

LPF Newsletter

(for the "retired" and "about-to-retire")

July 2020

Covid-19 Special Edition 2

Est. 1986 Registered Charity No 1158175



write to us at: The Old Town Hall,
Catford Road, SE6 4RU

Email: info@LPforum.org

Tel: 020 8690 7869

website: LPForum.org Twitter feed: [@LPForum](https://twitter.com/LPForum)

Dear Members, Colleagues and Friends,

I send you warm greetings at this traumatic time, when we have seen so many changes in a short period of time. Over the past months we have experienced changes to our lifestyles that we had not anticipated. They hit us like a boulder plummeting downhill, and we have been forced to adapt to the changes and all else. You all know I'm referring to the dreadful killer virus the coronavirus, or not so fondly known as COVID#19. I've been reminded that the coronavirus has been around for a long time in different guises, but not this particular strain, and has never been to this extent, affecting the lives of hundreds of thousands of people globally. Most importantly, some of you may be aware of the global debate and concern that the fatalities amongst BAME people are higher than amongst the Caucasians. A report was prepared by the Medical Council about this, and presented to the Government, but it was (reportedly) shelved for fear of a backlash. The pandemic has brought about changes to what and how we do the things that we know and have come to love, and I know from the members I have contacted that you are missing the Monday Project, missing the camaraderie, whilst at the same time learning something, or refreshing a skill from way back when, or just coming to get out of isolation. Be assured we miss you too, and for that reason, we assigned members to telephone those members for whom we had phone numbers to ascertain that your well-being was taken care of, and to sign-post to solutions if you had a need. We are unaware how soon things are likely to change, but we are considering methodologies to bring us together again soon. We shall be doing things differently.

A virtual future

Our vocabulary has drastically changed and a new word now rolls off our tongues, "virtually". We are

now having virtual meetings, tea, and garden parties. My choir of nearly 200 will also be rehearsing virtually. This I look forward to, but we are working on it for September. Similarly, we - the Trustees- meet "virtually" to plan for our future. I participate in several international virtual conferences per week on different topics pertaining to older people.

Tracey, our Forum Manager, is looking into what we can do to link up to people in this way with meetings, events and activities and what used to happen at the Monday Project, so watch this space for developments in our work here. However, we are also committed to reaching those who do not want to make head-space for going digital and I'm pleased to say we have funding for extra issues of the newsletter as well as extra pages for the next few months.

Travel

Unfortunately, for the benefit of those who have asked, the NPC "Parliament" in Blackpool, which became Southport, has had to be cancelled because of COVID19, and it probably will not happen in 2021 either, so that's off the horizon for now.

Closer to home, I need to remind you that, if you intend to ride any TfL public transport, you must wear a mask, not only for your own safety, but for that of fellow passengers, as well as to help us get back to normal, whatever that entails.

Issues continue around the Freedom Pass (detailed briefings available on request). There have been many petitions to the Mayor of London about the absurdity of banning of older people travelling on the buses during peak hours. Firstly, he says his hands are tied, and he attributes blame to the Government for imposing conditions on him. The numerous petitions have made it clear that many 70 year olds are still at work and therefore need to

Do you have an e-mail contact address? We are committed to the paper newsletter to go to all members by post (unless anyone asks to receive it only by e-mail). However some items crop up between mailings that you might be interested in and if we have an e-mail we can let you know about them.

Our list is totally confidential and will not be shared with any other body.

E-mail info@lpforum.org to benefit from this free service.

travel at those times. We might have early medical appointments, and therefore need to travel during peak hours. The Mayor now says if we do, we must pay. Whatever happened to our contributions into the system!?! In addition, the Congestion Charge has been increased to £15 per day, and you will still have to pay the fuel emission fee if your car is an old one. What about those people who need to use their vehicles daily for their own convenience? We have been led to believe that this will be a temporary measure, but we can learn from previous experiences. In order to help finance the 2012 Olympic Games London's Council Taxes were increased, and we were told that things would revert to normal after the games. I hasten to add that I was a part of this debate, as I was of the Opening Ceremony. This never did happen. My feeling is that the same will happen now. I wrote on behalf of the Forum (copy of letter available) to the Mayor of London, copied to Heidi Alexander, and our local MPs. Only the latter has replied so far.

