

Coronavirus Lockdown Issue: May 2020

At Home Together

In these strange times PBHA has tried to adapt services to give tenants as much support as we can. We know that you also are supporting each other as much as you can. For some of us self-isolation doesn't feel much different but others have had to make many adjustments and we are all coping with the changes in different ways. It would be great if we could share our experiences, coping mechanisms and wisdom as much as we can. If you have any suggestions please get in touch.

A key difference seems to be that we are much more reliant on being able to do things online. If you are not confident with technology or don't have access, you are much more isolated and disadvantaged. Please see the article on page 2 if you need help with getting online.

You can sign up for email updates from both Hackney and Islington—see right.

Also we really need your views and suggestions so please do fill in the Tenant satisfaction survey on page 3, with the chance to win a prize!

Stay safe and well. We hope some of this information is helpful and we appreciate any contributions for the next issue.

Contact us: 07776 769626
Lani.Parker@peterbedford.org.uk

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Council support

Hackney:

<https://hackney.gov.uk/coronavirus-support>

Support services map (changes daily):

<https://hackney.gov.uk/find-support-services>

What Hackney Council are doing and how you can help:

<https://hackney.gov.uk/coronavirus-volunteering>

Islington:

<https://www.islington.gov.uk/social-care-and-health/coronavirus-covid-19/need-help>

Directory of support services:

<https://directory.islington.gov.uk/kb5/islington/directory/results.page?communitychannelnew=13>

How you can help:

<https://www.islington.gov.uk/social-care-and-health/coronavirus-covid-19/offer-help>

How Can We Help?

To register your interest in any of these opportunities:

Email learn@peterbedford.org.uk

Text or call 07907203970

Telephone Befriending

Would you benefit from having a weekly telephone catch-up with a local volunteer? Connecting with new people and building friendships is proven to:

- Boost happiness and reduce stress
- Improve your self-confidence
- Improve your physical health and wellbeing.

Contact us via email or telephone to register your interest.

Digital Support

Do you want to be more confident using digital devices and navigating the internet? We are offering remote digital support to help you get the access you need during these difficult times.

Whether you want to know how to find and utilise government advice and information about the Covid-19 crisis, manage your finances, or get to grips with apps and social media, our Digital Champion volunteers will show you how to make the most out of a digital device.

These 1:1 sessions will be tailored to meet your needs. We'll have a conversation to find out what your learning priorities are, then you'll be connected with a Digital Champion who will help you to achieve your goals. For the purposes of health and safety, support will be given remotely at this time.

We'll be using a video calling app called Zoom, as well as making resources available to you via online classrooms. If video chatting and remote learning are new to you, don't worry! We will walk you through all the essentials at your pace, making sure you feel confident to use the apps and websites needed to succeed.

If you would like to improve your digital skills, but don't currently have access to the internet, or to a digital device like a phone, tablet or computer, please continue to register your interest.

Apply To Become a Digital Champion



If you are tech savvy, enjoy talking to people and sharing your skills, get in touch to find out about becoming a Digital Champion!

Peer Support

How would you like to stay in touch with others during this period of Covid-19 pandemic when everything is closed down?

We are looking into how we might continue services like peer support group during this time when we have to be physically separate from each other.

For peer support group we could set up a conference call so everybody dials in at the same time with a special code that they are sent.

The calls are charged at the standard rate so most people will have this included in their bundled minutes.

Contact Lani if you are interested in joining the peer support group on the phone.

If you have no internet access or would like help and support to understand how online communication works, please see page 2.



Tenant Survey

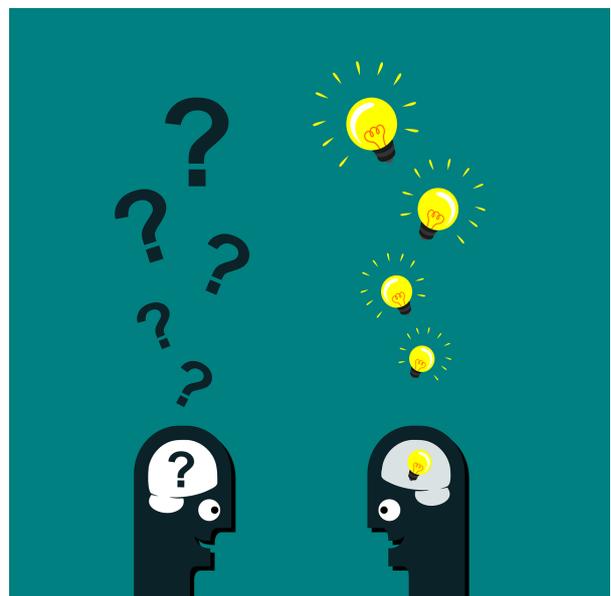
We received a lower response rate for this year's Tenant Satisfaction Survey than expected due to the Coronavirus lockdown. We have therefore decided to re-open it for the month of May. [Take the survey](#)

Ask your support worker for more information or if you need help to complete the survey.

