



Church Fenton Parish Council Covid-19 Action Group April 2020 Update 3

We are here to support and keep our community safe. We must stress the importance of staying at home.

For up to date information and to request support, please contact us in the following ways:

Church Fenton Support - Tel: 07795071741 - Parish Clerk

Wider Community Advice - Landline: 01937 326010

Would you like to volunteer? Please phone 07801965268



Email:

clerk@church-fenton.net **Website:** <http://www.church-fenton.net>

Facebook: Church Fenton Parish Council

Booklet for parents NCC have produced a document for supporting all primary school age children, "Emotional Mental Health and Wellbeing", regarding suggestions and services in place to support children and parents' emotional mental health and wellbeing at this time. Please email for a pdf copy. Also if you haven't yet, have a go at *the maths factor*, *Carol Vorderman's* online learning platform is currently free and suitable for children aged 4-11 years. Lessons, practise, times tables and lots of great games.



VE DAY
75TH ANNIVERSARY
A SHARED MOMENT OF CELEBRATION
8 - 10 MAY 2020

VE DAY Celebrations 2020 - Friday 8th - Sunday 10th May 2020

Even though the VE Day celebrations have been cancelled nationally, we would still like our residents of Church Fenton to celebrate in some way! VE Day dawns on Friday 8th of May, which marks 75 years since the guns fell silent at the end of the war in Europe. The 75th Anniversary of Victory in Europe was to have been marked with a series of national events, culminating with a spectacular VE Day concert at the Royal Albert Hall. In Church Fenton and to commemorate the end of WWII, we are asking you to celebrate with a "Stay at Home" party in your garden. We are encouraging you to decorate your houses in red, white and blue and have a picnic in your front garden to celebrate VE Day. Lots of resources, make your own bunting and other ideas at <https://www.veday75.org/downloads/>

COMPETITION TIME - if you are under 13 and would like to join in, all you have to do is make and / or decorate a hat with a red/white and blue theme! Anything goes. If we get sufficient entries, we will have some prizes for the following categories 1) pre-school/reception 2) Key Stage 1 children 3) Key Stage 2 children. A small prize delivered to your door for every entrant, please send a photo of your entry to clerk@church-fenton.net on/before Friday 8 May.

Beer at the virtual Pub FOR THE TROOPS - Call out to all the guys who may be missing a walk to the pub. Ross, landlord at The Fenton Flyer is going to run a virtual pub chat evening on Friday 8th May, from 8pm onwards. If you would like to "google hangout" at the virtual pub, drop Ross a line r.highamchurchfentonpc@gmail.com & he can send you an invite.

FAMILY QUIZ NIGHT - Sunday 10th May 2020 at 6pm (TBC - please email to check timings)

If you are a budding quiz writer, we would like to hear from you, we are trying to organise a virtual village quiz! If you are interested, please get in touch. We need a quiz writer/host. If you are familiar with Google Hangout, please contact s.charlstonchurchfentonpc@gmail.com and Cllr Sam Charlston will help you get set up and forward the invitation to anyone who would like to join in! If we get more than 6 families entering, we will provide 1st and 2nd placed prizes!

Food Shopping / Takeouts

If you need financial support at this time, we can access a variety of grants to provide food vouchers. Don't be afraid, please get in touch if we can help you. The Tadcaster Salvation Army

has a well-stocked foodbank which is able to help. Ring 01937 835541/831091. For information about food parcels from Selby Foodbank, please contact 07413 374750.

Struggling for an online delivery slot <https://shoppingslot.co.uk/> this is a great website, costs £3.99 a month and sends you an email alert once there is a delivery slot in your postcode area. Includes Tesco, Asda, Iceland and Waitrose.

Wheatsheaf Inn, Sherburn in Elmet are offering a Fish & Chips takeout service on a Friday from 2pm-7pm. Text order to 07958120021, do not call the pub landline. £6.50, OAPs £5.50 and Kids Meals with drink and dessert for £4. Limited delivery slots from 4pm for those self-isolating and the elderly. Cash or bank transfer.

Kirkgate Fisheries, Tadcaster 01937 835686 - Monday to Saturday, lunch and tea time opening hours. Free local delivery. Ring ahead to drive through collection. Payment by card at time of ordering.

Tadkebab 01937 832931 - open every night for kebabs, pizzas and sundries. Small delivery charge of £3 to Church Fenton.

REMINDER - Practical Advice

Remember, if too many people become seriously ill at one time, the NHS will be unable to cope.

Don't forget, ring 111 first or go online <https://111.nhs.uk/> OR contact your local GP Surgery.

IN AN EMERGENCY - where the Defibrillator is required. It is positioned on the side of the Village Hall on Main Street, LS24 9RF. Should you need it in an emergency, the code is C147.

Good SAM ALERTER - for non Covid-19 emergencies.

Global app to alert a Medic who may be located near you. Please download if you can.

NHS website www.nhs.uk/conditions/coronavirus-covid-19/ Government website www.gov.uk/coronavirus

Covid-19 join Zoe.com - COVID-19 Symptom Tracker App

Lets anyone healthy or with symptoms share valuable information.

You can report your health status daily. The government are particularly interested in those over the age of 66 to register. If you have a thermometer in the house, it is a great idea to take everyone's temperature daily.

RACE AT YOUR PACE & WIN A MEDAL

Maybe you were running the London Marathon this year OR you're just doing more steps on your daily exercise. Either way, there are lots of websites that can provide you and your family with an opportunity to receive a medal during your daily exercise. This could be walking, running or cycling, with lots of different distances including 5 miles, 10 miles, 15 miles, 20 miles, 25 miles, 50 miles and so on (*you do not have to achieve the miles in one go*). A variety of medals for children and adults alike and you can choose which month you would like to record your distances in. It's so important for everyone to be active, and it would be great to inspire young people to get moving with one of the challenges. Try raceatyourpace.co.uk or racethedistance.com

#STAY IN WORK OUT

<https://www.sportengland.org/stayinworkout>

We're all now spending a lot more time at home than we might like, which is why staying as physically active as possible is more important than ever. Join the Movement is a brand-new campaign, funded by The National Lottery, giving you the advice and tools you need to help you do this while the country deals with the coronavirus outbreak. Official advice is to stay at home, and to only go outside for one form of exercise a day, to shop for basic necessities, if there's a medical reason and travelling to and from essential work. This inevitably means all our routines are changing. Go to the website to find lots of fun and creative ideas on how to get active at home, with exclusive offers and workouts from content providers such as Les Mills on Demand, Joe Wicks (The Body Coach) and FiiT. There's also the latest advice around getting outside, with tools to help you make the most out of the fresh air during your daily walk, run or cycle.



Church Fenton Communication Tree It's good to talk!

We are looking to set up a communication tree to enable those who live alone and those who would like to perhaps have a catch up with someone outside the family home; to help someone else who may be feeling a little lonely at this time. The communication tree works so that your number will only be given to one person above you and if you offer to chat to others, your number will be given to 3 people. The idea being that the more of us that talk to just 3 people, we could check in on all of our neighbours! It works like this... A talks to B, C and D; B talks to E, F and G and C talks to H, I and J and so on! Wouldn't it be great if we get a 100 people talking this way, checking in on those self-isolating alone and supporting our neighbours. If you would like to have someone to have a chat with or are happy to help and talk to 3 people, please get in touch. Alternatively, if you are already checking in on 3 people regularly in the week, we would love to hear from you. Please ring the Clerk on 07795071741 or email clerk@church-fenton.net to find out more.