



SHROPSHIRE
SENIORS

Charity Number 1105512

THE FORUM

February/March 2018

Issue 61

DATA PROTECTION

Apologies for the Magazine being slightly later than usual. We at Shropshire Seniors take Data Protection very seriously. Due to the alteration in the way the magazine is now sent out we have had to update our Data Base. This has been done to comply with all the rules and regulations and in accordance with our own Data Protection Policy.

Shropshire Seniors will never give or sell your personal details to a third party. Any information you supply us with will stay with us.



SHROPSHIRE WELCOMES 2018 OR DOES IT!!!!

A couple of months into 2018 and we are advised that Council Tax will rise between 5-6% (double the rate of inflation).

No doubt we will be told this increase will enable the Council to keep services etc. at the present level. We

would point out, in fairness to the Council, all Councils are looking at hikes in Council Tax Charges over the rate of inflation. However our concerns are limited to Shropshire on this one.

Parking charges are increasing. That would not be too distasteful if a percentage of the increase was spent on the public transport infrastructure. However, in Shrewsbury altering the free evening parking times is questionable. At present parking is free from 6 pm onwards. The alteration is to make it free after 8 pm. Thus catching theatre goers, cinema goers and early diners in the town. Is this the reason for the amendment, extra cash.

On the plus side - a huge congratulations to Shrewsbury Market. They have been voted the best in the Country. Well done to everyone involved.

The Council have acquired the Shrewsbury Shopping Centres. This would be excellent news if Council Taxes and Parking Charges were not being increased because the Council ;needs the money.

Telephone: 01743 891833. email: shropshireseniors2015@talktalk.net

Web site: www.shropshireseniors.org

Facebook

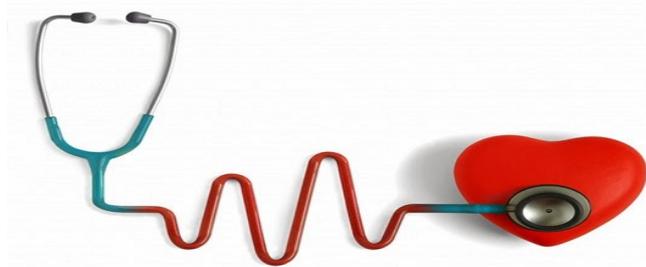
What a pity their overseas Trusts do not cover the welfare of the residents of Shropshire.

The Council advise us that eventually the income generated will help its budget problems. They are correct because it is a prime location. However the timing of the purchase together with all the increases residents have to endure is quite upsetting to a lot of people.. Particularly as the Council will not confirm the official purchase figure which it says is commercial confidentiality. Rubbish, other property purchases can and are disclosed why is the Council any different. A figure of £51 million has been mentioned.

Before any more money is spent on this venture the Council should bring in the person who had the vision regarding Shrewsbury Market. It has gone from a rather sad and lack lustre place to a vibrant and exciting place where people want to go. This could be done in the Riverside. Why build a car park on this site when the town already gets grid locked at certain times of the day., thought the Council wanted to limit the number of vehicles in the town centre not add to them.

Apparently residents views will be sought before any definite plans are drawn up. If you have any views on the subject please do let us know. We will collate your responses and pass them on to the Council.

Some days I amaze myself,
Other days I put my
Keys in the fridge.



NATIONAL HEALTH SERVICE

This year the NHS is 70 years old. From time to time people complain about this service but actually we are extremely lucky to have it. Most of us will have used it in some form or another.

Some of us will be amongst the first generation to be affected by free healthcare and whilst not all stories are good most are memorable and some warm hearted.

To help celebrate and commemorate this anniversary, do you have some memories that you would like to share with other Shropshire Seniors.? If so we would like to hear from you and, with your permission, publish some of your stories in the Forum Magazine during the year.

No story should be more than 200 words in total. Please send them either by post or email (details on the front page). We look forward to hearing from you.

On behalf of our members we would like to express our gratitude to all Doctors, Nurses and ancillary staff working within the NHS. We do appreciate all you do, sometimes under difficult circumstances.

Jim came home from seeing the doctor looking very worried.
His wife said, "What's wrong?"
He said, "The doctor told me I have to take a pill daily for the rest of my life."
She said, "So what, lots of people have to."
Jim said, "I know but he only gave me four pills."

