

# Safe at Home

With Samantha  
AVA Support for Older Ashfield Residents



## The Living Well Hub

Ashfield Voluntary Action are launching a range of new services for the people of Ashfield.

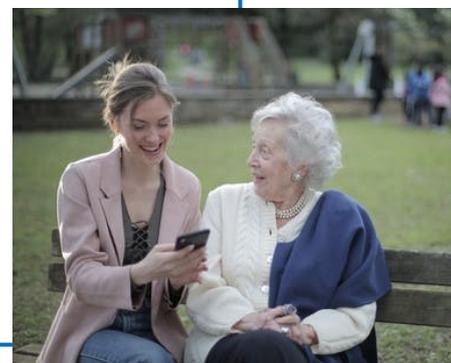
**Befriending** for people who are unable to leave their home or unsure about doing so.

**Social Activities** for those who are keen to meet new friends.

**Digital Inclusion** to support those wishing to explore the world of technology and access the on-line community.

**Keep Busy**  
**Stay Independent**  
**Get Connected**  
**Enjoy Life**

If you want to find out more about accessing the service or are interested in becoming a volunteer, please contact me.



## A Masked Ball?

It may be some time yet before we are heading off to a party or a masked ball but, as lockdown restrictions begin to ease, life very slowly seems to be returning to something a little more like we are used to! One of the changes we are seeing is people wearing masks on public transport and in shops, etc where 2 metre distancing is difficult.

A mask does not offer the wearer complete protection from the Coronavirus, nor does it give total security for those around you; wearing masks however is proven to lower the risk and rate of infection. Whether it's a shop bought mask, one made from a bra or socks, a scarf or a home made designer one, make sure your mask has a water absorbent layer (kitchen paper is ideal) and fits close to your face. Mine is made from a scarf, two hair bobbles and a folded sheet of kitchen towel.

Stay safe x



**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**

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