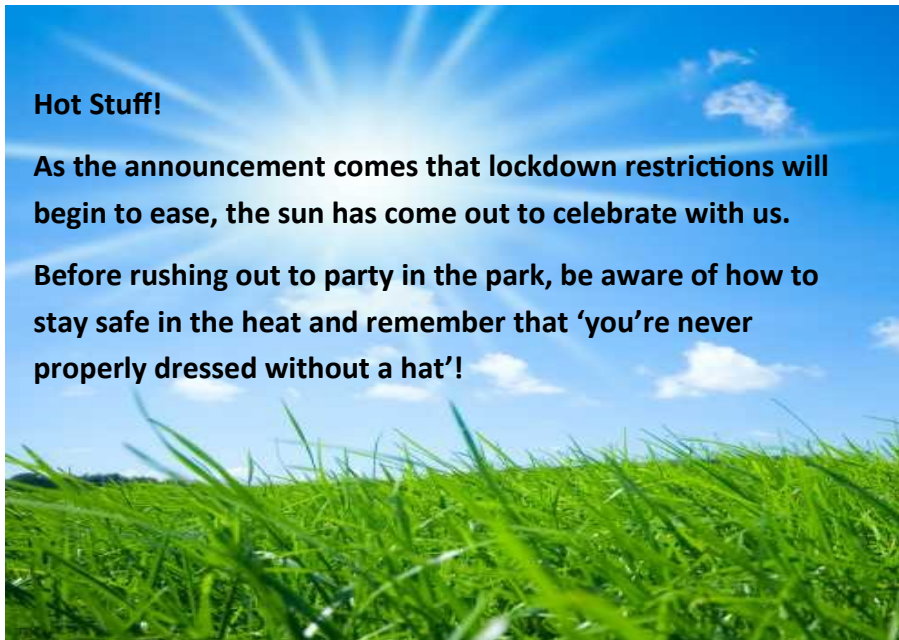


# Safe at Home

With Samantha  
AVA Support for Older Ashfield Residents



## Hot Stuff!

As the announcement comes that lockdown restrictions will begin to ease, the sun has come out to celebrate with us.

Before rushing out to party in the park, be aware of how to stay safe in the heat and remember that 'you're never properly dressed without a hat'!

**Public Health England**  
**Beat the Heat**  
Coping with heat & COVID-19

**Stay cool at home**

- Many of us will need to stay safe at home this summer
- Know how to keep your home cool
- Look out for others safely, follow COVID-19 guidance

**Stay cool, keep well**

- Drink plenty of fluids and avoid excess alcohol
- Slow down when it is hot
- Stay connected, listen to the forecast

**Cooler, safer places**

- Go indoors or outdoors, whichever feels cooler
- Self-isolate at home if advised to do so
- Use cool spaces considerably, keep your distance

**Watch out**

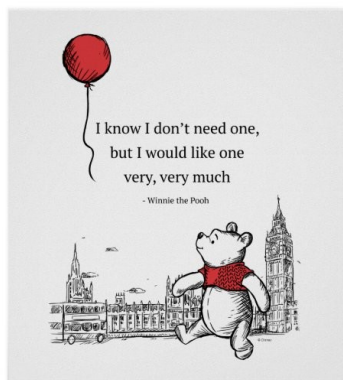
- Be on the lookout for signs of heat related illness
- Cool your skin with water, slow down and drink water
- Stay safe when swimming
- Get help. Call NHS 111 or in an emergency 999

For more information go to [www.nhs.uk/heatwave](http://www.nhs.uk/heatwave)

## Never Underestimate the Power of a Bear

From neonatal units to police cars; A&E departments to refugee centres, the comfort a small bear can bring to a child is immense.

Whether you are a knitting knight or a knitting (k)novice, try your hand at making a bear to help a child through a difficult time.



### Little Knitted Teddy

With 4mm needles and Baby Double Knitting,  
Garter stitch used throughout (knit every row).

Cast on 8 stitches and work 16 rows.  
Break off yarn and cast on 8 stitches and work 16 rows to form other leg.  
Knit across both legs (16 sts) and complete 8 rows.  
Cast on 8 stitches at beginning of next 2 rows.  
Work 8 rows.  
Cast off 8 stitches at beginning of next 2 rows.  
Now work 38 rows on these 16 sts.  
Cast on 8 stitches at beginning of next 2 rows.  
Work 8 rows.  
Cast off 8 stitches at beginning of next 2 rows.  
Work 8 rows.  
Using only first 8 stitches, work 16 rows and then cast off.  
Return to remaining 8 stitches and work 16 rows and then cast off.

### Making up.

Fold knitted piece in half lengthways. The fold becomes the top of the head.

Join seam around teddy, leave a small gap between the legs.  
Turn right side out.  
Backstitch a diagonal line across corner of head to form ears.  
Stuff (with flame resistant stuffing) and slip stitch closed area left for stuffing.  
Embroider a face on teddy.  
Take a double thickness of yarn and thread around neck, going in every few stitches, (making sure there are no loops that little fingers can get into).  
Draw up yard tightly to form neck and secure ends.

### Optional scarf

With same needles and thickness of yarn, cast on 60 stitches.  
Knit 6 rows and then cast off.  
Tie round teddy's neck and secure in place if being given to a small child.



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)