

Hello everyone



Welcome to our newsletter.

Well hasn't it been hot! The good news is we haven't quite melted *yet!*

Here is a link from Public Health England Better Health Resources that might be of interest:

<https://associationofcarers.org.uk/uncategorized/public-health-england-better-health-campaign>

This is a major new adult health campaign designed to help kick start the nation's health to eat better and get active. There are a number of resources available to help with weight loss, looking after your mental health and getting/keeping fit.

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A poem by Caroline.

## Hope

There's hope in my heart and I won't give in

However I feel today or yesterday

I will go on living and try to win

I will enjoy small things in every way

I will feel joy at much love felt

In the world – bits that are good

I will let my true inner soul melt

At so very much that lifts my mood

I won't deny myself the sadness

But I know I deserve happiness too

I will live each day and sometimes expect less

But there will be brilliant moments in things I do

I will let myself be surrounded by love  
Even though I won't always believe it  
I know it will sustain me and goes above  
The negative feelings with which often I am hit

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Our Coordinator Maggie is doing a zoom session on Staying Safe After Shielding. It is on Tuesday 25<sup>th</sup> August at 2pm. This is an opportunity for you to share your concerns/tips now that the Shielding Restrictions have been lifted. If you would like to join please let us know and we will send the link to you.

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**How wearing a Hidden Disabilities Sunflower may Benefit You:**

- People around you, including staff in shops, healthcare, workplaces and public transport may offer you more help.
- You can use the Hidden Disabilities Sunflower to tell people about the additional help you need.
- Identifies you as being exempt from wearing a face mask.



Wealden District Council have a small port of funding to provide Lanyards to people in the Wealden Area and have given us some to distribute. If you live in Wealden and you would like one please send a stamped addressed envelope to our office and we will get one out to you.

If you are not in the Wealden area and are interested in receiving a Lanyard please visit <https://hiddendisabilitiesstore.com/> where you can purchase a lanyard and cards.

**Computer Training** – one of our volunteers will be putting together some training ideas to help you with your IT skills. This is most likely to be delivered by Zoom and we will be able to support you to set this up on your Computer. If you are interested in this training, please let us know so that we can see what the demand is and then we can keep you informed.

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For those of you who were receiving respite visits before the lock down, we are investigating the possibility of garden/outdoor visits with your regular volunteer, and have sent out some paperwork to the people we have managed to speak to. If you haven't been contacted don't worry; we started with a test few to see if this was going to be of interest.

We are currently finalising the finer details so ask that no visits take place until you have received further confirmation from us (for those that have had the paperwork). We are working closely with East Sussex County council to make sure all information we give you is accurate and in line with government advice.

For those of you that have returned your paper work so promptly, thanks again.

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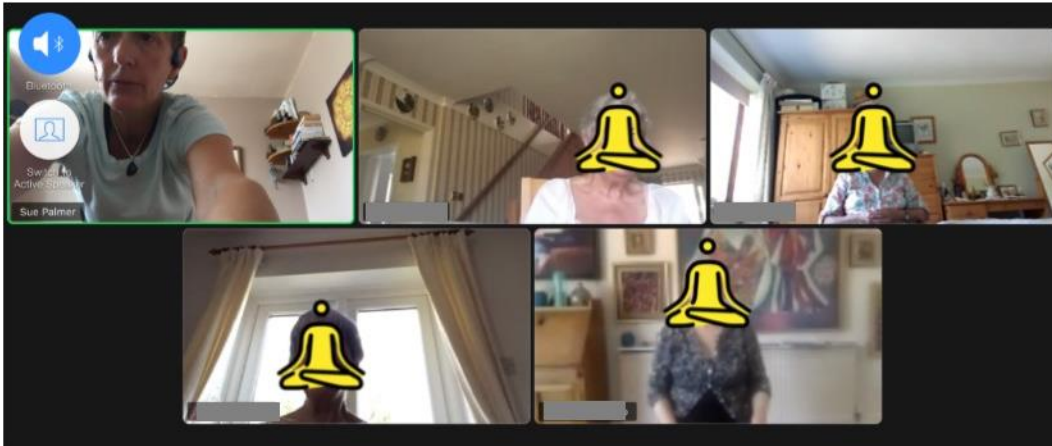
I have attached how to use zoom instructions along with this newsletter, should anyone want to join a group.

