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ISSUE 140
FREE

**IS IT SAFE TO RECEIVE CARE AND
SUPPORT IN A COVID-19 WORLD?**

with Right at Home

HANDY SONGS FOR CLEAN HANDS


Bored of the Happy Birthday song? Let's switch it up!

SUMMER FRUIT TART

A simple & delicious seasonal recipe!

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A close-up photograph of a jeweller's hands working on a ring. The jeweller is using a pair of tweezers to hold a small, rectangular piece of metal, likely a setting for a diamond, on the band of a ring. The ring is resting on a wooden workbench. In the background, a gold bracelet is visible on a perforated metal tray.

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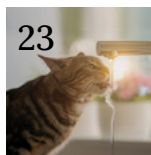
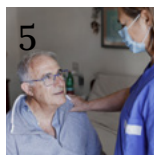
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LOCAL LINKS



ISSUE 140

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Dear Readers,

Well, another month has quickly come around! Lockdown is easing but as we know, even some large companies are struggling to recover. That's why it's crucial that we continue to support small local businesses and tradespeople.

In this issue, we have a simple yet delicious summer fruit tart recipe for you to try. We also have a new reading section with book reviews from Willow Coby, some 20-second handwashing songs to replace the Happy Birthday song, and an interesting list of words whose meanings have completely changed over time. Plus, if you are looking to get into shape once the gyms reopen, we have an amazing competition from Gym Unity where you could win a 12-month gym membership worth over £200!

Happy reading and please continue to stay safe everyone!

The **LOCAL LINKS** team



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Wed 12th August

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LAW



IS IT SAFE TO RECEIVE CARE AND SUPPORT IN A COVID-19 WORLD?

by John Houghton

It is widely documented that the number of people accessing health services for conditions unrelated to Covid-19 has dropped dramatically recently. Public Health England and the NHS are encouraging people to seek assistance via the normal channels for all health concerns and the message is official; the NHS is open as normal.

The repercussions of delayed treatment for conditions are yet to be seen, as are the mental health and wellbeing repercussions of isolation. It is widely accepted that isolation and a lack of human contact are not good for the health of most people. Some studies even suggest that loneliness has the same mortality rate as smoking 15 cigarettes per day.

The most at-risk group for loneliness are those that are also most vulnerable to the Coronavirus. So, in a Covid-19 world, how can you receive safe care and support in your home?

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Right at Home have always trained carers in infection control and the safe use of PPE. Incorrect use of PPE can be as infectious (if not more so) than no PPE and all of our carers are trained in the correct process of donning and doffing PPE. Covid-19 has, however, increased the level of PPE that Right at Home has introduced, including:

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As well as increased and appropriate PPE, it is important to keep the

number of visitors to a minimum. Care providers such as Right at Home, who match carers to the needs of their clients, are able to create small teams of carers for each client group. This reduces the social circle and risk of wider infection.

For individuals with increased health needs, there is now an obvious fear of going into nursing/residential homes. For this reason, there is an increasing demand for live-in care. This allows the individual to remain in their own home and to have one carer living with them. It is also a cost-effective alternative to a nursing home whilst providing the safest and most person-centred care.

In a Covid-19 world, it is more harmful than ever to ignore your health and wellbeing and you are encouraged to reach out for the right care and support.



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WALKING BACK TO HAPPINESS

BY JO TURNER

During lockdown I was furloughed, and my husband John had to work from home. We decided to use the time it usually took us to commute to walk. We'd never really walked as a form of exercise before...we'd never really taken any form of exercise before, so this was something new.

We worked out a route and as we were used to getting up at 6am to travel to our respective jobs and we decided that staying in that routine seemed sensible so we wouldn't be too out of sync on our return to work.

Walking trims your waistline - Both John and I had the start of middle age spread. Over ten weeks I've dropped a dress size and John has discovered he's wearing the trousers that prior to lockdown he'd been considering donating to charity.

