

#### The Swaffham Crier

Volume XLIV Number 4 April 2020

#### **Editorial**

IN this second Lockdown issue, we have again tried to bring together as much up-to-date useful information as we can with a special emphasis on that section of the community who are not regular computer users. We are indebted to Village Facebook contributors, from whom we have extensively borrowed, and also to Cheryl Wilding and the SP Volunteers (SPVG) and who has also brilliantly put together detailed instructions on how to join up. Yes, you too could have first crack at the broccoli/eggs/flowers/plants/seeds...

We have also tried to collate information particularly relevant to rural dwellers since even those of us who reckon to be reasonably savvy on the Web can't help notice that such info always seems remarkably hard to find and seldom tells you what you want to know. We do appreciate that much of this is because nobody really knows, but feel that an undue onus is being placed on the individual, particularly those that have work to do, to plough through large amounts of often contradictory information and decide what it means. As you will see from our letters page, we have had to make a decision whether we should even bring out a printed edition of the Crier this month. Bulbeck Beacon has printed, Lode Star hasn't. Newspapers / post / essential boxes from Amazon and the rest, all these continue.

It is hard not to sympathise with those having to try to produce and enforce regulations to deal with the unprecedented. The information in this *Crier* may be out of date by the time you read it, so if there is significant change we will publish a supplement on our website. There is also information on the back page on how to access Facebook and the Village Noticeboard.

Meanwhile, the Heating dispute reassuringly continues as ever, the Fen keeps working, Celia's Album is looking good, and whatever-else, and don't miss the Mental Health Stuff (p 32)—keep sane!

#### Caroline and James Matheson

**Cover Picture:** Let's just settle down for a month or two by **Hannah Webb** 



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#### Letters to the Editors



Note the

license/licence

mix-up! A US villain wrote

header, a Brit

one wrote the

message

Dear Editors.

#### TV Licence SCAM

Could you warn people about this as it is a scam. Have had one before and ignored it. As I am VERY old, I don't pay for as TV licence!! *Kate Child* 

From: support

Sent: Sunday, March 29, 2020 9:45 AM

Subject: Your Tv License subscription: 306246136-

3317-203465408

We were unable to renew your TV Licence by Direct Debit.

Customer 6250427349,

Please keep this email safe, as it tells you how to update your

licence details.

Sign in to your licence and:

• update your contact or bank details,

- tell us you've moved home,
- print or download your licence,
- check your payment plan and when payments are taken from your bank account.

Thanks again. Your licence fee helps keep your old favourites on air, and bring new favourites to life.

Click here to renew your licence

Dear Editors,

#### **Combating the boredom of Corona Virus**

I heard a doctor on the television say that to get through the boredom of selfisolation we should finish things we start and thus have more calm in our lives.

So I looked through the house to find all the things I've started but hadn't finished...So I finished off a bottle of Merlot, a bottle of Chardonnay, a bodle of Baileys, a butle of wum, tha mainder of Valiumun srciptuns, an a box a chocketz....

Margaret Joyce

Snap. Eds

Dear Editors,

#### **Social Distancing**

Yesterday I walked to a local farm to get some vegetables. The four people there were all social distancing and were sticking to the rules. If it's best that I don't go out at all, then young neighbours, are going to be put at more risk, shopping for us. What's the answer please.

Margaret Joyce

Dear Editors,

#### Oh, to be back at work....

There do appear to be people who want to be back in the office. The checkout lady at Sainsbury's in Cambridge told me a few days ago, one of her customers said it's not so great at home: his laptop was broken, the dog kept wanting to go out and the cleaner kept talking to him.

Mark Lewinski

Now we expect he's missing the cleaner. Eds



See the Ruth and Robin's letter on the next page ...

# Sue Wade's Mother's Day



I know you can not open my card due to the risk of contamination so I am sending you this virtual present happy Mother's Day mum 

(8:44)

Dear Editors,
I had an actual loo roll!

Ruth Scovil

#### Rainbow Village

I don't know if you have have seen many of the lovely rainbow creations by children in windows in the village but we have as we've wandered around. The very best I think is at the top of Fairview Grove on the main road. I think the house is number four and the rainbow is brilliant! It has fluffy white cotton wool clouds at the top then big blue raindrops underneath and then a beautiful rainbow depicted in paper chains. On the other window is a beautiful sun. I couldn't get close enough to photograph it but it's well worth a visit to make you smile. Congratulations to that family for their effort.

Ruth and Robin

Dear Editors.

# Swaffham Prior Photo Album Project

There are over 200 unique and little known archive images of our village - engravings, glass plate negatives, slides and photographs stored for posterity in The Cambridgeshire Collection at Cambridge Central Library and at Cambridgeshire Archives in Ely (opened at the end of 2019). The Parish Council has recently approved funding for copies of these to be made and the images reproduced in 4 albums which will be available in public locations in the village – probably The Red Lion, The Village Hall, St Mary's or St Cyriac's Church and Swaffham Prior Primary School.

I'm now making a start on visiting the archive to access the original images (current pandemic permitting) and would be pleased to hear from anyone who's interested in helping with the project. Looking ahead, other tasks will include sizing and labelling the digitized images ready



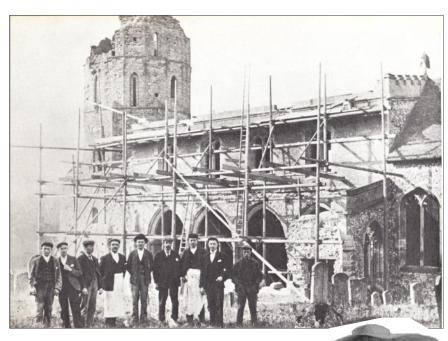
for printing, hands-on help with putting the pages of the albums together, designing covers for the albums.

The pictures date from 1744 to 1998 and show many aspects of village life including buildings, street scenes, farming life, the churches and windmills. Through

this project these unique images which help tell the story of our village will be made available for everyone to see 'on their doorstep'.

Celia Tyler 0780 450 8335

As a matter of interest, Burwell Museum compiled a set of Burwell Village Photo Albums some years ago with a duplicate set in Burwell Library.



**Dear Editors** 

# COMPLETELY CIRCULAR CRICKET BOUNDARIES

I know of three local cricket grounds with a completely circular boundary:

Godolphin Stables

Parker's Piece

Corpus Christi Sports Ground, Cambridge

... plus Sir Paul Getty's place, Wormsley

Anyone know any more?

Steve Kent-Phillips

Umpire, The Mighty Swaffhams Cricket Club (Also, Deputy PC Clerk)

#### **Crier Print Version**

I understand that you are planning on going ahead with the distribution of the Crier at the start of April.

I cannot understand why you think that is an acceptable course of action when you have been told very clearly by the government what every individual can and cannot do. More to the point - we are all supposed to be helping, and complying with the regulations which are very simple - STAY AT HOME. We should not be trying to find a reason why what we want to do is somehow OK or not a significant breach in the rules.

The Crier is not essential food or medicine. In fact it is not ESSENTIAL at all.

Anyone who goes out to deliver the Crier will be absolutely and undeniably in breach of the current regulations.

Please stop for a moment and reconsider your decision.

Every time anyone is about to go through their front door they should be thinking - save a life? or contribute to the death toll? It's as simple as that.

Very Angry Jeff Kempster
Lode

We have given the matter raised by Mr Kempster considerable thought and have consulted as widely as we could, as indeed we have done since this crisis arose and we came out with our emergency supplement in response to appeals by the NHS and volunteers who urgently needed to communicate with the most corona-vulnerable group, many of whom are not web-savvy.

The view of our committee was unanimous: we should print. We have reascertained that the Crier may be delivered as part of our volunteers' daily walk, and that the distribution and posting of the magazine does not raise a hazard.

What is essential? That is a matter of some debate and has not been, and probably cannot be, clearly defined. New problems are coming up all the time but one thing has not changed: the group that primarily needs the help and support of our community through this magazine is not to be found on Facebook or anywhere-else on the Web. We are as "essential" now as we were 10 days ago.

**Editors** 

Dear Editors,

#### **Crier Supplement**

I just wanted to say a big thank you for organising the Swaffham Crier special supplement. What a lovely idea!

