

Forum 50+ Newsletter – January/February 2022

Message from the Chairperson, Dave Wright

Welcome, it's 2022 and we hope that you have managed to stay safe and well. As I write this we don't know how things will be 'Covid wise' but I hope that you are feeling more confident about meeting up with friends and the ones you love. Hopefully Christmas and the New Year were enjoyable and a bit more 'normal' for you – mind you, what is normal these days?

There is a sense of hope and celebration and we, your trustees, are looking at ways we can organise events which we hope you will attend.

One event we may be looking at is to celebrate the Queen's Platinum Jubilee. Our Queen becomes the first British monarch to celebrate a platinum jubilee, 70 years of service, There is to be an extended bank holiday from Thursday 2 June to Sunday 5 June and communities throughout Telford and Wrekin will come together to celebrate this historic milestone.

We know that the council is planning some public events and town and parish councils will have some community activities whilst at a national level we are sure that there will be moments of reflection of The Queen's 70 years' service. Forum 50+ hope to be able to hold a big social event in May or June.

But until then take care and please keep safe.

Covid-19 Update

When should I self-isolate?

Government guidance states:

(Please be aware that by the time this magazine reaches you some of the rules may have changed.)

If you have COVID-19 symptoms: You should stay at home and self-isolate. You should arrange to have a PCR test as soon as possible, by booking at a test site, ordering a kit online or by calling 119. If this PCR test result is positive, you must continue to self-isolate for 10 days following the first day of symptoms.

If you do not have COVID-19 symptoms but you have a positive PCR test result, you must also stay at home and self-isolate.

You have the option to reduce your isolation period after 5 full days if you take a Lateral Flow Device test (LFD) and test negative on both day 5 and day 6 and do not have a temperature. (LFD tests can be obtained free at chemists or ordered online.) If you are still testing positive you must stay in isolation until you have had 2 consecutive negative tests taken on separate days up until the end of day 10.

If you live in the same household as someone with COVID-19:

If you are not fully vaccinated, (you are fully vaccinated 14 days after having received 2 doses of an approved vaccine) you are legally required to stay at home and self-isolate.

If you are fully vaccinated you are not legally required to self-isolate. However, you are strongly advised to take an LFD test every day for 7 days, and to self-isolate if any of these test results is positive.

Full details at www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection

Get your Covid vaccinations

It is more important than ever to get your booster vaccination, or your first and second doses of the vaccination if you haven't yet had them. Data has demonstrated that people are far more likely to need an admission to hospital with Covid if they have received no jab at all.

Book for 1st, 2nd or 3rd doses (3rd dose for those eligible due to a severely weakened immune system)

Book for the booster vaccination if you had your second dose 2 months (61 days) ago. You will be offered appointment dates from 3 months (91 days) after the date of your second dose.

Book online at: www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/

Or ring 119 or attend a walk-in local vaccination clinic where no appointment is needed if you have had your second dose 3 months (91 days) ago.

Contact us if you need help getting to your vaccination appointment.

We need volunteers!

Volunteer for Forum 50+

Help us to help others....by volunteering a little of your time.

Telephone befriending volunteers - to make a regular phone call to to chat and help ease loneliness. At the current time we have people waiting to be matched with a caller so please help if you can.

Face to face befrienders - home visits or meeting up, helping people to get out.

Computer support volunteers - helping at a weekly drop in session or providing support through home visits.

Helping at a small friendship group - helping people feel welcome.

Full support and guidance will be given and any travel costs and other out of pocket expenses will be reimbursed.

Call Chris for a chat to find out more: 07932 828333

Forum Exercise Classes

Booking essential for all sessions.

Seated Exercise

Tuesdays 1pm - 2pm, The Wakes, Oakengates, TF2 6EP
Call Sarah on 07821 739943.

Chair Yoga

Weds 10.00am - 11.00am, Dawley Town Hall, TF4 3JR

Menoga Yoga for Men

Thursdays 9.15am - 10.15am Hadley Community Centre, TF1 5NL
For both of the above, call Anne-Marie on 07734 107383, email: yogawithannemarie@gmail.com

Please wear your mask to arrive and leave, and keep a reasonable distance.
All classes are £3 per session.

