

GOVERNMENT **STAY ALERT** GUIDANCE ENGLAND

taken from <https://www.gov.uk/coronavirus> Friday 29th May 2020

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 (2 metres apart where possible)
- ◆ Wash your hands regularly

Do not leave home if you or anyone in your household has symptoms (high temperature/fever, new continuous cough, loss of or change to your sense of smell or taste).

Please check the government website for updates regularly.

NHS TEST AND TRACE ENGLAND

from <https://www.gov.uk/guidance/nhs-test-and-trace-how-it-works> on 29-05-20

The NHS Test and Trace service is designed to help to control the rate of reproduction (R), reduce the spread of the infection and save lives.

- ◇ If you develop symptoms, you must continue to follow the rules to self-isolate with other members of your household and order a test to find out if you have coronavirus. Go to www.nhs.uk/coronavirus or call **119**.
- ◇ If you test positive for coronavirus, you must share information promptly about your recent contacts through the NHS test and trace service to help them alert other people who may need to self-isolate.
- ◇ If you have had close recent contact with someone who has coronavirus, you must self-isolate if the NHS test and trace service advises you to.

PUBLISHED BY WEEDON COMMUNITY SUPPORT GROUP

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REGISTER YOUR EMAIL ADDRESS
Contact joanna@cjrose.net to go on the village email list.

WEEDON CORONAVIRUS COMMUNITY SUPPORT GROUP

Update 8 29th May 2020

Yet another lovely Bank Holiday weekend has gone by—and it's nearly the end of the school half-term break. We hope you enjoyed them, despite the restrictions.

The Prime Minister announced some further easing of lock-down for most people in his statement yesterday. We've tried to summarise them for you.

Those who are vulnerable and shielding at home, or self-isolating, will still need to stay at home, and we will continue to support you if you are in these categories.

In terms of Weedon public venues and organisations, there is unfortunately very little change possible yet. The Parish Council is looking carefully at the possibility of re-opening the park (but not the playground) from Monday, when the rules on outdoor meeting are eased, but we're not sure it can happen safely. The logistics are not straightforward and we have to be sure the risk does not outweigh the potential benefit.

In any case, isn't it a huge relief to be able to get together outdoors with a small number of friends and family again?

Weedon Coronavirus Support Group

STAY ALERT, CONTROL THE VIRUS AND SAVE LIVES

VOLUNTEER NETWORK

We are here to help!
Contact Nicolette Habgood

Email: nicolettehabgood@outlook.com
Tels: 07906 132746 or 01296 640132

CHECK PREVIOUS UPDATES at

[WEEDON CORONAVIRUS SUPPORT GROUP UPDATES](#)

HEALTH—COVID 19

- ◆ Get tested for Covid-19 Updates 6,7
- ◆ Fabric facemasks Update 7

HEALTH—GENERAL

- ◆ For help collecting prescriptions, contact Nicolette.
- ◆ Mental health online resources Update 1

FOOD AND SHOPPING

- ◆ Local food businesses Update 4
- ◆ Shopping for extremely vulnerable Update 4
- ◆ Foodbank donations via Weedon Methodist Chapel Updates 4,6,7

FINANCIAL HARDSHIP

- ◆ Weedon Charities—apply for hardship grants Update 3
Contact Wendy Kett 01296 640366, w.kett@btinternet.com.
- ◆ Buckinghamshire Council—Small Business Grants Update 5

GARDENS AND GROWING

- ◆ Seedling spares to spaces Update 3
Contact jane@janemeasures.com
- ◆ Plants and tips, nurseries for plant delivery Updates 1,3,4

VILLAGE ENVIRONMENT

- ◆ Walking Weedon footpaths & Keep Weedon Tidy Updates 3,4
- ◆ Weedon Parish Council meetings/action Updates 5,7
- ◆ Waste services Update 7
- ◆ Weedon venues and organisations update Update 7

ACTIVITIES AND INTERESTS

- ◆ Quizzes Updates 1-7
- ◆ Weedon running loops and Mayathon Updates 3,6
- ◆ Learning, exercise and activities from home Updates 1,2,4
- ◆ Entertainment at home eg. live theatre Update 4
- ◆ Diary your lockdown experience Update 5

FRAUDS AND SCAMS

Updates 1,3,6,7

FINANCIAL HARDSHIP

Even though things are starting to get back to “normal”, this may be the very time when you experience financial hardship. Don’t forget, alongside national and local government grants and income assistance, that you can apply to the local village **Lord Fortescue’s** or **Dr John Bridle’s charities** for financial help. Application forms are short and easy to complete, and decisions on awards will be made quickly.

