

Forum 50+ Newsletter – Feb/Mar 2024

Message from the Chairperson, Dave Wright

Welcome to our February/March 2024 edition. Sadly this will be the last Forum magazine we will be publishing as we no longer have the funds. Forum 50+ will continue and we will keep in touch in other ways, see page 4 for more details, and we're always at the end of the phone for you to ask for advice on where to go for help, support and activities.

We are currently looking for new funding to keep the charity going into 2025. We will hold our AGM on Monday 16th September 2024 when we will update members on what the state of play is. Please put this date in your year planner as we would love to see as many of you as possible.

With the cold weather, we hope that you are looking after yourself and meeting up with friends when you can. Hopefully you are joining exercise or social meetings and just living life to the full. Easy to say but we know it's not so easy to do. If you feel you need some help, maybe a phone call or someone to visit you or help you get out, please get in touch and we will try our best to help you. If you believe you could give an hour of your time a week to help someone feel a little less lonely please let Chris know. Contact details on the page to the left.

If you have concerns on why a bus/train hasn't turned up, or why your street is full of potholes, and you want our team to investigate please get in touch with our ETAG giving the time, date, service, and they will investigate for you and report back via the Forum.

2024, a leap year is on us already, we believe it will be a busy year for our volunteers, staff and trustees. We are here for you so please get in touch, we love receiving your letters, phone calls and emails. Visit our website and see what events are on where. Importantly keep smiling in these hard times and if you want help PLEASE ASK.

Our last magazine!

Forum members have been receiving a newsletter since the Forum first launched and in the current magazine format since 2012, but now we're no longer able to sustain the cost of producing information in this format and posting it to your door.

We will keep you informed as much as we can. We'll be sending out a regular email news update to all our members for whom we hold an email address. When the first one comes out, if you don't wish to receive them, please use the unsubscribe button to opt out. For all our members who are not online we will be sending out an occasional newsheet but at present we cannot say how often or when.

Please keep an old copy or two so that you have details of how to contact us, and about our exercise, social and computer sessions, and please, please give us a call if you would like any advice or information about where to go for help and support about all sorts of things, and we'll do our best to help or point you in the right direction.

Our befriending and support services, social groups, exercise sessions, computer support at home and drop in sessions, and Environment and Transport Action Group will stay the same while we work hard to secure more funding to help the charity to survive into 2025.

Help us if you can

Many of you have told us over the years how much you enjoy the magazine. We're very happy to know that we've been able to provide information that may have helped in some way. We appreciate all the donations we have received to date but if we have helped or supported you or made your day a little brighter at some point and you can spare a little donation, we'd be very grateful. Donations can be made by cheque/post, by card over the phone, or through our website: forum50plus.org.uk (look for the Donate button)

It won't save the magazine but every little bit will help to save our charity.

Other ways to help:

Volunteer either a regular commitment or occasionally.

Spread the word about our work or follow us on Facebook.

Choose us if you get the chance to nominate a charity.

Support any fundraising projects.

Perhaps consider leaving us an amount in your will.

Technology

Need help getting started? Want to learn more? 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

Email: enquiries@forum50plus.org.uk

Free digital skills training for over 65s - T&W Council

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.

Courses start soon at:

Coalbrookdale & Ironbridge Community Centre,

Monday 19 February 10am to 12pm

Hadley Community Centre,

Tuesday 20 February 9.30am to 11.30am

Wellington Civic and Leisure Centre,

Tuesday 20 February 1.30pm to 3.30pm

Courses coming soon at other locations too. To book a place, call 01952 380000 or visit <https://orlo.uk/KehHX>

Environment & Transport Action Group Ken Buttress, Chair of ETAG

Firstly I can report the good news that some new volunteers have stepped forward to join us. The first two came to our last meeting and one or two more are hoping to join the next one. The existing ETAG members welcomed the new members and did not hesitate to co-opt them onto the group!

We hear complaints that people have waited an hour for a number 4 bus that is supposed to run every 10 minutes, and then when the bus arrives at Wellington Bus Station there are several buses marked no 4 standing and going nowhere. Unfortunately we need the day, the date, the bus service number, the direction of travel and the time that the service problem occurred (and if you can get a fellow passenger who has paid for a ticket, rather than using a bus pass, to hand it over as they get off, even better). We can then effectively take it up because Arriva have the records for each vehicle journey each day.

