

WELLAND SENIORS' FORUM

Newsletter No 95

September 2023

Hello everyone and welcome to our new members.

Next Meeting

Our next meeting will be held on Tuesday, 19th September at the United Reformed Church Hall, Pinchbeck Road. This will also be our AGM so I am enclosing a list of nominations for the Committee. We have had a couple of resignations this year so if you would be interested in joining the committee, please let me or Tim know either before or at the meeting. We also have two speakers - firstly Dawn Parker and Jacqui Tyson from Lincolnshire Partnership NHS Foundation Trust who will update us on their services for older people. Also Susan Booth and Donna Walker from NHS Social Prescribing - social prescribing is linking people to their community to help support their health and wellbeing ie reducing isolation and raising confidence etc.

Last Meeting

At our last meeting in May over 30 people heard from Sue Jakeman, the Bee Lady, about her experiences of keeping bees. She is allergic to bees so has to wear a protective outfit at all times when dealing with them. She explained how hives worked and about the life span of the different types of bees. She advised to use bicarbonate of soda for bee stings and about the healing properties of honey. Lots of photos were shared and questions asked. The presentation was entertaining, amusing and informative.

Time to Talk

Our next Time to Talk will be at Baytree Restaurant on Tuesday, 17th October at 2pm. Please feel free to join us for a chat and a cuppa.

I do hope you can make it for the meeting on 19th September 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 both the main meeting and the time to talk sessions can be found on the website at www.wellandseniorsforum.org.uk.

Kind regards

Maureen Scantlebury

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