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Hounslow Pensioners Forum

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Learning from great minds

Every so often we get to meet someone that exudes so much inspiration because of the passion and fire inside them. Think of business owners, politicians, community champions and influencers who make you want to live a greater life, whether it's doing so by contributing to society, or preserving the environment for future generations.

Indeed, a successful life is one where you have the ability to draw inspiration from the lives of those who are working hard to add value to this world that we live in.

One such person, who recently came to speak with our Pensioners, is Jayne Connery. Jayne is an advocate for more safety and understanding of dementia in UK care homes and how care is delivered. She is championing CCTV safety monitoring to be made mandatory in care facilities which will provide an extra layer of transparency. Learning from her life experiences and the causes that she so vivaciously fights for made us see the world in new ways. Jayne certainly inspired us to reach out to those who are vulnerable, to speak up for what we believe in and to be a voice for those suffering in care homes - the very places where our elders and the vulnerable should be finding compassion and solace.

To Jayne we say thank you for reigniting the fire in our hearts and for opening our eyes and minds.

Our 20 year anniversary as a charity

On 27 April 2020 Hounslow Pensioners Forum will be twenty years old. We would like to hear from members their suggestions of how this special occasion can be commemorated. We are considering holding an event but please do give us your suggestions at the next open meeting.

Consultation launched by BBC about license fees

The consultation period has been running for some time and ends on 12 February this year.

You can read and respond to the consultation by following this link <https://www.bbc.com/yoursay>

Happy and healthy 60+ programme

Hounslow Council's 60+ Programme encourages older people to take part in a range of activities. These are mostly free and include exercise sessions, talks on health, craft and social groups. It even gives you the opportunity to explore aspects of information technology

If this interests you then do get in touch by emailing Charlotte Moriba at activities60plus@hounslow.gov.uk or by calling 020 8583 4643. Many activities are 'Dementia friendly' and marked accordingly in the programme.

Energy saving workshop

At our open meeting on **22 February** there will be a presentation about energy saving which will explain how to switch energy suppliers, establishing eligibility for grants, draught-proofing your house and information about radiator reflector panels.

Chair Yoga

We would like to gauge whether our members will be interested in occasional chair yoga at our open meetings. Do let us know if you find this tempting.

Aside from being a perfect opportunity to meet new people and socialise, it is also great for improved flexibility and strength as well as enhanced mental clarity.

Outings suggestions

At our last open meeting the Executive asked members for suggestions of outings that they would like to undertake in the upcoming year.

Some suggested Margate and New Forest. We would love to have further suggestions for possible outings at the next open meeting.