

WEST HENDRED

APRIL 2020

NEWSLETTER

IMPORTANT!

This month's Newsletter will not be distributed as a hard copy due to the temporary closure of the printing company we use. Please can we ask, if you know of any neighbours who are not connected to the Internet, that you very kindly print a hard copy in your home and pop it through their door. Thank you so much

Dear Parishioner

CORONAVIRUS SITUATION

You will be only too aware of the threat that the Coronavirus poses and how best to minimise it spreading more widely. The Government as you will know has given clear advice on how to deal with the disease and how it is likely to develop. Details can be found at www.gov.uk/coronavirus

For those who place themselves in "self- isolation" the main advice is:

- if you have symptoms of coronavirus infection (COVID-19), however mild, **do not leave your home for 7 days from when your symptoms started**. This action will help protect others in your community while you are infectious
- plan ahead and ask others for help to ensure that you can successfully stay at home
- ask your employer, friends and family to help you get the things you need to stay at home
- stay at least 2 metres (about 3 steps) away from other people in your home if possible
- sleep alone, if possible
- wash your hands regularly for 20 seconds, each time using soap and water, or use hand sanitiser
- stay away from vulnerable individuals, such as the elderly and those with underlying health conditions, as much as possible
- you do not need to call NHS 111 to go into self-isolation. If your symptoms worsen during home isolation or are no better after 7 days, contact NHS 111 online
- If you have no internet access, call NHS 111. For a medical emergency dial 999.

Continued

PARISH COUNCIL ACTION ON COVID-19

Our concern is for those within the Parish who may need support if they go into “self-isolation”, have a medical condition that makes them more vulnerable or rely on public transport for shopping.

The Parish Council is here to help and is overseeing the process to make sure that anyone who needs help in the coming weeks and months knows what to do and who to contact.

We have enlisted Help Co-ordinators and are very grateful to Nigel and Angela Findley and to Stefan Povolotsky for agreeing to take on this role.

If you need help of any kind – shopping, deliveries, picking up medication or simply a friendly phone call please contact:

Nigel Findley 07900 554537 or email nigel.findley@westhendred.net

Angela Findley 07775 863350 or email Angela.findley@westhendred.net

Stefan Povolotsky 07460 727374 or email stefan.povolotsky@sky.com

If you have a neighbour, know anyone in the village, or in Ginge, who you know needs help, please ask their permission and email their name, address & contact details to the West Hendred Parish Council Clerk at parishcouncilclerk@westhendred.net

Guidance for the volunteers will be based on Public Health England advice.

**Should you wish to become a volunteer please contact
Julia Evans, the Parish Clerk at parishcouncilclerk@westhendred.net**

Please share this message with those friends and neighbours that you know do not have access to email.

Roy Lennox (Chair), David Clayton, Dan Bashford, Richard Evans, Sarah Lloyd and Julia Evans (Clerk)

PLEASE SHARE - PLEASE SHARE - PLEASE SHARE

#clapforourcarers

clapforourcares.co.uk



During these unprecedented times they need to know that we are grateful.

Please join us on: **26th of March at 8pm**
for a big applause (from front doors, garden, balcony, windows, living rooms, etc)
to show all nurses; doctors; gps and carers our appreciation for their ongoing hard work and fight against this virus.

Please share this message, so we can make sure, the word spreads and reaches all to join!

A Message from the Citizens Advice Bureau

From Wednesday 18th March, we will no longer be offering face-to-face appointments to try to reduce the spread of Coronavirus. Previously booked appointments will be changed to a telephone appointment.

You will still be able to talk to our advisers by telephone.

Advice line: 0300 330 9042

www.caox.org.uk

Church Services

We are now in a prolonged period of individual family worship, with the clear communication from the Archbishops of no public worship. Also, with the clear message of "No gatherings for worship", all churches are now closed until further notice. There are a number of initiatives by the National Church and by our Diocese to provide a variety of ways to worship in these constrained times.

We will provide a live-streamed Eucharist each Sunday and on principal Holy Days at www.oxford.anglican.org. This will be offered by a range of different people who will be offering prayers and reflections. These services will be taken by the four bishops working together, each from their own homes.

Boathouse Physiotherapy

Boathouse Physiotherapy in Pangbourne are now working remotely via the phone or video links. We are keen to help people with any injuries, ache and pains from exercising in your front room with Joe Wicks and the children, general muscle or joint pains, sore joints from delayed surgery, or women's health issues. We do not want people to feel stuck at home and in pain thinking they can not get help. Please feel free to call us on 0118 976 7189 or visit our website www.boathousephysiotherapy.co.uk

Lost Earring

If by any slim chance someone reports finding an earring the same as the one below – please can you let me know.

I think it must have fallen from my ear, since yesterday afternoon to this morning - between Pembury, The Greenway, and either down Mill Lane (half way) or en route to the village hall and back?

I'm desperate to find it as it means a lot!..

Thanks so much for your help.

Kate Godier

Pembury

The Greenway

07525 061524

The deadline for next month's newsletter is 25th April
Please email newsletter@westhendred.net with any items you wish to be included or post any items

WEST HENDRED AND GINGE VILLAGE HALL NEWS

HALL LETTINGS

All hall enquiries/bookings should be made via email to
villagehallbookings@westhendred.net
www.westhendred.net

The Government requires that 'Community centres, youth centres and similar' , must close with the exception that 'Facilities may remain open for the purpose of hosting essential voluntary or public services, such as food banks or homeless services.'

UPDATES FOR YOUR DIARY

JAZZ IN THE VILLAGE – Friday 20 March - POSTPONED – We are looking to re-schedule later in the year

PUPPY SCHOOL from 21st May – LIKELY POSTPONED. However there is help available and Puppy School Virtual is about to launch and can be booked through puppyschool.co.uk. I can also give help and advice remotely. For more information about Puppy School contact debbennison@puppyschool.co.uk or log onto www.puppyschool.co.uk

COFFEE MORNING, PLANT & BOOK SALE – Saturday 4th April - POSTPONED
Thank you to all who came and supported the February sale, which raised £72.95. So far this year, you have raised £161.55

NOT JUST A BEER FESTIVAL 27-28 June POSTPONED until September.

THE FOLLOWING REGULAR EVENTS HAVE ALL BEEN POSTPONED :

Konga, Youth Club, Mother & Baby/Toddler Group, West Hendred Stitchers, Pilates

All Yoga sessions have also been postponed. However, while we are in social isolation, yoga is the perfect way to keep our body and mind in balance. If you would like some suggestions for yoga / mindfulness practices, do get in touch – 01235 863647 or linda@soderstrom.myzen.co.uk whether you are one of my students or not.
Take care of yourselves!

Linda

Village Hall Committee Contacts
Hugh Rees (Chair) 01235-833174 / 07802-416031
Sarah Lloyd 01235-833373