

**WEEDON CORONAVIRUS
COMMUNITY SUPPORT GROUP
Update 2 3rd April 2020**

This is the second of a series of updates to keep us all in touch over the emergency period. We expect to issue them weekly on a Friday.

REGISTER YOUR EMAIL ADDRESS

Contact joanna@cjrose.net to be added to the village email list.

PUBLISHED BY WEEDON COMMUNITY SUPPORT GROUP

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Email: nicolettehabgood@outlook.com

VOLUNTEER NETWORK

An enormous THANK YOU to all who have offered to support and help others in Weedon. It has been incredibly uplifting to receive offers from over 60 people in the village. Weedon volunteers have been shopping, posting letters, collecting prescriptions and making phone calls to some who are feeling isolated and lonely.

We are here to help!

Please do get in contact if you or a member of your household is showing any symptoms of Covid 19.

It is vitally important that your entire household self-isolates if anybody within the house shows any symptoms, as the evidence suggests that some people carry the virus without showing symptoms but can still spread the disease.

Contact Nicolette Habgood

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

GOVERNMENT STAY-AT-HOME INSTRUCTIONS

Taken from www.gov.uk 2nd April 2020

PLEASE DO EVERYTHING YOU CAN TO COMPLY.

IF IN ANY DOUBT WHETHER YOU SHOULD LEAVE HOME AT ALL (symptoms in the household or vulnerability), **DON'T**.

CALL Nicolette to arrange help.

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- ◆ Stay at home
- ◆ Only go outside for food, health reasons or work (but only if you cannot work from home)
- ◆ If you go out, stay 2 metres (6ft) away from other people at all times
- ◆ Wash your hands as soon as you get home
- ◆ Do not meet others, even friends or family.
- ◆ You can spread the virus even if you don't have symptoms.

For more detailed information, please see:

<https://www.gov.uk/government/publications/coronavirus-outbreak-faqs-what-you-can-and-cant-do/coronavirus-outbreak-faqs-what-you-can-and-cant-do>

SCAM AND FRAUD PREVENTION

It's depressing to have to report and repeat these preventive warnings from Thames Valley Police. But please don't be taken in by scammers.

Door scams

Only accept help from people you are familiar with or who can prove who they are. Do not hand over a bank card or large sums of cash to anyone on your doorstep. Ask for a volunteer from the Weedon Community Support Group if you need help.

Watch out for scam messages

Don't click on the links or attachments in suspicious emails, and never respond to unsolicited messages and calls that ask for your personal or financial details.

Shopping online

If you're shopping online, take your time to check website credentials. If you decide to go ahead with the purchase, use a credit card if you have one, as most major credit card providers insure online purchases.

Coronavirus Testing Kits—they are fakes

There are no genuine COVID-19 tests being offered direct to the public to buy. Any such offers will be a scam.

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

NO MOBILE SERVICES IN YOUR HOME

Do NOT let mobile services (for feet/hair etc) into your homes unless it is a genuine emergency. These practitioners should not be fulfilling appointments.

PRESCRIPTIONS from WHITCHURCH SURGERY

If you cannot collect your own prescription, please contact Nicolette.