What is Menoga?

It's basically a Yoga class for men only. It maintains balance and flexibility, strengthens muscles and improves breathing - all to boost physical and mental wellbeing and maybe help reduce the effects of festive season indulgence and lockdown inactivity!

Can I do it if I have a physical condition? – Anne-Marie will adapt exercises for those with, for instance, bad backs and joint problems, as long as your doctor has not advised against any form of exercise.

Will it help me mentally? - Yoga can help calm the mind, therefore helping to reduce anxiety and depression.

What will I wear? - Anything loose and comfy, eg tshirt and joggers.

Do I have to have done Yoga before? - No, not at all.

Will I need to bring my own mat? – Yes, you can often find them in local discount stores or supermarkets. You do not have to get down on the floor, but the mat offers stability for standing and stops slipping.

Will I have to meditate? – No, Anne-Marie concentrates on the exercise but finishes with a blissful deep relaxation.

Call Anne-Marie on 07734 107383,
email: yogawithannemarie@gmail.com

TACT Telford After Care Team

TACT run free weekly sessions aimed at anyone who is suffering from mental health issues and those recovering from addiction, all taking place at Strickland House, The Lawns, Wellington TF1 3BX.

Monday	9.30am–12.30pm 10.30am-12pm 12pm-1.30pm 12.30pm-2pm	Changing Futures Anxiety & Depression Group Serenity Group Coffee Group
Tuesday	11am-1pm 12.30pm-2pm	Alcoholics Anonymous Creative Art Group
Wednesday	2pm-3.30pm	Strickland Recovery Support Group
Thursday	10.30am-11.30am 11am-1pm 1pm-2.30pm	Chair Aerobics (every 2 weeks) Stars Alcohol Relapse Prevention Serenity Group
Friday	10am-11.30am 10.30am-12pm 2pm-3.30pm	Tai Chi Group Anxiety & Depression Group Family & Friends Support Group

Mental Health and recovery drop in services available 9am - 5pm, daily.

Call for more details 01952 899204

Mental health support contact numbers

Mental Health Access Team: 0300 124 0365

Adult Social Care: 01952 385385

TACT: 01952 899204

Telford MIND: 07434 869248 for listening support and details of their Calm Cafés. Email: talk2@telfordmind.co.uk

Or talk to your GP.

24 hour support

24 hr urgent mental health line: 0808 196 3002

Samaritans 116 123 or by email: jo@samaritans.org

Environment & Transport Action Group Ken Buttress, Chair of ETAG

Firstly we report that ETAG chairman of some years, Dave Wright, has now been elected as chair of the Forum as a whole, so he and I have exchanged places and he is now ETAG's vice chairman instead.

One of our members, who is over 90 and depends on public transport, was returning from a hospital appointment in early December and was faced with an hour's wait between buses, only to find that one of the doors in the Telford Town Centre bus station was jammed open and a gale was blowing right through. She retreated to seek shelter in the town centre itself only to find that the seats that used to be in the main access corridor from the bus station were missing.

We duly sent off a couple of emails and are pleased to be able to report that the Council's Cabinet Member for Transport got straight on the case to get the maintenance team to fix the offending bus station door, and the Town Centre Manager came straight back to us to say that seats were being placed in the main access corridor from the bus station. Our thanks go to both for their prompt action in response to our request – it is good to be able to report on such prompt customer service.

The DVLA has started a new advertising campaign to persuade us all to go online to renew our driving licences every 3 years once we are aged 70, or to renew any photocard driving licence, or notify them if you have either bought or sold a vehicle. They say that their online services save money compared with paper applications as well as improving ease of renewal, speed and security.

I can only comment that I have used their dedicated site for those aged 70 or over to renew their driving licence and I have indeed found it easy and efficient to use. A word of warning however if you have a licence to drive a minibus, HGV or PCV – if you renew online any of these extras are apparently prone to disappear, so in these cases stick to the old fashioned way. And you know the rules if you do not have a mobile phone, computer or Wi-Fi – summons a grandchild to visit to do it for you, and it will indeed only take minutes! (Or you can still apply by paper by getting a form from the post office.)

