

Dear Forum Member

Dave Wright,
Acting Chairman



Hi to all Forum members. Celia Steventon has temporarily stood down as Chairperson due to personal reasons and I have been asked if I would fill the Acting Chairperson responsibilities until the Forum AGM.

So, members, what a few months we have had – lockdown – slowly coming out of lockdown – half price meals Mon – Wed during August and now the children going back to school. We are hopefully getting back to some form of normality. Will we ever be completely the same again?

Our “Chat Service” calls are still happening, so if you are out there and feel a bit lonely and want a friendly voice to talk too, please ring Chris on 07932 828333 or Wendy on 07552 975676 and they will call you back. Your regular call will be completely confidential and personal to you. If you should wish to volunteer your help, which we very much need to keep the service going, please ring the numbers above. Thank you in advance.

We are constantly reviewing when we can get activities going again and hopefully it will be before the end of the year, but we are dependent on both the spread of COVID 19 and the Government.

As always, stay safe and the Senior Citizens Forum trustees hope to see you soon.

Registered charity: 1153586

Tel: 07932 828333/07552 975676,
Email: enquiries@twseniors.org.uk
Website: twseniors.org.uk

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**Changes to social gatherings rule**

From 14 September, it has been illegal for groups of more than six people to take part in social gatherings in all parts of England except places which have a local lockdown where rules may be tighter.

What you can and can't do under the new 'rule of six'.

The number of people allowed to meet-up socially indoors and outdoors is six, so meeting up socially in homes, venues like restaurants, and outdoor spaces like parks will all be affected.

The new rules don't affect workplaces, organised sports and some community venue activities may still be able to go ahead. Places of worship, cafes and restaurants are also exempt but have to follow the rules such as social distancing and collecting contact details of those attending. Some holidays may have to be cancelled.

Can I still see my family, including grandchildren?

Yes, if the number of people in the gathering is six or under. Households or support bubbles of more than six people are exempt. Weddings and funerals are still allowed to have up to 30 people attending.

Remember...

To wear your face covering in shops, libraries, medical centres etc. If you would like instructions on how to make your own, or if you need an exemption card, give us a call on 07932 828333/07552 975676.

Have your say....**Health**

Healthwatch Shropshire would like to hear about your experiences of using telephone and online medical appointments, also from those who have left hospital during COVID-19 or who have received Out of Hours Palliative Care.

www.healthwatchshropshire.co.uk/have-your-say or email:
enquiries@healthwatchshropshire.co.uk
tel: **01743 237884**

Local Housing Strategy

Telford & Wrekin Council and Housing LIN (Learning & Improvement Network) have asked the Forum and Age UK Shropshire Telford & Wrekin to help gather views with regards to the borough's housing strategy and to increase their understanding of the housing needs of older people in the local area. Details about how you can put forward your views will be available in our next newsletter magazine.

Struggling with feeling low? Isolated? Anxious/worried? Or struggling with the impact of your physical health upon your emotional wellbeing?

Many older adults are understandably feeling more worried and low as a result of the ongoing COVID19 situation or may have felt this way beforehand, if this sounds like you, there are ways we can help:

Telford Wellbeing Service is a free NHS Service, providing a range of recommended therapies for common mental health problems. We are made up of a range of specially trained practitioners, and we offer information, guidance and talking therapies in a variety of formats, such as over the telephone, by video appointments or online.

The support we offer will focus on helping you move forward and will concentrate on steps that you can take yourself to improve how you are feeling.

You can call us on **01952 457415** between 9am - 5pm, Monday to Friday. We will take your details and arrange a telephone assessment with one of our friendly practitioners. Or alternatively you can refer yourself via your GP or our website telfordwellbeingservice.mpft.nhs.uk

Flu vaccine 2020

This year the flu vaccine is being offered on the NHS to:

- adults 65 and over
- people with certain medical conditions
- pregnant women
- people living with someone who's at high risk from coronavirus (on NHS shielded patient list)
- children aged 2 and 3 on 31 August 2020, children in primary school and those in year 7 (secondary school)
- frontline health or social care workers

Later in the year, the flu vaccine may be given to people aged 50 to 64. More information will be available later in the autumn. However, if you're aged 50 to 64 and in an at-risk group, you should not delay having your flu vaccine.

If you're eligible for the flu vaccine on the NHS, you'll be offered one that's most effective for you, depending on your age. Talk to a GP, practice nurse or pharmacist for more information about the vaccine.

Forum News

Funding update - With our current Lottery project coming to an end this autumn, we are delighted to have been granted £30,000 by the National Lottery to enable us to continue to support older people during these difficult times. We are also very grateful to receive grants from Dawley Hamlets Parish Council (£1,000) and Telford & Wrekin Council (£1500 for telephone support).

Telephone Support - The Forum's telephone support scheme is open to anyone who would enjoy a regular chat call. We'll also be taking on a number of TW Council's Keep in Touch call clients, as they discontinue their own service.

IT Support - You can get help to solve a problem with your computer, tablet or smartphone, or with learning how to do a new task. Help is by phone or email.

For both the telephone chat scheme and IT support, please ring 07932 828333/07552 975676 or email enquiries@twseniors.org.uk

Join our Seated Exercise Class - Our seated exercise class at The Wakes, Oakengates has restarted with safety measures in place. Numbers are limited but we have space for new attendees. Please book your place by calling Sarah on 07821 739943. It takes place on Tuesdays, 1pm.

Are you struggling with household chores, or with getting your shopping?

Age UK Shropshire Telford & Wrekin's Help at Home service is accepting new clients. The service offers cleaning, shopping, collecting prescriptions, laundry, ironing, gardening. Call **01743 233788** for more information. Hourly charges apply for the service.

Age UK's offices are still closed to visitors, but you can still call for information and advice on **01743 233123** and leave a message with your name and telephone number, a member of the team will contact you as soon as they are able. Alternatively, you can email enquiries@ageukstw.org.uk

Senior Home Services

A Shropshire micro provider with aims of reducing & preventing social isolation among the elderly.

We guarantee the same carer visiting each time to ensure the best service so that the customer can relax and look forward to the time spent with us.

Contact Colleen Bremner
07871 137184
www.seniorhomeservices.net
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