

Evesham and District

Pensioners Association

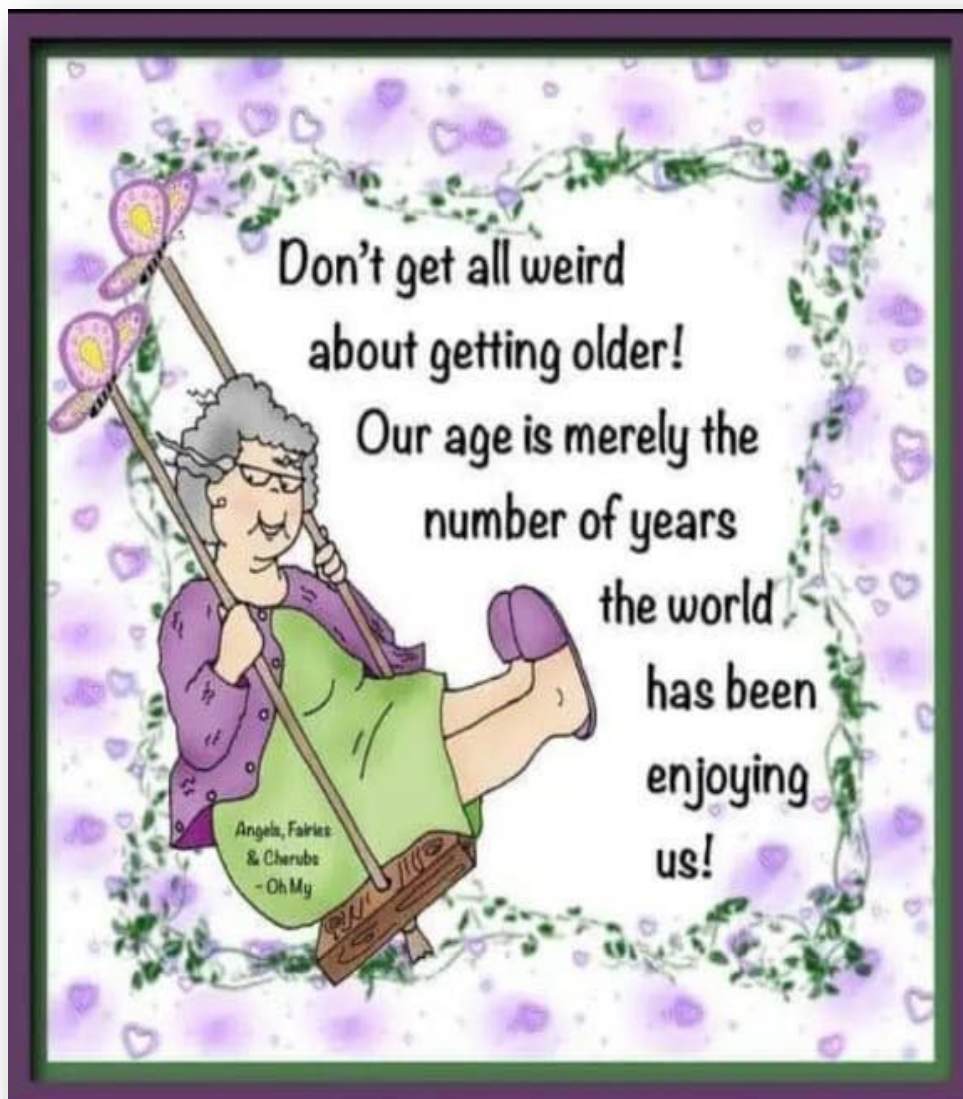


JANUARY 2024

NOTE FROM THE EDITOR

Welcome back to the EDPA in 2024! I hope you have all had a wonderful Christmas and I wish you all a very happy new Year filled with lots of new adventures. Just a quick reminder that annual membership fees are now due—please don't delay as we are looking forward to seeing you all again at future meetings, events, classes and trips!

Ann Dingley



GALLERY



2023 AUTUMN REVIEW

SEPTEMBER

In September, we were visited by four local councillors to discuss transportation in the local area. Topics included the traffic situation in town and on the bypass, a potential bridge from Hampton to the Ferry Café to aid walkers and cyclists in the future. Unfortunately, it seems as though we might have to wait for a while before we see any solutions to these issues...

OCTOBER

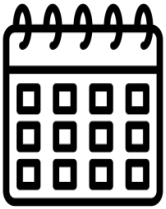
In October, we were entertained by the wonderful ukulele band! We had a great afternoon of music from the good old days (including members singing along to the tunes we could remember the words to). We all had a great deal of fun which was great for both mind and soul, even if some of us were a little flat or out of tune! We were singing all the right notes, but not necessarily in the right order!