TV Licence – saga continues

Next, let me update you on the free TV Licence for the over 75s. Once again the battle axes came out. The main Older People's organisations in London, including Age UK London, PAiL (Positive Ageing in London), the National Pensioners Convention (NPC), LPF, and other fora across London and beyond have petitioned the Government and the BBC on this, but neither the BBC nor the Government has budged. The BBC now say that if you turn 75 between 1 June and 31 July 2020, you can apply for a free TV Licence BEFORE 31 July. If you are not eligible, then you must purchase a TV Licence, and if you don't, you will be penalised. The fine for this is £1,000. It matters not what medium you are using, or what channels you are using, you will be penalised. The BBC will have people visit to inspect your home. Don't hide the TV in the cupboard. By the time they ring your door bell, they would have recorded the channels you were watching. Back to the past we go. Do you remember the van with the box on top? They're coming out of mothballs. The inspectors will be uniformed, and have IDs, but check them, and don't allow anyone in if you're on your own. REMEMBER there are SCAMMERS aplenty around.

The Government has already made £millions from evasion fines, but oh! You won't go to jail!?! There are a number of sites from which you can garner information, but you can call 0800 99 1234 for information. The NPC have prepared a four page briefing paper on this (June 2020) and if you would like a copy please just ring the office. However, the situation is changing all the time, the latest is that matters are delayed until October – so continue to watch this space...

Worryingly the new Director General of the BBC has been appointed from a commercial sector background and it seems has little understanding of the BBC's unique public broadcast service ethos, just when it has become clear how important it is to have independent sources of information.

Lest we forget

It is with great sadness that we remember the passing of a few of our members and supporters. Firstly the elegant, memorable, Chief Joe Nortey, who was the husband of LPF Trustee, Stella Amogbokpa-Nortey, passed away some two months ago. It was painful to watch the grief she endured. Save Lewisham Hospital have also lost Marilyn Murray, ardent campaigner for the NHS. Our thoughts are with their families and if you know of an LPF member who has died please let the office know, we do not want to add to anyone's grief by sending post to their deceased dear one.

And on a global level, we must never forget what happened to George Floyd, the brutal, disgusting murder that became a global affair. Whether or not you "take the knee", is a matter of conscience or choice, but I can tell you, there have been tumultuous numbers of George Floyds around the globe before and since the George Floyd that awoke the world, it will take more than petitions, protests, kneeling, to change the world. I think it calls for education from the cradle to the grave.

AND FINALLY, let's see who will read to the end of my message. We would like you to tell us how you were affected by the lockdown. Write a few paragraphs and post or email it to the Forum for my attention. Here endeth...

