

We hope that the last month has been a brilliant one for you! Considering now that we can hug and eat inside restaurants, which is extremely exciting! The Living Well Team are hoping that as restrictions keep on easing that things look brighter for the future of groups!

Speaking of groups...

Below is our Virtual Wellbeing Timetable, these are all our available virtual open access groups that you are welcome to attend. You may notice that there are some gaps in the timetable, if you have any ideas of groups or sessions that you would like to see, then please let us know too!

If you are interested in any of these groups or simply would like some more information, then please contact the Living Well / Wellbeing Team. Or call us on 01474 320007.

## **'Virtual' Wellbeing Timetable**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Chaplain's inspirational messages! (daily)</b> <a href="https://www.facebook.com/ellenorcharity">https://www.facebook.com/ellenorcharity</a>	<b>Living Well Zoom Call</b> 10.00am - 11am	<b>Living Well Zoom Call</b> 10.00am - 12.00noon		
<b>Mindfulness and relaxation Group</b> 11am - 12noon		<b>Music Therapy Session</b> 11am - 11.45pm	<b>Live Seated Exercise Session</b> <a href="https://www.facebook.com/ellenorcharity">https://www.facebook.com/ellenorcharity</a> 11am - 12noon	
		<b>Therapies for the Senses</b> 3pm - 4.30pm	<b>Arts and Craft Session</b> 2pm - 2.40pm	

To be sent an invitation to these groups, please call our Wellbeing or Living Well Team on 01474 320007.

**The last month has been a particularly exciting and positive one! Restrictions are lifting and we can now safely do more!**

From the 17<sup>th</sup> May we FINALLY reached Step 3 of the Governments roadmap out of the Pandemic.

This means that now,

- Pubs and restaurants can re-open indoors
- Groups of 6 or 2 households can now mix indoors.
- Can hug one another again, the Government have announced that we have the choice of touching or hugging.
- Overseas holidays have been lifted for the green list countries.
- Overnight stays are allowed – for households and Hotels / B&Bs
- Indoor sports and gym classes can open.
- Face masks are no longer needed in secondary school classrooms.
- University students can now re-commence in-person teaching.
- Cinemas and theatres have reopened.
- Rule of 30 for funerals is no longer applicable as places are now assessing how many people they can fit indoors and outdoors with social distancing in place.
- COVID-19 Alert Level has been lowered from Level 4 to Level 3 – this means that the epidemic is in general circulation.

After what seemed like forever, we finally have light at the end of the tunnel! May this positivity continue.



People can meet in groups of up to 30 outdoors



Six people or two households can meet indoors with overnight stays allowed



Pubs, restaurants, bars and cafes allowed to serve customers indoors



Museums, theatres and cinemas can open



Hotels, hostels and B&Bs can reopen



Adult indoor group exercise classes can restart



People urged to be cautious about hugging close friends and family

### **Book Club!!**

*Maria Hughes sent us in a delightful review of a book she has just finished reading!*

Let us notice things around us.

I have just finished reading a book written by a survivor of a Nazi concentration camp. This lady lived, like thousands of others, through unimaginable hell but I marvel at her spirit.

She describes a day when, after months of being stuck inside the camp, some prisoners including her, were taken in a truck to some fields to help with the potato harvest. On the way to the fields, in this shaking truck, hungry and wearing only rags she admires the beauty around: the colour of the trees, the sound of the birds, the occasional passer-by looking with compassion to the prisoners. She even admires the rats running around, how clever they were at always looking for food in the right places and finding it. But most of all she enjoys the air that doesn't smell like death – and this gives her the hope to survive.

It's good to read a book like this one.

Now, when I go out for a walk with my husband John – I will treat it a real joy: joy of freedom, joy of seeing children playing outside, of seeing people walking dogs, of seeing friends on a nice walk.

Oh, the power of the written word is never overstated!

Book was called: Yalta Victim, Zoe Polanska-Palmer



Our Resident explorer, Roger Bryan has sent us this amazing record of all the places he has been to (virtually of course) during the Pandemic.