Also, I'm very happy to volunteer for the community group if I can be of any help. Thank you again for organising this and bringing everybody together!

**Emily Thomas** 

#### Dear Editors,

That's an amazing special edition. Well done. That humour shines through!

Margaret Joyce

#### Dear Editors.

Great magazine and I'm sure it will help to cheer everybody. Very good of you to rush it out like this. We're off to deliver it soon, more fresh air (good) and exercise!

It is so kind of people to put their names forward to volunteer and I know there are others out there who are happy to do so but aren't on the list. I'm very grateful to them all.

Ruth Scovil

#### Dear Editors.

WELL DONE! for putting out these printed Crier updates, it really is a brilliant service to the village, informative and encouraging - especially, as you point out, for those who don't have the internet at their finger tips - and encourages us all to look out more for our neighbours at this tricky time.

Celia Tyler



# **Red Lion News**

The **new** Red Lion Shop is open for essentials Tues-Sat 12-3. It's a one-in one-out policy and card payment is preferred. We currently stock milk, butter, eggs & bread. We also have some other essentials including fresh fruit and vegetables.

The Red Lion Take-Away operates Tues-Sat 6-9pm. A more detailed menu will be on our board and Facebook every morning... or just give us a call to ask what's available.

Please call to Order your food.

Emma and Dean 746483



Emma and Dean are doing a magnificent job at the Red Lion. A snippet from some of the plaudits....

See the Red Lion's new advert on the inside of the Back Cover



# Will it be Open?

Shops that are permitted to stay open include supermarkets and other food shops, health shops, pharmacies, petrol stations, bicycle shops, home and hardware shops, launderettes and dry cleaners, garages, car rentals, pet shops, corner shops, newsagents, post offices and banks.

#### **Snakehall Farm Shop Latest**

We are planning to keep the shop open as long as we can have produce delivered - none of us are certain whether we will have supply chain issues, but at the moment everything is running as normal. We are however seeing an unprecedented demand in our farm shop and to be honest I wouldn't want to advertise to new customers at this time as we are already struggling to keep our shelves stocked as it is with a much reduced staff team, so perhaps it was for the best that I didn't get to reply to you yesterday!

We are offering a delivery service from our shop in Ely within a 15 mile radius, which Swaffham Prior falls into. The link to the order forms is: <a href="https://prospectstrust.org.uk/unwrapped-delivery-service/">https://prospectstrust.org.uk/unwrapped-delivery-service/</a>

Rhian Cornell

Executive Officer of The Prospects Trust at Snakehall Farm

#### Foster's Mill

Jonathan Cook (741009) has his usual beautiful stoneground organic flour at the Mill. He'll send you a payment link, and deliver, if you can't get there. They are open Mondays from 1pm to 4pm and Thursdays from 9am to 1pm but see their website to check these and availability. Happy Baking! <a href="https://www.priorsflour.co.uk">www.priorsflour.co.uk</a>

#### Manchett's

We would like to reassure our customers that we will continue to operate our 24-hour Breakdown & Recovery service and part time workshops whilst maintaining the safest standards to ensure the upmost safety for our key worker customers subcontractors & members of staff.

Should key workers require any assistance during this time, please contact our dedicated 24hr control team on  $01638\,744528$ 

Thank you & stay safe from all of The team at Manchetts

**Mandy Manchett** 

#### And what's off ...

#### APRIL PARISH COUNCIL MEETING CANCELLED

The April 9 PC meeting is cancelled. Rest assured, bills will still be paid on time.

We are taking legal advice as to whether the May 14 PC AGM (and meeting) and the May 26 Annual Village Assembly can (or should) go ahead.

At this stage, it seems best to assume not. Further details will be posted on the PC website when we know them.

Steve KP
Deputy Clerk

#### **VH Management Committee**

Due to Covid 19 the village hall management committee AGM has had to be cancelled.

Alan Durrant.

#### **ARTY UPDATES:**

Cambridge Open Studios 2020 has sadly been cancelled The Isle of Ely Arts Festival 2020 has been cancelled also

Celia Tyler



# Swaffham Prior Volunteer Group

I WOULD LIKE TO START by saying a huge Thank You to all you wonderful residents of Swaffham Prior, what a great village we are! The Swaffham Prior Volunteer Group now has 48 people in communication with each other on the WhatsApp group, which is truly amazing. We have been able to help numerous vulnerable people and those in isolation over the last week or so. It makes me happy to know that that we have been able to deliver prescriptions, get essential goods from various shops for residents, speak to those who are worried or feel iso-

lated and keep each other motivated and entertained with general chatting.

The Burwell and Swaffham Bulbeck Volunteer Groups have also been in contact, to join forces where we can. The Burwell Group are currently looking for anyone that could help deliver prescriptions in the local area, direct from the Burwell Surgery. This would cover Swaffham Prior, Swaffham Bulbeck, Exning and Fordham. If you are DBS checked and think you could help, please do get in touch with me and I can pass on your details.

What I have been lucky enough to be a part of is talking on the telephone with our elderly



Cheryl and her 48 volunteers have made all the difference. Don't hesitate to ring her

residents. They fill my heart with joy every time we get to speak. Always a happy voice on the end of the phone. We chat, we laugh, we joke, and we make sure each other are OK. I feel like I am making friends without even being able to meet anyone face to face. I hope that when this is all over, we can all in some way get together in a big celebration, a celebration of just how great we all are.

In order to keep things simple, the Volunteer Group have agreed that we have just one number to call, kind of like a hotline, so that everyone knows how to get in touch. This is my number. I can then pass on details to the Volunteer Group. If you wanted to also join the WhatsApp group and you are not on Facebook to get the link, just let me know and I can add you with your mobile number. So, whatever is needed, please do get in touch. Stay safe and well everyone.

*Cheryl Wilding* 07825787896

## From our Reporter at the Parish Council Meeting

Again David was away, with Peter also absent this time. There was concern about the absence of Michael Limb in the Public Gallery. "He's not self-isolating is he?" This concern was quite touching. For once the minutes were approved without any changes, minor or otherwise.

Charlotte gave her usual full ECDC report so please read this at the end of this *Crier*. Her worry was that the budgets for 2021 and 2022 had only been balanced by drawing down £6 million from reserves. I know that ECDC boasts that it has one of the lowest rates in the county and that it hasn't put them up for years. But is it wise to run down the reserves quite so much

There has been an application from No 6 Cage Hill to lower the fence which had been erected at the insistence of Health and Safety while the excellent improvements to the house were being carried out. This was to avoid anyone, young or old, from falling down a six foot drop. The owner wishes to lower the fence and to plant fast growing bushes either side of it. The lady next door objects to the change, just as she had objected to the original renovation. It seems some people think this is an eyesore both from the path and the main road. This of course is a matter of opinion. Paul objected and insisted there should be no fence as this was not

on the original application, and that any changes should not be allowed to change appearance of any part of this conservation area. He thought it was wrong "aesthetically". He may be right. It is like putting a brick wall in the middle of a traditional picket fence right in the heart of the conservation area. Some find it "aesthetically" unacceptable. Paul thought the fence should be no more than one foot high as a protection against the six foot drop. Steve said a fence would be neater than a straggly hedge, so many of which cause a problem along that pathway. Paul again argued from the "aesthetic" point of view. Eventually it was agreed that the fence should be no higher than one metre high and sloping in line with the path. Phew! Once the bushes have grown the fence will not be seen at all.

During Accounts for Payment a donation to the Scouts towards their loss of equipment was considered. Paul said he happened to know that the event hosted by the Red Lion had provided quite a lot of

# Don't Look in Shop Windows

Don't look in shop windows. You don't need to. Just skip along, With a spring in your step, Feeling happy and strong. But don't look in shop windows. You are young you admire young girls You envy young men You are young, And light of heart. Until, You look in shop windows, And see. An old man, with a stoop. **Fleetwood** 

money for the Scouts from the villagers already. Because of this he could not see why the PC should give anything. This is an interesting philosophy of life – because some people give money to a charity there is no reason for anyone else to give? Sandra supported Paul and to me she has always appeared reluctant to give too much to the Scouts. No-one else said anything so Steve proposed a "nominal" £100.