Likewise we hear that there are regular problems with the service 5/5A at certain times of the day with buses being late, and that parts of this route are being cut out even when there are passengers on the bus wanting to get off. This is probably due to buses going from Stafford to Telford then on to Shrewsbury and all the way back again with drivers trying to make up time, but likewise we need the details set out above to be able to follow this up. Remember Arriva are a commercial operator and now have a new owner, so changes may be expected, but please do not have a go at the drivers – it is not their fault. We are also aware from Arriva that they will be reviewing some service timetables in the near future.

We are also going to take up with both Arriva and the council the question of inadequate information for passengers when buses are being significantly diverted because of impending roadworks.

Oh, and I noticed at Wellington Bus Station the other day, that for the first time since it opened, the big rectangular electronic information sign displays bus departure times and destination on one side and train departure times and destinations on the other! All things come to those who wait – eventually.

As for trains, from what we hear, services have gone from appalling to utterly abysmal, mainly due to trains with only 2 carriages turning up on rush hour services and simply leaving passengers behind because it was physically impossible to get on.

There have also been times when train services on the website timetable did not appear on Telford station information screens and just did not turn up. The answer from the booking office staff 'oh that train is not running this week!' Again we will take up any issues where we have the day, the date, the station, the direction of the train service and the name of the company – West Midlands Trains or Transport for Wales.

All the council funded bus services are subject to the Government initiative originally for the period January to March last year, which has now been extended again to the end of this year, where the maximum single bus fare currently is £2 but which is about to increase to £2.50, and those who hold a bus pass can use that on these services as well within the permitted times. We are aware though that the timetables for these new services are difficult to track down but can be found on www.telford.gov.uk/busservices.

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

Be Scam Aware!

This winter opportunistic criminals are ready to exploit people's money concerns through various scams.

Typically, victims receive unsolicited phone calls, emails, text messages or doorstep visits from individuals claiming to represent Ofgem. They ask for the victim's bank details. They use cover stories such as helping with switching to a cheaper energy provider or offering grants or free boilers and other energy efficiency upgrades. It is essential not to share your personal or bank details without verifying their legitimacy.

Some households with solar panels have been approached by companies offering a free check of their installation. These companies may pressure you into buying maintenance contracts or expensive repairs. If you find yourself in this situation, ask how the company obtained your contact details and whether they have your consent to contact you. Before signing any contract, do your research, get lots of quotes and full details of what the contract includes and what it will cost you and don't be pressurised into making a decision on the spot.

A warning from Trading Standards about rogue traders operating in the area

Telford & Wrekin Trading Standards have unfortunately seen a large number of complaints from residents about home improvement work. This ranges from poor quality workmanship to work not being fully completed or a deposit being taken and the trader disappearing. In many cases victims are not able to recover their money.

Choosing the right trader to carry out the work can be difficult but there are some steps you can take to avoid the rogues:

- Don't let doorstep callers talk you into a spur of the moment decision however good the deal appears to be.
- Obtain at least three quotes in writing, check all the things you asked for are included in the quote and make sure it includes a timescale.
- Ask how long the trader has been in business and whether they have a business address you can visit.
- Ask if you can see any work they have done for other customers.
- If the trader claims to be a member of a trade association, check with the association yourself.
- Don't assume that a business that appears on a trader list that is posted through your door is legitimate, still do your homework.
- Avoid paying a large deposit before work starts or materials have been delivered, although be aware that large projects may require staged payments.
- Make sure you obtain proof of payment.
- Don't make a final payment until you are happy that the work has been completed satisfactorily.

TRADING STANDARDS ACCREDITED

Recommendations from friends or family can be a good way of choosing the right company to carry out the work. You can also search for home improvement businesses, along with other trade areas, that are members of the Trading Standards Accredited Scheme.

Trading Standards Accredited is the only accredited trader scheme where members have been checked by Telford & Wrekin Council Trading Standards, helping you to choose a trader with confidence and support quality local businesses.

All members have signed up to the TSA Code of Practice, passed our robust background checks and agree to act responsibly, fairly and honestly. In the unlikely event of a problem, Trading Standards will work with you and the business to agree a resolution.

For more information and to search for TSA members visit our website www.tsaccredited.co.uk If you do not have access to the internet please telephone our contact centre on 01952 381818 and a member of the team will do a search for you.

