

ARTHRITIS TIMES

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Dear Members and Friends,

What lovely weather we have had, a little too hot for me some days, I enjoy the sun but the high temperatures can make me stay indoors.

I hope you have been able to have a holiday, because the dark nights will be here very soon and the long days are over. We are hoping to go to France soon but that will be decided by the state of my health. This has made me think about the insurance that we need. Do you know any good companies that you could pass to me and the group. Perhaps we could compile a list of the tried and tested travel groups that look after those who are older and more challenged.

Sorry not a lot to say this time but my many thanks go to the Committee and all the helpers.

Margaret Ward

Finances

Over the years committee members have been asked the question "what does my subscription pay for?" As it states on the Group application form, subscriptions form a small part of our income. At present we have 134 members bringing in a income of £1,340.00. Our public liability insurance, membership of the FRSB, licence fee to the

Council (this enables us to hold can collections and the Christmas draw) and the printing and posting of the newsletters comes to £960.00. This leaves just £380.00 to cover all other costs, and subsidies for trips and events, which is impossible. Like all charities, International, National or local, the Charity Commission expect the extra income to be raised through fundraising and we all experience the weekly plea through the post in the form of a charity bag or a letter asking for a donation. The TWASG is no different except that we fundraise by holding monthly tombola events at the PRH, can collections at local supermarkets, a Christmas Draw, and monthly raffles etc at the social evenings. Some members also make a donation on top of their subscription for which we are always very grateful.

If we are lucky to receive any grants, and not all grant applications are successful, this income is restricted and can only be used for the purpose the grant was applied for. The hydrotherapy sessions are not subsidised as the fees paid by users of the pool covers the weekly PRH hire charge and the fee for the training sessions by the physiotherapy department that the volunteer helpers at the pool have to complete.

The Committee keep a very close eye on expenditure and those of us who use computers work very hard to be as economical as possible with the use of copy paper and inks.

Most years we carry forward a small credit balance on money received and spent however, this last financial year we have spent more than we received. We do have a general fund which last year financed the new sound system and the free Jubilee party, and a contingency reserve fund is held in case we were ever to get into real financial difficulties. Committee members do not receive special treatment, they pay the same charge as any member to attend events etc. and can, by law, only claim expenses related to Group business.

Those members who attend the AGM receive a copy of the End of Year Financial Statement which details all the income and expenditure for the previous year.

Rosalind

BIRTHDAYS

AUGUST

David Rickus
Mirella Doyle
Jean Jones
Angela Adlington
Jane Davies
Alan Pumford
Yvonne Warby
Iris Morris

SEPTEMBER

Pat Watkins
John Corbett
Helen Roberts
Trevor Bridgewater
Christine Chalkley
Ian Fletcher
Coral Adams
Hazel Diss
Bill Cotton
Josie Cornelius

OCTOBER

Joan Pumford
Bob Chalkley
Gerald Watkins
Shiela Lawley
Rosalind Norman
Cyril Morris
Len Hammonds
Phyllis Furniss
Olive Mortimer

FUNDRAISING

PRH May £111.66, June £97.33

Asda Donnington £296.87

Oakengates £75.32

As always we thank those members who helped at these events and to the 8 members who added their names to the volunteer rota at the AGM. However, we do need more volunteers. Could you give a couple of hours of your time once or twice a year? If so, please let me know, the more members on the list the easier it will be to fill the time slots at the fundraising events. Pat had great difficulty finding members to cover the three day fundraiser at Asda in June and ended up doing a whole day. Thank you Pat from everyone.

Rosalind 293764

ONE HUNDRED NUMBERS

Drawn at Committee Meeting 21st May 2013. 1st Prize: 46 2nd Prize: 67 3rd Prize: 35

Drawn at Annual General Meeting 25th June 2013. 1st Prize: 31 2nd Prize: 57 3rd Prize: 63

Drawn at Meet & Greet 30th July 2013. 1st Prize: 73 2nd Prize: 71 3rd Prize: 31

INFORMATION

DISABLED HOLIDAY INFORMATION (CHARITY NO.1119972)

Looking for suitable accommodation to suit your needs, check out www.disabledholidayinfo.org.uk. They provide free information on accessible accommodation, attractions and activities.