As an aside I had to renew my passport in the middle of the pandemic last year and that is exactly what I did – sent for a grandchild - who duly did the application on his mobile phone standing outside with information given by me from the back door.

I have to say I was impressed by the process from confirming that the new photo was acceptable and regular email reports on the application process and so on until when the new one had been dispatched, and it duly arrived only a couple of weeks from the application date.

We continue to keep an eye on the Borough Council's legal notices and object on members behalf to any proposals for more speed humps in the roads. However if you have a problem relating to environment or transport issues in Telford that are seemingly intractable do let us know and we will do our best to help.

All the best for the New Year.

Is your eyesight fit for driving? (Taken from gov.uk)

No matter the weather or time of year, your eyesight must be fit for driving at all times. And remember – seasonal changes and poor weather aren't the only things that can affect your vision.

Eyesight can naturally worsen over time, so make sure you have regular eye tests, at least every 2 years, or more often if your optician advises this. If you're concerned about your vision, don't wait for your next eye appointment – book a test as soon as you can. If you don't meet the minimum eyesight standard, you must stop driving and tell DVLA.

If you need to wear glasses or contact lenses for driving, make sure you wear them every time you drive. In good daylight, drivers must be able to read, with glasses or contact lenses if needed, a car number plate made after 1 September 2001 from 20 metres, (around the length of 5 parked cars, or the length of 2 double decker buses).

Visit www.gov.uk/driving-eyesight-rules for more information, and check if you need to tell DVLA about your eyesight problem at www.gov.uk/health-conditions-and-driving

Help getting connected

Would you like help to?-

- navigate online processes and application forms?
- develop your computer skills, use apps on your phone, become more confident about using the internet safely?
- get started with technology - perhaps you need guidance about broadband, buying equipment and getting started.

Contact us for help by calling 07932 828333 or 07552 975676

Email: enquiries@forum50plus.org.uk

We can help you at your home, or drop in at our free sessions -

Hartshorne Court, Burton St, Dawley, TF4 2BY

Mondays, 10.30am - 12.30pm

The Anstice, 1 Anstice Square, Madeley, TF7 5BD

Tuesdays, 2pm - 4pm

Oliver Court, Ladycroft, Wellington, TF1 3BU

Wednesdays, 2pm – 4pm

Butter Cross Court, Stafford St, Newport, TF10 7UD

Wednesdays, 11am - 1pm

Tablet Loan Scheme

You could be eligible to loan a tablet for up to 3 months.

A tablet is a handheld electronic device which connects to the internet and allows you to browse websites, access emails, read e-books and much more.

Thanks to the #KindleKindess campaign, Telford & Wrekin CVS have a limited number of tablets that they can loan out to anyone who would like to be more digitally included.

If you've never used a tablet before... Don't worry! You will be provided with support, information and resources to help you get started!

For more information, please call
Telford and Wrekin CVS on 01952 916071
Or email communitylinkworker@tandwcvcs.org.uk

Tea & Tech, Tablets and Smartphones.

Who is it for?

For anyone who is interested in learning some basic technology skills, whilst learning and socialising with others. Tea and Tech sessions will cover different skills each session but, will also help to assist you with what you are interested in learning!

- The sessions will be held once every fortnight, at the Independent Living Centre.
- We can support you to tailor your device to suit you.
- We understand that coronavirus is still a concerning matter. Covid-19 precautions will be in place during the sessions to keep everyone as safe as possible!

Will there really be tea?

YES! There will also be coffee and other refreshments.

How can I find out more about Tea and Tech?

Please contact the Community Link Workers on 01952 916071 or email communitylinkworker@tandwcvcs.org.uk to register your interest.

STARTING WINTER 2022 ON FRIDAYS

Session 1: 28th January Session 2: 11th February

Session 3: 25th February Session 4: 11th March

Session 5: 25th March Session 6: 8th April

At the Independent Living Centre 3A Hazeldine House, Telford Town Centre, Telford, TF3 4JL

We look forward to seeing you there!

Please be aware, due to Covid-19, we must still take the relevant measures and precautions to keep everyone safe. If you would like to guarantee attending the session, please phone or email ahead to book your place.

Oakengates Senior Social @ The Wakes

Thursdays 1.30pm.

