

# Newsletter

Registered charity number 1105384

## Inform



### USEFUL CONTACTS

#### General queries

020 8648 5792 or  
07542 284 914

#### Information & Advice

*Pensions, welfare benefits,  
social care, health, housing,  
and transport*

07840 378 560 or  
07547 020 106

#### At Home

07783 644 828 or  
07736 621 572

#### Community Helpline

020 8685 2272

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

Hello,

It's been a few weeks since I last wrote to you, as we have moved to monthly newsletters, with additional features planned on specific themes throughout autumn and winter.

This time, I'd like to provide you with some up-to-date information about Covid-19 and how we can all stay safe, connected and active. We know that the virus is still circulating and, with cases across the UK on the increase, it's imperative that we continue to stay vigilant to protect ourselves, our loved ones and the rest of our community.

Firstly, it is important for me to reiterate the simple message around symptoms and what to do. If you have a cough or temperature or loss of taste or smell, get tested immediately. Don't leave your house, other than to get a test. If you're told you've been in close contact with someone who has tested positive, it is critical that you self-isolate for 14 days to protect others. This is one of the most important ways to stop the spread. You can book a free test now at [nhs.uk/coronavirus](https://nhs.uk/coronavirus) or call 119. There is support if you have to stay at home — get in touch, we can help you.

Secondly, there are a number of ways that we can all keep ourselves fit and healthy, which can help to reduce the risks.

- Eat healthily
- Move more – there are lots of ways to stay active
- Stop smoking
- Manage long term conditions i.e. diabetes
- Get your flu vaccination

These feel like common sense but there is no better time to get 'Covid Fit' to improve your health and reduce the risk of severe Covid-19. If you need support to make these lifestyle changes, get in touch with us directly, we can help you and connect you to a wide range of services that can help. As ever, stay safe and get in touch if you need support, we are here for you.

**Rob Clarke, Chief Executive**

## Ask

Calling all knitters... We're running our Big Knit campaign again. Get in touch for details.

## Do

As it's September, our thoughts are already turning to the festive season... This year, we are launching an exciting new competition to design the Age UK Merton Christmas cards.

We will assemble an expert panel to judge the entries, with the top five transformed into Christmas cards, which we will sell in the run up to Christmas.

We've included a blank piece of paper to provide the canvas for your creative Christmas juices to flow. Your design can be landscape or portrait.

You can enter as many times as you wish. The competition is open to all ages – from one to 101 year's old so ask your friends and family to get involved.

If you need any art materials to help you create your masterpiece, get in touch.

Please submit your designs no later than 10th October and remember to put your name on the back of your picture. The winners will be announced in the next newsletter.

We will aim to have the cards ready for sale by the start of November.

## Inspire

We are running a number of free sessions over the coming months to help you stay connected and keep active. Why not join us?!

### Free Zumba Gold on Zoom

Every Wednesday at 12.15pm for 45 mins of exercise and movement to great music. Contact us for details on how to join.

### Free Walk & Talk

Every Tuesday at 10am. A different walk each week. Following latest government guidelines, the walks will be limited to max of 5 people plus a member of staff. Contact us for more details.

### Activity packs

Throughout lockdown we have been sending out activity packs across the borough. If you, or anyone you know, would like an activity pack, please get in touch and we can arrange to have it delivered.