



# NEWSWAG

COMMUNITY CATCH-UP

Welcome to our very first edition of the NewsWag – helping us all to keep connected during the COVID-19 pandemic – we will be sending these out by post and email at least once a month, hopefully more!

We have been working hard at Age UK Suffolk to come up with some new ways of keeping in touch with you all whilst we still face this period of uncertainty and change.

While the rest of the country is starting to get back to some sense of normality, we know that for some older people, this is not the case, and we want to make sure that you are aware of some of the help and activities that are available, and most importantly that we are here for a natter and a cuppa – albeit over the phone or through our newly launched ZoomWag – more on this later!

What have we been up to?

Our fundraising and community team very quickly moved to home working at the very start of the outbreak, and we set up two emergency projects to help support people – Emergency Shopping and Good Day Calls – both of these are still very busy but we don't want to stand still – as you can imagine.

The emergency shopping project with the support of our fantastic volunteers and the East of England Co-operative Society has ensured that many vulnerable older people who may be shielding or particularly struggling are able to receive their choice of shopping on a weekly basis.

Good Day Calls are regular welfare calls, which some of you may have been receiving, from our staff and volunteers – including our Chief Exec, Andrew – checking in for a natter. These have been great for us too – we have “met” some super people over the last three months and found out all sorts, as you can imagine!

We've also been busy fundraising – with many of our usual activities being postponed or cancelled, it's a difficult time for many local charities, and in recognition of this, we launched our Good Day Calls Emergency Appeal – helping us to not only carry on our usual work as best we can, but also to react to the current situation with the emergency projects. This has been really successful and we are so grateful for all the support we have received, which will help us to ensure that we can continue to support people now and in the future.



---

## How are you?

We know from chatting to many of you that it has and continues to be a difficult time – we are all missing our families, sadly, some of us may have lost people close to us, and this enforced isolation is having a huge impact on people’s wellbeing. We want to help as much as we can by keeping in touch in different ways and sharing useful bits and pieces with you.

## Who to call?

### Age UK Suffolk

#### Shopping & Good Day Calls

01473 353071

### Information & Advice

01473 351234

### Befriending Service

01473 353061

### Home But Not Alone

#### County Emergency Line

0800 876 6926

### First Response

24 hr mental health support line

0808 196 3494

### Suffolk MIND - 70+ counselling

0300 111 6000



### Exciting News!

We are beyond excited to announce the date for our very first ZoomWag, to try and fill some of the void left whilst we are unable to meet up monthly at our Pop-Up Chinwag events.

For those of you who don't know, Zoom is a way of keeping in touch with others over the internet with video and sound.

**So, the date for you – Friday 19<sup>th</sup> June from 2pm – 3pm.**

We have lots of fun planned, so grab yourself a cuppa and a slice of

cake (sorry, you have to provide your own this time!) and join us. We know that a lot of you may not have access to the internet at home, but we are looking at other ways that we can keep in touch with you...so watch this space. Now that the lockdown rules have lifted slightly, if you have a family member or friend that could pop round and help you, this may be an option as well.

To register, simply visit

<https://ageuksuffolk.echoleft.com/charity-events/zoomwag-1>

and we will send you all the information you need to help you join the ZoomWag. We can't wait to see your lovely faces!

For everyone that registers for the ZoomWag, we will pick one name at random to receive a surprise 'socially distanced' visit from one of our team on the day of the event, so make sure you book your place and you may be lucky!

