

## I hope everyone's safe and well.

This week we'd like you to send us a photo of the view from your window. Show us what you can see so we can all share it.

Two of our team have been especially busy. Nicky has been using her dressmaking skills to produce scrubs for local healthcare staff – awesome effort Nicky!

Kate has drawn a magnificent picture of a rainbow, and Claire and her son have made a terrific Lego rainbow. Beautiful, and what a great way of showing our support for the NHS, carers and other key workers for all their hard work! Who has been taking part in the 'Clap for the NHS' at 8 o'clock on Thursday evenings?

We are still working hard here to make sure everything's ready to start again once the lockdown ends.

Don't forget we are still here to help. If you need anything just get in touch.

## Stay safe and send us those pics

**Bruce**



**CORONAVIRUS**

**STAY HOME  
PROTECT  
THE NHS  
SAVE LIVES**



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The Hextol Foundation  
The Hextol Tans



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# The Hextol Gardening Team

The Hextol gardening supervisors have still been going to our customers' gardens. They can do the gardens safely while following the social distancing rules. Here are some of the things they've been up to...



Charlotte is particularly proud of her first set of planters that she made for one of the schools—and rightly so. Pure craftsmanship, Charlotte!



...and grass doesn't stop growing just because of Coronavirus!

## KEEPING BUSY...

Here are some of the things people have been doing to keep busy during lockdown...

Tom has been helping his mum to re-design her garden...



... by shifting HUGE amounts of soil!

That looks like really hard work, Tom!



And Nicky has been making sets of scrubs for the NHS. This set is for her friend, Louise, who works at Burn Brae Surgery in Hexham. We love the matching socks, Louise!

**What have YOU been doing to keep busy?**

**Send your pics to us at [contact@hextol.org.uk](mailto:contact@hextol.org.uk).**

## Looking after ourselves during lockdown...

We have all been asked to stay at home during lockdown to help stop Coronavirus spreading to other people. Everyone will be finding it hard to cope with the lockdown for lots of different reasons. It is a big ask to be expected to stay at home for such a long time but there are things we can all do to help us cope.

- Stay on touch with your friends and family through social media, or set up a 'virtual' get-together through Zoom or Houseparty.
- Do stuff you enjoy doing and try new stuff: cooking, gardening, gaming, watching films and box sets, playing board games, jigsaws, singing, dancing, quizzes, arts and crafts, clearing out all your cupboards...
- Get some exercise by going outside, but remember to follow the social distancing rules!
- Make sure you eat properly and get plenty of sleep.
- Speak to someone if you are really worried. You could talk to your parents, a carer or a friend. You can call us as well and speak to Bruce, Nicky or Cherie: 01434 605253.
- If you are finding it hard to get to the shops for food or medicines, please call us—we can help! Our number is 01434 605253.