3rd February - Film and Cake - Tolkien

10th February - Live Music - TADLOP

17th February – Bingo (With the Mayor of Oakengates)

All activities £4. All include tea and coffee.
Limited places, please book by visiting The Wakes, TF2 6EP
or online at www.thewakes.org.uk
For enquiries call 01952 567500.

****Please note that if you hold tickets for events prior to
Covid-19, we are still planning to rearrange these****

For Family History enthusiasts....

The 1921 England and Wales census has now been released.

Censuses are only released after 100 years for reasons of confidentiality. You can now view census records that might show parents or relatives born before 1921.

However records aren't currently available on all family history sites as the National Archives has signed an exclusive deal with Findmypast. (www.findmypast.co.uk)

You can search the Findmypast database for free but it costs £3.50 for every original record image and £2.50 for every record transcript. If you take out an annual subscription with Findmypast you get a 10% discount.

Censuses are normally taken every 10 years, but the results of the 1931 census were lost in a fire and one was not taken in 1941, meaning this is the last census we will get to see until 2051.

You can view the register taken in 1939 which was used to produce identity cards and, once rationing was introduced in January 1940, to issue ration books.

Advertisement

DriNow

We clean your carpets and upholstery
We'll move your furniture and put it back too.
Get an instant price
Dri-now.co.uk Tel 01952 303382

Advertisement

Fodens Solicitors

Whatever your wishes, we will make sure they are granted.
Need expert advice on Wills, Probate and Lasting Powers of Attorney?
Contact Sophie Yates on 01952 726111.
Fodens Business Centre
M54 Junction 6, Telford, TF3 5HL
Offices also at Smithfield Road, Much Wenlock, TF13 6BG

hello@fodens.co.uk
fodens.co.uk

Taking on a new challenge

For those of you who know me you'll know that I love keeping busy. I cannot stress enough the importance of occupation and many of my blogs include this. I have recently questioned my own situation with this regard and have recently taken up a new hobby. This has involved research, purchasing resources and learning how to use new technology as well as making a few mistakes!

Whilst at the time, I have been a little perplexed and have done a great deal of head scratching on reflection, I have enjoyed the challenge immensely. I am now starting to see results for my effort and feel that warm feeling when I finish each challenge as it comes.

The point I'm making is that challenges don't have to be major, even the smallest challenges can be a way of getting 'our grey matter' working which in turn, triggers all sorts of 'feel good' feelings. Even finishing a crossword or walking an extra 10 minutes can make such a difference to our overall mental health and resilience. I cannot stress this enough, challenging our selves to take on new things is vital for self- development and growth.

I speak to a number of people who say they have lost the ability to take on new challenges, I challenge them, by getting them to think about why this is? In almost every case, it's because they are not choosing to take on new challenges as they are afraid of change itself and failing of course!

So, if you are thinking about taking on a new hobby, interest or challenge remember, it's okay to feel afraid, out of your depth or scared.....

Go for it!

www.smart-lifecoach.co.uk dianne.srsmart@gmail.com
Tel: 07896 955 911

Walking for Health, Telford & Wrekin need new volunteer walk leaders.

The role suits somebody who:

Has a great enthusiasm for walking and for helping others to access short, free and friendly walks.

Can spare a couple of hours per month or maybe more.

Is happy to stay in touch with the scheme for updates/refreshers when required.

Is open minded and willing to support a diverse range of people to become more active through walking.

Is over 18, in line with our safeguarding policy.

Is willing to undertake a short training programme.

If you would like to become a walk leader or find out more please

email: training@walkingforhealthtelfordandwrekin.org.uk or ring 07512 123995.

Forum Chairperson, Dave Wright, presented a donation from Forum 50+ to Lynne Kay, Secretary of Walking for Health, Telford & Wrekin to support the provision of local walks, which offer a simple and free way to get fit, meet with others and improve your mood.

Walking for Health Telford & Wrekin run a full programme of walks. You can choose a walk that you think you will be able to complete at ease as this will allow you to determine your comfort level and talk to the other walkers. You can bring a friend, grandchildren, or the dog! Many walkers attend on their own and the walks are an ideal place to meet people and make new friends.

