

# THE FORUM

September 2017

Issue 60



*Some days you just have to  
Create your own sunshine.*

This is so true because we have had a mixed bag of weather this summer. Hopefully, we will see some more warm days before we get to Autumn. As I write this I have had sunshine pouring through the window followed 30 minutes later by rain lashing the window.

Even though some days it does not feel warm, please remember to wear your sun cream. Even though they may appear to be weak the sun's rays can be harmful.

It is recommended, by the medical professionals, that we wear sun cream from March to October. The higher the factor of cream the better.

Enjoy the rest of the summer and do not think about the winter just yet. Keep piling on the sun cream.



## AUTUMN DRAW

We are holding an Autumn Draw on the 9th November, 2017. We have had some wonderful prizes donated including shopping vouchers from Marks & Spencer, Morisons, Sainsburys and the Morris Group. Wine from Tanners and the Wroxeter Vine Yard, Champagne, Boots Beauty Bag plus more.

Tickets are £1 each (book of five £5)

Tickets on sale at all Forums.

If you would like a ticket but cannot get to a Forum meeting, please send your payment for the number of tickets you require to The Old School House, Worthen, Shrewsbury SY5 9HT. We will enter your allocated ticket into the draw.

We have also received a donation towards the cost of printing the tickets from a Trustee.



Telephone: 01743 891833. email: [shropshireseniors2015@talktalk.net](mailto:shropshireseniors2015@talktalk.net)

Web site: [www.shropshireseniors.org](http://www.shropshireseniors.org)

Facebook

## **OUT and ABOUT**



We had a stand at the Shrewsbury Carnival . Our stand is decorated for this year's theme 'Around the World' We had a lot of visitors to the stand, including the Shrewsbury & Atcham Member of Parliament, The Rt. Hon. Daniel Kawczynski. It was lovely to see you all.

Many thanks to the Carnival Committee for putting on such a great event.

**Members** of the Market Drayton Forum , together with some members from the Wem and Whitchurch Forum, recently visited the National Memorial Arboretum.



Having a well earned drink before the journey home.

(Do read the article on Page 8 relating to the National Memorial Arboretum)

### **BOOK REVIEW**

One of our members has recommended 'The Andrew Marr Story'. It is obtainable in large print, if required, from the Shrewsbury Public Library.

## **FUTURE FIT**

### **SHROPSHIRE SENIORS' VIEW**

Future Fit is the title given to the work being done to organise health care more effectively in our Hospitals and Community. In a recent article in Shropshire papers, written by Steven Wright, Chair of Shropshire NHS Trust, he draws attention to the misinformation circulating about the negotiations for Future Fit. He has emphasised that 'no change is not an option'. Most people recognise the difficulty of reaching an agreement in such a diverse and large geographical area, but the delay in coming to a decision has become unacceptable to the people of Shropshire, and more importantly to those working within the service and the knock on effect to the Community Health Trust. The recent West Midlands Clinical Senate report states, 'we were impressed that something needs to be done and fast with no further delay for patients and staff'. The Trustees of Shropshire Seniors echo this view and are seeking the support of our readers.

People in Shropshire and neighbouring counties need to accept there is a challenging travel issue in emergencies whichever hospital has responsibility for trauma cases. That has always been the case for many residents. But reconfiguring our services will provide a better standard for patients and improved facilities for clinicians and other staff.

We would like to support our doctors, nurses, other clinicians and support functions to progress their clinically led ideas **far more quickly**. The delays not only have an adverse effect on patients' lives but also the job satisfaction and efficiency of staff. We are promised a consultation in the Autumn and are urged to get involved and keep ourselves informed. The nature of the geography and dispersed population in the area served by the Trust means that we can't all be satisfied with the outcome but we can try and make our decision based on the efficiency of the service rather than our own personal desires or convenience.

We hope our readers will support this view by endorsing our action to put pressure on the Politicians and others to support the doctors, nurses and other clinician's clinically led ideas to implement the Future Fit programme. Do contact us with your views, either by email, letter or telephone.

The best thing about being over 60 is that  
we made fools of ourselves mostly before  
Social media.

## BRITISH TOMATOES

### SEPTEMBER

September fruits are on the bough  
And the bright apple is king of all  
Red, golden, russet—brimming now  
Ripe for the picking before they fall

Cut out at soil level raspberry canes that bore fruit earlier in the year. Space out the young canes and tie them to their supports.

Prune rambler roses. Untie them from their supports, lay them on the ground and cut out at ground level all stems that have borne flowers. Retain shoots made during the current season and tie them to the supports.



### OCTOBER

*Autumn tones shine on the trees  
And October days are growing short  
Now the garden's bright with leaves  
In the fading sunlight caught.*

Encourage green tomatoes to ripen by wrapping them in paper and placing in a drawer.

