

gamut

THE GILDEN MORDEN VILLAGE NEWSLETTER

JULY 2020



CAMBRIDGE OPEN WINDOWS

Editorial: As we start to ease out of lockdown, let's hope that we will soon be able to have some social and fundraising events. At least our two pubs are opening, but we must all stay alert to maintaining social distancing and avoid any chance of a second wave within the village.

Gamut will remain online-only until further notice.



How you can protect yourself from Coronavirus-related scams:

There are some simple steps you can take that will protect you from the most common coronavirus-related scams. Here's what you need to do:

1 - Watch out for scam messages

Your bank or other official organisations won't ask you to share personal information over email or text. If you receive an email you're not quite sure about, forward it to the Suspicious Email Reporting Service (SERS): report@phishing.gov.uk

2 - Shopping online

If you're making a purchase from a company or person you don't know and trust, carry out some research first, for example, by checking to see if others have used the site and what their experience was. If you decide to go ahead with the purchase, use a credit card if you have one. Other payment providers may not provide the same protection.

3 - Unsolicited calls and browser pop-ups offering tech support

Never install any software, or grant remote access to your computer, as a result of a cold call. Remember, legitimate organisations would never contact you out of the blue to ask for financial details such as your PIN or full banking password.

PLEASE REMOVE YOUR DOG'S WASTE
KEEP GILDEN MORDEN CLEAN!



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PARISH COUNCIL UPDATE

The Parish Council Meeting dates:

Please note that the ANNUAL GENERAL MEETING was cancelled; the full Annual Report is available on the website.

Help and support during the current lock-down

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.

Geoff Harper Tel: 853845 or email – geoffkharper@gmail.com

Calling all gardeners; remember to keep footpaths clear!

As the recent weather has provided excellent growing conditions for plants, this is a reminder to please trim back your shrubs and bushes if they are overhanging footpaths or roads around the village. Some plants and hedging can make walking on the footpaths almost impossible if they are not regularly trimmed, so please be considerate to pedestrians (including children) around the village and not force anyone to walk on the road.

Guilden Morden Parish Council need you!

Councillor Vacancy

The Parish Council have a remaining vacancy to co-opt another councillor (unless 10 electors call for an election) and would like to invite applications. Any resident of Guilden Morden can apply. No previous experience is necessary and training courses are available.

Could this be a voluntary role that you could do? It is a great opportunity to be involved in village decisions and shape the future of the village as well as being involved in day to day matters.

If you would like to find out more about the role or to apply, please contact the clerk; clerk@guildenmorden.gov.uk

CARDIAC ARREST . HOW TO PERFORM CPR AND USE A DEFIBRILLATOR WHILE THERE IS A RISK OF THE CORONA VIRUS

The Guilden Morden public access defibrillator is situated on the left-hand side wall of the Village Hall. The British Heart Foundation have issued the following procedure to be followed during the current situation.

Please Note that rescue breaths are not advised during the coronavirus pandemic.

Step 1: Shake and Shout

Someone having a cardiac arrest will either not be breathing or their breathing will be abnormal. They also might be unconscious. If you come across someone who is unconscious, always check for danger and look for potential hazards before you start helping.

Check for a response – gently shake the person's shoulders and ask loudly "are you alright?"

Shout for help – if someone is nearby, ask them to stay with you as you might need them. If you are alone, shout loudly to attract attention but don't leave the person.

Step 2: Call 999

If the person is not breathing or not breathing normally:

1. ask someone to call 999 immediately and ask for an ambulance
2. ask someone for a **public access defibrillator** (PAD).
3. If there's no one around call 999 before starting compressions.

Step 3: Cover mouth and nose with cloth.

4. Using a towel or a piece of clothing, lay it over the mouth and nose but do not put your face close to theirs.
5. If you're sure the person is breathing normally, then put them in the recovery position.

Step 4: Give chest compressions

6. Do not give rescue breaths at this time.
7. Kneel next to the person.
8. Place the heel of one hand in the centre of their chest. Place your other hand on top of the first. Interlock your fingers.
9. With straight arms, use the heel of your hand to push the breast-bone down firmly and smoothly, so that the chest is pressed down between 5–6 cm, and release.
10. Do this at a rate of 100 to 120 chest compressions per minute – that's around 2 per second.

Step 5: Keep going

11. Keep giving chest compressions until professional medical help arrives and takes over, or the person starts to show signs of regaining consciousness, such as coughing, opening their eyes, speaking, or breathing normally.
12. If you're feeling tired, and there's someone nearby to help, instruct them to continue.

For a CPR demonstration video please see -

<https://www.bhf.org.uk/how-you-can-help/how-to-save-a-life/how-to-do-cpr/cpr-training-videos>

GULDEN MORDEN CONGREGATIONAL CHURCH DIARY JULY 2020

www.guldenmordencongregationalchurch.com

Tony delivers a service each Sunday that you can access either via Facebook or via our website www.guldenmordencongregationalchurch.com If anyone would like to have a prayer included, please let Tony know. Also on the website, Tony has included a "thought for the week."

For any further information or updates please visit our website or Facebook page, or contact Tony Frost: tonyfrost.gmcc@gmail.com mobile: 07415 230763 or Sandy Watkins: sandy@inteserv.co.uk, phone: 01763 852869

This continues to be a challenging time for all of us. If you are in need of any help or advice, please contact us on one of the above numbers, we'd be more than happy for a chat!

Cambridge Open Windows

Art will be coming to a home near you as the coronavirus pandemic has forced artists to adapt their practice.

Cambridge Open Studios will not be taking place this year as artists are unable to invite the public into their homes and studios. Instead, over 140 artists will be displaying artwork in their windows each weekend in July, for people to see while they are out walking. You can download a map from the Open Studios website that shows where art is being exhibited, allowing you to go on an art treasure trail.

Local artist Gina Ferrari, based in Guilden Morden, will be taking part by creating portraits of members of the local community in Guilden Morden, Steeple Morden and the surrounding area. Gina says “I have invited friends and neighbours to send me photos of themselves or their family and I am attempting to make a whole series of portrait drawings and paintings to fill my living room window. It has been a fun challenge for me but I hope it will also encourage people to go for a walk and see if they can spot themselves or other people that they know.”

As well as the artists featured, Cambridge Open Studios are encouraging members of the public to join in and display their own artwork, creating windows of art throughout the region. You can find out more about the trail here: www.camopenstudios.co.uk/open-windows

You can follow Gina's work here: www.ginaferrariart.co.uk
www.facebook.com/ginaferrariartist
www.instagram/gina_ferrari_art

... and finally, a nice note of thanks,

*“I would like to express my sincere thanks to **Jane and Alan Boyd** for keeping the church clock wound and chiming accurately over the weeks of lockdown.”*

Hugh Murfitt – organiser of the clock winding rota (prior to lockdown)