



Swaffham Crier Special Supplement

Volume XLIV Number 3½
March 20, 2020



Editorial

We are bringing out this special supplement in the middle of the month because of the extraordinary situation we now find ourselves in.

With it, you should find enclosed two leaflets, one from the newly formed Swaffham Prior Volunteer Group, who are willing to offer their services to anybody needing them due to the current situation as regards distancing and isolating. This information is also duplicated on our back cover. The other has copies of four pro forma leaflets the more able-bodied can if they wish fill out to deliver to their neighbours.

Every single article in this issue has been composed since Monday. A great many people have contributed, and I would like to thank them for such a rapid and wonderful response. In particular, I personally would like to thank Peter Arksey for effectively instigating this measure by immediately volunteering to help, and pointing out that for all the speed of Facebook, it was not the answer alone. At the same time, a WhatsApp (What's that? Good point, I shall shortly be finding out!) group had formed on Facebook and I would very much like to thank them for their invaluable assistance as also all those very kind people who have contacted us and volunteered to help. Some would prefer to keep their contact details private, so there are more!

Meanwhile, I went down to the Coop for some muffins and crumpets, only to find they'd all been panic-bought. Muffins and crumpets! So I asked if there was any honey left, apparently there was plenty. So what are people going to do with muffins and crumpets and no honey? Oh well. See you from a distance of at least 2 metres (or is it 2 feet?) From a distance, anyway!

Caroline Matheson

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Cover Picture: *Steve Kent-Phillips, Umpiring by Clive Riggs*

Dear Editors,

Burwell Surgery response to Covid19

The first thing to say is that we are still open and still doing our best to offer the full range of services that we would normally do - despite the pressures of the issues raised by Coronavirus.

We have however changed the way we operate in order to try and protect patients and staff from Coronavirus. The main difference that you will notice is that we are trying to deal with as many issues as possible on the telephone rather than a face to face appointment. Clearly there are some cases (for example dressings or warfarin monitoring blood tests) that need to be seen in the surgery. However for all other requests for a routine or urgent appointment we are asking patients to give us a contact number so that one of our doctors can telephone back to work out the safest and most practical way of addressing the medical issue. **We will still see patients face to face and offer home visits when they are necessary.**

Following Government guidance we have isolation procedures in place for assessing patients with respiratory symptoms. So please follow any instructions you are given if you need to be assessed and don't be surprised to see us masked, gowned and gloved!

We are getting a lot of queries from patients with 'at risk conditions' and fitness to



They Can't Cancel Spring—Tuesday, 16 March, in the Fens, photo by Sue Wade

work. This is usually whether the condition is mild enough for ‘social isolation’ or severe enough to be completely quarantined. I would encourage people to read the Government guidance first before calling us. We are happy to assist if you feel that your situation is not clear.

Guidance from the government is changing rapidly and getting more detailed and extensive. A good place to start, if you have access to a computer is <https://www.gov.uk/government/collections/coronavirus-covid-19-list-of-guidance>. In particular I would draw your attention to the detail of the duration of isolation.

What is clear is that we probably have a long way to go through this epidemic. We are going to do our very best to maintain our services (both relating the coronavirus and other issues) balancing the risks and benefits of the particular situation and of course any staffing pressures that we are facing.

Many of us have long periods of self isolation and quarantine coming up. It is really important to look after ourselves and others. Try to keep as healthy as you can. Structure the day and keep active.

Wishing you and your families all best wishes in coming months.

Dr Alex Manning
Partner

Dear Editors,

Swaffham Prior Volunteer Group

The aim of our group is to create a community volunteer group to help those self-isolating or social distancing amid the difficult times of the Coronavirus crisis, that may need help with: Posting Mail, Dog Walking, A friendly phone call, Urgent supplies, Picking up shopping or Prescriptions. This is specifically aimed at groups of people that are particularly vulnerable to Coronavirus, to keep them safe; elderly people, or those with a history of lung disease, pregnant women, cancer patients, immune-suppressed and immune-compromised people, people with underlying health conditions.

The idea is to identify volunteers throughout the village so that residents can contact a local person, close to them, via phone or text. The volunteer can then post on the WhatsApp group and coordinate someone to help as soon as possible. New volunteers can join the WhatsApp group via the link on the Swaffham Prior Facebook Page or speak to their local contact if they would like to get involved.

Both my daughter and I are ready to help, we hope also that other young members of the community, who may now be off from school/college, looking for something to do could get involved. We would like volunteers to be conscious of their own health also and ensure they are symptom free and be of low risk at present. I believe we are all now having to take a step back from our otherwise busy and hectic lives and get back to basics, why not try and find one positive experience from all of this and solidify our community!

Cheryl Wilding

07825 787 896, cherylwilding@hotmail.com



Letters to the Editors



Dear Parishioners ,

The world seems a strange place at present with many of our daily activities on hold. People have spoken about their sense of disconnection, stress and worry and many are having to make difficult decisions about their lives and activities. The first thing to say is that it is good to talk and to share these feelings. People from the churches in the benefice, RENEW and others in the villages have offered to ring anyone who would like to chat. Some of them are themselves confined to home so would understand how it feels to be cut off from the things they would normally be doing and enjoying. There is also Whats App and Skype which allow you to connect to a group of people for a chat or a discussion and you can see friendly faces which is good. We are in the process of setting up some groups for those who are on computer and on the internet. This very difficult time could provide us with an opportunity to get to know more of our neighbours and to make new relationships with those we may not have met before. There are a substantial group of people who have volunteered to support others and so new links will be forged over the coming weeks.

