



# Safe at Home

With Samantha  
AVA Support for Older Ashfield Residents

The longer we are in lockdown and Safe at Home, the more we realise that we are surrounded by superheroes. NHS staff from doctors to doormen, nurses to neurosurgeons and carers to cleaners are celebrated by the nation and as we know they aren't the only heroes keeping us safe, well and fed. I am proud to have a family of superheroes including a supermarket worker, a steriliser of medical equipment, a computer technician helping to keep teachers and pupils working at home, a school teacher, a food distribution lorry driver and a mummy who is home-educating the kids. Tell me about your heroes [s.clarke@ashfieldvoluntaryaction.org.uk](mailto:s.clarke@ashfieldvoluntaryaction.org.uk)



Anyone for dripping sandwiches and a slice of Woolton's Pie?

Perhaps you could push the boat out instead and have salad, sandwiches, pastries and nibbles followed by Victoria sponge with fresh fruit topping.



Even though we may not be able to have a party to rival those of 1945 with friends hugging and dancing in the streets, we can at least have more choice of the food we celebrate with.

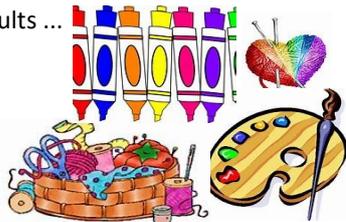


If you're having a Stay at Home Street Party, look out for your neighbours and maybe take a plated picnic to an elderly or isolated person.

However you decide to celebrate the 75th anniversary of VE Day, have fun, stay safe and enjoy the community spirit.



Get crafty with your VE Day decorations and send me photos of the results ...



**Fun Fact**  
It is impossible to sneeze with your eyes open!



**VE DAY**  
75TH ANNIVERSARY

**STAY AT HOME STREET PARTY**  
**FRIDAY 8TH MAY**

Decorate your house red, white & blue and enjoy a picnic in your front garden  
Celebrate the end of WWII at 1pm  
Join in with a communal sing at 2pm  
"Land of Hope & Glory"

Remember social distancing and stay within your own home & garden

Isolation and loneliness is harder to deal with than ever. If you or someone you know is lonely and in need of a chat, ring AVA or email me and I'll get in touch.

01623 555 551 or

[s.clarke@ashfieldvoluntaryaction.org.uk](mailto:s.clarke@ashfieldvoluntaryaction.org.uk)