

SCG Lock-down News

SINFIN AND HOLLYBROOK CARERS' GROUP



Hello !

While we are unable to meet, it seems like a good idea to try to keep in touch. So welcome to Number 1 of the SCG Lock-down News. It might come out at odd times, but will always be numbered so that you know if you have them all.

Your news

If you have any news to share with the group, let me know, and it will go in the next issue.

State of play

It looks as if we might be shut down until the autumn term.

But the important thing is that we will be back, and better than ever, as soon as we can get out and use the Centre again.



BOAT TRIP

This summer's boat trip was due to be on the Cromford Canal. It's just possible that we might be able to go in autumn if the weather is good and if the boat is working again by then. Watch this space !

OTHER ACTIVITIES PLANNED FOR THIS YEAR WILL HAPPEN AS SOON AS WE ARE BACK TO NORMAL

And in the mean-time ...

It's hard to say what the new "normal" will look like, or when it will come. If things feel very odd at the moment, well, welcome to the club !

As a group, we have been very supportive of each other, and there is a lot of care when we meet. That doesn't go away just because we can't meet. It stays between us, and reminds us that we have more similarities than differences.

Things could get more difficult before they get easier, and having people that you can talk to at the end of a phone line really matters. It's worth a lot.

And we might be locked down, but there are ways to find help when you need it, and keeping communication going is important.

This newsletter is a first shot at communicating while we are unable to meet.

The group isn't just about Wednesday afternoons. We know each other better than that. And a lot goes on behind the scenes, and is still going on. This week, every week.

I miss meeting on Wednesdays, and - in the nicest way - I hope you do, too !

But having a newsletter could be a useful way to keep in touch about the latest developments, and make the time seem shorter until we meet.

It would be great if you 'took over' the newsletter, but letting me have your news, your thoughts, maybe pictures. We are all individuals and all have something sunny to contribute.

Is this newsletter a good idea or not ? Maybe you could let me know what you think.

The really important thing is this: keep healthy, keep safe, keep sane ! Carry yourselves with care, and make sure your families and loved ones are safe and well.

Sushma

Big Plans

We might not be able to meet right now, but not everything has stopped. Behind the scenes we are busy applying for funding for the next few years. If we are successful, the group will be funded and secure, and better than ever, with more scope to do the things you want to do.



What do you get from the group ?

Applying for funding from the Lottery is tricky. It isn't in the bag until you actually have the funding. But we are busy applying and have got through the first stage - when most bids fail. We are now at stage 2, and if we pass that, the funding is ours, and all kinds of possibilities will open up.

One of the key questions we need to answer is: what do you get from the group ? How does it help ? (I hope it helps a bit !)

Can you let me know so that we can make a strong case for our bid ? No names are used at all, but your views really count.

Lottery Funding

And what do you want from the group ?

Similarly, we need to know what you most want from the group. Since we began, the programme has tried to provide variety - something for everyone. Some things have worked well, while others have flopped. But overall, was it successful ?

If there is something you would like more of, or something you would like less of, now is the time to mention it.

Maybe you want something completely new, something we haven't tried at all.

Tell us now. This is YOUR group, not mine, not the Centre's. It is your views that make it work, and it is YOU who make it successful. Let me know what you think. Please !





Covid-19

Just a few weeks ago, nobody could have guessed that things would get so difficult so quickly.

Ordinary life seems like a long time ago and a dream away in the future.

As the infections rise, shopping will be more difficult, and more risky too. Keeping shopping to a minimum is important. Once in the shop, remember to touch as little as possible and remember who might have touched things before you ! Keeping hands clean is vital, so wash them whenever you have been touching anything outside home.

If constant washing is making your hands sore, don't forget to use cream, especially on the backs of your hands.

And social distancing can keep you safe. Keeping away from others is not natural, and it feels odd. But it might save lives, so it really is worth doing.

The most important thing here is to go with the flow. After all, there is nothing you can do about the virus.

But there is a lot you can do to keep you and your family safe, well, and happy. We can all do our bit to help ourselves and others too.

Someone recently said to me, I want all the carers to be safe and healthy, and want them all back in the group as soon as we start back. To celebrate that we are together again, we should have a party.

I am up for that. Just keep safe and follow the advice and I too want you **all** back healthy and safe.

Recently I did text you details about the Derby Hub. Here it is again:

Derby City Council has joined together with partners to create a new Derby Covid Community Response Hub to help those most vulnerable during the coronavirus pandemic.

If you need help with shopping or just need to talk to someone you can contact **DerbyDirect on **01332 640000**.**

If you feel lonely and would like a chat – Gill Todd from Sinfin Community Centre would love to give you a call. Let me know if you would like a chat and you are ok with me passing on your contact to her.

And I am looking forward to seeing you all again - healthy, happy survivors.

Lock-down song

Can you add another verse or two ? This goes to the tune of a well-known song. The chorus gives it away !

In a Centre
Down in Sinfin
Is a group that's oh-so-fine
It is closed but
Not forever
Oh this awful quarantine

Oh this awful, oh this boring, oh this gruesome quarantine
We're locked down but
Not forever
Oh this awful quarantine

Stuff around the house

These are things you'd find around the house. But can you unscramble them ?

BELTA KINS EELSINTIVO CROKEO TAMTHAB ILETTO GFIRED ASHREW
ROOBBONK ELKETT POSON HAMSECT RISSAT ECTRAP OWLET SHRUB
BOKO ODRIA POPTAL WOWDIN HORSEW WILLOP VENO NISAB

Have fun !