



# SMART

# Newsletter

Edition 4—Week Starting 1st June 2020



## Foreword from Amelia:

Over the last couple of months we've had the support of some incredible volunteers to get food to people affected by COVID-19. Thank you to them and to all of you who help SMART and each other without expectation of anything in return. This Volunteers Week, we'll be celebrating each and every one of you.

I've really missed working with you all and am very much looking forward to coming out of lockdown and seeing you again. To do that safely we will need to focus on only doing the things that are really needed and wanted so please let us know what one thing you miss about SMART.

I'm looking forward to seeing you soon!

# News, Messages and Updates

Find SMART Updates, Good News, and open messages from members here.



## Thinking about SMART in the Future

As Lockdown gradually eases, we're starting to think about how SMART could begin to restart its usual services.

With this in mind, are there any particular things that you've been missing about SMART, since we've been closed? Do you think that they're things that will be able to continue to run in the same way as they have before, or might they need to be adapted, and if so, do you have any ideas about how we might do this? Let us know your thoughts.

## Quote

"Pause and remember: Every single event in your life, especially the difficult lessons, have made you smarter, stronger, and wiser than you were yesterday".—Jenni Young



## Using Cranes to Lift Spirits

A Belgian maintenance company has been using its cranes to reunite families with relatives living in high-rise care homes. Nursing home residents living on upper floors have been isolated from their families for weeks to protect them from Covid-19, but Group-f, has given them a lift by raising their relatives to the upper floors to see them—a creative use of equipment!





### Quote

“I don’t think of all the misery, but of the beauty that still remains”.—Anne Frank

### SMART Virtual Coffee Catch-Up

SMART have now run four Coffee Catch-Ups to date—they’ve been a great opportunity to catch-up, socialise, and talk about how people are coping, and what SMART’s been doing. If you haven’t had a chance to join in just yet, why not join in this Tuesday (2nd June), at 11.30am? All the information is on the SMART website, or you can ask us for the meeting details, and we’ll send them to you.



### Quote

“Every single time you help somebody stand up you are helping humanity rise”.—Steve Maraboli

### Koala Rescue

Bear the dog was found abandoned, but since his rescue, he has been retrained to detect koala bears.

Following the aftermath of Australia’s bushfires since January, Bear has found more than 100 sick and injured koala bears, that would have otherwise died. Good Bear!



# SMART Kitchen

## Vegetable Fritters

Here's a quick and simple recipe, recommended by Melita.

Vegetable fritters are a great way to get some of your daily vegetable intake. Have them for lunch, in a sandwich, or with a simple salad for a light dinner. And best of all, throw in the vegetables of your choice!



### You will need:

Vegetables (any)

1 small onion

50g of plain flour

1 garlic clove

1 egg

grated cheese

salt and pepper

4 tbsp cooking oil

## **Directions**

Grate or finely chop the onion and the vegetables of your choice – Melita suggests using old vegetables. Be mindful of how many vegetable fritters you would like to make, so as not to cut too many vegetables.

Break the egg into a bowl and add the flour, mix well. Add the chopped/grated vegetables and cheese into the bowl and season with salt and pepper and any other herbs/spices of your choice.

Place the oil in a non-stick frying pan and gently drop 1 tablespoon of the mixture into the pan and spread it a little with the back of the spoon. Continue adding the mixture into the pan and make sure there is enough space in the pan to turn the fritters.

