



# Wallington Community Wellbeing Charity Newsletter

## to Celebrate International Older People's Day 2020

October 2020

Dear All

Under normal circumstances we would be meeting on Friday to celebrate International Older People's Day with our regular Bi-annual event bringing everyone together in Holy Trinity Church and Centre.

Last year we were delighted to have 58 different stalls plus over 400 people visit us on the day. Unfortunately an event such as that isn't possible at the moment due to the Covid-19 restrictions and we will miss you all as it is a time to celebrate all that is good in the Borough for older people and also to provide the help and support people need. We will miss our exhibitors and those who provide the various taster sessions of activities as well.

We are working towards our next event that we hope will be towards the end of April 2021 living in the hope that Covid-19 will be all but beaten by then and we are able to return to an easier way of life. We do however expect that some adjustment may need to be made to how we provide the event and support the older people in the Borough.

The Committee are still meeting regularly via Zoom and are pleased to hear that many other charities are able to continue to 'meet' for activities, exercise and chat sessions using online video conferencing. Who knew that so many of us would be able to turn our hands to this form of communication?!

We would love to hear from you about how you are getting on during lockdown and beyond. We are happy to feature your sessions on our website and promote via Facebook as we are not proposing to update the normal paper copy of the Activities Calendar at the moment as so many activities have changed.

In the Spring we hope to return to some more of the activities we had planned face to face – taking whatever precautions we need to at the time.

Please let us know how you are by emailing us at [wallingtoncommunitygroup@gmail.com](mailto:wallingtoncommunitygroup@gmail.com)

**Please remember that we at the Wallington Community Wellbeing Charity are always there to support the Older people in the Borough. We will champion you and your needs and try and improve your health and wellbeing whilst helping you avoid loneliness and isolation but signposting you to places and resources that can help.**

**Look after yourselves, Stay Safe and remember to look out for your friends and neighbours.**

With our best wishes to you all,

**The Wallington Community Wellbeing Charity Committee**

Registered Charity No. 1182560