



Forum 50+ Newsletter May 2024



May is National Walk week and this year there are many events happening to support walking in Telford.

The events team at Telford & Wrekin Council, together with the Friends of the Telford T50 50 Mile trail, have put together a comprehensive programme of walks for all ages at all times of the day to enable people to come together in all parts of the town

You can enjoy a walk with friends and family, meet new people and explore the many walks and routes throughout the town. For more information about the entire programme go to [VisitTelford](#) for full details of this very exciting programme.

From the Tuesday, all the regular Ramblers Wellbeing walks are included in the programme and [EMAIL](#) for more information. All the new 23 circular Coronation Walks will be led during the week. All these walks are free and are short in length from less than 2 miles to no more than 5.

The T50 Relay Challenge is normally run, but this year 20 walkers from Wellington Walkers are Welcome will walk the relay on Saturday 25th May. I think most, if not all, the walkers will be over 50 and many over 70. Most would put that down to the fact they love walking and the health benefits it provides. They are doing this as part of the national Walkers are Welcome “celebrate your local paths in May” event.

If any of the members of Forum 50+ have completed the T50, no matter how long it has taken, they can request a PDF certificate and can also purchase a medal for £3.00.

For more information about the T50 or the Coronation walks visit the [WEBSITE](#) or [EMAIL](#).

Wellington Cycle Delivery Service

WCDS operate a free of charge e-cargo bike delivery service on market days within a 3 mile radius of central Wellington.

We have a bike purchased for us by Wellington Town Council and we work with all small traders in Wellington, both inside the market and on the high streets. We also collect from homes to deliver to charity shops.

We have 14 volunteers and the service works well but we'd like to engage with those that might need the service most, those who may be housebound or unable to lug heavy shopping home.

It is service with a smile, free to all (although we do accept tips for bike maintenance, bad weather clothing etc)

We try not to be in a rush if customers want to chat.

Texts work best because it is difficult to take calls while cycling, 07498 136120.

[Find us on Facebook](#)

Let's talk...



Community Hub

Come and speak with a range of providers offering guidance on personal health, wellbeing, care requirements and more.

**Every Wednesday, 10am - 1pm at
Madeley Library in the Anstice**

You will find a welcoming space where your needs and concerns are heard and addressed.

Weekly services include:

Blood pressure checking
Healthy Lifestyles
Independent Living Centre
Telford Mind Social Prescribers
Social worker support
plus...regular guest services

Helping to give you the tools and knowledge necessary to make small yet impactful changes to your life



For more information about the Let's talk Live Well Community Hub and the service providers attending email charlotte@madeleytowncouncil.gov.uk or call 01952 567288

Forum 50+ will be at the Community Hub on Wednesday 15th May.

Regular Forum 50+ Activities

Social Groups

Find out where and when we meet for a cuppa and chat near you.

Search our Directory of Clubs, Groups & Classes throughout Telford.

Exercise & Wellbeing Sessions

Seated Exercise, Yoga, Chair Yoga, Men's Yoga and Breath Work & Meditation.

Digital Support

Drop in at our sessions or get help at home.

Telford & Wrekin Council Drop In sessions at Southwater and Wellington Libraries.

Indoor Curling

**Next Curling session is 20th May then twice a month:
June/July dates: 10th June, 24th June, 8th July, 22nd July.**

Horsehay Village Hall, Bridge Street, Horsehay TF4 2NF
10.30am - 12.00pm
Hot drinks & biscuits
£3 per session, no need to book.



Join our social network

Are you looking for social meet ups, activities and events, and to make new friends.

Click below to join our new network.

[JOIN NOW](#)

We ALL SAND together

Will you help SAND?

Lesbian, gay, bisexual and trans (LGBT+) people in Shropshire, Telford & Wrekin, aged 50-100+, are invited to join SAND in some discussions to identify a whole range of questions that may arise around particular themes, such as: Ageing without children; Housing; Well-being; Money; Legal considerations and Care, which are also being explored in a series of online discussions.

The thoughts and ideas arising from the face-to-face and the online sessions will then be collated into a 'Frequently Asked Questions' resource alongside the details of organisations which may be able to help people to find the answers!

To get the thought-processes going - some of the questions already shared with us include:

- who is going to look out for my interests in 10, 20 or 30 years' time?
- what are my options if home maintenance starts stressing me out?
- what if I have a temporary health condition which means it is hard for me to cope at home in the short term?
- are there any implications of not being married or in a Civil Partnership?
- how does anyone pay for the care that they need?

Online sessions take place each evening week beginning Mon 20 May, 7:20pm-8pm. Face-to-face sessions are at Palmer's of Shrewsbury Sat 8 June 10am-12pm and Poetry Pharmacy, Bishop's Castle, Sun 7 July, 10am-12pm.

BOOK HERE or call us on 01743 590023 or scan the QR code below.

Safe Ageing No Discrimination (SAND) CIC is a community organisation whose goal is to improve the experiences and increase the expectations of LGBT+ people as they age in Shropshire, Telford & Wrekin. Download their recent publication, Inclusion Matters **HERE**, which highlights some of the inspiring work being done by organisations to EMBRACE A Culture of Inclusion across the county.



THE INCLUSIVE
COMMUNITIES FUND

Funded by
UK Government

Commonwealth Games
Legacy Fund

West Midlands
Combined Authority

heart of england
FOUNDATION

UNITED BY 2022
LEGACY CHARITY

OUR WATER. ONE LESS THING TO WORRY ABOUT. FIVE WAYS WE CAN HELP.



The Big Difference Scheme

We can offer a reduction of water bills to any Severn Trent customer with a low household income. You can now also apply online!



Customer Assistance Scheme

We've provided funding and are working with a partner organisation to help our customers with financial needs. They can help with Income Maximisation by checking you're receiving the right income and reviewing your eligibility for benefits. Additionally, through our funding they can also offer Debt Support.



Debt Support Matching Plus

We can match your monthly payments – in part or fully – to help bring down your account balance.



Bill Cap WaterSure Scheme

If you're on a water meter and have three or more children under 19, or you have a medical condition that means you use more water, our Watersure scheme could help by capping your bills.



Water Direct

We can take the stress out of remembering to pay your bills by arranging to have your payments made directly from your benefits.

Whatever your situation, if you're worried about being able to pay your bill – get in touch today. To find out more about any of these schemes, scan this QR code.



Or go to www.stwater.co.uk or call us on 03457 500 500

We also have different ways to pay your bill such as spreading it over the year at no extra cost.



WONDERFUL ON TAP

AFC TELFORD UNITED FOUNDATION AND TELFORD & WREKIN COUNCIL PRESENTS

35+

Community
five-a-side

Football tournament

FREE

ALL
NATIONS
ARE
WELCOME

Saturday 11 May 2024 10am - 1pm

Family football and health event in Wellington

On **Saturday 11 May from 10am to 1pm** in 'The Goal Zone' at **AFC Telford, Haybridge Road, Wellington TF1 2NW** spectators are invited to come along and watch the friendly football matches, get their blood pressure taken and find out more about the health and wellbeing services that are available in Telford.

There will be stalls staffed by representatives from Telford Mind, Lingen Davies, Health Watch and our Healthy Lifestyles Team, as well as blood pressure checks, healthy lifestyle advice, and information about local mental health support services.

Refreshments will be available and an award Prize Cup will be presented to the winning team at the end of the tournament by local and football VIPs!

No need to book – just come along to watch the football matches and visit the stalls anytime between 10am to 1pm.

EMAIL for more details.



**Telford's NEW
over 50's exercise
classes are here!**

**Are you looking for gentle exercise which
creatively mixes seated and standing
exercises, that will help you achieve improved
levels of well-being and fitness.**

Weekly classes from April, 8 2024 in
Dawley | Donnington | Hadley | Madeley
Newport | Oakengates | Stirchley | Lawley
Wellington | Woodside

[Find out more](#)

Falls Awareness

and getting up off the floor safely workshop.

The falls awareness and getting up off the floor safely workshops are designed to help people who are at risk of falling with information about what increases the risk of falling and how to get up off the floor safely, if they did fall.

Late summer 2024 onwards, we will be announcing a series of workshop in the community, free of charge. These workshops have been funded by the Shropshire, Telford & Wrekin Integrated Care System (NHS ICS).



[Register Your Interest](#)

ETAG - Environment & Transport Action Group

Do you have an issue or query about local issues such as?:

Bus services, train services, station facilities, bus stops, timetables, travel concessions, waste & recycling, street lighting, road maintenance, litter picking, grounds maintenance, consumer affairs.

Get in touch and we'll see if we can investigate on your behalf.

[EMAIL US](#)

[ETAG News Updates](#)

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We Clean your Carpets, Floors and Fabrics

SCAN
for more info

£69 **BIG DEAL**
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Save £36

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dri-now.co.uk

Book Now 01952 303 382

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Forum 50+ is the working name of registered charity, Telford & The Wrekin Senior Citizens Forum, reg no 1153586.



[Unsubscribe here](#)



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