

## NEWS BULLETIN from Shopper-Aide March 2021

### The Shopper-Aide Virtual Tea Parties

Date	Sponsor	Goodie Supplier
17 <sup>th</sup> Mar	West Kintyre	Food for Thought
14 <sup>th</sup> April	'It's our Birthday' so sponsors & suppliers come from many different people.	



Yes it will be ten years since Shopper-Aide became a Company Limited by guarantee on 8<sup>th</sup> April and a Charity on the 27<sup>th</sup> April and a year ago we had started making plans to celebrate but like everything else this last year we were scuppered. However, we do have some plans in place so watch out for next month.



In the meantime we hope you enjoy this month's selection and a big thank you to Joy and Debbie for all their hard work in helping to make our Easter Celebration fun.

### Keeping Safe

Unfortunately, yet again, we are hearing of people being scammed via phone calls and emails. Examples include an email supposedly from the Royal Mail saying they have tried to deliver a parcel. This is a scam, they will not contact you this way so report/delete it.

You may get a phone call saying there 'is a problem' and the person needs your bank details/ date of birth or other information – just hang up. No bank or company will call you to ask for these details.

If someone calls you to offer a 'once in a lifetime' 'too good to be true' investment just ask yourself – how did they know my number / why me. These so called 'cold calls' are fishing or if email phishing for anyone to pass on details and steal from you. So what you should do is:

**HANG UP DELETE** and either **REPORT or BLOCK**

## Looking ahead

While it is impossible to plan too much we have been looking to how we can help once allowed to mix more. We would love to start the clubs as we know how much everyone is missing meeting people, however, we do realise it will have to be a slow and sure process. So we will go slowly with small outings for up to two people in a 'bubble' for a run in a car taking refreshments with us to let those who have been stuck in the house out to see the world again.

Help in the home – once we are able to come into homes we will start housekeeping again. Please get in touch or ask your phone buddie to let us know if this is something you would like us to do.

## Keeping occupied during Lockdown (still)

With the days lengthening and the occasional glimpse of sun keeping busy may now mean we can look to the outdoors to get some exercise but for those still finding things to do inside we have been looking at some ways to get you thinking caps on. Music for Life – what are your favourite songs and music memories. Phone Buddies are taking note and we will be putting your personal memories together for you.

For many making memory books or just digging out the old photos makes us realise the value of keeping a record of our lives for the future generations. We can look at an old photo and wonder who that person was and what they were doing. So many now just have digital photos that others will never see.

Do look after yourself – if feeling down – tell someone & don't neglect your physical health. The NHS is still open. Help someone else – we are all in the same position so giving someone a call, sending a letter or a socially distance chat will not just boost you but others.

We are looking at gathering old pictures etc to develop memory topics so let us know if that is something you are interested in.

Keep safe everyone and enjoy your afternoon tea.

Keep up to date on our Website: [www.shopper-aide.org.uk](http://www.shopper-aide.org.uk) or

Our Facebook Page: <https://www.facebook.com/shopperaidecampbeltown>

Visit [www.kintyre.info/avoid-scams](http://www.kintyre.info/avoid-scams) for advice on scams