

BITS AND BYTES FOR THE OVER 50'S

Hello, I am happy to announce that from **Monday 3rd August** we will start delivering some onsite activities from Sonali Gardens and Wapping Children's Centre.

These include our Coffee mornings on Monday and Wednesdays, Darts group and our new Walk and Talk Group on Tuesdays!

As a result of COVID19, we have had to introduce an activity booking system to ensure that we are following government and health guidelines. We are taking this and several other measures to make sure that we protect your health and safety and prevent the spread of the virus.

We need your cooperation and support to help make the new booking system run smoothly. To book an activity call the Linkage Plus office or Outreach Workers to book your place.

Once you have booked you will be given an activity information briefing sheet with start times, what to do when you arrive at the centre and so on.

If you are unsure about what to do call the office and we will go through it with you. We can't wait to see you all back enjoying activity sessions.

I would like to thank all of you who completed and returned the Health & Wellbeing questionnaire.

Your feedback is very important and helps us deliver a better service. So please keep telling us what you think!

Lastly, I am excited to share with you all that we have set up some social media platforms to promote and share our work! Please follow and share our Facebook, Twitter and Instagram pages with friends, neighbours and partners.



Instagram:
LinkageP



Facebook:
**Linkage Plus
Sonali Gardens**



Twitter:
@Linkagep

Frances Shank, LinkAge Plus Coordinator

ACTIVITIES



Weekly Activities Programme August – September 2020

Monday	Tuesday	Wednesday	Thursday	Friday
Sonali Coffee morning 10:00 – 11:30am IT Drop in 12:00-2:00pm  Men's Group 2:00-3:30pm Tarling Centre Quiz Afternoon on ZOOM with Helen 2:00 – 3:00pm	Walk & Talk 10:30- 11:30am If you like to walk and talk join our new social walking group. IT Drop in 12:00-2:00pm Darts Session 1:30pm 	Wapping Coffee Morning 10:00 – 11:30am  2:00 – 3:00pm 'Name That Tune' with Kate on Zoom 	10:00-11:00am Zoom Coffee morning with Helen  Need help with getting set up on Zoom? We can help, give us a call today!	Booking is required for all onsite activities at Sonali Gardens & Wapping Children's Centre. Please call the LinkAge Plus team to book a space. Main office 020 7265 9292 Helen: 077075 33285 Kate: 077075 33237

RIBA have launched self-directed adult resources, which can be found here:

<https://www.architecture.com/education-cpd-and-careers/learning/adults>

These include: **Digital drawing: Create art using your smartphone or tablet**

How to keep a sketchbook

Power Up! New and Quick Ways to power up your creativity and approach to making art



Mind in Tower Hamlets and Newham have a range of fantastic group activities that are available to all! These include **photography**, **art**, **boxing** and **mindfulness** sessions.

If you are interested, please contact **connecting.communities@mithn.org.uk** to register!

Weekly Active Online Group Timetable 2020						
Monday	Tuesday	Wednesday	Thursday	Friday		
Thal Boxing Fighters Academy (Outside) Gohar 10am - 11.30am	Beginners with Technology Richard (Bowhaven) 9am - 12pm	SHED HAPPENS (Men's Shed Radio) 10am - 12pm http://frome.fm/listennow/	Thal Boxing Fighters Academy (Outside) Gohar 10am - 11.30am	Healing From Narcissism LEAP 10am - 11.30am	Mums Matter (1:1 Sessions) Leonora 9.30am - 12pm	
Healing From Narcissism LEAP 10am - 11.30am	Exercise with Louis Louis 12pm - 12.30pm	Coping with Life & CBT Advice (1:1 Sessions) Leonora 11am - 2pm	Co-Create Art Sessions Patricia & Martin 10.30am - 12pm	Coping with Life & CBT (1:1 Sessions) Leonora 11.30am - 1.30pm		Thal Boxing Fighters Academy (Outside) Gohar 10am - 11.30am
Improve Your Confidence Dave 11am - 1pm	Photography @ Mind Collin/Riz 12.30pm - 2.30pm		Mindfulness Sessions Leonora 3pm - 4pm	Chit Chat with Mind Rukia/LEAP 2pm - 3pm	Mums Matter Course Leonora 1pm - 2.30pm	
			Mum's Matter Queries (1:1 Sessions) Leonora 4pm - 5pm	Art Plus Richard (BowHaven) 2pm - 4pm	Men's Mental Health Support Group Richard (BowHaven) 2pm - 4pm	Coping with Life & CBT (1:1 Sessions) Leonora 3pm - 4pm
People's Portal Charley & Iain 6pm - 7.30pm (1st & 3rd Monday)	Quizical Minds Join us for a fun weekly quiz 5pm - 6pm			Mindfulness Session Leonora 2.30pm - 4pm		LGBTQ Mind Tafari 5pm - 6pm
Thal Boxing Fighters Academy (Outside) Gohar 7pm - 8.30pm		Expressions With Art Phillip 6.30pm - 7.30pm	Thal Boxing Fighters Academy (Outside) Gohar 7pm - 8.30pm		Thal Boxing Fighters Academy (Outside) Gohar 7pm - 8.30pm	

