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THE GUILDEN MORDEN VILLAGE NEWSLETTER



MAY 2020

Editorial: Hello again fellow lockdowners. This edition is understandably heavy on COVID-19 information and advice, but it is all pretty relevant stuff. Sadly, this virus is not going anywhere soon.

Our sincere thanks go to all the key workers and NHS staff who live within the village, plus Peter and Megan at the Three Tuns and Kirk at the Eddie, who are keeping the food and drink flowing. Kirk recently celebrated 25 years at the Eddie - **Congratulations!**



Are you worried about domestic abuse during lockdown?

Speak to other partners if you do not wish to speak to the Police direct, there are plenty of charities and organisations who are also on hand to listen and help safeguard you. **National Domestic Abuse Helpline** – 08082 000247 **National Stalking Helpline** – 08088 020300 **Cambridge Women's Aid** – 01223 460947 **Fenland, Huntingdonshire and Peterborough Refuge** – 07787 255821 **LGBT Domestic Abuse Helpline** – 08009 995428 **Honour Based Abuse Helpline** – 08005 999247

Worried you might do something you don't want to do?

We understand that these unprecedented times can lead to financial and mental and physical health worries. Arguments can get heated, but since 17th April 2020, **you are allowed** to move to a friend's address for several days to "cool off" after an argument at home.

For tips on how to relax and get away to avoid doing something you don't want to, visit www.safelives.org.uk/news-views/domestic-abuse-and-covid-19 www.respectphoneline.org.uk/help-for-perpetrators/



HERON Volunteer Car Scheme

We regret that we cannot offer our car service at the moment because most of our drivers across the villages are over 70 years of age. We are hoping to discover that friends and neighbours will be able to help out informally and with minimum risk.

Christine Furmston 852125

PARISH COUNCIL UPDATE

Help and Support during the Current Lockdown

The Parish Council has been contacting as many people as possible who may require some form of assistance during the current situation. This may include help with shopping, collecting prescriptions or other practical support. If you would like to talk to someone about the help you need or if you know of a neighbour who may require assistance, please contact a member of the Parish Council. We can call upon volunteers to help you.

Tel: 853845 or email – geoffkharper@gmail.com

Double Bag Black Bin Waste If Suffering Symptoms

The Greater Cambridge Shared Waste Service has also published advice on handling waste if your household is displaying symptoms of coronavirus.

If you're experiencing the main symptoms - a new, continuous cough and/or a high temperature - please be very careful when disposing of your personal waste (including used tissues and disposable cleaning cloths/wipes) at home. The advice for disposal of this waste is as follows:

It should be put in a plastic rubbish bag and tied when full. **The plastic bag should then be placed in a second bin bag and tied**, It should be kept separate from other waste in suitable secure place on your property for 72 hours before being placed in the black bin as normal. The principle behind this method is that after 72 hours outside the body, the virus is no longer viable. This approach will help keep bin collection crews as safe as possible.

Other household rubbish and recycling should be treated as normal.

If you or anyone in your home is self-isolating or is confirmed as having coronavirus, Cambridgeshire County Council are politely asking that you do not go to any of their Household Recycling Centres. Find out more about your local bin collection services at www.cambridge.gov.uk/recycling or www.scambs.gov.uk/recycling

Residents who experience any waste-related difficulties during this period are asked to email: waste@scambs.gov.uk or call 03450 450 063. Please note that it may take longer than usual to receive a response as the service adapts to different working practices.

GREEN BIN COLLECTIONS

As you already are aware, green bin collections across Cambridge City and South Cambridgeshire **will not** take place between Monday 23 March and Monday 4 May.

The Greater Cambridge Shared Waste Service, a partnership between Cambridge City and South Cambridgeshire District Councils, has made the decision in order to support staff and the recycling and waste service as a whole during the Coronavirus outbreak. The suspension of green bin collections will allow crews to concentrate on emptying blue and black bins during the coming weeks. It will also assist with any future staff sickness or self-isolation issues.

As always, residents are being encouraged to waste as little food as possible, so they minimise the amount they need to throw away. For this period only, the advice to residents who do have food waste will be to put it into the black bin. Residents who enjoy spending time in the garden and growing their own food are also being asked to consider home composting as much of their garden waste as possible. Residents who are subscribed to the additional green bin collection scheme, and therefore pay for more than one green bin to be collected, will see a reduced fee for their permit upon renewal in the October.

The bulky waste collection service, which collects large items from residents' homes, will also be suspended during this period.

Head of the Greater Cambridge Shared Waste Service, Trevor Nicoll, said: "Our priority is to try and maintain a regular waste collection service throughout the difficult months ahead and to do what we can to support the health and well-being of all our staff and residents. We're making this change now to make sure we can focus on collecting blue and black bins as normal for as long as we possibly can. Our bin collection crews are trying their very best and deserve all the help we can give them."