NOVEMBER

In November, we held our AGM, complete with fish, chips and a cake to celebrate 30 years of the EDPA; thank you all for the fantastic turnout! We welcomed Sue and Judy to the Committee and we know you will all wish them the best in their new roles! Finally, we hope you are all looking forward to 2024 - a year which will be filled with great monthly socials and fun trips!

DECEMBER

On the 12th of December, we had our Christmas lunch at the Ferry Café which consisted of a delicious meal followed by entertainment, a raffle and lots of good cheer!



DATES FOR YOUR DIARY



23rd January

Bingo & games

27th February

Valentine's Day Social (2 o' clock)

26th March

Guest speaker (TBC)

23rd April

Spring Social with afternoon tea

28th May

Charity Event

25th June

Event TBC

23rd July

Summer Social

27th August

Event TBC

24th September

Guest speaker (TBC)

22nd October

Halloween Social with afternoon tea

26th November

AGM with fish & chips

December

Christmas Dinner

CRAFTY CHAT CLUB

The Crafty Chat Club continues to be a great way for many members to come together and learn new skills, bring their own projects and of course, enjoy some company!

If anyone is interested in joining us, we meet every other Thursday at 10:00 at Wallace House. Feel free to come and learn a new craft, bring along your own project or simply come and enjoy a chat, a chat and refreshments! My contact details can be found on the back page.

Ann Dingley

Upcoming Crafty Chat Club Dates:

- 4th January
- 18th January
- 1st February
- 15th February
- 29th February
- 14th March



MEN'S FORUM

The Men's Forum held its final meeting of 2023 at Wallace House on the 13th December followed by Christmas Lunch provided by Working World.

Since its inaugural meeting in April, the Men's Forum has continued to meet at Wallace house on a monthly basis for an informal chat and lunch as well as enjoying two trips.

The first trip in September saw the group take a return train ride on the Gloucestershire & Warwickshire Railway from Toddington to Cheltenham, followed by lunch at The Pheasant Inn, Toddington.

On the 2nd November, the group visited the British Motor Museum, Gaydon, which houses the world's largest collection of historic British cars.

The Men's Forum will continue to meet monthly (other than August) in 2024 and a further programme of trips is being planned.

New members are always welcome and should you know of anyone interested in joining then please pass on my contact details (found on back page).

Mervyn Leggett

Upcoming Men's Forum Dates:

- 17th January
- 21st February
- 20th March

MUSCLE STRENGTH

As we get older, our muscles lose some of the strength we once took for granted. To help maintain your muscle strength, and therefore your independence, for as long as possible, it is important to exercise. Use it or lose it!

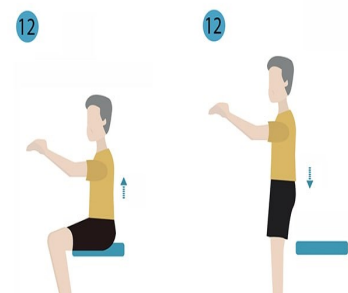
Top exercises for retaining strength:

1. March on the Spot

Stand still and alternately lift each knee to hip-height as if marching. Feel free to use a chair for support if needed.

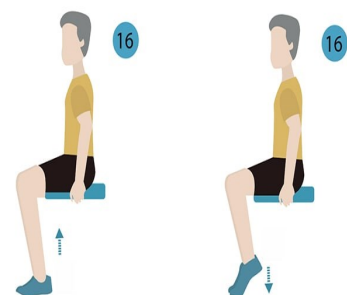
2. Sit to Stand

Start by sitting on a chair. Stand up without using your arms to help you if you can, then lower yourself back down into the chair.



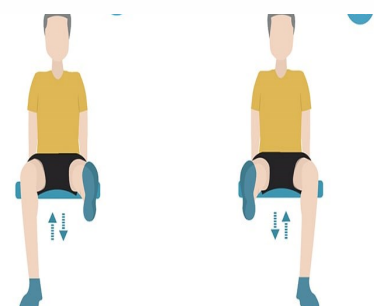
3. Heel Raises

Stand still, leaning on a support (this can also be done sitting, as shown). Slowly raise up onto tiptoes before returning your feet flat to the floor again.



4. Sitting Leg Extension

Sit on a chair and alternately straighten each leg before lowering your foot back to the floor.



K2 TOG

Thank you very much to all of you who made and donated all of the beautiful items to the Wallace House charity sale! It is very much appreciated and helps to raise money for a very worthy cause.

If anyone has any wool or yarn you no longer need, please do consider bringing it to class so that we can continue to make items for charity.

Anne Saunders

BREAKING NEWS!