Best wishes,

Bridgit A Sam-Bailey Chairman



RESILIENCE CALENDAR: JUMP BACK JULY 2020



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



We can't control what happens to us, but we can choose how we respond

5 Avoid saying "must" or "should" to yourself today

6 Put a problem in perspective and see the bigger picture

7 Shift your mood by doing something you really enjoy

8 Get the basics right: eat well, exercise and go to bed on time

9 Help someone in need and notice how that gives you a boost too

10 Don't be so hard on yourself. It's ok not to be ok

11 Reach out to someone you trust and share your feelings with them

12 When things go wrong, be compassionate to yourself

13 Challenge negative thoughts. Find an alternative interpretation

14 Set yourself an achievable goal and make it happen

15 Go for a walk to clear your head when you feel overwhelmed

16 When things get tough, say to yourself "this too shall pass"

17 Write your worries down and save them for a specific 'worry time'

18 Let go of the small stuff and focus on the things that matter

19 Notice something positive to come out of a difficult situation

20 Ask yourself: What's the best thing that can happen?

21 If you can't change it, change the way you think about it

22 Make a list of 3 things that you can feel hopeful about

23 Remember that all feelings and situations pass in time

24 Choose to see something good about what has gone wrong

25 Notice when you are feeling judgemental and be kind instead

26 Get back in touch with a supportive friend and have a chat

27 Write down 3 things you're grateful for (even if today was hard)

28 Catch yourself over-reacting and take a deep breath

29 Think about what you can learn from a recent challenge

30 Ask for help from a loved one or colleague. Be specific

31 Remember that you are not alone, we all struggle at times



ACTION FOR HAPPINESS



actionforhappiness.org

Daily actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind

Wake up and smell the coffee! Or the roses, or the jasmine, or the over-ripe fish at the back of your fridge. Anosmia, the loss of a sense of smell, is an early symptom of C-19 and it is reported by Google analysing their search requests that three weeks before the peak in several countries around the world there was a spike in people searching for information on this point. So as well as checking out the resilience "thought for the day" on the calendar above perhaps also do a daily check that your smelling is as good as it ever was.

(I say, I say, I say—my dog has no nose! That's sad, how does he smell? Awful!)



Is your car gathering cobwebs?



If your anticipated mileage is way down from previous years you could ask your insurers for a refund as it's a factor used in calculating the cost of cover. This topic featured in Radio 4's "You and Yours" programme and it seems some insurers are good about this, some bad and some haggle: but could be worth the trouble of a phone call.

Although maybe not... One Radio 4 listener got in touch to report triumphantly that he achieved a discount—of a whole 6p!

"Mindful Museum of Me" Along with SLAM NHS Trust Recovery College and Ldn Dares Drama Co, **the Horniman Museum** have created an activity anyone can try out, to turn your home into your very own museum. Your home is in fact a museum, a collection of objects that explain your life. There will be everyday objects which show the practical ways you live your life, objects showing your likes and interests, objects that illustrate memories or hold great meaning. Have fun pretending that a museum curator from the distant future has time-travelled back and walked into your home and studied these "exhibits" – they could paint a pretty good picture of who you are and how you live your life.

Take some time out and think about reflecting on the stories attached to these objects and form your own "museum in your mind". Write a guidebook perhaps for that time-traveller—something your family or friends would love to share when we're all visiting again!

What's happening to the CCG and local health accountability

Paul Brownlow, EC member with health liaison portfolio writes:

As most people are aware, a major reorganisation of the NHS in South-East London was due to take place as national lock-down was starting in March. Despite the problems caused by the effect of the coronavirus on the NHS the reorganisation still took place. However, formation of the local borough-based bodies for the six local authorities involved (known as "Place Boards") was not given priority whilst the regional body was formed. The good news is that at least five of the members of the SE London Governing Body are from Lewisham and hopefully appreciate LPF's commitment to the NHS.

As one of the questions from the public put through the Head of Engagement with the CCG, Russell Cartwright, I raised the matter of Hybrid Meetings. A hybrid meeting would be on the lines of the House of Commons, attended physically by the most important members of the Governing Body with similar CCG origins plus members of the public who find it very difficult or indeed impossible to participate in a purely virtual meeting. Other members (including the public) would participate by video line. My proposal was deferred for further consideration but Russell did in fact say that he would consider having a room available in Lewisham with video links to the next Governing Body virtual meeting which is scheduled for Thursday 16th July. The local Place Board meeting has yet to be fixed but is likely to be later in July or even August.

I would hope that as many LPF Trustees as possible, Forum members (and anyone else concerned about NHS local accountability) could attend in the meeting room sourced by Russell, on the lines of those attending the penultimate local CCG meeting in January. Full details will be circulated by e-mail to all on the LPF mailing list and available in the office as soon as they are known.

