

**TELFORD & WREKIN SENIOR CITIZENS PUBLIC FORUM**  
**MONDAY 23<sup>RD</sup> JUNE 2008. AT THE PLACE.OAKENGATES**

Martin welcomed 186 members, presenters and stallholders and introduced David Wright MP who is to deliver a letter countersigned by the Forum to Gordon Brown concerning the Discrimination Act, to be published shortly. The letter points out that the Bill does not seem to have anything in it about Older People and certainly Ageism is one of the issues, which the Forum is looking at. We would like to make sure that Gordon Brown knows this; David will take this matter up in the House on our behalf.

Martin told members that Jacqui Seymour who is the Older Peoples Champion and Deputy Leader of the Council, Lyn Briggs Deputy Chief Officer of Age Concern and Greg Palmer, Services Manager for Age Concern were also in the audience.

Martin then introduced Kester Black who is our new Involving Older People Officer; Kester has taken over from Kim Grosvenor who was also here. Kim is now the Joint Commissioner for Older People working with the PCT and T&WC. Kester thanked everyone for coming and said she was looking forward to meeting members.

The different arrangement of stalls which included WEA, Wrekin Flower Club, Telford Strollers, Walkabout Wrekin and TCAT and tables was explained and members told they would find the 3 Action Group tables in the bar area. Martin asked the various representatives of the Action Groups to give a brief overview of their work. The Health Group's work on a Dementia project was outlined by Jean who asked anyone who had been diagnosed with dementia or who knew someone to call and see her at the Health Action Group desk to share experiences.

Ken Buttress Chairman of the Transport Action Group gave details of some of the issues concerning the group, which included problems with the drop off point at TC Bus station, and the matter of missing buses. The group is represented on the Council/Arriva Bus Users Group. The group would like to hear about particular travel experiences – any complaint must be accompanied by actual ticket. This information is essential to progress the complaint.

Brian Begley who is Chairman of the Environmental Action Group told the audience that a questionnaire was being circulated during the meeting

asking members which environmental topics they would like to see covered at the next Public Forum in October. Brian gave details of a Retirement leaflet which has been published by the group and which was now included on the Councils website. This leaflet was a one-stop point of useful information, which could be particularly useful for the newly retired. Copies of this leaflet are available at Environmental Action Group table.

Martin introduced Brenda Norton who is the Hospitality and Catering Manager at Radbrook College and who was going to give a demonstration of cooking for one. After a brief explanation of the two items she was cooking Brenda chose a member of the audience-Walter- to assist with the presentation. The audience were given various tips on hygiene, storage of foods, which gadget to use and other tips for people cooking for one. She then proceeded to prepare and cook some simple dishes, which were both nourishing and easy to prepare. (See attached menus.) The menu shown uses Pork Fillet but Brenda had changed to chicken breast for the purposes of the demonstration. The completed dishes were shown to the audience who had been tantalised by the wonderful aromas during the presentation.

Members welcomed the next speaker Richard Bifield who had been a member of Telford Development Council and now Telford & Wrekin Council over many years. Originally the Tourist Officer and now called District Centre Development Officer, Richard knows more about Telford than most and is a very good photographer. Talking about the 40<sup>th</sup> Anniversary of the founding of Telford, Richard gave a brief outline of how the name of Telford came about. The Government Minister at the time Anthony Greenwood imposed the name Telford after Thomas Telford, on the local people. Richard then proceeded to show Then and Now pictures of various sites around the area. The comparisons and Richard's anecdotes and explanations delighted the audience. Members were told of major developments, which would once again change familiar areas. Richard advised that he was more than happy to bring his slide shows to any groups who were interested and thanked everyone for their interest

The Raffle raised £85 and Martin announced the winners, prizes to be collected on way out.

Martin introduced Barbara Larkin who had been teaching Salsa for a long time and whose classes within Age Concern were very popular. There followed a demonstration of Salsa, which everyone enjoyed. A Salsa

Taster session later in the morning would enable everyone to enjoy this lively, healthy and enjoyable type of exercise.

Lesley Roberts followed with a Tai Chi workshop and everyone in the room was able to take part in a wonderful seated demonstration. The Tai Chi classes are also very popular with Age Concern. Lesley was happy to see anyone interested in furthering their knowledge of Tai Chi outside in the Bar area.

Martin hoped that everyone had enjoyed these taster sessions and informed the audience that the Age Concern Computer Training Bus was outside The Place which was all to do with computers and was there to give out information and some hands on experience of the Internet and computers in general. In the Main Hall was Short Tennis court, Short Mat Bowling and a Salsa workshop. Representative from PC World with a Wii board could be found outside in the Bar Area, this is a wonderful interactive tool for exercise together. All the usual stalls were there to give out information and assistance. Martin encouraged everyone was to feel free to take part in any of the sessions.

Martin thanked everyone who had taken part in the demonstrations.

A Buffet lunch was served at 12.30 and the Forum ended at approximately 2pm with lots of members having been able to try out the various exercises on offer.