



# ***Southend Tenants and Residents Federation are able to offer a scheme to residents from across the borough that can help to cope with the loneliness and boredom of restrictions put on them due to Covid-19.***

We have found that many residents have been making items that will help others in the borough by knitting items, crocheting baby blankets or shawls. One resident used to be a carpenter and used to make children's wooden toys out of bits of wood that he had been given, but there was a cost for other items involved. Another has produced paintings that have brightened up some of the sheltered lounges. This helped keep their minds and body's active and helped them to focus on other things rather than the pandemic.

The Federation are now able to supply items that residents across the borough need to continue with these great ideas. We will be able to supply the crafting resources such as patterns, wool, wood, paint, paper and other materials for residents who are unable to socialise with people due to the Covid pandemic allowing them to relieve the cause of mental health and loneliness for themselves and brightening up the lives of others in the process.

All we ask in return is that residents provide photographs of the items for us to publish on our website, strf.uk, to show what can be achieved. These items can either be given to a relative, friend or colleague or donated to good causes or even used as prizes at events later in the year.

***The Federation are asking for any resident who have crafting skills to contact us on the details below to see if we are able to offer assistance to them in any way. We are also asking residents to contact us if they have any spare materials they could donate to a worthwhile cause.***



**LONELINESS?**



**MENTAL HEALTH?**



**ISOLATION?**

***CONTACT US THROUGH OUR WEBSITE - STRF.UK***

***OUR FACEBOOK PAGE STRF - 2020***

***EMAIL - INFO@STRF.ORG.UK OR BY PHONE ON 01702 309064***