Remember TTIP? The NHS remains at risk in the renewed trade talks between the UK and the USA—keep alert, and keep campaigning. Write now to the Prime Minister, with copies to the Trade Secretary, the Secretary of State for Health and Social Care and your own MP.

Update from the Save Lewisham Hospital Campaign

Firstly, greetings from the Save Lewisham Hospital Campaign to members of the Forum – we hope that you are managing to keep well and safe.

After the initial shock of the virus and lockdown we've been busier than ever. Online meetings where at first we mainly listened to accounts from our campaigners who are NHS staff about how their work was being affected by Covid-19. And then we slowly swung into gear. In the first few weeks we put up some banners on the busy route by the hospital saying "Thank You" to staff, but also with extra messages such as "PPE Now", and "an end to privatisation".

There was an event to commemorate the anniversary of Windrush outside the hospital on 21 June attended by a number of hospital staff together with SLH, Keep Our NHS Public Staff Voices, Stand up to Racism and several Unions. (Photograph below.)

At our SLH meetings we have also discussed social care – brought to the fore by the terrible toll of deaths in care homes and among older people in the community. Dr Brian Fisher from the Campaign has written to Councillor Chris Best with a number of questions about how the Council has been addressing people's needs and we are hoping to meet with her. We have kept up a stream of information and commentary on our Facebook page drawing attention to the Government's many failures in dealing with the pandemic. A big concern is they have used the pandemic as an excuse to bring in many more private companies into the NHS, outsourcing £1.7 billion of contracts to the private sector in the last few weeks alone **without any public scrutiny**. They have done this in preference to using public health systems already set up and working between the NHS and local authorities. The Government are also giving the rights to NHS data to Google, Microsoft and Amazon and other companies.

On the weekend of 4/5 July—the NHS birthday—we raised awareness with another placard gathering outside the hospital. Please ask friends and family to check out the message and images on our website and Facebook page— and then join the fight to save their NHS having clapped for it over the past months.

Olivia O'Sullivan, Save Lewisham Hospital Campaign





LPF in the digital age

Tweeting along

We hope members have found the LPF Twitter feed a useful resource over the past few months. You can find it at twitter.com/LPFForum.

Recent re-tweets of interest to those worried about Covid-19 are the request from JoinZoe (the Covid19 Symptom Study App) for photos of skin rashes, especially from those with darker skin tones which do not show up the red rash. About 20% of people with Covid have reported variations in rashes and Covid-toes/fingers. They are now working through over 3000 photos and hope that this will make it easier for medical professionals to recognise mild symptoms.

Also, Dr Michael Mosley has been Tweeting a BMJ article on nutrition and the effects of malnutrition on the severity of Covid-19. Deficiencies of Protein, Vitamins A, C, D and Zinc and respiratory immune responses are now being researched.

Other research articles re-tweeted have covered, blood vessels (skin rashes and chilblain-like symptoms), the oxygen-carrying capacity of the blood itself, and the nervous system (loss of a sense of smell, confusion, etc.) are affected during both mild and serious Covid19, and these effects can last for months afterwards. It truly is a disease way beyond the respiratory symptoms first reported.

We have also been sending re-tweets to resources which may be of interest to members including:

- a local men's support group,
- befriending services,
- YouTube exercise videos aimed at the elderly and less active,
- food banks and food delivery services,
- gardening groups, local radio and many more local offerings.

There has been a lot out there to share!

Getting ready to chat

However, LPF have now set up a nearer to home digital offering for those of you lucky enough to have access to the internet. We have established a “chat forum” at LPForum.org.uk and invite all members to join in the conversations and offer mutual support to each other. So far this only lists a few resources which some members might find useful. With more of you adding content it is hoped that



Membership Matters



Some more membership cards and receipts coming out with this newsletter as some more standing orders and cheques are coming in. And a big “thank you” to those who have inadvertently paid twice but say we can keep the second payment as a donation!