Tarmacking the Village Hall driveway was next on the Agenda. This will cost £4000 plus. Paul said he would make "his usual comment which is Nay, Nay, Nay". He thought a much better use of funds would be to carry on as they have always done, as it only comes up twice a year when the path needs patching up. Alan disputed this and said that it has come up regularly during his short time on

Alan wanted to go on the Councillor Training Course. Steve congratulated him because in all his sixteen years no-one has ever agreed to go on one

the PC. He reminded the meeting that potholes had reappeared within a fortnight of Martin Mead making the last repair. Sandra supported Paul and said her fear was that a more attractive path would be too inviting to travellers, and that people may be enticed just to go down to the car park, and just sit there while they ate their sandwiches.

Paul maintained that tarmacking would also require regular maintenance and that this would be more expensive. John said he had once been involved with a similar gravel path which required constance maintenance. At last he said it was was decided to spend the money and tarmac. During the following seven years when he was involved the driveway remained perfect. Steve, who had always viewed the pot holes as a means to low drivers wondered if some mums would complain at the speed people drove, and request a speed bump. Paul maintained this would reduce the PC's ability to give money elsewhere. Eventually all agreed, apart from Paul, that the tarmacking should go ahead.

Alan wants to go on the CAPALC councillor training course. Steve congratulated him because in all his sixteen years no-on has ever agreed to go on one. I think he could possibly go back half a century or more before finding anyone who had been on it.

Steve then proposed that a laptop should be purchased for Jude to use just for PC business. He said that if Paul Catling had had one he could have entered everything which would have saved Jude so much work. To support the need Steve quoted a convincing case study. Paul questioned the security of having everything on a laptop and thought paper safer. Steve explained about "backup". Paul was not convinced - "what happens if the backup fails as well as the laptop?" Paul also questioned how long digital data will survive. And what is any extra cost? Steve, the computer wizard of the village, patiently said another £20 for the back-ups, or "let's say £400 maximum." It was proposed, seconded, and approved.

After the meeting closed there was a lengthy chat about the latest news of Coronavirus that Thursday evening. Of course everything changed on the Friday and

thereafter with more news and awful facts being revealed daily. What it means is that all group gatherings will be stopped and at the time of writing who knows what is going to develop. One interesting fact did come out of the discussion. As the PC was considering whether it shouild cancel the next meeting and the Annual village Assembly (AVA) Charlotte revealed that the AVA had to be held as decreed by the Act of Parliament 1894. It would need another Act of Parliament to change this.

The loss of the AVA would be a shame because the promise of a Question Time on Waste Collection Question Time on Waste Collection had aroused such interest in the village that very likely there would have been a queue to get into the Hall. The Heating meeting has also been abandoned and this similarly would have attracted a large audience. Steve and Michelle, in one of their last acts of goodwill, put in the window of the Red Lion the poster of commitment requested by the

#### The Dodo

Was an unfortunate bird:
Inwardly sublime,
Outwardly absurd.
Although the Dodo was a bird
It couldn't fly, nor sing;
It didn't build a nest nor breed,
It did not, in fact, do anything.
Until one fine day it roused itself,
And sort of jumped and blinked,
Then shook itself but once or

And then became extinct.

twice -

Ophir

Heating Team. This brought the number of posters on display up to 6. There is a note about this elsewhere in this *Crier*.

Alastair Everitt

People in the UK are being encouraged to take part in a huge round of applause to show their appreciation for all those working in the NHS.

The Clap for our Carers campaign is asking for as many people as possible to clap their hands together on Thursday 2nd April at 8pm to thank all doctors, nurses, carers, GPs, pharmacists and other NHS staff working hard to help those affected by the **coronavirus**.

People across the UK can clap from their gardens, front doors, and balconies to show their support.

Possibly. The first round of applause took place last Thursday (26 March) and we hear this sign of our appreciation might be continuing to ALL THURDAYS from now on . If so, make as much noise as you can. Mill Hill was well in the lead last time, but they were cheating with something very loud.

#### **Burwell Surgery News**

Due to staff shortages from Monday, 30th March, our Dispensary will be open for COL-LECTION only from 4.00 pm - 6.00 pm. We have reviewed our lunchtime closing; we will now be closed from 12.00 noon until 2.00 pm. We would like to thank you all for your continued support and adapting to our new ways of working during Covid-19. Thank you from us all.

One of our patients raised a concern seen on another Facebook Page, that if their child gets a possible Covid19 infection then their parents are not allowed to travel in the AMBULANCE with them or visit. We contacted the Chief Nurse at BURWELL SURGERY NEED YOUR HELP! Are there any qualified Dispensers available to help us with System1 experience? Please email: admin.burwellsurgery@ nhs.net

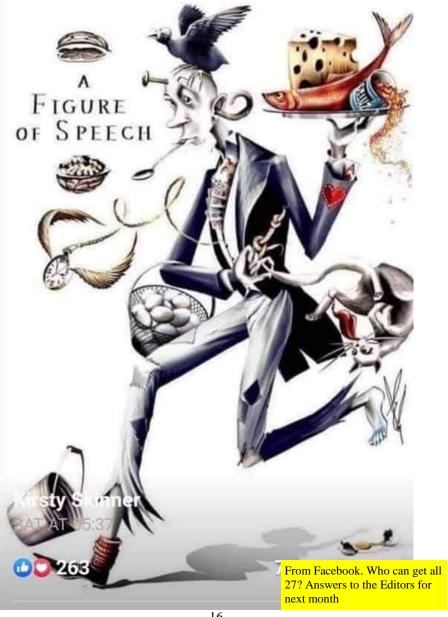
the Cambridgeshire & Peterborough CCG: "Visiting for parents has not been stopped (although it might be restricted to one parent at a time). The Government has given assurances that parents will be able to visit their children if they are admitted. The ambulance service is the same, although they will only take one parent not both in the ambulance.'

GP appointments continue to be face-to-face but will be seen if the GP feels necessary. The demand for repeat prescriptions has increased by about 50 percent. This is putting immense pressure on our dispensary. Please do not order your repeats early or stock-pile medication.



Open window to Burwell pharmacy- no need to go inside- give them a clap!

There are 27 figures of speech in the photo. Who can guess one? I'll start with "cat's got his tongue".





Still hard at work down the Fen.

# Wash your hands of coronavirus scams!

## Friends Against Scams aims to protect and prevent people from becoming victims of scams.

#### Be aware of people offering or selling: Protect yourself and others:

- Virus testing kits these are only offered by NHS.
- Vaccines or miracle cures there is currently no vaccine or cure.
- Overpriced or fake goods to protect yourself from coronavirus such as anti-bacterial products.
- Shopping or medication collection services.
- Home cleaning services.

- Don't be rushed into making a decision. If it sounds too good to be true it probably is.
- Only purchase goods from legitimate retailers and take a moment to think before parting with money or personal information.
- Don't assume everyone is genuine. It's okay to reject, refuse or ignore any requests. Only criminals will try to rush or panic you.
- If someone claims to represent a charity, ask them for ID. Be suspicious of requests for money up front. If someone attempts to pressurise you into accepting a service they are unlikely to be genuine. Check with family and friends before accepting offers of help if you are unsure.

#### Contact

For advice on scams call the Citizens Advice Consumer Helpline on 0808 223 11 33 To report a scam call Action Fraud on 0300 123 2040

Contact your bank if you think you have been scammed.

Be a good friend, help to protect your family, friends and neighbours from scams.

> Read it. Share it. Prevent it.

#Coronavirus #ScamAware

NATIONAL TRADING STANDARDS

Scams Team

To learn more about the different types of scams visit www.FriendsAgainstScams.org.uk

In 1954 Michael Broadbent married Daphne Joste, who shared her husband's love of wine. In 2003 he described to the *Daily Mail*'s Robert Hardman the routine of an average Broadbent weekend: "I suppose we might start with an Auslese at around 11, when Daphne gets a craving. Then we would move on to a Bloody Mary, or a Pimms in summer, and then a glass or two of claret over lunch with a small glass of tawny port afterwards.

"In the early evening, Daphne will have a whisky and soda while I might have champagne or a sherry – always Tio Pepe. Then we might have two or

three glasses of claret.

