

# Age UK Sutton Wellbeing pack

Tips to stay active and healthy whilst staying at home during the Coronavirus

# Age UK Sutton Wellbeing pack

As the Government has asked us all to stay at home to help stop the spread of Covid-19 coronavirus, we have put together some activities to help you stay healthy and active whilst at home. We will send you a pack every couple of weeks in the post, and look forward to hearing your feedback.

## **In this pack you will find the following:**

- A booklet from our national partner charity Age UK, about the coronavirus and keeping well
- A fact sheet about protecting yourself from scams during coronavirus
- Some exercises with instructions on how to do these safely at home

- A selection of riddles, 'mindfulness' colouring sheets and brainteasers
- Some information on V.E. Day celebrations and how you can get involved

We hope you enjoy the activities and please do give some feedback on what you would like to see in future packs. Age UK Sutton is here for you to provide support and help you stay well during these challenging times.

**We will be sharing these packs every few weeks, and would love your ideas about what to include in future. You can let us know what you think by contacting Jemma on [jemma.thornton@ageuksutton.org.uk](mailto:jemma.thornton@ageuksutton.org.uk) or by calling 0208 915 2481 and leave a voicemail.**

**info@ageuksutton.org.uk**  
**0208 915 2233**



# Age UK Sutton Services Update

At Age UK Sutton, we are currently offering a targeted service to ensure that older residents and the most vulnerable can be supported through this challenging period.

Our focus is to ensure vulnerable older people receive the support they need and to alleviate pressure on health and care services wherever we can. This will help keep our NHS working well, and protect people who don't need medical care, but do need some extra support.

## **We are open for referrals and are currently prioritising:**

- 1.** Welfare checks for vulnerable older people - working in partnership with other charities, Sutton's GPs and the Council to ensure nobody is forgotten
- 2.** Telephone befriending and reassurance calls for vulnerable older people and those in isolation
- 3.** "Door-step shopping drop and check" - free delivery of essential groceries and household supplies to people in need, with a welfare check by a trained member of our team. The food is free and from a standardised selection, we are currently not offering a bespoke shopping service.
- 4.** Our Home From Hospital and GP referral programmes are still running
- 5.** We continue to provide our community information and advice service, supporting older people through challenging life events like financial difficulty, applying for benefits, housing, and health and care navigation

**info@ageuksutton.org.uk**  
**0208 915 2233**



# Age UK Sutton Services Update

All of our services are delivered by appropriately trained and vetted staff and volunteers.

If you or an older person you know needs this support, please contact us on **0208 915 2233** or email: **info@ageuksutton.org.uk**

We are open **Monday - Saturday, 9 - 5.30pm**

Please be aware that with the volume of contact we are receiving, we may not respond immediately - we are endeavouring to reply to all contact within 36 hours, and if it's urgent, we'll get in touch sooner.

**If you or someone else is ill or you need advice on infection risk, please contact 111 via the NHS website, or phone. If it is an emergency, call 999.**

**info@ageuksutton.org.uk**  
**0208 915 2233**



# Scams

The following scams have been reported to the police and other groups.

# Scams

We have received many notifications of new scams that have begun during the coronavirus pandemic. Trading Standards have written the letter below with lots of information about the scams. There is also some information that has been produced by the police.

If you think you or someone you know may have been scammed, please contact us on [info@ageuksutton.org.uk](mailto:info@ageuksutton.org.uk) and we will support you in reporting this information to the National Trading Standards, and managing the impact of the scam on you.

## Wash your hands of coronavirus scams!

### Friends Against Scams aims to protect and prevent people from becoming victims of scams.

**Be aware of people offering or selling:**

- Virus testing kits - these are only offered by NHS.
- Vaccines or miracle cures - there is currently no vaccine or cure.
- Overpriced or fake goods to protect yourself from coronavirus such as anti-bacterial products.
- Shopping or medication collection services.
- Home cleaning services.

**Protect yourself and others:**

- Don't be rushed into making a decision if it sounds too good to be true it probably is.
- Only purchase goods from legitimate retailers and take a moment to think before parting with money or personal information.
- Don't assume everyone is genuine. It's okay to reject, refuse or ignore any requests. Only criminals will try to rush or panic you.
- If someone claims to represent a charity, ask them for ID. Be suspicious of requests for money up front. If someone attempts to pressure you into accepting a service they are unlikely to be genuine. Check with family and friends before accepting offers of help if you are unsure.

