

NEW Monthly Newsletter

April 2020

Hello to all of you at home,

These are strange times that we find ourselves in and whilst it is difficult to be keeping away from our loved ones, it is also an opportunity for us to focus on looking after ourselves during this period of 'distant socialising' as one family described it to us!

We along with all other organisations have temporarily suspended our community activities and events, which we know is disappointing for you as it is for us too, as we would like to provide as many creative activities for our community as possible.

However, we are doing our best to continue providing arts activities for you all to do at home and we have been busy behind the scenes planning for the weeks ahead. We are now very pleased to offer this new monthly newsletter, and you can find enclosed activities, advice and hints and tips.

With best wishes,

Kathryn and Julie

Making the most of being at home

All of the advice we are hearing are things that we should be doing anyway, so let's make this a time for getting into some really good habits! Why don't you

- **schedule some 'fresh air time'** - sit in a chair next to an open a window if you don't have a garden
- **try to eat good variety of food** and plenty fresh fruit and vegetables
- **drink plenty of fluids** - fill a bottle at the beginning of the day and keep drinking from it so you get a feeling of satisfaction when it's empty!
- **keep moving!** - make sure you get up out of your chair at least every hour and move around the house. Decide on some exercises you like and do them at the same time every day - routine is also good for us
- the news can make us feel anxious, so why not **limit how often you listen to updates?** If you look at things on the Internet a lot, stick to looking at things you really like rather than clicking on lots of articles.

- social media can really help us feel in touch with others - but not if it's all bad news! **Check your social media less** and set a good example by only sending things that help others to feel good
- **do some deep breathing**: breathe in for a count of 4, hold for one and breathe out to a count of 4. Let the tension go on the out breath. This will slow your heart rate and help you relax - why not combine it with fresh air time?
- **make a list** of things you feel grateful for and stick it on the fridge or somewhere else you will see it regularly
- **keep reaching out** to people by phone, email or Skype, or the old-fashioned way of putting a letter in the post - the person you send it to will love it
- **keep active** - write a little list in the morning of things you fancy doing as well as things that you need to do and tick them off as you go – and get a great feeling of satisfaction at the end of the day!
- make sure to **celebrate** all your achievements at the end of every day!

Your happy place

Imagine yourself in a place you know and love: really try to think of all the detail of how it looks, remember the sort of sounds you can hear there, the kinds of scents and smells, the lovely meals that you had there etc.

Keep adding details to your memories of it - get photos of it out to look at, and if you know somebody who remembers it too maybe you could call them to chat about it and enjoy remembering more things together. Maybe there is some music that reminds you of it that you could play or sing...

Though you can't actually travel there right now, this can be your happy place that you go to in your mind, if you're feeling a bit low, to help you go to sleep or just for the pleasure of it.

Exercises to keep us moving

Whilst we are all staying inside a lot more, it's important we keep moving and stretching to keep our minds busy and our bodies engaged! Our resident dance teacher Julie has her top exercises below for keeping flexible and all from the comfort of a chair at home – some of the exercises you may prefer to do standing, holding onto the chair for support if you know you are stable enough. Do this morning, afternoon or evening, whenever suits you, but try to make it a daily routine.

Feel free to put some music on in the background whilst you move, one of our favourites is The Beatles *Here Comes the Sun*

Only do these exercises if you feel well and always follow your doctor's advice. Move your body as much as is comfortable for you; put some energy and intention into it, but don't overstretch. If anything causes pain or doesn't feel right, stop and try another exercise or take a rest.

Let's begin! Walk around the room to get the blood pumping, giving a gentle swing in your arms at the same time. Alternatively, you can march on the spot, either sitting in your chair or standing.

Now, sit comfortably in an upright chair, preferably with no arms, with both feet planted firmly on the floor and your palms resting on your legs. The small of your back should be pressed against the chair and your body should grow tall towards the sky.

Repeat each exercise below once or twice, depending on how energetic you feel!

