

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... encouraging you to take your daily exercise



Before the latest lockdown, as we were not able to carry out indoor strength and balance exercise classes, **Staying Steady** were able to arrange a programme of outdoor walks and exercise sessions for those who were willing and able to manage them. Well done to all those who took part, including Mary, Patricia and Althea above! Outdoor exercise produces endorphins, which boost your mood, helping to ward off seasonal affective disorder (SAD), depression and anxiety, as well as reduce pain. Take advantage if the sun is shining, wrap up warm and keep your distance from others.

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.

New Restrictions from 5th November

As Covid 19 cases rise across the UK, from **Thursday 5th November until Wednesday 2nd December**, the Government is asking people to stay at home and not to meet with people outside their households. Guidelines state:

You must not leave or be outside of your home except

- **to exercise outdoors or visit an outdoor public place** e.g. parks, allotments
 - with the people you live with, your support bubble or, on your own with 1 person from another household. You cannot meet in a private garden
- **for any medical reasons, appointments and emergencies**
- **to avoid or escape risk of injury or harm** - such as domestic abuse
- **for shopping for basic necessities**, e.g. food or medicine
- **to visit members of your support bubble, provide care, or as a volunteer.**

You should minimise time spent outside your home and remember:

Hands – wash your hands regularly and for 20 seconds; **Face** – wear a face covering in indoor settings where you are with other people; **Space** – stay 2 metres apart from people you do not live with where possible.

If you need support, call Hackney Council coronavirus helpline:

Tel: 020 8356 3111, 9am to 5pm, Monday to Friday.

111 First

From 1st December, Londoners who need urgent, but not life-threatening, care are being asked to contact **NHS 111** before going to A&E to reduce waiting times and support social distancing in waiting rooms. Anyone can then have an appointment booked for them at a nearby A&E through NHS 111 if needed. Find out more here: www.england.nhs.uk/london/2020/10/26/londoners-to-get-nhs-urgent-and-emergency-care-in-the-right-place-at-the-right-time-with-111-first/

Home Exercises

This exercise helps to restore flexibility to the lower back.



- A.** Stand upright with your feet hip-width apart and arms by your sides.
- B.** Slide your left arm down your side as far as is comfortable. As you lower your arm, you should feel a stretch on the opposite hip.
- C.** Repeat with your right arm.
- Hold each stretch for 2 seconds and perform 3 on each side.

Healthy Minds, Healthy Bods

Healthy Minds, Healthy Bods are creating **Weekly Health Packs**, focusing on the link between Mind-set, Health, Nutrition, Exercise and Routine. Packs contain quizzes, recipes, games, fitness tips, news and more. All packs available for download via:

<https://www.hmhb2016.org.uk/mental-health-packs>



Black History Season



Poetry & Art – Windrush Celebration

Booklet: Sunday, 6 December 2020, 4pm. A collection of poetry and artwork celebrating the essence of Windrush. Led by Friends of Woodberry Down community club focusing on the Windrush generation and their descendants. Older poets and artists are particularly encouraged to submit their work. Ages: 50+ for seniors; ages 16+ for Windrush descendants. Location: online. If you don't have internet access but would like to take part, please get in touch on tel: **07876 345 457**. Booking info: friendsofwoodberrydown@gmail.com

Did you know? In 1985:

- Dalston Library was renamed C. L. R. James Library, after Trinidadian born writer and political activist Cyril Lionel Robert James whose 1928 novel, *Minty Alley*, was the first book to be published in England by a Trinidadian writer. <https://hackney.gov.uk/black-history>
- The same year, the Hackney Peace Mural was painted in Dalston, based on the 1983 Hackney Peace Carnival. Restored in 2014, go see it for yourself at 13 Dalston Lane.



Green Doctors

are a charity which helps residents save money, stay warm, and improve energy efficiency in their homes by supporting them to switch energy providers, to access the Warm Homes Discount, apply for energy debt relief, to top-up their pre-payment meter or help identify & tackle damp or mould problems. Tel: 0300-365-3005.
<https://greendoctors-london.org/>



Your Stories



This month we are featuring **Raphael**, who is 93 years old. In the past Raphael has completed our 24 week Staying Steady programme of strength and balance classes and prior to lockdown he enjoyed ballroom dancing. Currently, Raphael's regular exercise routine includes walking across his courtyard and he says he feels more steady on his legs now than at the beginning of the lockdown. He has started to use a black resistance band to strengthen his arms and Raphael's latest challenge is learning to use his new smartphone, confirming that you are never too old to learn.

Hackney Senior Magazine

The quarterly publication from Connect Hackney includes some great real-life stories by local over 50s, opinion pieces, book reviews, things to do during lockdown and much more. You can request the magazine for yourself or any older Hackney residents you know. Phone Zelina on 020 7923 1962 or [email zelina@connecthackney.org.uk](mailto:zelina@connecthackney.org.uk) for your free copy through the post. If you have a story to tell, [email: matt@connecthackney.org.uk](mailto:matt@connecthackney.org.uk) or send it by post to: Matt Bray, Connect Hackney, The Adiaha Antigha Centre, 24 – 30 Dalston Lane, London, E8 3AZ.

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

Unit W9, 8 Woodberry Down, London N4 2TG

www.mrsindependentliving.org | 0330 380 1013

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