**Be a good friend, help to protect your family, friends and neighbours from scams.**

**Read it. Share it. Prevent it.**

#Coronavirus  
#ScamAware



**Contact**  
For advice on scams call the Citizens Advice Consumer Helpline on **0800 223 11 33**  
To report a scam call Action Fraud on **0300 123 2040**  
Contact your bank if you think you have been scammed.

**NATIONAL TRADING STANDARDS**

Scams Team

To learn more about the different types of scams visit [www.FriendsAgainstScams.org.uk](http://www.FriendsAgainstScams.org.uk)


[info@ageuksutton.org.uk](mailto:info@ageuksutton.org.uk)  
0208 915 2233

## Advice on the prevention of Coronavirus related scams



**Report online at: [www.met.police.uk](http://www.met.police.uk) or call 101. In an emergency always call 999**

### Door to Door Coronavirus Testing

We have heard reports that people may be attending the addresses of the vulnerable and elderly by posing as door to door coronavirus testers. They are doing so in order to gain access to people's homes. Nobody, and specifically neither the NHS or the police, are conducting such tests. If anyone attends your address claiming to be conducting these tests, please call 999.



Bromley, Croydon and Sutton  
Basic Command Unit

People may try to take advantage of concerns regarding corona virus, please take time to protect yourself and your family from people wishing to take advantage of this situation.

Please be aware of coronavirus related phishing emails. People may attempt to gain your financial details by tricking you into opening malicious attachments.

Our advice on fraud whether online or in person remains the same, if you are contacted in person or online by someone that you do not know, exercise caution. If it doesn't feel right, it probably isn't. Check with someone you trust before committing to anything. If in doubt call the police.

If someone knocks on your door claiming to be from an organisation, ask for ID. If you're not happy, don't let them in. Ask them to wait outside, close the door and contact the organisation by a trusted method. If they are genuine they will understand.

More crime prevention advice can be found at:-  
[www.met.police.uk/advice](http://www.met.police.uk/advice)

You can find your local team by visiting [www.met.police.uk](http://www.met.police.uk) 'your area'.

You can also follow us online:

- Twitter - @MPSSutton
- Facebook - Sutton Police
- Nextdoor - For local updates

[info@ageuksutton.org.uk](mailto:info@ageuksutton.org.uk)  
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# Exercises

**Please see some chair based exercises with instructions attached to each image. Try to do these exercises at least once a week. Please read the following notice before you participate in any online exercises or any of the written exercises provided to you by Age UK Sutton.**

Age UK Sutton strongly recommends that you consult with your doctor before beginning any exercise program.

Age UK Sutton is not a licensed medical care provider and represents that it has no expertise in diagnosing, examining, or treating medical conditions of any kind, or in determining the effect of any specific exercise on a medical condition. You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury.

If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge Age UK Sutton from any and all claims or causes of action, known or unknown, arising out of Age UK Sutton's negligence.