Visit walkingforhealthtelfordandwrekin.org.uk
or phone 07512 123995

Your Best Year Yet? - Dr Jane Graham

Yes, there is no doubt we have had very unusual, and indeed difficult times over the past two years. But some good things have emerged from the pandemic. One good thing has been changes to how we work; and perhaps we are now more likely to be able to work in a blended way and find a better work/life balance going forward.

Another good thing is the opportunity we have had to think about our lifestyles - to re-evaluate how we live now and think about how we might like to live in the future. If the pandemic has made you gloomy, perhaps at the start of our New Year, it's time decide what changes you will make and how you are going to make them!

So I want to share with you four steps that can help. You'll need a pen and paper and a cuppa!

Step 1

Write down what you achieved in 2021. Don't just think about big achievements - the small ones are just as important. Think about moments that brought you happiness, about creative things you've enjoyed doing, difficulties you've overcome, people you have met or have got to know even better. There are lots of things you can jot down if you give it some thought.

Now write down what didn't go so well. For instance, plans you've had to change, difficulties you've had to face and obstacles you've had to overcome.

Next write a newspaper headline about yourself - what might be said about you if you were in the news!

Step 2

Choose up to three areas of your life you want to prioritise and focus upon in 2022. Areas to think about might include:

- Having fun
- Health and fitness
- Money management
- Work/career/retirement
- Travel/Holidays
- Home life
- Family and friends
- Creativity/hobbies
- Love and relationships
- Giving something to the community

- Work/life balance

Step 3

Consider each of your priority areas and take ten minutes or so to make notes about each of them and what you'd like to be different.

- Think about your hopes and dreams and list these.
- What would life look like if you achieved them?
- How would you feel if you achieved them?
- What steps would you need to take to make them a reality?

Step 4

Now that you have considered up to three priority areas for this year, choose the changes from your lists you would like to make. Achieving a goal works best when it is:

Specific - decide exactly what you want to achieve and what steps you will need to take to achieve it

Measurable - how will you check you are on track and know when you've achieved it?

Achievable - is your goal realistic and do-able with effort?

Relevant - know why you want to achieve this goal to help you stay focused on the journey

Time-bound - when will you have achieved this by?

Some people find it easier to focus on one goal at a time, while others tackle all three goals at once. Think about what has worked well for you in the past when making changes. We often have negative chatter about ourselves in our head, so try to celebrate that you are trying, rather than criticising yourself for days when you might go off track. In the winter it's easy to find ourselves procrastinating but just small changes can get us moving forward so how about starting today? After your cuppa, of course!

Happy New Year - your best year yet?

Dr Jane Graham is an Integrative Psychotherapist based in Telford. Contact via:
www.caretochange.co.uk

Advertisement

Online Fall Prevention Exercise Classes

Exercise for older adults to improve mobility strength and balance.

Online classes every Monday and Wednesday, 11.30am.

2 sessions per week - £20 per month.

Fall Prevention Exercise

Every Wednesday, 1pm at Oakengates United Church, TF2 6JH

£15 per month

Contact Leigh on 07865 0815598 for more information

www.fit4lifetelford.com

The Healthy Lifestyles Service

The Healthy Lifestyles Service is now booking in-person appointments to support anyone wanting to make those lifestyle changes they are struggling to make on their own. Our support is FREE and tailored to the needs of our client.

Appointments are available at the following venues:

Abraham Darby Leisure Centre
All Nations Church, Ketley
Dawley Town Hall Annex
Donnington Community Hub
Hadley Community Centre
Interfaith Council, Wellington
Jubilee House, Madeley
Kitching's Chemist, Oakengates
Park Lane Centre, Woodside
Salvation Army, Oakengates
Southwater 1 Library
Sutton Hill Children's Centre
The Independent Living Centre, Town Centre
The Oak Tree Centre, Lightmoor
The Wakes, Oakengates
Wellington Library
Telephone and video call appointments are also available at times to suit you.

Our advisors have helped thousands of people to live healthier using their expertise and knowledge of local support.

Whether you are looking to lose weight, manage your blood pressure or cholesterol with lifestyles changes, get more exercise or improve your wellbeing, we can help you work towards your goals.