***Around the World and Other Adventures During the Pandemic***

Wasn't it a shock when we were given just a few days' notice that everything would need to close for the foreseeable future! It had to happen, of course, but it didn't make life much easier or happier to begin with. All the clubs and social activities I'm involved with, like the rest of the country, ceased to function. No Twinning exchange, no Probus lunches, U3A meetings could not happen, Computer clubs couldn't meet, health walks stopped, birdwatching prohibited, etc., you got the picture, and it was the same for everyone.



Now, my wife and I, and our three children, have always enjoyed holidays in Europe and north America and across the British Isles during school holidays until the perishers outgrew the nest! Then, the two of us embarked upon travels to further shores, Australia, New Zealand, India, Thailand, Singapore, Kenya, a few cruises and so on.

I had organised a week in the Forest of Dean for our U3A members in April 2020 – all that planning including accommodation for nothing! There was much Cursing-in-the-Marsh!

What to do during lockdown as not everything could switch to online, although some have subsequently. I thought to myself, I know, I'll have a crack at organising/reorganising my stamp collection; that'll keep me busy for a couple of weeks! It's ongoing still and maybe, at the risk of boring people, I'll write on that topic at some other time. Then I turned my hand to devising online quizzes – I prepared four for the benefit of different groups and charities; they went down quite well. Another topic to be expanded upon later.

That's enough scene-setting or background as I'm sure you would agree; I haven't taken you anywhere yet! But things are about to change. Sheila, our u3a speaker organiser discovered 'Mirthy' and has booked monthly webinars for the benefit of all Swanley u3a members. To be honest, not all the subjects are of great interest to me – much the same as regular presentations – however, they are of some interest to many of our members. In other words, some talks are better than others! Now the thing is that, in addition, 'Mirthy' provide free weekly webinars that anyone can subscribe to and so I did! Then I discovered other organisations had joined the webinar bandwagon and I now immerse myself in three, four or five outings every week. Here's a summary of some of the 'places I've visited' online so far – I've just given the webinar titles and the name of the provider:



*Around the World and Other Adventures During the Pandemic, **continued***

**General Interest and History:**

The Great Waterloo Controversy – National Army Museum

Burma Campaign 1942-45 – NAM

Brixmis: The Last Cold War Mission – NAM

The Polish Armed Forces in Britain, 1939-45 – NAM

“It’s not what you say” – Mirthy.

Big Ben – Mirthy

Zeppelin: Ship of Dreams – Mirthy

Culture and Society at Lullingstone Roman Villa – Mirthy

The Devil’s Daughter and Me: A family history – Mirthy

The London That No-One Tells You About: Mirthy

Morecambe & Wise: Mirthy

Curiosities of London: Mirthy

Are you descended from a Viking – ancestry by DNA: Mirthy.

A Christmas Entertainment: u3a Mirthy

The Life and Times of Edith Cavell: u3a Mirthy

From the Cutting Room Floor: u3a Mirthy

**Nature and Wildlife:**

Birds of Ascension Island: Mirthy

Sandwich Bay Bird Observatory during lockdown: SBBO

Birds in Paradise – Galapagos & Seychelles: SBBO

Birds of Greece & Islands: SBBO

Plants and Animals of Far East Russia: SBBO

The Lake District - A Celebration and a Warning: Mirthy online

The Seals of Chichester Harbour: Sussex Wildlife Trust

Guyana - The last true wilderness: SWT

The Corona Wildlife Diaries: SWT

Pulborough, The most important wildlife site in Sussex: SWT

Pevensy & Eastbourne Levels: A Natural History: SWT

Lockdown birding in Kabul, Afghanistan: SWT

New Zealand's sub-Antarctic Islands with Peter Roberts: SWT

Monitoring rare breeding birds in the UK: SWT



*Around the World and Other Adventures During the Pandemic, **continued***

**Travel:**

Backpacking on a Pension Book in Australia: Mirthy  
Thirty Years of Travel in China: Mirthy  
A Passage to India: Mirthy  
A Tibetan Journey: Mirthy  
Claudia in Porto baking for Easter (live): Virtual trips  
Hidden Naples (live): Virtual trips  
Unseen Paris (live): Virtual trips  
Yellowstone National Park (live): Virtual trips (now Heygo)



