

# Safe at Home

With Samantha  
AVA Support for Older Ashfield Residents



Shopping dropped at the doorstep, waving to family as they stand at the gate post and daily updates from the Government giving us advice as well statistics about this strange situation. It is all beginning to seem quite normal and I can't ever imagine coughing into my hand again!

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)



## Food Glorious Food

It is important to eat regularly and look after yourself. Sometimes it can seem like too much effort to make yourself something but do try. Without the fuel of food, we have nothing to fight off infections.

If shopping is a problem, let AVA know. There is help available, you only have to ask.

## Photo Box

Checking in with one of the lovely ladies I work with, I asked what she had been up to and she told me that she was going through her box of photographs. The memories had come flooding back to her of childhood, her wedding, the arrival of children and family holidays. As she is not able to go and buy new albums, she has been putting the photographs in date order.



As well as putting the photographs in order, I suggested she write the names of who is in each photograph on the back and the date (or a rough estimate of the date). Looking through old family photographs is a joy and can remind us of happy times and long-gone, family members. Maybe future generations will not know that the lady in the photograph with Nan is her cousin or that the very old fashioned looking gentleman is their great great grandfather, William. Names, relationships and dates can bring old photographs to life in the future as well as warming your heart with memories to reminisce over a lovely cup of tea!



Rainbows have become a symbol of hope, love and appreciation. Why not paint, draw, knit, crochet or craft a rainbow for your window to show your support for the NHS and all the key workers keeping our country going. Email me a photo of what you make; I'd love to see your creations.

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

You don't have to be alone.