"After that, Daphne might have a small 1969 vintage Calvados. And, if it's a proper dinner, I'll have a vintage port."

His tip for a long life of happy drinking was a mid-afternoon nap.

Daphne died in 2015, and in 2019 Broadbent married Valerie Smallwood. She survives him with a son and daughter from his marriage to Daphne.

Michael Broadbent, born May 2 1927, died March 17 2020 Extract from recent
Telegraph obituary of
Michael Broadbent MW,
English gentleman and
renowned head of
Christie's wine
department

Robin Scovil

#### **Cohabitation**

Black cat, sprawled seal-like on the kitchen floor Where buried pipework keeps the flagstones hot Tell me why, when you see a closing door The side you want to be on's where you're not. What high-tech feline surveillance device Distinguishes my car's sound in your head And has a radar signal tuned to mice And knows the millisecond to be fed? At fifteen years a mighty hunter still, What process, passing for a rational thought Convinces you that when you've made your kill The living room's where corpses must be brought? Are visitors with allergies the best For moulting on, or a black-suited guest?

Unsleek, unfurry, clumsy, sub-feline
I am, I know, and I am in your debt
For letting me suppose this house is mine
When it's merely an inter-species let.
I 've failed to master space-defying glide
My dainty four-foot trot would make you weep
I can't quite lick my ribs on either side
And need to close both eyes to get to sleep.
You've chattered at the wickedness of birds
And twitched your haunches, lashed your tail to show
That offering them birdseed is absurd.
I disappoint you, yes, I know, I know.
But if I try to see your terms are met
Will you still deign to keep me as your pet?





#### Covid-19 Advice

The following is a selection of advice we've found in various places (mostly the BBC) which we hope may be helpful but which won't always be consistent as things are changing daily.

Read the government advice at - <a href="https://www.gov.uk/coronavirus">https://www.gov.uk/coronavirus</a>

Do not leave home if you or someone you live with has either: a high temperature; or a new, continuous cough

Even if you are not ill, lease remain at home unless you absolutely need to go out. We all have a responsibility to stop the spread of this virus, so unless you are 100% certain that your journey is essential, please stay at home.

If you must go out, please wash your hands with soap and water for at least 20 seconds as soon as you return home.

Clearly, you should go to work if you are providing essential services – NHS, Social Care, school staff, food supply chain, power supply etc.

If you are not providing an essential service you should work from home. If you really can't work from home then talk remotely to your employer – remember they can reclaim 80% of your salary if you can't work.

I realise this is much harder for the self-employed, but please follow the same rules. It is clear that the government will have to put some financial support in place for self-employed people.

As far as possible, get your shopping delivered and maintain your social distance. If you have to go out to buy food or medicine plan ahead and go shopping no more than once a week.

If you need help, phone one of the people offering help in your village or phone me on 07976 607512.

Do not socialise other than remotely.

Do keep exercising – we can go outside once a day as long as we are only with people from our household. Avoid narrow paths, so that if you meet someone you can pass each other with a 2m gap.

Do support your neighbours – let them know, remotely, when you plan to shop or are ordering a delivery to see if they want anything.

Do use phones and on-line systems to keep in touch. Its important that we keep communicating. Please let's do all we can to keep our communities safe and well.

Charlotte Cane

#### BURWELL SURGERY LATEST

For the latest COVID-19 advice please visit <a href="www.nhs.uk">www.nhs.uk</a>. If you have an appointment booked with us AND have a persistent cough and/or fever, we ask that you call us on 01638 741234 to change this booking to a telephone consultation.

#### Walks

The current government guidance is to take "one form of exercise a day, for example a run, walk or cycle - alone or with members of your household".

No mention is given to the length of exercise, although Cabinet Minister Michael Gove said on Tuesday that "people can go for the standard length of run or walk that they ordinarily would have done. But... the important thing is, once a day".

You should be extremely careful that you will be able to maintain a social distance of more than 2m (6ft) from other people wherever you go.

The restrictions did not originally state whether people could use their car to get to, say, a beauty spot in order to



take exercise. However, the government has now said that people should "stay local" and use open spaces near their home. Several police forces have tried to discourage people from making non-essential journeys, fearing that it could encourage overcrowding - and with it, the spread of the virus. The RAC has also advised drivers only to make essential journeys.

With the exception of the Lodes Way (Cyclists!) the Fen Droves are local and all but deserted. Ideal. Eds

# Shopping & Deliveries

Supermarkets can provide an "ideal setting" for virus transfer because many people are touching and replacing items, checkout belts, cash cards, car park ticket machine buttons, ATM payment buttons, paper receipts etc... Not to mention being in the proximity of several other people. So:

- Wash hands for 20 seconds with soap and water, or with alcohol-based hand sanitiser before and after shopping
- Treat surfaces as if they may be contaminated, meaning you avoid touching your face after handling shopping trollies, baskets, packages and produce
- Use contactless payment methods

Online advice for food businesses says: "Food packaging is not known to present a specific risk." However, to be on the safe side, some independent experts have additional advice. Professor Sally Bloomfield says:

- For contained or packaged goods, either store them for 72 hours before using them or spray and wipe plastic or glass containers with diluted bleach.
- For unwrapped fresh goods, which could have been handled by anyone wash thoroughly under running water and leave to dry:
- Wiping over surfaces with simple diluted household bleach will inactivate the virus within one minute.

72 hours, Prof Sally!! That's useful advice for food packages "not known to present a specific risk". If they didn't before, they certainly will afterwards. We leave shopping in the boot of the car for a bit. It's called a "proportionate" response. Also we wear gloves when out and about, and use pen to tap in PIN.

## Carers

If your carer is providing essential support, the government says that this should continue as normal, as long as the carer doesn't have symptoms of coronavirus.

It's advised that any visitors to your home should wash their hands for 20 seconds with water and soap before and regularly during their visit, and keep a distance of 2m (6ft) away from you.

Additionally, it's important to keep a list of alternative people who can help you if your carer becomes ill.

# Work carried out in your home

Work carried out in people's homes, for example by tradespeople carrying out repairs and maintenance, **can** continue, provided that the tradesperson is well and has no symptoms. It will be important to ensure that the usual guidelines, including maintaining a two-metre distance from any household occupants, are followed to ensure everyone's safety. No work should be carried out in any household which is isolating or where an individual is being shielded, unless it is to remedy a direct risk to the safety of the household, such as emergency plumbing or repairs, Public Health England can provide advice to trades people and households. (*Allegedly*)

## MOTs

No need to worry about them! The government has granted a <u>temporary six-month MOT extension</u> to all cars, motorcycles and light vans which have an MOT due from 30 March. However, it says that all vehicles need to be kept in a roadworthy condition, and taken to a garage if they need repairs (garages are allowed to remain open under the new restrictions).

Vehicles due for an MOT before 30 March should still be taken in for testing, unless their owner is self-isolating.

MOTs have been suspended for lorries, buses and trailers for up to three months.

## **Crossword Number 174**

#### Compiled by **BYWELL**

\* Clues are of a kind, but contain no definition. Send your answers to the editors by 18th April 2020. The first correct solution out of the hat will win a fish & chips meal for two from the Red Lion—see the pub manager for full details.

