

## NEW FRIENDS IN SLOUGH

### THAMES VALLEY HOUSING

You can: Call someone and chat



Have a face-to-face meeting  
over a cuppa

Get someone to accompany  
you out and about.

Contact Ella Cosgrove 0208 607 0648

Email [ella\\_cosgrove@tvha.co.uk](mailto:ella_cosgrove@tvha.co.uk)

### TALKING THERAPIES

Relieving distress, transforming lives.

To self-refer call . 0300 365 2000

[www.talkingtherapies.berkshire.nhs.uk](http://www.talkingtherapies.berkshire.nhs.uk)



### ALZHEIMERS DEMENTIA SUPPORT

Drop In Centres. Advice. Support

For more information contact

Terrie Hall—07516 165647

Nancy Thorn—07516 165665

Santok Modhvadia -07543 243613

3rd Wednesday monthly. 2-4pm.



St. Andrew's Church Hall, Merton  
Road SL1 1QW

### CHALVEY SENIOR'S COFFEE

Tuesday's. 10.30am-12.30pm

Chalvey Community Centre

The Green Chalvey SL1 2SP

01753 875413



### Slough Advice Centre

27 Church Street Slough SL1 1LP

0344 515 1380

Drop In—9am-1pm. Monday-Friday

[www.sloughadvicecentre.co.uk](http://www.sloughadvicecentre.co.uk)

Carers advice line 01753 303 428

E mail:- [sloughcarers@gmail.com](mailto:sloughcarers@gmail.com)

[www.sloughcarerssupport.co.uk](http://www.sloughcarerssupport.co.uk)



### LIVING IN HARMONY

Dolly Bhaskaran

07486312831 for more information

[www.livinginharmony.co.uk](http://www.livinginharmony.co.uk)

### MEN'S MATTERS

Tuesdays 2-4pm.

Longwood Park( Radian)

Common Road Langley SL3 8TN

07843 554734.

[email.contact@mensmatters.org.uk](mailto:email.contact@mensmatters.org.uk)

[www.mensmatters.org.uk](http://www.mensmatters.org.uk)



### MACMILLAN CANCER SUPPORT

Wexham Park Hospital

Drop in or contact 01753 634886

Nicola—07920503349

**WE'RE ALL AFFECTED  
BY CANCER  
WE CAN ALL DO  
SOMETHING TO HELP**



## SLOUGH 50plus FORUM

*Yesterday's Children*

Issue 4 July 2018

**THURSDAY— 19TH JULY 2018**

**1.30pm**

**MEET A YOUNGER GENERATION**

**HELP DESIGN A LOGO FOR  
THE  
FORUM**



**Enjoy a relaxed discussion over refreshment**

**THURSDAY 16th AUGUST 2018.**

**1.30PM.**

**Falls, Everyone Active.  
Medication**



**KINGSWAY UNITED REFORMED CHURCH**

**Church Street Slough SL1 1SZ**

## FORUM REPORTS

**17<sup>th</sup> May – Information & Advice – Angela Satterly & Jaspal Singh – Trading Standards, SBC** – how to avoid scams and who to report them to. If it sounds too good to be true, it's a scam.

**Joy Neville – Age UK Berkshire** – details of the range of services Age UK can offer and who to contact for information and advice. No office locally but will take phone questions. Befriending Service – referral through SPACE.

**Nabila Malik – SBC** – Invited comments and opinions on a fridge magnet with Adult Social Care contact numbers and other emergency numbers. To be distributed later.

**DWP** – Benefit advice and information relevant to older people, including Pension Credit and roll out of Universal Credit.

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**21<sup>st</sup> June – Annual Meeting opened by Councillor Paul Sohal**, Mayor of Slough was very well attended. A copy of the annual report is available from chairperson. The whole committee stood down this year in line with the re-registration of members. Thank you to **Mary Abraham**, **Dolly Bhaskaran**, **Doreen Court**, **Eileen Matthews** and **Pramod Sharma** who are not seeking re-election. The following were elected: to serve as committee members for 2018 - **Marcia –Wright -Chairperson**. **Lynnette Hobday – Treasurer**. **Alma Carew**. **St. Clair Carew**. **Ann Davies**. **Juliet Desmond**. **Jadine Glitzenhirn**. **Dilys Madden**. There are 3 committee roles vacant. The meeting voted on a resolution to amend the constitution. "The committee feels we should welcome anyone over 50 who wishes to join to help alleviate loneliness and isolation" We therefore propose that the conditions of membership stated in the constitution be amended to read – '**Individual membership will be open to any person over 50 years of age resident in the Borough of Slough or surrounding area**' 34 members voted in favour. No abstentions. No-one against.



The meeting continued with **SPEAKER – Jan Shortt – General Secretary – National Pensioners Convention** who travelled from Newcastle to attend, gave a very full and informative talk on the program and speeches given at the National Pensioners Parliament held in Blackpool 12<sup>th</sup> – 14<sup>th</sup> June. The Forum is a long term member of the NPC and has access to all campaign and lobbying events. Copies of Jan's talk can be obtained from the Chairperson.

Copies of the monthly NPC campaign bulletins are available at Forum.

## FORUM DIARY DATES

**20th September 2018—Having our say on Information & Advice.**

**SEEFA with Age UK project in South East England.**

**18th October 2018—Celebrating 50plus**

**15th November 2018– Winter is coming—Flu Jabs & more.**

**20th December 2018—Seasonal Event.**

**Venue:- Kingsway United Reformed Church, Church Street Slough SL1 1SZ.**

Membership of Slough Older Peoples' Forum is free, open to any '50plus person resident in Slough or surrounding area on completion of a membership form available at Forum meetings .

Telephone: 01753 536906 . Email: [marciaw1937@gmail.com](mailto:marciaw1937@gmail.com)



Associate