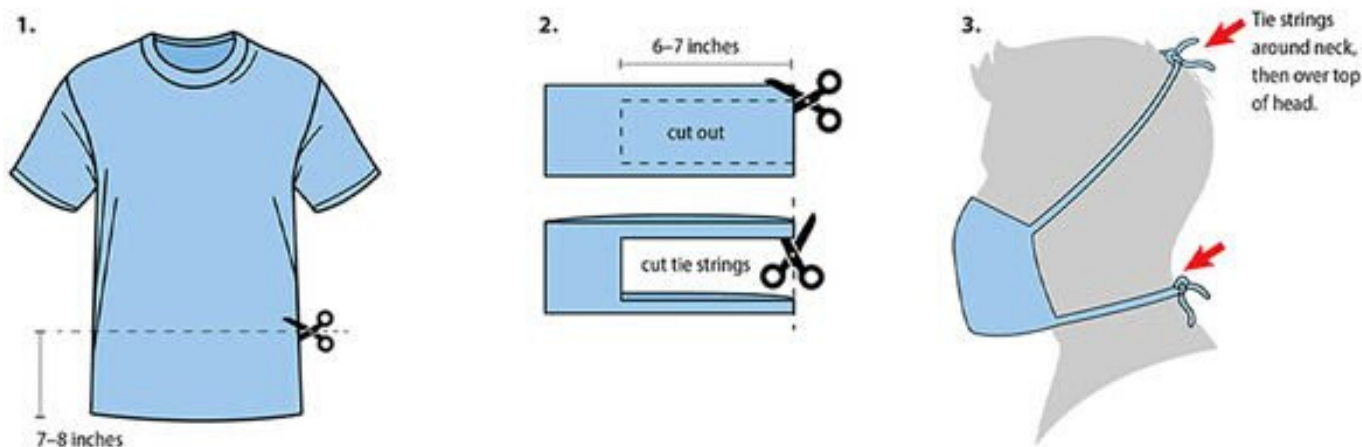


WELCOME TO OUR NEWSLETTER

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 **(now monthly)** newsletter which has information, stories, tips and ideas to help you through coronavirus lockdown.

This week we are... Making a simple face mask



- Take a T-shirt, and cut a section off the bottom about 7-8 inches (18-20cm) high
- Cut out a section 6-7 inches (15-18cm) long
- Cut the loops to make tie strings
- Tie around the neck and over the head to secure the mask

Remember to wash your face mask in hot water after each use!

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 newsletters please contact us by email on newsletter@mrsindependentliving.org, phone 0330 380 1013 or text STOP followed by your name to 07780 311735.

An update...

The latest Government advice is still to stay at home as much as possible, but you can a) have unlimited amounts of exercise daily b) meet, and sit with, upto six people from outside your household, staying 2m apart c) go to a garden centre, outdoor market or car showroom. Vulnerable and shielded people can now leave their home with members of their household or meet one other person outdoors maintaining strict social distancing rules.

If you or someone you live with has symptoms of coronavirus (COVID-19), you can ask for a test to check if you/they currently have the virus. You need to have the test in the first 5 days of having symptoms, ideally ask for the test in the first 3 days, as it may take a day or two to arrange. You can drive to a regional test site or request a home swab test kit. Tel: NHS on 119; www.nhs.uk/ask-for-a-coronavirus-test

The main symptoms of coronavirus are a persistent cough, a high temperature, or losing your sense of taste or smell.

Find the latest NHS guidance here:
www.nhs.uk/conditions/coronavirus-covid-19



Exercise you can do at home

This stretch will strength your calf muscles and improve mobility.

- A.** Rest your hands on the back of the chair for stability and stand with your feet hip-width apart.
- B.** Slowly bend your knees as far as is comfortable, keeping them facing forwards. Aim to get them over your big toe. Keep your back straight at all times.
- C.** Gently come up to standing, squeezing (clenching) your buttocks as you do so. **Repeat 5 times.**

Try something new

If you're online....

- Like to learn to draw? From drawing a simple eye to a complex horse, try drawingnow.com for easy to follow beginners' lessons.
- Fancy yourself as a dancer? Sadlers Wells are running company of elders workshops in ballet, contemporary dance and flamenco for the over 60s. www.youtube.com/watch?v=rzDJqQL8Jw

If you're not online...

- Being active doesn't have to feel serious or boring, and it doesn't have to feel like it's a chore. Play your favourite music and dance around your kitchen because no one's watching!
- Reflect how you're feeling during lockdown by making a collage using textiles, or newspaper and magazine pictures and cuttings.



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.

Feel confident coming out of lockdown

As we start to think about coming out of lockdown, here are some tips for keeping safe when you go out:

- On public transport, try to avoid peak rush hours. If possible, wear a face mask in more crowded public areas, and carry tissues for sneezes and coughs, which are disposed of immediately. Avoid touching handrails.
- Don't share taxis (and keep note of taxi licence number for 14 days)
- Stick to the marked areas for social distancing inside shops.
- Keep contacts with other people brief: Try to avoid any long face to face conversations.
- When returning home, take your outdoor shoes off, disinfect door handles and wash your hands for at least 20 seconds.

Worried about scams?

Unfortunately the current coronavirus pandemic has created more opportunities for fraudsters to thrive. Common scams include:

- Fake Emails from the 'World Health Organisation' on keeping safe
- Bogus Government text messages requesting payment of fines for stepping outside during lockdown
- Fake messages from 'HMRC' offering goodwill payments
- Scammers knocking on doors reporting to be from the Red Cross offering to take peoples' temperatures or sell face masks.

How to protect yourself

Do not click on links in emails from organisations you weren't expecting anything from, e.g. a bank or other large, trusted organisations like the NHS. Their messages are designed to scare you into clicking on their links. They often have spelling mistakes, you are not addressed by name and are from fake but legitimate-looking website addresses.

Never give your bank details to anyone in an email or over the phone even if they are advising that you will be receiving some form of refund. **Never let unknown people into your house or buy anything from anyone you do not know at the door.**

If you've been scammed, contact Action Fraud. Tel: 0330 123 2040; www.actionfraud.police.uk.

Read more: www.which.co.uk/news/2020/04/coronavirus-scams-how-to-spot-them-and-stop-them



Meet the team...

Each week we'll introduce one of our team members. Julie Bromwich, who has been with MRS for over 3 years, has been working on community garden spaces with neighbours in lockdown. She also enjoys cycling and reading books by Eric Walrond, a local author, and is looking forward to meeting up with her family.

This newsletter was brought to you by **MRS Independent Living.**

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