

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...looking forward to seeing murals on the streets of Hackney



The **London Mural Festival** will feature over 100 artists painting 40+ large scale walls across the capital in September. In one of the world's biggest celebrations of street art, they hope to foster a sense of pride in where people live, bringing positivity, unity and colour to London streets. See how many you can spot! <https://londonist.com/london/art-and-photography/london-mural-festival-2020>

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.

Coronavirus news

New rule of six: The Government has introduced a new law that means you can meet people you do not live with in groups of **no more than six people, indoors or outdoors** (there are some exemptions for certain activities).

See www.gov.uk/government/publications/coronavirus-covid-19-meeting-with-others-safely-social-distancing.

Getting a test: Many people are struggling to get a test for Covid-19. There is a severe shortage across the country. If you have symptoms, continue to try to book a test online, call 119 if you cannot access the internet, and email mayor@hackney.gov.uk if you have any problems accessing a test.

You can donate blood plasma if you have a confirmed positive test result and have recovered well from COVID-19: Plasma from people who've had COVID-19 may contain antibodies which can be transfused to patients whose immune systems are struggling to fight the virus. For more information, go to: www.nhsbt.nhs.uk/how-you-can-help/convalescent-plasma-clinical-trial/

Keep on moving!

It's medically proven that people who do regular physical activity have:

- up to a **35% lower risk of coronary heart disease and stroke**
- up to a **50% lower risk of type 2 diabetes and colon cancer**
- up to a **20% lower risk of breast cancer**
- up to an **83% lower risk of osteoarthritis**
- up to a **68% lower risk of hip fracture**
- a **30% lower risk of falls (among older adults)**
- up to a **30% lower risk of depression and dementia**
- a **30% lower risk of early death**



NHS guidelines suggest aiming for **150 minutes of moderate physical activity a week**. This is anything that gets your heart rate faster and body warmer, such as brisk walking, dancing or riding a bike. Sitting for long periods slows the metabolism, affecting the body's ability to regulate blood sugar, blood pressure and break down body fat. Try to avoid long periods of TV viewing, computer use, driving, or sitting to read, talk or listen to music. Find something you enjoy doing and remember to move.

Still need help with shopping?

Call Hackney Council Coronavirus Helpline 020 8356 3111, 8am-5pm, Monday-Friday; Visit: <https://hackney.gov.uk/coronavirus-food-delivery>.

Able Community Care

is offering a free door sticker for older people. Statistics show that older people are being continually tricked by fraudulent tradesmen turning up on their doorstep. With a door sticker in view, it is a criminal offence for uninvited people to try to get a person to answer the door. Contact on **01603 764567** or visit www.ablecommunitycare.com



Local befriending services

Shoreditch Trust: weekly telephone calls for people with long term conditions. They provide support to connect with other services and reduce isolation. Open to anyone 18+ who would like support with their wellbeing. Email: info@shoreditchtrust.org.uk. Tel: 020 7033 8501/8587.

Riverside Engage Hackney: provide a volunteering and befriending service. Volunteers can provide home visits, keep in regular telephone contact and escort you to important appointments in the community. Email Riverside Engage Hackney at engagehackney@riverside.org.uk or tel: 0800 953 4044.

East London Cares: For over 65s. Phone A Friend project, virtual social club, outreach and more. For more information: call 0207 118 4949 or visit: <https://eastlondoncares.org.uk/blog/re-inventing-programmes-for-extraordinary-times>.

Podcasts brought to you by MRS...

Check out our 50+ Digital Podcasts on <https://50pd.uk/resources>.

Listen to people's songs and stories about living in Hackney, technology, leaving lockdown, and what it means to be an older person in a technology-driven world.



TV licence fee scams

TV Licensing are now sending letters to anyone aged over 75 asking them to pay for their TV licence or apply for a free one. This letter includes your licence number, your title and last name and they will only ask you to pay

- **By post to TV Licensing, PO Box 578, Darlington DL98 1AN**
- **Online at tvlicensing.co.uk/75pay or tvlicensing.co.uk/75apply**
- **Over the phone on 0300 790 6151**

If you are contacted and asked to pay for your TV licence at your door, using a different phone number, a different website or by posting your details to a different address, this is a scam.

Call Action Fraud on 0300 123 2040 if you think you've been scammed.

For more information, see www.ageuk.org.uk/information-advice/money-legal/scams-fraud/tv-licence-scams/

Your stories

Here's **Rose** before and after her long-awaited hair appointment. She says there was no waiting about at the hair salon, but they have put the price up. However, she is thankful as she can't do it herself and it makes her feel better.



Flu vaccinations this autumn

Anyone in higher risk groups is more likely to develop potentially serious complications of flu, such as pneumonia or bronchitis, so it's recommended that they have a flu vaccine yearly to help protect them. **The flu vaccine is free on the NHS if you are: Aged 65 years and over; have certain medical conditions (e.g. long-term heart, respiratory or kidney disease); or are living with someone who's at high risk from coronavirus (on the NHS shielded patient list). Contact your GP to make an appointment or for more advice.**

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

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