

Hello all and welcome to "The Sun" ( Self-isolation updates for Newmarket) which will now be a regular publication aiming to keep our spirits positive, upbeat and happy while self-isolating and social distancing.

We also hope to provide you with useful suggestions and activities that you can do to help you cope with Self-Isolation and to provide you with any updates or news of things happening locally to support people.

### Staying in touch

We urge you to keep in touch with family, friends during this time. This will help you feel less isolated and maintain a positive mental outlook. There are lots of ways



you can do this eg by telephone, e mails, Face time, Skype, Facebook, telephone and letters. The church is implementing a buddy phone call system.



### News this week (this is changing constantly)

**Iceland** is now open the first hour of trading each day for older and vulnerable people only.

**National Trust** are currently opening their parks/gardens for free during this social distancing period. All houses, cafes and toilets closed. Remember even outside you should be 2m apart from others.

**Baby and toddler groups** are doing free online 'virtual' groups via Facebook. Visit the Facebook pages of individual baby groups for access (e.g. Tumble tots, boogie babies..)

**Exercise** is still important when self isolating, if you have access to YouTube, visit the 'Joe Wicks' channel for daily P.E. lessons which will be accessible from 9am every weekday - great for older children or anyone that needs to get moving and burn some energy at home!



## Ideas to try during Self Isolation (lots more to come in later editions)

Why not write yourself and stick to, a **timetable for each day**. This way you can stay in a routine (very important), stay focused and ensure all your health (mental and physical) needs are addressed.

Things to include in your timetable:

*Wake up and get up time*

*Meal times- ensure you eat a balanced diet*

*Time to shower or have a relaxing bath*

*Time to exercise in some way*

*Time to socialise (Facebook, Skype, Face-time, phone calls, e mails)*

*Time for Crafts, activities or DIY*

*Time to read*

*Time to learn or keep your brain active*

*Time to keep up to date with news*

*Time to pray and reflect*

*Time to relax*



Don't flush anything  
down the loo other  
than loo roll

Please be kind to  
supermarket staff they are  
doing their best, but getting  
a lot of abuse from  
customers.

## Free 'easy to do' activities

- Wildlife survey your garden - what critters and creepy crawlies can you find?
- Write a funny poem to share with friends/family on your next Skype or telephone call
- Get to know your neighbour over the fence - if you spot your neighbour in the garden strike up conversation, maybe make a regular time once a week to have a chat over the fence out in the open while keeping a safe distance

**Key advice** Focus on the positives, keep up to date with the news, but limit how much you watch so as not to become over-anxious.