Disabled Holiday Information was started in 2001 by Frank & Sue Napper. When wishing to go away for a weekend, they looked on the internet for suitable destinations, bearing in mind Frank's disability. They could not find anything that provided both places to stay and advice about what to see and do whilst there. In the end they went to York and did their own research which they felt was worth sharing with other wheelchair users.

The information they provide has been researched by wheelchair users and carers actually visiting the areas that they feature on the website and in their brochures. All the accommodation has wheel-in showers/wetrooms and level/ramped entrance. However they stress that this is an information service only. They strongly advise people to consult with each provider about their own specific requirements.

They also have 4 UK wide searches on the website with a large selection of accessible accommodation, attractions, countryside trails and activities. They feature areas all over the UK with a wide variety of attractions to visit, from an Owl Sanctuary in Cornwall, to the top of the Cairngorm Mountain Railway in Scotland.

For further information they can be contacted at:

Disabled Holiday Information, PO Box 186 Oswestry Shropshire, SY10 1AF

Email: info@disabledholidayinfo.org.uk or visit: www.disabledholidayinfo.org.uk

INFORMATION

TAX HELP FOR OLDER PEOPLE

Are you paying the right amount of tax?
Are you having problems approaching HM Revenue & Customs?
Are you facing tax demands or problems that you don't understand?
Are you confused by your tax liabilities or tax coding?
Do you need a "tax health check" for peace of mind and to know that everything is in order with your tax?

Tax Help for Older People can help you resolve these issues and bring you peace of mind.

Who is eligible? **Tax Help for Older People** is a free service provided by Tax Volunteers, a UK registered charity, to all older people (approaching 60+) who have a net household income of £17,000 a year or less. If you are caring for an eligible older person you may also request our help on their behalf. You do not need to have Power of Attorney to do this.

Who are we? Our phone line staff are fully trained in the field of older people's tax and our advice and help is totally independent with total client confidentiality. Our service is friendly, jargon free and personal and we will continue to help you until your problem is satisfactorily resolved. We don't turn anyone away who is eligible for the service.

What do we do? We provide advice in the area of personal tax, we do not deal with issues of inheritance or capital gains tax. If your personal tax query is a simple one we can probably help deal with it over the phone. If the issue is more complex, or you would prefer, we can arrange for an interview with one of our volunteer advisers. These will be by appointment and private and are usually arranged to take place in a location near to you, often at your local Age UK, Citizens Advice Bureau or other community organisation. Should you be disabled or mobility impaired we can arrange for an adviser to come and visit you in your home.

To contact Tax Help for Older People

Telephone Helpline: 0845 601 3321 or 01308 488066
Email: taxvol@taxvol.org.uk
Write: Tax Help for Older People,
Pineapple Business Park, Salway Ash, Bridport, Dorset,
DT6 5DB

INFORMATION

AGE UK

We would like to thank Rob Smith from Age UK for giving us a talk at our Meet & Greet on 30th July. He gave us some very useful information and leaflets.

Every year, a large amount of money intended for people on low incomes goes unclaimed by older people in the UK. Could you be one of the people missing out? If you're 60 or over, you could be entitled to benefits that you haven't been able to claim before. These can help you keep your independence and improve your standard of living by helping with housing costs, care needs or general day-to-day living expenses.

If you'd prefer to talk to a friendly adviser about claiming benefits rather than filling in the forms yourself, contact your local Age UK for help. Call Age UK Advice on 0800 169 65 65 or visit the Telford Office, Meeting Point House, Southwater Square, Telford Town Centre, Telford TF3 4HS. Phone: 01952 201803. Info line: 01952 216018. Email: telford.enquiries@ageukstw.org.uk

GRAYS HOTEL CHRISTMAS PARTY MENU

STARTERS :

Winter vegetable broth with herb dumplings
Chicken & red pepper garlic crouton
Melon & pineapple tian with Madeira liqueur

MAIN COURSES:

Roast breast of turkey stuffed with red onion & sage seasoning, roast potatoes, bacon roll & thyme jus.
Butternut squash & fennel risotto, parmesan crisps.
Baked fillet of salmon with cranberry & tarragon crust.
Roast topside of beef with roast potatoes,
Yorkshire pudding. (£2.95 supplement applies).
Served with a selection of roasted root vegetables & Brussels sprouts.