Contact Wendy Kett on **01296 640366** or email w.kett@btinternet.com in the strictest confidence.

Aylesbury Vineyard Storehouse **FOODBANK COLLECTION**

There will be another collection of donated items at the chapel in June, so please continue to pick up items in your own shopping and save for that date. To **donate money directly**, go to <https://aylesburyvineyard.churchsuite.co.uk/donate/fund/2>.

CYBER FRAUD AND FALSE INFORMATION

- Take a breath—a moment—before you part with money or personal information
- Ensure you are using the latest software and apps, and update them regularly.
- If you get an unexpected or suspicious email or text message, DON’T CLICK on the attachment or message.
- Refuse or ignore requests for your money or details if you are suspicious—only criminals will try to rush or panic you.
- The police and banks will NEVER ask you to withdraw money or transfer it to a different account. Nor will they ask you to reveal your full banking password or PIN.
- Check that requests are genuine by using a known number or email address to contact organisations directly.
- Spot false information in social media and emails and DON’T SHARE IT.
- Remember to look at the SOURCE, check the FACTS, don’t rely on the HEADLINE
- ANALYSE the information—realistic? Could the pictures have been RETOUCHEd? Are there ERRORS? Official guidance will have been checked carefully.

Report suspicious texts by forwarding the message to 7726, which spells SPAM on your keypad.

If you have been a victim of fraud or cyber-crime, report it to [Action Fraud online](#) or by calling 0300 123 2040.

SPOT FALSE INFORMATION AND DON’T SHARE IT

DINGBATS QUIZ 2

1	don't klat	2	JOHN Ag
3	cut cut cut cut cut cut	4	pot00000000
5	DRPALOME	6	TIME ABCDEFGHIJKLMNQRSTUUVWXYZ
7	STANDING Miss	8	Must Get Here Must Get Here Must Get Here
9	1	10	BRE AKE AST

ANSWERS: DINGBATS QUIZ 1

- | | | |
|------------------------|-------------------------------|---|
| 1. Seven seas | 11. Six feet underground | 21. You're out of touch |
| 2. Split level | 12. Backward glance | 22. Life begins at 40 |
| 3. Forgive and forget | 13. Tricycle | 23. Jack-in-the-box |
| 4. Missing you | 14. Reading between the lines | 24. Growing economy |
| 5. Downtown | 15. Crossroads | 25. Up before eight |
| 6. Lucky break | 16. Three degrees below zero | 26. Just around the corner |
| 7. He's beside himself | 17. Neon lights | 27. Apple pie |
| 8. See-through blouse | 18. Just between you and me | 28. Making up for lost time |
| 9. First aid | 19. One in a million | 29. Standing ovation |
| 10. The West Indies | 20. Broken promise | 30. I understand you undertake
to undermine my undertaking |

NATIONAL GOVERNMENT GUIDANCE (ENGLAND)

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

There has been further easing of the lockdown in England. The main *STAY ALERT* messages have not changed, but there is more freedom to meet friends and family outdoors. And there is a programmed re-opening of shops and other businesses. Full details of the easing are in the Prime Minister's message of 28th May at: <https://www.gov.uk/government/speeches/pm-press-conference-statement-on-the-five-tests-28-may-2020> .

FROM MONDAY 1ST JUNE

- ✓ **Up to 6 people can meet outside** in private gardens and public places, as long as those from different households continue to observe strict social distancing.
- ✓ **Outdoor retail shops and car showrooms** can re-open
- ✓ If safety tests are still being met, then on **Monday 15th June**, other **non-essential retail shops** which have been made Covid-secure, can also re-open.

At all times, you should continue to observe social distancing guidelines when you are outside your home, including ensuring you are 2 metres away from anyone not in your household.

THESE MAIN GUIDELINES STILL APPLY

- YOU CAN spend time outdoors** – eg. enjoying fresh air, picnicking, sunbathing
- YOU CAN exercise outdoors** as often as you wish — following social distancing
- YOU CAN use outdoor sports facilities**, eg. tennis court, golf course – with members of your household, or one other person while staying 2 metres apart
- YOU CAN go to shops** that have re-opened with Covid-secure precautions
- YOU CANNOT visit restaurants, pubs, bars, gyms and leisure centres**, as they will remain closed. They will reopen when it is safe to do so.
- YOU CANNOT meet with people beyond your household** indoors in their homes.
- YOU CANNOT exercise in an indoor gym**, sports court, leisure centre, or swim in a public pool, or **use an outdoor gym or playground**

If you are showing coronavirus symptoms, or if you or any of your household are self-isolating, you should stay at home and arrange for a coronavirus test under the NHS Test and Trace system (see back page).