A call out, though, to someone who would have expected their card last time but didn't get it, we had an unidentified bank transfer in March! **Phone the office (020 8690 7869) with this or any queries and we will sort it out.**

Some have also reported difficulties with the standing order form sent out in March. It would help us to have standing orders set up, so do get in touch if you've had a problem.

If you haven't managed to pay your sub **don't worry!** We definitely won't stop sending you our newsletter and you can catch up with the payment when life gets back to normal again.

This edition of the newsletter is being widely distributed and if you are not a member of LPF but would like to join (among other things ensuring you have future issues posted direct to you) please complete the form overleaf and send it in. Introductory offer for new members joining is £5 through to March 2021.



this resource will be somewhere for LPF members to meet virtually, share information and enjoy a general exchange of views or other support.

To ensure that this is a space for LPF members to exchange views you can only sign up to join the chat forum after receiving an invitation email from the LPF office. Information will be going out soon on one of our round robin interim updates. If you have not registered an email address as part of your membership you can ask to join by sending an email to info@LPForum.org with Chat Forum in the subject line.

You don't need to sign up to the chat forum to read information added by users and see what people are saying (it is open to all), but we hope the discussion will become lively and interesting enough for you to want to join in. Participating members are invited to suggest new boards and topics to cover whatever you might be interested in, along with campaigning matters.

This is all just starting up but when it gets busy in due course we will be looking for Moderators to help manage the content—an LPF team effort.

Initial here to give your consent to our holding your details on our membership data base as required by Data Protection	
Title	First Name
Mr./Mrs./Ms./Miss/Other	
Last Name	
Address	
Postcode	
Tel.	Mobile
Email	
(write clearly distinguishing "r"/"v", "0"/"O", "2"/"Z", "n"/"u", etc.)	
Initial here with the further opt-in to our using your e-mail	
Y of B	Housebound?
Reg. disabled?	Yes / No
Any skills or interests to offer to the Forum? e.g., Management, Book-keeping, Knitting, the NHS, housing issues	
Yes / No	
Send to: LPF, Old Town Hall, Catford Road, London, SE6 4RU With your cheque for £5 for membership to March 2021 plus any donation	

Organ Donation Law Change

The law around organ donation in England has changed from 20 May 2020. All adults are now considered to have agreed to be an organ donor when they die unless they have recorded a decision not to donate or are in one of the excluded groups.

This is commonly referred to as an 'opt out' system but you still have a choice whether or not you wish to become a donor and the family is always consulted. The opt out system is needed because there is a shortage of donors—last year 408 patients died in the UK on the transplant waiting list.

To opt out there is a simple online form—or you can call the NHS Blood and Transplant Contact Centre on **0300 123 23 23**.

Or to check for more about the system there is a dedicated line 8am to 8pm Mondays to Fridays (4pm at weekends), **0300 303 2094**.

www.organdonation.nhs.uk

The heat-wave as this newsletter is being prepared reminds us how important our water supply is—and how lucky we are! We set out below information received from Thames Water and **for our LPF members** enclose a combined information sheet and application form for their priority services register, plus a pre-paid envelope.

Thank you Thames Water!

Message from Thames Water: supporting customers and communities in light of Covid 19



"These are difficult times for all of us, and now it's even more important we do what we can to support the most vulnerable.

"We would like to inform you and people in your community about our free priority services register. We invite you to share any individual needs with us, so we can tailor our communications with those in need, improve resilience and prioritise how we help if your water stops. You can find out more about our priority service on our website.

"Of course, we work hard to try and ensure water never stops flowing, but from time to time things can go wrong. In these events, we try to deliver bottled water first of all to people with water-dependent medical conditions (e.g. at-home dialysis) and to those with mobility issues, but we invite anyone who is of pensionable age to send in their details to join our Priority Services Register. We can then do our best to meet your needs, whether it is an emergency or with on-going requirements on how we communicate with you.

