

COVID-19 saw such an abrupt pause on our Living Well service. We know how many of you value coming to the hospice each week to see your friends, staff and volunteers. We miss you! We have continued to work hard during lockdown, phoning our patients every day and making sure you are all as safe and well as you can be during this strange time.

We have gone even further recently by introducing Zoom sessions to Living Well. Zoom is a video conferencing package which can be used on a smartphone, computer or tablet (such as an iPad). It has allowed us to set up virtual Living Well sessions each week on a Tuesday and Wednesday morning. (See our Virtual Timetable below!)

We hope that if you haven't already, we can encourage you to join these sessions and we will do everything we can to help you with this technology.

**'Virtual' Wellbeing Timetable**

Monday	Tuesday	Wednesday	Thursday	Friday
Chaplain's inspirational messages! (daily) <a href="https://www.facebook.com/ellenorcharity">https://www.facebook.com/ellenorcharity</a>	Living Well Zoom Call 10.00am-11am	Living Well Zoom Call 10.00am-12.00noon		
Mindfulness and relaxation Group 11am - 12noon		Music Therapy Session 11am-11.45pm	Live Seated Exercise Session <a href="https://www.facebook.com/ellenorcharity">https://www.facebook.com/ellenorcharity</a> 11am - 12noon	
			Arts and Craft Session 2pm - 2.40pm	



## ZOOM TIPS!

### Why attend group Zoom calls?

- You can see others who would normally attend your group or day.
- **We can see how you are.**

### What will you need?

- A fully charged computer/tablet or smartphone – with a built-in microphone and camera. *If you do become unsure, you could ask a family member or if they can't, call us.*
- A quiet, well – lit place where you won't be disturbed.
- **Good internet connection!**

### Before the call:

- Download Zoom from the google / Microsoft or apple app store.
- You will be sent a Zoom ID and Password to join the group call. You should be able to re-use the same Zoom ID and Password, if not, the Host may send you out a new ID and Password.
- Feel free to create a list of questions to ask during the call. **(Quiz questions, jokes and stories are more than welcome!)**

### Starting the call:

- Simply click the link you were sent! You may be asked to fill in your name or email address.
- You will need to click join with video, and then join with audio.
- **Say hello or wave to your Nurse or the Host in the group!**

### During the call:

- Look at your nurse or Host for the group, there is no need to look directly into the camera.
- If all goes well, the call should feel some-what like a face-to-face group.
- **Don't worry though! If something goes wrong or you get disconnected, simply click on the link and try again, or call the number at the bottom of this page.**

### Finishing the call:

- The Host will ask if you need a follow-up call.
- They will confirm the next group call with you, this may well be weekly.
- They'll say goodbye before they go too!
- **You can leave your feedback (email or in the chat box) to help make our future calls better.**

**Happy Zooming!**

### LOCKDOWN WALKS MAY 2020

Daily walks in these unique times  
I thought I would write one of my  
rhymes  
Lockdown started cold but bright  
With trees awakening, buds quite  
tight

But the sun has shone, the trees now  
green  
More beautiful than I have ever seen  
And heard on all the walks I've been

The Horse Chestnuts stand both tall  
and proud  
The blossoms pink and white, a cloud  
Of beauty against the sky  
So blue and clear with sun on high

And on my walks, I've met two men  
I wonder if we'll meet again  
We stopped and chatted for a while  
If nothing else, it made me smile

Patrick wanted to know my name  
Was I married or alone?  
He was widowed with one son  
Lived in a road called Chastilian

John, a very much older gent  
Eighty-nine he said, and spent  
Walking at least 3 miles a day  
And a founder member of U3A

On Shepherds Lane at 191  
Poignant memories of times long  
gone  
The lilac, mauve, we planted this  
Time to stop, think and reminisce

We thank The Lord for this time to  
stare  
And offer up a silent prayer  
For those whose lives are lost and  
gone

Loved ones grieve for what might  
have been

A time to wonder how this came to  
be  
It will go down in history  
Twenty twenty seemed a special  
year  
It had a ring, no dread, no fear

But God He had a different plan  
One that would clearly challenge  
man  
Quarantine, lockdown, isolation  
Months of solitary desolation

It will be slow, but we'll get there  
Our resolve and optimism, love and  
care  
Closer to neighbours, friends and kin  
When this is over, we will live again.

**A poem by Freda Bacon,  
May 2020  
Wednesday Living Well  
Volunteer**

## KEEP YOUR BRAIN ACTIVE by Claire, ellenor Occupational Therapist

We all understand the importance of keeping our bodies active and it's just as important to keep our minds active too. By engaging in exercises for the brain it will help with our memory, concentration and other cognitive skills we use for everyday tasks. We as humans are designed to be doing things. So, engaging in some fun, mentally stimulating tasks will support positive mental health and wellbeing. Never has that been needed more than now.

