

WELLAND SENIORS' FORUM

Newsletter No 77

May 2019

Hello Everyone

Next Meeting

Our next meeting will be held on Tuesday, 21st May at the United Reformed Church Hall, Pinchbeck Road, Spalding at the usual time of 2pm to 4pm. We have two speakers this time. We have Maddie West from Wellbeing Lincs. This is a countywide service supporting adults across Lincolnshire to achieve confident, fulfilled and independent lives. Also Simon Hallam will be with us to tell us about the various activities that take place at Tonic Health which is here in Spalding in Westlode Street, everything from dementia support to Men's sheds!

Last Meeting

Thank you to those who attended the last meeting on 19th March. Isabel Wyatt from the Red Cross advised us on basic first aid including how to deal with burns, choking and CPR. It was one of the most interesting and informative talks we have had! She is willing to talk to any group of senior citizens so if you know of a group who would benefit from her talk, please let me know.

Summer Outing

As discussed at the meeting on 19th March, this year's coach trip will be on Tuesday, 25th June. We will leave Spalding bus station at 9.30 and go to Wells next the Sea. There will be time to explore Wells but early afternoon we will leave to go to Langham Glass in Fakenham where there will be an opportunity to look round the factory shop and call in at their coffee shop! We will aim to be back in Spalding by 6pm. The cost will be £8 per person for member and one guest. Anyone wishing to join us should get in touch with me either by phone or email or at the meeting on 21st May with payment. Places will be allocated on receipt of names and payment.

I do hope you can make it for the meeting on 21st May 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
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