Walking relieves arthritis pain - After four weeks John noticed that his arthritis pain seemed less. This seemed counter-intuitive so I consulted the arthritis society website and discovered that walking is recommended because it does indeed help reduce

inflammation and stiffness in your joints. The important thing to remember is to walk 'correctly'. Hold your head up; keep your neck, shoulders and back relaxed; swing your arms naturally, with a slightly bent elbow; tighten your stomach muscles a little to give yourself a supported core, and breathe deeply as you walk.

Walking improves your mental wellbeing - At the start of lockdown I think we both felt really anxious about all the uncertainty. As the weeks progressed, while we walked we discussed our worries and thrashed out solutions to some of the problems we faced or might face. I certainly began to feel in a better place mentally and as though I could cope better with life in general.

Walking reduces blood pressure - John's blood pressure had been sneaking upwards and just before lockdown our GP had been monitoring it with a view to him starting blood pressure medication. When it became clear that he wasn't going to be examined by a doctor for some time I was concerned enough to buy a home blood

pressure monitor online. We tested it out to make sure the readings matched those of the clinic then forgot about it! After six weeks (on the date he was supposed to have been returning the GP) we tried it and discovered his blood pressure was just within normal range. By week ten it was well within the normal range. Mine too has dropped significantly.

Crucially throughout this period neither of us has felt like we were 'exercising'. Walking felt natural and easy. I know this article is anecdotal and personal but there is plenty of research to support exercise being almost as important as diet in controlling type-2 diabetes; that it helps with balance and co-ordination and so helps to prevent falls in older people, meaning they are more likely to stay out of hospital, which at the moment is even more important than usual, and finally that it helps boost the immune system which is important for obvious reasons right now.

We will definitely continue to fit walking into our day even when life returns to a more normal pattern.



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CLASSROOM CHALLENGES BY TRACEY ANDERSON

Coming out of lockdown presents particular challenges for families with kids who will have been in school all along; some will have had a good lockdown experience; some will have struggled for many reasons, and some will not be going back at all this side of the summer break

This is a challenging time for families as they readjust while still dealing with anxieties and worries about the pandemic, jobs, relatives, and finances. Your child may be excited about the return to school and reuniting with their friends, or they may be worried and anxious. Talk to them about what they are looking forward to and what concerns they

may have about going back to school.

Try to act as a sounding board, listening without immediately offering advice. Sometimes just talking something through can help children come up with solutions of their own.

Take your child's concerns seriously. Academic and social pressure is daunting enough without the additional stress of returning after a lockdown. Never belittle or trivialise their problems.

Share some of your feelings and experiences in an age-appropriate manner. Also share your own healthy coping mechanisms. Try to keep communication channels

open so they will talk honestly with you. Discuss important issues but also make time for silly stories about your day or theirs.

Make it a priority to motivate their learning. Be curious and interested in their lessons and link it back to the learning they did at home if you can. Give specific, concrete praise such as "I really like your detailed approach to this project," rather than a general comment "That's great!"

Don't be afraid to ask for help. Let teachers know if you're worried about anything in particular, or if you feel your child could benefit from extra help in making the transition back from home to school.





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FOUND

BY ERIN KINSLEY

It's a parent's worst nightmare: you are waiting for your child to come home from school and they don't. This is the situation that Claire and Matt found themselves in when their 11-year-old son Evan did not come home from school after football practice. The police are called, and the search is on. Claire and Matt are torn apart by the events and as the months drift on they give up all hope of Evan coming home.

But, as the title suggests, Evan is indeed found. But the boy that returns to them is not the same

boy that went missing. Refusing to talk to anyone he is withdrawn, only finding short moments of happiness and peace when visiting his grandparents on their farm. The police try to ascertain what happened but to no avail. Until another boy goes missing.

What drew me to this book is the fact that the focus is on what happened AFTERWARDS. We all watch news reports of children who are abducted and sometimes there is a happy ending. For us, as onlookers, that is where the story ends. But is it possible for a family just pick up and carry on as if nothing happened? How on earth do you rebuild those lost moments with your child?