When digging vegetable plots this autumn and winter, do not remove stones. They help to maintain a good soil structure, improve drainage and keep the soil moist in summer.

Water greenhouse plants only in the morning so that by nightfall the atmosphere is dry.

Chatting to my brother one day on the phone I told him that I had only eaten British tomatoes all last winter. I buy them in my supermarket and they taste infinitely better than the ones grown abroad. They are packaged on the vine and they smell just like the tomatoes do when I used to grow my own. My brother was curious as to where they are grown and I was able to tell him that there were two suppliers I knew of, one is Thanet Earth and the other R. Holt. I knew nothing about either company so I decided to look them up on the internet.

Thanet Earth is exactly as I imagined it would be, a huge enterprise, seven great greenhouses, each the size of ten football pitches. Inside the tomatoes are grown hydroponically in Rockwool and fed a mixture of essential nutrients. The rainwater is collected and recycled, they have a heat and power plant where excess power is fed into the national grid. It is a high tech greenhouse complex with computer controlled technology.

Two point five million tomatoes are harvested every week of the year. The plants grow to fifteen metres tall and cherry pickers are used in the harvest. They have their own packaging plant and use electric vehicles to deliver locally to farm shops. Most of their output is sold through supermarkets.

They have their own bees to pollinate the plants and natural predators are used to

keep pests at bay. The produce is affordable and sustainable. Of course there are critics of the system, but as the population increases and water becomes an issue we need to think of new ways to produce food for the nation.

You can watch You Tube videos about Thanet Earth and their website is comprehensive. Then you can make up your own minds whether or not this is a good idea. In my own mind I'd rather eat Thanet Earth tomatoes than the tasteless alternatives from Holland or Southern Europe. The other company whose tomatoes I have eaten during the winter is R. Holt. This company is similar to Thanet Earth. This is a smaller family run business in the Vale of Evesham. Their website is smaller and friendlier and contains growing tips and recipes, but ultimately their aims are the same. They want to produce high quality tomatoes affordably and sustainably.

Jan Etchells.

### **LUCKY NUMBERS**

Winners of the June draw were:

1. Mrs, H, Chidlow
2. S,. Howell Jones
3. Mrs. P.A. Leighton Cox

Winner of the August draw were:

1. Mrs. B. Bateman
2. Mrs. M. Moores
3. Mrs. P.A. Leighton Cox

The next draw will be in October.

**GOOD LUCK**

### ***BE PREPARED***

We hate to say it, but winter will soon be upon us. Now is the time to think about fire safety.

Did you know the Fire Service offer a **FREE** Home Fire Safety Visit?

The purpose of the visit is to ensure you are aware of the potential hazards and can take appropriate actions. The visit is not to judge your lifestyle but to keep you safe from fire.

They will arrange a convenient time to visit. Talk about the main causes of fire in the home. Test smoke alarms, Discuss points to consider when making a home fire escape plan. Give advice on the action to be taken in the event of a fire.

Do request your free Home Fire Safety Visit. To book your visit or for further advice and information contact the Prevention Team on 01743 260200.

Fire Service personnel will be dressed in uniform and carry ID cards. Smoke alarms will only be fitted in line with Brigade Policy. Please note it is recommended that you do not put your washing machine or dish washer on whilst you are in bed.

Whilst talking about winter, for those of you who start their Christmas Shopping early and shop online, please consider shopping through [easyfundraisng.org.uk/shropshireassociationofseniorcitizensforums](http://easyfundraisng.org.uk/shropshireassociationofseniorcitizensforums).

Thank you

## **CHEDDAR CHEESE & BROCCOLI SOUP.**

190gm Medium Cheddar Cheese  
25gm Butter  
150gm peeled potatoes  
1 medium; onion chopped  
1 bunch broccoli  
1 vegetable stock cube    800ml water  
300 ml single cream        Salt and pepper

### **METHOD**

Melt butter in a large saucepan. Add the onion and saute until soft. Chop up the broccoli and potatoes, add to the pan, stirring for a few minutes.

Add the water, stock cube and season with salt and pepper.

Bring to the boil, cover with a lid and simmer approximately 20-30 minutes until vegetables are tender.

Liquidise the soup, add cream, check seasoning, stir in the grated cheese.

Return to the hob and cook until cheese has melted.

Service with warm bread.

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## **WAR TIME RECIPE**

### **IRISH OMELETTE**

1lb cooked potato,                    4 eggs  
1 tablespoon chopped parsley  
3 oz bacon chopped                    1/2 pint milk  
Salt and pepper

### **METHOD**

Slice the potatoes and mix with parsley, chopped bacon and seasoning. Put the mixture into a well greased pie dish. Blend the eggs and milk, pour over the other ingredients and bake in a hot oven for 15 minutes.

