

## Welcome from Abbe, Rebecca and Sue

We welcome you to our first fortnightly newsletter from Age Connects for Denbigshire. You will find that it is filled with information, helpful hints and tips, news and recipes. We want this newsletter to be valuable for you so please share your feedback and suggestions.

Covid 19 has changed our everyday life and has affected us all in many ways. At Age Connects we were all focused on how to best protect and support our community. As a charity supporting older people we are proud to have adapted our services to supporting many isolated and lonely people giving them reassurance.

We are in very strange times and I can't say when forums will resume, in the meantime I will keep you updated when we can meet as a forum by phone or virtually.

We will continue to produce a newsletter for forum members and anyone else that may benefit from it. This newsletter is for you and I encourage people to get in touch by phone or email, details on the last page.

## Public Health Wales Update: Coronavirus (covid-19)

### Stay local and keep Wales safe:

- always observe social distancing
- wash your hands regularly
- if you are meeting one other household, stay outdoors and stay local
- work from home if you can

### Stay at home if you or someone you live with has either:

- a high temperature
- a new, continuous cough
- loss of smell or taste (anosmia)

### Topics



Denbigshire  
County Council -  
Befriending Scheme



Gardening - Do you  
have a green gene?



Meet the Author



Lockdown Recipe

## Telephone Befriending

There are many different organisations providing telephone befriending services, especially during the Covid-19 crisis. Listed below are a selection of them. There are many more which we have been unable to list due to the sheer volume, these include condition specific befriending services which are beneficial for peer support and can include befriending services for people with sight-loss, support for people who have had a stroke, befriending services for people who are undergoing or have had cancer treatment and befriending for people who are unpaid carers.

Telephone befriending can offer a regular chat over the telephone to help people feel less isolated and connected to their community. If you have any questions about telephone befriending, please call our information and advice team on 0300 2345 007

### Denbighshire's County Council Telephone Befriending Service



COVID-19 is having a particularly large impact on the wellbeing of our community, many of whom are in high-risk categories and are therefore shielding or self-isolating.

Denbighshire's Telephone Befriending service has been set up to check on people's welfare, offer them regular telephone friendship and alert them to other support services.

They have said "We are determined to ensure that no one in the community is left to struggle through these difficult times on their own. A united effort from our County Councillors, our employees and our amazing new volunteers is making sure everyone who needs help gets the support they deserve. If you need support, please call **0300 456 1000** choosing 'option 2'. Since the COVID-19 crisis began, we have recruited over 80 new volunteer Telephone Befrienders and due to the volume of Denbighshire residents, we still need more.

If you could volunteer your time during these unprecedented times, please email the Talking Points & Social Prescribing Coordinator [jason.haycocks@denbighshire.gov.uk](mailto:jason.haycocks@denbighshire.gov.uk) or call 01824 712937 for more information.

We are here and will continue to be here for anyone that needs us during these times and beyond."

## Telephone Befriending Continued..

### Age Cymru's Ffrind mewn Angen / Friend in Need

Age Cymru have just launched their new Friend in Need service which provides free telephone friendship calls for people in Wales who are 70 or over. For Further information call Age Cymru, 08000 223 444 or visit [www.agecymru.org](http://www.agecymru.org) Register for a call or to become a friend.

### Care and Repair "Keeping in Touch Service"

As part of Care and Repairs Covid-19 response they are offering a telephone befriending service for people who own their own homes and are over 60. The aim is to help people feel less isolated and more connected to the community. For further information please call 0300 111 2120

### The Silver Line

The Silver Line is working in partnership with Age UK to offer weekly call to people age 60 and over, who would like to receive regular weekly telephone friendship from a friendly and supportive volunteer. Call to find out more about signing up or refer someone online. 24 hours a day/7 days a week 0800 470 80 90 or [info@thesilverline.org.uk](mailto:info@thesilverline.org.uk)

### Re-engage Call Companion

Re-engage provides calls for people who are over 75, living on their own and who feel lonely. The calls will last for about half an hour and you can chat about anything that interests you. To find out more, telephone 0800 716 543



## Where to find help and support during the Covid-19 crisis

There are lots of different organisations / charities providing help and support for citizens living in Denbighshire. Our Information and Advice Team is an excellent first contact as they are able to provide you with information, advice and sign-post you to the relevant service.

### Age Connects North Wales Central:

Advisers are able to provide you with Information, Advice and Assistance on where to get the right support.

Telephone: 0300 2345 007 (Monday to Friday 9am-5pm)



### Denbighshire County Council Resource Pack:

Denbighshire County Council has collated a list of resources offering support during the current Covid-19 crisis. Information listed includes food deliveries, grocery services and support agencies.