Time at home could also mean time to live at a different pace. To try some new recipes, read the book you have always meant to read, listen to all the CD's you have but have not listened to for ages. It could be a time to rediscover writing letters and cards, phoning friends for a chat as they are more likely to be in, or trying a regular slot of exercise at home. There are on-line singing groups, exercise classes and on-line learning from the big museums for those who have internet connection.

For Christians being at home provides an opportunity to have a "retreat at home". We can pray for all who are worried about their health or their jobs, for those with responsibility for planning and organising all that must be covered through this crisis. We can pray regularly for those who are working in the health service, care homes and home care and all who are keeping our supplies and social structures in place. We can also remember those who do not have the same safeguards and medical care that we have access to and for all refugees and others facing this crisis on top of many other difficulties and dangers. A reduction in events and business may also give us the chance to spend some time with the scriptures. Our Lent course this year was a book with daily readings relating to objects in our homes, so although we cannot meet to discuss things we can share in studying alongside each other. The BBC is going to provide more worship on radio and television so that those unable to attend worship will still have the chance to worship and pray together although in their own homes. We are inviting everyone to join with us in 10 minutes of prayer and reflection at 12 noon each day wherever you may be.

At the heart of the gospel lies a message of hope, a light shining in the darkness. No matter how bleak or difficult life may feel there is another side, a new day, a fresh beginning. The disciples found this to be true when the darkness of Good Friday became the wonder and joy of an Easter morning as they encountered their living Lord. We may not be able to celebrate Easter together this year but it remains true and we can still know that joy and hope in our lives. The Gospel also pro-

claims, through the words Jesus spoke to his disciples, that he would be with them always. That is true for us too. No matter how alone or isolated we may feel at times, Jesus is always with us. He is right beside us, to listen and to share our lives, to speak peace to troubled hearts and joy to those who are feeling weighed down. May you know the amazing presence of the Lord, our constant companion and guide as you navigate these new experiences and challenges.

Lean on him and trust him and he will lead you to green pastures and provide the resilience and comfort you need. This comes with warm wishes *Sue*

Dear Editors,

Easter Lilies STOP PRESS

In view of the fact that there will be no church services over the Easter period it has been decided to have just one special pedestal full of lilies and we will place the names of all those you wish to remember near to it. The church **will** be open so please do go and see them. Any extra money that we have left over will go towards some celebratory flower arrangements when all this is over - and it **will** be!

Keep smiling and stay safe and well.

Ruth Scovil

Easter Lilies

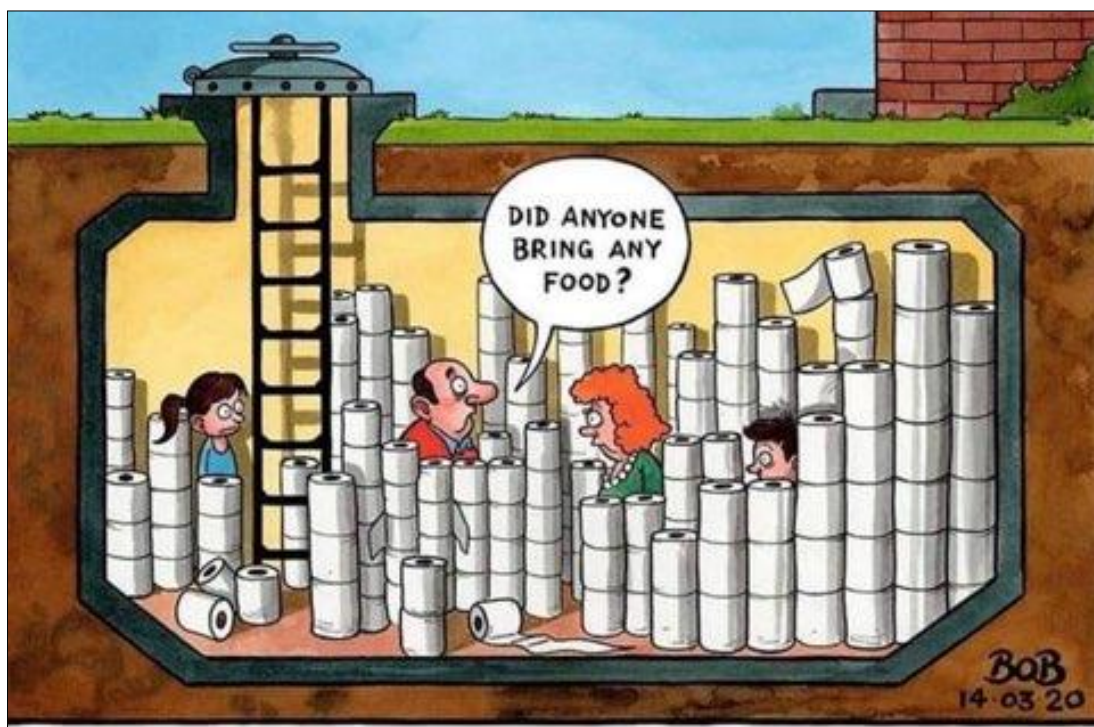
Each year we have had lilies in St Mary's Church at Easter time and, recently, many people have contributed to these in memory of a loved one.

