



Wilstead *May 2020* NEWSLETTER *including Parish Council News*

PUBLISHED BY WILSTEAD NEIGHBOURHOOD WATCH, PART OF BEDFORD & DISTRICT NW ASSOCIATION

Spring Burglary Prevention Advice

As the days are getting warmer, it is tempting to leave your windows and doors open, however this can be a target for opportunist thieves.

Whilst the number of burglaries have reduced across Bedfordshire, we are reminding people of our prevention advice.

If you are enjoying the spring weather in your garden, please remember to keep your front doors and windows closed and locked. Where possible, avoid leaving valuables and car keys on display.

If you are leaving the house to enjoy your daily exercise, even for a short period of time, remember to close windows and lock up your properties

When you are not using garages and sheds, make sure they are locked and secure, as would-be thieves will look for opportunities to steal tools, and may even use these tools to break into your home.

Should you wish to report any incidents or suspicious behaviour please call 101, or 999 in an emergency. You can also use the live web chat service, or online reporting tool, found at www.bedfordshire.police.uk

You can also view more burglary advice on this site.

Bedfordshire Police

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Latest Crime Recorded for **Wilstead**

**Causing Intentional Harassment,
Alarm/Distress**
Wednesday 11th March 5.40pm

**Theft in a Dwelling other than from an
Automatic Machine/Meter**
Sunday 8th March 10.50pm
Longmeadow Drive

Other Criminal Damage (Under £5000)
Saturday 7th March at Midnight
Bedford Road

Burglary - Business and Community
Saturday 7th March
Between 8.45am and 1.10pm
Cotton End Road

The above 'Crime Recorded for Wilstead' are the latest available and cover the period
1st March to 31st March.

It is normally possible to provide 'Crime Recorded for nearby villages' but this has not been possible this month. The list of recorded crimes by the Police is supplied to a volunteer from Bedford and District Neighbourhood Watch who then forwards relevant information to local Neighbourhood Watches. In the current situation it was not possible to receive the crime figures in the normal format so, in the interest of accuracy, only those applicable to Wilstead have been extracted from the very large amount of information received.

Your Co-ordinator is

Keep Fire Safe While Remaining at Home

With the Easter weekend over, Bedfordshire residents are reminded to be sensible and keep fire safe while remaining at home.

We would like to thank everyone who adhered to the Government's advice that weekend to stay home, protect the NHS, save lives. With the sun expected to continue to shine, lighting a bonfire in the garden or having a BBQ is ever more tempting. However Bedfordshire Fire and Rescue Service and our partners are urging residents to think before lighting a fire and consider the impact it might have.

Lighting any kind of fire poses risks. Having a bonfire in your garden might seem a good idea to get rid of waste from a clear out, but these can easily get out of control. It could also aggravate health conditions for neighbours, particularly if they are isolating due to COVID-19 symptoms.

It is possible to have a safe BBQ but we urge people to follow some simple tips like placing it on level ground away from fences, sheds, trees and other garden furniture. Also wait until it is fully out and cooled

down before disposing of it and where possible, keep a bucket of water, sand, or a garden hose nearby for emergencies.

In the first two weeks of April, crews have attended more than 50 outdoor fires. Please don't light bonfires!

Please stay at home and stay safe!

Bedfordshire Fire and Rescue Service

Barrie Henry Jackson

Yvonne, David, Paul, Richard and families, would like to express our gratitude to all those many friends and neighbours who came out to pay tribute to Barrie at his funeral.

Also the many cards, flowers and messages of sympathy we received.

This was very comforting at this difficult time.

Thank you all.



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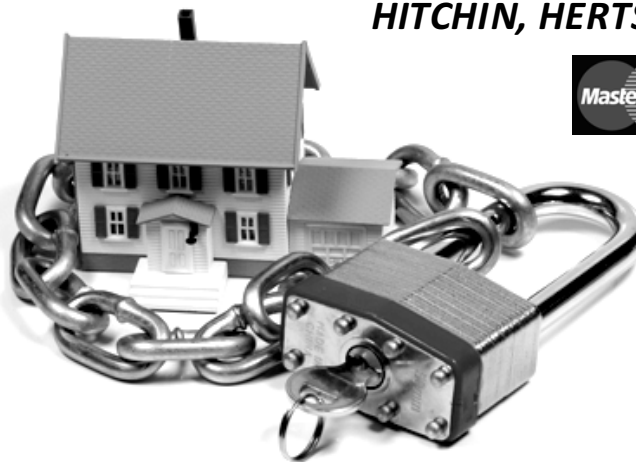
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Postponed Annual General Meeting of Wilstead Village Hall Management Committee

This will not surprise anyone but due to the present lock-down **I wish to confirm that the AGM is postponed from Tuesday 12th May 2020 until further notice.** When everything is clear again following the Covid 19 outbreak, there will be at least 28 days of notice announcing when the meeting is to take place.

Meanwhile, please consider putting yourself forward to join the Committee.

Our Village Hall is the very heart of our community. It enables local organisations and clubs to meet and provides the space for parties and family gatherings. The Hall is used by a variety of clubs, organisations and individuals and one glance at the diary shows how well the Hall is used.