	1	2	3			4	5		6	7	
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9			10								
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Name:
Address:
Tel:

#### Across

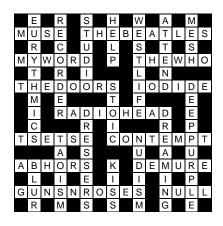
- 1 \* Nothing wrong with this Madox Brown (6)
- 4 Rabbi upset about Catholic leader's acid treatment (6)
- 9 Letters from Kaiser feature one bound to land (4)
- 10 Crams coils any old how into part of case (5-5)
- 11 \* Part of a wooden leg? (6)
- 12 Vans making journeys (8)
- 13 Chairs get moved around building (9)
- 15 Arrange first part of 'Auld Lang Syne' - in two parts (4)
- 16 Thoroughly search a redcrest (4)
- 17 Chinaman following ancestry is turning red (9)
- 21 Try and try again, I agree (4,4)
- 22 \* Formerly a sawn-up tree (6)
- 24 Learners blend dry gut into broth (5,5)
- 25 Principle of governance (4)
- 26 As an oboe is or river bank may be (6)
- 27 Disease from origins of typical huskiness (6)

#### Down

- 1 Show the limits for control (7)
- 2 Helping to make aperitif if Thomas comes before the 6th (5)
- 3 Flower heads scare me in a funny way (7)
- 5 Caterpillar is one this month, the first and third of April (6)
- 6 \* Diversion for yearly bus (9)

- 7 \* Many come up by rail regularly, to begin with (7)
- 8 \* Nordic leader funnily another troll (13)
- 14 \* Game for news after first chilly morning (9)
- 16 \* Is getting expensive all round in Paris (7)
- 18 Wrongly prove and agree to get poor value (7)
- 19 Annoys part of a groovy sound system (7)
- 20 Encourage to compete without meat (6)
- 23 Our world after the bombing of Herat (5)

#### Solution to crossword no. 173



We congratulate Martyn & Debbie Clark, the winners of last month's competition, who will receive their prize certificate from the editors. Honourable mentions go to Sue Jackson and Trish Whitehead.

# Looking after your pet during the Coronavirus pandemic

The news recently has quite rightly focused on human health, with minimal coverage of the effects of the pandemic on the veterinary profession and on the health of our pets. However, this is a wonderful time to have a pet to keep you company, and it is important to keep your pet safe and well.

Provision of veterinary care

Small animal veterinary practices are now providing emergency care only, which may mean diverting pets to another practice or emergency care provider in the area. Please phone your vet first rather than turning up at the practice unannounced. In an emergency, the vet will likely consult over the telephone to minimize face to face contact. Please bear with us in these exceptional circumstances, while staff work hard behind the scenes to ensure your pet's health and welfare.

Can pets become infected with Coronavirus?

At present there is no evidence that pets can become infected with the new Coronavirus. Frequently updated information on this and other topics can be found at: <a href="https://www.oie.int/scientific-expertise/specific-information-and-recommendations/questions-and-answers-on-2019novel-coronavirus/">https://www.oie.int/scientific-expertise/specific-information-and-recommendations/questions-and-answers-on-2019novel-coronavirus/</a>.

Ten tips for keeping your pet healthy

Maintain good hygiene practices including washing your hands when interacting with pets

Keep your pet with you if you are self-isolating

Arrange for the care of any animals left at home with family or friends should you be hospitalized

Whenever possible stick to the same brand and type of pet food. Dogs and cats can get tummy upsets with rapid change, so if you do need to switch over, do it gradually over 1-2 weeks

Walk your dog on a lead to reduce risk of road traffic accidents

Risks of dogs eating raisins and chocolate may be higher with children at home – please be extra vigilant!

Keep human medication well out of reach and avoid giving any human medication to your pet. In particular, paracetamol is extremely poisonous for cats

Do not attempt to breed from your pets at this time

If you have an overweight pet this is an excellent time to address it! The risk of diseases such as arthritis, diabetes, and blocked bladders can all be reduced by maintaining a healthy weight for your pet. Some advice can be found at: <a href="https://www.bluecross.org.uk/pet-advice/dog-dieting-tips">https://www.bluecross.org.uk/pet-advice/dog-dieting-tips</a>

Phone your vet if you have any concerns about your pet

Above all, stay safe and enjoy the love and company that your pet provides!

Emily Thomas Veterinary Surgeon, High St

# Community Heat

**Project** 

It is **very rare chance** to be at the heart of a national project and to **know the possible facts** rather than hearing convincing professional hyped-up announcements which we may read about in the news. **This is possible** with the Swaffham Prior Heating Scheme **because this only succeeds with the substantial co-operation of the Village.** 

In its latest notice saying "confirm your interest in joining the Community Heating Scheme", it is stated that they are on track for "household connections to be made by March 2021".

"But there a number of milestones yet to be achieved" - "planning consent" and "securing post-planning funding."

Surely the first priority is to establish the number of houses which are going to agree to be "connected" up, and also willing to pay for the necessary modifications of the houses.

In their Christmas Card the Heating Team asked that it should be put up in the windows of all those actually "committed" as above. **Only 6 were displayed**, though there may be a maximum of 10. The scheme **will only work if 170-180** sign up. Otherwise it all falls flat on its face. **Another 160–170 firm commitments are necessary – NOW.** 

With March 2021 just around the corner, **surely it must be a priority to establish the numbers**, and possibly save all that extra money to be spent. And Coronavirus is no excuse, though no doubt it will be used.

Sadly the March meeting had to be cancelled when such an important question would have been raised. Meantime this is something for the Village to ponder. **Sign up firm, or lose it.** 

**Alastair Everitt** 

PS. I do admire the continued commitment of the Heating Team, but not their refusal to face a hard fact. **Needs a very brave person to do that.** 

Rhubarb from Jane Goodall available for anyone who fancies some. In trug at 6 Foster Lane, picked with protective gloves and not taken into house.



#### Out On the Wild Side

While we might all be in lock down still...the wildlife around us continues to thrive and with extra time on your hands, there has never been a better time to get out in your garden and make it more wildlife friendly. Its the perfect task to do with kids and is very rewarding. You could try building some log piles for hedgehogs to use for shelter or if your really nifty with wood work, why not make your own hedgehog box or feeder. Making bird boxes and bug hotels can also be great fun. For anyone who hasn't yet cut some holes in your fence for hedgehogs, why not do it now...it will mean more wildlife will have access to your space and your family will love it.

I've been out cleaning out the vacant hog boxes in our garden and putting fresh bedding in ready for any newcomers.

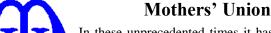
Saffra Monteiro



# **BON MOT NUMBER 106**

"Whatever your age, dress with attitude"

Anna Murphy ( **1972 - 0000**)



In these unprecedented times it has become necessary to cancel all Mothers' Union meetings and events for the foreseeable future.

Here is the link for the Mothers' Union website page with resources to help pass the time whilst we are experiencing social

distancing or self-isolation in these challenging times.

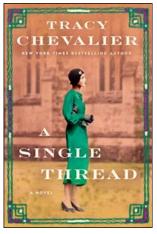
https://www.mothersunion.org/resources-support-us-challenging-times Stay safe, God Bless

Ann Langran
Secretary

# The Reading Group Reads.... A Single Thread By Tracey Chevalier

In A Single Thread, Tracy Chevalier evokes the social climate of the nineteen thirties – this is the intriguing story of a young woman, told with a wealth of detail.

It is 1932, and Violet is one of the "surplus women", left behind after losing her brother and her fiancée in the First World War. This was a unique generation of women, "considered a tragedy, and a threat", being men-less. Violet leaves her mother to live independently in Winchester, supporting herself by working in an insurance office. Violet's life in Winchester



has come at a cost and the narrative thread follows her struggles to assert her independence against the conventions and prejudices of the day.

Violet joins the Cathedral Broderers who are making kneelers and cushion covers for the cathedral. The real-life head-broderer Louisa Pesel plays a part, and we learn much about embroidery and about bell-ringing through Violet's developing friendship with Arthur, a bell-ringer.

The portraits of individual women in the story capture our attention; those who either pursue their freedom in small acts of disobedience, or quietly stitch their loss into comfort and beauty.

A Single Thread is an easy and enjoyable read, gentle exploration of a bygone time.

Next month's book will be Graham Greene's Stromboul Train. This month, we are trialling Zoom for a virtual meeting.

Roz Chalmers

# Adventures with SOURDOUGH BREAD

I love it (in moderation - man cannot live by sourdough alone), but the good stuff can be very good. I have been fortunate enough to receive wonderful loaves from Jonathan at the windmill, and buy from the big market stall in Ely; even the big ones last for ever because you can freeze half, and the rest toasts so well for breakfast. And I can give thumbs up to the ones baked on the premises by the local Co-ops, which



How it turns out at Foster's Mill....

the purists may decry as being not 100% authentic, but are very tasty (and much better than Tesco's equivalent...).