Donations can be made anonymously or with your name and the name of your loved one. A list will then be compiled and placed in church for Easter Sunday. As a guide the Easter lilies will cost £2.75 per stem this year. All contributions will be *very* welcome and will enable us to have a beautiful display.

If you would like to make a donation please put it through Sue Rust's door at 23 Greenhead Road or Ruth Scovil's door at The Oaks, Manor Farm Court, Lower End (the letterbox is in the door at the back of the house!). Please include the name of your loved one and your own unless, of course, you wish to make your gift anonymously.



Ruth Scovil



Dear Editors,

Swaffham Prior CE Primary School

This is an anxious time for all our families and our heart goes out to people around the world who are suffering or, indeed, working hard to limit the impact of this devastating disease. As a school we have been following the government advice at each stage and are now preparing for a situation where schools will be closed for the majority of children in our community for the foreseeable future.

However, although there may be less children within our building, there will still be lots of learning for them to be getting on with and teachers to support pupils remotely throughout the day. All children will receive a home learning pack with lots of activities and links to other useful websites and we are very fortunate that we can use the online classroom community, Class Dojo, to keep in contact with our pupils.

There will also be staff in school daily to support the children of our key workers as well as others who meet the criteria set out by the Education Minister and to ensure we continue to provide meals for eligible children.

These are challenging times and we will continue to do our best to help our community in every way we can.

Helen Bartley

Head teacher

Swaffham Prior CE Primary School, 01638 741529



Behind the doctors & nurses keeping you safe on frontline, is a vast team of less visible staff such as:

- ♥ Administrators
- ♥ Scientists
- ♥ Managers
- ♥ Receptionists
- ♥ Cleaners
- ♥ Lab technicians
- ♥ Porters

To *everyone* in the 1.5 million NHS family, thank you. Thank you all.

YES, I'M WORKING FROM HOME TODAY

Dear Editors

THE RED LION

We are the new landlords of the Red Lion, and we have been in just a week.

In these difficult times, we are taking the following measures:

- We **WILL** be **OPEN** every day until the Government tells us to stop, and even then we will be open for take-aways of both food and drink.
- From Monday (23rd) we will be serving three different strengths of home made curries every day, to eat in or **TAKE AWAY**.
- Will be having a **HAPPY HOUR** from 3-6 on Mondays and Fridays (25% off all drinks).
- We will be open Saturdays from 9.30-12 am for **BREAKFASTS**.

We will be opening all day Mon-Thu 12-11; Fri 12-12; Sat 9.30-12; Sun 12-8.

Unfortunately, for obvious reasons, we cannot fully open the restaurant and do meals and Sunday Lunches just yet.

We are committed to supporting the village throughout all of this. If there is anything else we can do, please let us know.

We have a new email address TheRedLionPrior@hotmail.com and our number is unchanged 745483.

Emma & Dean



*Down by the River Bank....
A large Leek Harvesting Operation taking Place (Regardless)*

Photo by
Sue Wade

Dear Editors,

Collection of medicines

If you are self isolating and would normally come and pick up your medications, please arrange for a relative, friend or neighbour to come and pick these up on your behalf. There are people in the community who will be making themselves known in order to help those who are struggling with support.

Jenny, Patients Group, Bottisham

Dear Editors,

VILLAGE QUIZ

Jenny and I would like to thank everyone who came to our quiz on March 14th, we were wondering if many of you would come due to the recent circumstances, so many thanks for supporting us.

Congratulations to Densa who won, Special Fried Five came a close second, well done. A big thank you to Shirley, Sheila and Maddy who helped in the kitchen and served the food. We wanted to say thank you on the night but you had gone home. Another big thank you to April who organised the raffle and to those of you who donated prizes. Finally, thank you Tim for being our quiz master, we are amazed that people like you who step up and help us out when Andrew is unable to do it. Jenny and I do appreciate everyone who helps on the night and wouldn't be able to go ahead with the quiz otherwise. We raised £233.40 for St Mary's Church, thank you.

The date for the next quiz is 12th September, as long as we are not all in lock down. Hopefully things will have improved by then, so for now everyone stay safe.

Lynne and Jenny

Dear Editors,

A Message

A friend said to me not that long ago that to relax you must be in the moment and forget your worries. To enjoy the now and go with the flow in a challenging time. Family, friends and particularly neighbours restore my faith every day in an ultra-positive way!

We'll be thinking of each other as we move forward, sharing each other's happy times and celebrate the discovery of each new day. Apples aren't the only star attraction of discovery.

In addition to this, when we moved from Swaffham Prior to Newmarket- we had a most warm welcome from the grey cat- who stayed with us saying 'please let me into our home, purring'. Of course, we didn't know at the time- it was his former place. A charming and adorable individual and part of our local Cool Cats Gang moving forward to build great memorable times together.

Jorge Monteiro

PS. Keep up the faith.

Corona: Frequently Asked Questions (FAQs)

Q: When I think about the coronavirus I get a sore throat. Does this mean I've infected myself?

A: No. **Someone is attempting to inject you with it. By TELEPATHY**

Q: If we just close our national borders, doesn't that mean the whole country is self-isolated anyway?

A: **It may be too late for that.**

Q: Can I give Coronavirus to someone by coughing down the phone at them?

A: **Yes. It will be the rarer form of ELECTRONIC COVID-19**

Q: What am I going to do with all this toilet paper?

