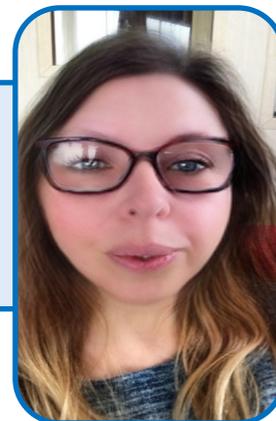


# Safe at Home

With Samantha  
AVA Support for Older Ashfield Residents



Our 9th week of lockdown is also Mental Health Awareness week. Keeping our minds and bodies active is a good way to avoid low mood. Staying positive isn't easy for everyone but with a little thought and kindness towards others we can help them along the way.

## Twiddle Mitts

In case you haven't heard of them, twiddle mitts are knitted bands which have a variety of buttons, beads, ribbons, zips, charms and bows securely attached. They can help calm anxious hands and minds for those living with dementia, autism, anxiety, etc and making them is a very rewarding act of kindness.



Please visit our website to find out more about how you can get involved or if you know someone who would like a twiddle mitt .

## The Right Thyme

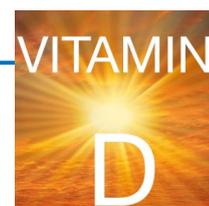
Growing your own herbs is easy, tasty, saves money and gets your creative juices flowing. From setting up your herb garden to experimenting with your cooking, the possibilities are endless. A simple yogurt pot on your window sill growing mint can get you started on a herby adventure.



Stay Safe  
Be Kind

## Are you getting enough?

Sunlight helps us to produce Vitamin D which is essential in regulating the amount of calcium and phosphate in our bodies. These nutrients are needed to keep bones, teeth and muscles healthy. Shielding can mean that we are spending most of the day indoors and not getting enough Vitamin D from sunlight so trying to spend a short time outside each day will help. In line with NHS UK guidance, if you are spending most of the time indoors, it may be worth considering taking a 10 micrograms supplement daily to keep bones and muscles healthy, maintain strength and balance and reduce the risk of falling.



**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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