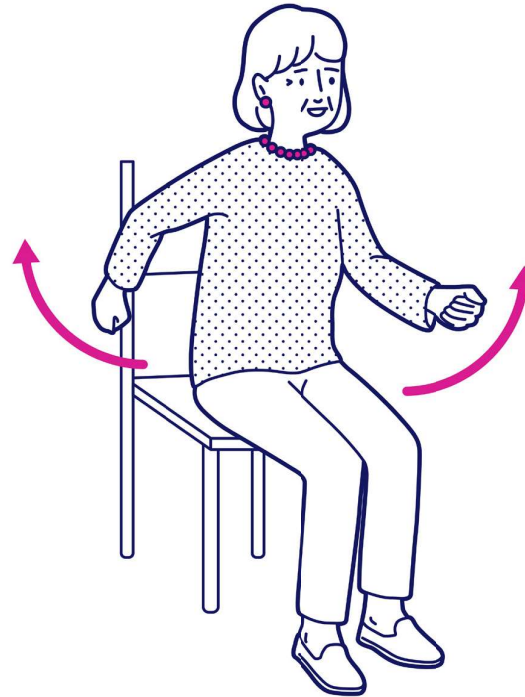


## 1 Chair march



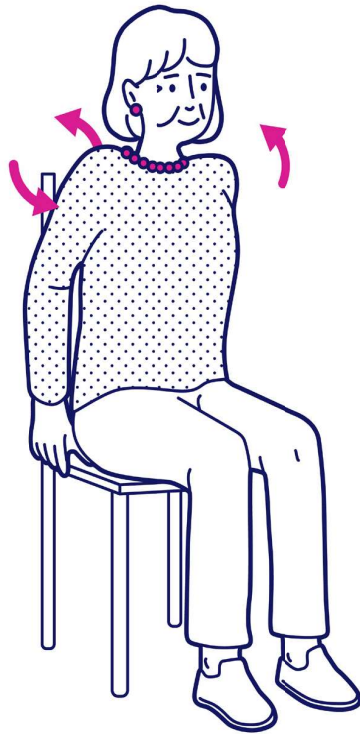
- Sit tall
- Hold the sides of the chair
- Alternatively lift your feet and place them down with control
- Build to a rhythm that is comfortable for you
- Continue for 30 seconds

## 2 Arm swings



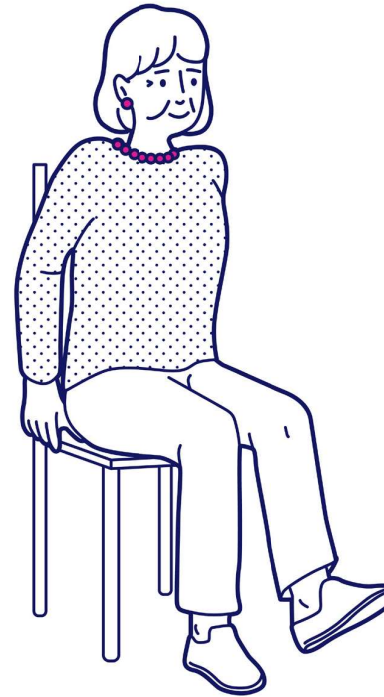
- Sit tall away from the chair back
- Place your feet flat on the floor below the knees
- Bend your elbows and swing your arms from the shoulder
- Build to a rhythm that is comfortable for you
- Continue for 30 seconds

### 3 Shoulder circles



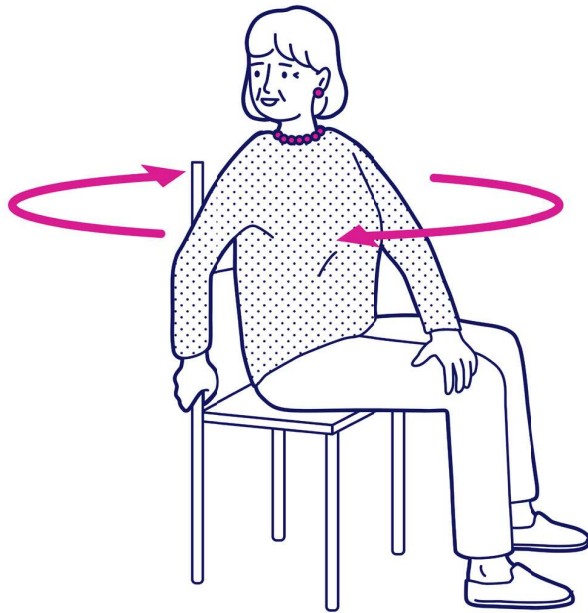
- Sit tall with your arms at your sides
- Lift both shoulders up to your ears, draw them back, then press them down
- Repeat slowly 5 times

### 4 Ankle loosener



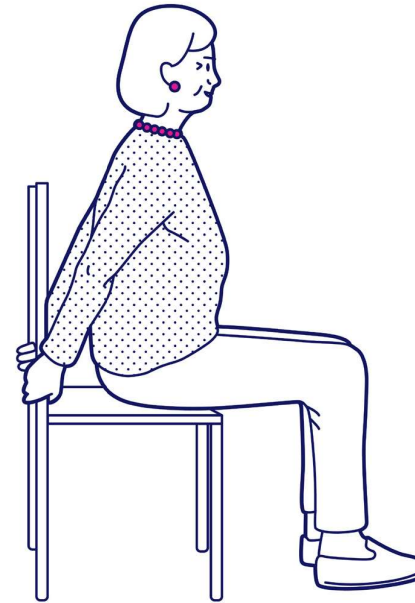
- Sit tall away from the chair back
- Hold the sides of the chair
- Place the heel of one foot on the floor, then lift it and put the toes down to the same spot
- Repeat 5 times on each leg

## 5 Spine twists



- Sit tall with your feet flat on the floor
- Place your right hand on your left knee and your left hand behind you on the chair back or side of the chair
- Sit very tall, then, with control, turn your upper body and head towards your left arm
- Repeat on the opposite side
- Repeat 5 times

