

## Clap for Carers

Thank you to those who participated in Clap for Carers at 8pm last night. It's been lovely seeing all your videos across the different social media platforms and sites. The work being carried out by the NHS, police, retail staff, and care workers is incredible so a massive Thank you from all us within Harrow BID.

## Police update

For those of you are still working within the town centre and will be closing up for the weekend please ensure your building is secure. The majority of the public are sticking to the Government's advice and staying at home, however there may be a small minority who may try and benefit from empty buildings. Please click [here](#) for business burglary advice.

## Useful links

[Business Support](#) Tel: 0300 456 3565.  
[Enquiries@businesssuporthelpline.org](mailto:Enquiries@businesssuporthelpline.org)  
[Government Guidance on Business Support](#)  
[The Coronavirus Job Retention Scheme](#)  
[Self-Employment Income Support Scheme](#)  
[Summary of Government Business Support Measures](#)  
HMRC helpline for outstanding tax liabilities: 0800 0159 559  
[Harrow Council Business Support Page](#)  
[London Growth Hub](#)

## Queen's Address to the Nation

The Queen will speak to the nation on Sunday about the coronavirus outbreak - only her fourth special address in a time of crisis during her 68-year reign. Buckingham Palace said the message, recorded at Windsor Castle, will be broadcast on TV and radio at 8pm.

As we settle further into the lockdown period, we are hearing lots of positive stories of people embracing valuable family that they don't normally have, with the usual hectic busy lives we all lead. Family workouts, arts and crafts, get togethers online via the new Houseparty app are just a few of the activities we are hearing about.

As we mentioned in our daily update yesterday, April is [Stress Awareness Month](#), and the theme 'The 30-day Challenge' which encourages you to pick one action each for your Physical, Mental and Emotional Wellbeing to carry out every day. If you are struggling with ideas here is one for today:

**Physical** – grow your own food. It can be as simple as slicing a tomato and planting it in the ground or plant pot.

**Mental** – Plan something to look forward to. Write a daily note and pop in a 'I look forward to' jar.

**Emotional** – Ask for help if you need it. There is nothing wrong with not being ok.

## #Allinthistgether

One of the best ways of managing stress is talking and sharing with others; share with us what you are doing to stay positive and occupied. Are you going out for walks, are you finally getting around to that bit of DIY you have been putting off for months, are you learning a new skill? Let us know and we will shout about it in our daily updates. You can even send us a picture if you're feeling brave!

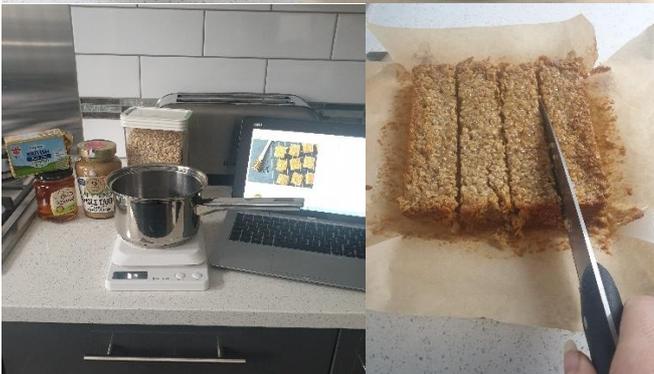
# How the BID team is keeping busy during isolation

As you know the BID team are all working remotely so we thought we'd see how each member of the team is coping with this new way of living. Today, Office Manager Laura Lyons updates us:



*"I'm finding life without Zumba pretty difficult as I'm used to a class 5-times a week, but I've rediscovered some hand weights that were gathering dust at the back of the wardrobe to keep the biceps working. I love baking so have tested out a couple of new recipes: [Honey and Peanut Butter Flapjacks](#), and [Carrot Cake](#).*

*I've tackled a job in the garden of removing a dead shrub that I've been meaning to do for a while, and as soon as the garden centres are open I plan to get some replacement plants.*



# Just for Fun

Here are the answers.... how many did you get?

1	🏠👤	Balham
2	1 1 t 📱	Wanstead
3	👤👤	Clapham
4	🔫🔫📱	Shooters Hill
5	🇨🇭🏠	Swiss Cottage
6	👤	Angel
7	🏠🌳🌳	Hyde Park
8	🌳🌳🌳🌳🌳🌳🌳🌳	Nine Elms
9	👤🚗	Catford
10	👤👤🌳🌳	Queens Park
11	🍓📱	Strawberry Hill
12	🔍🔍	Blackfriars
13	👤👤 t ON!	Dalston
14	G 🐕🐕📱	Gants Hill
15	👤👤 100 📱	Euston Square
16	👤 ON! 🔑🔑	Heron Quays
17	💡📱	Hornchurch
18	📱📱📱	Mayfair
19	👤🗨️	Barking
20	👤👤👤👤👤👤	Kew
21	NEW 👤	Newham
22	👤🚗	Ilford
23	🌳🌳🌳🌳	Raynes park
24	👤 OR 🏠	Manor House
25	🔪 J	Penge
26	👤 END	Hatch End
27	👤 ON! ❌	Hatton Cross
28	📱❤️👤👤	Isle of Dogs