PRIZE DRAW

We'd like to show our appreciation by entering you into a prize draw to win one of three £25 gift vouchers!

If you would like to be entered into the prize draw please enter your full name and the first line of your address on the survey.



Take Care of Your Mental Health Sadiq Khan, Mayor of London

Talk to someone you trust. Especially in these extraordinary times, we must open up and talk to each other about how we are coping. Don't be scared to show your vulnerabilities during this difficult time; pick up the phone and reach out to a family member or friend.

Help is available. Just like with a physical illness, if a mental illness gets too much it's important to seek outside help. [Visit our website](#) to find the right help for you. It connects to [Thrive LDN](#) and many other national and citywide services, depending on your particular needs.

Get help if you are grieving. Any loss of a loved one can be traumatic, but it can be especially challenging right now, if you're cut off from your support system. If you are bereaved and finding it difficult to cope, please don't hesitate to [reach out to support services](#).

You are not alone. I hope that [this video](#) of Londoners sharing their own stories will help you feel empowered to share yours, or otherwise to reach out and get whatever help you need.

www.glamourmagazine.co.uk/article/sadiq-khan-coronavirus-mental-health-interview-2020

Painting by John Goodger



Any creative activity is helpful for wellbeing. All you need are pencils and paper. Here are a few free online drawing classes online:

[Thoughtco](#)

[Skillshare](#)

[Drawing for mindfulness](#)

[Designs to print](#)

[Free colouring for adults](#)

If you don't have a printer but would like to try something like this, please get in touch as we may be able to help.

Look After Your Mental Wellbeing At Home

1. Plan your day. We are all adjusting to a new, rather strange, way of life. This can be a risk to our mental wellbeing. As tempting as it might be to stay in pyjamas all day, regular routines are essential for our identity, self-confidence and purpose. Try to start your day at roughly the same time you usually would and aim to set aside time each day for movement, relaxation, connection and reflection.

2. Move more every day. Being active reduces stress, increases energy levels, can make us more alert and help us sleep better. Even at home, there will be lots of ways to exercise and keep your body moving.

3. Try a relaxation technique. Relaxing and focusing on the present can help improve your mental health and lighten negative feelings. Try some different meditation or breathing exercises to see what helps. A range of [relaxation techniques, including progressive muscle relaxation](#) are available from the NHS.

4. Connect with others. Staying at home, especially if you live on your own, can feel lonely. Find creative ways to keep in touch, whether that's by post, over the phone, social media, or video-chat. This could be anything, from sharing a cup of tea over video, playing an online game together, or simply sending a supportive text message.

5. Take time to reflect and practice self-compassion. Make time every day to reflect on what went well. It's important to recognise your successes and the things you are grateful for, no matter how small. Consider keeping a gratitude journal each day where you could write two or three of these things every night before you go to bed.

6. Improve your sleep. Feelings of uncertainty and changes to daily life may mean you have more difficulty sleeping. There is a lot you can do to improve your sleep. Aim to go to bed and get up at the same time each day, even at the weekend if you can, and try to get some natural sunlight (by opening your curtains and windows) where possible. This helps to regulate your body clock which can help you sleep better. Wind down before bed by avoiding using your phone, tablet, computer or TV for an hour before bedtime.

Visit www.mentalhealth.org.uk for more advice and exercises.



Keeping Fit At Home

See the government's [easy-read guide about looking after your feelings and your body](#).

We are allowed to take one form of exercise a day, for example a run, walk, or cycle - alone or with members of our household. A brisk walk is one of the best things anyone can do for their physical and mental health. See [this blog](#) if you are not convinced.

If you are self-isolating or don't have anywhere pleasant to walk, you can still exercise at home.

- [Get fit for free](#): An NHS website with exercise plans for the fit and healthy as well as for people who are restricted by age or illness or disability
- [Sitting exercises](#) for flexibility, balance and strength. All you need is a chair!
- [Great ideas and money saving options](#) on the Money Saving Expert's blog
- [Good Housekeeping's guide](#) to staying healthy while self-isolating
- [Joe Wicks's free YouTube videos](#) – children all across the country are doing this every day at 9am. For the very fit!

If you have found a great video for exercise routines, yoga, Tai Chi, or anything else to maintain health, please let us know.