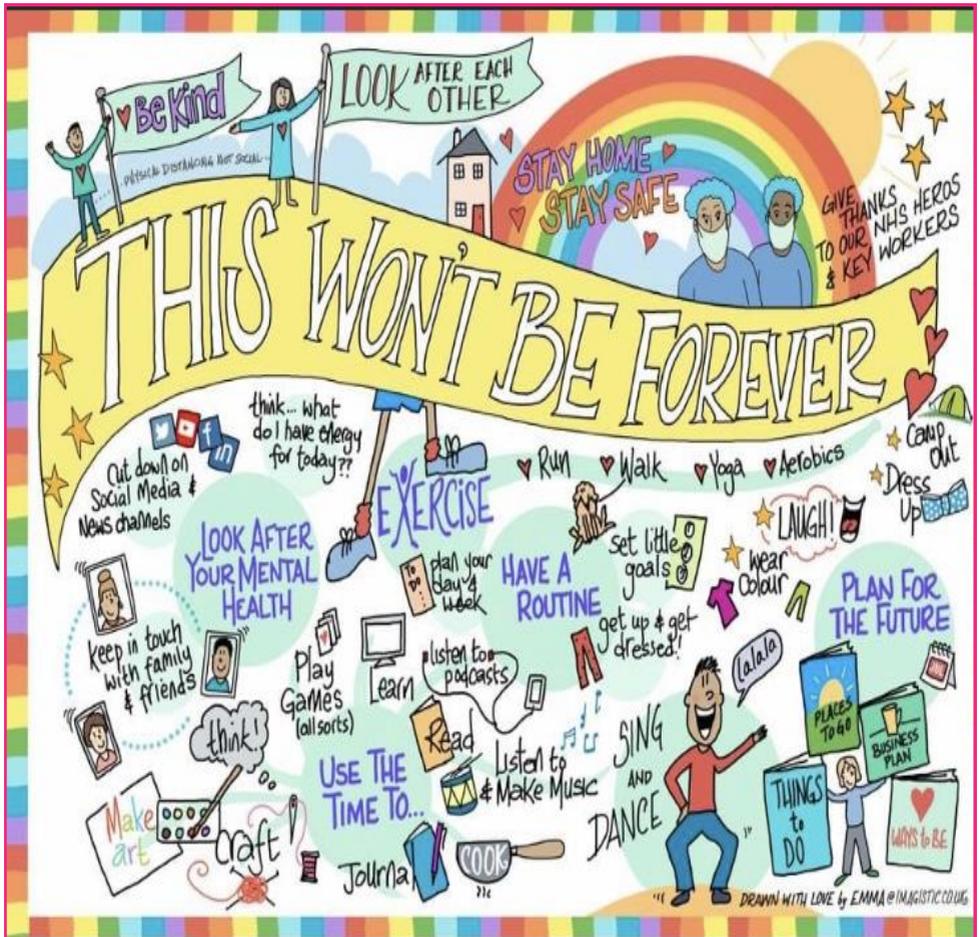
Leave this on a medium heat for about 2–3 minutes and then flip each fritter, and continue on low heat for another 1–2 minutes until they are golden brown and crispy.

Transfer the fritters to a paper towel-lined plate and repeat the cooking process with the remaining mixture.

# Getting Through This:

A few things that you might find useful in these current times.

If you've got any suggestions of your own, let us know!



# Online Timetable

In order to continue to support you during the lockdown, we've taken our activities online – all of our usual classes and activities, just virtual. Go to the SMART website, [www.smartlondon.org.uk](http://www.smartlondon.org.uk) to get more information, and join in.

<u>Monday</u>	Mindfulness	11.00am—12.00pm
	Yoga	Anytime
<u>Tuesday</u>	Yoga	10.00—10.40am
	Coffee Catch-Up	11.30am
	Mindfulness Colouring	2.00—3.00pm
<u>Wednesday</u>	Chair Exercise	10.00—10.40am
	Music Online	2.30pm
	Knitting	4.00—5.00pm
<u>Thursday</u>	Meditation	11.00–11.20am
	Art Online	Anytime
<u>Friday</u>	Reading Space	2.00—3.00pm

# Support and Information



Our usual services have stopped for now, but SMART is still here to support you. We are doing this by making essential food and toiletry deliveries; regular telephone calls to find out how you are, and if you need help with anything; providing activities for you to access online and; exploring different ways of getting in touch, and keeping connected.

You can call us on: 020 7376 4668 or 07341 560625

Email us: [info@smartlondon.org.uk](mailto:info@smartlondon.org.uk)

Visit our website: [www.smartlondon.org.uk](http://www.smartlondon.org.uk)

Follow us on our Facebook, Instagram, Twitter & YouTube channels.

## OTHER SERVICES

### SPA

Advice and guidance in a crisis.  
Call 0800 0234 650, or  
18001 0800 0234 650  
(Typetalk)

### Samaritans

Available to listen.  
Call for free on: 116 123,  
or Email: [jo@samaritans.org](mailto:jo@samaritans.org)

### Shout

24/7 Text chat service.  
Text Shout to 85258 to get started

### NHS 111 Online

Online medical advice.  
[111.nhs.uk](http://111.nhs.uk)

If you feel that there is an immediate risk to yourself, or someone you know, please call 999 or your local accident and emergency department, immediately.