

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 regular newsletter which has information, stories, and ideas to help you through these uncertain times.

This month we are...celebrating the reunion of the Hackney Dudes



Following the suspension of the Dudes drop-in and outings in March, the Dudes were very happy to have a chance to meet-up in person. Two temporary 'sanctuary spaces' were identified: Dalston Curve Garden and St Mary's Secret Garden. Our thanks go out to the staff at both venues who have supported us in establishing a Covid-safe space for the men to socialise within government guidelines. Last week we celebrated John's birthday and were entertained by the Dudes music group with 3 guitars, a violin, a ukulele, a harmonica, and a bağlama (Turkish guitar).

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.

Test and Trace rules

NHS Test and Trace has been established to help prevent the spread of coronavirus. They may contact you by email, text or phone.

Text messages come from 'NHStracing'. Calls come from 0300 013 5000.

NHS Test and Trace **will not ask for** bank details or payments or details of any other accounts, **will not ask** you to set up a password or PIN number over the phone, **will not ask** you to call a premium rate number, such as those starting 09 or 087.

If you're told you've been in contact with a person who has coronavirus:

- Stay at home for **14 days** from the day you were last in contact with the person
- Do not leave your home for any reason
- Do not have any visitors in your home, except for essential care
- Try to avoid contact with anyone you live with as much as possible
- People you live with and those in your social bubble do not need to self-isolate if you do not have symptoms
- If you live with someone at higher risk from coronavirus, try to arrange for them to stay with friends or family for 14 days.

If you get any symptoms of coronavirus (a high temperature, a new, continuous cough or loss/change to your sense of smell or taste):

- Get a test for coronavirus as soon as possible
- Anyone you live with or who is in your support bubble must self-isolate until you've been tested
- If you test negative, keep self-isolating for 14 days from when you were last in contact with the person who has coronavirus
- If you test positive, self-isolate for at least **10 days** from when your symptoms started – even if it means you're self-isolating for longer than 14 days. Anyone you live with must self-isolate for 14 days from when your symptoms started. Anyone in your support bubble must self-isolate for 14 days from when your symptoms started.

If you do not get symptoms of coronavirus

- You can stop self-isolating after 14 days.

www.gov.uk/guidance/nhs-test-and-trace-how-it-works

From 1st August: clinically extremely vulnerable people are no longer advised to shield. You can go outside as much as you like but you should still try to keep your overall social interactions low.

From 8th August: Face coverings will be made mandatory in a greater number of public indoor settings, such as museums, galleries, cinemas and libraries. www.gov.uk/guidance/31-july-announcement

Get outdoors

Why not explore Hackney's 58 parks and green spaces, including the beautiful historic settings of Springfield and Clissold Parks? A full list can be found on: <https://hackney.gov.uk/parks-list>.



The 50+ Secret Garden Party

Join our weekly social meetup for older people in St Mary's Secret Garden on Wednesdays, 2-3.30pm. We're strictly social distancing, so it's a safe place to come and be with others outside. You can also get on the internet if you bring your own device, and request digital support. Call Rick on 07423 162019 if you'd like to attend.

Managing your anxiety

Anxiety can show itself in physical forms such as churning in the stomach, dizziness, pins and needles, feeling restless, headaches, unusual aches and pains, faster breathing, a thumping or irregular heartbeat, hot flushes, problems sleeping, grinding your teeth, nausea, needing the toilet more or less often, and having panic attacks. **Practice regular mindfulness sessions:**

- **Pay attention** to the sensations in your body.
- **Bring your attention back** to the present moment by focusing on your breathing.
- **Accept** and be aware of emotions you are feeling without judgement.
- **Be kind to yourself** and try not to be critical of yourself. When you notice your mind wandering, you can gently bring yourself back to the exercise.

For a series of mental wellbeing audio guides to help you boost your mood: www.nhs.uk/conditions/stress-anxiety-depression/moodzone-mental-wellbeing-audio-guides/

Remember...

From 1 August, anyone 75 years and over who is not in receipt of Pension Credit will no longer receive a free TV licence. There are between 150,000 and 200,000 Londoners eligible for Pension Credit who are not claiming it. It is also a gateway to other benefits.

Call the Pension Credit claim line on 0800 99 1234 (textphone: 0800 169 0133) or call us on 0330 380 1013 if you need help.



Taking care of your feet

Are your toenails making it uncomfortable to walk? Age UK has a partnership with Complete Feet Care who offer a podiatry service (including toenail cutting). At the moment only home visits are available, at a cost of £29.99. To make an appointment, call 0203 794 5488.

<https://cop.org.uk/foot-health/keep-on-walking/older-persons-guide-to-good-foot-health/>

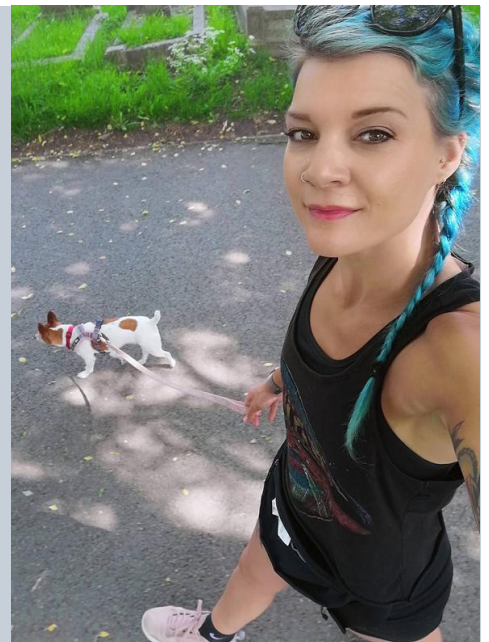
Your stories



We are so impressed with Jean who walks up and down her stairs 20 times in one go as part of her daily exercise routine as well as exercising with her new ankle weights. She also walks 3 miles with her grandson and does a little trot during the week.

Meet the team...

This month it's Nele, project lead for Making Room, which helps people with hoarding issues, via therapeutic decluttering methods. In her free time you might catch Nele skating around in London, teaching people how to roller skate. She's been playing roller derby all over the world for the last 10 years and it's a true passion. Skating, travelling, sunshine and her 2 cats and dog make Nele really happy and so does being part of the MRS team!



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

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2086284