



KLS Elders Programme Newsletter

Welcome to our 3rd Elders Newsletter, created to update you on what is happening within the service.

Feb 2021 Edition

IN THIS EDITION
How to get support during Lockdown
New Zoom sessions and Parkinsons' Dance DVD

♥SUPPORT♥

Our Elders service could not run without the dedication of our amazing team of volunteers. We would like to express a special thank you to those that continued to call over the Christmas holidays, including our new Fone Friends volunteer Liz, who volunteered on Christmas day to call some of our elders to wish them a merry Christmas.

Many of our elders received a Christmas present thanks to the generous support of Thomas' Battersea, Frances Holland School Sloane Square and Dorrington PLC. A **massive thank you** to you all!

When we return to the Centre we will be running **new digital sessions** on how to get the best from your IT – whether it be your mobile phone, tablet or laptop. To express an interest in these sessions please contact **Sarah** on the number at the back of this newsletter

As Lockdown continues, we hope that the Covid-19 vaccine will help reduce the risk of infection and get us nearer to getting back into our centre and seeing you all face to face again.



Our Christmas **Age Well** '12 days of Zoom' run by Kerry was a fantastic success. Zoom social groups online continue throughout the spring. If you would to join us, all you need is internet access and a laptop, phone or tablet. We can show you how to get onto sessions. Look for the leaflet with this newsletter for details of the sessions coming up. Contact **Kerry** for more information on 07960 108 103



FONE FRIENDS

We continue to regularly call members as part of our **Fone Friends' service**, which is delivered by our Elders team and volunteers. These phone calls are for members who would like to have a regular call from us to keep in touch and have a chat. Perhaps you are feeling lonely whilst isolating or want to chat to someone about local news, KLS updates or want someone different to talk to. If you would like a call contact **Sarah** on 07940 132 440. We will then match you to one of our volunteers for a weekly call.



Ricky giving gifts to elders pre lockdown



EXERCISE FOR ELDERS CONTINUES

Parkinson's Dance is a gentle exercise class for people with neurological conditions such as stroke, Parkinson's or other such conditions. We had to postpone our new **Parkinson's Dance** pilot due to Lockdown. **Dawn**, who will be running the sessions, has recorded, with the help of **Lisa**, a 14-minute taster session. A volunteer has put onto DVD for us. All those on the class list will be sent a copy soon. It would be great to get your feedback once you have given the class a go! If you would like a copy of the DVD or to join the session once they start please contact Dawn on 07852 933 338.



In Memory

It is with sadness that we pass on the news that Lunch Club member Chris O'Leary passed away.

Janet Choudhry, a member of Mariana's exercise class and our lunch club passed after a short illness. Her funeral is on Mon 8th Feb at 4pm and can be watched online. Please contact Sarah for the details.

Our thoughts are with both of their loved ones at this difficult time.

VOLUNTEER SUPPORT FOR OUR MEMBERS

Battersea Coronavirus Angels have volunteers to help you if you're isolating. They can pick up paid for shopping, medicine and prescriptions, dog walking or other errands. **Call them on 07394856557**

If you would like to join our WhatsApp's, Fone Friends, Zoom Socials or have any ideas, comments or suggestions do get in touch we love to hear from you! We can also make foodbank referrals.

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