A:

(That's quite enough FAQs. Eds)

Mark Lewinski & Ophir Catling



Derar Editors,

Heating Swaffham Prior

The Heating Swaffham Prior project is continuing at pace, with planning submission due to be made in Spring/Summer. We had planned to host a series of meetings for community stakeholders and the village as a whole prior to the submission, which following Government advice are now postponed. Instead, we will launch a newsletter providing more detail on the project and look to hold online workshops. The first issue will be circulated as a hard-copy to every household, but we urge people to send their emails address to info@heatingswaffhamprior.co.uk to be added to the mailing list, to minimise future prints. This newsletter will be available on the project website also: www.heatingswaffhamprior.co.uk/newsletter. We will also be launching some competitions for children during this period!

Janet Hall

Heating Swaffham Prior Team
info@heatingswaffhamprior.co.uk

BOILED FRUIT CAKE



*1 bottle whiskey
1 cup butter
1 cup water
50g walnuts
1 tspn salt
1 cup sugar*

*4 large eggs
lemon juice
1 cup mixed fruit
1 tblspn brown sugar
1 tspn baking soda*

Place dried fruit, water and half cup of sugar in small saucepan. Boil for 15 minutes. Pour whiskey into shot glass, sample to check quality. Get large mixing bowl. Check whiskey again – pour 1 level cup and drink. Repeat previous step. Turn on electric mixer and beat butter in a large fluffy bowl. Add 1 spoontea of baking soda, half cup of sugar and beat again. Resample whiskey to make sure it's still whiskey. Turn off the mixer, break two leggs, add to bowl. Chuck in fried druit. Mix on the turner. If fruit gets stuck in the beaters, pry loose with drewscriver. Sample whiskey to check tonsiticity. Next sift two cups of salt or something, who cares what? Check the whiskey! Now sift the lemon juice and strain your nuts. Add 1 babblespoon of brown sugar, or whichever colour you can find. Wix mell. Grease the oven, turn pan cake to 350 gredeedles. Don't forget to beat off the turner. Pour mix into cake pan and over bench. Throw bowl out the window. Stagger to laundry, put pan cake in oven set to hot rinse. Continue sampling whiskey till bottle is empty. Bo to ged!

Ruth Scovil

Julie Nunn's WARTIME MEMORIES

Wartime Eggless Sponge

8oz self raising flour
2 tsp baking powder
3 rounded tsp custard powder
Pinch of salt
3oz lard or margarine
2 rounded tbsp of castor sugar
Milk to mix

1. Mix the flour, baking powder, custard powder and salt together.
2. Rub in the fat and the sugar and add enough milk to mix.
3. Spread into 2 greased sandwich tins and bake in the oven at 350f for 10-15 mins.



Dripping Spread

Beat up 2 boiled potatoes with 1 oz of margarine. Crumble a meat cube and beat into mixture. When spread on toast or bread tastes like delicious dripping.

The Crier has "borrowed" a number of cartoons from many sources in this issue. Many thanks to Ruth Scovil for the borrowing and we would like to particularly acknowledge Matt of the Telegraph and Nick Newman of the Sunday Times. And Bob.

Dear Editors of the Swaffham Crier,

Illegal Sky Writing

This morning, being Tuesday the 17th of March, I perused my copy of The Times, a daily habit to which I have strictly adhered all my life in order that the world may be viewed and understood through the lens of proper British traditional journalism.

I found my eye was drawn to an item covering almost the entirety of the third page regarding the practice of **sky writing**, being the creation of visible aircraft emissions by idle and vainglorious pilots with nothing better to do than to tear up and down the heavens leaving trails of smoke in apparently interpretable patterns for the entertainment of those equally idle people below.

I was particularly arrested by this item as I am aware that the *editrice* of your usually esteemed organ, the Swaffham Crier, has been promoting this activity both in writing and in the publication of images of the perpetration of it. I employ the word 'arrested' advisedly, for The Times has informed me that this activity is and has been for the last sixty years, illegal.

Dear boys in their magnificent flying machines so very long ago, some of whom gave their lives heroically for our country in mortal combat with the Hun (if this term is permissible now we are no longer part of the European Union?) although it is equally true that some gave their lives in unnecessary if most exciting displays of daring aerobatics, both with and without smoke trails. Indeed Douglas Bader, one of the greatest fliers of all time, famously lost his legs crashing his aircraft in a fit of aerobatic pique having been denied by his superiors something or other that he wanted to do, doubtless a similar exercise.

But to the point - sky writing was made **illegal**. It remains illegal. This, it is stated by The Times, was to prevent its use as a propaganda weapon by our enemies, to write in our skies messages to draw us into corrupt thoughts and beliefs. It is how we are drawn in: A smiley face today, an insidious political message tomorrow.

And Mrs Matheson, who has taken some considerable lead in forming the opinions held by so many in this village, has been promoting an illegal activity. She must make due amends for the error of her ways. I trust she will report herself to the relevant authorities without delay.

Faithfully yours

A. Crier Reader-Anon Esq



LOCKDOWN

**Yes there is fear.
Yes there is isolation.
Yes there is panic buying.
Yes there is sickness.
Yes there is even death.**

But,

They say that in Wuhan after so many years
of noise

You can hear the birds again.

They say that after just a few weeks of quiet

The sky is no longer thick with fumes

But blue and grey and clear.

They say that in the streets of Assisi

People are singing to each other

Across the empty squares,

Keeping their windows open

So that those who are alone

May hear the sounds of family around them.

They say that a hotel in the West of

Ireland

Is offering free meals and delivery to the
housebound.