We will soon be launching our very own website! Thanks to Lindsey, we will have an EDPA website where we can all keep up to date with upcoming events and all of our groups and classes.

We hope you will take a look at the website when it is up and running! Keep reading the newsletters for more updates!

healthwatch Worcestershire

Last year, Fred Kaler and I attended the 10th Annual Conference of Healthwatch Worcestershire held at Perdiswell Leisure Centre in Worcester.

Healthwatch Worcestershire is funded by Worcestershire County Council but is an independent body which serves as your local Health and Social Care champion. It engages with, and listens to, people who use Health and Care services in a variety of ways and makes submissions to Government and other organisations such as the Care Quality Commission and Healthcare England.

Presentations were given on the areas of Health and Social Care featured in the Annual Report and then further information was provided on the Business plan for the coming year, with a focus on Adult Social Care, Mental health, Primary Care, Hospital Services and Emergency Care.

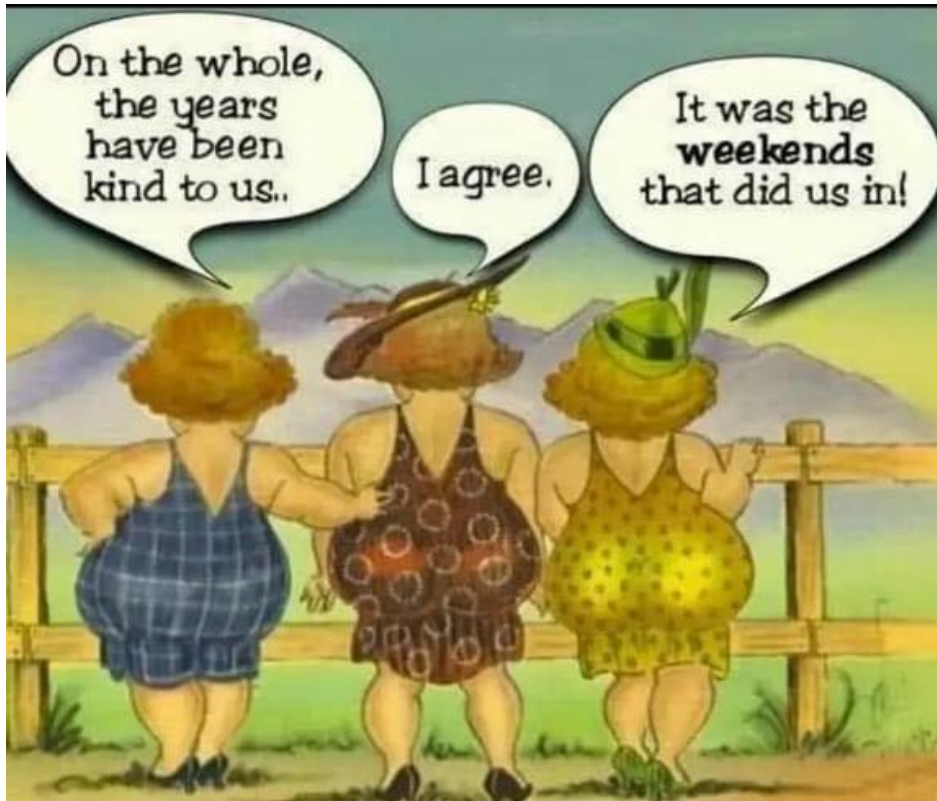
Should any member require further information, contact details for Healthwatch Worcestershire are as follows:

Telephone—01386 550264

Email—info@healthwatchworcestershire.co.uk

Website—www.healthwatchworcestershire.co.uk

Mervyn Leggett



QUICK QUIZ

1. Which noble family did Henry VIII belong to?

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2. The flag of China is predominantly which primary colour?

.....

3. Who directed 'Jaws' and 'Jurassic Park'?

.....

4. Who originally played Inspector Barnaby in Midsummer Murders?

.....

SUDOKU

4		1	2	9			7	5
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6				2			3	
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8	9			6	5	1		7

Quiz Answers:

1. Tudor 2. Red 3. Steven Spielberg 4. John Nettles

POEM

Each Moment is Precious

Live in the moment,
Just take it all in.
Pay attention to everything,
Right there and right then.
Don't let your mind wander
To what's coming next.
Cherish the moment
And give it your best.
Don't let tomorrow
Make you rush through today,
Or too many moments
Will just slip away.
And the person you're with,
In this moment you share,
Give them all of your focus,
Show you value them and care.
It can take but a moment
To change your life's path.
Once it ticks by,
There's no going back.
In just 60 seconds,
You may make a new friend,
Find your true love.

COMMITTEE CONTACT DETAILS

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