Get in touch today to talk to an advisor and book an appointment.

Telephone appointments for our Stop Smoking Service are also available.

Visit: webforms.telford.gov.uk/form/320
Search for 'Healthy Lifestyles Telford' for further information.

or call 01952 382582

Advertisement

Helping the Elderly Stay Independent

At Extra-Help Telford & Wrekin, our aim is to help everyone. We are passionate about assisting our elderly population to remain independent in their own homes, by providing support with housekeeping and shopping, as well as allowing busy people more opportunity to enjoy time with friends and family. We are proud to be able to offer Extra-Help in the community.

This includes the elderly, parents, busy professionals and anyone

who needs a helping hand on a regular or ad hoc basis.
Extra-Help is fully insured, and all of our home helpers are personally interviewed and DBS and reference checked, to provide you with extra reassurance, providing a caring service with continuity and consistency.

Services include, but are not limited to:

- Companionship – popping in, spending some time or providing respite for carers.
- Domestic cleaning, tidying, ...laundry and ironing.
- Shopping
- Transport to supermarket, doctors, hospital, appointments & hairdressers
- Meal preparation
- School runs and help for parents
- Gardening & DIY

Don't struggle in silence, call us now on: 01952 301430 or visit our website at: www.extra-help.co.uk
email: telford@extra-help.co.uk

Facebook: [extrahelptelford](https://www.facebook.com/extrahelptelford)

Learn to Line Dance to keep yourself active, healthy and feeling good.

Age UK

Mondays, 10am - 11.15am. Casey's Cordingley Hall, Wellington Rd, Donnington, Telford TF2 8JS

An enjoyable and fun way to exercise and socialise. It's suitable for all abilities and beginners are always welcome. £1.00 per session. For more details call Age UK on 01732 233123, email: enquiries@ageuk.org.uk

Come and try sequence dancing!

It doesn't matter if you can't dance. You will soon learn in our clubs with our friendly, helpful and sociable members.

Your first dance will be free so you can see what it's like.

There is a £2 entry fee for each visit (free cup of tea and a biscuit in the interval).

Dawley House, Dawley, Tuesdays 2 -4pm

Jubilee House, Madeley, Fridays 1 - 3pm

Contact George: 01952 403125

Free NHS Falls Prevention classes

Run by Fit4All Telford have restarted, taking place mostly in retirement living community rooms. Contact Jude Bailey 01952 908738

Senior's Gym Club For Over 55's FITNESS AND RHYTHM GROUP

Looking for a friendly group, where you can meet new people and keep healthy at the same time?

Join us for our low impact fitness and rhythm sessions.

(Exercise to music with a trained instructor)

Wellington Civic & Leisure Centre
Wednesdays 2.30pm - 3.30pm

£3.00 per session (first session free),
£12 annual membership.

For more information contact
01952 825239/01952 595690

A warning from Telford Trading Standards as we see huge increases in SCAMS.

Scams come in all forms but have one thing in common – they are designed to part you from your hard earned money. The Coronavirus pandemic has led to a huge increase in reported scams across the country, a recent BBC report suggested that £4m on average was stolen by fraudsters every day during the first half of 2021.

Last year saw big increases in impersonation scams (where con artists pretend to be from trusted organisations), investment scams, romance scams and 'new' COVID related scams such as charging for vaccines, testing kits or fake emails offering grants.

Scammers are becoming increasingly sophisticated in their methods. Emails, messages and websites can look genuine as they use the same logos and layout as the real organisation. There's been a rise in the number scam messages purporting to be from TV licensing, HMRC/tax refunds, banks and building societies amongst many others.

You can report any suspicious emails to report@phising.gov.uk and the National Cyber Security Centre will investigate. If the email links to a scam website it will be blocked or taken down.

The COVID pandemic has accelerated the trend towards the on-line market place which has increased parcel delivery scams which often arrive via text message. "Smishing" is where fraudsters send texts to mobile phones in the hope that people will click on a link and download malicious software or give away private data.

Landline calls continue to be a threat for older people, with over 61% of over 75's saying they had received a potential scam call. UK Finance reported that 92% of people admitted to staying on a call because they didn't want to appear rude. It's better to hang up on a call than risk being scammed.