Register now for upcoming Sessions:

- Exercise with Louis Group - From 14th July
- Our new Photography Sessions - From 14th July
- New LGBTQ Group - From 24th July

For more information or to register for one of our groups, please contact our Navigators on 0207 510 1081 or email connecting.communities@mithn.org.uk. You can also visit www.mithn.org.uk for further resources.

East London Out Project (ELOP) Tower Hamlets LGBT Community Forum

ELOP are a holistic gay and lesbian mental health charity based in East London which *'aim to promote the mental health, wellbeing, empowerment and equality of lesbian, gay, bisexual and trans (LGBT) communities'*.



Are you LGBT living in Tower Hamlets?

**JOIN OUR
LGBT
WEEKLY
SOCIALS**

Online!

Every Monday

Over 50's | 1:00 - 3:00 PM
Social support group | 3:30 - 5:30 PM

Email events@elop.org for more info

ELOP is a Registered Charity 1067474 & Company Limited by Guarantee 3355423



The LGBT forum aims to identify current and potential projects or services that work well and to drive changes to improve services targeted at the LGBT community, ensuring that the voices of the LGBT community are heard and improving LGBT representation in Tower Hamlets

Interview with GoodGym volunteer, Laura, who recently helped to transform the outdoor space in Sonali Gardens in preparation for it's reopening!

1. So first of all, could you just tell us a little bit of about yourself and how you got involved with GoodGym?

I joined GoodGym at the start of 2018 when I was looking to do something more community-focused, with more interaction in my borough, within my fitness career. I'd known about GoodGym almost since the start – I remember running with the group years before, and I recall thinking what a tough workout turning compost was!

2. Could you briefly outline what Goodgym is and what they do?

GoodGym combines fitness with getting out in our Boroughs and towns and helping individuals and organisations, from visiting the elderly and isolated, to helping paint an underfunded community centre. Joining GoodGym is free, and there's minimal commitment involved. You don't have to be fit – GoodGym's aim is to get you fit! You can run, walk or cycle to any GoodGym activity.





3. How did COVID 19 changed the kinds of work/voluntary work that Goodgym do and why do you think these kinds of services are important at this moment in time?

Throughout lockdown, GoodGym has been providing deliveries for vulnerable people, and completing basic tasks for people to enable hospital discharge. Partner organisations can request help, too, for DBS checked volunteers. We've been closely involved with the Red Cross and other charities, as well as local government agencies.

On a group level, as things return to some normality, we've been meeting in very small, socially distanced groups. Many of the organisations we've worked with have desperately needed our help due to staff shortage and a long period of no activity. Not only are we pleased to be reunited with some beloved, familiar Tower Hamlets faces, many GoodGymers have themselves been 'accidentally isolated', confined to very small flats and househares for an extended period of time, so the relief is felt all round.

4. I know Goodgym have helped St Hildas quite a lot over the years. Do you have a favourite experience with this organization?

This has to be our first time at St Hilda's which also happened to be GoodGym's first ever group run! How amazing is that?! We assembled at York Hall and ran to you to clear a cupboard. Amazing!



Interview with LinkAge plus outreach worker Joynul

1. Can you tell us a little bit about yourself and your role at LinkAge plus?

My name is joynul Hoque and I am a Community Outreach Worker at LinkAge Plus. I joined the team back in 2007. My role as a Community Outreach Worker is to help people make most of later life by promoting a mixture of practical, physical and emotional wellbeing activities.

