



## Woolverstone News

March 29<sup>th</sup> 2020

*Dear All*

*These are challenging, difficult times and likely to remain so for the foreseeable future. So it seems we must seek solace from the all good things around us.*

*We have had a wonderful period of dry, sunny weather since the beginning of this emergency. The air has been fresh and bracing. It has enabled people to get out into their gardens and to get land dug which has been on hold after all the rain over the winter months. There has been dawn to dusk sunshine and blue skies which lifts the spirits. The many magnolias through the village have been resplendent and the winds and storms that so often buffet the beautiful blooms at the end of March have so far stayed away. Our gardens and the verges have been bright with hundreds of daffodils - as pretty as any picture.*

*The measures to fight the virus have led to a reduction of traffic which has meant that those of us who live on the Main Road have had a period of peace and quiet not felt for many, many years. And it is likely that we may never feel such silence again when we come out the other side. We have been able to enjoy the birdsong around us and a gentler, more natural background sound. Our air is probably cleaner. Our skies are quieter, too, with fewer planes heading for Stansted!*

*For those who can get out for their daily allowance of exercise, our footpaths have been easy to stride along without slipping and being ankle-deep mud. We are so very lucky to be able to walk freely around our beautiful village without compromising on social distancing.*

*And we have been able to reach out to our neighbours and make sure they are coping in these peculiar times. These are blessings in the darkness.*

## Parish News

In the last month everything has changed. We are instructed to **Stay at home and save lives.**

We may only leave home for the following reasons:

- **To shop for essentials** - food, medicine
- **To travel to work** - if working from home is not possible
- **To exercise once a day**, alone or with members of our household.

We must not meet others, even friends. There shouldn't be gatherings of more than 2 people.

We know the drill!



- **Wash your hands regularly**
- Whenever you come back inside, **wash your hands for at least 20 seconds.** Work up a good foam
- **Sneeze into a tissue**
- **Avoid touching your face**, especially around your nose, eyes or mouth
- **Keep a social distance** of at least two meters from other people

We can help save lives by following our Government's advice

We can help slow the spread of the virus by following our Government's advice

We can help our neighbours by keeping in contact by phone, text, over the fence

Keep in mind neighbours who live on their own and who may be in need of extra company or support at times through this emergency

**Remember:** There are things we can control and things we cannot control in our lives.

By concentrating on those things we can control we sustain our mental health.

Keep positive. Try not to over-watch the news. Find fun things to do at home. Follow the guidance. Sort out a routine. Be kind and thoughtful towards others.

## **Woolverstone Neighbourhood Support during the COVID-19 emergency for those who are vulnerable, in self-isolation or shielding**

It is essential at this unprecedented time to know there is help at hand if you need it and you are not alone. Within our village we have a team of volunteers who are available to support you if or when needed. All you have to do is contact one of the following villagers and a neighbour 'buddy' will be allocated to you:

**Simon Pearce** E: [simonpearce@gmx.co.uk](mailto:simonpearce@gmx.co.uk) T: **01473 780009**  
**Lorraine Wildbore** E: [lorrainewildbore@yahoo.com](mailto:lorrainewildbore@yahoo.com) M: **07748 258693**

Examples of how we can assist you are:

- ✓ **Collecting your prescriptions** from Shotley or Holbrook Surgery
  - ✓ **Posting your mail**
  - ✓ **Collecting urgent supplies**
  - ✓ **Walking your dog**
- or if you simply want to have a chat over the phone**

If, however, you already have a support system in place via neighbours/family would you also notify us, as it will be reassuring to know you have assistance on hand.

