

# The Eden Round-up

For tenants & Residents of Eden (EHA), Mitre & Lyvennet

Friday 17 April 2020

Issue 4



**Hello and welcome to EHA's fourth 'Round-up'...**

I hope that you have found the weekly updates of benefit. As there is much more local and national information and guidance available, we are changing the way we circulate it. You will notice we are now called the 'Eden round-up'.

If you live in one of our Assisted Living Schemes, we will be sending it to you every other week, going forward.

If you live in the wider community, we will send it to you around monthly, or when we have important service updates for you. Those who have an email will receive it from us electronically.

You can also opt out of receiving the newsletter, by contacting as below.

As always, if you would like to contribute, or feed-back to me, please contact Jenny on 01768 861435/ [jenny.webb@edenha.org.uk](mailto:jenny.webb@edenha.org.uk) or your scheme staff.

## Simple recipes for self-isolation:

Why not give this simple Minestrone Soup recipe a go, quick, easy and made with things from the cupboard... you can improvise with the odd ingredient you may not have...

### Five-minute minestrone soup

#### Ingredients

- 1 x 400g tin of plum or chopped tomatoes
- 1 litre of vegetable stock
- 1 x teaspoon of mixed herbs
- 100g dried pasta pieces (any broken odds and ends will do)
- 350g frozen mixed vegetables
- 4 tbsp red or green pesto (optional)
- Handful of grated cheese (optional)

#### Method

1. Pour the tomatoes, stock and herbs into a large saucepan and bring to the boil.
2. Add the pasta pieces and cook for another few minutes until they're just turning soft.
3. Add the frozen vegetables and bring the soup back to the boil, letting it simmer for one to two minutes.
4. Serve in bowls, topped with pesto and cheese.

## Important post

Every UK household received a letter from our Prime Minister this week, with a very clear message:

***'If too many people become seriously unwell at one time, the NHS will be unable to cope. This will cost lives. We must slow the spread of the disease, and reduce the number of people needing hospital treatment in order to save as many lives as possible.***

***This is why we are giving one simple instruction – you must stay at home."***

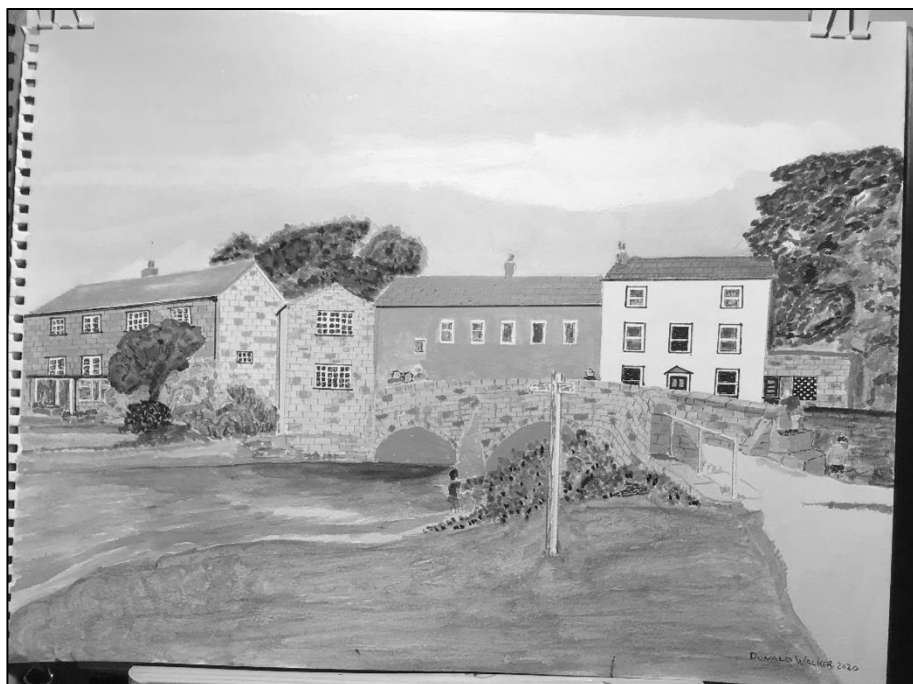
There are three exceptions: 1. to shop for basic necessities or pick up medicine (either for yourself, or those who are unable) 2. to travel to work when you absolutely cannot work from home (i.e to provide care) 3. to exercise, once a day, alone or with members of your household.

