

gamut

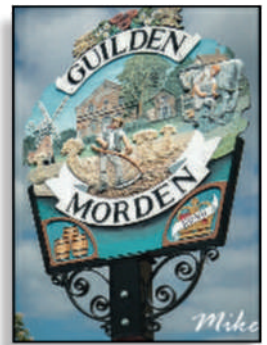
THE GUILDEN MORDEN VILLAGE NEWSLETTER



MARCH 2021

Editorial: At last there is light at the end of this lockdown tunnel and many of you will by now have your first Covid vaccine.

As we move towards June and the easing of legal restrictions, please feel free to send me details of your events so that they can be included in gamut. A portrait format PDF is always best for posters.



I appreciate that gamut has been somewhat 'Neighbourhood Watch and medical' over the last few months, but I am now really looking forward to including anything that doesn't relate to Covid or 'staying safe'. Have a great month - oh and Stay Safe!



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Cover Photo: Cyclamen in the sunshine

PARISH COUNCIL UPDATE -MARCH 2021

The Parish Council Meeting dates:

The Parish Council continue to meet as usual, using Zoom. Any parishioner who wishes to attend the Zoom meeting, please contact the clerk who will provide details. Minutes will be published on the website as normal. The next full meeting will be 15th March 2021 at 19:30 prompt.

Temporary Traffic Order – Potton Road Guilden Morden; March 2021

Please be aware that a temporary traffic order has been received to reduce the speed limit on the Potton road to 30mph. This speed reduction will start on 1st March and planned to end on the 19th March. It is to enable essential works on the railings of the bridge. Further details can be found on the village website.

Book Exchanges in the Village

Both book exchanges will remain closed until we are provided with further guidance. Please can we request that parishioners DO NOT leave donations outside the exchange as these items will be left to the fate of the weather and unlikely to be in a useable condition once the exchanges open again.

Volunteers for Dog Warden welcomed

The Parish Council are looking for volunteers – dog owners preferred but not essential – who would be prepared to act as volunteer dog wardens in the village, there are no set hours, you could do one hour a month or more. This could also be a shared role.

As all dog owners should be aware, we are covered by (Fouling of Land) Act 1996, meaning those who fail to clear up after their dogs can incur a fine of up to £1,000 in the courts, or an £80 fixed penalty notice.

NATIONAL CRIME AGENCY TELEPHONE SCAM

One of our brilliant supporters has been in touch with information about scam calls he recently received claiming to be the National Crime Agency (NCA). One call came from 07925 035496 and another call came from 07925 033698. In each case the call was an automated voice stating that the the recipient's NI (National Insurance) number would be suspended having been noticed in incidents of criminal activity. The call instructs the recipient to press 1 to speak to an agent.

If you receive an unsolicited call from anyone which asks you to press a key to speak to someone please ignore the instruction and hang up. There are many scams phone calls which are designed to worry, panic or entice people into pressing a key and which may result in a costly charge to your phone bill or connection to a fraudster who is well rehearsed in convincing you to part with your money.

Information about calls like this can be reported to report@phishing.gov.uk including your phone number, the caller's number, the time and date of the call and a brief description of the call.

NCA have also warned of another type of telephone scam which seems to particularly target older people. The offenders warn their victims about a banking scam and persuade them to allow remote access to their computers, or hand over personal information and bank details. Sometimes they ask their targets to move the money to a “safe” bank account. You can read more about these scams, and what to do if you're suspicious, on the NCA website. <https://nationalcrimeagency.gov.uk/>



PARCEL FORCE SCAM

Back in December, Neighbourhood Watch warned about fake courier delivery scams. Here's an example:

In this case the e-mail appears to have come from Parcel Force Worldwide and stated that they had tried to deliver a parcel. It goes on to say **'Your action is required. If this item is unclaimed by the return date, then it will be returned to sender'". The first and second delivery attempt was free of charge. To schedule a new delivery, a shipping fee must be paid'** and it then provides a link to 'reschedule' your parcel delivery.