Further Information is on their website:

<https://www.denbighshire.gov.uk/en/resident/community-and-living/community-planning/community-resources/community-resources.aspx>

Telephone Denbighshire Single Point of Access on 0300 456 1000 and select on Option 2

A poster with a white background and a blue border. The text reads: 'It's OK not to be OK during the COVID-19 crisis'. Below this, it says 'CALL 0800 132737' with a speech bubble icon. Further down, it says 'OR TEXT 'HELP' TO 81066' and 'WWW.CALLHELPLINE.ORG.UK'. At the bottom, there is the NHS Wales logo and the text 'GIG CYMRU NHS WALES | Bwrdd Iechyd Prifysgol Betsi Cadwaladr University Health Board'.

A poster featuring a hand holding a smartphone. The phone screen displays 'Free coronavirus support line' and the number '0808 196 3651'. To the right, two red speech bubbles contain the text: 'call us any day 10am-6pm' and 'if you're lonely, worried or can't access essential supplies'. The British Red Cross logo is in the bottom right corner.

## **Did you know that you have a green gene? Isa Lamb – Age Connects Perennials Coordinator**

You really do - but it's not literally coloured green, of course! Scientists tell us that *everyone* has a particular gene that works in such a way that it causes us to feel attracted to the natural world. Let's face it, when we see the melancholy face of a donkey, a breath-taking sunrise or a view from a mountain top on a clear day, it makes us smile. When we hear the robin staking his claim to a tree, a bee buzzing as it drinks up the nectar from its favourite flower or the sound of a river cascading over rocks as it works its way to the sea, it relaxes us. It calms us. We feel better, energised, and clearer somehow. Even writing about it makes us feel better!

Many of us don't have access to mountain tops and rivers but we can (now) have access to some sort of outdoor space. Throughout these strangest of days, we've been locked down, kept apart and shielded from the unseen enemy. For those of us who have been blessed enough to have a garden, it has proved utterly invaluable as a source of purpose, productivity, hope and comfort. But you don't have to have rolling acreage to benefit from the natural world.

Maybe what you have is a courtyard, a pavement or a balcony. Can I encourage you to sit outside and listen to the company around you? If you can hear birdsong – maybe now is the time to learn who it is that's making the music? If you can see flowers, shrubs, trees and you can move around, why not investigate them? The number of shapes, forms, and fragrances may surprise you. Watch the insects as they play out their dramatic lives in a square inch of land. Imagine!

If you can go for a walk – no matter how short- go for it! You'll sleep better, feel calmer and improve your appetite.

For those of you who are 'shielding' or unable to access an outdoor space, I would commend the wildlife programmes on television such as 'Spring watch', to take you to a different world. And finally, you can access programmes online or simply look at photographs of your favourite beasties in a book to make you smile.

Our Perennials service is currently suspended until further notice. BUT we'll be back because – you can't keep a hardy Perennials down!



**Meet the Author – Maureen Croughan (Prestatyn forum member)**

**'Safety Rhymes'**

*Humpty dumpty sat on a wall,  
His neighbours and friends said  
Be careful don't fall,  
If you do it will be no joke  
When everywhere is covered in yolk!  
Then a road cleaner will come  
To clean up the mess  
That's the end of Humpty I guess.*

*Mary had a little lamb  
Then she had some beef  
For pudding she ate some raspberries,  
And the seeds got in her teeth.*

*With all of any leftovers  
Her mother made a pie  
When Mary poured some gravy on  
Some splashed up in her eye.*

*Granny made some lovely cakes  
Mary praises sang;  
She never ever went off food  
She only went off bang!!*



## Lockdown Recipe

Chicken, Ham and Mushrooms in a Fancy Hat, since it's not fully enclosed in pastry, but it's a pie.

Surprising and delicious recipe made with tinned food – invaluable if you are stuck on store-cupboard rations due Coronavirus.

Tinned spinach has a strong taste which works well here, but use frozen whole leaf if you like a milder flavour.

**Prep time:** 10 minutes | **Cooking time:** 40 minutes     **SERVES** Six

### INGREDIENTS

- 1 x 400g tin chicken in white sauce
- 1 x 340g tin Spam or other tinned ham
- 100g tinned spinach
- 1 x 400g tin mushroom soup
- 200g ready-rolled puff pastry
- Beaten egg or milk, for brushing

### METHOD

1. Preheat the oven to 220C/200C fan/Gas 7.
2. Tip the chicken in white sauce into a large saucepan. Prise the Spam from its tin and cut into small cubes, around 1cm, and add those to the pan. Drain the spinach, if necessary, and spoon it in, followed with the mushroom soup.
3. Turn the heat to medium and cook for five minutes just to warm everything through and combine it, breaking the chicken up with your wooden spoon as it heats through. Season with salt and a little pepper.
4. Spoon the pie filling into a deep dish or cake tin – about 20 x 25cm. Top with the pastry and brush the top with beaten egg or milk. Bake in the centre of the oven for 10 minutes, and then turn the heat down to 170C/150C fan/Gas 3½ and bake for another 20 to 30 minutes, until golden and crisp.

Enjoy.



**To receive copies of this newsletter directly via post or email please contact:**

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