### **Keeping Busy**

We'd love to hear about how you have been keeping yourselves occupied during lockdown – perhaps you have taken up a new hobby or learnt a new skill. Maybe you have revisited a previous activity that you no longer had time for. Even we have been doing the same – so we asked some of our team to share their activities with you too:

**Jo** - learning sign language - slow progress, but have mastered finger spelling!

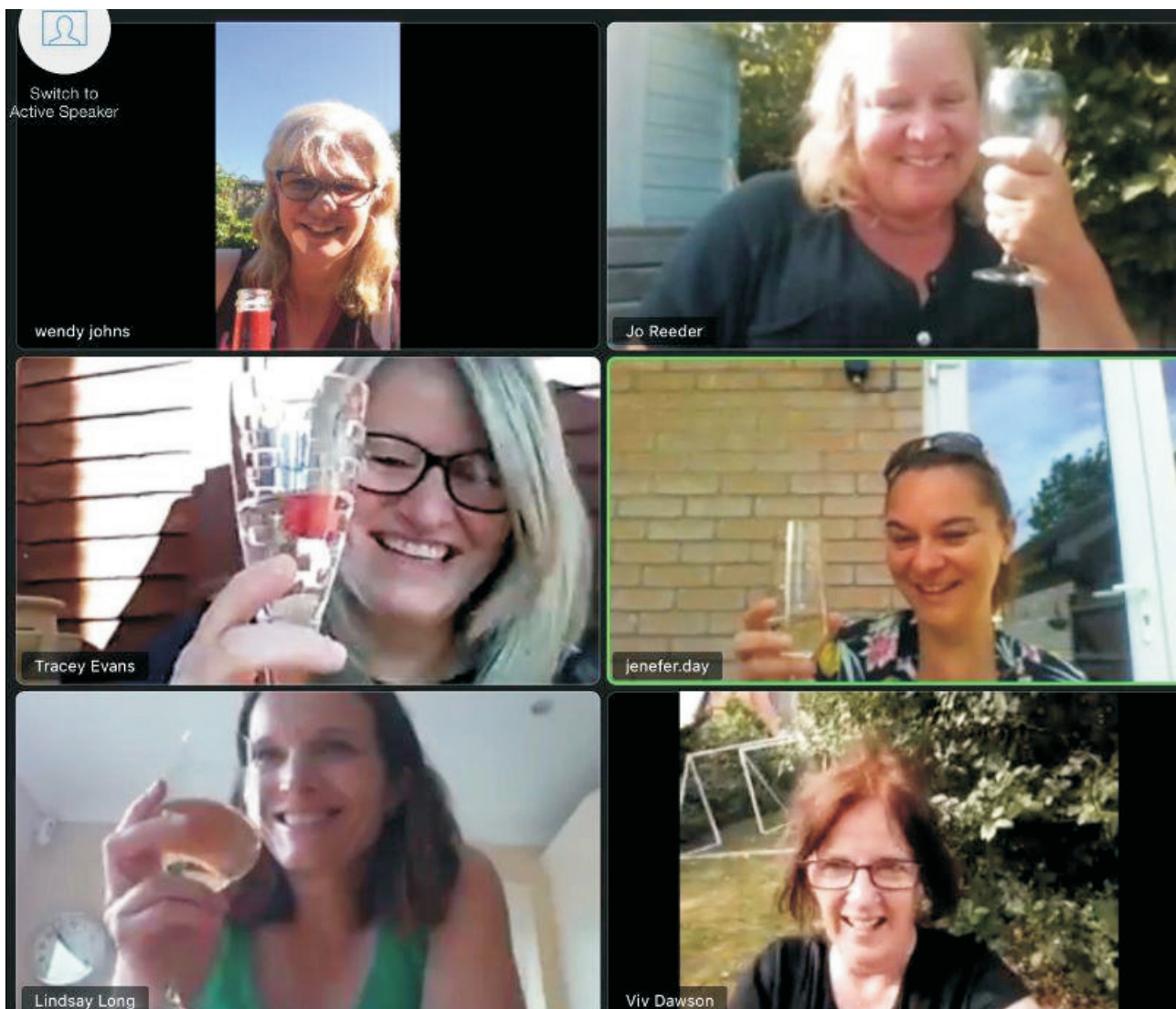
**Tracey** - refreshing Maths & English skills through home

schooling, and partaking in regular walks

**Jenny** - home schooling - teacher extraordinaire!

**Viv** - learning Spanish (Day 292), writing a daily haiku poem & walking 20,000 steps daily

**Lindsay** - refreshing sewing skills, cycling & running - not all at the same time!



We even managed a Fizzy Friday toast to you all - after work hours of course!