I can honestly say that they've all been interesting and enjoyable to some degree, some extraordinary, some quite disturbing especially if you're concerned about the environment. I could rank them in order of my preferences but, as they may differ from yours, I would simply urge and encourage you to search for these programmes or make your own choices. Some of them are repeated, just like on tv, and most are free; the most I've paid is £3! The trend seems to be to produce a free webinar nowadays with an option to donate. It's so easy to start – just type in your search 'free webinars' followed by the subject or topic you're trying to find. Be amazed; the selection available is tremendous! Some friendly advice: register early and be on time as some may wait for late arrivals but others won't!

What a way to get around to far flung places; without the hassle of passports, visas, arranging travel, booking flights and accommodation and all that entails. Enjoy, there's no better time! The world is your lobster according to Del Boy, the bard of Peckham!

*Written and submitted by Roger Bryan for the Ellenor Living Well News. [April 2021]*



### **Poet's Corner!**

*Our poet, Judith Crane has sent us a very sweet poem as a thank you for the support that the Living Well Team have given her.*

#### **For the ellenor ladies.**

Thank you for the music...  
That song you've written.  
Well, I read it once,  
And I was smitten.  
Who can do without you?  
I ask in all honesty,  
Where would we be?  
Without our ellenor friends  
Who do so much for you and me!

xx

**This time in history....**

1<sup>st</sup> June 1946 –

Television licences were issued in Britain for the first time, they cost £2.

2<sup>nd</sup> June 1953 –

The Coronation of Queen Elizabeth II took place in Westminster Abbey.

9<sup>th</sup> June 1870 –

Charles Dickens died of a stroke at his home in Gad's Hill Place, Kent. His sudden Death was blamed on his punishing work schedule. Which included tours of USA and England.

11<sup>th</sup> June 1509 –

At the Palace of Placentia, Greenwich, 18-year-old King Henry VIII married his former sister-in-law Catherine of Aragon, his first wife.

We would also like to wish a very happy birthday to...

- Jennifer L
- Barbara C
- Kathryn B
- Olufunke O
- Margaret R
- Ann D

And a future happy birthday for July to...

- Gladys L
- Barbara W
- Kathleen G
- Jennifer T
- Malcolm M
- Douglas R
- Marion C





### **Re-launch of group!**

Our Social Drop-In that occurs on Fridays will be re-starting when we re-open.



**SOCIAL DROP-IN**

**FOR PATIENTS AND THEIR FAMILIES**

- Friendly and supportive social group
- A chance to meet other patients and carers.
- Creative writing groups and board games.
- Help in applying for benefits and financial support.

Enjoy our café for lunch or coffee & cake.

Every Friday, 10am to 12pm at ellenor, Coldharbour Rd, (DA11 7HQ)

(Limited parking is available at our car park but there is an unlimited car park available in the local area.)

Please call our Wellbeing Team on 01474 320007 for more information.

www.ellenor.org  
ellenorcharity  
Registered charity no. 102561

**ellenor.\***

The Social Drop-In is an Open Access Group, this means that anyone can attend regardless of the service that they are under.

This group occurs on a Friday from 10-12.

The group itself is led by staff members from the Wellbeing Team who are there to support and advise anyone who requires assistance.

As the name suggests, it is a social group and is a lovely opportunity to meet other patients and carers in a friendly and supportive atmosphere.

So, please do drop by!



Excitingly, during the Social Drop-In we are also holding a free legal advice clinic too!

#### **Free Legal Advice**

Every Friday between 11am and 12noon Stanton, the local specialist Family Law Solicitors offer a free pop-in advice service on The Green where they can help with any legal issues for patients, their families, staff and volunteers. You don't need an appointment and all advice is confidential.

## Events that happened in May

### Dying Matters Week: 10<sup>th</sup> May-16<sup>th</sup> May

Dying Matters Week is an annual event which aims to raise the profile of care that dying individuals and their families receive. To draw attention to the gaps that exist in these support structures.

