

## NEW GOVERNMENT *STAY ALERT* GUIDANCE

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

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

## 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.

## PUBLISHED BY WEEDON COMMUNITY SUPPORT GROUP

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WEEDON WEBSITE  
[weedonbucks.org.uk](http://weedonbucks.org.uk)

REGISTER YOUR EMAIL ADDRESS  
Contact [joanna@cjrose.net](mailto:joanna@cjrose.net) to go on the village email list.

# WEEDON CORONAVIRUS COMMUNITY SUPPORT GROUP Update 7 15th May 2020

We hope you all enjoyed the VE Day 75 celebrations last weekend. The village looked very festive—and still does.

This week saw some adjustments to the emergency guidance by the government, easing the lockdown somewhat. There are details on the pages inside, from both national and local sources. Most of us WILL be able to do more, and visit a few more places.

However, for those who are vulnerable and shielding at home, there will be little relief for the time being. So the volunteer support will continue to be critical.

We'd like to thank everybody who is helping and supporting others in Weedon. We know the support is really appreciated. Special thanks go from all of us to Dr Rebecca McKenzie from Whitchurch Surgery for her personal delivery of prescriptions to Weedon patients.

Please do ask for help if you need it, as we have a number of volunteers all offering their services.

*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](mailto: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 Update 6

#### 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 Update 4, 6

#### FINANCIAL HARDSHIP

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

#### GARDENS AND GROWING

- ◆ Seedling spares to spaces Update 3  
Contact [jane@janemeasures.com](mailto: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, 6

#### ACTIVITIES AND INTERESTS

- ◆ Quizzes Updates 1-6
- ◆ 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

## CYBER FRAUD CHECKLIST

Here's a simple checklist from the government to help people protect themselves from cyber fraud.

- Take a breath—a moment—before you part with money or personal information. It sounds simple, but this alone could end up preventing fraud.
- Ensure you are using the latest software, apps and operating systems on your phones, tables and laptops and update them regularly.
- If you get an unexpected or suspicious email or text message, DON'T CLICK on the attachment or message.
- Don't be afraid to challenge messages and messengers. It's OK to 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.

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

**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

When it is shared, false information can take on a life of its own and have serious consequences. Cut through the chatter to make sure you don't get taken in and find yourself sharing misinformation.

**SOURCE**—Rely on official sources for medical and safety information. Check facts on coronavirus on official websites.

**HEADLINE**—Headlines don't always tell the full story. Always read to the end.

**ANALYSE**—Analyse the facts. If something sounds unbelievable, it probably is. Independent fact-checkers are correcting false information about coronavirus every day.

**RETOUCHED?**—Watch out for misleading pictures and videos in stories about coronavirus. They might be edited or show an unrelated place or event.

**ERRORS**—Look out for mistakes. Errors might mean the information is false. Official guidance about coronavirus will have been carefully checked.

## DINGBATS QUIZ

1 CCCCCCC	2 LE / VEL	3 GIVE GET GIVE GET GIVE GET GIVE GET	4 ABCDEFGHIJKLMNPOQRSTUVWXYZ	5 T O W N
6 LUCKY	7 HE'S / HIMSELF	8 BLOUSE	9 AID ← AID AID	10 W E S T
11 GROUND FEET FEET FEET FEET FEET FEET	12 ECNALG	13 CYCLE CYCLE CYCLE	14 R E A D I N G	15 R O A D S
16 0 — M.D. Ph.D. B.Sc.	17 KNEE LIGHTS	18 JUST ME	19 MILONELION	20 PRO / MISE
21 TOUCH U	22 1,2,3,...,38 39,40 LIFE	23 JACK	24 economy	25 UP 8
26 JUST	27 3.1415926	28 G N I K A M LOST LOST LOST	29 O V A T I O N	30 STAND TAKE MINE TAKING I YOU 2 MY

## ANSWERS: UNDERGROUND QUIZ PART 3

- |                      |                      |                       |                    |                       |
|----------------------|----------------------|-----------------------|--------------------|-----------------------|
| 101. Brent Cross     | 111. Holborn         | 121. Kingsbury        | 131. Highgate      | 141. Holloway Road    |
| 102. Camden Road     | 112. Wimbledon Park  | 122. Royal Victoria   | 132. Moor Park     | 142. Kentish Town     |
| 103. Blackwall       | 113. Rayners Lane    | 123. Lambeth North    | 133. Westferry     | 143. Lancaster Gate   |
| 104. Gallions Reach  | 114. Upminster       | 124. Kenton           | 134. Fairlop       | 144. Bayswater        |
| 105. Hornchurch      | 115. West Silvertown | 125. Leicester Square | 135. Goldhawk Road | 145. Leyton           |
| 106. Aldgate         | 116. Chesham         | 126. New Cross Gate   | 136. Euston        | 146. Bounds Green     |
| 107. Wembley Central | 117. Edgware         | 127. Barons Court     | 137. Faringdon     | 147. Chalk Farm       |
| 108. Upney           | 118. Mudchute        | 128. Russell Square   | 138. Royal Oak     | 148. Clapham South    |
| 109. Wood Green      | 119. Alperton        | 129. Colliers Wood    | 139. Vauxhall      | 149. Ravenscourt Park |
| 110. Canons Park     | 120. Island Gardens  | 130. Becontree        | 140. Tufnell Park  | 150. Bow Road         |

## NATIONAL GOVERNMENT GUIDANCE

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

The lockdown in England has been eased somewhat. Please see back page for the main *STAY ALERT* messages to remember. Meanwhile, here is a rundown of what you can do that you couldn't before, and full details are at the website link above.