Today a young woman I know

is busy spreading fliers with her number

through the neighbourhood

So that the elders may have someone to call
on.

Today Churches, Synagogues, Mosques and
Temples

are preparing to welcome

and shelter the homeless, the sick, the weary

All over the world people are slowing down
and reflecting

All over the world people are looking at
their neighbours in a new way

All over the world people are waking up to a
new reality

To how big we really are.

To how little control we really have.

To what really matters. To Love.

So we pray and we remember that



Yes there is fear.

But there does not have to be hate.

Yes there is isolation.

But there does not have to be
loneliness.

Yes there is panic buying.

But there does not have to be
meanness.

Yes there is sickness.

But there does not have to be disease of the
soul

Yes there is even death.

But there can always be a rebirth of love.

Wake to the choices you make as to how to
live now.

Today, breathe.

Listen, behind the factory noises of your
panic

The birds are singing again

The sky is clearing,

Spring is coming,

And we are always encompassed by Love.

Open the windows of your soul

And though you may not be able
to touch across the empty square,

Sing.

March 13th 2020

Contributed by Claire Freeman

A SCHOOL HISTORY LESSON

I have done some internet research on the school's history, although as is the nature of the internet, I have no idea how much of it is true. It seems that the school history goes even further back than the proposed 1730 date as an unlicensed schoolmaster was reported in 1610. In the 1640s and 1650s the vicar, one Jonathan Jephcott, "well versed in ancient languages and mathematics", was educating Roger Rant's sons and others privately. However, the school started "for real" when a permanent endowment for education was provided when the parish charities were reorganized in 1730: £5 yearly was to be paid to the schoolmaster (already in 1728 keeping a charity school with 24 pupils), to teach ten poor children for free. By 1744, a schoolhouse had been built by the street at the north side of the churchyard, where a master's house also stood by 1800. The remains are still there – the strange half wall in the churchyard next to Anglesey House.

The £5 had been increased to £10 by 1818 when three other day schools took another 160 children. The overseers were then paying "schoolpence" for up to 15 poor pupils. By 1833, besides two Sunday schools with 119 pupils, started in 1828 by Presbyterians, there were four day schools: the endowed one with only 15 children of both sexes; two with 31 more whose parents paid and a National school (one of two started in 1819) with 51 girls supported by subscriptions and by 1836 also by the charity and schoolpence. Under the supervision of the curate who also kept a boarding school at the vicarage, the National school was taught by a mistress, but without sectarian distinctions.

In 1837 the parish finally ventured to dismiss, after twenty years service, the unqualified endowed-school master, who had defended alleged misconduct with a claim to a freehold in his post. The result was the establishment by 1846 of National schools for both sexes at which 82 boys and 80 girls were taught. The masters, the first serving 1837-57, were assisted (as was usual up to the late 1800s) by their wives who taught the girls. There was also an evening school for 34 boys.

Probably from about 1841, a teacher's house was provided on the high street. The schoolroom, then over-crowded, was rebuilt in 1852 on the old site to take 150 children. In the 1850s and 1860s the church day and Sunday schools together had 170-200 pupils, of whom the village produced 120-30, but a few came from the fen or field cottages.

A scheme of 1863 accepted the school's Anglican character, formally entrusted custodianship to the parish charity trustees who already owned the buildings; both the management of the school and the choice of the teachers, and formally confirmed an increase, first made in 1851 in the charity's contribution to £30, half the school income. Schoolpence yielded another £20. In 1868 a certificated master was appointed.

Until 1900 the masters, changing every 4-5 years, had charge of an average attendance from the village of 70-80 in the 1870s; 90-100 thereafter. The vicar, whose daughter kept a poorly attended night school in the 1870s and 1880s, taught regularly into the 1890s at the village school, which he was able to retain as a church school.



Swaffham Prior Schoolchildren
parading on Plough Monday, 1929

From 1904 half the village school's £30 endowment was intended for the church Sunday School. From 1908, £5 for building repairs was added. Although the master's house was turned into an infants' classroom for about 50 pupils from 1889 and another residence being rented, the old schoolroom, supposed by 1910 to take 112 children and actually holding 80-95, was by the 1920s thought congested.

From 1923 the older children were sent to Burwell county school, although some parents initially resisted, sending their children for a year to privately run local classes. Fearing closure, in 1928 the church school managers raised funds to build on a site across the street obtained from Mr. C.I.L. Allix Esq. who took the old school building for demolition and gave £500 towards the new one. A new church primary school with three classrooms opened in 1929 and is still there. That original school is what now comprises the hall, offices and kitchen parts only of the school. The classrooms in present use were built in 1966, and the two sections were connected by a covered way a few years later. Two new classrooms were added at the rear in 1973. The mobile classroom was added as numbers increased as a temporary measure, and is still there. The library extension was added in 1997 and the new classroom in 1998, to be followed by a staff room in 2003 and not forgetting the splendid swimming pool changing hut which was built in recent times.

I know I am missing something because there is "School House" on Cooper's Lane, so that must fit in there somewhere (or was that the original 1889 "masters house" ?), maybe somebody can fill in that gap. Also, perhaps someone more local than myself (I have only been a resident for twenty years) would like to supply the full history of the swimming pool and it's related huts, of which I know of at least three incarnations.

Steve Kent-Phillips

(See <https://www.british-history.ac.uk/vch/cambs/vol10/pp302-303> for more information)

Staying at home can help stop coronavirus spreading



You'll need to stay at home if you have symptoms of coronavirus (COVID-19) or live with someone who does.

