

Newsletter

Registered charity number 1105384



Inform

In the last edition, I mentioned that we had been working on a guide to physical activity with our partners at Merton Council and Central London Community Health NHS Trust. I am delighted to enclose a copy of Happy & Active in Merton. This has been a lot of hard work but we are very passionate about the benefits of active ageing.

We know that many of our clients have struggled to stay active over the last 12 months, with diminishing motivation and months of endless isolation. Covid-19 won't last forever, and when the time comes, we know you'll want to put your best foot forward and get back to normality. So, to help you cast away the cobwebs and spring into Spring, we've put together a fantastic resource for you to use to rebuild your strength, stamina and confidence. There are also tips in there about how to stay positive, well-nourished and motivated.

Best of all, we've created sections for you to set yourself goals and track your progress. We know from years of experience, that this can help you to stay motivated and show you the impact of your hard work!

We will be with you all the way and would encourage you to talk to us about your aspirations, so that we can help you stay on track.

We would love to know what you think about it, so please do read it through, look at the pretty pictures and start thinking about how you will stay Happy & Active in 2021. We would love to hear about the progress you are making.

Take care, **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

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

Get yourself a pen. Open up the Happy & Active guide. Make yourself a plan. Call us. Tell us about it. Sweatbands and leotards at the ready. Go!



Ask

We are looking to the future and the day when we can restart face-to-face services from our centre. As you can imagine, we are keeping a close eye on the government guidance, and don't know when this will be.

However, we would love to know what you would like us to offer when we do open. What activities have you enjoyed attending in the past? Is there anything that you would like to see us do? Are you new to Age UK Merton?

What social or physical activities would you want to join? This could be anything from a knitting club, to a breakfast social, to breakdancing!

We are also keen to expand our programme beyond our centre. Previously, we were running a couple of fantastic sessions elsewhere in the borough, with a water workout class at Morden pool and walking football at the Canons.

We are developing plans to help you get back into the swing of things with a bang but we want to create a programme that you want to come to! Get in touch with your thoughts and ideas.



Inspire

Irene has been shielding since March 2020 and was offered the Covid-19 vaccine in January. Irene was a bit anxious about having it, she told us about her experience:

“When lockdown started in March I was shielding as I have a health condition. In the summer, I was going out for regular walks around my local park to get some exercise. Since shielding was reintroduced at Christmas, I have been at home and not going out.

My GP surgery called me at the start of January to offer me an appointment for the vaccine at the Wilson in Mitcham. I was feeling very anxious about going to the appointment as I have not been going out anywhere or mixing with people. I told the person on the phone how I was feeling and she reassured me that it was safe to go to the appointment and that the vaccine was the best protection I could get against the virus.

I went along to the Wilson on 7th January. When I got there, I had to queue for a few minutes but the volunteers were on hand to welcome me and make me feel comfortable. They gave me a form to complete with my details and read information about the possible side effects.

I then got called in for my jab. The lady who gave it to me was so friendly and talked to me about how I was feeling. She made me feel calm and relaxed. Afterwards, I sat in the waiting room for 15 minutes to make sure I was safe before I left.

My arm ached a bit for a couple of days, but other than that, I felt fine. It was a really simple process and I am so glad I had the vaccine. I am looking forward to the next one at the end of March. It feels like there is light at the end of the tunnel!”

Have you had your vaccine? Are you worried about it like Irene was? Get in contact and we can connect you to local clinicians who can answer any questions you have.