We are currently recruiting new Scheme members. If your business is based in Telford and you want it to stand out for all the right reasons take a look at our website. We welcome applications from home improvement companies along with most other trade areas. If you have any queries please email the TSA Team at tsaccredited@telford.gov.uk

If a job has gone wrong or you have purchased something which is unsatisfactory and you need help you can contact the Citizens Advice Consumer Helpline on 0808 223 1133 for some advice.

You can reduce the number of unwanted callers knocking at your door by displaying one of our no cold calling signs. They are available at Forum 50+ events along with our Scams booklet.

Forum 50+ Exercise & Wellbeing Classes

Seated Exercise Classes

Tues 1pm - 2pm

The Wakes, Theatre Square, Oakengates, TF2 6EP

Tues 2.15pm - 3.45pm

Cuppa & chat afterwards

Ketley Community Centre, Holyhead Road, Ketley, Telford, TF1 5AN

Thurs 10.30am - 11.30am

Cuppa & chat afterwards

Admaston House, Wellington Road, Admaston, Telford, TF5 0BN

Call 07932 828333 enquiries@forum50plus.org.uk

Yoga

Yoga for all abilities

Tues 9.30am - 10.30am

Leegomery Community Centre, Leegate, TF1 6NA

Call Sam 07957 491250

Chair Yoga

Weds 9.30am - 10.30am (May not run during school holidays.)

Dawley Town Hall, High St, TF4 3JR

Menoga - Yoga for Men
Thurs 9.15am - 10.15am (May not run during school holidays)
Dawley Town Hall, High St, TF4 3JR

Breath Work & Meditation
Weds 10.45am - 11.45pm (May not run during school holidays.)
Dawley Town Hall, High St, TF4 3JR

Call Sahara 07475 500227.
Sarah@bridgnorthyoga.co.uk

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

Sit and Be Fit!....at the Cavalier Centre

Want to start the new year with some gentle exercise? Why not sign up for Sit and Be Fit on Thursday mornings at the Cavalier Centre. Our friend John Docherty from Fit4Purpose helps us to explore health-related fitness in a sociable and supportive environment.

Come and join John as he guides everyone through a series of movements designed to develop mobility, flexibility and functional strength, all from the comfort of a chair!

Thursdays 10am - 11am
The Cavalier Centre, Bradley Farm, Farley, Much Wenlock, TF13 6PE
01952 443752

Email: fitforbookings@gmail.com

CHAIR YOGA

Thursday 10.45am
Park Lane Centre, Woodside TF7 5QZ

If you want to improve your mobility or are recovering from an injury/illness - Choose Chair Yoga!
Cuppa and chat, and a gentler way to benefit from Yoga practice!

jackie@lets-flow.co.uk
07933 513659

Why keeping warm can help your mental health Dr Jane Graham

Despite global warming and changes in how we experience our seasons in the UK these days, we can all agree that it's been getting pretty cold of late. We've suffered incredible hikes in the cost of heating over the last couple of years, and all of us are trying to think about how to reduce our heating bills while managing to keep ourselves warm at the same time.

Of course, keeping warm is key to maintaining our physical health and wellbeing. We have known for many years that heat has been used for pain relief in conditions such as arthritis, as well as to manage muscle and joint pains. Heat also helps improve our circulation which can be challenged when we feel

cold, particularly in extremities such as in our feet and hands. And of course, keeping warm when we have a cold or chill is important to our speedy recovery.

But it's not just our physical health and wellbeing that improves when we keep warm. Did you know that being cold can affect our mental health too?

When we prepare to get to sleep our body temperature naturally drops but if our body is too cold and we are shivering, then our sleep patterns can be affected and we can experience disrupted sleep. When we think about the importance of getting a good night's sleep it's not just about staving off feelings of tiredness during the day. A poor night's sleep can lead us to feel anxious, low in mood, or even stressed. We may already know that we suffer with Seasonal Affective Disorder (SAD) or the 'winter blues' because of winter's low temperature and shorter hours of daylight, but by trying to keep ourselves physically warm, we can really give ourselves a mood boost.

What helps?

Try a 'Hug in a mug'

Making a hot warming drink or having soup can help us to feel cared for and comforted inside. Even the act of holding a warm mug can help us feel these positive feelings because it releases oxytocin in the brain, which is often referred to as the "cuddle hormone".

