

# Newsletter

Registered charity number 1105384



## Inform

Hello,

As I write, England is coming out of national lockdown and London is returning to Tier 2 restrictions. This means that, whilst the Coronavirus infection rate has stabilised and started to drop, we must remain vigilant.

With news that a major vaccination programme is imminent, particularly for those most at risk of severe Covid-19 complications, it is important now, more than ever that we do all that we can to protect ourselves, our loved ones and our communities.

We know it's been a long haul but we are in this together and we will come out stronger on the other side.

For our part, we are putting on a number of new activities over the coming months to bring people together, provide support and help you to stay active.

We're adding more choice into our activity programme to keep you entertained! This includes more activities online from chair-based exercise classes, coffee & catch-up meets, quizzes and Zumba, in addition to more local walks and our regular activity, art, quiz and out & about packs. We are adding in things all the time and trying to be as creative as we can. We'd love you to get involved, get in touch with our friendly team for more information.

As ever, take care, and stay safe.

**Rob Clarke**, Chief Executive



### USEFUL CONTACTS

#### Age UK Merton

Mon, Tues, Thurs and Fri  
9am—4pm. Weds 9am—2pm

Elmwood Centre,  
277 London Road,  
Mitcham, CR4 3NT

[info@ageukmerton.org.uk](mailto:info@ageukmerton.org.uk)

020 8648 5792 or  
07542 284 914

**Merton COVID-19  
Community Response Hub**  
020 8685 2272

**If you're feeling unwell  
and need help call 111**

**If you need a COVID-19  
test call 119**



Photo by Markus Spiske on Unsplash

## Inspire

## Do

# Become a champion

The amazing students and staff of Merton & Carshalton Colleges have been working really hard: fundraising, collecting gift contributions and designing a special Christmas gift bag.

They will be delivering these to the most isolated people across the borough. We'd like to give them a massive thank you for all their hard work to make this happen.

We have also had help and contributions from The Ry Group, Abel & Cole, Waitrose, ASDA & Costco. A real community effort!



## Ask

**We know that Christmas can be a time where people consider giving time or money to a charity.** If you have the means to give, we'd be grateful for any support you can offer. You can give via our website or sending a cheque payable to 'Age UK Merton'. As a local charity, all donations go towards supporting older adults in Merton.

### Become a Merton Covid-19 Community Champion

The Covid-19 Community Champions are a network of volunteers (100-strong and growing) who help share key messages from Public Health and the NHS with their family, friends, networks and communities to help stop the spread of Covid-19.

Champions receive regular briefings and key messages. These take place on a Wednesday via the (online) drop-in sessions (12pm—1pm and 7pm—8pm), and on Friday via a weekly email. Updates are also circulated through the Champions WhatsApp group.

**Anyone who lives or works in Merton can be a Covid-19 Community Champion.**

If you, or someone you know, would like to become a Champion please sign up via the online registration form [consult.merton.gov.uk/survey/795](https://consult.merton.gov.uk/survey/795). If you would like more information please email [una.obrien@merton.gov.uk](mailto:una.obrien@merton.gov.uk)