

Dear Forum Member

Dave Wright, Acting Chairman



Well, another newsletter and still in lockdown – what a start to 2021!

There is some good news - over 20 million of us have had the first and a few of us the second, Covid-19 vaccination. It's important that we get back to normal as soon as we can. As I write this, the tourist authority has stated that May 18 is hopefully when people can start going on holiday. Remember things can change as we have seen in 2020, so plan ahead, make sure you can get a refund if your trip is cancelled and don't be too disappointed if you can't get away – the hope is always there.

If you're reading this and feeling lonely and would love someone to chat too, please get in touch with Chris or Wendy at the numbers overleaf, and they'll arrange for a volunteer to give you a regular call.

Your Senior Citizens Forum Board is forward planning, looking at when we can start up our exercise classes and social groups in your community centres, as well as forum meetings and social events. We will keep you informed in our Forum magazine, newsletters and on our website. We want to help people get out and active again when restrictions ease. If you have a great idea we could use or if you might like to volunteer or become a trustee, please get in touch. We would love some new faces on our board and you can attend a few meetings before making any commitment.

Enjoy the newsletter and remember keep safe.

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SeniorCitizensForum
TELFORD & THE WREKIN

Over the page:

Lockdown easing plan

Watch out for scam
texts and emails**Vaccine Update**

If you are aged 56 and over, you can now book your Covid-19 vaccination at a local centre. By the time you receive this letter, the invitation to book may have extended to the over 50s too.

Book your appointment online at <https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/>

or by calling 119

You will need your NHS number to hand. Your NHS number is a 10 digit number, like 485 777 3456. It is on any letter you receive from the NHS.

You can also wait to be contacted by your local GP if you prefer an appointment at your surgery.

Need help with the Census 21?

If you're online, there is a special meeting arranged for Forum members to ask questions about the Census. It takes place on Monday 22nd March. You can 'drop in' the meeting at any time between 12 noon and 2pm, using the link below:

meet.google.com/czv-uyva-iix

If you aren't online, and you still need to obtain a paper Census form, please ring **0800 141 2021**, or call us on **07932 828333**, and we'll order one for you.

If you have any questions or difficulties completing the form, please contact us on **07932 828333** and we'll help you to complete it or pass your question to the local Census Officer. You can also call either of the two local support centres at the Park Lane Centre, **01952 683700** or Hub on the Hill, **01952 898052**.

Every household should complete the census on Sunday 21 March 2021 or as soon as possible after. You can complete it before the 21 March, but the information must reflect your circumstances at that date.

Lockdown easing plan

Current situation

In addition to exercising with your household, support bubble or one other person, two people from different households can meet outside for recreation, which can include "a coffee on a bench".

One nominated person can visit care homes, but will need to wear protective equipment, have a lateral flow test and to keep physical contact to a minimum.

From 29 March

People will be allowed to meet outside, with one other household or within the "rule of six", including in private gardens. Outdoor sport facilities will reopen and weddings attended by up to six people can take place in any circumstances.

No earlier than 12 April:

All shops will allowed to open and restaurants and pubs will be allowed to serve customers sitting outdoors.

Hairdressers and beauty salons can reopen, gyms and spas can open for individuals and households.

UK domestic holidays with self-contained accommodation will be permitted, for use by members of the same household.

Libraries and community centres can reopen and weddings attended by up to 15 people.

No earlier than 17 May:

People can meet in groups of up to 30 outdoors, six people or two households can meet indoors.

Pubs, restaurants and other hospitality venues can seat customers indoors.

Up to 30 people can meet to celebrate weddings or other life events.

Outdoor entertainment can take place, along with indoor entertainment such as museums, theatres and cinemas.

Hotels, hostels and B&Bs can reopen, and international leisure travel will resume.

Adult indoor group sports and exercise classes can start up again.

All restrictions will be lifted by 21 June at the earliest, based on the vaccine rollout and infection rates.

Watch out for these scam messages

Royal Mail - a text or email stating that your package has an unpaid shipping fee.

Delivery companies - a text or email saying you have missed a delivery and you need to re-schedule it.

Covid-19 grants - texts or emails telling you that you are being granted a sum of money.

Avoid clicking the links in any of these messages.

You can forward suspicious texts to **7726** and emails to **report@phishing.gov.uk**

Age UK Advocacy Service

Age UK Shropshire Telford & Wrekin's advocacy service is an independent and trustworthy service supporting people with problems in relation to housing and utility companies such as water, gas and electricity, as well as residential and nursing homes, either helping to understand the funding and assessment procedure, or challenging issues when residents and their families disagree with decisions made by authorities.

Advocacy officers work with a team of trained volunteers to support you on a one-to-one basis. When necessary the volunteer will contact statutory agencies and other organisations on your behalf.

For further information contact the advocacy officers on **01743 357748**.

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, (charges apply) including light housework, shopping and gardening, 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

Call us if:

- You're not sure about the current rules, or you don't know where to get help with a problem. We'll try to get the answer you need or point you in the right direction.
- You would like a regular call from a volunteer or you would like to find out more about becoming a volunteer caller.
- You need help 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

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