

LOCKDOWN REMINDERS

- ◆ 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 2m (6ft) away from others 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

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

CAN YOU GET A COVID-19 TEST?

<https://www.gov.uk/apply-coronavirus-test>

NHS staff and care home residents and staff can get tested without symptoms.

For everyone else, you can apply for a test **IF YOU HAVE SYMPTOMS AND you are in one of the following categories**: ● an essential worker ● aged 65 or over ● you are working, but cannot work from home (for example, construction workers or delivery drivers) ● you live with an essential worker, a person aged 65 or over, or someone who travels to work ● you have a clinical referral from NHS 111 online.

Coronavirus symptoms are a high temperature or a new, continuous cough.

You need to get the test done in the first 5 days of symptoms—ideally in the first 3 days as it may take 1-2 days to arrange. You might not get a test—it depends on availability in your area. Essential workers such as NHS staff will be given priority.

A Weedon resident with a high temperature applied on Wednesday, had the test that day in an Oxford park/ride, and got the result (happily negative) yesterday!

PUBLISHED BY WEEDON COMMUNITY SUPPORT GROUP

Joanna Rose, Chair of Weedon Parish Council
Manor Farmhouse, 32 High Street, Weedon, Aylesbury, Bucks HP22 4NW
Tels: Mobile 07885 201159 Evenings Home 01296 641622
Email: joanna@cjrose.net

Nicolette & Francis Habgood, Community Support Group Co-Ordinators
Tels: 01296 640132 or 07906 132746
Email: nicolettehabgood@outlook.com

WEEDON WEBSITE
weedonbucks.org.uk

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

WEEDON CORONAVIRUS

COMMUNITY SUPPORT GROUP

Update 6 1st May 2020

This week has seen a change in the weather, but no change in the importance of staying at home—the news indicates that the lockdown IS working to reduce virus cases.

If you have symptoms, and are in certain categories, you can now apply for a coronavirus test—see back page.

Locally, some services are going back to normal—brown bin collections, for instance—and we hope that the household tips will re-open soon.

Scams and frauds are booming, unfortunately. Do be very wary whenever you are phoned or emailed unexpectedly—END THE CALL and DO NOT CLICK are the watchwords.

We've got two special events to look forward to. On Friday 8th May, it's Weedon's first online quiz, organised by Nicolette.

And on that day too, the country is celebrating VE Day 75. Even though we can't gather together in person, it will be heart-warming and uplifting to participate in the commemorations.

Weedon Coronavirus Support Group

STAY HOME, PROTECT THE NHS 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](#)

PRESCRIPTIONS FROM WHITCHURCH SURGERY

- ◆ For help collecting prescriptions, contact Nicolette.

FOOD AND SHOPPING

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

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

MENTAL HEALTH

- ◆ Links to online resources Update 1

GARDENS AND GROWING

- ◆ Seedling spares to spaces Update 3
Contact jane@janemeasures.com
- ◆ Nurseries for plant delivery Updates 3, 4
- ◆ Identifying plants and gardening tips Update 1

VILLAGE ENVIRONMENT

- ◆ Walking Weedon footpaths Update 4
- ◆ Keep Weedon tidy—pick up litter as you walk Update 3
- ◆ Weedon Parish Council meetings/action Update 5
- ◆ Waste services Update 1

ACTIVITIES AND INTERESTS

- ◆ Quizzes Updates 1-5
- ◆ Weedon running loops Update 3
- ◆ Online exercise Update 2
- ◆ Learning from home Updates 1, 2
- ◆ Knitted hearts for ICU Update 4
- ◆ Free live theatre and opera at home Update 4
- ◆ Diary your lockdown experience Update 5

FRAUDS AND SCAMS

Updates 1, 3

SCAM AND FRAUD PREVENTION—NEW

Continue to be on your guard against frauds and scams. This one is not strictly new, but it has become very prevalent again.

Fake emails/texts to get bank details and take your money

Customers from many banks are reporting theft from their accounts after responding to fake emails about TV licence cancellation.

Criminals send fake emails or text messages, pretending to be from the TV Licensing Authority. They want you to click the link to get your phone number and the name of your bank. You will then receive a call from the criminals, pretending to be from your bank's fraud team and persuaded to move your money to a "safe" account or give away card reader codes.