But have you ever tried baking it yourself? A friend of ours is a sourdough fanatic, has been on lengthy and expensive courses on breadmaking, keeps a stock of all the different flours, has three different starters on the go at all times, and bought a special oven to bake it in. A while ago he invited us to spend a day with him learning how to make sourdough bread. He laid out three working areas on the table in his huge kitchen (one for him and one each for us), with mixing bowls, all the ingredients and printed instructions, and we proceeded through the process, part of which

It had some of the attributes of a loaf of bread, but not enough, and ended up being chucked over the wall in pieces for Annelie's chickens involves kneading the dough for 15 seconds, turning it over, waiting 10 minutes then doing it all again four times, then waiting for it to rise... At the end of the day the resulting loaves were delicious (his) and edible (ours).

I took home some of his starter and attempted to nourish it in accordance with the instructions, but was never entirely confident that it was going well, and eventually produced a couple of loaves that we ate some of – but it wasn't good. Later I tried again, but with similar results, so I abandoned the idea. Come the crisis, cometh the plan, so under notional lockdown I decided to have another try, and set off a new starter, at which point we spotted

Julian's offer, and grabbed a bag of his as well, together with excellent printed instructions.

Side by side these starters grew, and sagged, and were revived, and yesterday with little confidence I went for broke and baked a loaf using Julian's. It had some of the attributes of a loaf of bread, but not enough, and ended up being chucked over the wall in pieces for Annelie's chickens.

Like those who cannot keep house plants alive, I am clearly unable to keep together the threads of sourdough creation, so will find alternative projects to fill my copious free time, and salute the Julians, Jonathans (and even the Co-ops) of this world who can do it for me.

John Chalmers

### Rye Sourdough

#### (It's like cake, no kneading needed)

Around 8h before you start your bake, mix 15g of your starter with, 30g flour, and 30g water. Cover and leave. Ideally your should be feeding your starter daily. That way it gets healthy and produces much better bread.

For the main recipe:

370 flour, 330 water, 60g new starter, 10g salt. Mix all together, cover, leave.

3h later, stir it up again, and then dollop into a buttered bread tin. Smooth it down and try to move the edges into the middle so that it has a domed top. Dust the top with flour. Cover and set aside.

2h later, turn your oven on 250C.

1h later, make a score over the top of your loaf and stick in the oven. If you have a heavy pan that will fit over the top, do so for the first 30 min of the bake - it will trap the steam nicely. The whole bake should take around 50mins, or until the internal temperature is 96C. Simples.

**Bob Matheson** 

#### Julie's Recipes:

#### **Children's Easter Treats**

#### **Hot Cross Scones**

225g self-raising flour

1/4 tsp salt

50g butter, chilled

1 small dessert apple, peeled and cored

3 tbsp currants or other dried fruit

50-75 ml milk

4 tbsp natural yoghurt

1 egg beaten

Pack of strawberry laces, cut into strips, the same diameter as the scone

1. Heat the oven to 200c/180c fan. Tip the flour and salt into a large bowl.

Grate the butter into the bowl and rub together until there are no big lumps left.

2.Grate the apple into the mixture, then add the dried fruit. 50ml milk and the yoghurt.

Combine to make a soft dough, if it looks a bit dry, add a little more milk. Roll out the dough on a floured surface and cut out scones using a 4cm round cutter.

3.Put the scones on a greased baking tray and cut a cross across each one. With parents help. Brush with egg over the tops and bake for 10-12 mins until risen and golden brown. While they are still warm, lay the strawberry laces into the crosses.

(Makes 12)

29 Cont ...

#### **Easy Easter Nests**

220g milk chocolate, broken into pieces 85g shredded wheat, crushed 2 x 100g bags of mini chocolate eggs Cupcake cases

- 1.Melt the chocolate in a small bowl, pour the chocolate over the crushed shredded wheat and mix well.
- 2.Spoon the chocolate wheat mix into 12 cupcake cases and press the back of a teaspoon into the centre to create a nest shape. Place 3 mini eggs on top of each nest. Chill the nests in the fridge for a couple of hours until set.

Julie Nunn



Annelie's Eggs are even prettier than Easter Eggs. See Crier Special Supplement



From our District Councillors
Charlotte Cane &
John Trapp

Clearly, John and I will no longer be holding any face-to-face meetings, nor will we be able to visit people. But we are always happy to be contacted by phone or email—john.trapp@eastcambs.gov.uk 01223 812120—charlotte.cane@eastcambs.gov.uk 07976 607512 fb.me/charlottecanelibdem. Contact us about anything—we may not always have the answer or be able to help you ourselves but we will do our best to find someone who does know and can help.



We will hold our surgeries 'virtually'. So on Wednesday 22 April between 6.30 and 7.30pm John and Charlotte will hold a telephone surgery – call John on 01223 812120 or Charlotte on 07976 607512. We will then have a virtual meet your Councillor from 7.30, using Zoom. If you would like

to join us for a general chat, please email <u>john.trapp@eastcambs.gov.uk</u> so he can send you the joining details.

The Council Offices are closed to the public and most staff will be working from home. If you need District Council Services call - 01353 665555. This is also the number to use if you need the housing services team, who can help with housing problems – just ask for the housing team. The District Council has cancelled all meetings, they will be issuing details soon of how decisions will be taken over the next few months. Charlotte will post that, and other District Council updates, on her Facebook Page.

Last month we told you about our opposition to the Council's decision to stop funding the Citizens' Advice Rural Cambridgeshire (CARC). We supported a motion to Full Council asking for this decision to be put on hold for 6 months to allow for proper discussion. The CARC told us that without the Council's funding they



would have to close, leaving people in and around Ely without this vital independent advice. Unfortunately, the administration refused to reconsider and so the Council will stop funding the CAB in Ely. We have asked for this decision to be reconsidered in the light of the current situation, as there are likely to be even more people needing advice and support. They continue to fund the CAB in Newmarket and the Council's housing team can provide advice on housing and related matters.

You will have received your Council Tax bills and have noticed that East Cambs' share has been frozen for a further year. On the face of it, this is good news – none of us like paying tax. But the books are being balanced for now by drawing millions of pounds out of reserves. The forward budgets show that by 2022/23 there will be a shortfall of £3.3m. John and Charlotte have been pressing the administration to explain their plans for balancing the budget and were encouraged to see that the auditor shared our concerns. He recommended "We suggest that the Council could be more transparent in its planning around the areas it has identified to help bridge funding gaps and we recommend that the Council considers updating its Medium Term Financial Strategy and its underlying assumptions more frequently than the current annual cycle." With the auditor's support, we now have a commitment from the administration to discuss the plans for balancing the budget at the Finance and Assets Committee in September.

Although meetings are restricted, please keep in contact with family and Friends by 'phone, email and social media. Its important that we keep up our social links. Please make sure you care for yourselves and your families and neighbours and follow the Government Guidance at - <a href="https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response">https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response</a> and NHS guidance at <a href="https://www.nhs.uk/conditions/coronavirus-covid-19/">https://www.nhs.uk/conditions/coronavirus-covid-19/</a>

#### From Bottisham Surgery:

# WHAT TO DO IF YOU OR SOMEONE ELSE IS IN CRISIS

#### You, or someone you know, might be in crisis if:

You are thinking of hurting yourself or suicide seems the only option

Someone you know has made threats to hurt you or someone else.

You are experiencing extreme distress that seems overwhelming.

#### Who can help in a mental health crisis?

Call 111 and press option 2 for the <u>First Response Service</u> - a 24-hour service for people in a mental health crisis. This service is for anyone, of any age, living in Cambridgeshire and Peterborough. Specially-trained mental health staff will speak to you and discuss with you your mental health care needs – instead of you having to go to accident and emergency departments of local acute hospitals.

If you are over the age of 16 you can access the Sanctuary in Cambridge or Peterborough - People in crisis across the whole of Cambridgeshire and Peterborough will be able to access Sanctuary support. Staffed by mental health charity Mind in Cambridgeshire, the Sanctuary offers people practical and emotional support between 6pm and 1am and is accessible by referral from the <u>First Response Service</u>.

Call your local GP if you are concerned about your mental health and you feel unable to cope. But here are some websites and apps which may be helpful

#### **General mental health support:**

https://www.headspace.com/

Mindfulness for your everyday life, Currently free

Meditation, mindfulness, stress and anxiety management

https://www.keep-your-head.com/

Keep Your Head brings together reliable information on mental health and wellbeing for children, young people and adults across Cambridgeshire & Peterborough.

