

# WASH HANDS



# COVER FACE



# MAKE SPACE



## CORONAVIRUS STAY ALERT TO THE SYMPTOMS

**HIGH TEMPERATURE  
OR NEW CONTINUOUS COUGH  
OR LOSS OF TASTE OR SMELL?**

No one in your household should leave home  
if any one person has symptoms.

Find out how to get a test, and how long to  
isolate, at [nhs.uk/coronavirus](https://nhs.uk/coronavirus)

**STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES**



The flu vaccine is a safe and effective vaccine. It's offered every year on the NHS to help protect people at risk of flu and its complications.

You can have the NHS flu vaccine at your GP surgery or at any pharmacy offering the service

Contact your GP surgery or nearest pharmacy to book yours.

## Health and Wellbeing Newsletter

October 2020



## | --- RULE OF 6 --- |

Limits on the number of people you can see socially have changed. When meeting friends and family you do not live with (or have formed a support bubble with) you must not meet in a group of more than 6, indoors or outdoors.

**This is against the law** and the police will have the powers to enforce these legal limits, including to issue fines (fixed penalty notices) of £200, doubling for further breaches up to a maximum of £6,400.



## In Flanders Fields

In Flanders Fields the Poppies blow,  
Between the crosses, row on row  
That mark our place and, in the sky,  
The larks, still bravely singing, fly  
Scarce heard amid the guns below  
We are the dead, short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie  
In Flanders Fields  
Take up our quarrel with the foe,  
To you from falling hands we throw  
The torch, be yours to hold it high,  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders Fields  
They shall grow not old as we that are  
left grow old  
Age shall not weary them, nor the years  
condemn  
At the going down of the sun and in the  
morning  
We will remember them



## New Volunteer Officer

**Claire James** has joined Rooftop as the new Volunteer Coordinator.

If you'd like to discuss anything around volunteering then please get in touch with Claire on **07483 044 559**.

## Health and Wellbeing Calls

The team provide lots of activities and social events, and for now we are doing some health promotion on the telephone and we shall be promoting and sending out invitations and information for upcoming activities, also a regular newsletter, which will be delivered within the schemes.

## Health Chats

We would like to promote our **Health Chat** which helps you gain an understanding of fitness levels and give lifestyle improvement tips; this would take about 15/20 minutes.

If you are a Rooftop resident and you would like to receive a weekly or fortnightly wellbeing call offering support during the ease of lock-down or to book an appointment for a health chat then please contact the Health and Wellbeing Team Leader on **01386 420800** or **07854717430**

## Rooftop services

Rooftop's services are still running, just in a different way!

For help with any issues with your rent, benefits or general money advice please email [money.advice@rooftopgroup.org](mailto:money.advice@rooftopgroup.org)

Job coaching services are all available to our customers. Call free on 0800 0421 800, to make a Skype booking, or email [bbo@rooftopgroup.org](mailto:bbo@rooftopgroup.org).

You can find all the up to date information on Rooftop's website at [www.rooftopgroup.org](http://www.rooftopgroup.org).

## Social media

We are constantly updating our Facebook page with ways to look after your health and wellbeing. Make sure you give us a like to keep up to date with what is going on in your area. Follow us on Instagram and Twitter too and see what else we get up to!



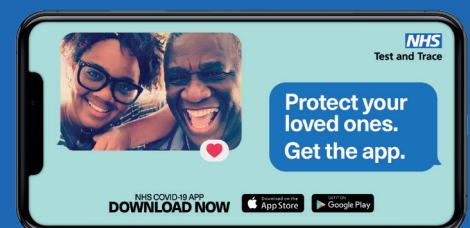
## NHS Test and Trace

Protect your loved ones.  
Download the app.

The new NHS COVID-19 app, now available to download for free in England and Wales, is the fastest way to see if you're at risk from coronavirus. The faster you know, the quicker you can alert and protect your loved ones and community.

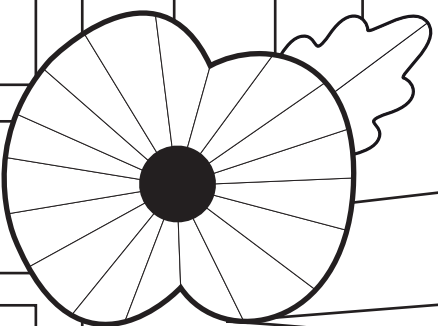
The app has a number of tools to protect you, including contact tracing, local area alerts and venue check-in. It uses proven technology from Apple and Google, designed to protect every user's privacy.

For help downloading the app please visit [www.covid19.nhs.uk](http://www.covid19.nhs.uk)



Rooftop Housing Group, 70 High Street,  
Evesham, Worcestershire. WR11 4YD

W H E N  
R E M E M B E R  
11 T H N O V E M B E R 2020



## **Decorate your window with a poppy to support our heroes on Armistice Day**

Due to the current restrictions in place limiting what we're able to do for Armistice Day, the Health and Wellbeing team are putting together packs so that you can either colour in or make your own poppy to display in your window which we think will be great for everyone to get involved in. If you're unable to do this, on the reverse is an already coloured in one that you can display. If you would like to knit your own poppy, please contact us on

either Sue Bentley on 07483052037 or Kayleigh Juliff on 07854717531 for a pattern.



# We shall not forget.



THE ROYAL BRITISH  
LEGION



This year, due to the COVID-19 pandemic, you may see less of the British Legions devoted volunteer Poppy Appeal collectors in your local communities, but you can help family, friends, and neighbours to get hold of their poppy and contribute to the Appeal.

Request 20 poppies free of charge by completing the form on [www.britishlegion.org.uk](http://www.britishlegion.org.uk). You can then give them to your friends and family and ask them for a donation to support our Armed Forces community.

Please ensure you request your envelope by 31 October to ensure you receive it before Remembrance.

For more information on this please contact **0808 802 8080**