

HORNSEY PENSIONERS

www.hornseypag.org.uk

Hornsey Pensioners Action Group serves pensioners within Hornsey & Wood Green and other neighbouring parliamentary constituencies

May 2020 – Bulletin 2

Welcome to Bulletin 2. We hope that you are coping well during this pandemic. We look forward to seeing you all after this is all over.



Keeping safe

Remember that to keep safe you must thoroughly wash your hands after being in public spaces. It may be that soon everyone is expected to wear a face mask, but you can make your own (see page 2). Anyone incubating the virus is less likely to pass on the infection if wearing a mask. When you remove the mask, treat it with caution; it may carry the virus, so should be washed, and your hands washed after touching it.

Getting in your supplies

Look back to the April Bulletin where Ann explained how to register as extremely vulnerable, having other illnesses and needing to self-isolate. Mutual Aid Groups are also mentioned. [Please let us know if you are having difficulty getting the help you need.](#)

Many of us have carers or helpful neighbours that do errands for us, but those registered as extremely vulnerable have priority for on-line shopping. In my case that has not been straightforward. Hopefully I shall at last get a delivery slot on-line next week.

Personally, I have managed with odd deliveries from smaller firms, including Greens of Highgate that deliver fruit & vegetables. Other such firms were closed to new customers. I also got bread delivered by Dunns in Crouch End. My neighbours have been really helpful.

Sarah Harris says that **Morrisons** will do home deliveries on payment by card at the door. The number to ring is **03456 116 111**. They deliver from a list of basics. Sarah cannot verify how well this works but has been told about it by others.

Pauline Hallinan recommends the **Crouch End Co-op** which will take orders for over 70s/vulnerable people by phone **020 8341 6420**. If you order between 9 & 11am they will ring you back in the afternoon to take your card number to pay for it and deliver that day or the next.

Janet

[Breathing techniques for infected COVID 19 victims](#)

Dr. Vinchi from Queen's Hospital London presents suggestions for better lung health given to him by Sue Elliot, Director of Nursing. It should be started at the beginning of the active infection but it is also a good idea to practice it before any infection is picked up.

Start with 5 deep breaths which are held for 5 seconds. The 6th deep breath should end with a big cough and cover your mouth. **Repeat** twice. **Next**, lie flat on your **front** with a pillow in front of you for 10 mins. **During** the 10 mins take small breaths slightly deeper than normal.

NB - The majority of your lungs are in your back so it is very important that you do not lie on your back in bed for long periods as this closes off the small airways which with the virus can lead to secondary pneumonia.

Find out more ways to help keep your immune and respiratory systems strong by watching:

["Immuni Qi" Qigong Routine for Lungs and Immune System - with Jeffrey Chand](#)

Immuni Qi is meditative and gentle body movement routine to help relax the mind and body.

Make your own Face Mask

Materials

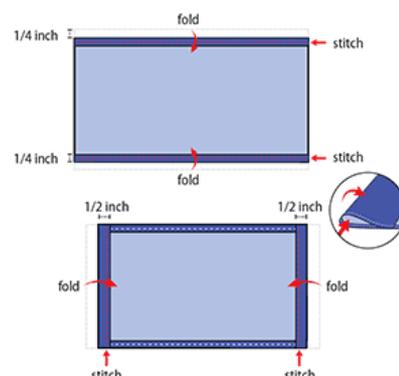
- Two 10"x6" rectangles of cotton fabric (quilting fabric, cotton sheets or in a pinch, T-shirt fabric)
- Two 6" pieces of elastic (or rubber bands, string, cloth strips, hair ties)
- Needle and thread (or bobby pin)
- Scissors
- Sewing Machine

More information on masks is available from:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

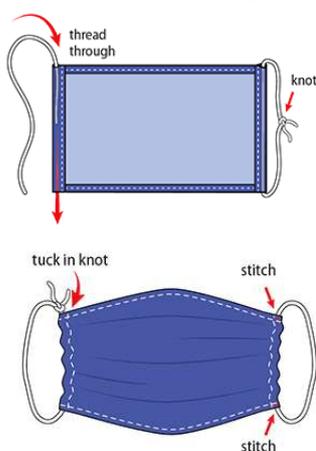
1. Cut out two 10-by-6-inch rectangles of cotton fabric. Stack the two rectangles; you will sew the mask as if it was a single piece of fabric.

2. Fold over the long sides 1/4 inch and hem. Then fold the double layer of fabric over 1/2 inch along the short sides and stitch down.



3. Run a 6-inch length of 1/8-inch wide elastic, (or longer string) through the wider hem on each side of the mask. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight.

4. Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the mask on the elastic and adjust so the mask fits your face. Then securely stitch the elastic in place to keep it from slipping.



Art and Covid-19



These pictures are from a video produced by Professor Vera Atkinson from Belgrade, Serbia (a friend). Visit www.hornseypag.org.uk in case she allows the film to be seen in full.

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