BALLERINA BELLA AND THE LUCKY LOCKET

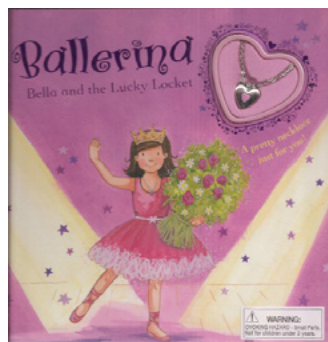
BY JILLIAN HARKER

Bella loves to dance. Bella wants to be a ballerina. But there is a problem. No matter what she is doing she finds it almost impossible to concentrate as her imagination runs

wild. A cat in the garden becomes an escaped tiger from the zoo. A ribbon on the floor during her ballet class becomes a mouse. And a spider swinging from its cobweb makes her think of swinging on a swing as she forgets the exercise they are supposed to be doing. Everyone is exasperated.

But can Bella focus during her dance show? Can she prove herself to be the dancer she wants to be and win best dancer?

This lovely picture book will enthral young dancers with wonderful illustrations showing pirouettes, jetes, and arabesques. Any dance teacher will tell you that children get distracted and this is a lovely way of helping them understand the importance of staying focused.



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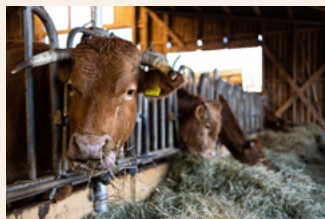
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Some crops will be ready earlier than usual due to the hot dry May. Silage and hay will be got as and when able to supplement winter feed supplies, but straw may well be in short supply as

harvested crops are shorter. Spraying to maintain crop health and production hasn't been able to take place in some cases, and this will also reduce the amount harvested. If this is similar globally then prices may rise to feed the increasing global population.

Sheep will be sheared – following necessary Covid-19 rules. This is a welfare issue as it protects the animal from fly strike (where fly eggs are laid in the dirty, sweaty fleece and resulting maggots cause irritation, inflammation and even death if left untreated).

Soft fruits and salad vegetables are at their peak and are picked and

packed on farm, hopefully with enough staff to ensure produce doesn't go to waste.

We will be cutting thistles and nettles to stop them encroaching on the pasture but there are still plenty about for butterflies and seed-loving birds such as goldfinch to feast on.

Ted is 5 and a half now and working as well as he will. He enjoys a stint moving sheep around or gathering them for bringing in and his instinct is showing. Pip, on the other hand, is more concerned with chasing him, so has to be kept on a lead or shut in when we want him to work.

Follow Angela on twitter: @bythebarn

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♪ HANDY SONGS FOR CLEAN HANDS

BY ALISON WILLIAMS



As lockdown eases, we should be even more vigilant about handwashing. You can't catch coronavirus through your skin but if contaminated hands touch your face then all the belated social distancing in the world won't help you.

I don't know about you, but I am sick to death of the Happy Birthday song. I will never sing it again when this is over.

You still need to scrub with soap for 20 seconds to remove those pathogens and twenty seconds is a long time when you're standing at a sink, so here are a few alternative 20-second tunes which will probably give you

an earworm for a week!

- The chorus to Dolly Parton's hit single Jolene: "Jolene, Jolene, Jolene, Jolene, I'm begging of you please don't take my man. Jolene, Jolene, Jolene, Jolene. Please don't take him just because you can."
- As a teen I was in love with Morten Harket from A-Ha so I was delighted to find that the chorus of Take On Me is 20 seconds providing you hold the last note properly...and who wouldn't? "Take on me (take on me), Take me on (take on me), I'll be gone, In a day or twoooooooooooooo..."

- One friend also suggested reciting The Lord's Prayer, which is fine if praying is your thing, or you feel divine intervention is necessary!
- My favourite though was overhearing my friend's unbearably cute curly-haired three-year-old singing, "Twinkle, twinkle little star, look how clean my two hands are. Round my wrists and round my thumbs, link my fingers, almost done. Twinkle, twinkle little star, look how clean my two hands are!"

