

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



## 一箋牽心（第二期簡報 2020年4月8日）

各位會員大家好：

### 冠狀病毒爆發期間，如何保持身心平衡

根據英國心理健康基金會的分析，當前的冠狀病毒（COVID-19）傳染病的爆發可以令人產生恐懼及影響我們的心理健康。在此鎖於深閨期間，我們還可以做甚麼來支持我們的精神安康。

**保持聯繫：**以不同方式與他人保持聯繫，例如社交互聯網（Facebook、WeChat、WhatsApp、Skype、視頻通話、電郵或電話），這些都是與外間保持聯絡的好方法。如果你要共享資訊，請也確保來源是可信任的，一定要避免社交或傳媒網絡的不可靠資訊，因這些假消息有可能會加劇你對冠狀病毒的焦慮。而準確的病毒信息可以更好地幫助你控制自己的應對、防範及保護。我們雖然不能迴避所有的新聞或資訊，但要讓自己有辨識的能力。當然有關最新冠狀病毒的信息可以於網上Govt.uk查詢：Public Health England、Health Protection Scotland 及 Public Health Wales。在此足不出戶的期間，如有必要，歡迎致電依士靈頓華人協會的服務熱線 07405 634 008。

**建立新的日常工作或活動：**首要是先好好照顧自己。你可以嘗試在家中多些閱讀或觀看電影，同時仍然可以通過協會的社交網絡享用及參與各項互動節目或活動，如舞蹈、太極拳、瑜伽、氣功...等等；從烹飪示範學習新食譜，與阿 Tom 一起唱歌，學習普通話....等等。

**自我保護：**要有良好的睡眠，保持活力，配合均衡的飲食習慣。

**請謹記政府的現行規條：**待在家裡，保持社交距離（2米或6英尺），多洗手（用肥皂和熱水洗 20 秒鐘），打噴嚏和咳嗽時用紙巾掩遮口鼻，並確保將紙巾安全扔掉。

正如我的同事，我們現已在家中工作第三個星期了，照常應付協會的運作。

在此祝大家身心康健、精神爽利！

謝錦霞（籌款經理）

## 魔高一丈

巡警在海灘抓到一位偷龍蝦的男子，正要罰款懲戒。

男子：「你這是什麼意思？這兩隻龍蝦是我的寵物，我帶牠們出來散步！」

巡警：「一派胡言！」

男子：「是真的！牠們在海裡暢泳，只要我一吹口哨，就會回到我身邊！」

巡警：「這我倒要瞧瞧了。」

於是男子把兩隻龍蝦拋到海浪裡.....

巡警：「好啦，且聽你如何把寵物龍蝦喚回來。」

男子反問：「龍蝦？什麼龍蝦？」

巡警：「.....」

反省：道高一尺、魔高一丈！

麥智光（項目主任）

## 大愚若智

有位朋友在兩個多月前已經回了香港，近日在網上跟他閒談，他說：「在回來前和回來後，我對很多事物都有唔同觀感，在不同特殊的時間下，最重要的是變數快。無所謂啦！只是不同生活方式。」

我回答道：「有時不是話變就變，頭腦？環境？自己的需求？自身的限制？家人的願望？...現在更加不用想，疫情主宰一切！你先找到老婆再諗啦！」 😄 😄

「哎！世事難料，有誰會料到政府叫人民留在家中三個月不出門呢？其實我們又為什麼太過執著一定要出街呢？若我們能夠像以上麥智光主任咁有智慧：龍蝦變了大頭蝦（唔見咗隻蝦），遇事就可以輕鬆解決，就沒有煩惱了！不知道這是否解作「人定勝天」？你估三個月後，人類是不是就能夠戰勝個天？」

蘇美珍（行政總裁）

## 見到就好

病毒泛濫，遍及全球！執筆之時，若單從全球感染人數最多的國家及我們現居的國家速覽，還是抹不掉那一連串駭人的數字：

美國感染人數為 462,391（4月1日只有 209,056），死亡人數為 16,454（4月1日只有 4,657）；  
英國感染人數為 65,077（4月1日只有 29,474），死亡人數為 7,988（4月1日只有 2,352）；  
至此，全球感染人數為 1,594,798（4月1日只有 930,338），死亡人數總計為 95,050（4月1日只有 46,246）。

僅短短七天之內，以此推算：美國及英國的感染人數均超過 2.2倍，美英兩國死亡人數更超越 3.5倍之多；而全球感染人數也是超過 1.7倍以上，全球死亡人數更有兩倍遞增！

居住在英國的我們，眼看著皇室成員查理斯王子、領導人約翰遜首相，也相繼確認感染。其中約翰遜更曾入住重症加護病房三天，現正在深切治療中。

在我的朋友圈，這兩天也有三位朋友因病去世，「兇手」還不能確定是否就是新冠狀病毒（其中一位是住在安老院內，而在世之前沒有得到這新冠狀病毒的測試機會），令人唏噓、嘆息奈何！

故此，估計疫情還會持續一段較長的日子！那麼我們如何在家能保持身心康泰，而不至於變得頹廢或情緒低落？

就讓我們在此期間多些休息、充實自己之餘亦能凡事堅忍、處變不驚！藉此也與家人以各類視頻或電話保持連繫，也可以與很久沒有相聚的親友隔空見面或對話，尋回過去失落了的情！

讓我們一起齊心抗疫！互相聯絡、彼此支持、恩慈對待！仍然相信黑夜過後曙光必現，期願「明天會更好」、冀望「見到你就好」！

馮兆雄（中心經理）



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**\*Staying Well Connected\* - Bulletin 2 (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 Corona virus (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 manage 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 how to speak 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 these unprecedented times, the most important thing is to respond 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, there is 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 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 is 1,594,798 (only 930,338 on 1st April), and the total number of deaths is 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!

For us living in the UK, we watched the royal family member Prince Charles and the Prime Minister Johnson also diagnosed with the Coronavirus one after another. Among them, Johnson had to stay in the intensive care unit for three days, and, as we write, the PM is still receiving close monitoring during the early phase of his recovery.

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

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

Let us take more rest during this period, enrich ourselves, persevere and stay calm! We can also keep in touch with our friends and families who you may not have been together for a while through virtual platforms or phone calls. This way, you can still see each other online or talk with them. Get back the warmth and good memory of the past!

Let us work together to fight against the epidemic! Connect with each other, support each other, be kind! I still believe that even the darkest night will end, and the sun will rise again. "Tomorrow will be better" and we look forward to seeing you again soon!

*Perry FUNG (Centre Manager)*