PERKS OF BEING OVER 50

1. Kidnappers are not very interested in you.
2. No one expects you to run—anywhere
3. In a hostage situation you are likely to be released first
4. People call at 9 pm and ask, “Did I wake you???”
5. People no longer view you as a hypochondriac
6. There is nothing left to learn the hard way
7. Things you buy now won’t wear out
8. You can eat dinner at 4 pm
9. You can live without sex but not your glasses
10. You get into heated arguments about pension plans
11. You no longer think of speed limits as challenges
12. You quit trying to hold your stomach in no matter who walks into the room.
13. You sing along with lift music
14. Your eyes won’t get much worse
15. Your investment in health insurance is finally beginning to pay off
16. Your joints are more accurate meteorologists than the national weather service
17. Your secrets are safe with your friends because they can’t remember them either
18. Your supply of brain cells are finally down to manageable size.
19. You can’t remember who sent you this list.

THOUGHTS OF A GRUMPY GRANNY

Why do the stairs to my bedroom seem steeper than when I was a young girl and used to run up and down stairs as quick and as nosily as possible?

Who is that old lady I catch glimpses of in the mirror? I haven’t invited her into my house.

Why are the most interesting programmes on late at night when I fall asleep watching them?

Thank goodness its getting lighter at night. I can save on my electricity costs.



LUCKY NUMBERS

OCTOBER DRAW

1. R.E.. Taylor-Murison
2. 2. Mrs. M. McGeavor
3. 3. Mrs. I Watkinson

DECEMBER DRAW

1. Mrs. S. Howell Jones
2. K. Baddley
3. Mrs. P. Tyler

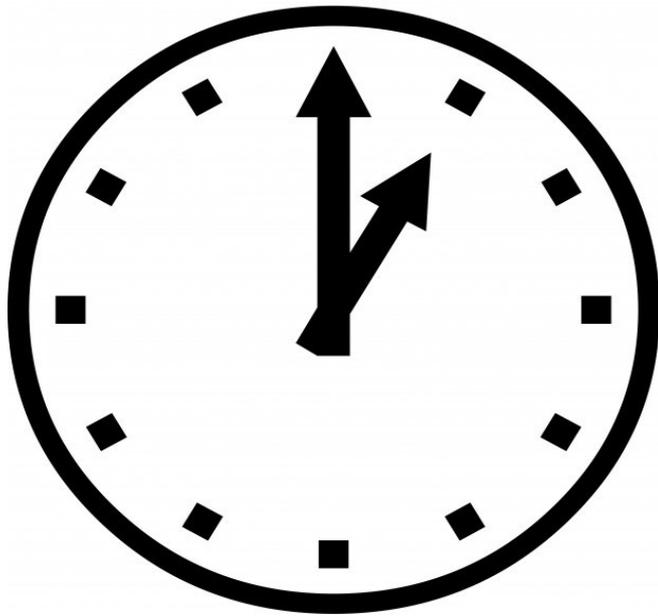
The February draw winners will appear in the next issue. The April draw will be the last one for this session.

Many thanks to all who have supported this fund raiser for the Charity.

We do not receive any grants etc. so your support of our fundraising efforts is greatly appreciated.

SOME INTERESTING FACTS

1. 30-50% of food produced globally for human consumption is wasted every year.
2. That's 7.3 million tonnes of food wasted very year in the UK.
3. The average UK family wastes almost £60 per month on uneaten food..
4. For the average UK family with children that is almost £720 per year spent on uneaten food.



DO NOT FORGET

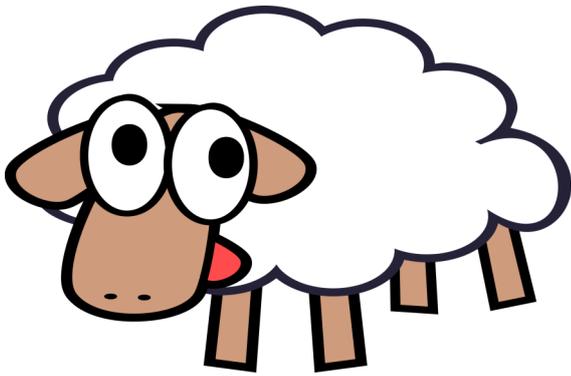
Clocks need to be altered on the 24th March, 2018.
British Summer Time begins on the 25th March .

