

WELLAND SENIORS' FORUM

Newsletter No 78

July 2019

Hello Everyone

Next Meeting

Our next meeting will be held on Tuesday, 16th July 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 Rob Duckett who is a Community Warden for South Holland District Council. He and his colleague aim to address concerns regarding anti-social behaviour and community safety and will explain to us how they are doing this. Our second speaker is Keith Spurr from Diabetes UK. He will talk about diabetes, the risks and how to avoid getting it.

Last Meeting

Thank you to those who attended the last meeting on 21st May. Unfortunately Maddie West from Wellbeing was unable to attend so Simon Hallam from Tonic Health was our only speaker! He talked about their dementia groups where they show old films, do seated exercises and movement for memory. A Focus Club enables carers to have 6 hours free time. There are also Mens' Sheds including allotments near Butters and a Safe Places group for people with anxiety/depression. There are also many therapists who rent rooms at Tonic Health.

Summer Outing

Despite the forecast of heavy rain, forty five of us set off for our annual coach trip. Although it rained heavily on the journey, by the time we reached Wells next the Sea, it was dry although overcast. Fish and chips were the order of the day followed by ice cream! Then we went onto Langham Glass for a welcome cuppa and a look round their shop. Too expensive for my liking! Alan from A and P Travel got us back to Spalding dead on 5.30!

Johnson Hospital

You may have read in the local press about the plans to upgrade Johnson Hospital to a Major Treatment Centre which would then provide care for all but the most serious cases and would be open for longer hours than the Minor Injuries Unit. We are being asked to complete a survey by logging onto <https://www.lincolnshire.nhs.uk/healthy-conversation> and going to the Get Involved page. If you wish to phone with your opinions, please ring [01522 307307](tel:01522307307).

I do hope you can make it for the meeting on 16th July 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

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