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Sue, the former director of our charity, made the decision to retire from the charity in order to focus on teaching yoga, and she recently delivered an online Zoom yoga session to some of the people we work with! She'll be running more sessions, so if you'd like to find out more about them then please get in touch.

PTO :)

# Thanks for hosting an online yoga session, Sue!!



For those with an interest in cars, here is a selection of a car show in Stargard Sz, Poland by Ian one of our volunteers:

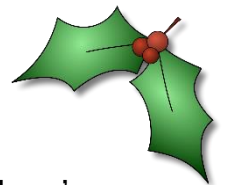




Here's our quick quiz:

1. What company is also the name of one of the longest rivers in the world?
2. What was the name of Ronnie Barker's character in Open All Hours?
3. Queen Elizabeth II is the longest reigning monarch of the UK, followed by Queen Victoria – but who is third?
4. Which county cricket club does England star Jofra Archer play for?
5. Which England bowler earned the nickname 'The Burnley Express'?
6. How many Grand Slam titles has Andy Murray won?
7. Which artist painted the Mona Lisa?
8. In the National Health Service Act of 1952, prescription charges were introduced on the 1st June – how much did they cost?
9. Who played George Dixon in all 432 episodes of 'Dixon of Dock Green'?

**Calling Crafters and Carollers: DO YOU KNOW IT'S CHRISTMAS?!**



Although it's only August, we're already thinking about Christmas (!), and we're looking for people who might like to make Christmas-related items that we could sell to raise funds for the charity. Maybe knitted toys, or Christmas card designs, jewellery, or candles, or wooden carved items. Whatever your skill/hobby is, then let us know if you'd like to make something! Some ideas over.



You could make hair clips in Christmas colours. Let your creative side free!

We were ALSO thinking about the idea of doing a “Do They Know It’s Christmas?” style music video and putting it on the internet in the run up to Christmas. Individual people (or pairs!) would sing a line from the well-known Band Aid song to camera (filmed on a computer or on a smart phone for example) and then we would edit it together to make a full length video! We could maybe change the words to make it more relevant for carers, or just stick with the original depending on what people preferred. And we could even let people download it to raise funds for the charity. If you are interested in singing a line and being in the video then get in touch. We think it could be REALLY lovely and you don’t have to be a professional singer at all!

And finally, Coronavirus has really affected our ability to carry out normal fundraising activities, so if you have any suggestions as to how we can raise some funds for the charity then we’d love to hear your ideas. Get in touch!

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A reminder that we have a number of telephone support services available to you and we are happy to help with any of you who are struggling at the moment with the enforced social isolation or with your IT needs. Our volunteers are on hand to provide regular weekly calls to chat, or to help you with your computer or tablet or phone. Just give us a call to discuss.

## Jane's no bake cheesecake

Here's a really quick and easy tasty pudding for those of you with a sweet tooth. It's topped with fruit, so basically healthy, right!?

2 crushed ginger nut biscuits per person (3 if you like a thicker base) About 1/2 a teaspoon melted butter/marg/coconut oil. Mix together and squash into a ramekin/small pot using a spoon. Put in fridge to set.

Mix Philadelphia cream cheese/marscapone/vegan cream cheese with icing sugar/other sweetener. Basically enough to make a layer of cream cheese that's as thick as you want. Add sugar/sweetener to taste. Put in fridge to set.

Top with fruit of choice! This version is topped with cooked and cooled blackberries. YUM!

It's a very flexible recipe. You could add Nutella to the cream cheese for example, to make it a choccy cheesecake. Or use different biscuits for the base. And obviously you can make a big one instead of individual ones.



What have YOU been baking/what are your favourite recipes? We'd love to put together a 'Carers Cookbook' filled with recipes from carers and volunteers. Let us know!

Remember anyone who rings asking for a payment for something like a Covid-19 test is trying to scam you. NEVER give out your card/bank details to anyone who rings.

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Here's Bonnie cooling down in this heat with a dog friendly ice cream on the pier!



Quiz Answers:

1. Amazon
2. Albert Arkwright, usually known just as Arkwright
3. George III
4. Sussex
5. James "Jimmy" Anderson
6. Three (Wimbledon x2, US Open)
7. Leonardo da Vinci
8. One shilling
9. Jack Warner

Since starting this newsletter it has cooled a bit, thankfully!