



Dear Forum Member

Dave Wright, Acting Chairman

Happy New Year from The Senior Citizens Forum

Welcome to our first News Update of 2021. With the curtains having finally come down on the big dipper year of 2020, we now find ourselves in lockdown again. We've had so many ups and downs (more downs than ups), we all need some new stimuli for this new year.

What a great Forum magazine our editor put together for us in December, there was some interesting information plus a poem and great articles. If you feel that you have an article or poem in you, then put pen to paper and send them off to the address in the Forum magazine and you never know they may get published.

Loneliness is a growing problem, made much worse by Covid-19, so if you would like someone to talk to on a regular basis, please get in touch. (Contact details on page 2)

What 2021 will bring for the Forum, we don't yet know. We'll hopefully get our exercises classes going again when restrictions ease and maybe some events, but everything will depend on the spread of Covid-19 and how fast the vaccine is issued. So, for now, keep up to date with our News Updates and Forum magazines. Remember, if you need any help or advice and don't know where to get it, give us a call and we'll try and find you the assistance you need. Wash hands, remember to keep your distance but most importantly, keep safe.

Registered charity: 1153586
Tel: 07932 828333/07552 975676,
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SeniorCitizensForum
TELFORD & THE WREKIN

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When will I get the vaccine?

The NHS is currently offering the COVID-19 vaccine to people most at risk from coronavirus, in some hospitals and hundreds of local vaccination centres run by GPs.

The order in which people will be offered the vaccine is based on advice from the Joint Committee on Vaccination and Immunisation. The 9 priority groups are:

1. Residents in a care home for older adults and their carers
2. 80 year old and over and frontline health and social care workers
3. 75 years of age and over
4. 70 years of age and over and clinically extremely vulnerable individuals
5. 65 years of age and over
6. 16 years to 64 years with underlying health conditions which put them at higher risk of serious disease and mortality
7. 60 years of age and over
8. 55 years of age and over
9. 50 years of age and over

You will need to be registered with a GP surgery in England.

Wait to be contacted

The NHS will let you know when it's your turn to have the vaccine. It's important not to contact the NHS for a vaccination before then. When you are contacted, please make sure you attend your appointments. There may be provision for the vaccine to be given at local centres within the community and for those who cannot leave their homes.

Will I have to travel to receive the vaccine?

If you have received a letter inviting you to attend vaccination appointments as far afield as Birmingham, Manchester, Bristol and Cheshire, **rest assured that you do not need to travel to these sites. This is an option for those who wish to have the vaccine sooner and are able to travel further afield.**

You will be invited to receive the vaccine in your local area very soon when local sites are fully operational.

Fake NHS messages have been circulating, informing people that they're eligible to apply for the COVID-19 vaccine. The scam message reads "we have identified that you are eligible to apply for your vaccine" and then prompts you to click on a link for further information or to 'apply' for the vaccine.

This link takes you to an extremely convincing fake NHS website, where fraudsters are attempting to coerce people into divulging personal or financial information. The NHS will NEVER ask you to click a link or reply by text to confirm you want the vaccine, nor will they ask for financial information. Likewise if you receive a telephone call about the vaccine that you believe to be fraudulent, hang up. If you have been the victim of fraud or identity theft you should report this directly to **Action Fraud on 0300 123 2040**.

Summary of the Latest lockdown rules

(further restrictions may have been imposed by the time this letter reaches you)

Government guidance states that you must not meet socially indoors with anybody you don't live with unless they are part of your support bubble, including meeting in a private garden. You should not leave your home except where necessary, such as to:

- shop for basic necessities, for you or a vulnerable person. go to work, or provide voluntary or charitable services, if you cannot reasonably do so from home.
- exercise with your household (or support bubble) or one other person, this should be limited to once per day, and you should not travel outside your local area.
- meet your support bubble or childcare bubble where necessary, but only if you are legally permitted to form one.
- seek medical assistance or avoid injury, illness or risk of harm (including domestic abuse).

If you are clinically vulnerable, you should stay at home as much as possible. You should only go out for medical appointments, exercise or if it is essential.

Full guidance can be found at www.gov.uk/guidance/national-lockdown-stay-at-home

Can I still have a tradesperson visit my home?

Tradespeople can still work in and around your home and garden, provided you don't have any Covid-19 symptoms.

Before a tradesperson arrives, chat to them about how the work will be done with measures in place. Prepare by opening windows and doors to help air circulate and save them needing to touch door handles. Wear a mask and maintain a two-metre distance whilst they are working and after they leave, disinfect any surfaces they may have come into contact with. Let the tradesperson know if you or another member of your household develop any coronavirus symptoms after the job's done.

Senior Home Services are offering to help with shopping & prescription collections through the latest lockdown.

We also provide help with transport to and from the vaccination centre.

Contact Colleen for more information

07871 137184

www.seniorhomeservices.net



Advertisement

Where can I get help?

Help from the Forum

Call us if you're not sure about the rules, you don't know 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 from a volunteer. (We continue to welcome new volunteers for this role - the more volunteers we have, the more people we can support.)

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

Telford & Wrekin Council Community Support Line:

01952 382030

Visit www.telford.gov.uk/info/20692/coronavirus_covid-19

Age UK Shropshire, Telford & Wrekin: 01743 233788 for the Help at Home service or 01743 233123 for information and advice.

Citizens Advice Telford & Wrekin: 01952 567174

Telford Wellbeing Service: 01952 457415

Mind: 0300 123 3393

Anxiety UK: 03444 775774

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, website: twseniors.org.uk