



Newsletter

Items for the newsletter should be sent to Kath Bryan, please. Email: bkath326@gmail.com Mobile: 07722 301612

Sudoku—Hard

9x9 Sudoku grid with numbers 2, 6, 3, 7, 4, 8, 6, 7, 1, 4, 2, 5, 9, 2, 8, 5, 7, 5, 8, 2, 1, 5, 4.

Stay Safe Online:

Check your security + privacy settings

Block unsuitable content, Protect against fraud Check the facts!!

Get more help and information from Gov.uk

Report to Action Fraud

Be aware of phone scams too- If in doubt put the phone down and ask for advice from a trusted friend or relative.



Covid-19 Vaccinations

I think most of the Phoenix members have had their first Covid vaccination, if they wanted it or were able, and some their second dose thankfully. I sincerely hope this will lead the way out to some more of the freedoms we are used to.

The Door by Miroslav Holub

Go and open the door. Maybe outside there's a tree, or a wood, a garden, or a magic city.

Go and open the door. Maybe a dog's rummaging. Maybe you'll see a face, or an eye, or the picture of a picture.

Go and open the door. If there's a fog it will clear.

Go and open the door. Even if there's only the darkness ticking, even if there's only the hollow wind, even if nothing is there, go and open the door.

At least there'll be a draught.

This poem was suggested by Phoenix member Margaret Slinn from the music group, thank you Margaret. I remember this one from school, we rewrote the poem about what we could see when we opened the door and what we would like to see! (My family would be my first choice).

### A word of caution—

You will hopefully have received an invitation to attend and receive your Covid-19 vaccination if you haven't had it already. They are sending some emails to invite you to book an appointment, this does not require you giving any personal information such as your bank account details. There is **no charge** for this vaccination! If you are in doubt phone your local surgery.

### We will begin our journey

Are you ready ?

Check List

Road map ✓

Bags of excitement ✓

A box of apprehension ✓

Let's go

Follow the map, it's very detailed, what we can do and where we can go.

Bags of excitement, family, friends, hairdressers, meals out, so much to do on this journey.

In the apprehension box and we all have one, going into crowded places, travelling, or for some just going outside, I think we will all have something in the apprehension box. For this part of the journey baby steps are required.

Family and friends are there to lend a hand and help us through.

So I am confident that we will all reach our goal and get to the end together. Looking forward to seeing you all at the end of this journey.

Love Sue xxx



### Announcements

If you would like to put a notice in the Newsletter please let me know.

*Rhoda is very happy to send cards for Condolences, Get Well etc. for Phoenix members*

*Please contact her on  
rhodadavidson@btinternet.com*

### Chat from Me—

Nothing to report from Phoenix.

I've had my covid vaccination sooner than I expected, so I feel there is light at the end of the tunnel. The days are drawing out so hoping for normality in the summer depending on Boris's road map.

February I welcomed the arrival of my new grandson, Noah, I said to my daughters we are getting to be like the Waltons this was met with blank faces. I bet you know what I mean.

Short and sweet today so goodnight John boy!!

Elaine xx

CHAIRMAN'S EMAIL— [Chairman@rugeleyphoenix.org.uk](mailto:Chairman@rugeleyphoenix.org.uk)

**Please try to keep in touch with your  
Phoenix friends by**

**Text, email, phone or even write a letter!**

not everyone has internet connection.

**Phoenix now has a Facebook page -**

**You can find it on Rugeley Phoenix Group**

**Or on**

**[www.facebook.com/groups/RugeleyPhoenixClub/](http://www.facebook.com/groups/RugeleyPhoenixClub/)**

**(This is a closed facebook page just for Rugeley Phoenix members).**

Join the Rugeley **Phoenix Facebook** page,

another way to keep in touch and 'talk', to other members from Phoenix.