

WEST HENDRED

JUNE 2020 NEWSLETTER

**Deadline for next Newsletter
25th June 2020**

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.

LATEST GOVERNMENT ADVICE:

STAY ALERT

We can all help control the virus if we all stay alert. This means you must:

- Stay at home as much as possible
- Work from home if you can
- Limit contact with other people
- Keep your distance if you go out (stay 2 metres apart)
- Wash your hands regularly

Do not leave home if you or anyone in your household has symptoms, including a high temperature, a new or continuous cough and a loss of, or change to, your sense of smell or taste.

For the most up to date advice, please go to:

<https://www.gov.uk/coronavirus>

Your Village Help Co-ordinators

If you are self isolating in the village and need help with shopping or collecting your prescriptions please get in touch with any of the following people:

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

TREES 29th-31st May

A socially distanced exhibition celebrating local trees.

Exhibition in the windows of Village Hall, West Hendred from 29th to 31st May. THANK YOU to all who organised or contributed items to make it such a creative success, and a very special thanks to Mirren Kessling for the idea and for making it happen.

Wantage and Surrounding area Coronavirus Support Group

The Ray Collins Charitable Trust, in conjunction with the Wantage Town Council and Wantage Chamber of Commerce have formed The Wantage And Surrounding area Coronavirus Support Group. This local community group aims to help elderly and vulnerable people and anyone self-isolating in Wantage and within a five mile radius.

They are also working with local companies Corks & Canapés and Sugar and Spice to supply a Meals on Wheels service. All deliveries and collections will be free but you will still need to pay for your meals and shopping. Please call 01235 260033 or email info@raycollintrust.org for more information. You can also contact them via Facebook.

Church Services

There will be no church services at our church until the lockdown is finished. Alternately, Rev Orazio Camaioni broadcasts a communion service on Sunday morning 10:00 at <https://www.facebook.com/Benefice-of-Wantage-Downs-109686177340271/> Also, if the wind is in the east, listen for Rev Orazio playing a hymn tune at 12:00 Sundays on the bells of St. Augustines, East Hendred. You're welcome to join in and sing the hymn!

DVDs, Books and Puzzles Swop Shop, West Hendred Village Hall Porch

A lot of sorting and clearing has been done over the lockdown so the Village Hall porch has been repurposed into a swop shop for you to share books, puzzles, films and games.

Please wipe over/clean items before leaving them for someone else to take.

It's a FREE swop shop so take what you'd like and leave something in return if you can.

Quick guide to our Defibrillator

The village defibrillator is located at the Village Hall just outside the main doors.

A defibrillator is a device that gives a high energy electric shock to the heart of someone who is in cardiac arrest. This high energy shock is called defibrillation, and it's an essential part in trying to save the life of someone who's in cardiac arrest.

In the event of an emergency please call 999 immediately. The emergency services will advise you on whether or not you should use the unit. This will depend on your personal situation.

If the use of a defibrillator is appropriate the emergency services will give you the code to open the cabinet. You can then remove the unit and take it to where it is needed.

There are initial directions on the unit and when in operation the machine will direct you on what to do at each stage.

The emergency services will stay on the line with you throughout, until the paramedics arrive.

Bridleway and Footpath Closures Lockinge, Ardington, West Hendred and East Hendred

Many of you will have noticed that construction work has started on the new cycle route and new bridge crossing works between Wantage and Harwell Campus. This is part of the Science Vale Science Network Project, and aims to improve routes for cyclists and pedestrians and to make cycling a more attractive choice. It will add to the Science Vale transport network and encourage sustainable travel across the area for cyclists and pedestrians who are going to benefit from improved facilities for many journeys, not just those to or from work.

Work is anticipated to be completed by 19 October 2020.

The effect of the Order is to close temporarily Bridleway 285/7 between unnamed road from A417 to West Lockinge, Footpath 108/6 at Lockinge Brook to Red Barn, and Byway 108/12.

The alternative routes for those affected by the closure will be signed locally.

For more information, contact the Traffic Regulations Team (Ref.T7445/AC) for the Director for Infrastructure Delivery, County Hall, Oxford OX1 1ND. 0345 310 1111.



This month we have two calls from Citizens Advice for support – for IT volunteers and volunteer advisers.

1. Citizens Advice needs IT volunteers

Last year, our **160 volunteers in Citizens Advice Oxfordshire South and Vale helped 11,209 people** to resolve their problems. Effective IT is absolutely essential to our service.

We need more volunteers to help with IT support in Abingdon and Didcot (and remotely during lockdown).