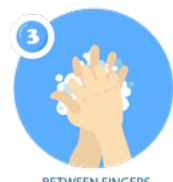
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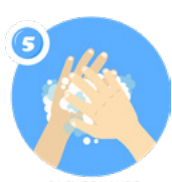
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10 ENGLISH WORDS WHOSE MEANINGS HAVE COMPLETELY CHANGED

The English language is complex and, as such, is constantly changing and evolving. Here, we take a look at 10 words whose meanings have completely changed.

1. AWFUL

In Old English, 'awe' referred to "fear, terror or dread." This later came to mean reverential wonder, and 'awful' and 'awesome' were synonymous with awe-inspiring. Later, 'awful' took on a negative connotation, and now means 'extremely bad.' 'Awesome,' however, evolved in the opposite way, probably around the mid-1900s, and came to mean 'extremely good.'

2. CUTE

Extracted from the word 'acute,' 'cute' originally meant sharp or quick-witted, and used to be written with an apostrophe in place of the missing 'A.' In 1830s America, it took on a new significance and came to mean attractive, pretty or charming.

3. FANTASTIC

Coming from the old French term 'fantastique,' 'fantastic' originally referred to things that were, or appeared to be imagined. Only recently has it come to mean 'extremely good' or 'wonderful.'

4. FLIRT

We now flirt by making eye

contact or mirroring body language, but flirting in the 1500s was described as a sudden sharp movement. It's original meaning was 'to give someone a sharp blow' or 'to sneer at.' The word took on a playful, cheeky meaning much later.

5. LITERALLY

This used to refer to things that were actually happening but is now used by many people for emphasis. Ex-footballer Jamie Redknapp is known for his expressions such as "these balls literally explode off your feet." This misuse is now so widespread that the Oxford English Dictionary has changed its definition.

6. MEAT

From the Old English mete, 'meat' once referred to all solid food including animal feed. Around the turn of the 14th century, it came to mean 'animal flesh for food.' 'Meat' in the figurative sense eg. 'the meat of the matter' - came about at the turn of the 20th century.

7. MYRIAD

Nowadays, a myriad is an extremely large, uncountable number of things. In Ancient Greece, however, it specifically referred to the number 10,000. During the Bronze Age, it was represented by the symbol of a circle with

four dashes.

8. NERVOUS

Meaning "of or belonging to the nerves," 'nervous' dates from the 1660s, with roots in the Latin 'nervosus.' It soon came to refer to a person medically "suffering a disorder of the nervous system" and in the 1700s also took on the meaning "restless, agitated, lacking nerve" which we now use to describe someone who is easily alarmed.

9. NICE

Derived from the Latin 'nescius' meaning ignorant, 'nice' began as a term for an ignorant or foolish person, then in the 1300s and 1400s, it began to refer to someone who was finely dressed, shy or reserved. By the 1500s, it was used to describe refined, polite society and came to be used in the positive manner we're familiar with today.

10. SPINSTER

It is thought that during the Middle Ages, it was easier for a married woman to find higher paid and higher status work, leaving unmarried women lower paid work such as spinning wool. Combined with the fact that it was common for people to use their occupation as identification in legal documents, 'spinster' soon came to refer to an unmarried woman.



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TOP TIPS TO INCREASE WATER INTAKE IN CATS

Scarsdale Vets practice nurse Serena Cutbill shares
10 tips for ensuring your cat gets enough H₂O

1. Include wet food as part of their diet. This is by far the easiest way to increase your cat's water intake, but it should be done gradually. You can also try adding water to dry biscuits although this may reduce the palatability.
2. Increase access to fresh water by placing bowls on all floors of the house so they are always accessible. Provide one bowl per cat in the household plus one extra.
3. Use glass, metal or ceramic bowls rather than plastic ones. Felines usually like wide, shallow dishes but try different sizes and shapes to see what your cat prefers.
4. Ensure water bowls are topped up to the brim.
5. Some cats prefer stale water so leaving a dish outside may be useful. Others tend to favour running water, so leave taps dripping or invest in a water fountain.
6. Leave some water in the bottom of a sink or the bath.
7. Offer different types of water to see what your cat likes – e.g. distilled water, warm water, tap water, rain water.
8. Offer flavoured water. Use the juices from meat or fish to create a 'broth' or freeze to make flavoured ice cubes.
9. Position water bowls in quiet locations away from food bowls and litter trays.
10. Some prescription diets contain slightly higher salt levels which encourages the intake of fluids.