## Food For Thought

Lockdown seems to have made Britain a nation of bakers and chefs. We'd love you to send us in your favourite recipes and each NewsWag, we will include at least one recipe to share with you all. If you have something tasty that you would like to share – ideally that can be put together with “usual” storecupboard ingredients, we'd love to hear from you. Send us the recipe, a picture of your creation, and if possible a picture of yourself as well! You can send these by post to **Community Team, 14 Hillview Business Park, Old Ipswich Road, Claydon IP6 0AJ** or email to [community.links@ageuksuffolk.org](mailto:community.links@ageuksuffolk.org).

---

### **Tracey's Tips**

Life after Lockdown  
- Start a WISH jar -  
add a wish once a  
week (or more if  
you 'wish'), choose  
a significant date to  
open your jar -  
perhaps a special  
birthday,  
anniversary or  
other occasion, and  
then you can start  
to plan all the  
things that you  
'wished' you could  
do, but couldn't at  
the time.

**Do you have a  
Top Tip that you  
would like to  
share for future  
issues? If so,  
send them into us  
- we'd love to hear  
them.**

Keep active - body  
& mind

Routine – plan your  
day

Learn something  
new

Embrace  
technology

Eat well

Look forward

Communication





If, like us, you are missing live music, acclaimed singer and storyteller Helen McDonald is making her phone number available to older people at home or in care homes to call her and sing jazz and classic songs together over the telephone, offering a joyous and anxiety-releasing interlude from the daily void that social distancing can bring. To singalong with Helen call 01473 561027, between 22 June - 11 September, Monday - Thursday, 2-5pm.

---

### **Keeping yourself entertained**

Throughout lockdown, there have been numerous companies and individuals offering ideas of ways to pass some time – often a lot of

these are online, which we know, doesn't work for everyone, but here is one of our favourites, and nice and local too.

