



Safe at Home

With Samantha
AVA Support for Older Ashfield Residents

As I look at my Mother's Day flowers which are slowly starting to fade, I wonder when I'll be able to give my Mum a hug, when I can put my arms around my son and get the next snotty kiss from my gorgeous grandson! I'm sure you all have similar feelings.

Just because we are mainly confined to our homes in order to keep ourselves and others safe and to reduce the spread of this horrible virus, it doesn't mean that we can't have fun, look after ourselves and do something for others. We just have to be a bit more creative in our thinking.....



Sherwood Birthing Unit at Kings Mill Hospital use a 'traffic light' system for identifying the needs of their new-borns. Each is given a red, yellow or green hat. They are in need of **red** and **green** hats and you can help. Get out your size 6 needles and follow the pattern:

Cast on 48stitches
K1,P1 ribbing for 1" (about 6 rows)
Stockinette Stitch (K row, P row) for 3" finishing with a purl row
K2 together across row (24 stitches)
Purl across
K2 together across row (12 stitches)
Purl across
K2 together across row (6 stitches)

Cut yarn leaving a long tail for sewing up the seam. Thread the tail through large eye needle and then pull through the stitches to remove from needle. Pull stitches tight to gather. Sew the seam down side of hat with remaining yarn.

Don't take the hats to the hospital. When the office is open again, you can drop them at Ashfield Voluntary Action, Miller Suite, Ashfield Health & Wellbeing Centre.

After the country has been on lock down for a few weeks, just imagine how many hats are going to be needed in 9 months time.



Exercise is not a dirty word!

If the Body Coach, Peleton or the latest fitness craze aren't quite your thing, don't panic! Whether you're binge watching the new hyped-up series on Netflix or old episodes of Emmerdale you can exercise without interrupting your viewing.

Each time the adverts come on, sit forward in your chair and march.



When you sneak off to the kitchen in the ad break instead of marching, bring a couple of tins of beans or soup back with you for this excellent 'between programme' exercise.



Of course I talk to my self.	Never let your friends feel lonely... disturb them at all times!
Sometimes I need expert advice.	



If you're feeling lonely, pick up the phone and give someone a call.

You don't have to be alone.