The e-mail used the Parcel Force Worldwide logo and tried to look official by using an order reference number and the genuine Parcel Force Group privacy notice at the footer of the e-mail. However, there are a few red flags that this is not a genuine Parcel Force Worldwide e-mail:

The e-mail address of the sender was not a Parcel Force address but something entirely different: kmzpp@telenet.be .The message greeting used the recipient's e-mail address, not their name. The message used a vague phrase 'if this item is unclaimed by the return date, then it will be returned to sender' without giving the supposed 'return date'. The e-mail asks for payment of a fee, and there is no fee to arrange redelivery of a parcel.

A hyperlink was then provided to take payment and personal information, and hyperlinks are a big warning that a message may be a scam. This e-mail could just have easily used another parcel courier's branding and come from a different e-mail address or even a SMS text message so please be alert to these scams and warn others about them too.

Don't forget you can report phishing e-mails to report@phishing.gov.uk and suspicious text messages to 7726.

TYPE 2 DIABETES – COULD YOU BE AT RISK?

ASHWELL PATIENTS' GROUP

Anyone can develop type 2 diabetes, but certain factors can increase your risk:

The older you are, the greater the risk. However, those from the ethnic groups outlined below tend to be at risk at a younger age.

You are between two to six times more at risk if you have a parent, child, brother, or sister with type 2 diabetes.

You are more likely to get type 2 diabetes if you are over 25 and from a Chinese, South Asian, Black Caribbean or Black African ethnic background.

You are more at risk of type 2 diabetes if you are overweight or if you have ever had high blood pressure.

You can't change some of these factors but others you can.

If you are at high risk of developing type 2 diabetes you may be eligible for your free local “Healthier You” service. This will help you put your health back in your own hands by supporting you to lose weight, get more physically active and eat healthy food. To find out more visit:

<https://preventing-diabetes.co.uk/hertfordshire-west-essex>

Taking action now is really important as it can reduce the risk of developing type 2 diabetes. Unchecked, diabetes can lead to sight loss, kidney failure, loss of a limb and make you twice as likely to have a heart attack or a stroke. It also puts you at a greater risk of becoming very unwell if you catch Covid 19.

The first step is to check your individual risk of developing the disease. The Diabetes UK Risk Tool can help you find out. It takes just a few minutes to check and could be the most important thing you do today.

To find out more visit: www.diabetes.org.uk/risk

Heron Scheme



If you require transport to your Covid-19 vaccination centre, then the local Heron Scheme may be able to help.

The scheme operates with volunteer drivers and their cars. Full Covid-19 safety procedures are followed. There is a small charge of 30p per mile, no more than for public transport.

Bookings and enquires to Christine Furmston: 01763 852125



**PLEASE REMOVE YOUR DOG'S WASTE
KEEP GUILDEN MORDEN CLEAN!**



Please submit any articles to:

gamut.newsletter@gmail.com

By the 20th of the month. Thank you.

GULDEN MORDEN CONGREGATIONAL CHURCH DIARY

www.guldenmordencongregationalchurch.com

Given the current situation and the imminent announcements concerning future regulations, the following is a diary of events and services we have planned for March. Although the regulations permit face-to-face services, we are also continuing to provide online services via Zoom. Please refer to our website (link above) or our Facebook page for more up-to-date information.

For those wishing to join a Zoom “service” meeting the code is **933 0302 5193** and the passcode is **2c1h3G**.

Friday 5th Mar	10.30 World Day of Prayer. Zoom service from the Chapel led members of local churches
Sunday 7th Mar	10.30 Family service via Zoom with children’s activities. Led by Tony Frost and Sandy Watkins
Monday 8th Mar	10.30 Men’s Guild via Zoom
Sunday 14^h Mar	11.00 Service at Litlington. If we are unable to hold a service at Litlington there will be a zoom service led by Tony Frost
Sunday 21st Mar	10.30 Joint service with St Mary’s at the Chapel - and via Zoom - led by Tony Frost. 14.30 – 15.30 Sunday School via Zoom, led by Sandy Watkins.
Sunday 28th Mar	10.30 Palm Sunday Communion in the Chapel - and via Zoom - joined by Litlington. Led by Tony Frost.
Sunday 4th April	10.30 Easter Sunday service with children’s activities in the chapel - and via Zoom - led by Tony Frost and Sandy Watkins.

Home group Zoom meetings on Tuesdays, Contact Amanda for details

Measures to enable the start of other activities in the Chapel and schoolroom are now in place, and the buildings will be available for general use once the strict regulations have been relaxed sufficiently for activities to be allowed.