

# Newsletter

Registered charity number 1105384



## Inform

Tuesday 23 March marked 12 months since the first national Covid-19 lockdown in the UK. As we all reflect on the last year, it was appropriate for us all to mark the date in our own way.

At Age UK Merton, we remembered all the lives lost to the virus. We paid tribute to all those who have worked to fight against Covid-19, be they health and care workers on the front-line, or teachers, delivery drivers and other key workers who have kept the country running in the face of huge challenges. We celebrated all those who have volunteered their time to support their communities and hope that they will continue to volunteer long into the future.

We also want to build on all the things we've learnt over the past year. For our team, this is about deploying new skills, different ways of doing things and a fresh sense of purpose about our mission.

For you it might be about staying in contact with family and friends, exploring more of your local surroundings or committing to doing more exercise at home.

Whatever it might be, we hope you feel able to come out of the pandemic with a renewed sense of what's important in life.

We will be using these reflections to look at the services we offer and find ways to renew and modernise them to suit the needs of older adults across Merton over the coming weeks, months and years.

We are currently developing our 'recovery and renewal' plans to develop a phased return to delivering face-to-face services once again. We are so excited about it but we know we have to remain patient and measured in our approach to ensure that our services are varied, relevant and most of all safe.

We will be sending out further details as these plans develop and hope you will get involved!

Until then, 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**



## Inspire

Our lovely client Catherine has been housebound since March 2020. Pre-Covid, Catherine was walking to her local shops with the assistance of a member of our At Home Team. Due to the restrictions this has not happened for over a year and there has been a noticeable change to Catherine's mobility.

Like you, Catherine received our Happy & Active in Merton booklet in February. She had a quick flick through it and admired the pictures, but she didn't think it was for her. But, with our encouragement and support, Catherine filled in her well-being plan for 2021 and made a start on the exercises.

We checked in with Catherine recently and, after just a couple of weeks, she can see an improvement in her knee flexibility and strength. At the start, Catherine was able to complete four front knee strengtheners with her left knee. Now she can complete 10! This is a fantastic start to regaining her leg strength and being physically ready to get out and about again to the shops when Covid restrictions have been lifted.

Everyone will have their own goals but it's important that we celebrate progress and keep motivated. Go Catherine!

## Do

Spring is finally here with lots of daffodils and trees starting to bud.

April is a transitional month and that can often bring unpredictable weather, watch out for April showers this month but with sunny days too. It is time to start sowing.

We have enclosed a pack of seeds to get you started! Follow the instructions on the back and hopefully it won't be long before you see colourful results.

We would love to hear how you get on — give us a call, email or send us in a photo.

## Ask

Have you used your Happy & Active in Merton booklet yet?

We'd love to know how you are getting on. If you have any questions, please give us a call and we'd be happy to help. If you would like an extra copy, or know an organisation or group that would benefit from some copies of the booklet, let us know.