Warming up

1. **Shoulder shrugs** Start by focusing on your breath and take a slow breath in, then out, in then out. Next time you breathe in, gently lift your shoulders towards your ears and as you breathe out, lower them down.
2. **Finger stretch** Squeeze both hands into fists and then slowly stretch your fingers, like a flower opening its petals.
3. **Diagonal stretch** Reach one arm diagonally across your body and pull it across to the other side as if you were opening a curtain. Repeat this with the other arm.

Middle body

4. **Forward curve** Lean forward very gently to look down at your toes, pressing your hands on the top of your thighs for stability. Then roll through your spine to sit up tall.
5. **Arm opening** Sitting tall, inhale and reach your right arm directly in front of you. Exhale and open your right arm to the side, following with your head and rotating through your spine. Breathe in and sweep your arm back to the front, and exhale to lower. Repeat with your left arm. *This works best with an upright posture, so try to sit up straight, using your stomach muscles to support you.*

Lower body

6. **Leg extension** Holding on to the sides of the chair for support, take a deep breath then exhale and extend one leg forward, lifting your foot off the floor and reaching your toes up towards the sky. Breathe in and lower your leg to repeat on the other side.
7. **Heel raises** Start with both feet flat on the floor, and now gently lift both heels up and down at least 5 times. *You will probably feel this one in your calf muscles.*

8. **Toe stretch** Wiggle your toes a few times, and now gently lift all your toes towards the sky, keeping your heels on the floor. *This is can be quite tricky, and your toes may not lift very far – that's fine.*

Full body

9. **Star stretch** Keeping your left foot firmly on the floor, reach your right leg out to the side, and your right arm at the same time. It will look like you are making half a star shape. Bring your arm and leg in and repeat this on the other side.
- If you have a strong core (that's your tummy area), you can try both sides at the same, so you are making a full star shape.
10. **The twist** Swivel your heels to the right and take both knees gently over to the left, swinging your hands to the right at the same time, now swap sides. Keep going and pick up speed for a good old-fashioned twist dance!

That's it, you have completed all the exercises!

Let us know what you liked best:

julie@resonatearts.org

Take a moment to thank yourself for taking time out of your day to move your body and now perhaps go and make yourself a well-deserved cup of tea, just like I am...



Our wonderful friends at **Opera Holland Park** have suggested some vocal exercises and songs for you to explore after Julie's body warm up... then they want you to get thinking about the musical *My Fair Lady*.

Breathing

1. The most important thing is to keep your shoulders from rising, and if you feel light-headed at all, then stop.
2. Focus on the area around your belly button and below, into your hip joints. Try to think of this area releasing and allowing the air to come into here, on your inbreath. Let the tummy come in on your outbreath. Try to make the breath seamless. Do this 5 times, very slowly.
3. Take a deep breath in, and sigh out the air: do this 5 times, try different pitches, involve your arms, or hands and use it as a good relaxation from stress.

Vocal warm up

1. Sitting quietly with an alert posture, place two fingers either side of your neck just below and slightly behind your earlobes. Gently massage this area, to

- loosen your jaw - take a deep breath and sound a long Ah on any note you like. How long does it last? Repeat with all the vowels: Eh - Ee - Aye - Oh - Oo
2. With the same loose jaw, practise saying Ya Ya Ya very slowly, then sing it on any notes you like. Repeat with Yeh, Yee, Yoh and Yoo. Enjoy the sounds
 3. Sirening – an important exercise for any budding opera singer! You can do this on any sound you like, but it works best on an Ng sound. Do your best impression of a police siren, up and down, to explore your vocal range. The more playful, the easier it is! Now you are warmed up let's get singing!

Sing along to the film version of *On the Street where you live* on youtube:

<https://www.youtube.com/watch?v=I57BVLgtUvk>

I have often walked down this street before;
 But the pavement always stayed beneath my feet before.
 All at once am I several stories high.
 Knowing I'm just on the street where you live.

Are there lilac trees in the heart of town?
 Can you hear a lark in any other part of town?
 Does enchantment pour out of every door?
 No, it's just on the street where you live!

And oh! The towering feeling
 Just to know somehow you are near.
 The overpowering feeling
 That any second you may suddenly appear!

