



Mepal Matters

The new name for the original 'Mepal People' Newsletter



April 2020

Editors Comments – COVID-19 Outbreak

This is the first issue of our village newsletter since we have seen the effects of the massive spread of the Corona virus in the UK. The reason for the current drastic action is that we have a huge responsibility to protect those in society who are more likely to experience the more serious effects, and to protect the NHS staff who are trying to valiantly to cope with the situation, and those essential workers who are trying to keep the supply chain stocked for everyone.

The Community Facebook page (unrelated to this newsletter) 'Mepal People' is a great source of help and advice and I would encourage people to join this community group – if we can all help with shopping, dog walking or general help for those forced to self-isolate I am sure we are all willing to do so. Please just ask.

Please take heed of this comment from Health Secretary Matt Hancock:

"If people go within two metres of others who they don't live with then they're helping to spread the virus - and the consequences of that costs lives and it means that, for everyone, this will go on for longer."



Mepal Post Office Stores

At Mepal Post Office & Stores, we are always trying to help our local community as much as we can through these hard times, we would like to offer free delivery to all our Elderly customers.

If you are unwell or self-isolating and are worried about leaving your house or just want to reduce your contact with others then we are also here to help, just let us know.

We will deliver your goods to your doorsteps and let you know when they arrive.

Call us on: 01353 778275

We deliver Groceries, Drinks, Household Goods, Alcohol, Cigarettes, and much much more.

After Boris Johnson's announcement on 24th March we have made slight adjustments to the shop opening hours. We will be opening at **8am every morning and close at 7pm although we will review this as needed.**

Please refrain from doing multiple trips to the shop.

Leave children at home where possible

Anyone not feeling well please **DO NOT** come in

Stay safe and follow the guidelines and we can get through this by working together.

Disclaimer

The views and opinions expressed in this publication are those of the authors and do not necessarily reflect those of the editor or the Parish Council.

Mepal Playpark and Recreation Field

The Parish Council advises that it is following and will continue to follow Public Health England and Government guidance and therefore from Tuesday 24th March we will be closing the playpark completely until the current partial lock-down restrictions are lifted.

The Recreation Field remains accessible BUT only under the current guidance – ie maintain 2m social distancing, do not arrange to meet anyone outside your immediate household and such exercise activity should only be undertaken once per day. You should not be using the Recreation Field under any other circumstances.

We understand that this is not going to be easy – but we must all follow this until further notice, whatever your age or health. **Stay at home to stop coronavirus spreading.** This includes people of all ages – even if you do not have any symptoms or other health conditions.

Reminder - you can only leave your home:

- to shop for basic essentials – and only when you really need to
- to do one form of exercise a day – such as a run, walk or cycle, alone or with other people you live with
- for any medical need – for example, to visit a pharmacy or deliver essential supplies to a vulnerable person
- to travel to and from work – but only where this is absolutely necessary

Caring for carers emergency appeal

At this time we are all being asked to make radical changes to our lives - to stay at home, adjust to schools and many other places closing, to socially distance from our family and friends, and follow guidance on self-isolation - but throughout this the incredible care workers at Caring Together are still at work providing care to the elderly, people with a disability, people with dementia and with mental health problems in your local community.



Caring Together is a local charity who provide care workers to go into people's homes to help carers. We are working throughout Cambridgeshire, Peterborough and Norfolk.

The social care system, particularly the vital care that is provided to vulnerable people in their own homes is all the more important at this time.

We urgently need your help. Coronavirus has had a huge effect on our services. We have had to stop all our clubs and groups for the foreseeable future and cancel all our fundraising events which we rely upon to help fund our home care services.

However, our home care workers are under increased pressure. We want to ensure that carers and the people they look after don't become isolated and are given the support they need in the home. We want to ensure that what is a challenging time for all of us doesn't become a greater crisis for people who already face huge demands.

This is why we need your urgent help and support – please donate to our Caring for carers appeal. Your donation will help us fund the vital services our care workers provide, all day, every day, and to help and support those caring for loved ones at this time.

Please donate at www.caringforcarers.uk.

As a result of the current vital 'lock-down' it has not been possible to produce a hard copy print for this issue and delivery to all Mepal households. We are putting the newsletter up in noticeboards and the Parish Council website and FaceBook page, but please pass on the information to those without access to these communication routes.

Note to those who had submitted articles or adverts: As a number of articles had been received prior to the partial lock-down announced on 23rd March, it has been necessary to edit some articles to bring into line with the new guidance and to remove the adverts this issue to reduce the size of the issue.

Gardening Club

We had our final committee club meeting in February, to decide what we should do with the funds we had. After our meeting it was decided that we would share the money between the Friendship club, Good Companions, and the Youth Club in the village; with donations sent to the East Anglia Air Ambulance, and the Alzheimer's society. We would like to thank those people that supported our Gardening club over the years, and it was such a shame that we could not get anyone to join the committee to carry it on.