DESSERTS:

Traditional Christmas pudding with creamy brandy sauce.
Poached pear in spiced red wine, tuille biscuits & icecream.
White Chocolate Charlotte with winter berry compote.

TO FINISH:

Tea or coffee and cocktail mince pies

MEMBERS: £15.00(£17.95)/NON-MEMBERS £25.00

BOOKINGS WILL ONLY BE ACCEPTED WITH BOOKING FORM & PAYMENT

Tuesday 27th August. MEET & GREET. St Georges' Sports & Social Club. Doors open 7.00 pm

Horsereading Night. Come and join in, have a good laugh at our jockeys. Don't forget your small change. Refreshments will be provided.
Price: Members £4.00/Non-members £6.00

Tuesday 17th September. MEET & GREET. St Georges' Sport & Social Club. Doors open 7.00 pm (NEW)

Wii Games Night. Come and join in the fun, try your hand with the Wii games. Refreshments will be provided.
FREE TO MEMBERS. Non-members £6.00

Sunday 22nd September. COACH TRIP TO WESTON-SUPER-MARE (NEW)

We are once again introducing a day trip to see how things pan out. The coach (supplied by Endeavour Coaches) will be departing from The Place, Oakengates at 10.00 am and with the traffic permitting we should be in Weston at midday. We will depart there at 5.00 pm and should arrive back in Telford at approx. 7.00 pm

Price: Members: £10.00/Non-members £14.00

Tuesday 29th October. MEET & GREET/HALLOWEEN PARTY (NEW). St Georges' Sports & Social Club. Doors open 7.00 pm (NEW)

We are holding a fancy dress evening - so dig out those costumes and join in the fun. Prizes for the best costumes. The food will be choice of burgers or hotdogs, please tick your preference on the booking form. Price: Members £4.00/Non-members £6.00

Tuesday 26th November. GRAND PRIZE DRAW with HOT SUPPER. St Georges' Sports & Social Club. Doors open 7.00 pm (NEW)

Don't forget to purchase your tickets (enclosed with this newsletter). You have to be in it to win it!. Come and join us for the evening. Choice of food available: Cottage pie (made with real beef) or chicken curry. Please tick your choice on the booking form.

Closing date: 15th November.

Price: Members £5.00/Non-members £7.00

Saturday 14th December. CHRISTMAS PARTY at GRAYS HOTEL, FORGEGATE, TELFORD. 7.00 for 7.30 pm (NEW)

Dig out those posh frocks (for the ladies of course) and smart dress for the gentlemen, for an evening of fine dining/drinking and a dance if your aches and pains will allow you! A choice of menu is available - please tick the boxes on the booking form. See full menu on page 3.

Closing date: 15th November

Price: Members £15.00 or if you choose Beef the price will be £17.95/Non-members £25.00 (Beef £27.95)

IF YOU ARE UNABLE TO GO ON A TRIP (DUE TO ILLNESS ETC) WE WOULD APPRECIATE A PHONE CALL EITHER THE PREVIOUS EVENING OR THE SAME MORNING SO WE DO NOT DELAY THE COACH.

CLOSING DATES - PLEASE NOTE NO BOOKINGS WILL BE TAKEN EITHER BY BOOKING FORM OR PHONE CALL AFTER THE DATES STATED.

PLEASE NOTE:
ALL PAYMENTS ARE NON-REFUNDABLE AND WILL ONLY BE REFUNDED IF WE ARE ABLE TO FILL YOUR PLACE. WE NORMALLY USE SIDE LIFT COACHES SO THEY ARE ACCESSIBLE TO ALL OUR MEMBERS.

DUE TO THE INCREASED COST OF POSTAGE AND TO KEEP THE GROUP'S EXPENDITURE DOWN WE WOULD ASK YOU TICK THE APPROPRIATE BOX ON THE BOOKING FORM REGARDING RECEIPTS

DON'T FORGET TO WRITE THE EVENTS/TRIPS YOU HAVE BOOKED ON YOUR CALENDAR OR IN YOUR DIARY