

COLDWALTHAM PARISH

Weekly Newsletter 11 for Autumn 2020

Dated 5th November 2020

We have just started the second national lockdown (LD2), in compliance with current Government guidelines. We are re-launching our short weekly Newsletter to ensure that everyone can keep in touch and look after each other. The Lockdown in the Spring was blessed with fine weather, but also the great strengths in our Community, helping to keep everyone in touch, with many volunteers working to ensure that there were no local 'gaps' in the provision. The PC, the Labouring Man, the Village Hall, and the Church are once again seeking to bring a range of activities together.

All of us have a part to play in ensuring that we can lower, reduce and remove on-going infections with CV-19.

The PC will again be coordinating and supporting all those 'in need' – whatever those needs might be – do not hesitate to get in touch with the PC via the direct line to Guy Nelson (01798 874034) or via the email on the web site at <https://coldwalthampc.org.uk/contact-us/>

The weather during this Lockdown No 2 is going to be very different. It is important that everyone keeps warm, has enough to eat, their appropriate prescriptions (where necessary) but also, when the sun shines that we get some fresh air, sun, and some exercise – within all the guidelines about meeting people, as appropriate. So, keep talking to neighbours, friends and colleagues to ensure everyone “knows what is going on”!

The advice from both Government and HDC indicates that this is a slightly less severe LD-2 – given that our Schools and many businesses remain open and in operation. The sense of “crisis” is less than before, but the objective remains the same – trying to remove the virus from the Community. The PC remains on hand/available to help with needs, but we can only do so, if you keep in touch as necessary.

In conversation with Pauline Streeter: she confirmed that the Sub-PO will remain open on its current timetable, unless otherwise instructed; we will keep you informed.

Coldwaltham Parish Council will continue operating throughout this LockDown. Please contact us via the number above or on the email addresses below:

coldwalthampc@btinternet.com or gnelson@gotadsl.co.uk

Please - remember for medical assistance - follow the NHS guidelines and/or call 111 (non-emergency) or 999 (emergency).

If you are willing to pick up some shopping, deliver some medicines, take people to appointments, or just deliver a few logs, please contact people directly, or let us know, and we can direct you to those in need at coldwalthampc@btinternet.com

Thank you, from Guy Nelson, and the PC via: 5 Arun Vale 01 798 873363

The Labouring Man 01798 873337 is offering a takeaway menu collection or delivery Monday to Saturday 5:30 – 8:00PM. They will also be selling Milk, Bread, Eggs, Cheese and Bacon during the food service hours: Monday to Saturday 5:30PM until 8:00PM.

The shop in Fittleworth are doing 'click and collect': their opening times are on their website.

Here is a quick summary of the rules, which may affect most of us, this time around

Stay at home – if at all possible – remains the most important element to reduce transmission of CV-19.

This means you must not leave or be outside of your home except for specific purposes. These include:

- for childcare or connection with education, where this is not provided online
- for work purposes, where your place of work remains open and where you cannot work from home
- to exercise outdoors or visit an outdoor public place - with the people you live with, with your support bubble or, when on your own, with 1 person from another household
- for any medical concerns, reasons, appointments and emergencies
- shopping for basic necessities, for example food and medicine, which should be as infrequent as possible

When outside, please remember that the advice is still: **Wash** your Hands, at every opportunity, **Keep** your Face covered when outside, and shopping. **Give** yourself Space from others of 2m, to be sure.

We must not meet socially indoors with family or friends unless they are part of your household group or childcare bubble.

The detail is here: <https://www.gov.uk/guidance/new-national-restrictions-from-5-november>