It is managed by a team of local residents who volunteer a small amount of their time to ensure the Hall is kept available for local activities and private events. The team keeps the Hall in good order, makes sure bookings are well managed and agrees the fees charged. New members with extra hands and new ideas are always needed. It's a friendly team, forming a committee that meets about 5 – 6 times a year, and where everyone has a role to play.

Everyone on the committee is a volunteer, with the present Committee being made up of 3 elected officers, Chair, Secretary and Treasurer; 6 elected members; and representatives of local and regular user groups; all of whom contribute to the smooth running of the Village Hall. Every regular user group is entitled to send a delegate to the Committee meetings.

We meet every two months to discuss the running of the hall, and how to keep it in tip top condition. In addition we are in communication with each other on a regular basis during this time, to deal with any issues that can't wait for the next meeting.

New members are vital to keep the Hall operating for the future and meeting the changing needs of our community. If you are interested in learning more before the AGM, please contact

Paul Buckley: Wilstead Village Hall Chairperson
01234 740740: pkbuckley22@gmail.com or

Angela Fosbrook: Wilstead Village Hall Secretary
01234 294692: angela.fosbrook@ntlworld.com

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Wilshamstead Parish Council

Parish Council Facilities at Present

The Parish Office and play area at Whitworth Way remain closed in the current lockdown. The Parish Council thank residents for their understanding during this time and to remind everyone to stay safe and follow the government guidelines.

Orange Recycling Sacks

The Borough Council are not able to supply orange recycling sacks as usual. Please crush, stomp, squish and tear up items of recycling to fit more in the bin you have. If the bin is full put out extra recycling in a secure container so it does not blow away – like a clear sack or cardboard box – and this will be collected. No extra black bins bags will be collected.

Bedford Borough Council Services at Present

The Borough Council's website continues to be updated with the latest information about Coronavirus, and be updated as the situation develops.

<https://www.bedford.gov.uk/social-care-health-and-community/public-health/coronavirus/>

Community Hub – this is where residents can ask for help and be matched with a volunteer. The number is **01234 718101**, staffed 24/7. The email address is **covid19help@bedford.gov.uk** this could be help needed for yourself, a family member, friend or neighbour.

Malicious offers of help –if you are vulnerable and have people knocking on your door, offering help and **then** asking for credit cards to do the shopping, **do not part with credit cards or sensitive information**, and if necessary, call the Police.

Support Continues for the Community in Wilstead

The Council are aware of lots of volunteers in the village who are helping one another with so many different items, and it is great to see this. Thank you everyone very much.

It has been pleasing to see those in need of assistance or reassurance being linked with volunteers successfully already.

In addition to the Wilstead Good Neighbours Group there are the Wilstead and Wixams Community Shopping Club who can be contacted on shoppingclub@wixams.org or **07929 656674 (0900-2100)**. There is also Andrea your Village Agent who can be contacted on **0800 039 1234** and she is happy to give you information over the telephone to help you with your needs.

Parish Council Meetings Continuing

The Parish Council meetings can be held on a remote platform. The Parish Council decided it is important for local parish matters to continue to move forwards, and will continue with Parish Council Meetings using Microsoft Teams.

New Parish Council Website

The Parish Council now have its own website to act as a central resource for all PC items and documents for members of the public to understand fully what the Parish Council does. Please look at the site, we would welcome input and feedback. The site is being added to in the coming months so do keep an eye on it.

www.wilsteadparishcouncil.org

Contacting The Parish Council

As previously advised, the Parish Council office is not open at present, so the best way to contact the Clerk is via email on

clerk@wilshamsteadparishcouncil.org

Please Avoid Lighting Bonfires

In addition to the item Keep Fire Safe, the Bedfordshire Fire and Rescue Service has issued the following:

'We know that this is a difficult time for us all but we need to listen to what the government is telling us. Everyday life has changed and we are feeling the impact that Coronavirus (COVID-19) has on ourselves and our communities. Because of the situation, our front line services are working harder than ever to keep our communities safe.

On Sunday 5th April, the BFRS attended **twelve** bonfires. Two were serious fires; one a fire in a rear

continued on page 6

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continued from page 5

garden that spread to the property – 10% of which was damaged by fire and 50% was damaged by smoke. The other was a fire involving a large amount of building material which was left unattended. The homeowner was located and advice given by the fire service and police.

Despite guidance, people continue to light open fires, knowing the risks and damage to the environment.

Please do not light bonfires – keep your family safe.

If you wish to report smoke nuisance, please follow your local council's advice.

Bonfire and Smoke Nuisance advice Bedford Borough version.'

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Wilstead Bowls Club

On the 18th of March Wilstead Bowls Club was advised by Bowls England and also Bowls Bedfordshire to cancel all games both friendly and County in line with the Government's Covid-19 regulation.

The Management then advised all members that this was happening and the Club was then shut down to maintaining only essential services. The green whilst looking very good has been maintained over the winter season by Progreen and was due to be handed back to the Club during April. This hand over will continue as agreed with it's winter contractor and several discussions and advice has been given.