"In an emergency our resources might be stretched, so we also recommend that anyone at-risk and/or self-isolating who needs water supplying to them reaches out, if they can, to friends, family members or neighbours to help.

"For more details on the priority services, how we can support your community, or if you would like to register, please phone 0800 009 3652 (option 3), email Tania.Christie@thameswater.co.uk or, indeed fill in a form. We would like to hear from you."

To get this newsletter posted to you direct, compete with all enclosures, simply cut out the form above and apply for LPF membership. (Only £5 in the first year and £10pa thereafter.)

Action Fraud

National Fraud & Cyber Crime Reporting Centre

0300 123 2040

Criminals are exploiting the COVID-19 pandemic to try and get their hands on your money and personal information. **To date, Action Fraud has received reports from 2,378 victims of Coronavirus-related scams, with the total losses reaching over £7 million.**

How you can protect yourself from Coronavirus-related scams:

There are some simple steps you can take that will protect you from the most common Coronavirus-related scams. Here's what need to do:

1 - Watch out for scam messages

Your bank, or other official organisations, won't ask you to share personal information over email or text. If you receive an email you're not quite sure about, forward it to the Suspicious Email Reporting Service (SERS): report@phishing.gov.uk

2 - Shopping online

If you're making a purchase from a company or person you don't know and trust, carry out some research first, for example, by checking to see if others have used the site and what their experience was. If you decide to go ahead with the purchase, use a credit card if you have one, other payment providers may not provide the same protection.

3 - Unsolicited calls and browser pop-ups offering tech support

Never install any software, or grant remote access to your computer, as a result of a cold call. Remember, legitimate organisations would never contact you out of the blue to ask for financial details such as your PIN or full banking password.

Age UK has seen a quite unprecedented increase in the number of older people needing our help, this is why we have set up our online 'Corona hub' to provide comprehensive and up to date information on everything from the Government guidance, to support with accessing health and care services, to how to safely get groceries.

You can find the hub at: ageuk.org.uk/covid19

For those who aren't online, we offer support through our free advice line on 0800 678 1602.

Our lines are open 8am-7pm, 365 days a year.

Throughout Covid we have also continued to campaign on Social Care and TV licences

We are calling for appropriate PPE, testing and



NHS Test and Trace scams:

The NHS Test and Trace service plays an important role in the fight against coronavirus and it's vital the public have confidence and trust in the service. However, we understand the concerns people have about the opportunity for criminals to commit scams.

What you need to know:

Contact tracers will **only call you from the number 0300 013 5000**. Anyone who does not wish to talk over the phone can request the NHS Test and Trace service to send an email or text instead, inviting them to log into the web-based service.

All text or emails sent by NHS Test and Trace will ask people to sign into the contact tracing website and will provide you with a unique reference number. We would advise people to **type the web address <https://contact-tracing.phe.gov.uk> directly into their browser**, followed by the unique reference number given to you, rather than clicking on any link provided in the message.

The NHS Test and Trace service will never:

- ask you to dial a premium rate number to speak to them (for example, those starting 09 or 087)
- ask you to make any form of payment or purchase a product or any kind
- ask for any details about your bank account
- ask for your social media identities or login details, or those of your contacts
- ask you for any passwords or PINs, or ask you to set up any passwords or PINs over the phone
- ask you to download any software to your PC or ask you to hand over control of your PC, smartphone or tablet to anyone else
- ask you to access any website that does not belong to the government or NHS

If you think you have been a victim of fraud, please report it to Action Fraud by calling 0300 123 2040.

funding now to save lives of older people and those who care for them, as well as pressuring the Government to deliver a plan for much needed social care reform, and to set out long term investment in care and support services.

Covid has increased the urgency of the TV licence issue for many over 75s, while the BBC has said that it will delay its plans to scrap the licence for all but those who claim pension credit until August we're keeping up the pressure to maintain free TV licences for *all* those over 75. Our survey about older people's reliance on TV throughout lockdown received a huge 45k responses in the first 2 days.