## 6 Chest stretch



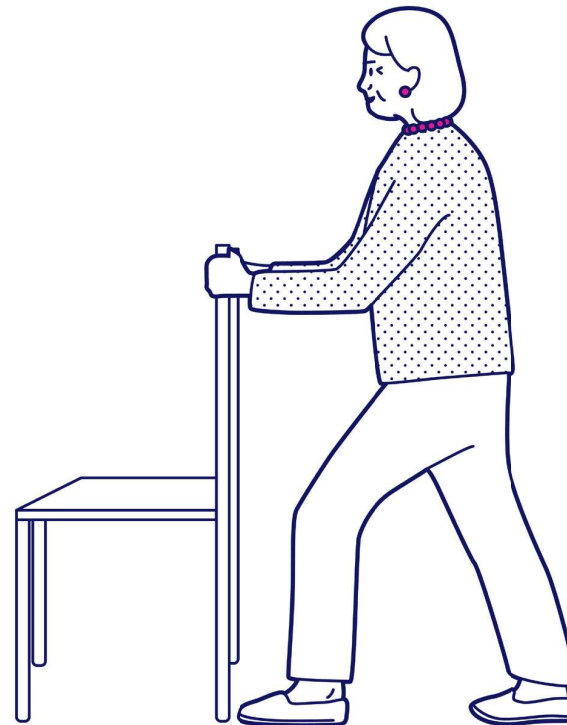
- Sit tall away from the chair back
- Reach behind with both arms and hold the chair back
- Press your chest forward and upwards until you feel the stretch across your chest
- Hold for 8 seconds

## 7 Back of the thigh stretch



- Move your bottom to the front of the chair
- Place your right foot flat on the floor, then straighten your left leg out in front with your heel on the floor
- Place both hands on the right thigh, then sit tall
- Lean forwards and upwards until you feel the stretch in the back of your left thigh
- Hold for 8 seconds
- Repeat on your other leg

## 8 Calf stretch



- Sit behind the chair holding the chair back
- Step back with one leg checking that both feet are pointing forward
- Now press the heel of the back foot into the floor until you feel the stretch in your calf
- Hold for 8 seconds
- Repeat on your other leg

# Main exercises

There are ten exercises in this section.

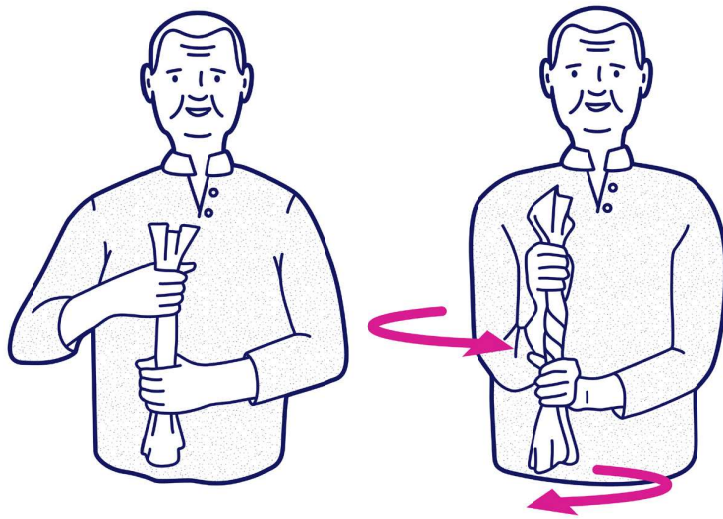
Start by using three each time you use this book. Try to select different exercises each time so that you have done them all by the end of the week.

Progress by building up gradually until you can complete all the exercises in one go. Aim to do them three times a week.