Here are some fun suggestions of simple mind stimulating activities you can try over the next month.

- 1) **Have a singalong at home.** Music is very good to make us feel happy, stimulate all sorts of memories and generally promotes a positive sense of wellbeing. So why not dust off some old albums, put the radio on or turn up your iPod. Play some songs you know the words to or learn some new ones and have a good old singalong at the top of your lungs. Who cares if you can carry a tune or not it will make you feel better afterwards? If you are feeling ambitious why not have a little dance to. There are plenty of body parts you can wiggle whether you are sitting or standing so give it a go.
- 2) **At home bake off.** Baking can be a fun and rewarding task and at the very least you should get to eat something tasty at the end of it. How about trying a well-known recipe or discovering a new one and have a little competition with someone you know or live with. Both bake something and see who comes up with the best looking and tastiest creation.
- 3) **Games night.** There are so many games out there to challenge the mind and the senses, most of us have them stuffed in a cupboard somewhere. Now is a good time as any to dust off the scrabble or monopoly board and try your hand at a game you have not played for years. You can make it a fun games night with someone you know, have some nibbles on standby and off you go.
- 4) **Newspaper discussion group.** There are so many things happening in the world not just Covid. So why not start your own newspaper discussion group. You with members of your household, family or friends can each pick a few news stories you have seen or read about that week and get together or call each other to talk about them. Who knows where the conversations will lead or what memories the stories will stimulate?
- 5) **Crosswords.** Doing a crossword is a great challenge for the brain and a wonderful way to get the old grey matter working. It may be something you do, anyway, so well done if you do. If not maybe, it's time to give them a go. If you have a newspaper already for the newspaper discussion group most come with one in, or you can go online or buy a crossword puzzle book. Even if you can't get all the answers you can try again next week and see if you get further.

Hope you manage to try some or all of these and most importantly have fun!

## IT'S A DOG'S LIFE!

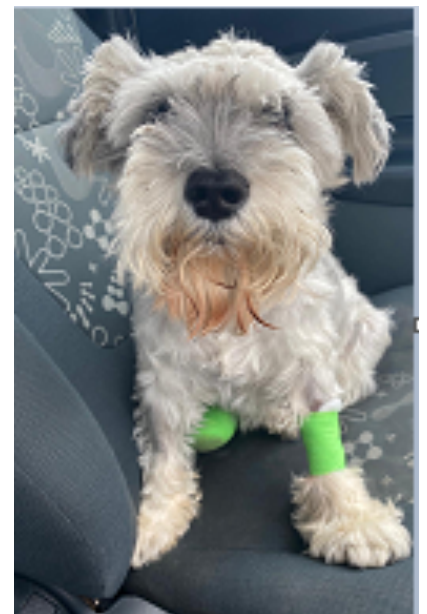
Tilly Fitzpatrick aged 12 and three quarters- as opposed to Adrian Mole aged 13 and three quarters- but both with problems as they have grown into adulthood!!

Tilly is my miniature Schnauzer who as a puppy and young dog was a PAT dog visiting the Patient Activity Group at the ellenor Centre in Dartford where she gave a lot of love and affection to many of our patients. Now, as she enters her "golden years" life has presented her with challenges particularly in the last month when I have been to the vets with her more times than I care to mention.

She has torn her cruciate ligament in her back leg and now tends to avoid placing this to the ground. The vet is reluctant to operate due to her heart problem. She has then had to be sedated twice to remove grass seeds from her paws which become embedded and are not found easily -in fact were not found for 2 weeks after the initial problem. She has been put on Gabapentin for pain relief-prescribed for some of our patients- so my daughter has affectionately renamed her "Gabby"!

She has had blood and urine tests- can you imagine what I look like trying to collect a urine sample at 6.30 in the morning!! She now sleeps most of the day-and night- with her ears flapping in the breeze of the fan.

Our pets bring so much to our lives in sickness and in health. Our days of long walks together are in the past, but we have happy memories of days gone by which will be treasured for always.





