

## WELCOME TO OUR NEWSLETTER

This newsletter is brought to you by **MRS Independent Living**, a charity providing practical help so people who need support can live safely and independently in their homes and communities. You're receiving this newsletter as you are currently using, have used or will be using one of our services.

### Moving Forward

In England, although most legal restrictions have been lifted and many people have been vaccinated, it is still possible to catch and spread COVID-19, even if you are fully vaccinated. Here at MRS Independent Living we would encourage you not to feel pressurised to return to pre-lockdown activities too quickly, to continue to do only what you feel safe doing but have the confidence to enjoy being with other people again.



**The vaccination programme has prevented over 11 million infections and over 60 000 deaths in England.**

<https://www.gov.uk/government/news/covid-19-vaccine-surveillance-report-published>.

## Government Guidelines

- No limits on how many people can meet up
- 1m+ guidance removed (except in places like hospitals)
- Face coverings no longer required by law
- Pubs and restaurants no longer table-service only
- No limits on guests at weddings and funerals
- No limits on people attending concerts, theatres or sports events
- No restrictions on communal worship
- Limits on visitors to care homes have been removed.

### **The Government recommends that people continue to**

- Wear face coverings in crowded and enclosed areas
- Preferably meet up outside and keep windows open indoors
- Minimise the number, proximity and duration of social contacts
- Test when you have symptoms
- Isolate when positive or when contacted by NHS Test and Trace.

## How MRS Aims To Keep You Safe

Here at MRS Independent Living we have re-started our services working with some of Hackney's most vulnerable people so we want to ensure that everyone feels as safe as possible when participating in our activities and using those services. Therefore, we will continue to wear face masks indoors, practice social distancing, carry out strict hygiene protocols, and ventilate rooms indoors, as well as take temperatures and request lateral flow test results at our exercise classes.

## TFL

Mask wearing remains mandatory on tubes and buses in London unless you are exempt.

## Supermarkets

Shoppers are asked to continue wearing masks in stores to protect their staff indoors at stores such as Tesco's, Sainsburys, Asda, Lidl, Morrisons and Aldi.



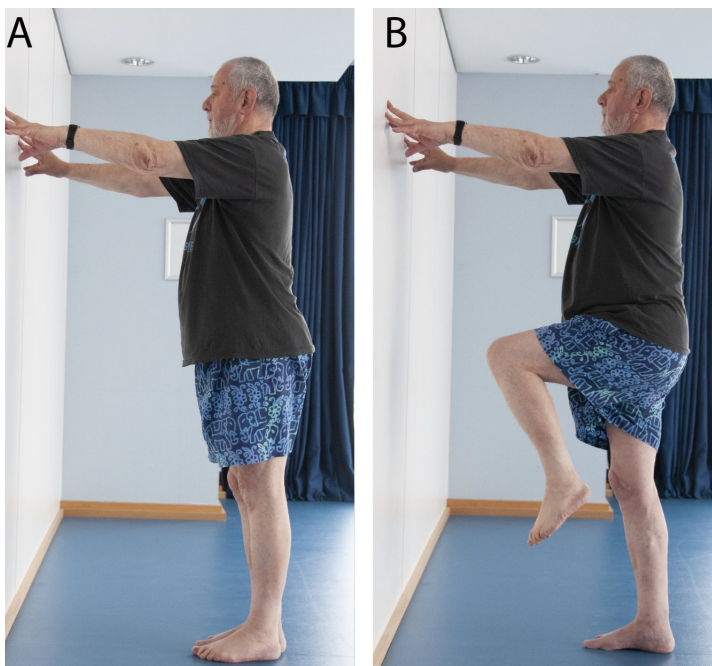


# Managing the End of Lockdown

- Restrictions may have been eased, but you can still wear a face covering, avoid crowded places indoors and socially distance if it makes you feel safer.
- Talk to other people about your fears. You'll find others may be feeling the same way and you can discuss solutions together.
- Go at your own pace and set yourself some attainable goals. If you haven't been outdoors for a while, start doing some gentle exercises at home so you feel physically confident when you go outdoors.



## Exercise you can do at home



**This exercise helps with balance, core strengthening and co-ordination.**

**A.** Start by standing facing the wall, with your arms outstretched and your fingertips touching the wall.

**B.** Lift your left leg, keep your hips level and keep a slight bend in the opposite leg. Gently place your foot back on the floor.

