

COLDWALTHAM PARISH

Weekly Newsletter 4 for Spring 2020

Dated 19th April 2020

As we are all aware, we are living through a public health crisis which is affecting us all. Current information suggests the “lockdown” will persist for a further unspecified period. Anybody can ‘post’ a message: please send your contribution to John Evans by 12 noon, Sunday, each week. We should not forget we are fortunate in the Parish, where the opportunity to, at least, get out into countryside for some air, sun and exercise is quite easy – but please be ‘observant’ – if you haven’t seen a neighbour, or other regular source of chat, check in with someone to see if they are alright. We should thank our refuse collectors and postal workers for their continued operations. There are moments of peace and tranquillity to be savoured – like reduced traffic and virtually no bikers on the weekend (see over the page)!

From Parochial Church Council:

The Parish Magazine – The Link – will not be printing the May edition in hard copy – to avoid the need for personal distribution. Thus “press day” is later this month. If you are not on the distribution list for The Link, please contact Fr Peter Mallison, or a member of the Parochial CC for details.

From Parish Council:

Please do not hesitate to continue to contact us if you need support. We now have a team established to support local residents. We are continuing to support our community, working with the Labouring Man, to provide for our vulnerable residents. We completed a significant prescription delivery on behalf of 20 local residents on Friday: many thanks to the team for completing this.

We are sad and thinking about our elderly neighbour in Arun Vale who has lost his life to CV-19 in the last few days. We believe he may have picked this up during his recent hospital visits for his health-related treatments. Our thoughts are with his family and friends.

This reminds us all to follow the guidance which has now been very clearly published. It is so important that we all continue to stay at home wherever possible and do not meet others, even friends or family. Remember you can spread the virus even if you don’t have symptoms. The next date to look forward to is May 7th – we hope it will bring optimistic news.

Advice from WSCC: With the majority of us spending prolonged periods of time at home, taking care of your mind as well as your body has never been more important. The [Every Mind Matters website](#) (see the link above these newsletters) from the NHS has guidance, tips and advice on looking after your mental health and well-being during this difficult time.

There are two “Appeals” here:

First: from WSCC/NHS: Urgent appeal for specialist equipment:

People in West Sussex who are no longer using key items of specialist community equipment are being asked to return them as soon as possible to help the NHS during the coronavirus crisis. Items urgently required include: specialist hospital-style beds, mattresses, hoists, commodes.

Any unused equipment currently on loan can be returned if no longer needed. To arrange a collection please phone NRS Healthcare on 0345 127 2931 or email enquiries@westsussex.nrs-uk.net. NRS Healthcare runs the county's specialist rehab equipment service on behalf of the council and the local NHS. All collection drivers will follow strict social distancing measures.

Second: within the Parish, the following:

The "lock-down" has been extended and the message to "STAY AT HOME" still applies. Some exercise is allowed but locally. However, the green areas around the village are not very user friendly at the moment, so please be careful. The area around the sewage works has cattle grazing which have churned up the ground (heavy animals and soft ground) and there are many "cowpats" causing falls and dirty clothes for any children. The area around the river/canal is dangerous in that the ground it is hard and rutted (after cows grazing during the whole winter period) which could cause sprained ankles / falls/ fractures. Please take special care on your walks. If you wish to notify the Wildlife Trust about any issues, then please use the following link: enquiries@sussexwt.org.uk, rather than the Parish Council.

From Sandham Hall:

There is some good news and ideas coming from the SMVH concerning plans for the re-opening of both Hall and Post Office, which will be written up in The Link next week – so do watch out for this.

From St. James School (AVF):

Monday 20th April would have been the start of the Summer Term at St James. Over the past two weeks a service has been in place to cover the holidays and this will now continue, allowing both Amberley School and St James pupils to attend where parents are key workers or have specific childcare difficulties. Various plans are in place to ensure continuity between children and the School, and emails will be going out at regular intervals. All the "usual" planning for September is going on in the background, with both Amberley and St James looking forward to the arrival of new pupils.

PLEASE SHARE THIS NEWSLETTER WITH ANYBODY YOU KNOW. Please remember for medical assistance follow the NHS guidelines and/or call 111 (non-emergency) or 999 (emergency).

The Pulborough Hub Circular is also available, as previously included.

(I thought I would include the picture again, as a reminder that we do have countryside all around us!

Easter Sunday evening – at Greatham Bridge:

