



KLS Elders Programme Newsletter

Welcome to our 2nd Elders Newsletter, created to update you on what is happening within the service

Nov 2020 Edition

IN THIS EDITION
How to get support during lockdown
New ways to stay in touch with the Elders Team


So here we are back in lockdown again. But this time we know we can get through this together as we have all now done it before.

Whilst on lockdown we are doing things differently this time. During the summer months we asked 58 KLS elders what would they would like from the service if there were future lockdowns - members said they wanted to have contact with us both over the telephone, but also online and in person with distanced visits where possible. In response to this we have created new ways we can stay in touch –

Don't be a stranger during lockdown



GET CONNECTED



WHATSAPP CHAT

would you like to join a WhatsApp group and stay in touch via text or talk on Facetime? If this interests you please send a text to **07940 132440** with your name and we will get you started.

We want to introduce you to the world of online social groups from the comfort of your own home, lets Zoom!

Any fear of technology will quickly melt away. It is as simple to learn to Zoom as it once was learning to use your television. We will guide and help you with the initial set up. We are very patient and encouraging. Using Zoom will enable you to join many social and



We are starting new Zoom social groups online. If you would to join us, all you need is internet access and a laptop, phone or tablet. We can show you how to gain access to zoom and how to join one of our new sessions starting soon.

For more information on this project contact Kerry or Sarah on our numbers at the end of this newsletter.



NUMBER SWAP

We would be happy to help members swap numbers to stay in touch – ONLY if you give permission for this – so if you would like to stay in touch with a specific friend from KLS please let us know who and we will match you up to stay in touch on the phone together.



FONE FRIENDS

We provide regular calls via our KLS Fone Friends' service which is delivered by our staff and volunteers. These calls are for members who would like to have a regular call from us to keep in touch and have a chat. If you would like to be added to the calls list please contact us on our numbers at the end of this newsletter.

exercise groups and to see loved one's and friends. All you need is access to wifi at home and a smartphone, tablet or computer, (perhaps a family member has one you can use)? Or phone the Elders Team at KLS to book a small group socially distanced or 1:1 taster session and we can lend you a device. If you are already familiar with Zoom and would like to find out about our upcoming regular free Zoom classes then do give us a call.



Exercise for our elders continues

Hannah and the elders team have created a new exercise DVD for her class members that will be on its way out to people shortly. **Dawn, Hannah and Mariana** are continuing to support their class members over the phone.

The elders team are also creating **surprise packs** for members that are less able to get out with fun things to do and hopefully some nice surprises. These will be finding their way to members soon.



SUPPORT

Lisa, Dawn and Sarah can help you to access other services if needed – this may include someone to do your shopping if you are self-isolating, a referral to the food bank, or support to contact social services or your gp.

Battersea Coronavirus Angels are able to pick up paid for shopping, medicine and prescriptions, dog walking or other errands. Call 07394856557

Wandsworth Community Hub for information on council services 0208 871 6555

Christmas Lunch

Due to the pandemic the usual Christmas day celebrations in Battersea Park cannot happen this year. We are working with Donna the Chair of Kambala to ensure that any of our elders in Battersea that would like a hot meal on Christmas day can have one cooked and delivered by the **amazing Kambala Team**. If you would like to receive one of these meals or know someone else who would benefit please contact the elders team on the numbers at the bottom of the page.



In Memory

Sadly our good friend Mariella Walker passed away recently. Many of you will remember Mariella for her big smile and personality. She was a very kind person and much loved by us all in the elders team.

Members have asked to have a collection, which we will do when we return to the centre and any money raised will be donated to Battersea Dogs Home in her memory. Her Funeral is being held on December 1st. If you would like details please contact the team.

If you would like to join ourWhatsapps, Fone friends, Zooms or have any ideas, comments or suggestions do get in touch we love to hear from you!

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