

The Avening Community Coronavirus Team



Neighbourhood Network Newsletter #1



Hello!

We've put together this newsletter to keep you up to date with what's going on in the village and to make sure you all feel supported during these days of social distancing. We're delighted that by the end of the weekend, the whole village will be covered by neighbour networks, and/or supported by the Parish Council and other village volunteers.

We've heard many, many stories of how these networks are helping people get the medicines they need, how people are sharing trips to the shops, helping those struggling with IT and coming up with all sorts of ways to brighten up the lockdown.

Below are some useful links to official and reputable sites which you might like to use – and in particular please see the government's important advice on how to help people safely.

https://www.gov.uk/government/publications/coronavirus-how-to-help-safely--2?utm_source=bccba0fc-abf4-40ef-a963-11435fbc765a&utm_medium=email&utm_campaign=govuk-notifications&utm_content=immediate

If you have any concerns about your own safety or have a safeguarding concern about others please tell Avening Parish Council immediately. Many of you are keeping an eye on older residents and may be interested in the information pack put together by Age UK Gloucestershire for community groups supporting older people. It can be accessed here: <https://www.ageuk.org.uk/bp-assets/globalassets/gloucestershire/our-services/advice-for-community-groups-about-safeguarding.pdf>

There are a number of Dementia Friends in the village and Jennie South (jennie.south@btopenworld.com) and Clare Bebbington (ccbebbbs@gmail.com) have trained as Dementia Friends Champions. This is may be an especially challenging time for people living with dementia and their carers so if you (or someone you know) want to talk to a 'friend' in the village please don't hesitate to get in touch. The Alzheimers Society has lots of useful information and a special helpline (<https://www.alzheimers.org.uk/get-support/dementia-connect-support-line>) if you need it.

Around the Village

Those who are finding it difficult to fund essential items of food may apply to the **Mark Townsend Trust** for a food voucher. You can do this by phone: 01453 832799 or 07887242287 or by email: themarktownsendcharitabletrust@hotmail.com or on the website: <https://themarktownsendcharitabletrust.com/> or on the Facebook page:

<https://www.facebook.com/sharer.php?u=https%3A%2F%2Fthemarktownsendcharitabletrust.com%2Fapply%2F&t=Apply>

The Bell (836422) is open for takeaway Indian meals – and keeps one barrel on tap if anyone wants to add a beer (or two). Phone ahead with an order, enter through one door, leave through another and treat yourself to a night out at home.

A new Facebook page, **Wild About Avening**, has been started by Avening ecologist, Phoebe Carter. She's sharing wildlife sightings around the village and we hope to be launching an Avening community birdwatch in the next week or so.

The Avening Community Café will be holding its first Zoom Café next Tuesday between 9.30 and 11.30. You can dial in at any time for a catch-up or just a bit of virtual company over your morning cuppa. Email Clare Bebbington on ccbebbbs@gmail.com if you'd like dial-in details.

The Café is also setting up an **Avening Little Cups of Kindness** donation scheme. The Cafe has set up two donation points (6 Old Hill and 14 High Street) to collect donations for the two Café charities (the Mark Townsend Trust and Stroud Women's Refuge). So if you would have spent money at the Café on a cuppa and a cake please do consider donating to these charities (or any other charity) instead.

There is a **plant and seed swap** outside Number 14 High Street, run by Elizabeth Buchanan on behalf of the Community Café. There is a pot for donations which will be shared between the Mark Townsend Trust and the Stroud Women's Refuge. You can also make foodbank donations of food at No. 14. All non-perishable food items welcome.

There is a **book swap/giveaway for adults and children** outside 6 Old Hill run by Clare Bebbington and outside 44 High Street run by Sheelagh O'Kelly on behalf of the Community Cafe. The kids' book swap is proving popular, so if anyone has a few good quality childrens' books please add them to the box! The boxes are disinfected regularly and new books added from time to time.

At the suggestion of Pete Barton we'll be championing a **'five a day' litter pick**. Take a pair of thick gloves and pick up five pieces of litter on your daily walk. Pete has a 'picker' available if anyone wants to be more ambitious!

Avening Church itself is closed but worship of God and care for others continue.

To keep in touch with the Church you may like to go to:

www.achurchnearyou.com/church/14317/. This includes links to acts of worship, local and national, and other resources. Some of our church community are making regular phone calls to other villagers. If you would like a call or know someone who would please let Gerald South know on 01453 883456 or gp.south@btopenworld.com. This Sunday is Palm Sunday and you can collect a Palm Cross from the front garden of 14 Hight Street.

The supermarkets seem to be better organised as time goes on, with reduced waiting times and near-complete stock. There are a number of other local companies delivering to Avening – for example **The Priory** (502251) is delivering fresh fruit and veg boxes locally, as well as meals. **Brutons** (832826) hardware in Nailsworth will supply ironmongery if you call ahead and collect outside the store. If you have any advice on what is working and what isn't please contact Clare Bebbington on ccbebbbs@gmail.com and we'll include in subsequent newsletters.

Opening times and services offered by local shops, pharmacies and other companies are changing all the time. Good sources of **local information** are Minchinhampton Life (<https://minchinhampton.life>) and the Avening, Minchinhampton and Tetbury Chat and information page on Facebook.

Teddy bears and rainbows are appearing in windows around the village to brighten up daily exercise for younger children. And of course Avening makes a LOT of noise when we clap for the NHS frontline workers, for carers, supermarket staff and the thousands of other people who are working flat out to help us all through the crisis. We'd like to pay a special tribute to **Jane Rushton and her team at Avening Primary School** for looking after the children of key workers and continuing to do this through what would have been the school holidays.

Any comments and suggestions for the newsletter, please contact Clare Bebbington (ccbebbbs@gmail.com)

Stay safe and stay connected.

With best wishes and thanks for everything you're doing,
Avening Parish Council

Useful links to help you at home:

Home FITNESS: (Short workouts to keep you fit at home)

- NHS fitness studio: <https://www.nhs.uk/conditions/nhs-fitness-studio/>
- NHS home workouts: <https://www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos/>
- PE with JOE on YouTube daily: <https://www.youtube.com/watch?v=sX05HHni9Wk>

Mind puzzles and games to help distraction:

- <https://www.mind.org.uk/need-urgent-help/how-can-i-distract-myself/games-and-puzzles/>

Sleep ideas to assist disturbed sleep:

- <https://www.nhs.uk/oneyou/every-mind-matters/sleep/>

Wellbeing with Covid anxiety:

- <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>
- Breathing exercises to reduce stress: <https://www.nhs.uk/conditions/stress-anxiety-depression/ways-relieve-stress/>
- Relaxation tips: <https://www.mind.org.uk/information-support/tips-for-everyday-living/relaxation/relaxation-tips/>
- Audio-Guides for Wellbeing: <https://www.nhs.uk/conditions/stress-anxiety-depression/moodzone-mental-wellbeing-audio-guides>

(To open the links above either press the control key down and hold while you left click on the link or right click once on the link and then click 'open hyperlink' on the options that come up.)