

DEAR READERS

We trust that you are all keeping well during the continuing COVID-19 situation.

This newsletter is full of information, advice and tips to help you get through this difficult time.

We hope you find it useful!

Here at Southern Brooks Community Partnerships, the charity we work for, we are working hard with local organisations including South Gloucestershire Council, Sirona, the CCG and others to ensure that local residents have someone to turn to for support at this time.

This has included delivering emergency food parcels, collecting prescriptions, advice, welfare checks, and online courses.

Looking after our mental health and well being has never been so important as it is right now.

Our One You South Gloucestershire project is running well being workshops online or via telephone.

The workshops will be full of tips and ideas on how to improve your daily health and well being, manage anxiety, information on local groups or resources, and a chance to meet new people if you want to, as long as you have a webcam and a microphone.

Our well being workers are also offering follow-up calls with anyone who requests it, and ongoing support if needed.

If you want to find out how we might be able to support you or someone you know, or you want to take part in one - or more! - of the free workshops, call us on 01454 868583 or go online to:

www.southernbrooks.org.uk/wellbeing

"You don't always have to do stuff. Or achieve stuff. You don't have to spend your time wisely or productively. You don't have to be doing Tai Chi and DIY and artisan bread-making. Sometimes you can just be and feel things and get through and survive and that is more than enough."

*@AmandaJ Coffey
via Twitter*

Well-Being

DURING LOCKDOWN



Finding Calm in the Chaos

It might have been a challenging week for some of you and for others it might be the best week you've had since lockdown.

We really do hope you're all finding ways to cope with our strange times and if you are receiving our email updates, we hope you have found something in them to try for yourself.

If you're supporting your family member or friend with dementia we also hope that they are coping with the lockdown.

Many of us are finding the unusual times strange- you just think you've nailed it and then you wish you could go to a cafe or visit a friend - and you can't!

Our Dementia lead, Winsome has created her own 'go-to' solution:

“ I have put out my garden table and chairs and that has now become my go-to place - I love gardening so when I need ten minutes break I go there! ”

Where is your go-to place when you feel overwhelmed?

Supporting Others

DURING LOCKDOWN

Supporting someone with dementia can be daunting at the best of times. But with this new "normal" comes new challenges.

Usual support networks, Memory Cafes and groups are closed. You may not be able to go to your usual favourite places. Visits from friends or family members are strange and limited.

But that doesn't mean you have to deal with everything on your own.

There are many groups of volunteers which have been set up to help with things like shopping, prescription collections, and well being check-ins.

Take a look at the official list of Mutual Aid Groups in South Gloucestershire here:
<https://beta.southglos.gov.uk/get-help-and-support-in-your-area/>

You can also call Southern Brooks seven days a week if you need support. Our Freephone number operates from 11am-7pm Monday to Friday, and 12noon-6pm Saturday to Sunday.

*Connection is why
we're here; it is what
gives purpose and
meaning to our lives.*

©SouthGlosDAA

- Brene Brown -

We need to stay connected to people living with dementia – whether it's by phoning them during the COVID-19 crisis or sending them a video or recording of us singing their favourite songs or if we live with someone with dementia finding some simple activities that we can do together.

Connection during social distancing is critical for people living with dementia and their carers.

We cannot work face-to-face with anyone during lockdown, but we are running online Dementia Friends Information sessions throughout June. Find out more at:
<https://southernbrooks.org.uk/dementia/sgdaa>

Call: 0333 577466

or email: communitysupport@southernbrooks.org.uk

Activities

DURING LOCKDOWN



Crochet some forget-me-not flowers!

You can use any scrap wool you have. Here is a link to a video on how to do it:

<https://www.youtube.com/watch?v=PW8N8c-YTD4>

The channel HappyBerry Crochet on YouTube has lots of other great instructional videos for other projects to keep your hands busy!

There is a knitting pattern for forget-me-nots at the end of this newsletter for those who prefer two needles.

No tracing paper?
Try using baking
parchment instead!

Colour me happy

you might think this is childish but there are a wealth of good research to show it is good for lowering stress levels, promoting mindfulness (a hot subject in today's climate) and also co-ordination, for focusing our attention on something creative from selecting the colours to actually doing the colouring in!!

Try it alone and with your loved one living with dementia. You don't need to be super tidy, just relax and enjoy it!

You can print pages for free at <https://www.art-is-fun.com/free-adult-coloring-pages> or trace pictures if you don't have a printer!

