

Safe at Home

With Samantha
AVA Support for Older Ashfield Residents



STOP AND THINK!

There are lots of people offering help and support to older people who are self-isolating during the Covid-19 crisis. Help is available with shopping, fetching medicine, transport to medical appointments, etc. showing us that communities are coming together to help and support each other.

However, not everyone who offers to help is genuine. Please remember to be careful who you are opening the door to and who you are giving information to on the telephone. It can feel quite a scary time at the moment and the offer of help or someone who looks quite official wanting access to your home, can appear to be genuine and often very welcome.

Reports are showing that there are numerous incidents of scams and doorstep crimes whereby criminals are preying on the vulnerability of people.

If you are in any doubt at all about the legitimacy of a caller (no matter how plausible they seem) do not let them into your home and do not give them any information or money. If you need assistance of any kind, ask someone you know and trust or contact me and I will arrange help for you.



Think! Not everyone is who they seem.

Was your Easter weekend filled with chocolate eggs, Easter goodies and far too much food? Remember to keep active and moving whilst you are at home. Sitting in your easy chair watching the world go by is great for the soul but tough on joints and muscles – they tend to stop working as well if we don't keep them moving, as well as us piling on the pounds!



Magazine Collage

Someone recently told me of a wonderful idea of what to do



with old magazines, brochures and newspapers.

Collages! Why not make a collage of favourite things; things that make you feel good, places

you would like to visit, animals, favourite foods, flowers, scenery, etc. Cut out pictures from the magazines and design your own **Feel Good Collage** to make you smile.

FUN FACT

Leonardo da Vinci could write with one hand and draw with the other at the same time. A little something for us all to try whilst we are in isolation maybe? Let me know how you get on!



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