If you want to keep up to date with all of Age UK's campaigning work, please do sign up to our newsletter—links through the website.

Useful numbers:

Distressed or in crisis? Call South London and Maudsley—**0800 731 2864** and press “1” or the Samaritans on **116 123**

Scams Citizens Advice Consumer Helpline (for advice on scams) **0808 223 11 33**

Action Fraud (to report a scam) **0300 123 2040**

Need help? Call the Silver Line

anytime, a free confidential helpline for information, friendship and advice to older

people, open 24 hours a day. **0800 4 70 80 90**

Pensions Credit queries: call the Department for Work and Pensions on **0800 99 1234**

Independent Age Helpline—free impartial advice over the telephone **0800 319 6789**



Lewisham Local **03330 15 03 78** to ask about a telephone befriending service, to get advice to help you in this crisis or to arrange for the delivery of a weekly £15 food parcel

Recovery Place for Mental Health **020 8294 7909**

The LPF Office back answering the phone or at least picking up messages within a day or two as our staff are no longer working exclusively from home—**020 8690 7869**



Getting out again safely as lockdown lifts

It has not necessarily be easy to keep moving over these past months and we have heard with concern of LPF members finding themselves very “shaky on their pins” when first going out, and of one who even collapsed as her legs gave way. So take things steady, check how you feel and if possible go with a (socially distanced) friend or neighbour who can get help if need be. Also make sure you have your “In Case of Emergency” details with you. (We gave bright yellow ICE slips out to all members a couple of years ago—if you have joined since then or would like a replacement do just phone the office.)

Then **hydration**—crucial in this hot weather. Take a bottle of water with you as it is not so easy now to just pop into a shop for something to drink.

And don't forget to keep yourself topped up at home. Very easy to be so caught up in whatever

you're doing that you don't realise you haven't drunk anything for hours.

Pause the TV, put down the knitting, and go and make yourself a cuppa!



Disclaimer: The charity, Lewisham Pensioners Forum, is not to be held responsible for the accuracy of information received from other sources or the views and opinions, implicit or explicit, in pieces written under a personal by-line.

Dear friends,

Lockdown may be easing but the uncertainty for all of our residents, particularly the elderly and those who are shielding, remain. The Council's priority will always be to support the most vulnerable in our community, and I urge anyone who needs essential food and medicine deliveries or support to call 03330 150378.



I am grateful for community groups like Lewisham Pensioners Forum who have helped to ensure that residents at risk of isolation have somewhere to turn to for support, even just for a friendly conversation. Loneliness has long been a challenge for the elderly community and the coronavirus pandemic has shown how many are affected.

As we look towards recovery, our priority must be to create a cleaner, greener and more equal borough that all residents feel safe in. We have so much to learn from our elderly residents and it is our responsibility to ensure you keep safe; from keeping our parks and green spaces open, to creating more public space to enable social distancing, to coordinating an overwhelming community response.

The pandemic has shone the spotlight in the inequalities in our society and the impact that ten years of Government cuts has had on our communities and the public services that residents rely on. It has also shown the strength of our community in Lewisham and many inspiring examples of people coming together to support those in need. I know that, as we move towards a 'new normal', that won't change.

In solidarity,

Damien Egan Mayor of Lewisham

Windrush result: Priti Patel, the Home Secretary, promises to implement in full the recommendations of the review (38 degrees)

The *Windrush Lessons Learned Review* published in March 2020 made 30 recommendations including:

- Hosting a programme of reconciliation events with members of the Windrush generation
- The appointment of a Migrants' Commissioner, responsible for speaking up for migrants and those affected by the system

The home secretary promised to return to the House of Commons to set out how the government would be implementing the recommendations, before the parliamentary summer break.

(BBC News website 23 June 2020)