However, at present it is still really cold and here is three ways to help you keep warm .

1. Wear several layers of clothing. Rather than one thick layer. Layers trap warm air.
2. Have hot meals and drinks to raise your body temperature and try to keep active. Instead of a sandwich have a bowl of soup.
3. Heat your home to at least 18C if you are over 65, have a health condition or aren't very mobile.

If you are worried about the heating bills, contact the Energy Saving Trust (0300 123 1234; energysavingtrust.org.uk) for advice.

Please remember to check on older and vulnerable neighbours when the weather is cold. Make sure they are coping.



Although you may not think so because of the weather, we are coming into the lambing season.

If you are a dog owner please keep your pet under proper control when taking them for walks in rural areas.

It is your responsibility to ensure that your dog does not disturb wildlife, farm animals, horses or other people.

Your dog should be kept on the lead or in sight at all times. You should be confident that your dog will return when prompted.

A farmer may shoot a dog which is attacking or chasing farm animals.

BLAME THE SENIORS

Senior citizens seem to get blamed for most things these days—job shortage, housing shortage, over spend on social care etc. etc. They would probably blame us for the weather if they could.

Does all this blame just apply to the general public because it is interesting that all the main political parties are run by senior citizens. Theresa May is 61, Jeremy Corbyn is 68 and Vince Cable is 74.. Over the pond Donald Trump is 71. Maybe if all senior citizens became MPs we would be viewed with a little more thought.

Age is a relative term.

*All my relatives
keep reminding me
how old I am.*

The following article was sent in by one of our members. It is something a lot of us will relate to. If I had been wearing pressure socks when reading this they would have fallen down because of my laughing.

PUTTING ON PRESSURE SOCKS

When my husband came home from Stoke hospital he arrived with just three pressure socks! Maybe the hospital knew he has relatives on the Isle of Man, or more likely they were short of socks. I had to learn how to put them onto his legs. They were incredibly tight and non-stretch.

We decided that we would order two more pairs online. We thought, wrongly that the company concerned would pop two pairs into an envelope and post them off and we would get them in a matter of days. Not so, after a week my husband rang the company and amid apologies they promised to send them. They had got caught up in their ordering systems. Another week passed and a further phone call and the socks finally came. My husband sent an email to the company complaining about their inefficiencies and they sent an extra pair to compensate.

On the company website is an example of how to put them on! I watched hoping for enlightenment but it seems to bear no relationship to the actual exercise. My method finally came down to a small cushion to put on my lap so Make's heels didn't dig in too much, a small plastic bag to put over the toes to help facilitate the initial sliding on, and Latex gloves to stop nail catch, and lots of patience!

In the end after four weeks I have become an expert! We have enjoyed a lot of shared laughter too and I'm very glad to say that he no longer has to wear them, until the next time, probably in a few months when he has a hip replacement.

SOPA

The voice of older people in Shropshire

HEALTH & SOCIAL CARE: WHAT'S THE ALTERNATIVE?

As pressure on Health & Social Care grows and services shrink,
Do you ever ask yourself what else is available, what are the
Alternatives? Why don't you come and find out more about

Alternative Medicine and technology?

TUESDAY, 17th APRIL—10am to 12.30pm
UNIVERSITY CENTRE,
SHREWSBURY.

RSVP 01743 891833 or Shropshireseniors2015@talktalk.net
Ann Wilde, The Old School House, Worthen, Shrewsbury SY9 9HT.

Refreshments available throughout the meeting.

We look forward to seeing you there.
Please support this event.

THINK TWICE

Before asking your GP to prescribe over-the-counter medicines for common or short-term ailments Shropshire medical practices spend approximately £1.3 million on medicines which are easily available to purchase from your local pharmacy or supermarkets. Keep a small supply of simple treatments in your medicine cabinet. Many of these treatments are more expensive when prescribed on the NHS compared to when they are purchased in pharmacies or supermarkets. E.g. paracetamol is approximately four times more expensive on prescription.

