

Newsletter

Registered charity number 1105384

Inform



Hello,

I hope the summer weather is bringing you some much needed warmth and sunshine. We know that the Covid-19 pandemic has had a profound impact on all of our lives but particularly those most at risk from both the direct and indirect effects of this terrible virus. As you know, we have been working hard over the last few months with our partners to provide a rapid local response to support the basic needs of the most vulnerable people in our community.

Despite this, we have also been seeking to deliver a large slice of positivity and normality for our clients. Not least within our Love Later Life activity programme. We recognise that the loss of these activities for our regular clients has been difficult to bear but we have sought to re-imagine as much of our programme as possible to help people to stay connected and keep active. We've also tried to be creative by launching new initiatives, such as Project Sunflower, to bring some colour, positivity and growth to people's lives.

For those of you that have been accessing these services, we hope that you've valued them. If anyone would like to join the programme, or find out more about what's available, please do get in touch. I know all of our staff are missing seeing our regulars. We still don't know when it will be safe to re-open our activity centre but when the time comes, we're looking forward to welcoming back familiar faces and connecting with people who are new to Age UK Merton.

Until that time, we're here for you and hope you're staying as well as you can.

Take care, **Rob Clarke**, Chief Executive

For practical or emotional support because of Covid-19 call Merton Community Response Hub on 020 8685 2272.



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**



Do

No-cook meals

We are now in the middle of summer and with glorious sunny hot weather you don't always feel like slaving over a hot stove to cook a nice meal. Why don't you try some of these no-cook recipe ideas?

Some are old favourites and some maybe new to you — but they are easy to prepare and all delicious:

Cold skewers

Chunks of pineapple, ham, cheddar cheese and cherry tomatoes



Yoghurt bowls

Yoghurt mixed with crushed toasted nuts and blueberries. Add a sprinkle of cinnamon (optional)

Coronation chicken

An oldie but a goodie! Serve in sandwiches, salads & jacket potato, and an excellent way to use up leftover chicken

Wraps

Why don't you swap soggy sandwiches for filled wraps

Salads

Keep it simple e.g. tomato and cucumber salad or more elaborate Greek salad or a prawn cocktail. There are no rules to what you put in a salad

Fruit salads

With the abundance of summer fruits, why not make up a fruit salad and you could have it for breakfast or dessert

Cheesecake

A simple no bake cheesecake is always welcome on the table- all you need is digestive biscuits, butter, full fat soft cheese, icing sugar and double cream. You can decorate it with your favourite fruits

Inspire

Keep Safe and Carry On

*We face so many changes
But still we carry on,
A wartime generation
Who know how to be strong.*

*The phone calls lift our spirits
While we miss the human touch,
But we focus on the positives
As we still have so much.*

*The birds are singing clearly now
We can hear them all day long,
Bird songs that are new to us,
Now that the traffic's gone.*

*Let's notice many shades of green
Amongst the different trees,
Let's appreciate our wildlife,
The butterflies and bees.*

*Sometimes, to take a step back
Can refresh and help us see,
That a good dose of nature
Is a feel-good remedy.*

*So, until we're reunited
We'll have hope and some will pray,
When at last tomorrow comes
How we'll celebrate that day!*

Written by Anne, one of our
At Home Support Workers

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

How are your sunflowers growing? We would love to see some snaps if you have any. Thank you.