

WELLAND SENIORS' FORUM

Newsletter No 75

November 2018

Hello Everyone

Next Meeting

Our next meeting will be held on Tuesday, 20th November at the United Reformed Church Hall, Pinchbeck Road, Spalding at the usual time of 2pm to 4pm. We have two speakers, the first being Tony Dimmock from LIVES (Lincolnshire Integrated Voluntary Emergency Service).

You probably know the excellent service they provide voluntarily working with the ambulance service following a 999 call. Our second speaker will be Maddie West from Wellbeing Lincs. This is a countywide service supporting adults across Lincolnshire to achieve confident, fulfilled and independent lives.

Last Meeting

Thank you to those who came to the meeting on 18th September. Our speaker was Annie Best from Lincolnshire Fire and Rescue. She advised us about safety in the home. Three points picked up by me were the limited life of smoke alarms (10 years after which the sensors lose their sensitivity), closing doors when out or in bed to prevent spread of a fire and using too many plugs in sockets/adapters especially if plugs are over 13 amps. Suzanne Willis from Lincolnshire Community and Voluntary Service also spoke to us about COPD (Chronic Obstructive Pulmonary Disease) and Social Prescribing- linking patients in primary care with sources of support in the community. This meeting was also our AGM when the committee were re-elected and we are pleased to welcome Val Gemmell as our new secretary.

Christmas Lunch

There is still a chance to put your name down for the FREE Christmas lunch to be held on Tuesday, 11th December at 12.30 at the United Reformed Church Hall. Please let me know if you would like to come, either at the meeting or before 30th November.

I do hope you can make it for the meeting on 20th November but please do not hesitate to get in touch if you have any other concerns. Please encourage your friends and neighbours, especially those who are alone, to come to our meetings. Please let me know if you no longer wish to receive this newsletter or if you have an email address as this will save on postage.

Kind regards

Maureen Scantlebury

Welland Seniors' Forum, Chair

[01775 711427](tel:01775711427)

moscant@talktalk.net