Staying at home means you should:

- not go to work, school or public areas
- not use public transport or taxis
- not have visitors, such as friends and family, in your home
- not go out to buy food or collect medicine – order them by phone or online, or ask someone else to drop them off at your home

BUT

You can use your garden, if you have one. **You can also leave the house to exercise – but stay at least 2 metres away from other people**

Questions to Lighten Your Days

*

*Where in Cambridge would you find the notice
“Heated Tobacco Sold Here”?*

*

To what was the person referring?

“Well, that’s done, and I’m glad it’s over.
If that’s really all there is to it I'd
rather have a good smoke,
or go to the pictures.”

*

Who said, and when?

“This is the moment the dawn breaks and
the curtain goes up on a new act
in our great national drama.”

Answers to the Editors by April 1st. Eds

Stocktaking

A lot of things have happened
Since I first kissed you, in the car.
I have acquired many things
That exceed my requirements, by far.

A mother - in - law; a mortgage;
Three children, and a cat.
Who would have thought such riches
Could all have stemmed from that?
Ophir.

Entertaining

Making great decisions is hard for any of us to make.

A bit like with cakes and the next thing to bake- a sponge or cherry lake.

Playing chess is a little thing we can play but so is scrabble or panoply.

See what I did there.

The grinning cat is shining bright in moon beam and frost delight.

Lights so bright that make us smile and music dance to sing a while.

The fauns and centaurs do not prance. Yes, this is rhyming slang and it all began
with the big bang- so it's told.

Out of this Armageddon came the Garden- the most beautiful and sudden of arrivals.
No trivial matter. Even for the March Hare and the Mad Hatter.

That lady said I was never ready from the get-go and grinning in the night is not
the way to go.

Just as long as we live in the know, we can figure out the slow and sing with the
meadow crows.

Jorge Monteiro

NHS Advice on Ibuprofen

There has been considerable confusion and controversy about this — specifically, the claims that it is heavily contributing to serious illness and death rates from the virus.

Exactly what has been happening isn't entirely understood, but current NHS advice is (we think!) **don't take it**. Stick to Paracetamol.

There seems to be a potential problem with infections and all NSAIDS (eg. Aspirin). If you are currently taking these, you should consult your GP before acting.

Some Natural Antivirals

SILVER Not just for swank did the wealthy of old eat off silver plates. It kills microbes. So should you have inherited some silver cutlery carefully tucked away for best, forget that, get it out now and stick it in the everyday draw. You can always polish it up in some of the spare time we may be due for. Silver has been used as a medicine since ancient times to



treat scores of ailments, including the bubonic plague. **Colloidal silver** is a suspension of pure metallic silver in water that is used to dramatically reduce the activity of the HIV virus in AIDS patients, slow down the ravages of the hepatitis C virus and combat other viruses in general. More recently, it was added to purify the water on the MIR space station, and it is routinely added to the water supplies of several developing countries at the recommendation of WHO. These are not notable corona hotspots. Does it turn you blue? Apparently yes, if you come from the US, make your own home-brand with brine and swig it back by the gallon.

COPPER Silver does not work as an antimicrobial metal when dry, but Copper does, as too its alloys, such as brass. This is just the thing to have your doorknobs made of, because instead of letting bacteria and viruses hang around for days, like swishy stainless steel and plastics, tarnished tatty old brass can dispose of them in minutes. As many of us can recall, it always used to be part of standard hospital door fittings. So some French hospitals have experimented by re-installing copper fittings, and have reported swingeing reductions in infection rates. Nursing homes are now following suit.

ELDERBERRY The common black elderberry (*Sambucus nigra*) has long been used to reduce the length and severity of flu symptoms and seems to facilitate very speedy recovery. It may also be effective against the herpes simplex virus and some HIV strains.

ECHINACEA The herb Echinacea (*Echinacea purpurea*) is supportive of the immune system and has a direct anti-viral action against colds and viral bronchitis. Preparations that include both the roots and the flowering tops are the most effective at helping the body

GARLIC Garlic has been prized for its medicinal properties for thousands of years. The compounds allicin and alliion are responsible for this common plant's reputation as a triple threat. Garlic is anti-viral, anti-bacterial and anti-fungal and it is especially effective against viruses if chewed raw. On the other hand, Holland & Barret's

Black Garlic (in non-smelly capsules) can't be that bad...

GREEN TEA Green tea (*Camellia sinensis*) contains a group of flavonoids called catechins, which appear to inhibit viral infections by blocking the enzymes that allow it to reproduce. Green tea has been known to be effective in inhibiting HIV, herpes simplex and the hepatitis B virus. Although you may think Green Tea tastes not unlike plain hot water, it's a lot better with lemon.

LIQORICE Liquorice contains a substance called glycyrrhizin that reduces the replication of viruses and halts their ability to penetrate replicate inside healthy cells. It has been noted to be effective in the treatment of many viral illnesses including HIV strains and viral hepatitis.

OLIVE LEAF The leaves of Olive trees (*Olea europea*) contain a substances called elenoic acid and calcium elonate has been identified as a powerful inhibitor of a wide range of viruses in laboratory tests., including influenza, herpes, polio and coxsackie viruses. These substances block the production of enzymes that allow viruses to replicate.