**The first five exercises are to help build bone and muscle strength**

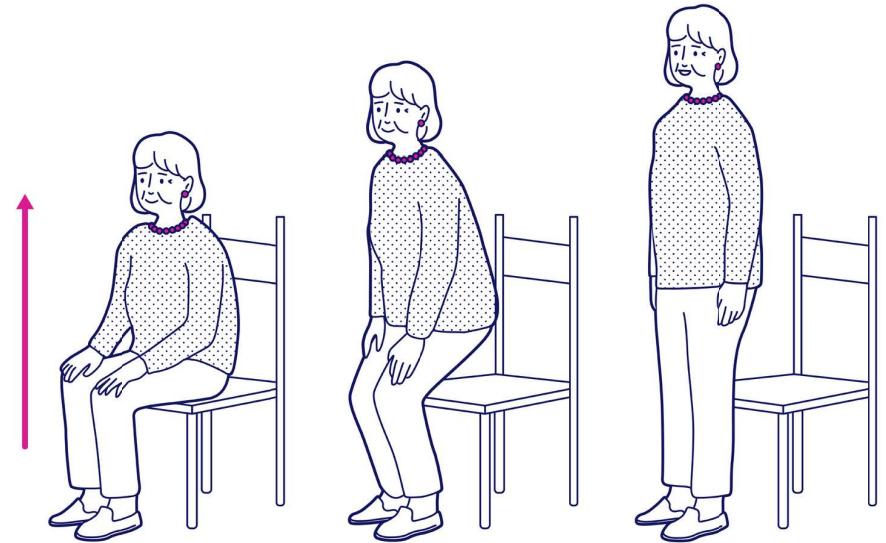
 [info@ageuksutton.org.uk](mailto:info@ageuksutton.org.uk)  
0208 915 2233

## 1 Wrist strengthener



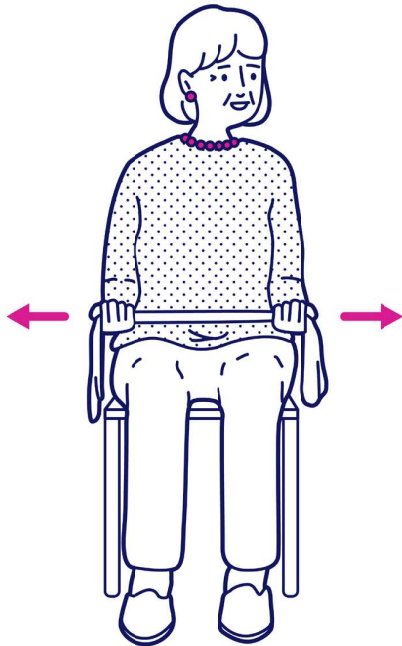
- Fold or roll the band (or towels/tights)
- Holding it with both hands squeeze hard, then twist by bringing your elbows close to your body
- Hold for a slow count of 5 (and count out loud to ensure you don't hold your breath)
- Repeat 8 times

## 2 Sit to stand



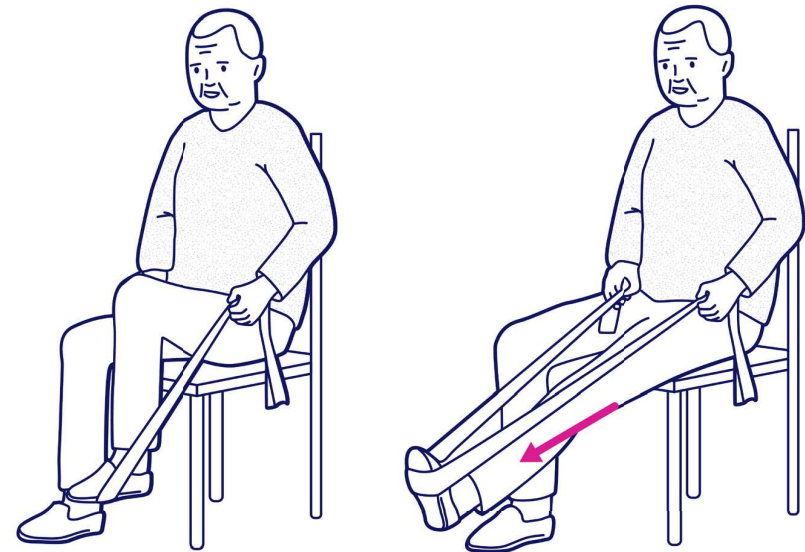
- Sit tall near the front of the chair
- Place your feet slightly behind your knees
- Lean slightly forward
- Stand up (using your hands on the chair for support if needed. Progress to no hands per time)
- Step back until your legs touch the chair, then stand tall, bend your knees and slowly lower your bottom back into the chair
- Repeat 10 times

### 3 Upper back strengthener



- Hold your band with your palms facing up and your wrists firm and straight
- Pull your hands apart, then draw your bands towards your hips, squeeze your shoulder blades together
- Hold for a slow count of 5 (and count out loud to keep breathing)
- Then release
- Repeat 6 times