Friendship Club

Welcome to the news from our club!
We had a trip to Swaffham in March where we spent a few hours there, visiting a garden centre in the afternoon to have a look about, followed by a nice cake and cupper in the café. Our good day out finished with a meal at the Red Lion Stretham. Some of our members cooked a lovely meal in the hall for the other members and we also have bingo raffles and lots more!

Due to the present Covid-19 pandemic, the Friendship club will not be holding any further meetings or events. When the crisis is over, we will start our meetings again and look forward to seeing you all again. Please listen to advice and take care.

Good Companions

As a result of the current situation with the Covid-19 outbreak all meetings and events for good companions are suspended until further notice. Keep safe, keep your distance and keep washing your hands. Jane Edmenson 777621

Village Hall News

In order to tackle the coronavirus, we all need to minimise social contact, and we shall not be accepting any bookings of the Hall until further notice. All our hirers had already done the responsible thing and cancelled their events. This puts a strain on our finances because some expenses such as insurance still have to be paid while no money is coming in, and until warmer weather arrives, we must keep the heating on at a low level to avoid harm to the building. The Hall is a designated centre for community measures in emergency and although no such use has yet emerged it remains available for the purpose.

At this time of year, we would normally be announcing our public Annual General Meeting to report on our activities and to appoint a new Committee for the next year. This will have to wait until it is safe once more for people to gather.

The Breakfast on Saturday 29th February was enjoyed as usual although the rain early on kept some people away. We haven't heard that any proposals of marriage were made or accepted, but you never know.

Once the present crisis is over, we want to help everybody resume normal activity and we are keen to make the Hall an even better venue for this. We are actively seeking grant aid to re-floor the building. This would mean that for example carpet bowls, in which people expressed interest in the Community-led Plan exercise, could take place.

Keep yourselves safe, look after others if you are able and allowed to do so, and we all look forward to better times again.

Chairman: Allen Sallis, Treasurer: Tony Pleasance, Secretary: David Stazicker 778129 david.stazicker@gmail.com Other members – Lynne Woodward, Gordon Reid, Rosemary Wells.

Social Distancing Outside

Spending time outdoors is good for our health.
But social responsibility is essential for ALL our health.



Avoid
close contact
with others



Distance
yourself at least
2 metres (6 feet) away
from other people



Don't arrange
to meet up with other
groups - even family



Avoid
an area if it looks
very busy and go
somewhere else
for your walk

MEPAL PARISH COUNCIL

If you are having to self-isolate because of age, illness or any other reason and need someone to get your shopping, collect medicines or even if you just need a chat with someone, please get in touch with any of the following Councillors or our Parish Clerk and they will either help you directly or pass your request to someone who can.



Councillors:

Clerk Karen Peck 07842 499377
 (the parish phone will be on 9-5pm 7 days a week)
 Chairman Brian Rollason 07866 548691
 Councillor Cassy Brown 07584 028307

Vice Chair Lorna Williams 07480 558814
 Councillor Rebecca Margieson 07715 714240

If you are willing and able to help and would like to go onto the list of volunteers please ring the Clerk on 07842 499 377 or email mepalparishcouncil@msn.com. Please note the Parish Councillors are looking for volunteers who are ideally DBS checked so please do get in contact if you can help.

USEFUL TELEPHONE NUMBERS

Medical

Sutton Priors Field Surgery 01353 778208

NHS Direct only 111 if you cannot get help online @111.nhs.uk

Sutton Pharmacy 01353 778024

Ambulance 999 in an emergency only

Utilities

Nation Grid (Gas) 0800 111 999
 (If you smell gas)

UK Power Networks Power cut call 105
 (24hrs 0800 316 3105)

Anglian water Report a leak 0800 771 881
 (0345 791 9155 queries)

Financial

HMRC 0300 200 3300

Universal Credit 0800 328 5644

National Debt line 0808 808 4000

Business Debt line 0800 167 6026

Food and Supplies

Mepal Post Office 01353 778275

Milk and More 0345 606 3606

Plumbs Diary 01223 893033

East Cambs District Council 01353 665555

Cambridgeshire County Council 0345 045 5200

Care Network 01954 211919

Age Concern 0300 666 9860

If I am unwell, what should I do?



Do not go to a GP surgery, pharmacy or hospital



If you have a 'new continuous' cough or high temperature you should self-isolate for 7 days and visit [nhs.uk/coronavirus](https://www.nhs.uk/coronavirus) for help



Anyone living with someone who has symptoms should stay at home for 14 days, in case symptoms develop



If symptoms worsen - use online 111 coronavirus service at [111.nhs.uk](https://www.111.nhs.uk)



The service will give you advice on what to do next