

THE NARTH AND DISTRICT NEWSLETTER: JUNE 2020

Coronavirus Update

helponthenarth@gmail.com

Jane: 861974 Larry: 861836 Marilyn : 860031

THANKS AND REMINDERS

Once again, sincere thanks are due to all those who are helping fellow residents during this time of difficulties. It has been heartening to see how the crisis has brought out so much energy and concern for others.

Remember that there is lots of lockdown information on the Village Hall website. If you are homebound and/or self-isolating and do not have access to a computer, phone the helpline numbers above if you have a query.

PRESCRIPTION COLLECTIONS

Please continue to use the local volunteer prescription service, even if not isolating, as this will help reduce the risk of infection to staff at the surgery and other patients.

For urgent prescriptions phone:

Jane: 861974 Larry: 861836 Marilyn: 860031

UPDATE FROM THE SURGERY

Wye Valley Practice has sent their thanks to all communities who have organised prescription collections, etc.

They have emphasised if anyone does have health concerns to make sure they contact them. All consultations will be done over the phone or via a video if appropriate and available. There is also an online e-consultation system: wyevalleypractice.webgroup.com

If you do need a face-to-face meeting and go to the surgery, systems are in place to distance people and screening will be done. Patients will be asked to wait in their cars.

FOOD DELIVERIES REMINDERS

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 will be made to the Village Hall and volunteers will bring your

orders to the door. This will continue during July, but as lockdown winds down there may be some changes and you may be asked to collect your order from the Hall. Updates will be posted on the website.

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

4. Click and Collect

Both Wye Valley Producers and Brockweir Community Shop have this system operating.

GET YOUR MASKS NOW!

As restrictions are eased, we're all being advised to wear masks when we go out in order to prevent the transmission of infection. A group of creative residents have been busy making masks that meet the recommended criteria. There are plain, patterned and fun fabrics; some with elastic and some with ties. Something for everyone! Child-sized masks also available.

Get your masks by emailing Jane on helponthenarth@gmail.com or ring 861974.

There's no charge but donations to the Village Hall are invited.

USEFUL INFORMATION SOURCES

This Welsh Government site provides several links to a variety of sources of information at:

<https://www.gov.uk/government/collections/coronavirus-covid-19-list-of-guidance>

You may also find these sites helpful

Information for children

<https://www.unicef.org/coronavirus/how-talk-your-child-about-coronavirus-covid-19>

Information for carers

<https://www.carersuk.org/help-and-advice/coronavirus-covid-19/coronavirus-covid-19>

Learning Disability Information

<https://www.learningdisabilityengland.org.uk/news/information-on-the-coronavirus/>

Information about social distancing

<https://www.rcot.co.uk/staying-well-when-social-distancing>

If you are interested in any specific information, but do not have access to a computer, phone Help on the Narth and a volunteer will find out the details and get them to you.

WHAT NEEDS TO HAPPEN IN FUTURE?

Jane Gilliard, representing Help on The Narth, has been asked to provide information to the Old People's Commissioner for Wales. Ms Herklots wants to know how we can make communities more age-friendly, especially:

- * **The outdoors:** are there enough age-friendly green spaces that are safe?
- * **Transport:** how can this be improved and kept safe?
- * **Housing:** are more/better age-friendly houses needed, with better heating?
- * **Isolation:** how can groups/clubs keep older people involved?
- * **Fair treatment/lack of age discrimination:** how can we achieve this?
- * **Inclusion:** how can older people feel listened to and continue working if they wish to do so?
- * **Communication:** much is now online. What should happen in the future?
- * **Access to health and social care:** how should these develop?

Please send any ideas on the following to: the_gilliards@hotmail.com or contact Help on The Narth by phone, if you have no computer access.

HEALTH BOARD SURVEY

The local Health Board, in association with the University of Swansea, is conducting a survey of how people are coping (or not) in the crisis. The survey is very straightforward and takes about 10-15 minutes to complete. Go to: www.wales-wellbeing.co.uk/survey

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.

If you know a friend or neighbour 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 that Handyman House is now open, as are garden centres. Some waste collection sites are now open and you can book your arrival time to ensure distancing takes place.

DON'T FORGET THE 2021 CALENDAR

The theme is: **Out and about on The Narth**. If you prefer to paint or draw, photograph your work and submit it that way. As many of us are enjoying walking in our local countryside, this is an ideal chance to capture some of the lovely sights and views.

The next deadline for photos of Summer/Autumn is 20th September. 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).

100 CLUB WINNERS

April: first prize: Dianne Dix, second prize: Phil Bowen. **May:** first prize: Dianne Dix; second prize: Veronica Godier. **June:** first prize: Sue Parnell; second prize: Vivienne Casson