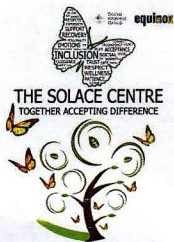


The Solace Centre's 5th Lockdown Connection Newsletter

- continuing to connect & unite our community.



Hello everyone well done for keeping safe and helping control the virus by continuing to stay alert - your wellbeing is our priority.

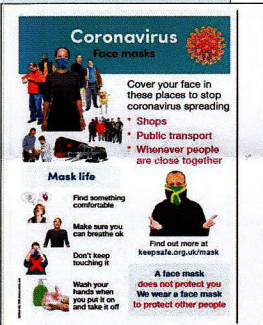
In the meantime, behind the scenes with Members' Dymrna, Shiyamin and Natasha's help, the Solace Staff have been working to make Solace socially distanced e.g. removing tables and chairs, inserting hand sanitisers around the building in preparation for our future opening – *further information on this will be discussed in our next Newsletter.*

Some reductions in the Lockdown are now happening – we are following the Public Health England updates daily and your keyworker will keep you updated – please stay vigilant.

As the new guidelines are regularly being updated please do keep checking the changes.

Here are some key points:

- Anyone who has been advised to shield by the NHS, including those 70+, **remain vulnerable** and should continue to take precautions but may now choose to leave their home, as long as they are able to maintain strict social distancing. If you choose to spend time outdoors, you may do so with members of your own household. If you live alone, you can spend time outdoors with one person from another household. Ideally, this should be the same person each time.
- Face coverings are now compulsory on public transport *plus if you are going for an appointment in a hospital in England.*
- If you live alone you can now form a "support bubble" with 1 *other household*, meaning you can meet inside & stay overnight.
- Fines for breaking lockdown rules have increased from £60 to £100 (and then double for each breach) so please regularly check the government updates.



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Solace Member Shares - Messages.

To All my dear friends at Solace.

Kind hearts are the gardens. Kind thoughts are the roots. Kind words are the blossoms. Kind deeds are the fruits.



Thank you for being so kind to me.

Love from Joe Hines. X



Shiyamin's
friendship share



A strong friendship doesn't need daily conversation, doesn't always need togetherness, as long as the relationship lives in the heart, true friends will never part.

Lyz's contribution:



"I was in doubt at first that my banana cake would come out right but if anybody is facing something that they have never done before just chance it and you could surprise yourself and get fulfillment at the end of the day.

I did and I was very excited of the outcome (really moist and super tasty) so go ahead, try something new my fellow members at the Solace Centre.
Keep safe. Lyz"

Mark T's share:-

"I'm spending my time reducing my number of unread library books and unwatched DVDs- I've set myself the target of finishing the library books by the time they reopen. Only five + a half to go! I go out twice a day to pick up papers + do a bit of shopping - should probably walk more than I do.

I wish I'd been more patient with my mother and don't envy the government - dawned if they do, dawned if they don't. Will the pandemic end or the government go bankrupt first?

Sorry to boast but I said at the beginning that this shutdown would lead to more deaths from solitude and domestic violence. I read that calls to Childline have rocketed!

I'm luckier than most in that I live in a flat rather than a bedsit. That would have made me top myself or at least beat myself up. I'm basically carrying on as before without working - although I'd have been happy to keep delivering the Evening Standard. I'm just worried about being able to resume my job and possible benefit problems.

My habits of going to sleep with the radio on and taking my Prozac have led to my being on the verge of keeping early hours - falling asleep early in the morning and getting up early in the afternoon! That worries me.

I also feel a great deal of deprivation in the libraries and Solace being closed not to mention the Internet cafes- my phone's not quite good enough."



John O-T's share ...

"Hi Guys - Think what you are going to do today, maybe go to Poundland to get a CD or DVD for £1 or £2?

Look through them and pick one you like that has a plastic covering. When you get home, take the wrapper off and take the price of the ticket off. Then put the CD and listen whilst reading the book for words.

I've found Kaiser Chiefs, Mariah Carey and Patrick Wolf CDs for £1 each.



All three are special editions with bonus tracks.

If you look around places you can find a bargain.

Looking forward to catching up with everyone."