ANSWERS: A BEASTLY QUIZ

1. Sounds like a tough job. AARDVARK
2. Nude greeting. BUFFALO
3. The insect goes to Gretna Green. ANTELOPE
4. The shortened Queen is really tough. LIZARD
5. Sounds horrible. YAK
6. Is the slang horse costly? OCELOT
7. Card sharp. CHEETAH
8. Frightened Miss Fisher. CARIBOU
9. Sounds like a lonely vampire. WOMBAT
10. Chain mail. LYNX
11. It's only Felix! MEERKAT
12. My French harbour. MONKEY
13. Jimmy Hill's best feature is in the freezer. CHINCHILLA
14. A hundred hurts. COW
15. Rubbish! BULL
16. Sounds like a wine container. GIRAFFE
17. Made a noise and left. DINGO
18. Hello Mrs Sharples. HYENA
19. Cured Pork's a heavenly body. HAMSTER
20. It's a bit inclement darling. REINDEER
21. A mountain of children's playthings. TORTOISE
22. Pageboy, crew, beehive? HARE
23. Smelly mother. PUMA
24. French up-lifter. ZEBRA
25. It sounds like it cooks the bacon. GORILLA
26. Did you get that from a sunbed or a bottle? ORANGUTAN
27. Undressed. BEAR
28. The French Chinese vase. LEMMING
29. Del boy's coat. CAMEL
30. Brick up the honey maker. WALLABY
31. Passage, turnstile? Either! ALLIGATOR
32. Mr Youngs's an animal. WILDEBEESTE
33. Religious deity knocked out. KOALA
34. Five with a Spanish cheer. VOLE
35. Small communal bedroom in the dwelling, DORMOUSE
36. Be quiet! There's a pile! SHEEP
37. German river? Australia? The Queen? Together? RHINOCEROS
38. Feline behind the one in May. POLECAT
39. Your Mother's sister is a big one! ANTEATER
40. Is the Lord of the manor in Hades? SQUIRREL
41. Has Mr Charlton got everything? JACKAL
42. Is this what you do in bed? LION
43. The Mafia boss is at the wharf. DONKEY
44. Is there one in your tank? TIGER
45. Tinned fish with white sauce. KANGAROO
46. Jump strongly. LEOPARD
47. French-fried Abbot. CHIPMUNK
48. Tame the little one. SHREW
49. One with the England captain. IBEX
50. Is this a little cub? BEAVER
51. Have a rummage around. FERRET
52. Colder? No! OTTER
53. Miss McPherson passes out. ELEPHANT
54. It's not G'old! GNU
55. German wines. OX

LOCAL FOOD BUSINESSES

Local food businesses have been inundated with calls and contacts. We don't feel it is fair to list them again. Supermarkets are operating more normally and getting back into stock. There should be food for everyone.

If you can't get out, and can't arrange a delivery, contact Nicolette.

FIVE ELMS FOOD SERVICE

John and Carol Slee at The Five Elms are sending out daily menus for meals that are freshly cooked but will require reheating before eating.

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.

THE NEW COMBINED BUCKINGHAMSHIRE COUNCIL

Bucks County Council (BCC) and the four district councils including Aylesbury Vale District Council (AVDC) have combined into the new unitary "Buckinghamshire Council" from April 1st 2020. All services that were being provided by BCC or AVDC are now provided by this single council, with its head office at the Gateway in Aylesbury.

See the website here: www.buckinghamshire.gov.uk. We are forwarding on an email from them to accompany this update.

WASTE DISPOSAL/COLLECTION INCLUDING GARDEN

Waste services are currently operating with a reduced number of staff. Refuse, food waste and clinical waste collections are a priority. Garden waste (brown bin) collections are suspended, and household "tips" are shut.

You need to hold on to your bulky and garden waste until tips re-open and brown bin services resume. Or for garden waste, check out **home composting**.

<https://www.buckscc.gov.uk/services/waste-and-recycling/covid-19-guidance-for-waste-services/>

ACTIVITIES AND INTERESTS

The fun bit! A weekly miscellany.

GROWING YOUR OWN—PLANT SWAP

We have a number of veg growers in the village who have sown seeds in greenhouses for planting out in a month or so's time. There are also people who have unearthed old, or built new, veg beds in their gardens, who would welcome some plants.



We can all give some spare plants to friends but we may be missing an opportunity for wider sharing. The green-fingered Jane Measures (who will herself have plants) is offering to find a way of getting plants to places.

Please contact her on jane@janemeasures.com.

LEARNING FROM HOME

Time on your hands? How about learning Sign Language?

<https://www.british-sign.co.uk/learn-online-british-sign-language-course/>

ONLINE EXERCISE CLASSES

Feeling unfit and a little stiff? The NHS has a number of fitness studio exercise videos including aerobic classes, strength and resistance and Pilates and yoga:

<https://www.nhs.uk/conditions/nhs-fitness-studio/>

LOGO QUIZ

Do you know your brands?

