

THE NARTH AND DISTRICT NEWSLETTER: April 2020

Coronavirus Update

helponthenarth@gmail.com

Jane: 861974 Larry: 861836 Marilyn : 860031

PRESCRIPTION COLLECTIONS

If you need a prescription collected, contact Jane on 861974 **before** you contact the surgery to order the prescription.

You will be told the name of the volunteer who will collect your prescription and the day they will collect it. Then order in your usual way.

If you order your prescriptions **online**, there is a free text box where you can add the name of the volunteer who will collect the prescriptions.

If you order by **phone**, add the name of the volunteer to the end of the message after you've given your name, date of birth and item required.

Trellech Surgery: prescriptions are collected Tuesdays and Thursdays. **Please try to order your repeat prescriptions at least one week before you need them.**

Monmouth surgeries: a volunteer is available to collect prescriptions from Monmouth surgeries.

Even if you aren't isolating, please use the collection scheme as it reduces the number of people visiting surgeries and minimises the risk of spreading/contracting the virus.

For urgent prescriptions phone:

Jane: 861974 Larry: 861836 Marilyn: 860031

FOOD DELIVERIES

If you are unable to do your usual shopping because you are ill or in a vulnerable group, Help on The Narth has volunteers who can do shopping in town for you.

Everyone can minimise trips into town for shopping by ordering from local suppliers via Help on The Narth. Deliveries are made to the Village Hall and volunteers will bring your order to the door, or you may be asked to collect it.

1. Evans of Monmouth

Food orders must be placed before midday on Wednesday for delivery on Monday. Ideally, place your orders online. If this is not possible, **phone: Tricia Porter on 860913.**

Please order well before the deadline of midday on Wednesday.

2. Wiggies Bread Orders

There is no minimum order, but a small charge will be made to cover Village Hall running costs.

Orders must be placed before midday on Thursday for delivery to the Village Hall on Saturday.

Either complete a form online or phone Tricia Porter on 860913.

3. Butchers

* Neil Powell, Monmouth will deliver Wednesday and Friday, 01600-716655

* Hancocks, Monmouth - minimum order £20. Phone on the day you require delivery or can collect, 01600-712015

* NS James, Raglan - minimum order £20, 01291-690675

PHONE SUPPORT

A phone befriending system is available to older people in Monmouthshire feeling lonely or isolated.

The Volunteering for Wellbeing Project has volunteers who are DBS screened, trained and keen to provide regular, encouraging and friendly phone calls to help keep people's spirits high.

If you know anyone who might benefit from this project email:

contact@befriendingmonmouthshire.org.uk

Age Cymru offer a similar service - check their web site or phone 0800-0223-444

LOCKDOWN NEWS PAGE

The Village Hall website has a Lockdown News page, which has lots of useful information, including:

* **Garden supplies deliveries** from Willows Garden Centre, Usk. Minimum order of £25, phone: 01291-672669, Mon to Sat, 10-4.

* **Handyman House:** available only by email: monmouth@handymanhouse.co.uk. Include your phone number and items needed. The store will call you back to confirm your order and collect payment.

THANKS TO SO MANY PEOPLE

This crisis has really shown the sense of community and caring in the locality.

Thanks are particularly due to all those **volunteers** who have been shopping for neighbours, delivering food orders or collecting prescriptions round the village.

If you need help or would like to volunteer to help, do look at the Village Hall website, or phone one of the three people at the top of page one.

TAKE PHOTOS FOR THE 2021 CALENDAR

Don't forget that you can still get out for healthy exercise once a day and we are lucky that there is so much accessible space around the village, easily allowing social distancing.

Now that the flowers and trees are blooming, why not take photographs for the calendar, or practice your artistic skills? The natural world is changing daily, so you have the chance for some stunning images as Spring and Summer appear.

The theme for the calendar is: **Out and about on The Narth**. If your talents lie with pencil, charcoal, or oils why not photograph your masterpieces and submit them?

Three winners for each season will be included in the calendar. **The Spring/Summer photo deadline is 20th of June.**

The overall winner, to go on the cover, will be chosen from the final 12 images and voted on at the AGM in October. All entries must be accompanied by a completed entry form, available on the Village Hall website.

The competition rules are also on the website: www.thenarthhall.org.uk - for paper copies, contact Pam (pamela.manfield@gmail.com).

JOIN THE NARTH EMAIL NEWS LIST

If you aren't already on the list, do join and encourage your neighbours to join as well. It provides useful news and information about what's happening on and around The Narth. During the coronavirus crisis, it has been full of useful information of all kinds to help us cope with the virus and its problems.

To join the list, contact Marilyn Dunkelman (marilyn@thebeechesthenarth.org.uk) or go to the Village Hall website.

There are also The Narth Village Hall and The Narth Community Facebook pages which help keep you up to date with news.

A POEM FOR THE SEASON

A poem that seems ideal for this time follows. A E Housman was born in Worcestershire in the mid 19th century and is famous for his poetry collection "A Shropshire Lad", so he knew our Marches countryside well.

Loveliest of trees, the cherry now

Loveliest of trees, the cherry now
Is hung with bloom along the bough,
And stands within the woodland ride
Wearing white for Eastertide.

Now, of my three score years and ten,
Twenty will not come again,
And take from twenty springs a score,
It only leaves me fifty more.

And since to look at things in bloom
Fifty springs are little room,
About the woodland I will go
To see the cherry hung with snow.

AND FINALLY, remember this Covid-19 crisis will end. Keep healthy, enjoy your hobbies and keeping in touch with friends and family, even if at a distance.

Remember also, you are not alone at this time. If you need help or support, please do contact one of the people/organisations listed above. We are a community and are all in this together.