Useful Numbers

DURING LOCKDOWN

NHS open for business to help you get the treatment you need. If you need medical help, you should still contact your GP practice, use NHS 111 online or call 111.

Locally, both the Yate Minor Injuries and Tetbury Hospital Minor Injuries and X-ray services remain open for anyone to attend if needed.

Yate is open 8am to 8pm, seven days a week. Call 01454 315355. For information visit www.sirona-cic.org.uk/services/minor-injury-unit

Tetbury is open Monday to Friday 8.30am to 4pm. If you have any further questions, please contact the hospital on 01666 502336 or enquiries@tetburyhospital.co.uk

Telephone Befriending Service

Do you fancy a chat with someone else outside of your immediate family circle? Are you feeling lonely or isolated because of the lockdown? We're all in this together so give the friendly team at Bristol Community Cafes CIC a call for a chat over a 'cuppa'. You can chat about your concerns or anything else! Call Gill on 0117 902 5779 or 079448 393 397.

Alzheimer's Society

For a chat and call Alzheimer's Society Dementia connect support line on 0333 150 3456

AgeUK South Gloucestershire

Benefit and benefit checks and support is still available by telephone.

You can call them on 01454 411 707 select option 1

Email: benefits@ageuksouthglos.org.uk

Carers Support Centre

Carers line is still open for business - give them a call if you need advice or someone to clarify some issue you might be struggling with. Don't be shy - that is what they are there for. Call 0117 965 2200

Open from 10am-1pm and then from 2pm-4pm Monday to Thursday and on Friday they are open for calls from 10am-1pm.

Sirona Care and Health

Still working, still visiting clients at home.

They have PPE (personal protective equipment)

Call on 0300 125 67 89

Email sirona.hello@nhs.net

We Care and Repair

They offer repair and renovation work and are still working.

Tel 0300 323 0700

Email: info@wecr.org.uk

www.wecr.org.uk

KNITTED FORGET-ME-NOTS

Based on [Dementia Oxfordshire's pattern](#) and [Courtyard Arts' Youtube guide](#)

You will need

- Blue yarn and yellow yarn of the same weight
- Knitting needles suitable for the weight of your yarn
- A large sewing needle
- Scissors



Pattern

Cast on 40 stitches



Knit one row

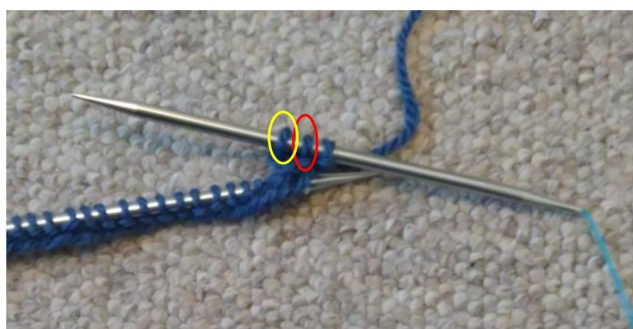


Knit the first stitch



Cast off 6 stitches

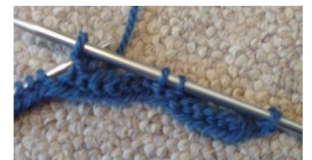
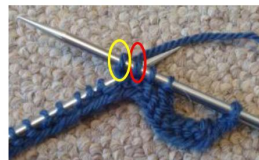
(pass the red stitch over the yellow stitch to cast off the first stitch)



After casting off the 6 stitches, you should be left with two stitches on the needle and a loop between them, like this:



* Knit one stitch, cast off 6 stitches repeat from * to end



By the end of the row, your work should look like this:



Cut the end of the blue yarn, and thread the sewing needle with it.

Transfer all the stitches from the knitting needle to the sewing needle.



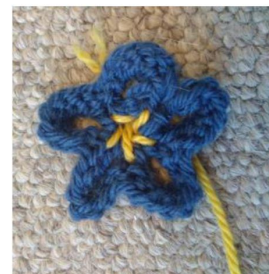
Pass the needle through the first stitch again to create a loop, and pull tight.

Weave in both ends of blue yarn.



Thread the needle with a length of yellow yarn.

Sew a stitch from between each flower petal into the centre of the flower.



Sew a stitch from the middle of each petal into the centre of the flower.



Leave one end of yellow yarn long as a stem; weave in the other end.



Until next time

Take care of yourselves, and each other.