PAU D'ARCO Pau d'arco (*Tabebuia impetiginosa*), also known as lapacho or ipe roxo, is an Amazon tree with healing inner bark that can treat colds, influenza, herpes and viral stomatis. It contains quinoids that inhibit virus replication by damaging the DNA and RNA inside the viral protein that would insert itself in a healthy human cell and replicate.

ST JOHN'S WORT St John's Wort (*Hypericum perforatum*) is ore well-known for its ability to treat depression and neuralgia but it also has potent antiviral chemicals called hypercin and pseudohypericin that proactively fight off viruses that thrive by imitating existing cells through "cloaking". These viruses that masquerade as human cells include Herpes, HIV and Hepatitis C.



Son: When is all this corona stuff going to be over?

Mum: Just shut up and eat your toilet paper

The Swaffhams' WI

The W.I. sadly had to cancel our meeting this month, because—being diplomatic, our members(not all of them, but most) are pretty ancient/ elderly! But as a result, we now have a list of everyone's emails and the few that don't, have 'mindes'.

We would usually, as a group, have a monthly meeting, but for the foreseeable future, this won't happen and would normally be out there giving help and assistance. This we can't do at the moment. All a bit grim.

BUT—advice from Chinese medics, via my GP son in law, is to drink LOTS of HOT drinks—anything you like. Heat kills/neutralises this virus and our acid stomachs polish it off. Don't drink cold drinks with ice. So forget the toilet rolls, stock up on tea bags, and sit in the sun when it's warm enough. This virus hates sunshine.

Margaret Joyce

Sonnet in a Warm Winter

For long years gone the winter fen would glare
And dazzle back a low and lemon sun;
Skates sliced the levels and the scalpel air
Cut to the marrow through the flesh and bone.
Frost-locked, wild creatures understood the choice
To hibernate or starve - no compromise
With cold; no deaf ear turned to Winter's voice -
What's brave, what's tardy or what's foolish dies.
But now the baffled squirrel on my lawn
Still buries walnuts without knowing why.
Blue tits build nests before the old year's gone
And red kites winter in the eastern sky.
The North Sea gnaws towards the Norfolk Broads
And glacier water swells the ancient lodes.

Wulsin



The Reading Group Reads....

A Lot of Stuff about COVID-19

And so, with much regret, we won't be having our usual meeting on Wednesday, April 1st.

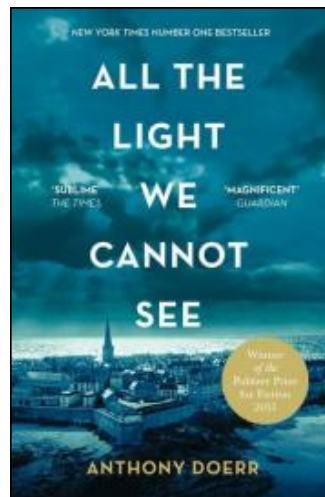
We hear that some people are already having Online Dinner



Parties and between now and then I am very much hoping we might be able to do something similar. The book is "All the Light We Cannot See" by Anthony Doerr, and if you'd like to join in (or indeed advise on) a potential Electronic Extravaganza, please contact me on 01638 744008, or email caroline@swaffham-prior.co.uk.

It seems Polly the Pup has also been reading the book, and has clearly enjoyed it very much. Unfortunately. Especially as it wasn't mine, gnash!

Caroline Matheson



Swaffham Prior Heath Hare Coursing & Money Laundering Association

It is with great sadness we are announcing that due to the situation with the corona virus, all of our March Meets, and quite possibly April, May, June and July, if not to mention August, will have to be called off.

At the same time, our much beloved Silver Mercedes ML has broken an axle in a collision with a large trench which suddenly appeared completely blocking a **Public Right of Way**, so we will be complaining about that, and also there seems to be an ongoing problem with the pedestrian access gate at the beginning of the footpath, which is forever jamming. We will be taking that up with relevant authorities as well, or we may simply insert a hole in the hedge instead.

It has also come to my ears that a big outbreak of Covid-19 among some of our wagering City Gents has been caused by a basic misunderstanding. Yes, our service does include money laundering, but no, it is not that kind of laundering.

IF ONLY!

Reginald Kraybottom

Thank you to The Crier for publishing this Special Edition. Please make sure you care for yourselves and your families and neighbours and follow the Government Guidance at - <https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response> and NHS guidance at <https://www.nhs.uk/conditions/coronavirus-covid-19/>

Clearly, John and I will no longer be holding any 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. 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.



Charlotte has decided to venture into the world of Social media and now has a Facebook Page – you can visit the page at - fb.me/charlottecanelibdem and send messages to her at m.me/charlottecanelibdem. She will be posting latest information from the District Council and local matters, plus some more social stuff which you may find of interest. Please have a look and let her know what you would like more of and what you want less of. Please be patient with her if she stumbles along the way as this is a learning curve for her.

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.

Charlotte gets her milk delivered by Plumbs Dairy, who tell her that they are happy to take on more customers. As well as milk, they deliver bread, eggs, bacon, juice and other products. While their stocks last, that means you can get your basic supplies delivered. Their website is - <http://www.plumbs-dairy.co.uk/> and their phone number and email are - 01223 893033 info@plumbs-dairy.co.uk. Milk & More also deliver in the area but they are not currently accepting new customers. There may be other deliverers in the area as well.

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.

