Stay home. Stay safe.

In these uncertain and unusual times our homes are a place we find ourselves inside most of the time. It is a place to feel safe and protected from the world around us. We all need to find a new way of existing and finding that connection and belonging we all need in our lives. There are many ways to keep in contact with the rest of the world if you have access to the right technology and know how to use it. For some, this is not wanted or even possible. For those of us who do not have a computer or I Pad we need to use the tried and tested ways, such as; picking up the phone to someone, a friendly voice to chat to can make a huge difference to us all, share a worry or a funny story. Look out the window, smile if you see a neighbour, a smile makes a big difference, and although we may not feel there is a lot to smile about it can lift our spirits more than we know.

We have beautiful gardens within our communities and spring is here so let’s try and enjoy nature’s new beginning for 2020, even if it’s from inside our homes. Keep smiling everyone.

If you are able to go out and enjoy the gardens, please ensure you are following the government guidelines on social distancing.

NHS appreciation

We are all exceptionally grateful to the NHS and all the other essential services that are looking after us and keeping our country going. The Thursday night thank you has been truly supported by all of our residents and has been an uplifting and a moving event for everyone who has participated.

When we get through this extraordinary and challenging time, we will be arranging a number of community get togethers to reunite and celebrate getting through it, we look forward to these special days with you all.

Useful number

Age UK Advice: 0800 169 6565

Free, confidential information and guidance, 8am to 7pm, 365 days a year.

Turn to page 3 to see Age UK tips for staying at home.

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STAY HOME

STAY SAFE
The Finchley Charities’ Newsletter

**Gardening and Ground Maintenance**

Spring calendar

Sadly, all our communal activities are currently suspended due to the Coronavirus restrictions, but we just wanted to let you know as soon as life returns to normal we will share with you all the important events and dates to put in your diaries, we can’t wait!

**Laundry Facilities**

We ask everyone to please adhere to the temporary laundry arrangements, and ensure you follow the government’s advice on social distancing. There are posters displayed in the communal areas to remind us all of our personal responsibilities to keep ourselves and others safe.

**Changes to the team**

A huge welcome to Nigel Skeete our new Property Services Manager who joined us in February. John Everett will continue to work with us for a couple of days each month to manage the strategic side of the property services.

Geraldine Fox our Office Administrator became a permanent member of the team after temping with us for several months.

Geraldine works with Jackie Cartwright, the Office Manager who joined the team in October 2019. We are delighted she is able to join us on a permanent basis.

**Urgent and Emergency Repairs and cleaning**

As you are aware only essential, urgent and emergency repairs will be carried out. Nigel Skeete together with our contractors will assess all jobs and ensure when repairs are carried out, operatives are all following government guidelines.

We would like to say a big thank you to all our dedicated operatives carrying out essential work for The Finchley Charities during this challenging time, showing commitment and dedication as well as the contract managers at Purdy and MNN to ensure this continues.

**Age UK Advice**

**Tips for staying at home**

**Stay at home**

The Government has asked everyone in the UK to stay at home. This means even people who may not be at a high risk should only leave the house for limited reasons. These measures are to help prevent the spread of the virus, and protect the most vulnerable.

**Ask for help**

Talk to family, friends and neighbours to let them know how they can help. Many communities are also organising local support groups as well. Don’t be afraid to ask!

Explore what you can do by phone or online.

**Essential supplies**

Make a list of the things you need day to day including food, household essentials and medication. This will help you to keep track of what you need to get in.

Don’t forget to think about the things you may want to keep going with hobbies and interests at home.

Don’t stockpile. Shops and pharmacies will keep refreshing their supplies.

It’s important to note that it may take longer than usual to receive deliveries to your home so do plan ahead,

**Being prepared**

Think about other things it would be useful to have to hand, this may include:

• keeping to hand a list of useful telephone numbers – as well as family and friends this could include your GP, local council, carers, local pharmacy and delivery services.

• having a list of your medications and important medical information to hand.

• if you have a mobile phone and/or access to the internet, think about how you could use them to help (e.g. online shopping, video calls, sending and receiving emails and messages) and check you are confident you know how.

**Medical appointments**

The NHS are trying to reduce the number of people visiting hospitals and GPs. This is to stop the spread of coronavirus and to protect the NHS. You may be contacted to postpone your appointment or do it over the phone. Please check before you need to attend if they have not made contact.

All non-emergency operations are being suspended for at least three months.

**Care and support**

I already have social care, what will happen to it? If you normally receive care and support in your own home this should continue even if you become unwell and are advised to self-isolate.

If you have concerns or are experiencing difficulties getting the help you need, contact your SHO for advice, care provider and/or your local council for help.

I don’t have social care currently, but what if my needs change? If you feel your needs have changed and you can no longer cope at home without support, you should contact your local authority and speak to them about this. Your SHO can advise you if you are having difficulties.

It might be a good idea to talk to us, family, friends or trusted neighbours to see if they can help you in the meantime.

**Hospital discharge**

This is in the unfortunate event you are admitted in to hospital.

If you are currently in hospital or are admitted as a result of coronavirus, there are a few things it’s worth knowing about how the discharge process will work during the outbreak:

1. You and your family should have the current discharge process clearly explained to you as you’re admitted to hospital. They should also be given a leaflet explaining this process.

2. The NHS will pay for any follow-on care that it’s agreed that you need when discharged.

3. When you are discharged and returning home, please let your SHO know. This is to ensure we know you are home and receive the support you need.

**Age UK Advice:** 0800 169 6565