## Isolation brings creativity

A number of you are developing your creativity during self-isolation, which is fantastic to hear. In last week's edition, we published a poem by one of our tenants at Heysham Gardens. This week, Donald Walker has been working on a beautiful painting to hang at Mill Gardens (below).

Unfortunately, as the Roundup is printed in black and white, you cannot see the beautiful use of colour but we will publish this on our social media pages.

We'd love to publish some more of your paintings, and we'd like to run a competition over the coming weeks. Please send any entries to [jenny.webb@edenha.org.uk](mailto:jenny.webb@edenha.org.uk) or those of you in our Independent Living Scheme can get support from your advisors to get them to me. We will set up an online gallery and announce winners in the near future.



## Managing anxiety that comes with the 'lockdown':

For many, the feeling that much of the Coronavirus situation is out of our control may be causing huge anxiety, even for those who have never had these feelings before.

Below is a brief reminder of the things we can control, to focus on more positively.

### Things you can control:

- Your positive attitude
- Limiting the news
- Limiting social media
- Your own social distancing
- How you follow self-isolation guidelines
- Eating well
- Sleeping well
- Taking care of yourself
- Using your time positively

### Things you cannot control:

- How other people follow social distancing rules
- Actions of others
- Predicting what will happen
- How others react
- How long this will last

**So try to let these things go...**

## Cumbrian COVID-19 Emotional Support Helpline Launched

Cumbrian Counselling charity SAFA (Self-harm Awareness for All) is mobilising its team of experienced counsellors to help people through the Covid-19 pandemic.

An emotional support helpline has been set up that **anyone** in Cumbria can ring if they feel isolated, worried or anxious about the situation.

SAFA is able to provide a calm, listening ear as well as provide people with coping techniques to help improve their resilience.

They can also help people view things in a different light – something which can be very important at this time. The service launched on Tuesday 14<sup>th</sup> April. It will be open Monday – Friday, 9am-5pm. It is funded by Cumbria Community Foundation. The helpline number is **01229 832269**.

## Keeping active – exercise at home

We hope you gave last week's exercise a go, and are ready for another from local Personal Trainer, James Pittam.

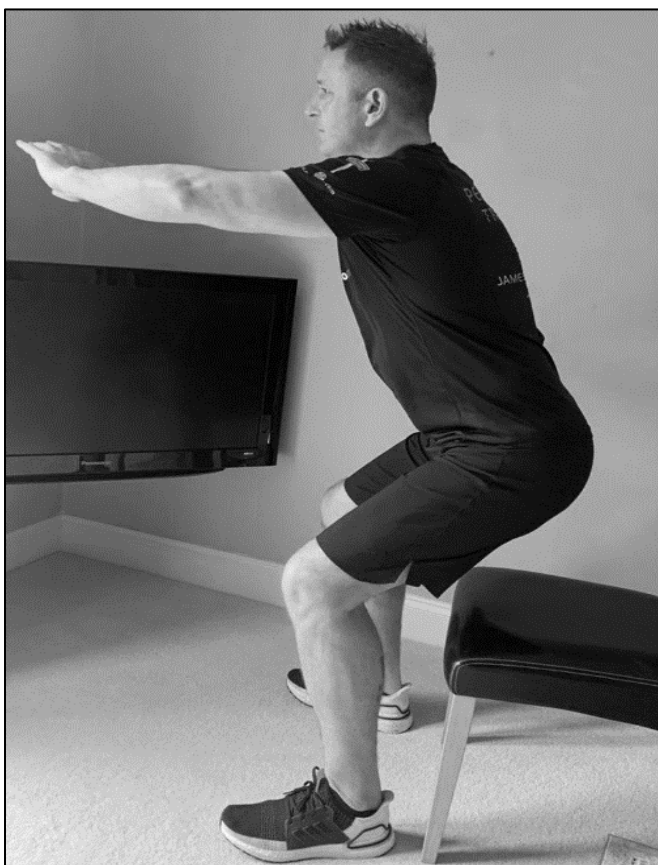
Whilst we are staying at home during this period, it is important for all age groups to stay active, maintain a routine and do regular exercise. A moderate level of activity and exercising can help you maintain your health at any age, providing physical benefits as well as having a positive effect on your sense of wellbeing.