*Just to reiterate the official guidelines.....*

**If you become unwell and unsure about what to do please call the NHS Support Line: 111**

**Please do not go to your GP, pharmacist or hospital in the first instance unless the NHS Support Line has advised you do so.**

We have collated a number of local businesses which may be useful to you during your period of self-isolation – **but the situation may change as demand grows:**

<b>Local service providers - who currently offer a free delivery service to local 'vulnerable' residents whilst stocks are available</b>	
• <b>Orwell Stores, Chelmondiston</b>	<b>01473 780221</b>
• <b>Hollingsworth's Store &amp; Butchers, Chelmondiston</b>	<b>01473 780225</b>
• <b>Woody's Butchers, Holbrook</b>	<b>01473 327835</b>
• <b>Stutton Community Shop</b>	<b>01473 328133</b>
• <b>Milk &amp; More – only for current account holders</b>	<b>0345 6063606</b>
• <b>Bourne Garden Nursery –are delivering on the Peninsula</b>	<b>01473 691567</b>
• <b>Anglia Produce – fruit and veg boxes in 3 sizes: A - £10, B - £15 &amp; C - £20</b>	<b>01206 233471</b>
• <b>Shotley's Premier Store</b>	<b>01473 787281</b>

<b>Or you can phone to order and one of the village volunteers will collect from the following:</b>	
• <b>Suffolk Food Hall, Wherstead</b>	<b>01473 786610</b>
• <b>Co-op in Holbrook</b>	<a href="tel:01473328214"><b>01473 328214</b></a>
• <b>Bourne End Premier Store, Wherstead</b>	<b>01473 601080</b>

Many thanks to Lorraine Wildbore and Mandy Norris for helping co-ordinate and construct our response and gathering the group of people who are poised to help where needed.

The following local pubs/restaurants are currently offering take-away meals:

The Freston "Boot"	01473 780722
"The Butt & Oyster", Pin Mill	01473 780764
Shotley, "Rose"	01473 787237
Tattingstone, "White Horse"	01473 328060
Stutton "Kings Head"	01473 328898

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**Understanding the Corona Virus.** Here is some interesting information about the Corona Virus or CORVID 19 from an Assistant Professor in Infectious Diseases at Johns Hopkins University.

\* The virus is not a living organism, but a protein molecule (RNA) covered by a protective layer of fat, which can be absorbed by the mucous membrane of the eyes, nose or mouth. **This is why you should avoid touching your face and transferring the virus from your hand to your face.**

\* Since the virus is not a living organism but a protein molecule, it is not killed, but decays on its own. The rate of decay depends on the temperature, humidity and type of material where it lies.

\* The virus is very fragile. That is why any **soap or detergent** is the best remedy, because the foam dissolves the **fat**. This is why you have to rub for 20 seconds or more, to make a lot of foam. By dissolving the fat layer, the protein molecule disperses and breaks down on its own.

\* **Heat** melts fat; this is why it is good to use water above 25 degrees Celsius for washing hands, clothes and everything. In addition, hot water makes more foam and that makes it even more useful.

\* Any mixture with **alcohol over 65%** dissolves any fat, including the protective layer of fat on the virus molecule.

\* Any mix with **1 part bleach and 5 parts water** directly dissolves the protein, breaks it down from the inside.

\* **Bactericides** will not help as the virus is not a living organism.

\* **Never shake** used or unused clothing, sheets or cloth. While the virus is glued to a porous surface, it is very inert and disintegrates at varying rates on different surfaces: 3 hours on fabric, 4 hours on copper and wood, 24 hours on cardboard, 3 days on plastic and stainless steel; and, up to 5 days on paper, ceramic, glass and metal. If you shake a fabric, the virus molecules float in the air for up to 3 hours, and can lodge in your nose.

\* Dehumidified, dry, warm and bright environments will degrade the virus faster.

\* **UV light** breaks down the virus protein on a surface.

\* The virus **cannot** go through healthy skin.

\* Vinegar is **not** useful because it does not break down the protective layer of fat.

\* Alcoholic sprits at 40% are not strong enough to kill the virus

\* The more open or naturally ventilated spaces are, the less concentration of the virus.

\* **Wash your hands** before and after touching your face, food, locks, knobs, switches, remote control, cell phone, watches, computers, desks, TV, post box, wheelie bin etc. and when using the bathroom.

\* If you have to moisturise your hands after so much washing, the thicker the moisturiser, the better.

\* **Keep your nails short** so that the virus cannot hide there.

