

依士靈頓華人協會

**ISLINGTON CHINESE ASSOCIATION**



**Patrons:** The Baroness Dunn DBE Cherie Booth CBE QC Sir David Brewer CMG CVO JP Col Brian KAY OBE TD DL **Chairman:** Hanifah Law

**\*Staying Well Connected\* - 2<sup>nd</sup> Bulletin (8<sup>th</sup> April 2020)**

**HELLO, HOPE YOU ARE STAYING SAFE AND KEEPING WELL SINCE BULLETIN 1  
REMAIN MENTALLY BALANCED DURING THE CORONAVIRUS OUTBREAK**

According to the UK Mental Health Foundation, infectious disease outbreaks, like the current Coronavirus (COVID-19) can be scary and can affect people's mental health. What it is important to stay informed, there are also many things we can do to support and managed our wellbeing during such challenging times.

- **stay connected:** a chance to be in touch with others in different ways than usual, like regularly on social media Facebook, WeChat, WhatsApp, Skype, video call, email or on the phone) as they are still good ways of being close to the people who matter to you. If you are sharing content, use this from trusted sources
- **create a new daily routine** that prioritises looking after yourself. You could try reading more or watching movies. Through ICA's online social networks, you can enjoy and participate (in the comfort of your own home) in exercise/health routines like dance, tai chi, yoga, qigong; learn a new recipe from our cooking demonstration, sing along with Tom, learn Mandarin....etc
- **avoid speculation on your social networks** and check reputable sources on the outbreak - rumour and speculation can fuel anxiety. Having good access to good quality information about the virus can help you feel more in control. You can get up-to-date information and advice on the virus from Govt.uk: Public Health England, Health Protection Scotland, Public Health Wales.
- **manage your stress**, sleep well, keep active, eat a balanced diet
- best that you don't avoid all news and that you **keep informing and educating yourself**, but limit your news intake if it is bothering you. When necessary, call ICA Helpline on 07405 634 008
- **remember to adhere to Government lockdown rules:** -
  - \* stay at home
  - \* keep your social distance (2 meter or 6 feet)
  - \* wash your hands more than usual, for 20 seconds with soap and hot water
  - \* use tissues to cover your nose and mouth when you sneeze or cough, make sure you dispose of them quickly

*Katy BLAIR (Fundraising Manager)*

## **Yardstick**

The patrolman caught a man stealing two lobsters on the beach and demanded a fine.

Man: "What do you mean? These two lobsters are my pets, I take them for a walk!"

Patrolman: "Nonsense!"

Man: "True! They swim in the sea, as long as I whistle, they will return to me!"

Patrolman: "I'm going to check it out."

So, the man threw two lobsters into the waves .....

Patrolman: "Okay, and listen to how you call back the pet lobsters."

Man asked, "Lobsters? What lobsters?"

Patrolman: "....."

For reflection: Yardstick - a person may think he/she is smart, but there is a devil who comes up with intelligence idea.

*John MAK (Project Coordinator)*

## **Wisdom?**

A friend had returned to Hong Kong more than two months ago. Recently he chatted with me online. He said: "I have different views on many things before and after returning. At this unprecedented times, the most important thing is to response fast. It doesn't matter, right! It's just a different way of life. "

I replied: "Sometimes it's not just words that change - Mind? Environment? Your own needs? Your own restrictions? The wishes of your family? ... Now even less need to think of your future, the epidemic dominates everything! You'd better find a wife first "

"Hey! Things are unpredictable. Who would expect the government tell people to stay home for three months without going out? In fact, why do we have to be so persistent that we have to go out? If we can have wisdom like John Mak: Change the Lobster to be an absent-minded big head shrimp (to be disappeared), we can solve any problem easily without worrying. I don't know whether it means "a calm person will solve the problem"? After three months' solidity, do you think human beings will be able to conquer the nature? "

*Donna SO (CEO)*

## Hope to See You

“COVID-19” are spreading all over the world! At the time of writing, a quick glance at This country with the highest number of infections in the world and That country in which we currently live. It's still cannot erase that series of terrifying numbers:

- The number of infected people in the United States was 462,391 (only 209,056 on 1st April), and the number of deaths was 16,454 (only 4,657 on 1st April);
- The number of infections in the UK was 65,077 (only 29,474 on 1st April), and the number of deaths was 7,988 (only 2,352 on 1st April);
- So far, the number of infected people worldwide was 1,594,798 (only 930,338 on 1st April), and the total number of deaths was 95,050 (only 46,246 on 1st April).

In just seven days, it is estimated that the number of infections in the United States and the United Kingdom are more than 2.2 times, and the number of deaths in the United States and the United Kingdom are more than 3.5 times; and the number of global infections is more than 1.7 times, and the number of global deaths is 2 times!

We all live in the UK, watched the royal family member Prince Charles and the leader Prime Minister Johnson also confirm the infection one after another. Among them, Johnson once stayed in the intensive care unit for three days, and is now being intensively treated.

In my circle of friends, three friends also died of illness in the past two days. The "killer" is still not sure whether it is the new coronavirus (one of them was living in a residential care home, and has not been tested for this new coronavirus before death). What a life, sigh!

Therefore, it is estimated that the epidemic will continue for a longer while! So how can we keep our physical and mental healthy at home without becoming decadent or depressed?

Let us take more rest during this period and enrich ourselves, but we will be able to persevere in all things and stay calm! In this way, we can also keep in touch with our family through various videos or phone calls, and can also meet or talk with relatives and friends who have not been together for a long time.

Let us work together to fight against the epidemic! Connect with each other, support each other, be kind! I still believe that the dawn will come after the night, hoping that "tomorrow will be better" and hope that "will see you soon"!

*Perry FUNG (Centre Manager)*