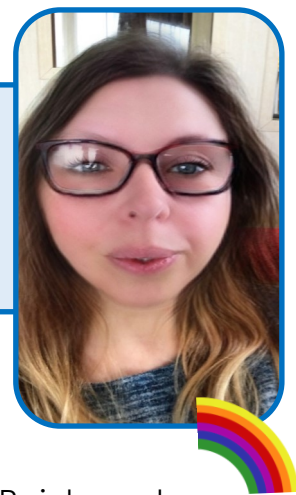


Safe at Home

With Samantha
AVA Support for Older Ashfield Residents



Sticks and Stones

On walks with their parents, children are looking for rainbows and teddy bears in windows. Why not give them something else to search for like sticks and stones. Use these as examples of what you could achieve and get creative!



Rainbows have become a symbol of thanks, care and hope throughout the Covid situation but did you know that Earth is the only planet in the solar system where rainbows are possible?

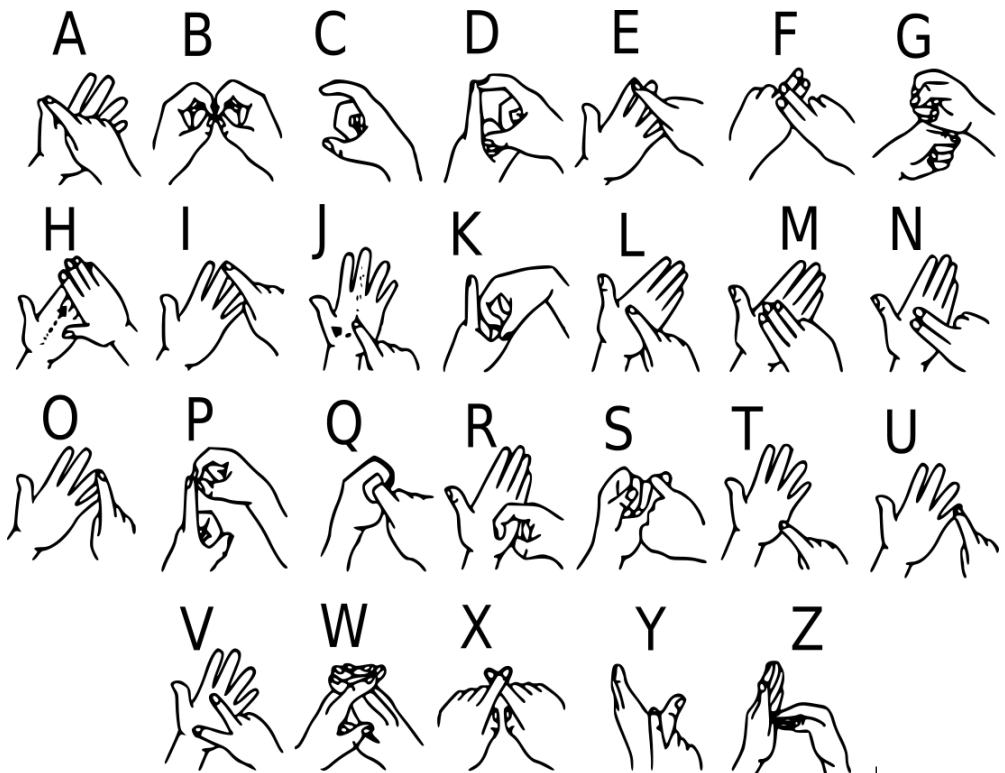
A Good Sign

Lots of people are using this time of lockdown to learn a new skill such as knitting, drawing, baking or learning a language.

A brilliant language to try is British Sign Language (BSL)

Have a go at learning to sign your name or the street you live on using this guide. It may spark your interest take an online BSL course.

Ask me for details of courses available.



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