Take a warm bath or shower

This can help us to feel comfortable and reduce the risk of losing energy by keeping our core temperature at a good enough level to increase our blood flow and help us relax. This can also have the effect of soothing and calming anxiety, which can also make us feel safer.

Wrap a throw or blanket around us

Blankets and throws can trigger relaxation in our bodies because of the pressure against our skin, which helps settle our heart rate and calm and soothe us as we feel safer and warmer.

Hold a warm hand or even a pet

The warmth of physical contact with another can lower stress hormones as well as lowering our heart rate and blood pressure which helps us feel better. If you are able to hold the hand of someone you care for, this can be so comforting for your mental health. If you have a pet you can hold, this counts too! And if you don't have either, then hold a hot water bottle close to you.

Feeling warm physically will help you feel better emotionally!

Dr Jane Graham is a Psychotherapist based in Telford.

Contact via: www.adhd-shropshire.co.uk

#GetInvolved with The Shrewsbury and Telford Hospital NHS Trust

Community Engagement Manager

The Shrewsbury and Telford Hospital NHS Trust

There's lots going on at The Shrewsbury and Telford Hospital NHS Trust, so we're running a survey to find out how you want us to let you know what's happening at your local hospitals.

Please take a moment to complete our survey here:

<https://www.surveymonkey.com/r/23CSKB1>

Hospital Transformation Programme

We are holding additional special interest Focus Groups for the Hospitals Transformation Programme. These are:

Mental Health Thursday 22 February 10:00am – 12:00pm
Dementia Thursday 1 March 10:00am – 12:00pm

The next meetings of the ongoing quarterly focus groups:

Women & Children's Services
Tuesday 5 March 10:00am– 12:00pm
Medicine & Emergency Care, Surgery, Anaesthetics & Cancer
Friday 8 March 10:00am – 12:00pm

To register for any of these HTP focus groups, please email sath.engagement@nhs.net

Why not join us as a Community Member and receive our monthly email update #GetInvolved?

Sign up here:

<https://www.sath.nhs.uk/about-us/get-involved/public-participation-2-become-a-member/>

Telford Carers Centre

Feel valued, supported, listened to, in control, Your journey, Your Way.

Welcome to our update to our Telford and Wrekin CVS Carers Centre. We wish to get to know a range of family carers of all ages in Telford & Wrekin as well as the ones already registered with us here at the Carers Centre.

You may not recognise yourself as a carer. How do you know if you are a family carer?

You may be a YOUNG CARER? Basically, you may be a child or a young person between 5 and 18 years old who looks after or helps to look after someone at home who has long-term physical or mental illness of disability or has problems with alcohol or substance misuse.

What Young Carers Say

"I didn't realise that I was a 'carer'. I just tried to help my mum all I could. I sometimes felt sad and the Young Carers helped me by being there to listen to my worries – and I have lots of fun as well".

We help you to have some time from caring and do things that other young people, may take for granted. Like our Youth Club where you can chill out, meet other young carers in similar situations, have some fun, share your worries and concerns with us and have us support you in your caring role.

OR INBETWEEN – Our 16–24-year-olds, are also supported by us as 'Inbetweeners' and we run a group and gain their views on caring and balance their time between the caring role and activities they can participate in.

AN ADULT CARER – If you are over 18 and look after someone who couldn't manage without your help then you may be a family or friend carer and we are here to support you.

First things first, just give us a call on 01952 240209 for an informal chat or email us on admin@telfordcarers.org.uk Our friendly Wellbeing Checkpoint team will be your first point of call at the 'All Ages Carers Centre'. If you are a carer and are happy to be registered with us, you will receive a 'Welcome Pack' and be able to take advantage of our support which is available free of charge.

You don't have to take us up on this support straightaway and there are a variety of different aspects we provide on your individual Caring Journey.

Carers find our 'Wellbeing Groups' of much help to them across Telford and Wrekin, where you can have some private time with us, as well as a chance to share some general information with other carers over a cuppa, discussing and learning about relevant carers topics, fun activities, listening to visiting speakers, taking a break from caring and making new friends.

What Carers Say, "If you've got any problems the Carers Centre are there to listen - they have so much knowledge and can help me find solutions. And if they don't know, they know someone who does!"