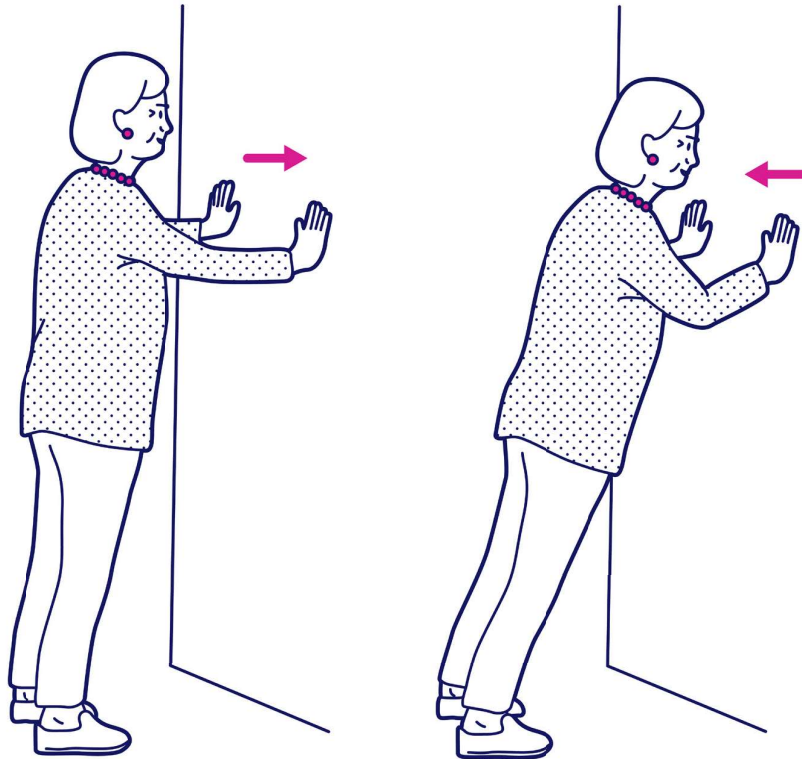
### 4 Thigh strengthener



- Place the band under the ball of one foot
- Sit tall, lift the knee a few inches, then pull your hands towards your hips and hold
- Now straighten your knee by pushing your foot firmly downwards against the band
- Hold for a small count of 5 (count out loud to keep breathing)
- Bend the knee and release the arm
- Repeat 6 times then change legs!



## 5 Wall press-up

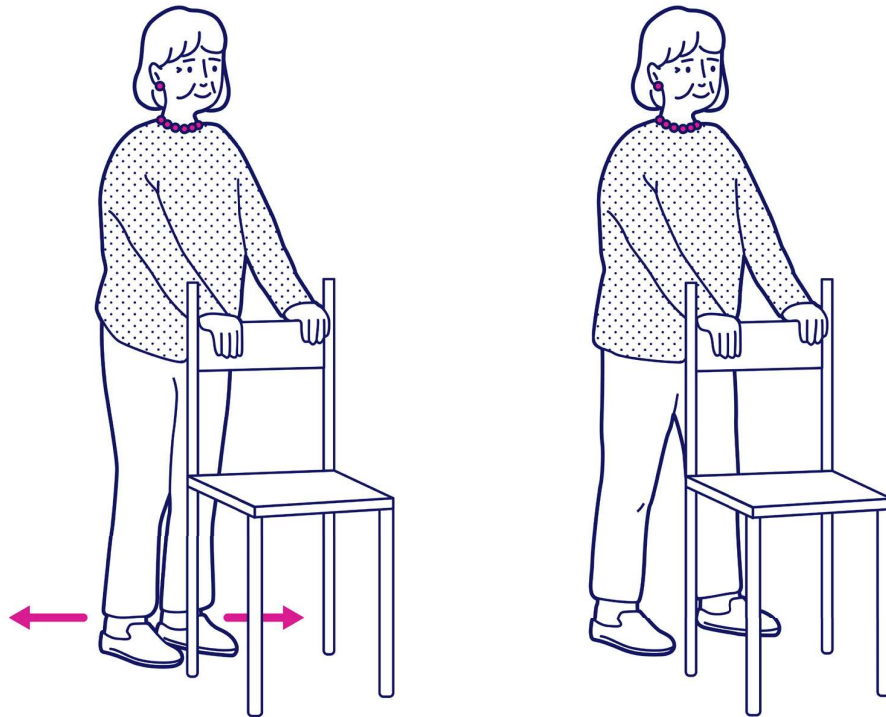


- Stand at arms length from wall
- Place your hands on the wall at chest height, fingers upwards
- Keeping your back straight and tummy tight, bend your elbows lowering your body with control towards the wall
- Press back to the start position
- Repeat 8 times