Cheap Meals for Singles

I've been single for over eight years. Two basic problems; shopping for one at a reasonable price and not eating out, especially at fast food joints and takeaways. So to save money and eat more healthily, I now eat at home 99% of the time. Mainly cooking for one, very occasionally two or more. I make use of whatever I have in, mainly vegetables and salad. I like potatoes and pasta, and eat a least two non-meat meals a week. The very simple meals can either be for meat eaters or you can use a vegetarian alternative.

One big thing I have learned is to always have breakfast. Best meal of the day.

Three Meals for under £2 each.

Buy 500gm of minced meat or vegetarian alternative.

1 large onion (plus mushrooms if desired). Chop and fry for about 10 minutes. Add all mince. Brown and cook well for about 20 mins. Remove two thirds of mixture and store in fridge for later use.

Meal 1.A Spaghetti Bolognese (Spag Bol) or if preferred Chilli con Carne

Add cheap pasta sauce to mix, a tin of chopped tomatoes is a good alternative. Bring to boil. Add other items you may have

e.g. carrots, potatoes, sweet corn etc. Cook for at least 30 minutes. At the same time boil a pan of seasoned water and boil your pasta (or rice). I find if you add olive (or basic cooking oil) to the pasta it enhances the flavour. Serve either on its own, or with bread. Add a side salad. Sprinkle on some grated cheese if you like.

Note you should only have two pans and one plate to wash up.

1.B Shepherds (beef) Cottage Pie (lamb).
But preparation is the same.

Take another 1/3 of your mince mix. And warm up slowly for about 30 minutes.

Take some small (salad) potatoes. Slice and fry in frying pan, with a little oil, for about 15/20 minutes. Turning now and then. I actually like tinned new potatoes. Best just to boil these for about 10 minutes, to soften them a bit.

Make a gravy - I always add tomato, even ketchup, to add flavour. Pour into mince. Do stir, this blends mix and stops mixture sticking to pan.

Put mince in an oven ready dish or old tin foil tray. Add some cheese, if desired and put back in oven to melt cheese.



Serve with whatever you fancy. One idea is to take any old bits of veg and shallow fry them for about 10 minutes. Don't overcook them. Taste better firm.

1.C Creamy Mince.

Take last 1/3 of mince, add some cream. Double is best. Warm for about 20 minutes, stirring throughout. I add tomato flavour to this as well. Cook some pasta or rice. I quite like a jacket potato. This can be microwaved, quickly.

This are all cheap and simple meals, minimising preparation and cooking time and of course washing up.

Bonus Meal. Any left overs keep, and blend into a tasty soup (stew if you are lucky). Don't waste anything.

If any of you have cheap recipe ideas please email them to lani.parker@peterbedford.org.uk.

So enjoy and in the words of Basil Fawlty, 'bon appetite'.

A fantastic resource for easy cheap meals is [this website by Jack Monroe](#).

By Tim B



Sad News

Over the last months we have lost a number of individuals who have left big holes in people's hearts.

Isaac Bamgbose

Born 24/05/1936 died 11/01/2020

Active PBHA participant and board member, full of positive and bright ideas.

Isaac lost his six years battle with bowel cancer but that didn't stop him from living his life to the full; he loved traveling and spending time with his family and friends. He peacefully passed away in his home surrounded with his close family, the way he wanted.