Ask your local pharmacist for advice on how to treat minor illnesses.

FORUM NEWS

ALBRIGHTON

Unfortunately, the last two meetings had to be cancelled due to late cancellation by the Speaker. The February meeting is on Friday 23rd and the speaker will be from Healthwartch. For any information etc. please ring Bob on 07742570727

If you are interested in the Forum would you consider doing some secretarial work to assist the Chair. They are looking for a speakers secretary. If you are interested or would like to know more please ring the number above.

Meetings are held on the last Friday of the month with the exception of August and December.

BRIDGNORTH

At present this Forum is on hold until we can find a new Chair to take it forward. If you are interested please do get in touch (01743 891833) Help and assistance is available.

MARKET DRAYTON

At the November meeting members had a talk from Mandy Parkin . Mandy identified that there was more to life than the normal everyday expectations and keeping well.

The January meeting , due to lack of heating at the meeting venue, was held in a local coffee house. Members enjoyed the chance of chatting etc. over a hot drink, the weather not being kind that day. Clive and Jackie Dyer will be speaking in February about local wildlife.

Meetings are held on the first Tuesday of the month with th e exception of August and December.. Telephone 01630 654958 for more information

RADBROOK

At the November meeting Councillor Keith Roberts came along to talk to members. He told them about what is happening in the area. Most concerns were about the trees being cut down. Members who are resident at The Radbrook Nursing Home said how much they enjoyed watching the birds. Something a lot of us can relate to.

The January meeting was cancelled due to activities at the Nursing Home.

In March we shall be talking about New Years past . The New Years Resolution Police could be in attendance. Intrigued then why not come along on the 12th March at 11 am

As always, we are extremely grateful to Morris Care for allowing us to hold meetings at The Radbrook Nursing Home and for providing the tea and biscuits.

Everyone is welcome telephone 01743 891833 for further information.

SHREWSBURY

Due to a mix up of dates, we held our Christmas meeting at the end of November. We met later than usual for coffee and mince pies. After a chat and a draw we enjoyed our Christmas dinner. The Barnabas Centre always provide us with a great Christmas Dinner, which was enjoyed by all who attended. It was nice to see some members from Market Drayton and Wem join us.

At the February meeting we shall be having a talk on the Shrewsbury Drapers Company which should be very interesting.

In April we will be having a talk on the work of the Ark, an organisation that helps the homeless.

Meetings start at 10.30 am at The Barnabas Centre, Longden Coleham, Shrewsbury. For further information ring 01743 891833.

WEM and WHITCHURCH

The Forum alternates its meetings between Wem and Whitchurch. In Wem the meetings are on the third Thursday of the month and in Whitchurch they are on the third Wednesday of the month.. Please ring 01939 236301 for more information.

Everyone is most welcome at all of the Forums and if you have never been before we suggest you give it a try.

If you do not want to attend a Forum meeting but are interested in helping in other ways Please ring 01743 891833 for a chat.

SHOPPING ON LINE

HELP TO RAISE FUNDS FOR SHROPSHIRE SENIORS.

Every time you or your family and friends shop online, you can help raise money for **the Shropshire Association of Senior Citizens Forums (Shropshire Seniors)**. Here's how it works:

1. Want to make an online purchase. Go to <http://www.easyfundraising.org.uk/>.
2. Click on Support a Good Cause
3. Enter **Shropshire Association of Senior Citizen Forums** as the cause you wish to support.
4. You will be asked to register, giving your name, email address and password to create an account.
5. Click on any of the 2,700 retailers and choose the one you wish to shop with.
6. Make your purchase (the price will be exactly the same as if you had gone direct to the retailers site).
7. The retailer will give you a reward (eg. 1.5% of the purchase price) that you can turn into a donation for **Shropshire Association of Senior Citizen Forums**
8. Easyfundraising collect this donation and send it to us at no extra cost.
9. The whole process is 100% free and you help to support Shropshire Seniors.

THANK YOU

MARCH

The winds of March blow hard and cold,
But the gardener has nought to fear.
A well-kept garden stands proud and bold
All ready for the coming year.

**For every fog in March
There will be frost in May**

Sow sweet pea seeds. 12mm deep in seed trays and place in 56-68c. They can also be sown outdoors in April in the garden.