We have a new 'Carers Way Initiative' which is All About You as a Carer

These sessions are held at the
Independent Living Centre, 3A Hazledine House, Telford Town Centre TF3 4JL.

Weekly every Thursday 10am - 4pm.

Just drop along when you wish.

Friday at 10am -12pm for a coffee, chat and wellbeing activity and then a drop-in open to 4pm

We welcome you to drop in, including to get information about the services we offer and how we can support you both in your caring role and as an individual.

We can tell you about other forms of support, assistance in the home and additional Wellbeing Carer Groups that may also be of interest to you and nearer to your home to attend.

Please find out more of what we do at Telford and Wrekin CVS.

Website: www.telfordandwrekin CVS.org.uk

Tel: 01952 240209

Having trouble with sleeping?

I speak to a lot of people who have difficulty with sleep, some can't find it, others can't get enough of it, and some can't stay asleep. Whatever your difficulty these tips may help.

Try to stick to a schedule, same bedtime and same wake up time. It's to do with our body clock and is often helpful for actually going off to sleep.

Try not to take naps, especially in the afternoon, early evening. I understand it's difficult if you are exhausted but it's about breaking the cycle.

Exercise every day! The more you exercise the more sleep you'll want, that's the plan anyway. Walking or running is a great way to get tired and it's very cheap.

Try moving your bedroom around. Are you too hot or too cold? Do you need a blackout blind or heavier curtains? If you use a fan or have a snoring partner maybe try some ear plugs?

Is your mattress comfortable? Are your pillows too? It may be an expense you haven't counted on but well worth it if it helps you get some quality sleep surely? Pillows especially, aid a good night's rest.

I'm not getting into the argument about whether alcohol or caffeine aid a restful sleep however, it might be helpful to keep a diary about what foods and drink you consume in an evening?

Winding your mind down is very important, reading a light book might be helpful. PC screens or TV are not apparently. They actively wake you up. You could also try listening to relaxing music such as classical etc. Having a ritual before bedtime is helpful, this might include listening to music, reading or meditating.

The above ideas might sound very obvious and I'm sure you have probably tried some or all of them. It might be worth revisiting them. Has to be worth a try! Good luck.

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

Forum 50+ volunteer roles:

Befriending - 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.

Helping out at one of our regular social groups, or helping set up a new group.

Helping to organise social activities.

Joining our Environment and Transport Action Group

Charity Trustee.

Flexible times, re-imburement of travel costs, full guidance/support.

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

How about occasional volunteering?

Giving an occasional lift, perhaps to a social group, community activity, appointment etc

Doing a little shopping for somebody or collecting a prescription.

Doing a light task at home.

Popping in for a quick cuppa or to check in on somebody.

Mileage costs/bus fares will be paid along with any other expenses.

A DBS check may apply paid for by us.

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

Hearing Loss Support

Do you wear an NHS hearing aid? Would you enjoy helping people adapt to wearing NHS hearing aids?

Could you spare a couple of hours a week?

Community Resource

Call 01743 360641

enquiries@community-resource.org.uk

Why not give it a go?..

New T&W Council Safer & Stronger Initiatives:

Walking Football

Starts February 27th from 1.45pm

Call coach Gary for more details 07854 715351

Walking Hockey

Starts February 27th from 1.45pm

Email: saferstronger@telford.gov.uk for more details.

Free sessions, no need to book, all ages. Both at: St George's Hockey Club, Church St, TF2 9LU.

Try something new this year - Archery!

Bowbrook Archers are running a course for beginners

Six weekly sessions starting on:

Saturday 24 February 2pm - 4pm

Tuesday 14th May 6.30pm - 8.30pm

Tuesday 9th July 6.30pm - 8.30pm

Cost: £80 adults, £50 under 18's (equipment included)

At our purpose built modern indoor range. Wheelchair accessible.

Bowbrook Archers (near Withington) SY4 4PS

An enjoyable family activity for all ages (8 years plus). It is an accessible sport . Age and mobility issues and other challenges are not a barrier to taking part.

Contact Tim Swane for application form and payment details. Email: timswane826@btinternet.com

If you're not an email user, phone Forum 50+ and we'll pass the message on, 07932 828333.

Join the Forum 50+ Football Team!

Forum 50+ are putting together a team to take part in a Community 5-a-side football tournament, on Saturday 11th May, 10am - 1pm at AFC Telford, Wellington.

