01743 590023 or email: info@lgbtsand.com

Women's Wellbeing Roadshow

Activities including live music, dancing and performances as well as sessions where people can join in. as well as information and advice on many different subjects. Free light refreshments.
Saturday 9 September, 9.30am - 2.30pm
Telford Minster, Meeting Point House, Southwater Square, TF3 4HS

Oh The Joys of Winding Down

Dr Jane Graham

As I've reached the stage of semi-retirement in the last few weeks, I made the decision to try some things I either haven't done before, or haven't done for years.

Silk painting was something I had tried more than 30 years ago, just for a day. And so I found myself booking a one to one with a lovely lady who is clearly very good at it, and teaches it well.

I think I arrived that morning planning to learn a new skill (still with a work-hat on!) and actually left having enjoyed myself and with some sort of idea how I could continue silk painting at home. I have no idea where the hours went!

The first thing I realised was that I was playing in a way that children do. It was a bit messy but fun. I was a bit unsure about what I was doing at times, but the day was peppered with tea and biscuits and laughter and a good chat and so it didn't really matter at all.

I realise now that I didn't think about anything other than what I was doing in that time, so actually it was a day full of mindfulness – of just being in the moment and leaving any worries behind.

Because I was able to switch off my usual thoughts of the day-to-day things that tend to occupy me, I realised I was giving my brain a rest and relaxing more than I have for a while, so actually I was giving myself some quality time to self-care.

Lying in bed that night thinking through my three gratitudes for the day, I noted how grateful I was for the time out I gave myself; I felt lucky to be in a position of going to a class to enjoy such a day, and I felt blessed to have enjoyed my teacher's company and made a new friend, even just for that day.

And of course it doesn't have to be silk painting...!

You could try anything you'd like to have a go at, and there are lots of classes in Telford or the surrounding areas where you could dip in for a taster and see what it's like. It's great to learn a new hobby and what makes it even better are the people you meet along the way. And the tea and biscuits of course! I have no idea what hobby I might try next...and that's the exciting bit!

Dr Jane Graham is a Psychotherapist based in Telford. Contact via: www.adhd-shropshire.co.uk

Forum 50+ AGM 2023, September 18th

Time: 2.00pm Venue: Wellington Methodist Church

Agenda

1. Welcome
2. Minutes of the AGM, 26th September 2022
3. Chairperson's Report 2022/23
4. Presentation of Accounts Apr 2022 - Mar 2023
5. Election of Trustees and Chairperson 2023/24
- 6 Date of next AGM 2024

Draft Minutes of the Annual General Meeting

Monday 26th September 2022, at Wellington Methodist Church.

1. Welcome:

Chairperson Dave Wright opened the meeting by welcoming members.

2. Minutes of the AGM, Monday 18th October 2021. Members agreed unanimously to accept them by a show of hands.

3. Chairpersons Report, 2021/22:

The Chairperson presented his report. No questions were raised.

4. Presentation of Accounts 2021/22:

The Treasurer presented the audited 2021/22 annual accounts. The Treasurer asked for the accounts to be accepted. Members agreed unanimously.

5. Election of Trustees 2022/23

The constitution states that trustees hold office for three consecutive years and that at every AGM two trustees stand down. Dag Saunders and Bob Groom will step down, and don't wish to be considered for re-election. Sherrel Fikeis was elected to the board. One nomination for Chairperson, Dave Wright. Both appointments were agreed unanimously by a show of hands.

6. Date of next AGM

This will take place in September 2023.

Want to join a speciality Patient experience group?

Speciality Patient Experience Groups are being established to drive patient experience initiatives at a local level. The groups will work to improve patient experience in the area, including:

How the service responds and learns from feedback

Identifying trends to inform work and help improve services

Represent the patient voice, providing insight from a patient perspective

This is an exciting opportunity for patients or carers who have accessed services within the Trust since 2021 to get involved within a wide range of services such as; Medicine, Emergency, Surgery, Women's Health, Maternity, Children & Young People, Support Services and Corporate Services.

As a result of their recent experience, they will be able to offer valuable insight and a unique perspective on service development and improvement.

If you can commit approximately three hours a month to support the work and are interested in learning more, please get in touch.

Email: sath.patientexperience@nhs.net

Tel 01743 261000 - EXT 3032

Post: Patient Experience Team, Flat 1, Stretton House, Royal Shrewsbury Hospital, Mytton Oak Road, Shrewsbury, SY3 8XQ.

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