

Hi Everyone,

With the continued easing of restrictions, Voice of Experience Forum hope you have been able to get out and about and to spend time with loved ones and family in the sunshine.



We would like to remind members that we can provide online support on a range of issues affecting older adults in North Lanarkshire. To those who require support with devices such as smart phones, laptops or tablets, you can call Denis on 07305692098 to find out more.



Given the uncertain nature of the pandemic and its effect on social gatherings, Voice of Experience Forum has taken the decision to move its 2021 AGM from August to the 2nd of November. As was the case last year, this decision has been taken with the aim of allowing the greatest number of members and partners to attend. The event, should we receive permission to hold this in a traditional format, will also be live streamed via the Zoom platform. The Forum will continue to keep members informed via our social media channels and through our newsletters.

Calderbank and Chapelhall—Public Consultation Outcome

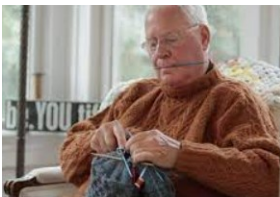


Following on from previous correspondence relating to traffic and road safety concerns within Calderbank and Chapelhall, the Council have now completed the public consultation which ran from 24 February until 21 March 2021. This gave local communities the opportunity to provide feedback on a range of potential road safety improvements in the villages. All feedback from the consultation was carefully considered prior to finalising the proposed road safety improvements.

The results of the public consultation, including details of the proposed road safety improvements in the villages, will be available on the Council's website from 17 June 2021 at www.northlanarkshire.gov.uk/traffic-studies

Construction works are due to commence in Chapelhall in early July 2021. It is anticipated that construction works in Calderbank will commence in Autumn 2021. The Council would like to thank you for your interest and participation in the consultation process.

Age UK Scotland Big Knit



What is the **Big Knit**? Every year, Age UK (Scotland) ask people to **knit** tiny woolen hats, and each one gets placed on an Innocent smoothie bottle. For every smoothie sold, Age UK receive 25p, and that money helps them to fight loneliness among older people. Find out more using the link below.

<https://www.ageuk.org.uk/scotland/get-involved/fundraise/other-ways-to-help/big-knit/#:~:text=What%20is%20the%20Big%20Knit,fight%20loneliness%20among%20older%20people>

And in other news

Lanarkshire Carers Card



Lanarkshire Carers Card enables carers to access a wide range of offers and discounts from a variety of local retailers, suppliers and services. Information on the offers and discounts available to carers can be found by accessing the link below.

Any carer over the age of 18 providing unpaid care, who lives in Lanarkshire and is registered with Lanarkshire Carers can request a card.

In addition to this, LC are now offering an interactive digital carer card for use on a compatible smartphone. At present they are unable to process requests for new or replacement physical cards. If you are a current cardholder and use a card with the old-style branding, this card will still be valid until it expires. To apply for a card online go to <https://lanarkshirecarers.org.uk/crc>

Caring and emergencies

Carers often tell us that they worry about what would happen to the person they care for if they are in an accident or incapacitated. In response to this, Carers Scotland has developed a [new card](#) for carers. Should an emergency or accident happen, this card lets emergency workers and others know that someone relies on you as a carer and provides spaces for emergency contacts, for example, a friend or family member who can help take over caring.



The card is available to download using the following link.

<https://www.carersuk.org/scotland/help-and-advice/caring-and-emergencies>

Stay active



With the lockdown causing many older people to remain at home, many have found their muscle tone and function to be decreasing. There is help!!

BBC Sounds broadcast a show called 10 Today– Physical Exercises for Older People. The broadcast features 10 different exercises to get older people moving at home.

<https://www.bbc.co.uk/sounds/brand/p087wddm>

Scams

The number of scam phone calls to mobiles and landlines has increased in the past few weeks. These seem to be from the usual suspects and come via text message and phone calls. The main types are; Amazon Prime, HMRC, Bank scams, Council Tax and Delivery scams.

In all cases, you should take the following action. Report suspicious behaviour in your community to **Police Scotland** on **101** or **999** in an emergency. Report all scams to **Advice Direct Scotland** on **0808 164 6000** or through their [website](#).