Plant container grown shrubs at any time when the soil is not frozen or waterlogged.

Lift and divide large, congested clumps of herbaceous plants. Use a garden fork to dig under the clump and to prise it gently apart. Replant young parts from around the outside. Discard the old, woody, central parts.

Sow carrots and early peas.

APRIL

April showers bring forth
May flowers.

Plant greenhouse tomato plants in the border soil, grow bags or pots.

Prune winter flowering shrubs now.

Sow seeds of cabbage for harvesting during summer and autumn. Sow the seeds 18 mm deep in drills. 15cm apart in a seedbed. The young plants are later planted in a vegetable garden.

Sow parsley seed in pots then place in 10-15c

When pricking out seedlings hold them by their leaves and not their stems.

Sow hardy annuals outdoors this month, where they are to flower eg. Sunflowers.

[Plant waterlilies and other water plants. Make sure you select the variety of waterlily to suit the depth of your pond.

Now its gardening time break yourself in gently after the winter. You do not need to do everything in one day.

WARTIME RECEIPE

POTATO AND WATERCRESS SOUP

1lb potatoes 1 pint milk
1 pint vegetable stock
1 teaspoon margarine
2 bunches watercress
Salt and pepper

Wash and peel potatoes and chop in to small pieces.

Cook potatoes in stock till soft, mash and add margarine, milk and seasoning..

Reheat and just before serving add chopped watercress.

CHEESE SOUP

2 tablespoons chopped onion or leek, if possible.

1 1/2 oz margarine

2 cups of milk

2 cups of water

2 tablespoons flour

1 cup grated cheese

Salt and pepper

2 tablespoons chopped parsley

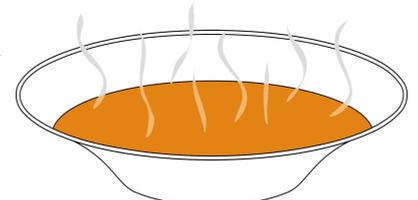
Add onion and margarine to milk and water, bring to the boil. Cook for 15 minutes. Stirring all the time.

Bend flour with a little milk stir in and cook for a few minutes to thicken.

Add cheese and seasoning.

Stir until cheese is melted but do not boil again.

Add parsley and serve very hot..



EASY BAKE CHOCOLATE CAKE

5 oz S.R. flour
6 oz soft margarine
3 oz drinking chocolate
3 tablespoons boiling water.

6 oz castor sugar
3 large eggs

Grease and line an 8 to 9 inch cake tin. Mix all ingredients together and stir well to combine.

Beat for 2 minutes.

Transfer mixture to prepared tin

Bake in centre of oven for about 1 hour at 350 or until well risen and firm..

Leave cake in tin for 5 minutes then turn out on to a wire tray to cool.

Slice cake through the middle and fill with whipped cream, when cool.

Coat top with plain chocolate melted in a drop of water.

IDEAS FOR LEFT-OVERS

Fry 2 or 3 apricots or a pineapple ring with bacon.

Add apricots tossed in mayonnaise or French dressing to a salad.

Chop apricots and use as a pancake filling, boil syrup from the fruit and serve as a hot sauce with the pancake.

Use chopped apricots mixed with raisins as a tart filling.

Top baked milk pudding with apricots, sprinkle with coconut.

Mix cherries with cream cheese and use as the main ingredient in a salad

Spoon cherries with juice over a banana, heat through, serve as a sweet.

NATIONAL CYCLE MUSEUM. LLANDRINDOD WELLS.

If you are interested in cycles this may be the place for you to visit.

Home to over 250 cycle beginning with a hobby horse from 1818.

The Museum is open 10 am—4 pm Tuesdays, Wednesdays and Fridays.

Entrance fee is £5 for adults, £4 for senior citizens and £2 for children.

Dogs go free.

