

# Newsletter

Registered charity number 1105384



## Inform

Hello,

I am sure, like many people, you are wondering when this will all be over. Unfortunately, it is looking increasingly likely that the answers to that question is 'we don't know' and 'not for a while.' We know that the new wave of infections and increased restrictions are causing concern for many people around the world and closer to home.

As we move into winter, we here at Age UK Merton are doubling down on efforts to provide you with the right advice and practical support to help you stay independent. We're also bringing a number of engaging activities online to help you stay connected and, as ever, we'll do everything we can to give you opportunities to stay as active as you can.

As many of you know, my wife and I had our first child in September 2019. I vividly recall a phrase we used to say to each other again and again throughout those difficult, sleep deprived and bewildering first few months.

"This too shall pass."

We found it gave us the courage to press on with life, knowing that at some point the fog would lift. Our little girl is now a year old and happily scampering around absorbing all of life's lessons. For me she is a metaphor of hope that no matter how bad things seem, there's always light at the end of the tunnel.

We pledge to be that light for you over the coming months.

As ever, stay safe and get in touch if you need support, we are here for you.

**Rob Clarke**, Chief Executive



### USEFUL CONTACTS

#### General queries

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



Do

## Pumpkin & ginger tea-bread

### Ingredients

- 175g butter, melted
- 140g clear honey
- 1 large egg, beaten
- 250g raw peeled pumpkin, or butternut squash, coarsely grated (c.500g before peeling and seeding)
- 100g light muscovado sugar
- 350g self-raising flour
- 1 tbsp ground ginger
- 2 tbsp demerara sugar

### Method

Preheat the oven to 180C/gas 4/ fan 160C. Butter and line the base and two long sides of a 1.5kg loaf tin with a strip of baking paper.

Mix the butter, honey and egg and stir in the pumpkin or squash. Then mix in the sugar, flour and ginger.

Pour into the prepared tin and sprinkle the top with the demerara sugar.

Bake for 50—60 minutes, until risen and golden brown. Leave in the tin for five minutes, then turn out and cool on a wire rack. Serve thickly sliced and buttered.

## Ask

**Why don't you join us for some new activities?** In addition to Zumba, Walk & Talk and Activity Packs we have three free Zoom events we'd love you to join:

**Bonfire Quiz** 10/11/2020, 2pm

**Chair exercise class** 01/12/2020, 2pm

**Bingo** 08/12/2020, 2pm

Get in touch for details.

## Inspire

As you'll know we launched a Christmas card design competition last month.

We're delighted to announce that we have selected five unique and colourful designs to be made into Christmas cards over the next few weeks.

One of the designs was drawn by one of our regular art class clients, Sylvia from Morden who turned 80 in September.

Sylvia recently underwent back surgery and had been unable to paint due to the pain she was experiencing sitting down for extended periods. Her design is the first thing she's painted since surgery.

Congratulations to Sylvia, it's never too late to get back to doing something that you love.

We've enclosed details about how to purchase cards, get your orders in quick!