What you will do

You will help staff and volunteers to sort out their IT problems. You will also help with system performance and manage upgrades, hardware, and software installations.

What you will get out of it

You will join a friendly team, develop your knowledge and skills and make a real difference to people's lives.

Ideally we are looking for volunteers to commit to eight hours per week over one or two days. But we can be flexible.

If you are looking for a satisfying and stimulating volunteer role, please contact us at www.citizensadvice.org.uk/local/oxfordshire-south-vale/volunteer

2. Citizens Advice needs volunteer advisers

We can all face problems that are too stressful or complicated to sort out alone. Last year our 150 volunteers advised over 11,000 people. We helped three quarters resolve their debt, benefits, employment and housing problems.

We now need more advisers to help us during and after the Covid-19 crisis.

Normally, our main offices are in Abingdon, Didcot, Henley and Thame. Ninety volunteers and staff are now advising the public from home on our Advice Line service.

What will you get out of it? You will join a friendly team, meet new people, develop your skills and make a real difference to people's lives. You'll need to have good listening and interpersonal skills, a willingness to learn and be confident with computers. Full training will be provided.

If you have eight hours a week to spare for the next two years or more and are looking for a satisfying and stimulating volunteer role in your local community, please contact us at:

www.citizensadvice.org.uk/local/oxfordshire-south-vale/volunteer/

Citizens Advice: help with household bills

If coronavirus has resulted in loss of income, there are steps you can take to help tackle household bills.

Many banks and utility companies, being keenly aware of people's predicaments, have already reached out to their customers with offers of help. So don't ignore your bills but get in touch with the companies to whom you owe money, or expect to owe money. They might be able to help by redistributing your debts, letting you pay in smaller amounts, over a longer time period, or on a deferred basis.

If you are repaying a mortgage, contact your provider. The government has mooted the idea of a three-month mortgage payment holiday and you might be eligible for it.

If you pay rent, contact your landlord to discuss the situation. If you are at risk of being evicted, remember that since 26 March 2020 the law on evictions has temporarily changed and, for many types of tenancy, eviction notices have to last a minimum of three months.

You might be able to claim benefits, or enhanced benefits if you already receive them. The Citizens Advice website has details: <https://www.citizensadvice.org.uk>

As for Council Tax, if your income has dropped or you are on benefits, you might qualify for reductions. Contact your local district council, using the details on your latest bill.

Get in touch with your gas or electricity supplier, as well as telephone/broadband company. Their help line phone numbers should be on your latest bill. They can tell you whether a special payment plan can be set up.

If you owe income tax, HMRC has a free help line you can ring: [0800 015 9559](tel:08000159559) (Mon-Fri 8 to 4).

For further information, Citizens Advice Adviceline is always there to help you: [0300 330 9042](tel:03003309042).

Council garden waste service welcomes new customers

There's good news for people in southern Oxfordshire looking for ways to dispose safely of their garden waste. South Oxfordshire and Vale of White Horse district councils have reopened their paid-for garden waste service to new customers. The service has continued throughout the lockdown for existing subscribers. For a short period of time the council and waste contractor, Biffa suspended taking on new customers to prioritise the kerbside household collections while members of the waste collection crews were off sick or self-isolating. Biffa has now built up sufficient resilience in its workforce to enable new customers to join*.

* The situation is being regularly monitored and residents should be aware that if staffing levels fall taking on new customers may need to be suspended again.

The service costs £49 per year and is an annual subscription paid by direct debit. As the council offices are currently closed to the public, at this time we can only take subscriptions online. For more details see our garden waste pages (South website <<http://www.southoxon.gov.uk/services-and-advice/recycling-rubbish-and-waste/garden-waste>>, Vale website <<http://www.whitehorsedc.gov.uk/services-and-advice/recycling-rubbish-and-waste/garden-waste>>)

Support for unpaid carers

If you are looking after a loved one or friend the team at Action for Carers Oxfordshire are here to support you. During these uncertain times we are working hard to ensure family carers receive long term specialised support. We have a dedicated team who are listening and helping carers get through, giving practical advice and information, and making sure that we stay in contact for a regular chat or just to reassure them they are not alone.

If you would like more information on the FREE advice and support we can offer please feel free to call us on 01235 424715 text us on 07827 235443 or email us on carersreferrals@carersoxfordshire.org.uk If you are caring for someone with a mental illness call 07918 133671.