#### https://moodgym.com.au/

Moodgym is like an interactive self-help book which helps you to learn and practise skills which can help to prevent and manage symptoms of depression and anxiety.

https://www.moodcafe.co.uk/free-online-behavioural-therapy.aspx

Free Online Cognitive Behavioural Therapy

https://www.bemindfulonline.com/

The clinically proven online mindfulness course for better mental wellbeing

#### Specifically for children and young people:

#### www.Youngminds.org.uk

Information and resources for children, young people and families who suffer with mental health problems. Helpline. Educational materials.

www.Kooth.com: Online counselling and support for children and young people.

www.Youngminds.org.uk: Information and resources for children, young people and families who suffer with mental health problems. Helpline. Signposting for support. Educational materials

www.Stem4.org.uk: A charity that promotes positive mental health in teenagers and those who support them through education, resilience strategies and early intervention. Provided digitally through education programmes, apps, website and mental health conferences.

# PARENTING DURING THE CORONAVIRUS SHUTDOWN: DAY 1: DAY 3:



<u>www.Getconnected.org.uk</u>: Free, confidential helpline for young people. Volunteers available 24/7 to offer support on a range of issues eg self-harm, bullying, drugs etc.

<u>www.Moodcafe.co.uk/for-children-and-young-people/relaxation-for-children.aspx</u>: A website with helpful relaxation exercises for children with anxiety

<u>www.cool2talk.org</u>: A safe space for children aged 12+ years to have their questions answered accurately, and can access online counselling.

#### Apps to help with mental health:

<u>https://www.nhs.uk/apps-library/</u> A website to find apps recommended by the NHS

<u>https://www.nhs.uk/apps-library/be-mindful/</u>: Be Mindful is an online course for reducing stress, depression and anxiety. It guides you through the elements of mindfulness-based cognitive therapy (MBCT).

https://www.nhs.uk/apps-library/chill-panda/: Learn to relax, manage your worries and improve your wellbeing with Chill Panda. The app measures your heart rate and suggests tasks to suit your state of mind. Tasks include simple breathing techniques and light exercises to take your mind off your worries.

<u>https://www.headspace.com/headspace-meditation-app</u>: Headspace: Mindfulness and meditation. There is a kids section.

<u>https://www.calm.com/</u>: Calm: Mindfulness and meditation. There are different age-specific sessions.

<u>https://www.nhs.uk/apps-library/calm-harm/</u>: CalmHarm: An app designed to help people resist or manage the urge to self-harm. Private and password protected

<u>https://safespot.org.uk/</u>: Safespot: A helpful app (and website) designed to help young people cope and manage sressful situations. Personalised coping plan.

<u>https://www.happi-me.info/</u>: HappiMe: HappiMe is a free app that helps to raise self-esteem, self-confidence and happiness levels in children and young people by

teaching them about the power of thinking positively and how to choose a more helpful way of thinking.

<u>https://www.nhs.uk/apps-library/big-white-wall/</u>: Big White Wall is an online community for people who are <u>stressed</u>, <u>anxious</u> or feeling low. The service has an active forum with round-the-clock support from trained professionals. You can talk anonymously to other members and take part in group or one-to-one therapy with therapists.

<u>https://www.nhs.uk/apps-library/thrive/</u>: Thrive helps you prevent and manage stress, anxiety and related conditions. The game based app can be used to relax before a stressful situation or on a more regular basis to help you live a happier, more stress-free life.

Dr T Keith, Bottisham Medical Practice

# Notes from the Parish Council Meeting Thursday 12<sup>th</sup> March 2020

Mr John Covill (Chair) chaired the meeting with five Parish Councillors and one member of the public in attendance. The meeting started at 730pm.

**Reports:** East Cambridgeshire District Council – Cllr Charlotte Cane reporting – see elsewhere in the Crier.

#### Matters arising from the previous minutes (for information only):

The Spring Daisy had been replaced and that a RoSPA inspection is due soon.

Berms had been dug by the Highways Agency on the B1102, enabling the standing water to drain away.

The 30 MPH sign that blew over has been reported and is on the 'to do' list.

Steve Kent-Phillips confirmed that the tree the WI wished to buy would be located in the school grounds and maintained by the school.

The Scouts have replaced the external doors on the Scout Hut already but that they were not yet paid for.

CGM have been informed of their success in the tendering process for grass cutting in Swaffham Prior over the next 3 years. The PC chairman has signed the contract on behalf of the Parish Council and it's been returned to CGM. The first scheduled cut is arranged for 8<sup>th</sup> April, weather dependant. David Greenfield will meet the cutting team at the second cut, later in April. The PC noted its thanks to David Greenfield for all the effort he has put into this.

All the applicants for grants from the PC had been contacted with the PC's responses, and that the Scouts had sent bank details to enable a transfer. The photo album people will send invoices as and when they are necessary.

Steve Kent-Phillips has retrieved the archived material regarding the cemetery records.

#### **Correspondence for consideration/circulation:**

Received from David Greenfield via email:

"We received two consultations on draft Supplementary Planning documents, which I've studied in detail. The first – titled Natural Environment – is 62 pages and its primary purpose is to make sure new development in East Cambridgeshire both protects the current natural environment and also creates new areas for wildlife to thrive. There

are significant areas covered (wetlands etc) but for Swaffham Prior there are specific references to Devil's Dyke which affect planning and its relationship with the environment.

The second – titled Custom and Self-Build Housing – sets levels for large developments of 100 dwellings or more to provide a minimum of 5% for self-build. This is in addition to existing requirements, so an example would be: a development of 80 market-value houses, that also provided 35 affordable housing builds (total 115) would need to offer 5% of 115, not 80, for self-build i.e. 5.75 which would round up to 6 plots. It is unlikely that a development of the size this draft document covers would be an exposure/relevant for Swaffham Prior."

#### **Consideration of planning applications received:**

 $20/00248/FUL\ 3$  Tothill Road, Swaffham Prior, CB25 0JX – single storey side extension.

No objections.

20/00269/VAR 6Cage Hill, Swaffham Prior, CB25 0JS – variation of condition (approved plans) of previously approved 19/00622/VAR.

The PC felt that the fence should be reduced to no more than 1m above the path level and chamfered to the profile of the path. The planting needs to be tall enough to screen the fence without encroaching onto the path. The PC also noted that the fence and planting where not what had been originally agreed.

 $20/00310/FUL\ 4$  Cage Hill, Swaffham Prior, CB25 0JS - first floor side extension.

No objections.

#### **Accounts for payment:**

These were agreed.

The Chair allowed discussion of a further donation to the Scouts for the replacement of stolen kit

It was agreed that a token amount of £100 be donated while it is established how much more they need.

#### **Tarmacking of the Village Hall driveway:**

Alan Durrant read out the quotation from Meads to resurface the driveway up to and including the disabled access with porous tarmac and associated work. The quote also included the potential cost of resurfacing the car park. There was a discussion on the merits of this work against small, regular repairs and the ongoing costs of both methods. It was agreed by a majority of the PC that the PC pay Meads Construction for the work on the driveway and disabled access area, whilst the quotation for the resurfacing of the car park remains on file.

# **CAPALC** councillor training course 14<sup>th</sup> March 2020:

Alan Durrant wanted to attend the above training course – it was noted that there is room in the budget for councillors to attend such courses if they so desire.

#### **Cemetery trees:**

The fallen tree was removed as agreed at the February meeting. Eastern Tree Surgery had also quoted to remove the trees that were not yews in the tree line that marked the original end of the cemetery – this was agreed. The Clerk is to write to

the ECDC Tree Officer to see what should or can be done to yew trees in the cemetery and to obtain quotations for trimming the yews if appropriate.

# <u>Membership of the Institute of Cemetery and Crematorium Management</u> (ICCM):

The clerk explained that the above annual membership was needed in order to make sure that the cemetery was being run correctly and that the records were right. The PC agreed to join the ICCM.

#### **Changes to the cemetery map:**

A close inspection of the cemetery map had shown that some of the numbers on plots were incorrect, particularly on the cremation plots. The PC is unable to access the master of the plan as it does not own the necessary software so it was suggested that the Clerk contact Andrew Noyes to get a quote to alter correct the numbering.