Many variations of this scam exist; from bogus COVID-19 fines to the promise of free supermarket shopping vouchers.

DO NOT click on a link in an email unless you are certain it is genuine, and **DO NOT** give your personal data or card details to anyone unless you are absolutely certain it is a genuine request.

Contact your bank if you think you may have been a victim. Also forward any suspect emails to: report@phishing.gov.uk

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

ANSWERS: UNDERGROUND QUIZ PART 2

Before you check your answer for number 63, there was a misprint in the original quiz we copied (theirs, not ours) —the clue should read 'Alexander harbour country road', not 'Alexandra'. Now you might find it makes sense.

- | | | | | |
|------------------|---------------------|--------------------|---------------------|--------------------|
| 51. Cyprus | 61. Hackney Central | 71. Burnt Oak | 81. Caledonian Road | 91. Mansion House |
| 52. Moorgate | 62. Beckton Park | 72. Clapham Common | 82. Blackhorse Road | 92. Northfields |
| 53. Embankment | 63. Great Port- | 73. Pudding Mill | 83. Ruislip | 93. Rickmansworth |
| 54. Green Park | land Street | Lane | 84. Archway | 94. Sudbury Hill |
| 55. Elephant and | 64. Hanger Lane | 74. Brixton | 85. Greenford | 95. Watford |
| Castle | 65. Seven Sisters | 75. East India | 86. High Barnet | 96. Victoria |
| 56. Gunnersbury | 66. Mornington | 76. Homerton | 87. Redbridge | 97. Cutty Sark |
| 57. West Ham | Crescent | 77. Preston Road | 88. Tooting Bec | 98. Devons Road |
| 58. Greenwich | 67. New Cross | 78. Fulham Broad- | 89. Surrey Quays | 99. Elm Park |
| 59. Heron Quays | 68. Warren Street | way | 90. Tower Hill | 100. Finsbury Park |
| 60. White City | 69. Bow Church | 79. Parsons Green | | |
| | 70. Canary Wharf | 80. Epping | | |

THE LONDON UNDERGROUND QUIZ—PART 3 of 3

The final part of the quiz.

101. Brian's initial payment for religious symbol
102. Before the instamatic era, thoroughfare to the lions' home
103. Colourless partition
104. Ship stretches out
105. Produces a warning sound in the house of God
106. Ancient portal
107. Middle of the home of football
108. Patella isn't blue
109. Emerald timber
110. Field guns stop car
111. One day's lost from vacation, to be birthed
112. Wombles common
113. Agony aunt Claire's little street
114. Happy place of worship
115. Hoary big village on the left
116. Pig plays board game
117. Dress the rim
118. Dirty shaft
119. Swiss mountain range goes to emergency room with heavy weight
120. Body of land surrounded by water, where plants grow
121. Small town near Manchester belongs to male monarch
122. If Mrs Beckham was regal
123. London walk not down south
124. Weighty Dodd
125. Red cheese conservative
126. Fresh angry entrance
127. The German red biplane pilot goes on a date
128. Sound made by leaves multiplied by itself
129. Pit worker's forest
130. Bonfire oak
131. Hello door
132. Heath open space
133. Small boat heading for America
134. Reasonable chop
135. Precious nugget bird of prey street
136. NASA has a problem, almost
137. Distant loop of Mafia boss
138. Regal tree
139. Motor company
140. Phil spins cricket ball on common
141. Empty approach street
142. Almost home county small city
143. Local area network's sweet opening
144. Cove's pond
145. Put down one hundred
146. Pea-coloured limits
147. Teacher's writing tool where animals live
148. Put hands together for London pig
149. Black bird's square recreation ground
150. Archer's highway

THE FIRST WEEDON ONLINE ZOOM QUIZ

Friday 8th May 6-7.30pm

Fancy a virtual get-together with friends and to test your general knowledge?

Then please join us for a fun, live online quiz on Friday 8th May 6-7.30pm. You can play on your own or as a team, children welcome—it's just for fun, no prizes.

The quiz will take part in Zoom and you will need Zoom (it's free) downloaded on your device (PC, laptop, tablet, phone with audio and camera) and a link to join in.

Please email Nicolette Habgood before 4pm on Friday 8th May for the Zoom link nicolettehabgood@outlook.com.