Supporting local businesses



The Hive Hut took over the Old Tin Hut in East Hendred in March just before the start of the lockdown. As many will know the Hive runs monthly markets and has the refill horsebox and now a hub inside The Grocer Chef. Now, in East Hendred there's a massively expanded range of eco, sustainable and local / artisan products available on their "Saturday Service" - which includes bakery, flowers, flour and food and more...which is a pre order and paid for contactless collection or delivery for local residents. For the weekly order form just email; Thehivehut@gmail.com or follow on Facebook - @thehivehut

Tin Hut Cycle Services in East Hendred are open for business

A new service recently launched at The Hive Hut in East Hendred. It's been fantastic seeing everyone out on their bikes, and we are offering a Free Bike Health Check to make sure you are safe. Plus we have a set price list for services, and e-bike services (including conversions) are available. We also have spares and parts available if you're a seasoned cyclist.

Bikes can be collected and dropped back within the OX12 area.

You can find us on Facebook just search "Tin Hut Cycle Services"

Email - tinhutcycles@gmail.com

Anyone for Tennis?

Rosemary and Duncan Budge are offering their tennis court at Twilly Springs off Manor Lane for anyone from the village in these exercise-challenged times. This is an invitation to family members already sharing the same space. Racquets and balls available at the court. Tennis or hockey. Please ring ahead to arrange a time. 07721 013577

TAKE-AWAY MENU FROM THE EYSTON ARMS!

Available from Tuesday 19th May - for the moment we will be closed on Sunday and Monday evenings.

07833 271445

Orders can only be placed from 2pm on the day up to an hour before you'd like to collect.

Collection is from 5pm-8pm

The deadline for next month's newsletter is 25th June.

Hand delivered items – please place your article in an envelope marked clearly 'WH Newsletter' and deliver to Janet Trotman, Tean, The Millham Tel: 833531 Alternatively, you can send items for inclusion to our email address: newsletter@westhendred.net

Advice on dealing with suspicious emails from Citizens Advice

Scam emails, one of life's most tiresome phenomena, are becoming so smooth and sophisticated that even computer experts can be deceived by them, and the rest of us are in constant danger of being taken for a ride.

There is no need to feel isolated with the problem, though. If you are suspicious of an email or simply unsure, you can use a new, dedicated reporting service which is very quick and convenient: forward the email to report@phishing.gov.uk and the National Cyber Security Centre (NCSC) will investigate it.

How does a scam email work? The usual methods are persuading you to divulge sensitive information, like bank details, or urging you to click on certain links. If you click on those links, you could be directed to an unsafe website which might download viruses on your computer or steal your passwords or data.

It's crucial to bear in mind that a scam email is designed in such a way as to get you to act quickly and without thinking, so NEVER give way to that pressure.

How do you spot a phishing email? This is very tricky, since many of them look just like the real thing. Scammers are quite capable of producing professional quality graphic design with pleasant pastel colours, for example. This makes the email look authoritative and trustworthy and thoroughly up to date.

However, and fortunately for us, if you examine a scam email carefully it will reveal its true nature. Remember these key points:

First, it is very unlikely to be a message you are expecting.

Second, the language of most scam emails has an uncompromising toughness that isn't characteristic of the average business email. It might try to rush you into making a decision or threaten you with legal action or financial losses, telling you that you have to act right away to avoid them. The email might claim to be from a bank, a government department or the Inland Revenue, perhaps saying that a warrant has been issued for your arrest.

The email could also be from a company that doesn't normally contact you or from an organisation that you normally deal with in a different way, e.g. TV Licensing or the district council - which, it might strike you, have never emailed you before.

Beware too of topical scams: an email might offer you a cure for coronavirus or encourage you to donate to a related cause.

Always check the sender's email address because this is the only part of the message which can't be beautified. There will be something peculiar about it for sure. For instance, it might be extremely long and complicated with lots of numbers and letters, or the country code might be unfamiliar.

If you are in any doubt, don't open the email and don't click on any of its links, but forward it right away to report@phishing.gov.uk. The NCSC says it acts on every message received, analysing it and the dubious websites it links to. Government specialists can then block the criminal's email address and instruct hosting companies to remove the websites from the Internet.

For essential reading see <https://www.ncsc.gov.uk/information/report-suspicious-emails> or ring Citizens Advice Adviceline on 0300 330 9042.

WEST HENDRED AND GINGE VILLAGE HALL NEWS

All hall enquiries/bookings should be made via email to villagehallbookings@westhendred.net . Web Site: 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.'

