



### Dear Forum Member

Dave Wright, Acting Chairman

Members, hello and welcome to our latest News Update from the Senior Citizens Forum. The board of Trustees hope you enjoyed the last Forum magazine which we sent out in October. In this newsletter we explain the new rules, now that we are back in lockdown.

We know that one issue during lockdowns is that of feeling lonely. If this is affecting you and you would like someone to chat to once or twice a week, please get in touch with Chris or Wendy at the numbers shown below and one of our volunteers will give you a ring.

#### We all need to reach out to one another

Remember there is no stigma attached to loneliness. Please do not sit there and think you have no one. We all need to reach out to each other – everyone needs to know that they are valued, and we do care. We know from government figures that approx 20% of 65 to 74 year olds, and 15% of over 75 year olds, experience feelings of loneliness at least once a week. Please get in touch, we have friendly volunteers who would like to talk to you.

Enjoy the newsletter and remember, keep safe.

Registered charity: 1153586  
Tel: 07932 828333/07552 975676,  
Email: enquiries@twseniors.org.uk  
Website: twseniors.org.uk



#### Over the page:

Latest lockdown rules

Where can I get help?

Free home energy checks



## Help from the Forum

**Call us** - If you're not sure about the rules, (summary over the page), you're not sure about where to get help or you need an exemption card if you're unable to wear a face covering.

**Telephone Support** - The Forum's telephone chat scheme is open to anyone who would enjoy and benefit from a regular call. Having asked many our current clients how they are finding the telephone calls, everyone has reported that the calls are very enjoyable and are helping them to cope better.

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

Please ring 07932 828333/07552 975676 or email enquiries@twseniors.org.uk

## New Computer training Opportunity to gain computer skills

Free online or over the phone, computer sessions are being held by Tech with No Limits in partnership with Citizens Advice Telford. Sessions are perfect for both beginners and those looking to improve their skills.

Call Andy on 07842 906098

to chat about the course and to book your first session.



**What are the rules of the new lockdown?** (Due to last until at least 2 December)

**You should stay at home except for:** work if it can't be done from home, exercise, medical reasons, shopping for essentials, or to care for others. You can meet one person from outside your household in an outdoors public space for exercise. (Children under five don't count.)

Support bubbles for people who live alone and single adult households can still visit each other, stay overnight and meet outdoors.

Support groups of 15 or fewer people are allowed, including those for new parents or people recovering from addictions.

Informal childcare support bubbles for children aged 13 or under can continue.

It is possible to visit friends and family in care homes as long as safety measures are in place.

People who are extremely clinically vulnerable are urged to stay at home at all times, unless for exercise or medical appointments.

**Open** - Supermarkets, food shops, off-licences, petrol stations, pharmacies, bike shops, hardware stores, dry cleaners, banks, post offices, garden centres, pet shops, waste and recycling centres, petrol stations, car repair and MOT services, taxi and vehicle hire businesses, motorway services, medical services including dentist and optician appointments, libraries for click-and-collect services only and to allow IT access.

**Closed** - All pubs and restaurants (takeaways and deliveries can continue), non-essential shops (click-and-collect services and deliveries can continue), personal care/beauty facilities and all leisure and sports centres, gyms, swimming pools and exercise classes.

More information about the rules can be found at [www.gov.uk/guidance/new-national-restrictions-from-5-november](http://www.gov.uk/guidance/new-national-restrictions-from-5-november) including details about funerals, places of worship, moving home, weddings and civil partnership ceremonies, travel in the UK or overseas, staying overnight away from your main home.

**Remember to wear your face covering, wash your hands frequently and keep a 2 metre distance from other people. Call 111 if you experience symptoms of Covid-19, including a temperature, a constant cough or a change to your sense of taste or smell.**

**Where can I get help?****Telford & Wrekin Council Community Support Line**

Tel 01952 382030 for help with prescription collection, shopping, someone to talk to.

Visit [www.telford.gov.uk/info/20692/coronavirus\\_covid-19](http://www.telford.gov.uk/info/20692/coronavirus_covid-19) for more information including about registering for priority online shopping delivery and getting essentials if you are self-isolating.

**Age UK Shropshire, Telford & Wrekin**

Call 01743 233788 for the Help at Home

Offering you help in these worrying times with any items you need collecting and delivering to your home.

Contact Colleen for more information

**07871 137184**

[www.seniorhomeservices.net](http://www.seniorhomeservices.net)



Advertisement

**Not able to order your shopping online?**

**Morrisons supermarket offers a Doorstep service, where you order by phone choosing from a list of 47 items, and also a Foodbox delivery service. Call 0345 611 6111, (order by 3pm for next day delivery).**

**Free home energy checks**

Age UK Shropshire Telford & Wrekin is delivering a free advisory service in partnership with Marches Energy Agency. The telephone consultation offers impartial advice to make your home warmer and possibly help save you money on your heating bills too.

Keeping warm in the colder months is a huge issue for many homeowners. Many people live in poorly insulated houses that are not on the main gas grid and are therefore expensive to heat. Shockingly, around 300 older people die every winter in Shropshire from cold-related causes.

If you would like a free Home Energy Check call Age UK Shropshire Telford & Wrekin on 01743 233123.

Make sure you are receiving your free Forum magazine either by post or email. If not, or you would like to change how you receive it, please get in touch. If you would prefer not to receive any more correspondence from the Forum, please contact 07932 828333/07552 975676, email: [enquiries@twseniors.org.uk](mailto:enquiries@twseniors.org.uk), website: [twseniors.org.uk](http://twseniors.org.uk)