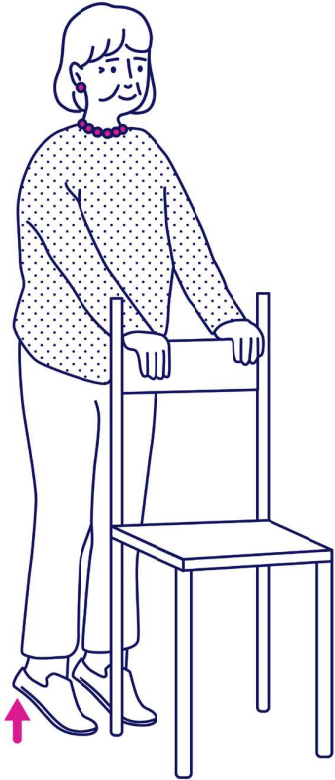
## The following 5 exercises are to help improve your balance

### 6 Side steps



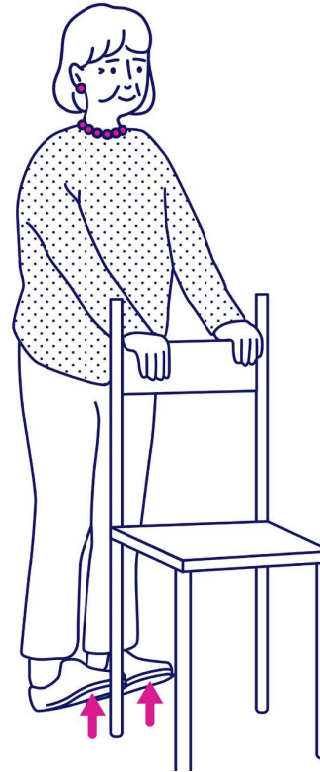
- Stand tall holding the chair
- Take a step from side to side
- When confident try holding the chair with only one hand
- Continue for 30 seconds
- Now try 2 steps to the side and back for 30 second

## 7 Heel raises



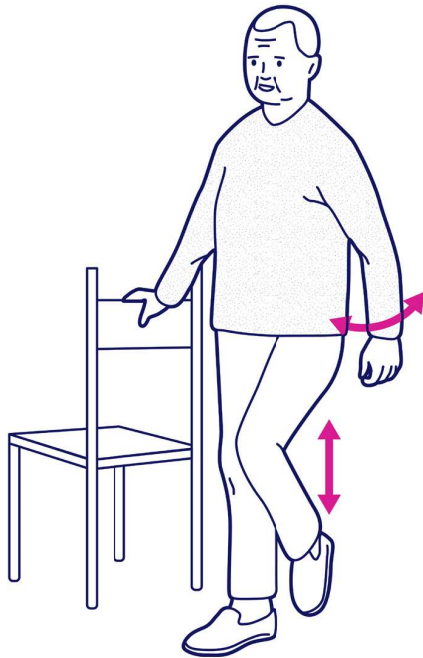
- Stand tall holding a sturdy table, chair or even the sink!
- Raise your heels taking your weight over the big toe and second toe
- Hold for a second
- Lower your heels to the floor with control
- Repeat 10 times

## 8 Toe raises



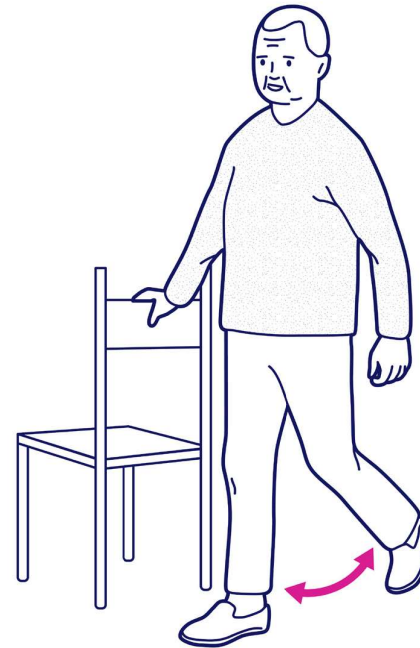
- Stand tall holding a sturdy table, chair or even the sink!
- Raise your toes taking your weight back onto your heels and without sticking your bottom out
- Hold for a second
- Lower your toes to the floor with control
- Repeat 10 times

## 9 Marching



- Stand to the side of the chair holding on with one hand
- Stand tall
- March on the spot swinging your free arm
- Keep marching for 30 seconds
- Turning slowly around then repeat using the other arm
- Repeat 3 times

## 10 Leg swings



- Stand to the side of the chair holding on with one hand
- Stand tall
- Swing the leg furthest away from the chair forwards and back with control
- Perform 10 swings
- Turn slowly to repeat on your other leg

# Riddle me this

For those of you who are receiving weekly calls, your befriender will be given the weekly riddles and then the answers to share with you all.

