

## WELCOME TO OUR FIRST NEWSLETTER!

We are an independent charity providing practical help so that people who need support can live safely and well in their homes and communities. (You might know us by our former name, 'Mobile Repair Service'.) We hope to bring some light into your day with our new newsletter which has information, stories, tips and ideas to help you through coronavirus lockdown.

## This week we are... Remembering how important it is to stay active

This photo was taken at one of our Staying Steady exercise classes last month. There's an exercise you can do at home on the next page and we'll share some new ones every fortnight.



You're receiving this newsletter as you have used one of our services in the past. If you don't want to receive any future fortnightly newsletters please contact us by email on [newsletter@mrsindependentliving.org](mailto:newsletter@mrsindependentliving.org), phone 0330 380 1013 or text STOP followed by your name to 07780 311735.

# A quick reminder...

The latest Government advice is that you should only leave the house for:

- Shopping for basic necessities, e.g. food and medicine, as infrequently as possible;
- One form of exercise a day, e.g. a run, walk, or cycle (alone/with members of your household);
- Any medical need, e.g. to donate blood, avoid/escape risk of injury or harm, to provide care for a vulnerable person;
- Travelling for work purposes, where you cannot work from home.

People aged **over 70** and/or with **underlying health conditions** and people who are on the '**shielding**' list are at high risk and should avoid going out at all whenever possible.

Find the latest NHS guidance here:  
[www.nhs.uk/conditions/coronavirus-covid-19](https://www.nhs.uk/conditions/coronavirus-covid-19)



## Exercise you can do at home

This exercise will strengthen your hips and thighs, and improve your flexibility.

- Sit upright and do not lean on the back of the chair. Hold on to the sides of the chair.
- Lift your left leg with your knee bent as far as is comfortable. Place your foot down with control.
- Repeat with the opposite leg. Do 5 lifts with each leg.

# Try something new

## Visit our 50+ Virtual Café Inaugural event The Café Quiz: Thursday 23 April, 2pm

Free food for the mind and soul! You have probably heard of Pub Quizzes, even if you haven't been to one. The Café Quiz is a LOT better than that! No alcohol, but could easily become a respectable habit. Please bring all your friends. We look forward to meeting you at the 50+ Virtual Café: <https://50pd.uk/cafe>. You'll need to install 'Zoom' before you join (search "download Zoom" on the internet)

See our full virtual drop-in timetable at <https://50pd.uk/timetable>

### You could also...

- Watch a world-class play from the comfort of your own home through YouTube (<http://ntlive.nationaltheatre.org.uk>)
- Do a virtual tour of a world-class museum ([www.tickets.com/blog/virtual-museum-tours](http://www.tickets.com/blog/virtual-museum-tours))
- Train your brain: Lumosity is an app developed by scientists with a range of puzzles and brain teasers. See how you compare with others in your age group. Download it from Google Play or the Apple app store.
- Try a 'creative workout' using materials you have at home. ([www.combatstress.org.uk/blog/get-creative-workout](http://www.combatstress.org.uk/blog/get-creative-workout))



### If you're feeling worried or anxious...

You can call **Anxiety UK's** information line for advice. Phone 0344 477 5774.

**The Samaritans** can listen to your concerns and help you through difficult times. Call them for free on 116 123.

# Financial matters

## Benefits chat Thursday 30 April, 10am

The world of benefits can be a confusing place. If you've got questions about Government social support and what you might be entitled to, join a chat session with our Advice and Community Worker, Terry Bednall, next Thursday. You'll be able to join on your device via 'Google Meet' or by dialling a phone number. Visit <https://50pd.uk/timetable> and look for the event page to find out how to join the session.

### Local helplines if you or someone you know need help

Hackney and Islington Councils have special phonedlines to help people access support during coronavirus lockdown.

#### If you live in Hackney:

- You can call 020 8356 3111 (8am-5pm Monday-Friday) or use this form (<https://hackney.gov.uk/coronavirus-support>).

#### If you live in Islington:

- You can call 020 7527 8222 or use the minicom 020 7527 1900 (9am-5pm everyday) or email [weareislington@islington.gov.uk](mailto:weareislington@islington.gov.uk).

### Meet the team...



Each week we'll introduce one of our team members. This week it's Natalie Pink. Natalie is the Director of MRS Independent Living. She loves cooking (and eating) curries, hates driving, and got married last year. Natalie's surviving lockdown by reading books, watching the 90s television series 'The Sopranos', and sunbathing in the garden when the weather's nice.

# Lockdown stories



During lockdown, 91-year-old Rose Daflon keeps up with her usual routine. She wakes up just before 8am, showers, gets dressed and eats breakfast just as if she was going out for the day. Rose loves TV soaps. She keeps active around her flat by cleaning, cooking and practising exercises. Sometimes she pops out onto her balcony for some fresh air and sun. To keep her brain active, Rose does Criss Cross puzzles and codebreakers. She also knits dolls (like these) that she sends to St Joseph's Hospice. One thing Rose really misses is the hairdresser. We bet there are a lot of people out there thinking the same, Rose! Some have already taken matters (and scissors) into their own hands!

**How are you coping with lockdown? Get in touch to share your story in the next fortnightly newsletter or tell us what you'd like us to cover. Email us at [newsletter@mrsindependentliving.org](mailto:newsletter@mrsindependentliving.org) or phone 0330 380 1013.**

***Stay well everyone***

This newsletter was brought to you by **MRS Independent Living** for all of our users of Hackney Dudes, Staying Steady, Making Room, 50+ Digital, Side by Side and our home adaptations service.

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