

Good morning

It's Thursday so my weekly email as usual.

First of all, I would like to point you in the direction of our website <https://www.ageuk.org.uk/horshamdistrict/>. As you know, Age UKHD have merged with Age UK West Sussex, Brighton and Hove. A new magazine has been launched, called 'Connect' and the link to our website above allows you to access this magazine which has lots of information that might be of interest to you. We have hard copies too so if you would like a bundle to distribute then please let me know.

In addition, we have a 'Cream Tea' Fundraiser that some of you might be interested in. The details are below and there are more details in the magazine as well.

Can I highlight the message that I received yesterday from Danielle Shurgold, Partnership Officer at West Sussex County Council about Shielding customers wanting to start supermarket priority slots. This is urgent so please read the information below asap.

Our number, as ever 01403 260560.

Thanks all

Nicky x

How to order a Cream Tea:

To order your cream teas, you can...

- Call 01903 792 211
- Email events@ageukwsbh.org.uk
- Visit www.ageuk.org.uk/westsussex
- Visit www.ageuk.org.uk/brightonandhove

We ask for a minimum donation of £6.50 which includes free delivery to most local addresses. For some postcodes however, there may be a small charge. We will be delivering to one area within Sussex each weekday as follows:

Monday	Horsham
Tuesday	Crawley
Wednesday	Mid Sussex
Thursday	Brighton
Friday	Arun & Adur

We are taking orders throughout July and August while stocks last!

1. Shielding customers wanting to start supermarket priority slots

Just a quick update with regards to supermarket priority slots in case you have any customers that are shielding and they are wanting to start these slots. **If a shielding customer wants a supermarket priority slot, they will need to make sure they are registered on gov.uk by the 17th of July.** Link here - <https://www.gov.uk/coronavirus-extremely-vulnerable> or they can ring to register - [0800 028 8327](tel:08000288327). If they are already registered, no need to re-register.

More info below.

From Saturday 1 August, advice to those shielding will be further relaxed.

- The clinically extremely vulnerable should stay at home as much as possible, and if people do go out, take particular care to minimise contact with others outside their household (unless they are in a support bubble) and robustly practising good, frequent hand washing.
- However, the relaxation of the guidance will mean people who are clinically extremely vulnerable will be advised they can go to work or to the shops, as long as they are able to maintain social distancing.
- As the clinically extremely vulnerable will be able to go to the shops or pharmacy, there will be more opportunity for them to get food and medication without having to rely on the Government-delivered food parcels.

Parcels will continue until the end of July for those registered before 17th July.

2. Sing along time

Know someone who is isolated at home and loves a singalong?

Tell them about the FREE twice-a-week 'Goldies'

FUN sessions on YouTube with Rachel and Cheryl . . .

Look at GoldiesLive on YouTube

3. Message from Neighbourhood Alert below.

Elderly and vulnerable people across Sussex are again being warned to be wary of phone calls from fraudsters pretending to be from HM Customs and Revenue (HMRC).

The bogus callers claim the targeted person is wanted for tax evasion and is

arrestable on warrant unless they pay a cash sum - sometimes up to £4,000 - to clear their 'debt'.

Some even address victims by name, or use a number that is often displayed as the official number of the agency they claim to represent, to add credibility to their call. Police received reports of 18 such calls in Sussex during June, although thankfully only two succeeded in getting any money - a total of £4300.

And at the beginning of July three calls were received in the Bognor area, one of them on 2 July netting £900 by phone-arranged bank transfer. The other two were unsuccessful.

Of the 18 people who reported calls in June, 10 live alone and seven are aged over 75. Calls were received across East and West Sussex as well as Brighton & Hove

Genuine authorities stress that people will never be texted or telephoned by them out of the blue with requests to make payments, to log in to an online account or to disclose personal information, such as PIN numbers, passwords or bank details.

Anyone receiving such contact is advised to hang up and report the call - preferably using a separate mobile phone or landline in case the criminals have kept the line open - to police on 101 or Action Fraud on 0300 123 2040.

PC Bernadette Lawrie, the force's Financial Abuse Safeguarding Officer said; "This underlines the importance of never giving out private information and reporting any suspicious activity without delay.

"We'd also ask friends or relatives of potentially vulnerable people to ensure they are fully aware and alert to the risks."

For further advice, please visit the Sussex Police website.

<https://www.sussex.police.uk/news/sussex/news/news/police-warn-residents-about-bogus-hmrc-callers/>

4) Marks and Spencers

I know a few of our lovely Horsham residents like a shop from M&S.

Check the link below for some food box options.

If someone needs some help getting on-line / ordering please do call in and we will see what we can do to help. Don't forget we also have details of other shops / food outlets offering delivery/collection on our website. Marks and Spencer link below-

https://www.marksandspencer.com/l/gifts/food-boxes?extid=em_sfds_200714_f_LM3&ep_mid=8714925&ep_rid=457154455200714.8714925

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Call 01403 260560



We are still here for you during self isolation with information and advice, telephone befriending, doorstep deliveries, welfare and safety support and well-being advice.

Find out more at www.ageukhorshamdistrict.org.uk or call us on 01403 260560.