For those of you who aren't receiving calls, Please email me your answers to **[jemma.thornton@ageuksutton.org.uk](mailto:jemma.thornton@ageuksutton.org.uk)** or call on **07735632939**. The top riddler of the month will be sent a prize!

# Here are the first 4 riddles:

1.

What has six faces, but does not wear makeup, has twenty-one eyes, but cannot see?

**What is it?**

2.

You see me once in June, twice in November, but not at all in May.

**What am I?**

3.

I am an odd number. Take away a letter and I become even.

**What number am I?**

4.

A time when they are green, a time when they're brown, but both of these times, cause me to frown. But just in between, for a very short while, They're perfect and yellow and cause me to smile!

**What am I talking about here?**

# Brain teasers



## The Smallest Room

There are more names for the toilet than any other room in the house. How many can you get?

- 1 L V T     Y
- 2 K H     I
- 3 T H     D     B
- 4 P     V
- 5 B     G
- 6 T H     N     R     M
- 7 N     C     S     S     Y
- 8 L
- 9 J     N
- 10 What does W.C. stand for?

## Proverbial Words

Which word completes each of these proverbs?

- 1 In for a     , in for a pound.
- 2 The early     catches the worm.
- 3     goes before a fall.
- 4 It never     , but it pours.
- 5 There's no     without fire.
- 6     and tide wait for no man.
- 7 Every     has a silver lining.
- 8 A     stone gathers no moss.

## Electrical Appliances

You plug all these in. Can you name them from the clues?

- 1 Use this to take the creases out of clothes.  
\_\_\_\_\_
- 2 Also called a 'hoover'.  
 **Fridge** or  **Vacuum Cleaner**
- 3 Kenwood is one brand of these.  
 **Food Mixer** or  **Washing Machine**
- 4 Use this after the shampoo.  
 **Hair Dryer** or  **Freezer**
- 5 Bread pops up from this when it is done.  
 **Fridge** or  **Toaster**
- 6 You use this to boil water.  
 **Kettle** or  **Television**

## General Knowledge

- 1 Which Australian Test cricketer had a batting average of 99.94?  
 **Neil Harvey** or  **Don Bradman**
- 2 A basket used in the garden.  
 **Trog** or  **Trug**
- 3 The official royal residence in Northern Ireland.  
 **Hillsborough Castle** or  **Stormont Castle**
- 4 A brand of brown bread.  
 **Hovis** or  **Sunblest**
- 5 The name of Edinburgh's main port.  
 **Clydebank** or  **Leith**
- 6 Who wrote 'Animal Farm'?  
 **George Orwell** or  **H.G.Wells**



# V.E. Day Celebrations

Friday 8th May 2020 marks the 75th anniversary of V.E. Day. On this day in 1945, the end of the war in Europe was marked. The Government has marked this day as a bank holiday and there are many planned celebrations.

At Age UK Sutton, we would like to join these celebrations (virtually of course) and to do this, we would love to share your memories of V.E.day celebrations throughout the years. If you have a special memory of this day, or the years in celebration, please write to share these. Please write your name at the bottom of your memories and confirm if you are happy to have your name shared with your memory on our website or if you would like to remain anonymous.

Please send your memories to :

**JEMMA THORNTON**

Age UK Sutton  
Sutton Gate  
Carshalton Road  
Sutton, SM1 4LE

Or email [jemma.thornton@ageuksutton.org.uk](mailto:jemma.thornton@ageuksutton.org.uk)

Sutton New Town Community have also asked for people to celebrate by decorating their houses in red white and blue. The website below is where you can get posters and decorations for your homes. If you are not online, but would like some decorations, please contact 0772 570 4573. We have some posters we can send out to you that Sutton New Town has kindly given us. Sutton New Town and Age UK Sutton would love to see photos of your decorated houses, please share on social media if you are able to!

<https://suttonnewtowncommunityfestival.org.uk/2020-ve-day>



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