## **FORUM NEWS**

### **ALBRIGHTON**

The Forum meets on the last Friday of the month, with the exception of August and December.

Meetings are held at 2.30 pm in the Wesley Church, High Street, Albrighton.

Please ring 01691 653632 if you Require any further information.

### **BRIDGNORTH**

We are still awaiting someone to come forward to lead this Forum. If you are interested please ring 01743 891833 for more details.

### **MARKET DRAYTON**

The Forum have been out and about lately. They have had a visit to a Garden Centre and a trip to the National Memorial Arboretum It is always nice to visit places with friends.

The Forum meets on the first Tuesday of the month. Please contact 01630 698026 or 01630654958 if you would like to know more details.

### **RADBROOK**

The Radbrook Forum meetings are in the form of a coffee morning with a twist.

At the last meeting we talked about summer holidays when we were children.. Very different to what todays children expect.

Going on a plane was not something you did pre-war and post-war. It was usually train or coach, if you were very lucky car.

It was interesting also to note that people did not travel for hours to get to their destination. You went to the nearest seaside resort.

Apparently the North Wales coast was known as Shropshire by the Sea because that is where most Shropshire people went.

The next meeting is on Monday, 11th September, 11 am—12 noon at The Radbrook Nursing Home. All welcome.

### **SHREWSBURY**

So far this year we have had some very interesting speakers. All very entertaining in their own right.

Our October meeting is on the 19th when Gillian Denning, Public Protection Office at the Council, is coming to speak to us.

A very relevant speaker in this day and age.

Our Christmas Lunch tickets will also be on sale. The lunch this year is on the 30th November (we do like to start the Christmas festivities early) The cost is £12 per person.

If you cannot make the meeting please send your cheque to The Old School House, Worthen, Shrewsbury SY5 9HT if you would like to come.

This meeting will start at 11.15 am with coffee and mince pies and the lunch will be at 12.30 pm. As is our meetings, it will be at The Barnabas Centre, Longden Coleham, Shrewsbury.

Do come along and join us. Everyone is most welcome and we would love to see you there.

### **WEM and WHITCHURCH**

At their recently held Annual General Meeting, Mrs. B. Bateman was appointed Chair and Mr. G. Stockton Vice-chair..

Betty has been a member of the Forum from the outset and is well known in the area so should prove to be an excellent choice of Chair.

Mr. Stockton was previously Chair but decided to stand down for personal reasons. With his experience of being Chair he and Betty should make a great team.

The Forum does not meet in August so please contact 01939 236301 for details of the next meeting.

All would be made most welcome.

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If you are a member of Shropshire Seniors but do not attend any Forum meetings do consider doing so.

A lot of behind the scenes work goes into the preparation of arranging meetings etc. All this work is done by willing active members,. The only repayment they ask is for you to attend and support all they do on your behalf.

If you have never been to forum meeting before and are slightly nervous about going on your own, please ring your Forum contact number and they will ensure that someone greets you on arrival.

It is an ideal opportunity to meet new people and make some new friends.

Do give it a try.

There is so many things coming back into  
Fashion.  
Can't wait for morals and respect to become  
A trend again.

## THE NATIONAL MEMORIAL ARBORETUM

I've always thought this would be an interesting place to visit. I am not a supporter of war, but it happens and I think it is right to accept that a huge number of men and women made that sacrifice of their lives and we should remember them sensitively.

The place is not an arboretum and a memorial site, the two are closely intermingled. Nor is it just for the military, anyone can have a presence here. There are impressive memorials to most of our military and there are a number of memorials to the everyday associations.

One of the most spectacular military memorials is atop a huge mound and it records on walls the name of every man and woman killed in fighting since the last world war. There are two lovely sculptures in bronze either side of the area at the top of a flight of steps and on one side is a slot where the sun comes through in a shaft of light at the eleventh hour on the eleventh day of the eleventh month. I think that would be impressive.

There is a land train which trundles around the parkland so that the less mobile are able to see a big selection of the memorials. The Guinea Pig Club have a slab of stone for those airmen who were disfigured in war, mostly burnt. The creator of this club was a very clever doctor, Doctor Macindoe, who was an early plastic surgeon and helped recreate faces that were so badly burned as to be unrecognisable. He operated in East Grinstead and encouraged the local residents to welcome the patients into their homes.

The WI also have a memorial and the Scouts, The Friends Ambulance Service (Quakers) is celebrated as is the Showman's Guild. The Guild of Masons have a circle of monumental masonry through the ages starting with a mound of stones as the earliest grave marker and progressing through to the extravagances of the Victorian age to more modern times. There are lots of memorials to children and a big grove of trees planted to show how many merchant navy ships were sunk during the war—over two hundred.

