



November Issue 9

Hounslow Pensioners Forum

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The hidden super powers of being part of a community

A lot has been happening with our Forum - it has undergone a few changes and many more under way. Good changes, obviously!

Everyone on the Executive has been extraordinarily busy - we are all volunteering our time and it takes dedication and continuance, nevertheless, we are more determined than ever to grow Hounslow Pensioners Forum. When faced with challenges it is always important to refocus on the common, bigger goal, which is to bring positive changes to our local community.

At our November Executive meeting we had a brainstorming strategy for a massive new membership drive in the upcoming year. There are two main reasons for this: to foster a larger support network for pensioners who struggle with mobility and loneliness; the second reason is the hidden super power of being part of a community such as this. Having a support system is invaluable and there is a certain degree of comfort knowing that others are looking out for you.

In fact, the word 'community' stands for 'the gift of togetherness' and is derived from the Latin word *communitas* (cum, with/together + munus, gift). Robert D. Putnam has written extensively about social capital such as goodwill, fellowship and sympathy, and their affirmative effect on health and happiness. This may just be the new currency in a world dominated by technology - that warm feeling we get from interacting face-to-face is precious.

As a charity we are purposefully going to make this happen more!

Remembrance Day

On Sunday 11 November at 11am let's remember the members of our armed forces who have died in the line of duty.

Executive committee

Liz Mammatt has agreed to be a Trustee alongside Roger Smith and Bernadette Mitra. After nine years John Cooper is standing down as Treasurer at the end of March 2019. We want to thank him for his service to Hounslow Pensioners Forum and look forward to continuing seeing him at events.

Upcoming events

On 22 November there is a Christmas lunch at Sunbury Ex Services Club. Please contact Robert Hardy-King on 07884057197 for more details. We look forward to seeing you there!

30 November - guest speaker James Marshall - Hounslow in Postcards.

21 December – Christmas lights followed by a fish and chip supper.

25 January 2019 - guest speaker Jayne Connery - Director of Care Campaign for the Vulnerable.

Save the date

The Executive are currently planning outings, events and speakers for next year and anticipate announcing intentions at the meeting on 22 February 2019, please save the date.

GoodGym

An innovative project where volunteers help spruce up public spaces or visit lonely pensioners. This community of runners combine getting fit with doing good! Their phone number is 0203 432 3920.

Happy Diwali and Merry Christmas

The Trustees and Executive wish all Forum members wonderful Diwali celebrations, a peaceful Christmas and very happy New Year.