Scammers mimic an official telephone number which can trick you into thinking the caller is from a legitimate organisation such as your bank or energy company. If in doubt always hang up; you can call the organisation directly if you want to check if the call was genuine, but make sure the line is clear and you can hear a dial tone before you make the call. Even better, use a different telephone as scammers are known to keep the line open by not putting their phone down.

Don't forget, you can register your landline and mobile phone for free with the telephone preference service at www.tpsonline.org.uk or by calling 0345 070 0707.

Also check with your phone provider to see what privacy services and call-blocking services are available. If you have a smart mobile phone you can use the settings to block unwanted numbers.

Investment and pension scams are also on the rise. In the first five months of 2021 pension scam losses totalling over £2million were reported to Action Fraud. Companies offering investment opportunities need to be registered with the Financial Conduct Authority. You can check on the website www.fca.org.uk to make sure they are properly registered.

Mass marketing scams continue to be a problem. This could be lotteries and prize draws, psychics and clairvoyants, pyramid schemes, hard luck stories, unclaimed inheritance, advance fee fraud, sadly the list goes on. If someone is saying you have won a prize, but you have to send some money off to collect it, it is likely to be a hoax.

You can protect yourself by joining an initiative from National Trading Standards called 'Friends Against Scams'. It aims empower individuals to take a stand against scams. By completing a short awareness session you can learn about the different types of scams, how to spot them and how to protect yourself and those you care about from becoming a victim.

You can find more information at www.friendsagainstscams.org.uk

If you come across something which you think may be a scam please report it to Action Fraud at www.actionfraud.police.uk or call them on 0300 123 2040. If you have been caught up in a scam and want some advice please contact the Consumer Advice Helpline on 0808 223 1133.

If you would like to be kept up to date on the work of the Telford Trading Standards team, including information on current scams please see our Facebook Group Page – Public Protection Telford & Wrekin Council or find us on Twitter - @tsascheme.

Advertisement

Gutters Cleared

No Problem – No Call Out Charge!

Photos before and after.

Working safely contact free.

Get an instant price 01952 303374 or online at gutterpro.co.uk

Join us today! Become a member of The Forum

To become a member of Forum 50+, either phone 07932 828333 or 07552 975676 or email us at enquiries@twseniors.org.uk or follow the link 'Contact Us' on our website www.forum50plus.org.uk

Membership is free and open to people resident in the area, in middle and later life, or anybody with a particular interest in older people's issues.

As a member you will, unless you notify us otherwise, receive our newsletter every two months by post or email.

Postal address:

FREEPOST RTGZ-UAGU-TXHJ

Forum 50+

Box 7, Unit D

Stafford Park 9

Telford TF3 3AF

How we handle your data

Forum 50+ is committed to ensuring that your privacy is protected by using your data fairly, lawfully, securely and solely for the purposes for which it is required.

We collect data to allow us to register you as a member of the Forum so that you may receive our newsletter every two months. If you choose to receive it by post, we pass your name and address to a mailing company. We sometimes use the data for statistical purposes. We will not sell, distribute or lease your personal information to third parties unless we have your permission or are required by law to do so.

If you believe that any information we are holding on you is incorrect or incomplete, or you wish to have your details removed from our records, or wish to stop receiving any correspondence from us, please contact us at the address above, or by calling 07932 828333, email enquiries@forum50plus.org.uk

We welcome contributions from members and readers. Send in your articles, letters, stories, poems, photos, artwork and we'll publish what we can.

This magazine is available in a text only format, sent by email. If you would like to receive a text only copy, please contact us.

If you would like to advertise in this newsletter, please contact for details of rates and T&Cs.

Due to Covid-19, we are currently not able to deliver a batch of magazines to community venues, housing schemes, care homes, medical practices.

The newsletter is entirely independent and is not tied to any political party. Information is, to the best of our knowledge, correct at the time of going to press but no liability will be accepted for any errors or omissions. The inclusion of an article does not necessarily imply a recommendation of its aims, policies or methods.

The Forum does not endorse the products or services advertised, nor does it accept any responsibility for statements or claims made in advertisements.

All revenue received helps support the production of this magazine.