We are lucky to live in beautiful villages, with lots of open space nearby. So we will keep going out and watching the Spring countryside emerge. We will keep a safe distance from others out walking, and enjoy the birdsong, fresh air and flowers. Coming home from work on Tuesday, Charlotte spotted a beautiful toad hopping across the path and stopped to watch it for a few minutes and then read more about toads at - <https://www.wildlifebcn.org/blog/rebecca-neal/why-you-should-love-toads-and-other-amphibians>

Plumbs Dairy milk by the door-step. They also deliver bread, eggs, bacon, juice....

01223 893033

info@plumbs-dairy.co.uk



Eggs & Puppy Milk

Annelie Hollstenius of Lower End (the house with the large farm gate near the bottom of Cage Hill) has a glut of eggs, which are the most beautiful eggs you have ever seen, all with a different pastel shade, and also gallons of “puppy milk”. This is not milk from puppies! But rather, her own goat’s milk which she is only allowed to sell for animal consumption. .

We have a puppy who might be very keen on this.

In the next few days, Annelie will be making a box to attach to the gate from where you can buy your eggs. Meanwhile, you can get them from Roz and John Chalmers next door.

Caroline Matheson

It is with sadness that I am writing to let you know that all worship in church will be cancelled for the foreseeable future. This is to make sure that we protect one another and play our part in reducing the spread of the Covid-19 virus.



This will be a very significant step with Holy Week and Easter just around the corner but hopefully we will be able to remember the journey to the cross together even though apart. We are exploring whether we could set up some Skype groups or What's App groups to help people keep in touch and remain part of the community even though we cannot meet. There will be services on the BBC and there are other resources online and I will send out information about these in the near future.

Thankfully we are using a daily reading Lent book this year so we can still continue keeping Lent at home but sadly our discussion groups and prayers in Lode will no longer take place.

Churches will remain open so that people can come for some time of quiet reflection. We will continue to produce our news notes with the prayer list and we will make sure that everyone is updated so we can pray for one another and keep the Sunday readings and use the weekly Collect.

I am hoping to keep in touch with you both by e-mail and by phone but do please ring me if you would like a chat, it's always good to talk. We have collected details of a group of volunteers who are offering to collect medication, deliver prescriptions, collect shopping, ring for a chat or maybe walk the dog so if you need any practical help and we are able to respond we will. There are also village Facebook and What's App groups who are offering help for those of you who can access these platforms.

If you have trouble ordering shopping on-line the village shop in Bottisham is offering to deliver shopping for those who are self-isolating or are over 70 and there are some volunteers ready to deliver the items. You can pay for the shopping using a card over the phone to save worries about having access to cash. If you have any difficulties do get in touch and we will find a volunteer to support you.

In these difficult times remember there is a friend at the end of the phone and a God who loves you and holds you in the palm of his hand. Look after yourselves and stay well. I will miss seeing you but we will stay in touch.

God bless

Sue



It is looking highly likely that RENEW Church will cease meeting at the primary school for the foreseeable future due to latest government advice regarding non essential social contact. We will probably take it a month at a time.

Alan Brand

COVID-19 (Coronavirus)

Help is available in Swaffham Prior if you are self-isolating or social distancing.



The government is advising people to stay at home whenever they can to limit the spread of Coronavirus, which is highly contagious and can be serious. Please avoid physical contact (2m). Please wash hands regularly. Please **do not** visit your medical practice at this time.

Please have a look at the list below to see who your local contact person is. **If you are in need of help, please phone or text them.** They will contact a group of volunteers and someone will be along to help you as soon as possible with:

- | | | |
|---------------------|--|---------------------------|
| * Posting Mail * | * Dog Walking * | * A friendly phone call * |
| * Urgent supplies * | * Picking up shopping or prescriptions * | |

Join the **WhatsApp** group (*link on the Swaffham Prior Facebook Page*) or speak to your point of contact if you would like to help as part of this volunteer community group.

Area	Contact	Phone Number
Mill Hill	Cheryl Wilding	07825787896
Tothill Road	Natalie Dirosa	07951419324
Tothill Road	Stuart Warner	07421 322 791
High Street	Caroline Matheson	07516184240
High Street	Sarah Dodge	07780688905
High Street	Annelie Hollstenius	07936 685819
Churches	Sue Giles	01223 812726
Cage Hill	Rachel Marsh	07989178022
Cage Hill	Peter Arksey	07562373783 (after 5.20pm)
Cage Hill	Abi Lowther	01638 743612
Lower End	Clare Farrah	07585135774

At risk groups

These groups of people are particularly vulnerable to Coronavirus, so take special care to keep them safe; elderly people, those with a history of lung disease, cancer patients, immune-suppressed and immune-compromised people, pregnant women, people with underlying health conditions.

Hand washing

Wash your hands for approximately 20 seconds, the amount of time it takes to sing Happy Birthday!

Guide to social distancing

Avoid	Use-Caution	Safe to do
<ul style="list-style-type: none">Group gatheringsRestaurants/bars/GymsSleepovers/Play datesVisiting the elderly with childrenCrowded shopsVisitors/Non-essential workers in the home	<ul style="list-style-type: none">Visits to the supermarketVisits to the pharmacyVisits to GPTravellingPublic transportCheck on family and friend's safety	<ul style="list-style-type: none">Go for a walkJoggingWorking in the homeDIY in and around the homeReadingGoing for a driveVideo callsPhone calls



The Four Horsemen, from The Apocalypse by Albrecht Dürer

(Hmmm. Apparently “Apocalypse” means “Revelation”. Not a moment too soon then. Eds)