In the next issue we'll include a third exercise to build up your routine – stay safe and keep active.

### 2. Stand Up Sit Downs – 2 x 20

Sit down on a firm kitchen chair, sitting upright feet 6 inches apart. Then simply stand up, march on the spot and count 5, and then sit back down again. If you need assistance standing up, use a nearby table or chair arm.

See image below for guidance:



## Poetry corner

This week, one of our residents at Warcop has sent this lovely poem about how the lock down has affected seeing her friends at Mill Gardens. Thank you very much Carole.

### I'll Be Seeing You

My friends at Mill Gardens are locked down you know,  
And to me as a visitor it comes as a blow.

I visit them all at least once a week,  
And into their lives I have a good peek.

They have stories to tell when they were quite small,  
Where have the years gone in no time at all.

Debi and Sylvia, wardens who care,  
Watch over the folks who all reside there.

A 'phone call each morning to check their alright,  
And that nothing has happened during the night.

Debi is keen to keep them all fit,  
As long as their seated they don't mind a bit.

The ones who are lonesome the days are not bleak,  
With plenty of choices of fun they may seek.

So I send my Best Wishes, stay well if you can,  
I'll see you again when no longer a ban.

Carole Judson, Warcop

**I would love to hear some of your work, or your favourite poems to include, please contact me on [jenny.webb@edenha.org.uk](mailto:jenny.webb@edenha.org.uk) or 01768 861435**

## Easter Quiz answers

Here are the answers to last week's Easter quiz; I hope you enjoyed taking part. Thank you again Debi for the contribution 😊

1. Pysanka. 2. 40. 3. Vereville, Canada. 4. Rebirth.  
5. Resurrection day .6. The Ears. 7. First Sunday after a full moon or after the vernal equinox. 8. Great Britain.

## Another message from the Queen...

...this time to two of our residents at Mill Gardens. Donald and June who recently celebrated their Diamond Wedding anniversary. They received a card from the Her Royal Highness to congratulate them on this fantastic achievement.

The couple had planned to celebrate on a cruise; however, it was cancelled due to the current circumstances. Instead, the happy couple are isolating at home, and Donald has picked up his paintbrushes as we have already seen.

**Congratulations on your 60<sup>th</sup> Wedding Anniversary Donald and June, from all at Eden Housing Association!**

Below: Donald and June with their special card from the queen.



## Until next time...

Please do get in touch if there is information you would like to see included in future editions on 01768 861435 or email me [jenny.webb@edenha.org.uk](mailto:jenny.webb@edenha.org.uk)

If you would like to opt out of receiving the Round-up please let me, or let your scheme staff know.

In the meantime, please take care and make sure you ask for support if you need it.

**Eden Housing Association**

## Avoiding scams

Please be vigilant - Cumbria Trading Standards are again warning not to fall victim to fraudsters during the Covid outbreak. If you receive a call out of the blue offering investments or pension advice – **please, just put the phone down.**

## Super market food box delivery

**Morrisons** – will now deliver food boxes to your door, includes 'Market Kitchen Square Meals Box' £30 – 8 complete main meals, 4 separate dishes. Go to <https://www.morrisons.com/food-boxes> for more information.

**Booths** – also deliver set boxes from their stores, and you can order over the phone to arrange this on **0800 2218086**. Includes a basics box for £18 - bread, milk, teabags etc. and veg boxes from £8. See <https://www.booths.co.uk/home-delivery> for more details.

## Quiz Time

This week - foods starting with the letter 'P'.

1. Italian flatbread topped with tomato sauce, mozzarella and toppings
2. Light green nut
3. Mediterranean pocket bread
4. Baked dough in the shape of a knot
5. Rum, coconut, & pineapple juice cocktail
6. Spanish saffron rice, often with seafood
7. Meat product such as foie gras or liverwurst
8. White, carrot-shaped root vegetable
9. Cured Italian ham, usually served in thin, uncooked slices
10. Tropical fruit with orange/red flesh
11. Bright red fruit with edible seeds
12. Indian fritter

**Answers will be given in issue 5 – good luck!**