**Hold the lift for 5 to 10 seconds and perform 3 on each side.**

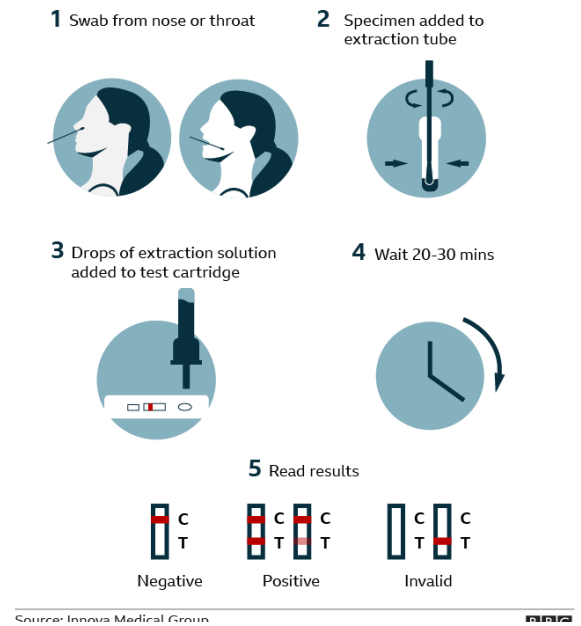
## Money Issues: Help with your water bill

If you are struggling financially you can apply for a discount of upto 50% on your water bill if you are considered to be a low income household. Call **Thames Water** on **0800 980 8800** for a Waterhelp form or their Extra Care Services team on **0800 009 3652** to discuss your individual circumstances.



# Rapid Lateral Flow Testing

About 1 in 3 people with COVID-19 do not have symptoms but can still infect others. You can check if you have the virus even if you have no symptoms by doing a lateral flow test. This involves rubbing a long cotton bud over your tonsils (or where they would have been) and inside your nose. This specimen is then added to a solution in a small tube and drops are squeezed onto a test strip. You get the results in 30 minutes. Details of how to report your results are in the kit.



Free lateral flow tests are available from pharmacies and collection points run by community organisations, like libraries. Or you can order online and have kits sent to your home the next day. You can also get tested at a rapid lateral flow test site where trained helpers can assist.

**For more Information:** <https://www.nhs.uk/conditions/coronavirus-covid-19/testing/regular-rapid-coronavirus-tests-if-you-do-not-have-symptoms/>

## Hackney's Vaccine Walk in Clinics

To ensure you get maximum protection don't forget your second dose of the Covid-19 vaccination. For those who need their second dose and it has been at least 8 weeks since the first, book an appointment at various venues throughout Hackney by phoning **119**. Alternatively the following pharmacies have walk in clinics:

### Astrazeneca-Oxford second dose vaccination:

- **Haggerston Pharmacy**, 201 Haggerston Road E8 4HU; Tel: 0207 2492441

### Pfizer second dose vaccination:

- **Bees Pharmacy**, 199/201 Rushmore Road E5 0HD; Tel: 0208 9866523
- **Haggerston Pharmacy**, 201 Haggerston Road E8 4HU; Tel: 0207 2492441





# Venturing Out Again with MRS

## Wish You Were Here

Want to improve your digital skills while meeting up with other people outdoors? MRS Independent Living are setting up a new service to encourage people to be mobile by going out into the community and learning how to use technology in a fun way. Learn how to plan a route, check the weather, register your walking speed or just feel more confident when messaging others. The outdoor sessions may last upto one hour and we provide the phones. So if you're interested please contact Rick on **07423 162019** or via email to **hello@50pd.uk** (Fifty-Plus Digital).



## Staying Steady Focus Group

The focus group recently met to discuss and provide feedback on our six month exercise programmes. This gives people a chance to share their experiences and helps us to improve our services.



## Hackney Dudes



**"I like coming to this group because I'm shy talking about things when there are women there and we do things that interest me."**

The Hackney Dudes were eager to begin going on outings again and in June & July, the group visited the V&A Museum, Imperial War Museum, British Museum, Natural History Museum, and the Museum of London. Further summer outings are planned for a tour of an independent brewery in Camden, and a visit to the London Zoo.

# Hackney Council - Have your say

Hackney Council is currently carrying out a survey to get an updated picture of how the Council can support people's health and wellbeing over the next 4 years. Issues looked at include tackling obesity in young people, helping people quit smoking, promoting good mental health and supporting those with dementia. **Share your views by completing a questionnaire and get entered into a lottery to win a £150 Love 2 Shop voucher.** It takes about 20 minutes to complete and all feedback will be anonymous.

- Access the online questionnaire via <https://consultation.hackney.gov.uk/public-health/health-and-wellbeing-in-hackney/>
- For a paper survey email: [donna.doherty-kelly@hackney.gov.uk](mailto:donna.doherty-kelly@hackney.gov.uk).



## And Finally.....Home Safety Checks

Do you have any hazards in or around your home? Uneven or damaged floors, poor lighting, trailing wires? Do you need rails for extra support? Falls and trips around the home can be a major problem and MRS Independent Living offers free safety checks in Hackney. Contact us on **0330 380 1013** or see our website for more information: [www.mrsindependentliving.org](http://www.mrsindependentliving.org)

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

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**[www.mrsindependentliving.org](http://www.mrsindependentliving.org) | 0330 380 1013**

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