WEST HENDRED VILLAGE HALL Annual General Meeting

We would usually be announcing the date for the Village Hall's Annual General Meeting (AGM). The hall's constitution states that this is an open public meeting open to "All inhabitants of West Hendred and the neighbourhood of eighteen years of age and upwards shall be entitled to attend and vote at the Annual General Meeting". The Charity Commission has provided guidance on the current situation, which is to provide an Annual Report to them, and run the AGM following the lifting of the current Government restrictions. Our AGM is bound to be a Public meeting, so we have to await the lifting of the current Government restrictions. Everyone is welcome at our AGM! We would love to see you there. We are actively looking for new committee members and advisors to help us shape the next stage in the life of what is a very vibrant and well-used village hall. We will arrange the AGM date, and publicise in the Newsletter following the lifting of the current restriction. If you'd like to discuss what's involved before the AGM, here are our contact details:

Hugh Rees (Chair) - hugh@citidata.co.uk

Nigel Findley (Treasurer) - nigel.findley@westhendred.net or 862912

Chantal Ligertwood (Secretary)

Tony Lewis - tonylewiswh@gmail.com

Rosemary Budge - rosemary.budge@westhendred.net

Dave Trotman - davetrot@aol.com

Sarah Lloyd - sarahlloyd@qi.com or 833373

EVENTS TO LOOK FORWARD TO:

- Rescheduled Jazz in the Village
- QI quiz night with curry supper, courtesy of Manjit Kahlon and helpers, early November
- new beer festival date

JAZZ IN THE VILLAGE - POSTPONED

Ian Millar (Saxophone) & Dominic Spencer (Piano) play high quality, sophisticated, melodic jazz, improvising on standards and original compositions.

We're looking to re-schedule later in the year

PUPPY SCHOOL - classes are now available online.

Our face-to-face classes Puppy School classes have temporarily been replaced by weekly puppy training classes hosted via the internet

Introducing 'Puppy School Online' – virtual puppy training classes in the comfort and safety of home! Classes are now up and running with clear demonstration videos along with individual coaching. The six-week course is taught with small groups live each week. Isolation friendly and child friendly.

For more information please get in touch. debbennison@puppyschool.co.uk or for more information see www.puppyschool.co.uk

REGULAR EVENTS AT THE HALL WOULD USUALLY INCLUDE:

KONGA every Friday term time 9:30 – 10:30 am £5 per class! - POSTPONED

Konga classes will recommence once the government lifts the current lockdown'

For more information Contact Rachel Lock on 07801 824293.

Youth Club - sadly cancelled for the foreseeable future Please note Youth Club is sadly cancelled for the foreseeable future. Certainly March & April and we will reassess the situation in May according to government advice. The Youth Club meets usually on the third Friday at 7 pm. Please contact for more information, Penny Meston. **Adult helpers are urgently needed!** Anyone interested in helping to run the youth club should contact Penny. We need adult helpers to go on a Rota. If we get enough, it could mean only helping once or twice a year as it is a monthly Youth Group. Please contact Penny: 01235 832113.

Mother and Baby/Toddler Group Monday mornings' – POSTPONED

West Hendred Stitchers - POSTPONED Please note that Hendred Stitchers is postponed for the duration due to COVID-19 Further information from Jane Soffe 01235 832554

Pilates - Mondays 7 to 8 pm, Wednesdays 6 to 7 pm, and 7.15 to 8.15 pm on ZOOM Although Pilates classes have stopped at the hall, I am now teaching online through Zoom. It's £5 a session (payable in a block of 5 for £25). 24 hours notice of cancellation is required, otherwise it will be a charged late cancellation at the class price. I'm keeping numbers to a maximum of 13. I'm happy for new clients to try a taster session at £5 and then decide if they would like to sign up to a block. The classes are running at the usual times. If anyone is interested please contact me and I can provide more information.

Charlie PrincePilates Please contact Charlie Prince on 07581 462 317, or charlie@princepilates.co.uk, or see Charlie's website for more information about classes etc. www.princepilates.co.uk

YOGA - classes are now available via Zoom. Sadly we are unable to meet at the hall at the moment but my classes are now available via Zoom. Currently the classes are: Thursdays 10 – 11am – Hatha Yoga
Tuesdays 10 – 11am – Gentle / chair yoga
Tuesdays (time tbc) – Teen Yoga with mindfulness. I am also hoping to run some extra classes at different times. If you are interested or would like more information, please contact me on 01235 863647 or linda@soderstrom.myzen.co.uk

New students welcome! Linda

Village Hall Committee Contacts

Hugh Rees (Chair) 01235-833174 / 07802-416031

Sarah Lloyd 01235-833373