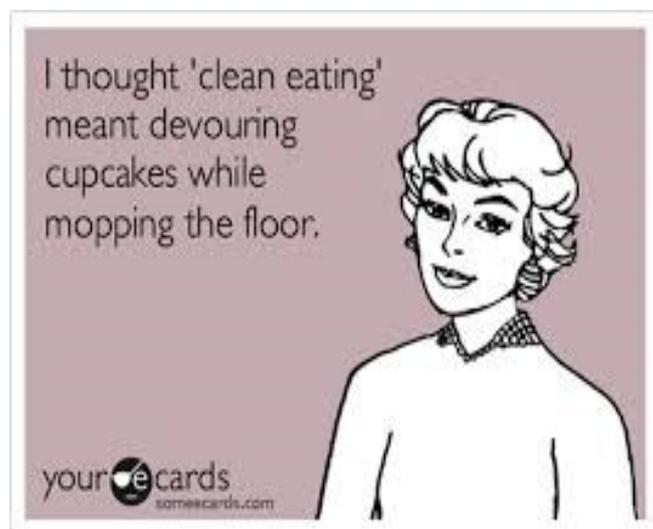
Contact number 01597 825531

BELATED APOLOGIES

Due to circumstances beyond our control the Grandparents Day in October 2017 was cancelled, Unfortunately, we were not aware of this when the magazine went to press. We did attempt to let members know but from the phone calls received not everyone got the message.

We sincerely apologise and will try to ensure that this does not happen again.

Hopefully those of you who went to the British Ironworks enjoyed your visit anyway.



LETTER FROM THE CHAIR

At our recent Annual General Meeting I was re-elected as Chair of Shropshire Seniors and think it is an appropriate time for me to say a few words:

The Charity has continued to work under the guidelines of our original Constitution. It is overseen by the Trustees but the Management Committee, made up of representatives from every Forum, implement the running of the Forums. The Charity also networks with other relevant organisations.

The Trustees have regular meetings where any major risks are considered. To-date finance is our only risk. We have procedures in place to manage any major risk in this area.

Our main objective is to alleviate loneliness and isolation in senior citizens and to keep them informed on issues relevant to them. Also to improve their health and wellbeing.

I believe that we are achieving this by providing peer support, advice and information and by the deployment of volunteer led meetings and social events, offering the means to participate in community and social activities for many senior citizens who would otherwise be unable to take part.

The Charity has achieved the aims to provide a voice in support of senior citizens during the past year. We have attended more events, reaching the wider community and collaborated with other Charities and worked with them to promote awareness and fundraising for our joint Charities. We have also attended many meetings on health and social care.

Activities included distribution of bottles, under the Message in a Bottle scheme, for people who are on daily medication. Outings have been organised, something we hope to do more of in the future, to alleviate loneliness and isolation. A fundraising strategy has been implemented, which will continue in the coming year..

We have had contribution to our activities etc. by volunteers but more are needed to help us build on the foundations we have laid this past year. The more volunteers we have the more we can achieve. All of which is for the senior citizens benefit. This next year we will build on the foundations laid. Although finances are constrained we are in a strong position to carry out the aims of the Charity.

As Chair, I would like to thank the Trustees for their input and support. Thank you also to all Chairs and committees of the various Forums. Without them all the Charity could not continue. I should also like to thank our Treasurer, Jeff Murison, who is doing a fantastic job keeping the finances in order. Also a special thank you to one of our members, Jan Etchall, who helps greatly with the magazine. She supplies us with various articles ranging from the thought provoking to the downright comical.

Ann Wilde

TRUSTEE

Unfortunately, we have lost a few Trustees this last year though illness, retirement, change of circumstances etc. We are, therefore, looking for several new Trustees.

If you are interested in the aims of our Charity, have some time to spare and are happy to get out and about, please do contact us for a chat.

If you are still interested after the chat we would arrange a meeting to discuss things

VOLUNTEER

Are you a member but do not attend meetings or are you interested in the Charity but do not want to become a member? Would you be interested in helping us with some of our fundraising projects etc. If so, please get in touch for a chat as to how you can help

If you would like to receive a copy of The Forum please complete one of the forms Below:

SHROPSHIRE SENIORS

Charity No. 1105512

MAGAZINE BY POST £10 per year

Mr/Mrs/Miss/Ms.:-

Address

Post Code _____

Tel. No. _____

Signature _____

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Charity No. 1105512

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Mr/Mrs/Miss/Ms.

Address

Postcode _____

Tel. No. _____

Signature _____

Email _____

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