

Issue 1 • May 2020

Newsletter

Registered charity number 1105384



Inform

Hello,

Welcome to the Age UK Merton newsletter. We wanted to create a new way of keeping in touch to make you aware of the support Age UK Merton can provide you throughout the Coronavirus outbreak (and beyond!) We hope that you find the content informative, inspiring and motivating as we navigate these uncertain times together.

Our staff and volunteers have been working round the clock to make sure that older people have the practical and emotional support they need. In partnership with Merton Council, NHS and other charities we have set up the Merton Community Response Hub, to support people through the initial period of self-isolation. If you need practical help, you can call the helpline on 020 8685 2272.

Across the charity we have been busy adapting our services to meet the changing needs of older people in Merton. In the contacts section you will find more information about the services we are providing and how you can access the support you need.

It is not clear how long this situation will continue but we are working incredibly hard to make sure that we are set up to support older adults across Merton for as long as it takes.

Whatever the future looks like, we will be here for you.

Rob Clarke, Chief Executive



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**



Inspire

We received this lovely email from Hazel, who goes on our Out & About trips:

To all the staff and volunteers, a huge thank you for the card.

I was very touched by your thoughtfulness. It takes a certain type of person to do the wonderful work you do, with such dedication.

My very best regards to all of you and your families at this dreadful and unprecedented time. I do hope we can get through this crisis, and beat this pandemic, sooner rather than later. I am keeping busy gardening and inventing easy to cook meals made from minimal ingredients – memories of war years, but fun. Doing daily quizzes to keep my brain active and walking as many lengths of my garden path.

Please keep safe and hopefully we can all meet again before too long. Love to all, Hazel

What have you been doing to keep your mind and body active? If you have any top tips we'd love to share them.

Ask

Please do let us know if you'd like to hear about anything specific or if you would like to stop receiving the newsletter.

Do

Jo's brilliant banana loaf

Jo, our Information & Advice manager is a master baker and this is her favourite banana loaf recipe.

Ingredients

- 140g butter
- 140g caster sugar
- 2 large eggs
- 140g self-raising flour
- 1 tsp baking powder
- 2 very ripe bananas
- 50g icing sugar
- Handful of dried banana chips



Method

1. Heat oven to 180°C/160°C fan/gas 4.
2. Butter a 2lb loaf tin and line the base and sides with baking parchment.
3. Cream 140g softened butter and 140g caster sugar until light and fluffy, then slowly add two beaten large eggs with a little of the 140g flour.
4. Fold in the remaining flour, 1tsp baking powder and two mashed bananas.
5. Pour into the tin and bake for about 30 mins until a skewer comes out clean.
6. Cool in the tin for 10 mins, then remove to a wire rack.
7. Mix 50g icing sugar with 2–3 tsp water to make a runny icing.
8. Drizzle the icing over the top of the cake and decorate with the banana chips [Recipe: Good Food]