## IT'S A PUPPY'S LIFE!

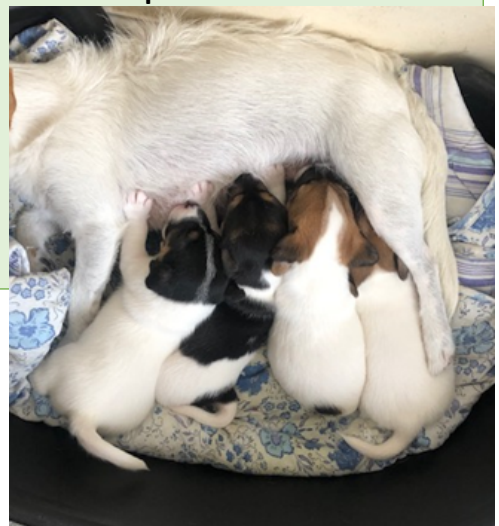


At the beginning of lockdown, Lorraine's Jack Russell, Baby gave birth to 4 puppies. Over the last 12 weeks via Zoom, we have been privileged to watch these beautiful puppies grow and develop until they have been able to go their new homes!

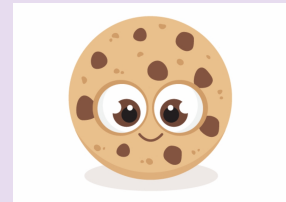
They quickly became very popular members of the Zoom call as everyone was eager to watch them develop and gain their independence.

Initially, there were just faint cries as they left their mother to show their faces on our screens. Over the weeks, this shortly turned into playful barks and Lorraine was showered with their kisses!

We will certainly miss them but wish them well with their new families. Maybe, we will be lucky enough to see photos of them as they settle into their new lives.



## RECIPE OF THE MONTH



### Grandma's Oatmeal Cookies

- 4oz of self-raising flour
- 4oz of soft Margarine
- 3oz of sugar
- 1 tsp golden syrup
- Quarter tsp bicarb of soda/baking powder
- 1 teacup of porridge oats

1. Cream margarine and sugar, then add **all** other ingredients and mix into a dough
2. Roll mixture into a sausage and cut into small pieces.
3. Roll each piece into a ball and place onto a greased baking tray, allowing each biscuit room to spread.
4. Cook for 10-15mins until golden brown at gas mark 5 or 180°c
5. Enjoy!

Recipe by Margaret Young  
Wednesday Living Well Volunteer

**During our ever-growing Zoom calls, one of our patients, Valerie was telling us that she has started to write a book based off another book called, "Dear Grandma". Valerie has asked to share an excerpt from her below, you can read below.**

"My lovely Daughter in Law found on the internet a book called "Dear Grandma" at a time when her and my sons, first child, my grandson Jake was born. This book is so interesting because it has 58 subjects ranging from 'Tell me about the time and place I was born' about my first memories as a child, about our ancestry, my first jobs, my first thoughts on my grandsons birth, to the last one which is 'Describe the greatest change that I have seen in my lifetime so far'... I have tried to write it now to my three grandchildren; Thomas, (18) born to my stepdaughter, Jake (3) who this book was originally to and now Madison (1) his sister. There are two pages per subject, so I have had to hand write it very small but have also put them on computer for Thomas and the rest of the family.... I chose the following for you all because I thought maybe you may relate to some of it....

One of the subjects;

**What chores had to be done when you were young that do not need to be done today?**

At a very early age, I had to help my Mother with chores about the house, all the children had their jobs, but it was mainly me and my sister who had to help, boys were not really expected to help... I can of course, only remember me doing the jobs. The family consisted of Mum and Dad, Pat, Valerie, Linda, Roy and Paul, 7 of us so there was a lot of washing especially when we were babies, loads of nappies (no disposable then). We helped with the washing which was a major job in the household, with 7 of us to wash for and Dads clothes were dirty, he was a plumber. No washing machines or dryers then. My mother had to wash the clothes in the big sink by hand and we used to have a 'Mangle' outside (look one up on computer) the washing used to be fed through two rollers to squeeze out the water, quite hard for two little girls to do, but we did it, I bet we had some pinched fingers too. Monday was always wash day and you used to see line after line of washing in the back gardens all blowing the washing dry in the wind. In winter when washing could not go outside Mum used to have a very tiny line up high in the kitchen, so the heat from the cooker dried the washing or it was hanging around the coal fire on the fire guard, there were no radiators only the coal fire, only one fire in the Living room to heat the whole house. For hot water it was boiled on the gas stove in a kettle or pan, no boiler then. "



“As I got older and considered the oldest, because my elder sister Pat was at work I had to look after my sister and brothers from the age of about 8 years old... Paul was born when I was 8 and Mum used to work at two part time jobs, cleaning a ladies house and cleaning offices, she worked so hard so I had to look after the smaller children while she went to work. I loved my Mum and Dad dearly, Dad used to work until gone 7pm at night and never cooked or helped in the house, that was my Mums job not his, and it must have been so hard for my Mum. So, I always helped where I could. From a very early age, I used to clean the house, help make the beds, go up the shops to get the meat and vegetables for the evening dinner. We had no fridge, so mostly the food was brought every day from fresh, there was no frozen food then. I used to hate going to the butchers to get a cheap joint of meat for Sunday, the butcher always pulled a face and it was a place I hated going, but that joint of meat used to last most of the week, roasted on a Sunday with vegetables, cold on a Monday with mash potatoes, stewed or minced for the next couple of days.