#### **Laptop for the Clerk:**

Steve Kent-Phillips suggested that the PC could provide a laptop purely for PC work, that would be backed up regularly and would pass on to the next clerk when necessary. The PC agreed.

#### Clerk's report:

The fallen tree from the cemetery was removed on 9<sup>th</sup> March 2020.

The archived PC records were retrieved, enabling the clerk to begin checking records and establishing GERB ownerships.

In the cemetery, two more headstones have fallen over (William Prentice, died December 1955; Kathleen Mary Foster (1965) and Eileen Gladys Foster (1980). Four corner stones from one grave had been moved along to another plot for no discernible reason. Some of the older graves have sunk and two with a concrete top have cracked through, possibly due to sinkage down to the recent prolonged and heavy rainfall.

A letter had been received regarding the footpath between the horse paddock and School Lane becoming overgrown – the clerk checked and although the path is still wide, it is looking a bit unkempt. Steve Kent-Phillips explained that the PC had not been able to establish who owns the field – keeping the hedges trimmed is the responsibility of the owners of the land adjacent to the path. It was decided that the clerk should write back to the complainant explaining this and that maintaining the hedge is the responsibility of the landowners.

Garden Allotment Plots (GAPs)— the clerk asked for up-to-date information regarding the present renters of the allotments and the date the rent is due. The PC also agreed that the clerk can attend the CAPALC allotment management course taking place on Thursday 19<sup>th</sup> March 2020.

#### Parish Councillors' reports:

Steve Kent-Phillips reported that the request for funding for a number of art projects run by Mrs Fretwell had been resubmitted without the personal fees. The PC felt it should be discussed further, preferably with Mrs Fretwell at the next meeting.

Steve Kent-Phillips reported that the proposed tree planting project was to plant a tree in the school grounds, with the school in charge of maintaining it. The clerk will

contact Mrs Joyce with the go-ahead to buy the tree and wild flower seed.

Davd Greenfield's heating scheme report – sent by email.

"A public meeting has been arranged for the 30<sup>th</sup> March in the Village Hall to cover updates of/on progress and questions and answers.

We are getting very close to specification/layout deadlines, so as many people as possible whatever their views of the system is, should attend to allow them to get clarity and numbers.

There are four villages in Cambridgeshire now pursuing Rural Community Energy Fund grants to carry out feasibility studies for their communities.

Fibre for superfast broadband discussions with providers are going on for inclusion when the pipes are laid."

Sandra Gynn noted that there were many discarded wreaths left near the bin – they were bagged up and will be left for the rubbish collection next week.

John Covil noted that the cemetery's primroses were looking very attractive presently. There had been standing water on Station Road, but the problem seems to have solved itself for now. Travellers were currently staying near Slade's Farm (Swaffham Bulbeck).

John Covil also noted that coronavirus may affect coming meetings, especially the Annual Village Assembly. Steve Kent-Phillips offered to watch out for guidance from the National Association of Local Councils (NALC).

If anyone would like any further information on any of the above items, please do not hesitate to contact the Clerk.

The next Parish Council meeting will be on Thursday, 12<sup>th</sup> March 2020 starting at 7.30pm in the Village Hall. All are welcome to attend.

Jude Griffiths

Clerk to the Parish Council. Tel 745 106. Email swaffhampriorclerk@gmail.com

#### Hello! From Sue Giles...



The Church continues to be alive and active, but our buildings must close for now. Prayer and worship is being offered in people's own homes and on line. If you would like us to pray for someone please email. We will be remembering that to reach the celebration of the risen Christ and the hope of Easter there first had to be Good Friday. We pray for all who are anxious, fearful, grieving or in pain knowing that there is light and love even in the darkness and believing that when we emerge at the other side of this difficult and worrying time there will be new life and green shoots emerging once again.

# And from Head Mistresses, old and new....



I had such a laugh trying to take a selfie on my laptop for this photo because every time I tried to press the button my finger obscured the intended photo. *Then* I discovered the timing delay button! So perhaps a positive outcome of this enforced isolation is that we'll all become more computer literate.

Keep positive and one day at a time.

Brenda Wildon

Just a quick update. School has been open 4 days this week for children of key workers and we anticipate being open for the rest of this period. Our online learning community is doing brilliantly. Children are working hard even though they're not at school and it has been fabulous to see the posts of what they've been up to. Teachers are getting used to teaching online but we are definitely missing being with all our lovely pupils.

Helen Bartley



#### And down on the Fen...



A special HOWDY to all the School Garden Club from Sue Wade Reuben Wade-Gledhill says "HOWDY" to all his school friends. Oh dear he forgot to wave as he was too busy doing his homework!





# From the Co-op

Firstly, I hope you and your families are keeping well. The virus has quickly and unexpectedly taken its toll on all of us. My colleagues right across the business are doing an incredible job, working exceptionally hard through the day and the night. In truth, none of us have

ever navigated our way through a challenge of this magnitude. What's motivating and energising all of us right now is our passion for community and co-operation. So here's how we're putting that into action:

#### **Fundraising**

We're already connected with thousands of local community charities and causes up and down the country and all of them are at the front line of helping their communities to get through this. We'll be paying out £4.5m in the next couple of weeks to keep them going in their time of greatest need. This is money donated by you through your 1% member reward and the money raised from the sales of our carrier bags - truly your Co-op membership in action. This is in addition to the fundraising we've kicked off in support of the National Emergencies Trust.

#### **Connecting Communities**

We're also working creatively and tirelessly to find the best ways of keeping people connected as more and more of us are required to socially isolate. We have a network of community activists – our 700 Member Pioneers - who are contributing over 50k hours of local community work over the next 12 weeks right across the country. Their efforts will be focused on helping local communities to respond to the virus

#### Food bank

I know that food banks have come under extraordinary pressure in recent weeks, so you'll have seen over the weekend that we're donating £1.5m worth of products to FareShare. FareShare are the UK's largest hunger fighting charity; they support over 11,000 charities, community groups and food banks. Our pledge is that every week, for the next ten weeks, we'll give food to FareShare's 23 regional centres for them to distribute where it's needed most.

All this is in addition to the work we're already doing to get food to vulnerable customers, NHS staff and to our eligible Co-op Academy school kids who we're giving £20 of Co-op Food vouchers a week to make sure they don't go hungry while schools are closed. You'll also have spotted our creation of thousands of new temp jobs which will support those who have lost their jobs through the crisis. There will be more community action coming as our teams rapidly work at putting the right tools in place. We'll keep you posted on how you can help too. In the mean time, please keep connected via our website: www.coop.co.uk/coronavirus

#### Thank you

It goes without saying that there is no more business as usual and I can't say enough how hugely proud I am of how my colleagues across our businesses are adapting to the crisis. In particular, I know you'll be keen to understand that we'll be implementing a practical solution around social distancing – doing everything we can to keep you and them safe.

Steve Murrells

# To create a Facebook account:

Open up your browser. It might be called Chrome, Internet Explorer, Safari or Edge. Click click (double click) on this.

Type "www.facebook.com" into the search bar at the top.

When the Facebook home page opens, you will see the form to fill in which says "Create a Facebook Account" on the right hand side.

You will then need to enter:

- 1. Your first name
- 2. Your Surname
- 3. Your email or mobile phone number
- 4. A password
- 5. Your date of birth
- 6. Your gender

Click Sign Up.

To finish creating your account, you will need to confirm your account. You will be sent an email or text and you will need to click the link that is sent.

# The next step is to join the Swaffham Prior Noticeboard Group

- 1. From your News Feed (the main page you see on facebook) click **Groups** in the menu on the left hand side. This is usually under the title "Explore"
- 2. In the search bar, at the top left where it says "search" type in the Group name
- 3. This is Swaffham Prior Noticeboard
- 4. This should come up at the top of the list of search results
- 5. You will know if it the right one as it has a picture of a beautiful sunset as the group icon (see below)
- 6. Click on "Join Group" by pressing the grey button on the right of the group name, and below the photo

As this is a private group, you may have to wait for a group administrator to approve your request

**Cheryl Wilding** 07825787896

