

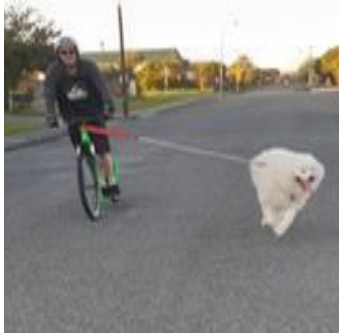
## Daily Update to PRRA staff – Thursday 2 April 2020

Hi everyone

### Getting active in the neighbourhood

Thanks to all of those people who sent in a photo of their neighbourhood following yesterday's update about physical exercise. Great to see the sun shining around the country and to hear about people being active! Who knows – this may lead to some new exercise habits going forward! Thanks Dave, Dinghy, Lloyd, John, Paul and Cas for taking up the challenge to take a photo while you were out and about within your neighbourhood. It's not too late to send in a photo.





**What can you do to help those aged 70+ or vulnerable people?**

Spare a thought for those who may be lonely or more isolated than others. Have you got neighbours, family members or friends who live on their own or may need some support? Give them a call to see how they are going. Ask if you can pick up anything for them from the supermarket or if there is any other support they might need. Keep in touch with people around you.

Take care everyone and stay safe! – Spot you tomorrow.

Regards

Michelle