In the house, I liked everything to be clean and looking good, Mum used to moan at me for putting everything away so she couldn't find anything, but that was how I liked it. I was very fussy and house-proud even then. I loved helping her and hated it when she moaned and said I didn't do enough, she always used to say Pat did this and Pat used to do that... I hated it when she said that, because I always thought I helped her a lot, but I always reasoned with myself that she was always tired and sometimes hungry. We didn't have a lot of money in those days, when we went to school, we used to have school dinners, so Mum didn't have to find us a dinner and we used to have bread and jam for tea. But Mum became very ill during this time with anaemia which is not enough iron in your blood, and the doctor moaned at her for not eating enough, she was going without food to feed the rest of us. It was very hard times then. My Dad had had double Mastoid operations on both ears for two years running going into hospital for months, and could not work for a long time, so money was very, very short. I was about four at the time. I had to grow up fast to help out. My Mum was a beautiful lovely lady who loved us all so dearly, she never smoked or spent her money on anything or anybody but her children and my Dad. We all loved her dearly. My Dad was also a lovely, kind, hard-working man, who never had very much money but gave all he had to his family. We also loved him dearly.

Regards

Valerie”

**BRAIN TEASER**



*Solve this individual brain teaser ..... For example 15 .Answer is SQUARE ROOT*

Note:

In 8, the lettering is blue.  
In 14 the lettering is Green

## MIKE'S CONSERVATORY

During Lockdown, a lot more people have been working from home and spending more time indoors to protect themselves or their loved ones (just like many of you, shielding).

As you've probably seen, many people have a lot more time on their hands now. More time to do the jobs you've been putting off!

A patient of ours has done just that! Michael, one of our regulars on Zoom has recently been having a conservatory built which will enable him to enjoy his garden throughout the seasons.

During the build, he gave us verbal updates on its progress and on completion would like to share some pictures with you.

We wish him many happy hours in his new build.

Before



After





## GOOD NEWS STORY

Sometimes the news can be very negative and talks about only the bad things that are happening in the world. However, they are so many wonderful, positive and beautiful things that happen every day. So, here's a change to read about one of them now.

### Disabled Gran Uses Lego to Make Shopping Easier

Disabled by a car accident 25 years ago, Rita Ebel had long been frustrated by the number of shops and cafes inaccessible to wheelchair users. A year ago, the 62-year-old grandmother from Hanau in Germany came up with a simple solution: building ramps made of Lego.

Helped by her husband, Ebel has constructed dozens of made-to-order Lego ramps for shop entrances by sticking together hundreds of the brightly coloured, interlocking plastic bricks. "I'm trying to sensitize the world a bit to barrier-free travel," says Ebel. "Anyone could suddenly end up in a situation that puts them in a wheelchair, like it did me." "It's a brilliant idea," says Malika El Harti, who has one of Rita's ramps installed at the entrance to her hair salon. "You can see from afar that you can get in here without any problems."



**LIVING WELL WORDSEARCH**

I N P A T I E N T U N I T L E  
P O E H B S Y L T X S Y F I D  
A R S A O Q R J L T M R I V R  
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CAFEVERDE  
COFFEE  
DININGROOM  
DOCTORS  
ELLENOR  
FRIENDS  
GARDEN  
HOMECARETEAM  
INPATIENTUNIT  
LIVINGWELL  
MCGRATH  
MINIBUS  
NURSE  
PATIENT  
RELAXATION  
SEATEDEXERCISE  
SINGING  
TEA



The Living Well Team hope that you've enjoyed the first edition of our Living Well Newsletter.

We will gratefully receive any contributions to future editions. Until Living Well can reopen, we are here to support you and your families.

We would be very pleased to see you on Zoom and for details of the link, please contact the Living Well Department for further information.

Meanwhile, take care and stay safe!

If you are interested in attending either of our Living Well Zoom Calls – Tuesday or Wednesday (with Music Therapy). Also take a look at our Virtual Wellbeing Timetable on page 1. Please do not hesitate to contact the Living Well Team on 01474 320007 / [Shania.allsop@ellenor.org](mailto:Shania.allsop@ellenor.org).

For more information about Zoom, please see [www.zoom.us](http://www.zoom.us)

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