"Suspending green bin collections will take some of this burden off them – they each walk the equivalent of a half marathon every shift. Residents can help by trying their very best to absolutely minimise the amount of food that they are throwing out and trying not to generate garden waste for now. Finally, it would also be a big help to our hardworking crews if residents whose bins don't have much waste inside can wait until it is full before putting it out – if they think they can manage until their next collection."

Wash your hands of coronavirus scams!

Friends Against Scams aims to protect and prevent people from becoming victims of scams.

Be aware of people offering or selling:

- Virus testing kits - these are only offered by NHS.
- Vaccines or miracle cures - there is currently no vaccine or cure.
- Overpriced or fake goods to protect yourself from coronavirus such as anti-bacterial products.
- Shopping or medication collection services.
- Home cleaning services.

Protect yourself and others:

- Don't be rushed into making a decision. If it sounds too good to be true it probably is.
- Only purchase goods from legitimate retailers and take a moment to think before parting with money or personal information.
- Don't assume everyone is genuine. It's okay to reject, refuse or ignore any requests. Only criminals will try to rush or panic you.
- If someone claims to represent a charity, ask them for ID. Be suspicious of requests for money up front. If someone attempts to pressurise you into accepting a service they are unlikely to be genuine. Check with family and friends before accepting offers of help if you are unsure.

**Be a good friend,
help to protect
your family, friends
and neighbours
from scams.**

**Read It.
Share It.
Prevent It.**

**#Coronavirus
#ScamAware**



Contact

For advice on scams call the
Citizens Advice Consumer Helpline on **0808 223 11 33**
To report a scam call Action Fraud on **0300 123 2040**
Contact your bank if you think you have been scammed.

**NATIONAL
TRADING
STANDARDS**

Scams Team

To learn more about the different types of scams visit www.FriendsAgainstScams.org.uk

Football is in an unprecedented situation. No matches have been played since the March announcement by the FA to suspend all games and training.

We recently had a communication from Cambs FA to advise that the season will now be concluded and league positions determined by a points-per-game ratio. No trophies will be presented and any cup competitions will stand as having been completed.

So that means our 1st team, having won 11 of their 15 games, finished 2nd in the 3A division and the reserves finished a highly commended mid-table position.

The focus now will be on preparing for the start of next season and you will notice our pitch champions have already taken the initiative to make a start on continued ground refurbishments.

We hope everyone stays well and is keeping safe, and we look forward to playing in a safe environment once again.



It is with regret that following the last WFMF committee meeting (via Zoom I should add) it was agreed that due to the current situation, it would be necessary to cancel this year's Wheels for Martin's Friends Golf Day, which was due to be held on the 12th June.

This would have been our 29th year. Over the previous 28 years we have really appreciated the help and support that you and your colleagues have given us. Our total raised funds are now approaching £400,000 and your donations have helped so many people. God willing we will continue to help them with your generous support.

We very much hope to be back at the John O'Gaunt Golf Club next year and continue this tradition, and in the meantime, if all goes well, we are contemplating holding a buffet dinner-dance at the club later in the year. This could possibly be in September subject to other bookings. We will of course contact you to discuss the date and format when the situation is clearer.

In the meantime the charity's work continues and we are still helping those in need. If you would like to make a donation, no matter how small, please follow this link <https://www.goldengiving.com/fundraising/notthegolfday>

I hope that you, your friends and colleagues are in good health and our best wishes go out to you all at this testing time. Your continued support is very much appreciated.

Take care and stay safe.

Kindest regards

Peter Furmston, Chairman
Wheels for Martin's Friends
pjfurmston@btinternet.com



Advice for parents during coronavirus

Whilst coronavirus is infectious to children it is rarely serious. If your child is unwell it is likely to be a non-coronavirus illness, rather than coronavirus itself.

Whilst it is extremely important to follow Government advice to stay at home during this period, it can be confusing to know what to do when your child is unwell or injured. Remember that NHS 111, GPs and hospitals are still providing the same safe care that they have always done. Here is some advice to help:



RED

If your child has any of the following:

- Becomes pale, mottled and feels abnormally cold to the touch
- Has pauses in their breathing (apnoeas), has an irregular breathing pattern or starts **grunting**
- Severe difficulty in breathing becoming agitated or unresponsive
- Is going blue round the lips
- Has a fit/seizure
- Becomes extremely distressed (crying inconsolably despite distraction), confused, very lethargic (difficult to wake) or unresponsive
- Develops a rash that does not disappear with pressure (the 'Glass test')
- Has testicular pain, especially in teenage boys