*Some Dates for your Diary:*

**St Michael's Churchyard team**

**Fri 3<sup>rd</sup> April 10.00 -12.00**

Postponed

**Parish Council Meeting**

**Thurs 9<sup>th</sup> April 7.30 pm**

Postponed. If there is anything urgent, please contact me [simonrpearce@gmx.co.uk](mailto:simonrpearce@gmx.co.uk) or 07825708171. The PC will stay in touch with each other via email or phone.

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**"The Astonishing Story of Mary Alice Berners"**

**Fri 27<sup>th</sup> March**

The talk "The Astonishing Story of Mary Alice Berners" which was due to be held on 27<sup>th</sup> March has been postponed.

A new date will be chosen, which will be a Friday, as soon as the "All Clear" is given.

All tickets that have been sold will be good for that new date.

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**Sunday Services at St Michael's.**

Due to the Corona virus, St Michael's will have no services until further notice and the church building is closed on instruction of the Archbishops of Canterbury and York.

Revd. Jenny, our rector, and Duncan Myatt, our churchwarden, have the following message:

"Whilst the current restrictions are in place the Church Building may be closed but the Rector and Ministry Team are thinking and praying for all our villages. The Rector, Revd. Jenny Seggar would be more than happy to ring any residents for a chat while the crisis is ongoing.

We have also launched a new web site; [tworiversbenefice.org](http://tworiversbenefice.org) which contains up to date information, a recording of Sunday's Morning Prayer, links to other recorded services and prayers for personal use. We also have a children's page with some suggested links. The Rector can also be found on Facebook at 'Two Rivers Rectory'."

The Revd. Jenny can be contacted on 01473 327951 or email [rector2rivers@outlook.com](mailto:rector2rivers@outlook.com)

Duncan Myatt the Churchwarden and Lay Elder can be contacted on 01473 781969 or email [duncan.myatt@gmail.com](mailto:duncan.myatt@gmail.com)

Revd.Jenny added:

"I will be praying for Woolverstone on a Tuesday, and would be happy to ring Woolverstone folk on that day."

## **Local History**

Have you looked at Woolverstone's Facebook page yet? If not, stop by and see how it is growing. This month we have added:

Our membership has nearly reached the 200 mark. Why not join and scroll through the information and contribute your local knowledge, too? Join the conversation! Our Facebook page is called: Woolverstone: Notes and Queries. Here's the link:

<https://www.facebook.com/groups/2044317292447243/>

## **Climate and Wildlife Emergency**

It is all very well discussing the Climate and Wildlife Emergency we are facing but we have to do something about it, practically.

TIP: Recycling tin foil. The recycling guidance asks that we don't put small pieces, less than 5cm, into the blue bin. I guess they get lost or cause blockages. A simple way to manage tin foil pieces is to put all your small pieces of tin foil in to a container until you have a enough to squish into a 5cm plus ball. Simple.

## **Helping our Community**

Our community is stretched out in a ribbon settlement, mostly along the B1456. People at No 1 are over a mile away from people at No 38. It is hard to stay connected. One of the ways to keep connected is through supporting local events, meeting and catching up with people. I hope you will be able to support the village through the different events that have been organised. We also need your help for some of the jobs that keep the community ticking away.

## **Berners Hall**

The facilities at Berners Hall are available for booking by anyone in the community. There are special rates for residents.(see below) Sessions are up to 4 hours. e.g. 9.am – 1 pm. 6pm – 10pm etc.

Weekday session: £15.00

Sat/Sun session: £18.00

Please contact BHMC Booking Secretary for availability.

Sarah Hutton Phone: 07754075684; or, Email [sarahhutton7@btinternet.com](mailto:sarahhutton7@btinternet.com)

*If you know someone who would like to be on the mailing list please ask them to send me an email to the address below and I will add them to the group email list. Many thanks.*

*If your neighbour is not on the internet, why not print off a copy and pop it through their letterbox?*

Best wishes. Stay Safe. Keep your distance.

Simon Pearce. Chairman, Woolverstone Parish Council (780009. [simonpearce@gmx.co.uk](mailto:simonpearce@gmx.co.uk))