

Over 50's WALKING FOOTBALL
Arbour Park Stoke Road Slough
Wednesdays. 11am-12pm.
Berks & Bucks Football Association



Tai Chi

Wednesday. 1-2pm.

From 6th February 2019.

Salt Hill Activities Centre.

Cost £2. Parking available.

TALKING THERAPIES



Relieving distress, transforming lives.

To self-refer call . **0300 365 2000**

www.talkingtherapies.berkshire.nhs.uk

ALZHEIMERS DEMENTIA SUPPORT

Drop In Centres. Advice. Support

For more information contact

Terrie Hall—07516 165647

Santok Modhvadia -07543 243613

WEXHAM OLDER PEOPLES CLUB

Mondays 2-4pm. Contact 01753 731798

St. Mary's Church Hall, Church Lane SL3 6LH

CHALVEY SENIOR'S COFFEE

Tuesday's. 10.30am-12.30pm

Chalvey Community Centre



Slough Advice Centre

27 Church Street Slough SL1 1LP

0344 515 1380

Drop In—9am-1pm. Monday-Friday

www.sloughadvicecentre.co.uk

Carers advice line 01753 303 428

E mail:- sloughcarers@gmail.com

www.sloughcarerssupport.co.uk

MEN'S MATTERS

Tuesdays 2-4pm.

Longwood Park(Radian)

Common Road Langley SL3 8TN

07843 554734.

email.contact@mensmatters.org.uk

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



3rd Wednesday monthly.

2-



4pm.

St. Andrew's Church Hall, Mer-
ton Road SL1 1QW

WOMENS SOCIAL GROUP

4th Thursday Monthly

7.45—10pm.

St. John's Church Hall

Stoke Poges Lane

SL1 3LW



(Yesterday's Children)

NEWSLETTER

SLOUGH 50plus FORUM

Issue 1 January 2019



THURSDAY— 17TH JANUARY 2019

1.30pm

ACTION ON HEARING LOSS

SPEAKER:- ALISON SKINNER

KINGSWAY UNITED REFORMED CHURCH

Church Street Slough SL1 1SZ

MEMBERSHIP FREE

Bring a friend and find out how to help yourself. Treat yourself to lunch in the Kingsway Café.

For more information contact 01753536906 or

E mail:- marciaw1937@gmail.com

FORUM REPORTS

15th November – 15th November – Caris Thomas – Home Instead Senior Care –gave a presentation on nutrition and care in older age.

Caris Thomas, Joy Neville, Age UK Berkshire, and Marcia Wright acted as facilitators for 3 groups of people discussing a series of questions on how social care should be provided and paid for in the future. This project, launched by **Age UK England and SEEFA** (South East England Forum on Ageing) is intended to help inform answers to questions proposed by the long delayed government paper on Social Care. The discussion and questions raised a number of issues particularly for people without close family or relatives who they can trust to make vital decisions over health and finance if they themselves are unable to.

Q1. Society has a responsibility to provide social care for those people who need it but who cannot afford to pay the full cost of this care?.

A. Strongly Agree.

Q2. We should expect people to contribute to the cost of their care according to their means?

A, Most agreed. 1 person disagreed.

Q3. When assessing someone's ability to contribute to the cost of his or her care, we should take account of income, savings, value of property?

A. Income– Agree. Savings– Most agreed. Property—Disagree.

Q4. For people assessed to contribute the amount of their contribution should be limited in some way?

A. Unanimous Agreement.

Q5. People should pay the same for the same service irrespective of whether they are self funding or supported by the local authority?

A, Agree. No one should pay more unless receiving an enhanced level of care.

Q6. Practical support to enable people to remain in their own homes should be more widely available and be offered at an earlier stage as people begin to face challenges in their day to day care

A. Strongly Agree. Low level help with everyday tasks should be offered as someone shows signs of struggling.

Q7. Benefits such as winter fuel allowance and bus passes should be means tested.

A. Some disagreement. Bus passes are seen as a vital means of enabling people to socialise. Winter fuel some agreed could be means tested.

20th December – Winter Health reminders – members were reminded of the importance of having a Flue injection, also a pneumonia injection if not had in the last ten years. Reminders to stay warm and drink plenty of fluids were also given.

Billy Cousins – Active Slough – distributed new activity programme leaflets. A request for a Tai Chi session accessible for older people has subsequently been answered with a new session starting in February 2019. After a general knowledge quiz session members enjoyed a seasonal tea and were then given Christmas boxes donated by Reckitt Benckiser.

FORUM DIARY DATES 2019

21st FEBRUARY 2019— Members issues & Concerns

21st March 2019— TBA

Celebrating 20th Anniversary

25th April 1999—2019

10.30am—3pm. Special Programme

16th May 2018— Information & Advice

20th June—Annual Meeting.



Associate