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Issue
ONE

26/03/2020

A weekly newsletter to bring our community together during these challenging times
Please see www.rockdale.org.uk for any immediate information.

Rockdale

Sevenoaks scam >>>

Fake coronavirus testing kits

If someone knocks on your door asking if you want to buy a testing kit...say no thank you! Door to door **scam** people are in Sevenoaks, offering fake test kits for the virus, for £40. If you are worried that you may have the virus, it is much better to contact NHS 111 online or call NHS 111 and they will talk you through what to do. According to the NHS website, there is no need to test people with a cough or fever, so the best thing you can do for everyone is stay inside.



NATURE SECTION

All pictures, courtesy of Bob Bannister

The weather has been beautiful and lots of birds are busy building nests. Something you can do whilst at home, is spot as many birds as you can outside your window or open the window and listen to their song.



This is a picture of a Starling and may look quite familiar, and this is because they are quite common. Their song is full of chattering notes and mimicry of other birds.

Below is a Goldfinch They are distinguishable by their red faces, white cheeks, black crown and golden wingbar. Their voice is a sharp dee-dee-lit call.

The picture to the left shows an albino squirrel and a grey squirrel. You may not have ever seen an albino squirrel and that's because they're extremely rare! In fact, experts say there's only a 1 in 100000 chance that you will see one. This white squirrel has red eyes making it an albino.

The albino squirrels are now local.



20 questions - A slightly cryptic Rockdale quiz! (by John Hunter)

the answers are all Rockdale people, places, or neighbours

- Associated with Dante, and with Harold (7,6)
- In Rockdale you may live in them. In Babylon they hung. ([8],7)
- 'Place of Delight'. (3,10)
- Freemasons attend it. (3,5)
- Where you get money in the warm season? (6,4)
- Did Annie live here? (6,5)
- Not Doonican, her name is what Croesus had. (3,6)
- Sounds like what you need to solve a puzzle (1,6)
- A little version of George I's wife.
- 'Every little breeze whispers ' (6)
- Was her ancestor he of the nine hostages? (7,6)
- Leads to 13 and 14 (8,4)
- Sidney and Beatrice's hayfield? (5,6)
- ... and the one that's faithful (8,6)
- A very steady place to find justice (6,5)
- To get to the shop don't be impatient petal! (8)
- Marked with a hot iron (7)
- Duncan's son in 'the Scottish Play'. (7)
- LNON (5,4)
- Sounds like a penny on the sheltered side (3,5)

Sudoku

						8		6
4		5	6	9			1	
		9			2	4		
5					3		8	
		7	8		9	6		
	9		2					3
		4	7			1		
	6			4	1	7		8
7		3						

Exercise

Exercising can be as easy as grabbing some baked bean tins from the cupboard and using them as weights.

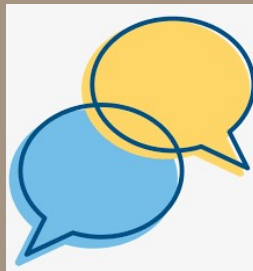
Walking on the spot for a few minutes each day can also help you stay healthy when you're stuck inside. Both these exercises are low impact but can help you feel better and make you healthier.

Exercises for over 70s have been added to TV programmes, such as BBC Breakfast.

Have a chat

If you are feeling a bit lonely and want to have a chat, please use the **Tunstall call system** and we will arrange for someone to call you back.

The person who calls you back, may be a member of staff or a fellow resident.



Your story – getting to know each other better

Do you have an interesting story?

A life story, funny moments, helpful stories ...

Lots of residents will enjoy reading each other's stories.

Please speak to Jean or email denise.tucker@rockdale.org.uk if you have something we can share in future newsletters.

Cryptic quiz answers:

- | | |
|-----------------------|---------------------|
| 1. Beatrice Wilson | 11. Racheal O'Neill |
| 2. [Rockdale] Gardens | 12. Akehurst Lane |
| 3. The Pleasaunce | 13. Webb's Meadow |
| 4. The Lodge | 14. Constant Meadow |
| 5. Summer Bank | 15. Stable Court |
| 6. Laurie House | 16. Waitrose |
| 7. Val Riches | 17. Branded |
| 8. A. Cleugh | 18. Malcolm |
| 9. Annette | 19. Ellen Owen |
| 10. Louise | 20. Lee Coyne |

2	3	1	5	7	4	8	9	6
4	7	5	6	9	8	3	1	2
6	8	9	1	3	2	4	7	5
5	2	6	4	1	3	9	8	7
3	4	7	8	5	9	6	2	1
1	9	8	2	6	7	5	4	3
8	5	4	7	2	6	1	3	9
9	6	2	3	4	1	7	5	8
7	1	3	9	8	5	2	6	4

Sudoku answers



This newsletter was designed and produced by Charlotte Tucker, GCSE student.