BROWN BINS FOR GREEN WASTE

Collections are re-starting 11th May

Buckinghamshire Council have announced that brown bin collections (for green garden waste) will resume in week commencing 11th May on the normal cycle. Please check <https://www.buckinghamshire.gov.uk/bin-collection-recycling-and-waste/arrange-garden-waste-collections/> for details, including compensation for missed collections. Brown bins are a paid service, which needs to be pre-booked.

FIVE ELMS FOOD SERVICE

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.

MEDICAL EMERGENCIES

The Ambulance Service and NHS doctors and hospitals are still able to respond to medical emergencies not related to coronavirus.

PLEASE CALL if you need urgent help for heart attack, stroke, cancer, diabetes complications etc.

CLAP FOR NHS and KEY WORKERS

EVERY THURSDAY EVENING 8PM

Stand at your open windows or doors, or in your front garden, and show your appreciation by clapping, banging saucepans and cheering.



VE DAY 75 FRIDAY 8TH MAY 2020

Commemorating the 75th anniversary of “Victory in Europe” 8th May 1945

As people are no longer able to attend national and regional VE Day 75 events due to the Covid-19 pandemic, the Royal British Legion has given us a summary of the online, TV and home-based commemorations that are planned.

Friday 8th May 2020 (Bank/Public Holiday)

- 11:00-11:02 – Two Minute Silence
- 11:15-12:00 – The Royal British Legion VE75 Livestream
- 20:00-21:10 – VE Day 75: The People’s Celebration, BBC One

Two Minute Silence

Join in a national moment of reflection and Remembrance at 11am on Friday 8th May and pause whatever you are doing for a Two Minute Silence, not only in recognition of the service and sacrifice of the Second World War generation, but also to reflect on the devastating impact Covid-19 has had on so many lives across the world.

People are invited to take part in the Silence in whatever way they feel appropriate—standing at their window, stepping outside their home (while remaining distanced from others) or simply having a quiet moment of reflection.

The Royal British Legion Livestream

Following the Silence, the RBL is hosting a VE Day livestream, sharing stories and memories from those who served. The stream will be live from 11.15am on the Legion’s website rbl.org.uk/veday75.

VE Day 75: The People’s Celebration BBC ONE: 8pm to 9.10pm

This will feature some of those who remember this historic day, together with Britain’s favourite performers who will entertain us with popular songs of the era.

In a fitting finale **at 9pm** we will see the nation unite for a very special singalong rendition of “**We’ll Meet Again**”. [Words at: rbl.org.uk/stories/ve-day-singalong]

VE Day 75 Family Learning Pack

Designed for 7-14 year olds, the home learning resources at rbl.org.uk/veday75 include first-hand accounts from the Second World War generation, veteran interviews and a range of activities to allow families to explore and commemorate VE Day 75 together.

FOODBANK DONATIONS—ANOTHER COLLECTION

There will be an opportunity to leave donations of groceries and toiletries in the porch of the Methodist Chapel on Aston Abbotts Road from NEXT Friday and over that weekend (**8th-10th May**).

All gifts are gratefully received by the Storehouse at the Vineyard church in Aylesbury, which is struggling to meet demand. At present, the volunteers are particularly after:

- * Nappies (size 5/6/7)
- * Wipes
- * Meat soups
- * Tomato soup
- * Tinned meat
- * Any other long-life goods

They also collect egg boxes to give out fresh eggs.

The villagers of Weedon and Hardwick were so generous in their donations last time and it would be great to be able to take another carload of provisions to support Storehouse. Please pick up some extra bits over the coming week, and if you need assistance in organising anything, then please let us know.

Sarah 07545 350035 sarahgibbshome@gmail.com
Helen 01296 640383 helsmcintyre@gmail.com

DO THE MAY-ATHON MARATHON

This initiative is designed to keep us all moving during the month of May. It’s based around the number **26** (the number of miles in a marathon) and the idea is to do **26** unbroken minutes of physical activity every day for **26** days in May.

This can take any form—gardening, jogging, biking, walking—whatever you most enjoy, going at your own pace. Being active is a great way to boost our mood and relieve stress, all so important especially at this challenging time.

You can find out more and download the Mayathon app at <https://mayathon.com>.