You need urgent help:

Go to the nearest A&E department or phone 999



AMBER

If your child has any of the following:

- Is finding it hard to breathe including drawing in of the muscles below their lower ribs, at their neck or between their ribs (**recession**) or **head bobbing**
- Seems dehydrated (dry mouth, sunken eyes, no tears, drowsy or passing less urine than usual)
- Is becoming drowsy (excessively sleepy) or irritable (unable to settle them with toys, TV, food or picking up) - especially if they remain drowsy or irritable despite their fever coming down
- Has extreme shivering or complains of muscle pain
- Babies under 3 months of age with a temperature above 38°C / 100.4°F
- Infants 3-6 months of age with a temperature above 39°C / 102.2°F
- For all infants and children with a fever above 38°C for more than 5 days.
- Is getting worse or if you are worried
- Has persistent vomiting and/or persistent severe abdominal pain
- Has blood in their poo or wee
- Any limb injury causing reduced movement, persistent pain or head injury causing persistent crying or drowsiness

You need to contact a doctor or nurse today.

Please ring your GP surgery or call NHS 111 - dial 111

The NHS is working for you. However, we recognise during the current coronavirus crisis at peak times, access to a health care professional may be delayed. If symptoms persist for 4 hours or more and you have not been able to speak to either a GP or 111, then take your child to the nearest A&E



GREEN

If none of the above features are present

- You can continue to provide your child care at home. Information is also available on NHS Choices
- Additional **advice** is available to families for coping with crying of well babies
- Additional **advice** is available for children with complex health needs and disabilities.



Self care

Continue providing your child's care at home. If you are still concerned about your child, call NHS 111 - dial 111

PATIENT CARE AND CORONAVIRUS NOTICES

KEEPING CHILDREN SAFE

Doctors are warning that many children are no longer receiving the treatment they need as a result of the epidemic. This may be because parents are worried about burdening the NHS at such a difficult time or because they are just wary about attending hospital in the present circumstances. But children who have conditions or who become sick still require appropriate attention. The Royal College of Paediatrics has published the useful guide opposite.

FANCY TRYING YOUR HAND AT FACE MASKS?

Visit this website to see how it's done:

<https://www.goodhousekeeping.com/health/a31902442/how-to-make-medical-face-masks/>

SCRUB HUB

As well as protective face masks medical and healthcare staff all need surgical gowns which have also been in short supply. This has encouraged people with dressmaking or needlework skills to seize the initiative and produce these at home using their sewing machines. If you would like to join in have a look at this website to find out more: <https://scrubhub.org.uk>

ASHWELL PATIENTS GROUP+COVID 19 NEWS

LOCAL SCHOOL COMES TO THE RESCUE

Dr Jarvis and his colleagues were delighted to receive a donation of face masks produced by the Technology Department of nearby Stratton School in Biggleswade. As you know Personal Protection Equipment has been in short supply not least in GP practices so Dr Jarvis and his colleagues send a huge thank you to Stratton School for their initiative and support. It has made a huge difference.

HOW ARE WE COPING?

Dr Jarvis explained that our surgery belongs to a Primary Care Network (PCN), a relatively new feature of our NHS, which groups local practices together so that they can join forces to offer a more efficient service. Our partners are Baldock and four practices in Letchworth. This has proved invaluable in the present circumstances enabling doctors and nurses from each surgery to combine forces

to manage this very difficult situation as well as possible. They have organised themselves into three "sites":

1 - COLD SITE: This is based at Ashwell surgery and is staffed by our doctors. To prevent the spread of the virus they are operating phone and video consultations for patients with usual ailments and needs. The video facility has been provided by the NHS and is proving to be very useful. Patients with suspected COVID-19 symptoms are directed away from this service.

2 - WARM SITE: This is based in Letchworth and is staffed by doctors working shifts from all the PCN practices (including ours) and is intended to cater for non-COVID-19 patients who cannot use the Cold Site.

3 - HOT SITE: This is based at the Ernest Gardiner Day Hospital in Letchworth. These premises have been specially prepared to receive patients with COVID-19 symptoms. Again it is staffed by doctors from the various PCN practices including our own. These are indeed hard times. Dr Jarvis explained that two colleagues have so far had to self-isolate. Thankfully they are back at work once again.

SUPPORTING OUR LOCAL NHS

Dr Jarvis was delighted to report that one Monday morning recently, staff at Ashwell were thrilled to find a huge heart drawn in chalk on the driveway with a message of support for NHS workers. "It really cheered us all up" he said.

PPE VOLUNTEERS

In Hertfordshire, we are extremely grateful to everyone who has offered to manufacture, supply or donate PPE to frontline workers across the county to help bolster our supplies. However to avoid disappointment, speed up the process of dealing with offers of support and to ensure PPE meets the necessary standards, we are asking people to visit www.hertfordshire.gov.uk/covid19ppe where they can find out what we need.