Encouraging your pet to drink more will help to produce more dilute urine and will aid in the reduction of bladder inflammation. Along with reducing stress, this is one of the most vital aspects in preventing cystitis from recurring.



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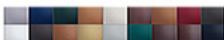
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RECIPE: SUMMER FRUIT TART

We have the perfect seasonal dessert recipe for you to try! This summer fruit tart is simple, delicious and contains vitamin c-loaded berries, so we like to think it is healthy too - that's our excuse anyway!

INGREDIENTS

1 x 500g block shortcrust pastry
3 eggs
135g caster sugar
125ml double cream
225g strawberries, hulled
80-100g raspberries
80-100g blueberries
Icing sugar to dust

INSTRUCTIONS

1. Preheat oven to 200°C/180°C for fan assisted ovens/ 400°F/ gas mark 6.
2. Roll out pastry large enough to line a 23cm/9" flan tin.
3. Blind bake for approx. 18 minutes, removing beans and paper for final 5-7 minutes. Reduce oven temperature to 160°C/325°F/gas mark 3.
4. Meanwhile, whisk eggs and sugar together until pale. In a separate bowl, lightly whip the cream until just holding

in peaks, then gently whisk into the egg mixture.

5. Cut half of the strawberries into quarters or 6ths depending on size and scatter over base of flan. Gently pour in the egg mixture into flan and return to the oven to bake for 35-40 minutes until mixture is just set. Remove and cool.
6. To serve, scatter remaining fruit (quarter the strawberries if desired) over the top and dust with icing sugar.



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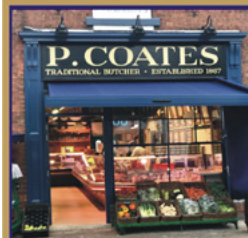
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Their first site in Lichfield opened in 2011 and has gone on to become the most popular independent gym in the city. It offers a fantastic cardio line-up with the latest Star Trac® equipment including built-in TV monitors. It also features a separate weights room plate-loaded with over 1500kg of free weights. If this isn't enough, they also have 2 studios which offer spinning classes and a wide variety of other classes, both indoor and out.

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Sports massage is available at both sites and memberships are dual-site meaning you can use either at your leisure.

You can find out more about Gym Unity at: www.gymunity.co.uk.



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The closing date for entries is the 11th August and the winner will be announced in our September edition. Good luck to everyone who enters!

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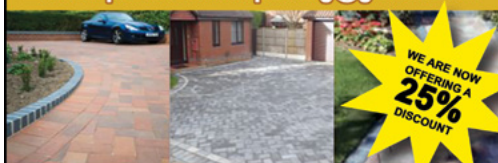
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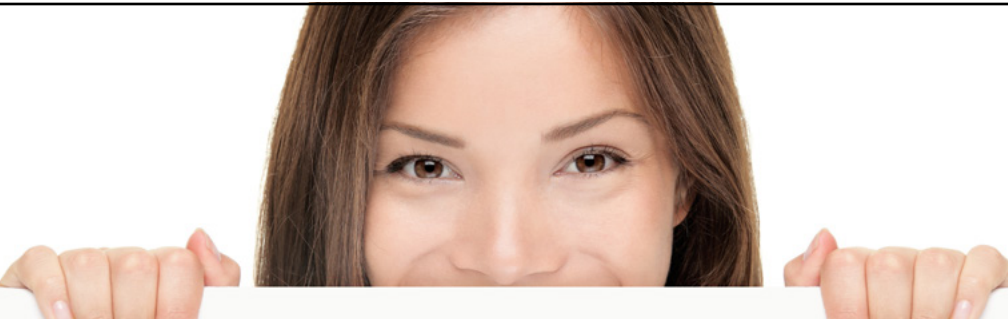
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