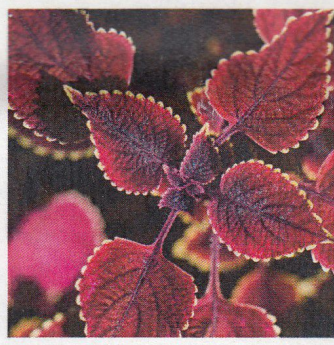


The Solace Centre's Crispy September Connection Lockdown Newsletter no.10

- *uniting our community through shares*



Welcome to this September edition.

"Building on our Community Resilience" is our World Mental Health Day topic. We have **x5 lots of £10** prize money up for grabs. Artworks and poems will be published in our upcoming World Mental Health Day Newsletter.

Be in, to spin! Get creative. Go to p.7 for more info.



Government Covid19 update:

from **Monday 14th September** you must not meet with people from other households socially in groups of more than 6 (*applies indoors and outdoors including private homes*). We are unsure how this new update will affect the Tuesdays Wellbeing & Fitness Sessions. Please check with your key worker on Monday 14th for any further updates.

This new update is due to an increase in Covid 19 infections.

To prevent a second Lockdown we all need to play our part. This means: regularly wash your hands, stay socially distant, wear your masks and stay vigilant. If you have Covid symptoms - get tested. This is to protect ourselves and our community.



"Together we are in this so together we will get through this"



KEEP EALING SAFE **COVID SYMPTOMS? GET TESTED NOW.** nhs.uk/coronavirus **OR CALL 119** **NHS** Test and Trace Protect your friends and family

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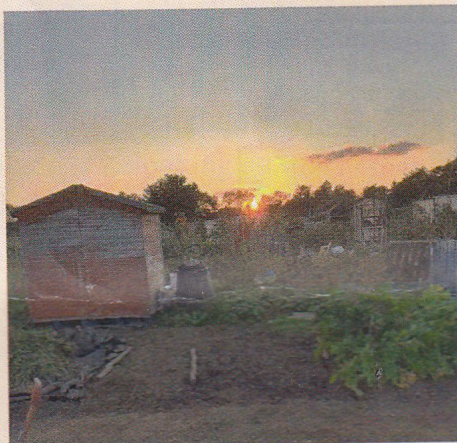


Solace Member Shares – Messages

Dympna's share:

Hi Guys, I am really, really missing you all and all our fun times down at Solace.

I'd like to share with you all two photos. One I took this evening when I was just about to pack up on the allotment. I was helping my friend out on hers + doing a bit of digging for her.



I took a photo of the sunset and if you look to the right of the setting sun you will see the golden dome of the Gurdwara in Havelock Road, in Southall.

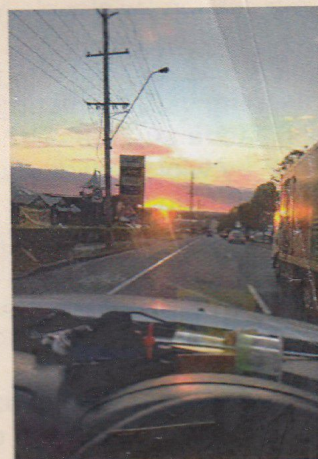
Lui's most recent painting share



Lyz's jokey share:

A man and his ever-nagging wife went on vacation in Jerusalem . While they were there, the wife passed away . The undertaker told the husband, "You can have her buried here in the Holy Land for \$150 or we can have her shipped back home for \$5,000 . The husband thought about it and told the undertaker he would have her shipped back home . The undertaker asked him, "why would you spend \$5,000 to have her shipped home when you could have a beautiful burial here, and it would only cost \$150?????" The husband replied, "Long ago, a man died here, was buried here, and three days later, rose from the dead . I just can't take that chance!"

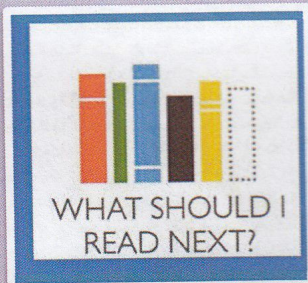
Then would you believe it, when I got home, my brother who lives in Brisbane, Australia sent me a photo of the sun rising on his way to work, the very same sun! So, there I was marveling at it setting and there he was enjoying it rising. I know that's just an everyday thing but I think that is so cool.



Mark T's Good Books to Read Section ...

My favourite living writers are

Harry Turtledove and Janet Evanovitch



Turtledove writes mainly alternate history, including an eleven-part series starting with "How Few Remain" dealing with an alternate history from 1862 to 1945 dealing with the American Civil war and both world wars - a world worse in every way. He also wrote a six-part alternative World War Two that was a lot better!

Janet writes comedy thrillers - I especially recommend her Stephanie Plum books, all numbered, dealing with the big-haired bounty hunter from New Jersey.

She's the sort of person who pulls a gun and then drops it before she can say "Stick 'em up!" She also has the awful problem of being the lust-object of two gorgeous hunks! Seriously - *I defy anyone to read the books and keep a straight face.*