BUCKINGHAMSHIRE COUNCIL UPDATE

You can see the most recent Buckinghamshire Council email update from Martin Tett at <https://enews.buckinghamshire.gov.uk/5438-7HHU-85U4MDN5F/cr.aspx>, for the latest on important local services. Check this out for:

- ◆ **Household tips** (recycling centres) have re-opened at Aston Clinton and Rabans Lane. However, be prepared to queue and take photo ID to prove you are a Bucks resident.
- ◆ A **Mental Health Urgent Care Centre** has been launched in Aylesbury to support adults who need vital mental health care during the coronavirus outbreak. If you call **111 or 999**, you can be referred directly here. [You can't just turn up.]
- ◆ **Vulnerable people**—Bucks Council is the local provider of Social Care for Adults and Children. Contact them if you need the sort of personal help and care that Weedon volunteers cannot provide.
- ◆ **Tennis courts and multi-use games areas** are now open again in some of the council's parks. Check which at <https://www.buckinghamshire.gov.uk/coronavirus/service-changes/outdoor-game-areas/>
- ◆ **Mobile testing centres** for coronavirus are continuing to move around the county. You MUST pre-book tests online at the NHS testing website. **See back page for details of Test and Trace.**

OTHER RE-OPENINGS AND EVENTS

- **The National Trust** is re-opening many of its parks and gardens from Wednesday 3rd June. Houses stay closed for the time being. You must pre-book your visit online. Locally, **Stowe**, **Waddesdon** and **Cliveden** are all opening their gardens and parkland on this schedule.
Go to <https://www.nationaltrust.org.uk/features/how-to-book-your-visit-and-what-to-expect>.
- **The Big Lunch** is a thanksgiving weekend for neighbours and communities that has taken place in previous years. It's coming up on 7th/8th June, and the link shows how people can get involved in the virtual version this year. <https://www.edenprojectcommunities.com/your-big-virtual-lunch-pack>
- It's **Neighbourhood Watch Week** from 7th to 13th June. Check out details at <https://www.ourwatch.org.uk/news/May2020newsletter>.

WEEDON VENUES AND ORGANISATIONS UPDATE

There has been easing of rules for meeting friends and family outdoors, for shops and parks. The status for the village is as follows:

- **Children's playground** stays CLOSED. We are trying to work out whether the open area of the **Park** can be safely re-opened from Monday 1st June, in view of the new outdoor meeting parameters on that date.
- **Old Schoolroom** stays CLOSED
- **Weedon Chapel** and **Hardwick Church** stay CLOSED
- **Weedon Village Association** cannot put on any events
- **Five Elms** pub/restaurant stays CLOSED, but continues takeaways (see below)
- **Weedon Parish Council** continues to function. The 20th May meeting took place online on Zoom, and the draft minutes are here: <http://www.weedonbucks.org.uk/index.php/parish-council/minutes-of-meetings>

WHITCHURCH PRESCRIPTIONS UPDATE

Collect your own if not shielding or self-isolating

We would like to offer an enormous THANK YOU to Dr McKenzie for her prescription delivery service from Whitchurch Surgery. Many villagers are incredibly grateful to her. As a key worker in the NHS, Dr McKenzie is already playing a critical role, but she has gone above and beyond her duty to run our delivery service.

We feel that the time has now come, due to the easing of restrictions, for the prescription delivery service to be restricted to only those people who are themselves shielding or who are self-isolating. So, **from Monday 1st June**, if you are not shielding or self-isolating, please arrange to collect your prescription yourself from Whitchurch Surgery. If you do require help with collection of your prescription, please get in contact with Nicolette.

FIVE ELMS FOOD SERVICE

Although lockdown measures are easing, the Five Elms is not yet able to open for eating or drinking on site. So the daily takeaway/re-heat service is still operating. To get on the menu update list, and to order food, call John or Carol on 01296 641439 or email sleezytours@googlemail.com by 11am daily. Collection from the pub doorstep between 4-6pm, or they will help with delivery.