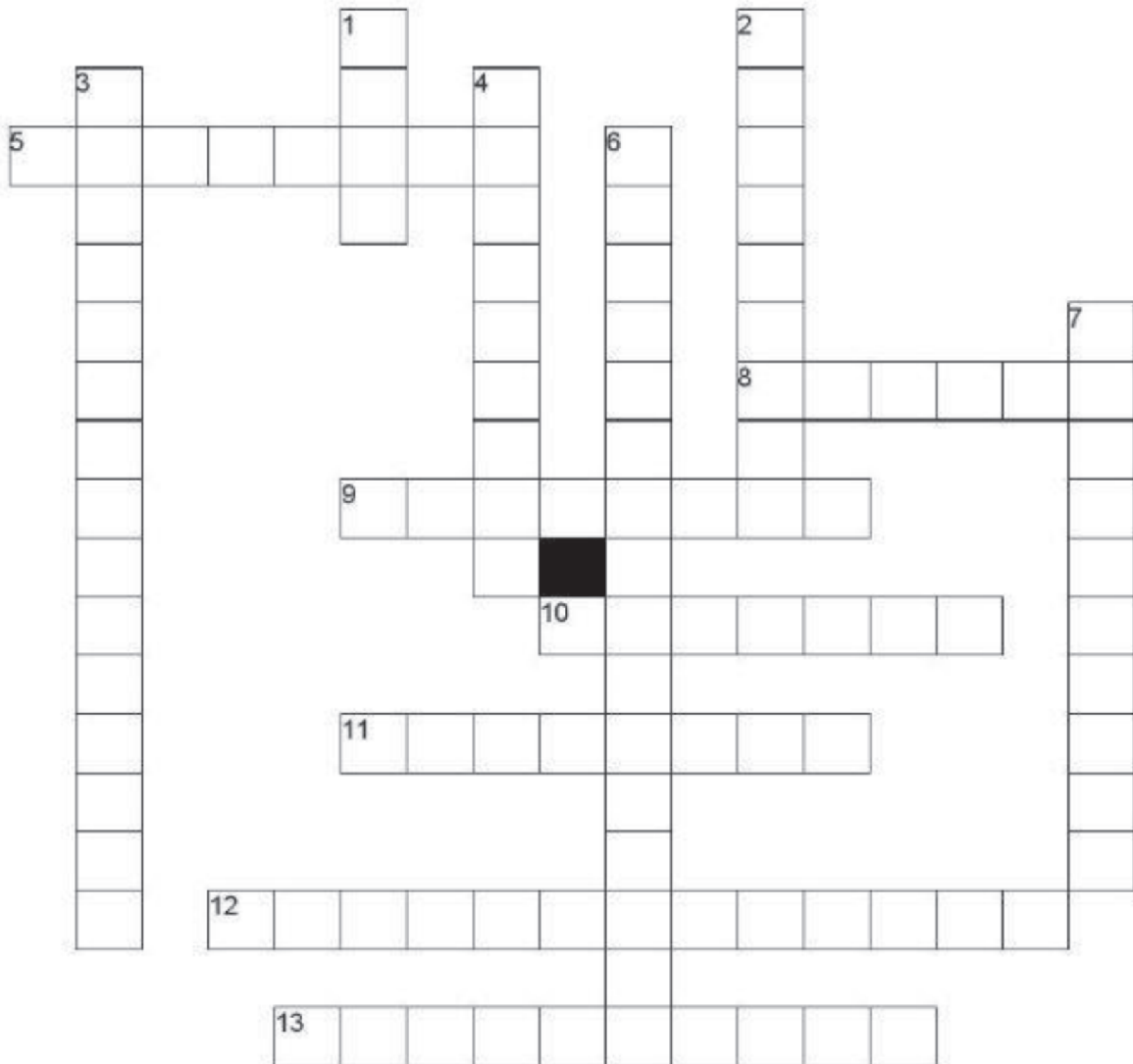
<https://www.suffolklibraries.co.uk/events-activities/online-and-streamed-events/arts-activities/>

This has been put together by some of Suffolk's cultural organisations and has a great selection of activities that you can take part in, all from the comfort of your own home.

If mind puzzles, knitting, jigsaws or reading are more your thing, don't worry – we will be including puzzles, patterns and book suggestions in future issues of the NewsWag, and if you would like us to print off any puzzle or colouring pages for you, just let us know!

Each issue, we will include a puzzle for you, with answers published in the next edition of NewsWag. Here's a little crossword for you for starters.

# Mostly Suffolk



## Across

- 5. One of the locations of Age UK Suffolk's Pop Up Chinwag's
- 8. Local musical theatre star - Ms Henshall
- 9. Who is the patron saint of Suffolk?
- 10. Famous Suffolk Singer from the 1980s - Nik?
- 11. Metal associated with 6 Across
- 12. The most easterly point of the UK
- 13. The actor famed for starring in Lovejoy

## Down

- 1. Cuppa, cake & \_\_\_\_?
- 2. Internationally renowned Suffolk singer
- 3. Famous Suffolk based composer
- 4. Suffolk town famous for horse racing
- 6. A village in West Suffolk, famous for antiques
- 7. Anniversary celebrated by Age UK Suffolk in 2018

---

There seems to be so much to share and tell you about, but we will be keeping in touch. Please let us know if you do not want to keep receiving these from us – you can give us a call on 01473 298683, email [community.links@ageuksuffolk.org](mailto:community.links@ageuksuffolk.org) or click on the unsubscribe button, if you are receiving this by email.

If you would like to help us save costs by receiving the NewsWag by email, please let us know by sending an email to [community.links@ageuksuffolk.org](mailto:community.links@ageuksuffolk.org) and we will add your contact details to our mailing list.

Keep well, stay safe, and keep in touch.

With best wishes

Jo, Tracey and the Community Team

---