My husband and I spent all day there, we had our lunch, rode on the buggy round the site in one direction and in the afternoon rode the land train around another part of the site. A few enjoyed a slice of cake with our afternoon tea before looking round the shop that sells rather nice quality souvenirs.

There is an excellent website which is well worth accessing if you intend to visit <http://www.thenma.org.uk>. Using this site you can plan your visit and get the best out of your time there.

Jan Etchells.

## THE ABC of LIFE

Always remember to:

Act in a manner that you would wish to be treated

Be considerate

Choose your friends with care

Don't take yourself too seriously

Enjoy all that life offers you

Follow your dreams

Guard against bitterness and envy

Harm no one

Ignore the cynic

Jog a little each day

Keep calm in a crisis

Laugh a lot

Make the best of what you've got

Never miss an opportunity of saying 'Thank You'

Open your heart to those you know

Pay no attention to grumblers

Question certainties

Respect the feelings of others

Stay true to your principles

Take a few measured risks

Use your talents wisely

Value your family

Work hard

X-pect a lot of yourself—but not too much

Yearn not for riches

Zest for living should be your main aim in this world.

Gervais Phinn

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*'Quite profound but very true.*

*If only we could all try to live by this ABC*

## BRITISH IRONWORKS

Do not forget **Sunday, 15th October, 2017**. We will be celebrating **GRANDPARENTS DAY** at the British Iron Work Centre.

They\Iron Works are putting on this event and asked us to collaborate with them .

Anyone who has attended events at this venue know what fantastic effort they put in to them

This is a first for Shropshire so do come along and support it.

It will be a celebration of the special bond grandparents have with their grandchildren.

## *SHROPSHIRE* *THEATRE ORGAN TRUST*

Sunday afternoon at The Buttermarket, Howard Street, Shrewsbury SY1 2L1. Concerts start at 2.30 pm—admission £6. No advanced tickers needed

17th Sept. John Barnett

15th October Howard Beaumont

19th November Andre Nix

10th December Cameron Lloyd  
(Christmas Concert)



## **THE FORUM**

Unfortunately, we have to inform you that we can no longer send this magazine out free of charge. This decision has not been taken lightly. However, from the putting together of the magazine, printing it, publishing it and posting it out to you it costs over £3,000 per issue. This figure does not take in to account that apart from the printing and posting the work is all done by volunteers.

If you wish to continue to receive The Forum though the mail we would ask for a donation of £10 per year towards the cost. Emails remain unchanged and at no cost.

If you have access to email, you may wish to start receiving the magazine by email. You could use a relatives or friends email if they were happy for you to do so if you do not have email yourself. All details are subject to our Data Protection Policy and will not be used for any other purpose.

This change does not affect membership. If you wish to continue receiving the magazine either through the post or now by email please could you complete the relevant form on the next page. This ensures that we have the correct details for you.

If we do not hear from you by the 27th October, 2017, we shall assume that you do not wish to receive the magazine any longer, in which case this will be your last issue.

We thank every one for their kind words regarding the magazine and are saddened that we have to do this. Unfortunately, we are a small County Charity with limited resources. Our income comes from fundraising and donations

We, as a Charity, are committed to addressing loneliness and isolation and will continue to do so for as long as we can. Please support our fundraising events etc. whenever you can in order for us to continue with this work. Thank you for your support and, hopefully, understanding.

### **TRUSTEES**

If you are interested in the work of Shropshire Seniors and feel you have something to offer, would you be interested in becoming a Trustee. If so, please ring 01743 891833 for a chat and perhaps arrange a meeting.

**SHROPSHIRE SENIORS**

**Charity No. 1105512**

**MAGAZINE BY POST**

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# enable

Supported employment service

## Changing Lives with Enable's Veteran Employment Services

The 'Home Straight' - Supporting Veterans into Employment' Project, provided by Shropshire Councils supported employment service Enable and charity Walking with the Wounded, offers individualised support in finding suitable long term employment for vulnerable veterans, as well as time-unlimited assistance in the job, to both the veteran and the employer. The scheme helps veterans to gain the skills and qualifications necessary to develop new careers outside the military—providing long term security for themselves and their families.

If you are a Veteran seeking employment or if you are a business interested in employing a veteran, contact Enable on 01743 276900 or 07990 085 334 or email [enable@shropshire.gov.uk](mailto:enable@shropshire.gov.uk).

### THINK TWICE

Before asking your GP to prescribe over-the-counter Medicines such as paracetamol for common or short term ailments.

*Shropshire practices spend £1.3 million on medicines which are easily available to purchase from your local pharmacy or Supermarkets.*

**DISCLAIMER** - All articles etc. published in this magazine are not necessarily the views of the Shropshire Seniors Charity, unless stated.

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