

## 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... reflecting on the challenges facing Black people**



**October** is normally when we reflect on the tremendous contribution Black Britons who travelled here to build new lives have made to our society. The recent Black Lives Matter protests following the death of George Floyd, have demonstrated again the need for everyone to be aware of the gross inequalities that exist in our communities. There is also concern over the disproportionate number of people from Black and minority ethnic communities who have become ill or died from the current coronavirus pandemic. At **MRS Independent Living** we are keen to hear from our readers about actions they have taken to help overcome injustice, and suggestions about what activities we could take to progress equality. Email us at [newsletter@mrsindependentliving.org](mailto:newsletter@mrsindependentliving.org)

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# A sobering thought.....

A recent study by the Intensive Care National Audit and Research Centre (ICNARC) showed that over a third of people becoming critically ill with coronavirus were from Black or minority ethnic backgrounds, despite making up only 14 per cent of the UK population.

## Download the NHS Covid-19 Contact Tracing app

Protect your loved ones with the official NHS COVID-19 contact tracing app for England and Wales. Available on post 2015 smartphones from Apple Store or Google Play. Provides alerts if you've visited a venue where you may have come into contact with coronavirus, lets you know the level of coronavirus risk in your postcode district, and helps with arranging a test.



## Home exercises

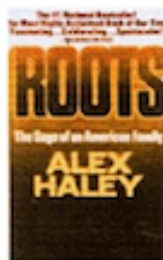
- A.** Stand at arm's length from the wall. Place your hands flat against the wall at chest level, with your fingers pointing upwards.
- B.** With your back straight, slowly bend your arms, keeping your elbows by your side. Aim to close the gap between you and the wall as much as you can.
- C.** Slowly return to the start.

Attempt 3 sets of 5 to 10 repetitions.



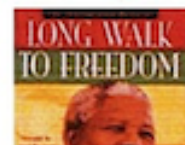


Whipped slave 1860



# *African, Caribbean, Cultural Family Fun Day & Craft Fair*

**Saturday 24 October 2020**



At Stoke Newington Methodist Church, 106A Stoke Newington High Street, London N16 7NY; 12pm to 4pm.

Free Entry: Open to the community, to come together, to learn and celebrate black history. There will be local businesses, organisations, charities, designers & artists providing community information, stalls, illustrative arts and crafts.

**For further information contact: Suzanne Asphall, on 07956 905730.**

## **The Hackney Black History Map**

A new map charting Hackney's rich history of African and Caribbean culture will help residents complete self-guided or specially-led walks through the borough's cultural past. This two-month programme will also see Q&A film screenings, music sets, poetry, recipe sharing, and online reading groups and Hackney's unique Black History flag, designed by a local resident, will fly above Hackney Town Hall throughout October. The map will be available in a forthcoming edition of Hackney Life and online.

<https://news.hackney.gov.uk/hackney-council-black-history-season-2020/?medium=email&source=govdelivery>

## **If you're in Islington...**

There's a whole programme of online events to celebrate Black History Month, including cooking classes, dance classes, talks, workshops and much more. Find out what's on at <https://islingtonlife.london/discover-islington/blog/black-history-month-2020/>

## Brought to you by MRS...

Check out our 50+ digital Radio Together online player:  
<https://50pd.uk/radio-player>. A mix of music and podcasts to keep you entertained at home.



### Creative Flow

Words swim  
inside my head  
as I drift into  
a lyrical sea.  
Emotions flow  
in rhythmic waves  
as diluted thoughts  
flood the page.  
Paper drenched  
in melodic verse,  
passion surges  
and I'm submerged,  
drowning in inspiration  
as ink drips  
from my pen.

-Christy Ann Martine-

## Fancy writing a poem?

**Choose a subject:** An emotion, person, place, object, time.

**Brainstorm:** Write anything down about your subject.

**Select a format:**

**Acrostic:** First letter of the first word on each line spells out a word.

**Free verse:** No rules, just write what comes to mind.

**Haiku:** Uses a specific number of syllables per line.

**I Am:** Write a poem all about you, with no rules.

**Narrative:** Tells a story and includes ballads and epics.

**Rhyming couplets:** The last word in each of two consecutive lines rhyme.

**Write one line; write the rest; edit. Have fun!**

## Meet the team.....

Vicky is Project Lead for the Hackney Dudes men's social group and feels incredibly lucky to be working in her role. Vicky has lived in Hackney for 42 years and is fascinated by the changes she has seen in the borough over this time. She enjoys spending her personal time learning about antiques and attending auction houses.



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

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