Elizabeth (Liz) Pearson

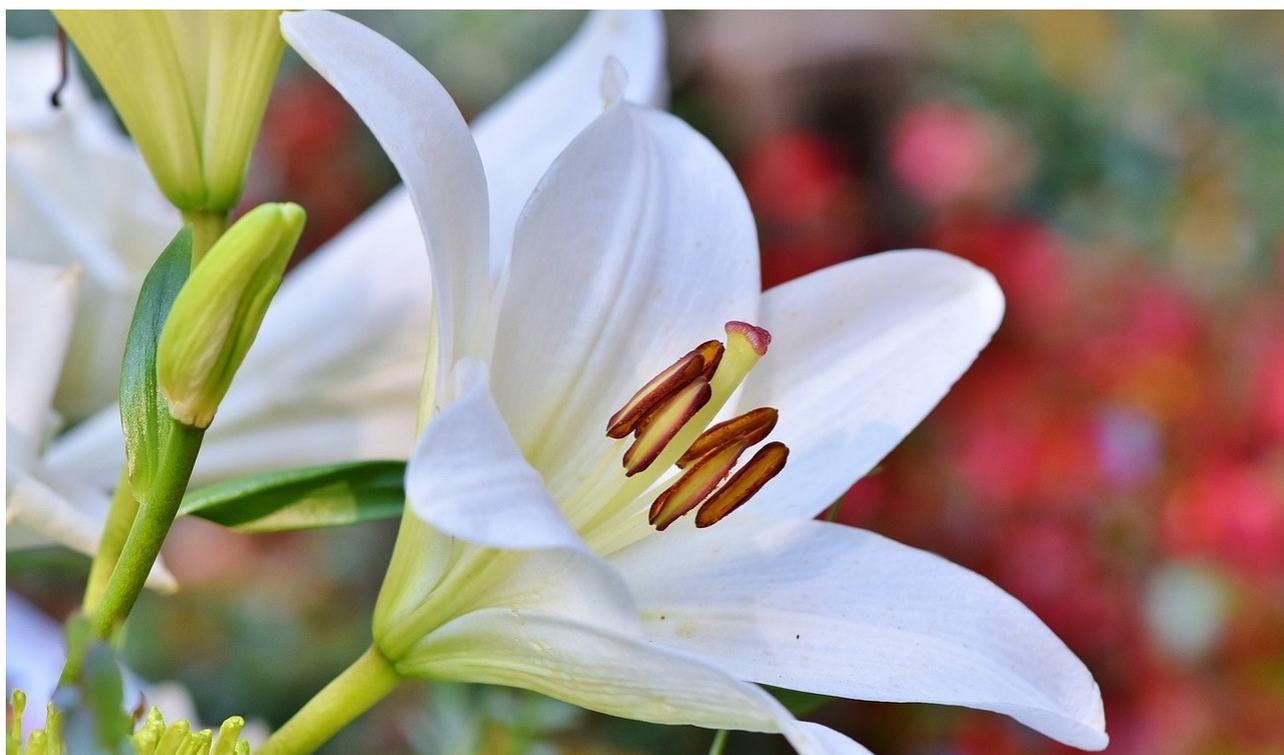
Born 23/07/1944 died 13/02/2020

Liz was a valued PBHA tenant, very much appreciated for her amazing work as a receptionist at PBHA for over 25 years. Hard working, young in her heart, never expecting anything from anyone. Sadly she passed away in hospital fighting with lung cancer. Dearly missed by all PBHA members of staff.

Margaret O'Brien

Born 25/04/62 died 8/3/20)

Margaret O'Brien was a tenant twice at PBHA – once in Islington and then later in Hackney. Margaret was an active member of the PBHA community, attending forums and taking part in various activities including trips to the seaside and cook-ups at Isledon canteen. Margaret once represented tenants at a Board Meeting and was well liked by her peers.



Vincent Douglas

Born 13/12/1960 died 11/03/2020

Caring, sensitive and with a good sense of humour, that is the best way for Vincent to be remembered.

Very appreciative to anyone who would show a little bit of care and attention for his wellbeing.

Vincent was very kind; he wouldn't upset anyone. He had bad demons to fight with and unfortunately they won in the end.

Frank Currie

Born 20/04/1939 died 08/04/20

Frank has sadly passed away, he has been a tenant at PBHA for over 21 years. Frank came from Scotland and came to PB with his partner Christine and they both lived in separate properties throughout their time at PB. Frank was fiercely independent and will be sadly missed by Christine and his son Jason and the PB community.

Roger Warrington

Born 22/06/1944 died 15/04/20

Our long standing tenant Roger Warrington passed away in hospital. He had been a tenant with us for over 20 years, and lived in Albion Road as well as several other Peter Bedford properties over his time. Roger was a well-liked tenant with many friends across Peter Bedford, and he will be sorely missed.

"Mr Warrington lived with PBHA for a number of years from the 80s. I worked with him for just over three years, Roger was a pleasant person. He would always be willing to talk and would often come to Clissold hub if he had any problems. Roger didn't have any children but was very fond of his niece and nephew from his brother. Roger is survived by his wife Marguerite who he loved dearly. He will be missed."



If you have memories, pictures, drawings or any tributes about any of the tenants we have lost which you would like to share, please send to Lani Parker or via your housing worker.

At some time in the future we will arrange some way for PBHA as an organisation to commemorate the lives of those we have lost during the pandemic. Please do let us know if you have any ideas about how we might do this.

[Coping with Grief](#): a very useful website with sources of support, from the Mayor of London.

Face Masks In The Time Of Coronavirus

Should you wear a face mask when you go out?

There are different opinions. The UK government has not yet advised everyone to wear a mask or made them compulsory but some other politicians such as Sadiq Khan, the Mayor of London, have called for everyone to wear a face mask when they go out shopping or on public transport.