### ✓ YOU CAN ✓

- ✓ **Spend time outdoors** – eg. sitting enjoying fresh air, picnicking, or sunbathing
- ✓ **Meet one other person from a different household outdoors**—following social distancing guidelines
- ✓ **Exercise outdoors** as often as you wish — following social distancing guidelines
- ✓ **Use outdoor sports facilities**, eg. tennis court, golf course – with members of your household, or one other person while staying 2 metres apart
- ✓ **Go to a garden centre**

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 outside your household.

### ⊗ YOU CANNOT ⊗

- ⊗ **Visit non-essential shops**, restaurants, pubs, bars, gyms and leisure centres, as they will remain closed. They will reopen when it is safe to do so.
- ⊗ **Visit friends and family** in their homes
- ⊗ **Exercise in an indoor gym**, sports court, leisure centre, or swim in a public pool
- ⊗ **Use an outdoor gym or playground**
- ⊗ **Visit a private or ticketed attraction**
- ⊗ **Gather in a group of more than two** (excluding members of your own household), EXCEPT for these reasons set out in law—for work, funerals, house moves, supporting the vulnerable, in emergencies and to fulfil legal obligations

**If you are showing coronavirus symptoms, or if you or any of your household are self-isolating, you should stay at home—this is critical to staying safe and saving lives.**

## HOME-MADE FABRIC FACEMASKS



It's not yet part of any government guidance, but we know many people would like to wear a mask when they go outside their home, and don't want or can't get the disposable versions. Fabric masks are an option.

The BBC website has three different ways of making your own face-masks, so here is the link: <https://www.bbc.co.uk/news/uk-52609777>

Beverley Jones at Rectory Farm is an expert stitcher, and she has come up with some brilliant masks using fabric with extra inserts (see picture example), which she has offered to make for people, in exchange for a charity donation. Contact her at [bspikej@aol.com](mailto:bspikej@aol.com) or 01296 640747.

## FIVE ELMS FOOD SERVICE

This has been a very welcome service for both villagers and the pub. To get on the menu update list, and to order food, call John or Carol on 01296 641439 or email [sleezytours@googlemail.com](mailto:sleezytours@googlemail.com) by 11am daily. Collection from the pub doorstep between 4-6pm, or they will help with delivery.

## Aylesbury Vineyard Storehouse FOODBANK COLLECTION

Once again, a very big **Thank You** to everyone in Weedon and Hardwick who over last weekend donated to the Foodbank collection and those who gave cash. We had a fantastic response and the volunteers at the Storehouse were delighted.

They are still hard pressed to gather enough provisions and the demand on their services is still high, although it has eased slightly since the start of lockdown. Please continue to pick up some extras in your shopping if you can afford to and we will run another collection next month.

If you would like to **donate money directly**, then you can use the following link. This will put money straight into the Storehouse's account which the staff use specifically for buying food and other necessary groceries for those in need: <https://aylesburyvineyard.churchsuite.co.uk/donate/fund/2>

## WEEDON ONLINE ZOOM QUIZ 8th May

Thank you so much to Nicolette and Francis for their time in putting on a great quiz. They even wore different hats for the different rounds! There were 8 households taking part, with adjustments in scores for the number of people in the team. The winners were Jerry and Mari Boylan, 2nd were Colin and Joanna Rose, 3rd was Samantha Withers (on her own!).

## WEEDON VENUES AND ORGANISATIONS UPDATE

As you will have gathered from reading the government's guidance, there is no current possibility for the public venues in Weedon to re-open.

- **Park and playground** stay CLOSED      ■ **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 left)
- **Weedon Parish Council** continues to function. Virtual meetings are being held on the Zoom online platform, and the public are still invited to attend—the next is on Wednesday 20th May. See link here: <http://www.weedonbucks.org.uk/index.php/parish-council/forthcoming-meetings>

## BUCKINGHAMSHIRE COUNCIL UPDATE

Alongside this Weedon Update, we are sending you the most recent Buckinghamshire Council email from Martin Tett, as there are several important local services which have changed due to the government easing of lockdown restrictions. Check this out for:

- ◆ **Household tip** (recycling centre) has re-opened at Aston Clinton
- ◆ Bucks **country parks** Black Park, Langley Park and Denham have re-opened, but toilets, cafes, information points and playgrounds are still closed
- ◆ **Council tax hardship fund**—extra help for low-income taxpayers
- ◆ **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.
- ◆ Coronavirus **mobile testing centres** will be moving around the county. One is at Amersham for a few days. Book online at the government's testing website <https://www.gov.uk/apply-coronavirus-test>.

## OTHER RE-OPENINGS

- **Aylesbury Freecycle** group has re-opened, with restrictions. If you want to offer unwanted items for free collection, or to obtain such items, sign up at: <https://groups.freecycle.org/group/AylesburyUK/files>