



Safe at Home

With Samantha
AVA Support for Older Ashfield Residents

As the advice to remain Safe at Home continues, celebrations to mark the 75th Anniversary of VE Day bring a welcome change and a chance to feel as though we are getting together, despite maintaining social distancing rules.

People are reacting to the crisis differently, experiencing individual emotional responses and finding their own coping strategies. The main thing to remember is that we are not all the same; we do not all feel the same but we can all be kind ❤️

Quirky Crafts

One of our amazing volunteers had put a picture on social media of a pair of owls made from tin cans and bottle tops. I instantly fell in love and this is certainly going to be my next project.



Enjoying the garden in the lovely weather can be extremely uplifting but not everyone has a garden. These craft ideas need hardly any space, are made with items you may

already have at home, cost nothing or very little and are sure to bring a smile.



Fact about Winston Churchill (1874-1965)

In the 1890's, Winston Churchill was a war correspondent for *The Morning Post*. He was sent to cover the Anglo-Boer War in South Africa, but once he arrived in South Africa the train he was on was ambushed and he was taken as a prisoner of war. Miraculously, Churchill managed to escape the camp.



Once back in England, the escape caused him to be regarded as a hero, which helped launch his political career.

War Time Rations vs 2020 Lock down



If you are celebrating the VE Day anniversary with a 'street party' fingers crossed for warm sunshine, stay safe and have fun.

75TH ANNIVERSARY OF VE DAY



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.

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