

Issue 12 • January 2021

Newsletter

Registered charity number 1105384



Inform



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

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**

I wish you all a Happy New Year... I am certain at some point it will be! However, we know it's tough at the moment with long nights, bad weather and Covid-19 restrictions.

All I can offer you is the reassurance that we are still here for you, thinking of you and being as creative as we can to keep our services running at full speed.

I have previously alluded to the vaccination programme offering us all hope for a brighter future. We firmly believe that this is a positive opportunity to beat this virus and move forward. I know that colleagues across the NHS are working absolutely flat out to make the vaccination available to the priority groups, and I hope that you will take the opportunity when it comes your way.

Continuing on the New Year's theme, we are putting on more social and physical activity sessions to give you the chance fulfil all those resolutions. There's never been a better time to get active at home, go digital and keep in touch with old and new friends. I hope there's something of interest in there for everyone!

As I have said throughout, 'this too shall pass', we will come out of the other side and with Spring just around the corner, I hope we'll be returning to some form of normality soon.

Until then, keep safe, stay connected and get active!

Rob Clarke, Chief Executive



Do

**Calling all letter writers!
Would you like to meet someone
new and start exchanging letters
with another local person?**

Age UK Merton would like to start a letter exchange if you would like to be involved please send a letter to: Age UK Merton – Merton Mail, 277 London Road, Mitcham, CR4 3NT and we will make sure that another person also interested in exchanging letters writes back!



Inspire

As part of our commitment to creating opportunities for life-long active ageing, we've been working with Central London Community Healthcare NHS Trust and Merton Council to develop a practical guide to physical activity in later life.

We hope to have completed and printed the guide over the next few weeks and plan to send them out far and wide with our next newsletter.

Until then, limber up, join one of our online classes to start getting those joints working and psyche yourself up for the challenge.

2021 is going to be a year of recovery and rehabilitation, and the best place to start is with our body!

A few upcoming Zoom events....

ZUMBA Every Wednesday

CHAIR-BASED EXERCISE
2nd & 16th February

QUIZ 10th February

Get in touch if you would like to take part.



Ask

We want to know your New Year's resolutions. How are you planning to get active? What new skills are you going to learn? Who are you going to connect with?

Let us know what you're going to do in 2021 and we'll share it. You never know, it could just give someone else the inspiration.