I can also signpost people to other services, provide one to one support including home visits or other places they choose. I work towards helping people to improve their wellbeing, increasing their social networks and opportunities and support them to live independently!

2.How has COVID 19 changed the way you work?

As a result of Covid-19 pandemic we have had to make some major changes to how we deliver our services, to follow Government guidance and importantly keep our service users safe and still provide our services. We had to completely stop our centre-based activities and make use of technology (such as telephone and internet) to support our service users. So, at the start of the pandemic we were very much busy contacting people by telephone to provide advice, guidance and emotional support.

3. What have been some of the new roles you have had to take on due to COVID 19 ?

Due to these unprecedented times we have had to look into different ways of reaching out to the most vulnerable people in our community establishing new partnerships with other organisations and local community groups in order to support the hard to reach.

We helped to develop a Food Hub from Sonali Gardens and were delivering meals to up to 200 people a week. Running a very busy Food Hub was also very challenging; preparing and delivering meals to large numbers of people across Tower Hamlets was no easy task.

In response to the increased risk of people suffering from severe loneliness and social isolation we also developed a befriending scheme, matching a volunteer who would call on a regular basis to provide support with mental health wellbeing

4. What have been some of the challenges of working through the COVID 19 pandemic?

One of the main challenges for me during the pandemic (other than working from home with kids running riot) is providing mental health support to people who were finding it very difficult to cope. Some days I would be on the phone with a person for over an hour, then contact other relevant services including GP's and Social Services to make sure the help and support the person needs urgently are in place.

Going forward, as the lockdown eases the public can be forgiven for thinking that the period of loneliness, isolation and boredom will come to an end. But it's important to understand that even when the pandemic is over the epidemic of loneliness will remain with many.

5. Can you share an anecdote or story about a user or someone you have helped through the COVID 19 crisis?

Be it by providing hot meals to people who are unable to prepare meals on their own or help to pick up an urgent prescription for an older person who is self-isolating. One particular case comes to my mind is of a person who contacted us on a Friday saying that they had no food at home, and also explaining the health problems they suffer. Knowing that almost all support services will be unavailable during the weekend I quickly contacted the Tower Hamlets Covid-19 support team to arrange delivery of a food parcel for the following day.

6. What have some of the positive experiences that have come out of working through the COVID 19 crisis?

The response from people to come forward and lend support was truly amazing. We saw people forming groups locally to help people most affected by the pandemic. I remember contacting one of these local groups about one of our users, I found them to be very helpful; not only did this person buy and deliver food parcel with her own money, she later contacted me to check if the person was okay.



Irish Soda Bread Recipe

Courtesy of Delia Smith online



Ingredients

- 375g strong stoneground wholemeal flour
- 75g plain flour, plus a little extra for dusting
- 1 level teaspoon bicarbonate of soda
- 1 level dessertspoon fine salt
- 1 x 284ml carton buttermilk (Alternatively -1 cup of milk + tablespoon of lemon juice)
- 75ml water

Instructions

- Pre-heat the oven to 200°C, gas mark 6
- Begin by placing the dry ingredients in a large roomy bowl, mix to combine, then add the buttermilk followed by the water.
- Start mixing; first with a spatula then finish off with your hands, to form a soft dough.
- All you do now is shape the dough into a ball, adding a dusting of flour if needed and place it on the baking sheet and pat it down a little.
- Cut a third of the way through the loaf with a sharp serrated knife, one way, then do the same the other way, forming a cut cross which will form the loaf into four crusty sections.
- Then dust with flour and bake straightaway in the centre of the oven for 40 minutes then cool it on a wire rack.



ADVICE

The Government Guidance on Face Coverings has changed.



You now have to wear a face covering:

- In hospitals or medical settings
- In retail settings, shops and supermarkets
- On public transport
- In spaces where it is impossible to stay 2m apart from others

Tips to remember face coverings:

- It should cover your nose and mouth fully
- You should avoid touching the front of it
- Change the face covering if it gets damp or you have touched the front of it
- Do not share your face covering with others
- If reusable, wash it regularly



You **do not** have to wear a face covering:

- You have a disability that prevents you from wearing one. Please contact your GP to find out if you are exempt.
- Asthma
- Other breathing problems

LinkAge Plus Contact Details

Joynul (Monday- Friday)
07904592403

Kate (Tuesday -Thursday)
07707533237

Helen (Monday -Wednesday)
07707533285

Landline
-02072659292