

WELCOME TO OUR 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 newsletter which has information, stories, tips and ideas to help you through coronavirus lockdown.

This week we are... Celebrating Captain Tom Moore's fantastic efforts!

Congratulations to 100 year old Captain Tom Moore, who has now raised over £30 million for the NHS by walking 100 laps of his garden during the lockdown. Truly inspirational!



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, 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; one form of exercise a day; any medical need; travelling for work purposes. People aged **70+** and/or with **underlying health conditions** and people on the '**shielding**' list should avoid going out if possible.

HOW TO REDUCE THE SPREAD OF INFECTION AT HOME

- Wash your hands with soap and water often, for at least 20 seconds.
- Cover your mouth and nose with a tissue/your sleeve when you cough or sneeze, and put used tissues in the bin immediately. Wash your hands afterwards.
- Clean objects and surfaces you touch often (e.g. door handles, kettles and phones) using your regular cleaning products.
- Clean a shared bathroom each time you use it, e.g. by wiping the surfaces you have touched.
- Do not share towels, including hand towels and tea towels.

Find the latest NHS guidance here:

www.nhs.uk/conditions/coronavirus-covid-19



Exercise you can do at home

This will develop and maintain flexibility in the upper back.

A. Sit upright with feet flat on the floor, cross your arms and reach for your shoulders.

B. Without moving your hips, turn your upper body to the left as far as is comfortable.

Hold for five seconds. Repeat going right. Do five of each.

Try something new ?

If you're online....

- ...and you like art, enrol for free with Museum of Modern Art online art courses. Weekly lessons include videos, readings and quizzes (<https://www.coursera.org/moma>)
- The Wireless Age UK: Listen to a mixture of entertainment and information on a radio station run by Age UK. (<https://www.ukonlineradio.com/the-wireless-radio-age-uk>).
- Join the Big Online Singalong every Monday from 8-9pm. You'll see the lyrics on your screen, and music will be played directly to your computer, phone or tablet. You need to register in advance and also download Zoom (if you haven't already). Details are available at <https://bit.ly/2YlGtjo>.

If you're not online...

- Try making a life story book with a list of your favourite places, experiences and music which is meaningful to you.
- Listen to a different radio station to hear a play or phone into a talk station.
- Have your own singalong! Singing makes you feel good, breathe deeper, and sleep better. Dig out your favourite tune, grab a hairbrush, and sing your heart out!



If you want help using your phone, tablet or laptop, or getting online, call us on 07423 162019 and arrange a time to speak with one of our staff or volunteers who might be able to help.

Money matters

Pre-retirement benefits chat Thursday 12 May, 2pm

Are you under the State Pension Age? Have you got questions about claiming Universal Credit or Personal Independence Payment (PIP)? Join our Advice and Community Worker Terry Bednall to find out about your rights and what you're entitled to. You can join via Google Meet (use the link meet.google.com/xtu-bsyv-rda) or by phone (calls will be charged at standard rate). The phone number is **020 3937 3304** and you'll be asked for the PIN code: **363 507 621#**.

Try mindful breathing

Mindful breathing can help you feel less stressed, anxious or depressed. Why not give it a go?

- Sit comfortably. Close your eyes if you wish.
- Focus on your breath coming in and out through your nose.
- When your mind wanders into the past or future, just gently return to focus on your breathing.
- Try focusing on breathing for a whole minute, if you can.



Meet the team...

Each week we'll introduce one of our team members. This week it's Caroline Wilson. Caroline is married and has two children, and joined MRS Independent Living as an administrator only 3 weeks before lockdown. Doing jigsaws, Querkles (colouring by numbers) and reading is her perfect antidote for this stressful time. She is most looking forward to hugging her daughter post lockdown.

Heartfelt for Care by C H Daniel

Cheer those pioneering doctors and nurses.

Carers, armed forces, workers and volunteers.

“No Human Sacrificed.” In these words rehearsed.

Spoken from their hearts in their manners sincere

As their lives, are on the line inspiringly.

So is their duty to serve in caring jobs.

To those who dare, don't ask them inquiringly.

Such is their courage, against overwhelming odds.

Right now! The public tethered; held, reserved on.

Together holding on, counting the days. Each

Step taken as if in a dream; yet deep down

Within each one of us we praise them in speech.

This stirs us to wake; at the hour of dawn.

We're ready to fight, the battle of the mind,

And in that darkness find help to be reborn.

As we physically wait the hour in time.

Nurses battle on, saving many a one.

Their cause is just and as they serve on command.

Healthcare for all they ask free to everyone.

For the Queen we stand, holding the line. Yes Ma'am.

Let us break across the sky. Let's seize the sun!

And see retreating birds flying for life.

Ask can we hear the cadence, of the skylarks' tune?

A rare bird is singing of their plight, in our strife.

Keep together clapping, for “care in- all- wards.”

They will hear the cheering even out in space.

The whole world is clapping together for awards.

Today the hope of the NHS is in our hands.

Let's achieve a true benefit for our people.

And a rare bird also, could be saved in our lands.

Now do we know what is truly beautiful?

The heartfelt, for care, cry people's of the world.

NHS Emblem is flying high.

Let their flag unfold.

Raise your hand salute, God bless those healthcare troops.

Thank you Charles for sending this in!

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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