Please direct anyone who approaches you offering PPE to this site. Anyone with further queries should then contact: PPEinfo@hertfordshire.gov.uk.

Please visit our Village Website - www.guildenmorden.gov.uk

Buy a Coffee and Save Home-Start

One of the things that COVID-19 has really made me take notice of is my “usual habits” – the things I do daily that are simply part of my routine.

Things like buying myself a posh cup of coffee on the way to work. I’m a massive fan of a coconut milk latte – extra large, extra hot – it’s a small luxury that makes my day better. I’m sure many of you have a similar activity and we’ve now been forced to stop. It turns out that it’s the loss of small luxuries that have really made me think about the current situation, and how much I take for granted.

Here at Home-Start we work with families who are finding every day a struggle: mental, emotional and physical problems that make life hard. During the lockdown, we are asking local people to donate the cost of one of those luxurious coffees to help keep Home-Start’s services running, so that we can be there for the people who need us most.

To donate the cost of a cup of coffee, text **HOMESTARTCUPPA** to **70085** for a one-off £3 donation. Or alternatively you can set up a monthly donation of £3 by texting **SAVEHOMESTART** to **70085**. You can email us at this address: admin@hsrsc.org.uk for more information.

If you do sign up to donate via text message, you will automatically be added to our mailing list for future newsletters. If you would prefer not to receive further information from Home-Start, please use the code HOMESTARTCUPPANOINFO to 70085 or SAVEHOMESTARTNOINFO to 70085. Your contact preferences can be changed at any time – just let us know!

Thank you so much

The Home-Start Team



**Royston, Buntingford &
South Cambridgeshire**

GILDEN MORDEN COMMUNITY ORCHARD

It was two years ago when Charles P-W gave details of proposals for a community orchard in the field behind the village school. It is an ideal location for an orchard and the trees were to be funded by Orchard East, a lottery backed initiative with the University of East Anglia.

Unfortunately this could not go ahead at that time because the village receives payments under an Environmental Stewardship Scheme to manage the field as a meadow. If we went ahead with the orchard then we would have been required to return payments already received which meant that the scheme was not viable.

As the current agreement expires in September this year, we are arranging for this field to be excluded from any new agreement so it is now possible for the orchard project to proceed. The good news is that, although the Orchard East funding officially expires this summer, they are able to fund 50 trees for delivery in 2020/21. This is about half of the trees that were proposed for the full scheme. There was a lot of support for the orchard in 2018 so we would now like to ask the village to support this really worthwhile village project.

Although half the trees will be provided we would need to provide stakes and tree shelters and volunteers to plant them. We have also been given details of locations where we can obtain more trees to complete the orchard planting as originally planned, although some of this may need to extend over two years. The task now is to see how we can raise funds to get the scheme under way. There have been a number of suggestions of how this can be done, such as individuals buying a tree, or a specific fund-raising event.

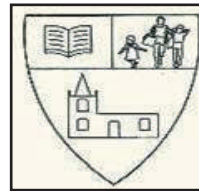
In normal circumstances the next step would be to have a public meeting for all of those who would be interested in helping in any way. This is unlikely to be possible for quite a number of weeks, so in order to explain where we are, this information has been sent to all of those who expressed interest before.

We are now asking anyone else who would like to help us with this community project to contact Charles or myself and we will keep you posted.

Charles Paget-Wilkes and Trevor Osborne



GULDEN MORDEN C OF E PRIMARY ACADEMY



This month, we would like to let you know about all the exciting things that have been happening at school.

Despite most pupils now being home schooled, this doesn't mean that the teachers have no contact with their pupils. During lockdown, the children keep in contact with the platforms they usually use for receiving home learning from their teacher. Parents have also been sending emails and photos to school which has certainly kept everyone's morale up. Some of the work the children have produced has been described as excellent.

Some of the things the children have been doing include:

- practising maths
- doing jigsaws in the garden, enjoying the lovely weather
- art and craft
- science projects
- reading books
- daily exercise
- camping in the garden
- planting seeds
- colouring
- baking cakes, hot cross buns, and biscuits
- building a puppet theatre
- cycling
- practising writing, and learning times tables

The children will be so excited to see their friends again once school reopens. There will be screams of delight, laughter in the playground and excitement about getting back to work in the classroom.

100 CLUB RESULTS FOR FEBRUARY

1st: (£18) DAVID EGGLETON (91)
2nd: (£14) PENNY SEYMOUR (3)
3rd: (£10) KATE CATCHPOLE (99)

Congratulations and thank you for your continued support!