

LOCKDOWN LIFE

Issue 38

January 2021

January News

Wow – we're halfway through January already! With Christmas and New Year behind us January can feel like a tough month.



There's always something to celebrate though! Let's find out how everyone is getting on in 2021 so far...

Would you like to feature in Lockdown Life? Get in touch with your news, pictures and stories!

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Birthday Wishes!



Happy Birthday Edna!



Edna celebrated her 67th birthday with a tea party. And what a lovely cake!



Thanks for sharing Edna!

Audrey's Experience

Lockdown has been a new experience for all of us, and sometimes it can get us down. Audrey shares how she's feeling during the second lockdown, and what cheers her up when she's feeling a bit low.



"I found it hard staying in the house all the time and I missed not seeing my friends and family. I also missed going shopping. I have felt fed up and sad. Sometimes my staff talk to me, tell me jokes and sing to me to cheer me up. I use Facetime to see my family. I loved Christmas day as I got to see some of my family for a couple of hours.

I am worried I might get Covid 19 again. I no longer ask if and when I can go outside.

I listen to my music more and feel excited about getting the Covid vaccination."

Thanks for sharing Audrey!

Online Events

With our usual activities cancelled, many of us have been enjoying online virtual activities instead.

Whatever you like doing there'll be something out there for you! You can log on to discos, yoga, arts and crafts classes, cookery courses, exercise classes... there's so much choice!



If you're new to online activities why not try one of the Ngage Friday afternoon sessions. We've got lots of different fun activities.



Some people find a new online activity a bit daunting the first time they try it. If you haven't used video chat before don't worry - we're here to help out. Just contact the Personalisation & Wellbeing Department and we can help get you started.

Contact

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