People stop and stare. They don't bother me.
 For there's nowhere else on earth that I would rather be.
 Let the time go by, I won't care if I
 Can be here on the street where you live.

Which characters you know from the film *My Fair Lady*? Perhaps you can think of Eliza Doolittle, Henry Higgin, Professor Pickering...
What memories come back to you about it?
Where were you when you first saw this film?
Who did you see it with?

Are there other film songs you like?
Can you make a list for yourself to sing later or tomorrow?
Can you think of someone you could you ring up and have a singsong over the phone with?!

Why not **email us** at **Resonate Arts** to let us know what you have been up to and we can publish some of your stories and ideas in the next newsletter? Send to julie@resonatearts.org or kathryn@resonatearts.org

Westminster Dementia Adviser's (Terezie) Coronavirus Update – April 2020

Westminster Council

If you need help as a result of coronavirus outbreak, you can ask Westminster Council. They will be providing free food packages and help by volunteers with things such as shopping and picking up medication. You can either call the numbers below, or send them an email which you can also access with one click from their website.

Westminster Council – Coronavirus help

Phone number: 020 7641 1222

Email: westminsterconnects@westminster.gov.uk

Website: <https://www.westminster.gov.uk/ask-help>

If you or someone else need care and support, contact Westminster Council Adult Social Services Department.

Westminster Council – Adult Social Care

Phone number 0207 641 1175, out of hours 020 7641 2388

Email: adulthoodsocialcare@westminster.gov.uk

NHS

If you have a medical condition that makes you especially vulnerable to coronavirus, you can register as an 'extremely vulnerable person'. For example, you will be able to get deliveries of essential supplies like food. If you do not have access to the internet, ask someone else or your Dementia Adviser to register you.

To register as extremely vulnerable:

Phone number: 07540 502 379 (Dementia Adviser)

Website: <https://www.gov.uk/coronavirus-extremely-vulnerable>

If you are worried about your or anyone else's symptoms, you can call NHS 111.

NHS 111

Medicines

If you need delivery of a repeat prescription, call your pharmacy first to see if they can deliver. If not, you can register for free delivery of all NHS prescriptions through companies such as Pharmacy2U or Echo Service, but please note that it can take longer at the moment to process your request.

Pharmacy2U

Phone number: [0113 265 0222](tel:01132650222)

Website: <https://www.pharmacy2u.co.uk>

Echo Service (Lloyd Pharmacies)

Phone number: [020 8068 8067](tel:02080688067)

Help: help@echo.co.uk

Website: <https://www.echo.co.uk>

Volunteers in your neighbourhood

Help the Elderly is running food and prescriptions delivery for the elderly and chronically ill people. The service is for people who are at a higher risk of suffering complications from coronavirus. You can book a delivery online or contact them via phone or email.

Help the Elderly

Phone number: [0207 975 871](tel:0207975871) (only available 3-5pm weekdays)

Email: helptheelderlyuk@gmail.com

There are a number of local mutual support groups in most parts of Westminster responding to people's needs in their neighbourhood since the coronavirus. They are ready to help people struggling with shopping, picking up medication, dog walking and much more. These groups can be extremely helpful and quick in responding to your request and you can also ask for help on behalf of someone else. However please exercise caution as the volunteers are members of the public, not professionals in this area of work. You need to have access to the internet to ask for help, but you can ask someone to do this for you.

Westminster Mutual Aid

Website: <https://www.westminstermutualaid.co.uk>

Email: pimlicomutualaid@gmail.com

Facebook: <https://www.facebook.com/groups/224869025307530/>

Free food packages

There are two Food Banks in Westminster who deliver basic essential food items for free to your home.

North Paddington Food Bank

Address: Selbourne House, WECH Community Centre, Ground Fl, 36A Elgin Avenue, London W9 3AZ,

Phone number: [0207 266 3347](tel:02072663347)

Email: info@npfoodbank.org.uk

Westminster Foodbank

Address: Westminster Chapel, Buckingham Gate, London, SW1E 6BS,

Phone number: 020 7834 1731 x 224

Please note that Westminster Chapel Food Bank only serves people who cannot afford food so it is not aimed at people who are just self-isolating due to the coronavirus. However the Abbey Centre is delivering free food parcels to vulnerable people who are self-isolating in South Westminster. All their volunteers are adult safeguard trained and all have DBS checks.