The event focuses on awareness of men's health issues and information about checks and screening.

Let's show that age is irrelevant (although walking is allowed!).

Teams can be up to 8 players.

Contact us if you'd like to take part 07932 828333, email

info@forum50plus.org.uk

Back to Netball

Back to Netball is a fun way to get active and make friends, whether you haven't played the game for years, or have never played it at all. Trained coaches will guide you through the basics. Each session contains skill-based activity and fun game play. For all ages and abilities.

There are 2 sessions running:

Mondays 6pm to 7pm at the Telford Langley School, Duce Drive, Dawley TF4 3JS (cost £3.50 per session).
Wednesdays 6pm to 7pm at Oakengates Leisure Centre, New Road, Wrockwardine Wood TF2 7AB (cost £4 per session).

Book at <https://bit.ly/48f4oBz> or email for more details: ruth.hughes@englandnetball.co.uk

Telford Walk Week 2024 - would you like to be a walk leader or helper?

Telford Walk Week 2024 is planned to take place 25 May to 2 June and organisers are looking for people to help to lead some of the walks as part of the event.

If you'd like to take part in the walk leader or helper training please email:

info@telfordt5050miletrail.org.uk

If you are interested in receiving details of Telford Walk Week 2024 visit <https://bit.ly/47XF42D>

Forum 50+ social groups

Tea/coffee, chat, meet new friends.

Horsehay Village Hall, Bridge Rd, Horsehay TF4 2NF
(Occasional activities – including indoor curling last Monday of every month except December)
Mondays 10.30am - 12pm

Six Bells Inn, Church St, Madeley, TF7 5BN
Mondays 1.30pm - 3pm

Sambrook Centre, Grange Ave, Stirchley, TF3 1FL
1st & 3rd Tuesdays of the month. 10.30am - 12pm

The Woolpack, Acorn Way, Shawbirch, TF5 0LW
Tuesdays 1.30pm - 3pm

Outpost Cafe at the Wakes, Theatre Sq, Oakengates, TF2 6EP
Wednesdays 1.30pm - 3pm

Wrockwardine Wood & Trench Parish Council, Church Rd, TF2 7AH
Thursdays 10.30am - 12pm

Highfield House, Hadley Hollow, TF1 5NX
Fortnightly Thursdays 10.30am - 12pm

Call 07932 828333 for details.

Senior Social at the Wakes

Spring Programme 2024 Thursdays at 1.30pm - 3pm

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

22nd Feb Line Dancing with Dale Abnett, £6.
29 Feb Film Screening, (1pm - 3pm) £4.
7 Mar Decoupage for Spring, Kathryn Banks, The Creative Station, £8.
14 Mar Easter Arrangement, Caroline Hamps, The Potting Shed, £8.
21 Mar Easter Quiz, £4

Stamp Collecting

Fancy a new hobby that can be cheap, interesting, engage your mind and open doors to new friends?

Try stamp or post card collecting. Your local club will help and advise. Interesting meetings are held monthly on the second Monday at 7.30pm in the Belmont Hall, Wellington. Come a try us out without charge.

Stamp, Card and Coin Fairs held on 13th April and July and on 12th October, in the Belmont Hall, Wellington, 10am to 2pm.

Further information from Richard Camp, tel: 01952 405458.

Men in Kitchens - New Group

Including managing a small plot of ground at the side of the communal room to grow a few veggies and herbs for use at the cooking class so that the group can grow the food and cook it too.

For over 55's, men who maybe have lost their partners and never really learnt how to cook themselves or maybe your partner has become ill and can no longer do the cooking and you have to learn quickly how to cook healthy meals on a budget. It's also a great opportunity to socialise.

11am-1pm. Every other Tuesday to begin with, starting Tuesday 12th March. Vicarage Grove Communal Room, Dawley, TF4 3AG

Places must be booked due to limited space.

Call Trina on 07816 510412.

£3 a session and you can eat what you cook at the end of the session.

Poetry Group

Meets every Friday at 11am,
Lawley Bank Court, Martingale Way, TF4 2PP.
Open to non-residents. Tel: 01952 502420.

Need help finding a group, club or class?

Visit our directory at forum50plus.org.uk/clubs-groups-and-classes/ where you'll find a huge list of activities. You can view the list either by category or by area.

If you're not online, give us a call and we can have a look for you.
07932 828333.

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