The week aims to start conversations about Hospice care and to look at your own wishes about what you would like for your end of life. The ways that this can happen is:

- Physically- Place of death, Advance Care Planning
- Emotionally – Talking about death, making sure loved ones are cared for.
- Financially- Making a will, making funeral plans.
- Spiritually- How different faith groups talk and prepare for death.
- Digitally- Looking at digital assets, social media, online banking.

For more information see our Facebook page:

<https://www.facebook.com/ellenorcharity>

**SAVE THE DATE**  
**Dying Matters**  
**Awareness Week**

**10 - 16 May 2021**



### Mental Health Awareness Week 2021: 10<sup>th</sup> May-16<sup>th</sup> May

Mental Health Awareness week is an annual event which aims to give the whole of the UK the opportunity to focus on achieving good mental health. It was started 21 years ago by the Mental Health Foundation. Since then, it has grown to becoming one of the largest awareness weeks both globally and nationally.

It is open to everyone and aims to start conversations about mental health and the things in our daily lives that affect it.

This year the theme was nature and how important it is to connect with nature and how nature plays a pivotal role on our mental health.



**Thought for the month...**

*Sent in by our very own motivational speaker, Maria Hughes.*

Life is not qualified by fluent English, branded clothes or a rich lifestyle. It is measured by the number of faces who smile when they hear your name!

So, let's see if we can put a smile on somebody's face as often as possible.

Perhaps one smiley face a day?

It's not easy especially now in this difficult period of Pandemic all around us. But we have friends who would keep our spirits up.

So, let's work on our friendships.

Let's not do anything to spoil or destroy them because without friends we would not smile as often as when we are with them. And being with them doesn't mean being physically together – it could be on the telephone or WhatsApp or Zoom.

So, the Pandemic should not stop us from bringing smiles to others.



**Stroke Association South Zone Spring Programme –**

**\*\*open to all patients regardless of diagnosis\*\***



**June Groups**

**Wednesday 2<sup>nd</sup> June 2pm –**  
Poetry Workshop

Paula Askew explores different ways to think about writing a poem and reflecting on themes, rhythm and atmosphere.

**Meeting ID: 982 7273 8191**

**Passcode: 425991**

**Friday 4<sup>th</sup> June 2pm –**  
Sussex Virtual Choir  
(first Friday of the month)

Singing well known songs.

**Meeting ID: 928 420 0456**

**Passcode: stroke**

**Wednesday 16<sup>th</sup> June 2pm –**  
The Art of Slowing Down  
Join Tali as they take a piece of art of explore ways of slowing down and looking at painting in detail.

**Meeting ID: 982 7273 8191**

**Passcode: 425991**

**Wednesday 23<sup>rd</sup> June 3pm –**

Cooking demonstration.

Cook with Chris, join for a cooking demonstration and to learn adapted methods of cooking.

**Meeting ID: 982 7273 8191**

**Passcode: 425991**

**Wednesday 30<sup>th</sup> June 2pm–**

Beekeeping Talk

Join Neil, member of the Devon Beekeepers Association, to find out why these insects are so important to us.

**Meeting ID: 982 7273 8191**

**Passcode: 425991**

***\*\*Please note that the Stroke Association will be reviewing their virtual classes at the end of June. This is because they will be starting their face-to-face support again. \*\****



We hope you enjoyed the June 2021 edition of our Living Well Newsletter. If you have anything at all that you would be willing to share with us to go in future editions, we would be beyond grateful! All we would need is a few words about what you've done or send us the song, poem, recipe, etc. And a photo with your name if you would be comfortable with that!

We will gratefully receive any contributions to future editions. Until Living Well can reopen, we are here to support you and your families. We would be very pleased to see you on Zoom and for details of the link, please contact the Living Well / Wellbeing Department for further information. For more information about Zoom, please see

[www.zoom.us](http://www.zoom.us)

Ellenor website: <https://ellenor.org/>  
Twitter: <https://twitter.com/ellenorcharity>  
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