As far as we know face masks do not protect the person wearing them, but they can be a barrier and help protect others. Scientists are now suggesting that wearing a face mask can help to minimise the spread of the virus. In many other countries it is now compulsory to wear a face mask or cover your face.

The UK government may be worried that people would try to get surgical masks and proper personal protective equipment for themselves, when this equipment and those masks should obviously be used by NHS staff and care workers. It is also clear that just because you are wearing a mask doesn't mean that you should not social distance. There are concerns that if masks are used more widely, it might give the idea that people are more protected than they are.

However together with quarantine, self-isolation and social distancing, covering your face can be an extra barrier. There are many different ways you can make a face mask. Remember that wearing a face mask does not protect you. You should still social distance or self-isolate.

You can make a face mask from an old T shirt or from old material if you are good at sewing.

[With an old T shirt and scissors](#)

Here are [tutorials for no-sew face masks](#). Some require rubber bands and glue, some just a scarf.



Remember if you do wear a face mask you still need to:

- Stay at least two metres away from other people
- Put the used mask in the wash as soon as you get home
- Wash your hands frequently with soap and water for at least 20 seconds whenever you get home and regularly throughout the day.



Gardening and Growing On Your Windowsill

It's been such lovely weather which in some ways makes it worse that we need to all stay in our houses as much as possible. Getting outside and doing something practical can really help reduce anxiety and support well-being in general.

Many of Peter Bedford's properties have gardens and this time could be an opportunity to do some gardening and clearing of the garden, either on your own or with your housemates.

You need to stay a minimum of two metres apart from each other to minimise the possibility of spreading coronavirus.

Some tenants have been clearing their gardens of rubbish and say that Hackney Council are still collecting rubbish – you just need to call to arrange pick-up of bulky items like dumped fridges etc.

If you would like to support other people with clearing the gardens or need some help with clearing, we may be able to do this through the Time bank - please get in touch.

If you don't have a garden growing something can bring a little bit of pleasure and brighten up your room. If you're interested in growing your own vegetables or salad on your windowsill please get in touch - we might be able to make it happen.

[Vegetables to grow on a windowsill](#)
[Windowsill gardening](#)
[Best plants for balconies](#)



Hello And Goodbye

Welcome to new staff at PBHA:
From January 2020 to the end of April 2020

Christopher Deacon	Director of Services
Christie Edwards	Recovery Coach
Shamari Grant-Talbert	Enhanced Housing Management Worker

Goodbye and wishing you all the best for the future:

Fiona Campbell	Recovery Lead
Alexandra Kalogeropoulou	Recovery Worker Housing Services
Alex Kylen	Manager Allocations, then Enterprise and Training
Shelly Ullah	

COPIING CALENDAR: KEEP CALM. STAY WISE. BE KIND

30 actions to look after ourselves and each other as we face this global crisis together. Please use & share

- 1 Make a plan to help you keep calm and stay in contact
- 2 Enjoy washing your hands. Remember all they do for you!
- 3 Write down ten things you feel grateful for in life and why
- 4 Stay hydrated, eat healthy food and boost your immune system
- 5 Get active. Even if you're stuck indoors, move & stretch
- 6 Contact a neighbour or friend and offer to help them
- 7 Share what you are feeling and be willing to ask for help
- 8 Take five minutes to sit still and breathe. Repeat regularly
- 9 Call a loved one to catch up and really listen to them
- 10 Get good sleep. No screens before bed or when waking up
- 11 Notice five things that are beautiful in the world around you
- 12 Immerse yourself in a new book, TV show or podcast
- 13 Respond positively to everyone you interact with
- 14 Play a game that you enjoyed when you were younger
- 15 Make some progress on a project that matters to you
- 16 Rediscover your favourite music that really lifts your spirits
- 17 Learn something new or do something creative
- 18 Find a fun way to do an extra 15 minutes of physical activity
- 19 Do three acts of kindness to help others, however small
- 20 Make time for self-care. Do something kind for yourself
- 21 Send a letter or message to someone you can't be with
- 22 Find positive stories in the news and share these with others
- 23 Have a tech-free day. Stop scrolling and turn off the news
- 24 Put your worries into perspective and try to let them go
- 25 Look for the good in others and notice their strengths
- 26 Take a small step towards an important goal
- 27 Thank three people you're grateful to and tell them why
- 28 Make a plan to meet up with others again later in the year
- 29 Connect with nature. Breathe and notice life continuing
- 30 Remember that all feelings and situations pass in time



“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl



ACTION FOR HAPPINESS

www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys