



Newsletter January 2025



Show yourself some love and self care this Valentine's Day

.....by investing some time in your emotional wellbeing.

Valentine's Day is celebrated as a day of love, so what if this year, you could develop skills to cultivate the self-love you deserve?

Perhaps stress, anxiety and low mood are impacting your day to day life. Maybe you're struggling with the loss of a loved one, medical conditions, loneliness, or are just finding it hard to cope. Join us for a transformative Emotional Wellbeing Workshop this Valentine's day, 14th February.

Forum 50+, in partnership with Alix K Therapies is offering an opportunity to come together with others for the first of a series of free workshops - for anyone wishing to improve their emotional health through discussion, demonstration of calming techniques and mindfulness practices. (There'll be no obligation to share what you're feeling or what you're coping with.)

This initial session will include an introduction to a stress reduction technique known as EFT (Emotional Freedom Technique) plus an opportunity for us to explore what might help you in future sessions.

The sessions will be relaxed and informal with an opportunity to chat and get to know one another, and there'll be plenty of tea, coffee and biscuits of course!

Friday 14th February at 10.00am – 11.30am
Jubilee House, High Street, Madeley, TF7 5AH
Ample parking and bus stops close by.

Please book as places are limited. Reserve your place [HERE](#) or contact Chris 07932 828333.

For those who prefer to attend an online session, please indicate this on the form. Please get in touch if you have any questions.

While the world focuses on love for others, join us to learn how to nurture the most important relationship of all - the one you have with yourself.

Walking to Fitness...

Walking with a group is free, sociable and an easy way to ease into getting some regular exercise and fresh air. There are plenty of group walks available in Telford & Wrekin, at various distances to suit everybody. Visit:

Ramblers Wellbeing Walks Telford & Wrekin
Telford Coronation Walks (Facebook Page)

Do you know where to go for Adult Social Care Services?

Telford & Wrekin Council has brought together information, support, and advice all in one resource called **Knowing Where to Go**.

You can also download a printable flyer [HERE](#).

Forum 50+ regular activities

Exercise Sessions

Improve stamina, flexibility, fitness, muscle strength...

Seated Exercise to Music, with Sarah

The Wakes, Oakengates - Tuesdays 1pm
Ketley Community Centre - Tuesdays 2.15pm
Admaston House - Thursdays 10.30am

Yoga, with Sam

Coalbrookdale Community Centre - Tuesdays 9.30am
Menoga (Men's Yoga) at Dawley Town Hall - Thursdays 9.15am

More details on our [WEBSITE](#).

Indoor Curling

Next Curling session is 3rd February, then fortnightly:

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

Creative Writing Group

Forum 50+'s Creative Writing Group takes place monthly on the second Wednesday of every month at 2pm - 4pm. (Next meeting 12th February)

Hadley Community Centre, High St, Hadley, TF1 5NL.
£2.00 per session, tea/coffee. Just turn up or call 07932 828333.

Regular 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.](#)



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](#)

Digital Support

Drop in at our sessions or get help at home. [Find out more.](#)

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

[Free Get Connected Courses](#) - provided by Telford & Wrekin Council in partnership with Age UK Shropshire, Telford & Wrekin

[Learn Telford Free Digital Courses:-](#)
[Get Online](#)
[Spreadsheets for Beginners](#)

[Tech With No Limits Free Courses](#)

ETAG - Environment & Transport Action Group

Volunteers needed for our Environment & Transport Action Group! Please [EMAIL US](#) if you can help.

Read the most recent [ETAG update](#) on our website.

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.](#)



New Year, timeless legacies.

We can help with Lasting Powers of Attorney, Wills, Estate Administration, Probate and other personal legal services.

Home visits available on request.



Fodens Business Centre
M54 Junction 6, Telford, TF3 5HL
Offices also at Smithfield Road, Much Wenlock, TF13 6BG
01952 726111 | hello@fodens.co.uk | fodens.co.uk

This email was sent to {{ contact.EMAIL }}
You received this email because you are registered with Forum 50+.

If you do not wish to receive email newsletters, please contact us at info@forum50plus.org.uk or visit our website to [Update your details](#).
If you don't wish to receive any emails at all from Forum 50+, please use the [Unsubscribe](#) link below.

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



[Unsubscribe here](#)

