

WELLAND SENIORS' FORUM

Newsletter No 98

May 2024

Hello everyone and welcome to our new members.

Next Meeting

Our next meeting will be held on Tuesday, 21st May at 2pm at the United Reformed Church Hall, Pinchbeck Road, PE11 1QD. We have Bekki coming along to do either seated or standing exercises. I think you would agree we really enjoyed the brief session she did for us last year so we thought we would invite her along again and for longer!

Last Meeting

At our last meeting we heard from Richard Pearce from Age UK who updated us on help available in the event of energy crisis. He gave us practical advice such as turning out lights in rooms not being used, turning down thermostat by 1 degree and using a smart meter. He also suggested web sites such as moneysavingexpert.com and energysavingtrust.com. We also have Kelly Lindley-Woods from Age UK's I Forget. This is a service offered for those who are suffering from memory loss, whether diagnosed or not, giving guidance, advice and support. An advisor stays with you throughout the process and can help with aids and equipment and a care and support plan.

IT Support Training

Further to discussions at the last meeting, we have arranged for Lincs Digital to provide advice on using the internet, especially in relation to shopping and banking. The event is taking place on Monday, 13th May at the Meadows Day Centre, Park Road. All those who put their name down have been advised but there are still some places available. Please contact Tim on the number below to arrange to join the sessions. There will also be a drop in session between 12.00-1.00 should you have a quick question or need more 1-1 support.

Summer Coach Outing

As agreed at our March meeting, the outing this year will be to Cromer. It will be on Tuesday, 18th June leaving Spalding Bus Station at 9.15 and returning at approx 7.00. The price will be £11 each for member and one guest. Any extras will need to pay £14. If you would like to join us, please see me at the meeting on 21st May or contact me on the number below.

Time to Talk

It has been decided not to continue with these sessions due to lack of attendance in the last few months.

We 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. The dates for the main meetings can be found on the website at www.wellandseniorsforum.org.uk.

Kind regards

Maureen Scantlebury

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