The Abbey Centre

Address: 34 Great Smith Street, London, SW1P 3BU

Phone number: 0207 227 0650

Email: caroline.gandy@theabbeycentre.org.uk

Contact person: Caroline Gandy-Brown (Caz)

Ordering food online

A lot of main online food delivery services are overwhelmed with increased demands. Most major providers, such as Sainsbury's, Waitrose and Tesco now offer special online delivery slots for elderly people, check their websites for more information. Some smaller companies are still able to deliver essentials at relatively short notice. See below some companies delivering fruit, vegetables and essentials. Please note that these are private companies and the author of this document does not take any responsibility for the quality of their service or their prices. The list below is not comprehensive and the situation changes rapidly; please contact your Dementia Adviser (07540 502 379) if you need information about other existing companies and services.

Food to Your Home – next day delivery from Monday to Saturday

<https://www.foodtoyourhome.store>

London Dairies

Phone number: 020 8440 0619

Email: info@londondairies.co.uk

Pale Blue Dot

Email: veg-box-orders@palegreendot.co.uk

Website: <https://www.palegreendot.co.uk>

Wiltshire Farm Foods is a popular company delivering ready made frozen meals. Please note that they only serve existing customers or those who have been identified as extremely vulnerable (by receiving a letter from NHS).

Wiltshire Farm Foods

Phone number: 0800 077 3100

Website: <https://www.wiltshirefarmfoods.com/>

Telephone befriending

The following organizations are currently accepting new referrals for phone befriending so you can have to chat to someone.

Age UK Westminster

Phone number: 0203 0045612 or 07969 302517

Email: stephen.spavin@ageukwestminster.org.uk

Contact person: Stephen Spavin

The Abbey Centre

Phone number: 0207 227 0650

Email: caroline.gandy@theabbeycentre.org.uk

Contact person: Caroline Gandy-Brown (Caz)

Jewish Care (for Jewish residents)

Phone number: 020 8922 2222

Email: helpline@jcare.org

Emotional support in other languages

Abbey Centre offers confidential one to one support over the telephone. Their trained wellbeing bilingual session workers speak Arabic, Bengali, Spanish and English.

The Abbey Centre

Phone number: 07701 351 224

Email: tania.faraj@theabbeycentre.org.uk

Contact person: Tania Faraj

Carers support

Carers Network continue to support local unpaid carers. All carer consultations and carers assessments are now being conducted over the phone. Support groups and drop-ins are suspended, but their advice line is available Mon-Friday 9am -5pm 020 8960 3033 - please leave a voice message and they will return your call. Check for regular updates on their website

<https://carers-network.org.uk/information/westminster-services/>
The Carers Network
Phone number: 020 8960 3033

NB You may have experienced issues with eg food deliveries whilst new services set up or existing services respond to much greater demand, but we have had feedback that these are now working so do keep trying

Other useful phone numbers

- Age UK Westminster Covid-19 Advice Line: **0203 004 5610**
- Age UK (National) Advice Line **0800 678 1174**
- Silver Line: **0800 470 8090**
- Alzheimer's Society National Helpline **0300 222 1122**
- Independent Age Advice Line **0800 319 6789**
- Samaritans **116 123**
- No Panic – for panic attacks sufferers **0844 967 4848**
- SANeline – mental illness support **0300 304 7000**
- Dementia Adviser (Terezie) **07540 502379**
- Resonate Arts (Kathryn) **07484 939793**

For medical emergencies call 999

The most common symptoms of coronavirus (COVID-19) are a new continuous cough and/or high temperature. The best way of protecting yourself is staying at home as much as possible, until the outbreak passes. The vast majority of people recover successfully from coronavirus!

This document was written by Terezie Wickenden, Westminster Dementia Adviser in cooperation with Resonate Arts. Last update 1 April 2020.