The Club has been advised via the Institute of Ground Keepers on the minimum works required to maintain the playing surface.

This cutting works will be carried out in line with the recommendation each week to maintain the playing surface which is slowly becoming one of the best in the area. The Club has been advised that this work can be carried out in line with the Government's restrictions.

All the membership are being kept informed of the problems associated with the shut down and they are in regular contact with each other by phone, email and text messages to ensure all are well.

The Management wish to thank all the dedicated members of the public and NHS who have given their time to help others during this testing time.

**David Pontefract
Club Chairman**

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Village P3 Footpath Group

Meetings

The next meeting was planned for 23rd May - it is very unlikely to occur now. The next scheduled meeting is on **Saturday 18th July**. Hopefully we will be able to confirm this in either the June or July Newsletter.

Coronavirus and Exercise

With the paths currently very dry there are few if any problems using the entire 11 miles of footpaths and bridleways around the village and connecting with surrounding villages of Elstow, Haynes, Cotton End and Houghton Conquest.

With the Coronavirus curtailing most social activities now is a good time to exercise, get some fresh air and explore the surrounding countryside including the numerous permissive paths through the Woods.

If you would like a copy of the leaflet that shows where the Public Rights of Way are or a copy of the circular walk from Whitworth Way to the edge of Haynes and back, then call the number below or pop into the Post Office where some leaflets will be left.

Please stick to the waymarked paths and only walk along the Footpaths (yellow waymark discs) and walk, ride or cycle along the Bridleways (blue waymark discs).

There are no byways in the Parish which allow motorised vehicles

Footpath Work

Fortunately the dry weather has meant that the paths are

easy to use and there isn't much vegetation growth but that will change, so as the Group can't go out en-masse and cut back overhanging/encroaching vegetation please take a pair of secateurs with you when you go out for your daily exercise and trim off any brambles etc that have grown across the path.

There were several waymark posts that were reported broken at the March meeting and ways to repair these safely are being addressed so that it is clear where you are allowed to walk/ride.

Footpaths across the A6

The footpaths across the A6 have now re-opened and these now allow a circular walk to Houghton Conquest and back. The A6 verges have been cleared so visibility is greatly improved but take care when crossing the road even with the current reduced traffic.

At the time of writing the promised 'Pedestrians Crossing' signs were on order but have yet to be installed either side of each of these crossings.

Walks

The March walk was due to be along the footpaths and bridleways around Broom but rain intervened and so it was postponed until April. The Coronavirus has meant that it has been postponed again, this time until it is safe again to wander through the countryside in a group of more than 2!

Please keep an eye on the village noticeboards and the Newsletter for the dates of future walks.

Nigel Jacobs

P3 contact, 01234 400733

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Well, how are we all coping? *Strange times indeed...*

As most of you will no doubt know our production of 'The Wizard of Oz' had to be cancelled the day before the Dress Rehearsal. Although this was before the actual 'lockdown', the Directors felt the writing was on the wall, so to speak, and decided on this as the best course of action. It was very disappointing for all involved, but we should like to assure our audiences that when we are able to re-mount the production all tickets will be honoured. If new dates are not suitable we shall endeavour to reimburse ticket holders.

In the meantime, as everything is 'on hold', it might be a good idea to tell people a little about the group.

The Players were formed in 1971 and put on Reviews, Plays and Pantomimes in the old 'old' Village Hall! The 'stage' was barely a platform then, being about 12 inches high, and to access it from the only 'dressing room' area we had to climb up and crawl through the hatch to the old kitchen! This old Hall was then extended to give a proper stage area and an extra passageway beside the kitchen to a space beside the stage. All this, of course, changed again when this old Hall was demolished and the new one built in 2004.

The Players have continued through the years, adding Olde Tyme Music Halls and Murder Mystery Dinner Evenings to their repertoire, and have enjoyed considerable successes in past years in competitive Drama Festivals both locally and nationally.

As the members involved have come and gone we are always keen to welcome new people into the group. If you are interested do please get in touch. When we emerge from this pandemic we hope to be up and running again with both adult and youth groups.

Finally on a note of sadness, **John Bromley**, who had been a member and Patron since the mid 1980s, became a victim of the Covid 19 virus and died in hospital on **Friday 27th March**. In all that time John was the brains behind the Lighting and Sound departments for us. He was indeed working on the most recent production when taken ill. He will be sadly missed.

Jackie Tanswell, 01234 742757 or 740782
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The Parish Council – Why Would You Want to be on it?

It's unpaid, often tiresome and can take up a load of your time. There are so many new things to learn – not the least of which is how to keep up with the latest IT technology.

There are other greater priorities like family or, for those who are brave enough to take on Council duties earlier in their lives, the need to earn a living. There are leisure pursuits and obligations to friends – how will you fit any more into your busy life?

There has always been a shortage of ladies on the Council which is a probably an indicator of how difficult it can be for women to find extra time in their lives.

Well there are ten Parish Councillors currently and one vacancy, so there are people who can find the time and devote the effort. We aren't all able to do as much as we'd like to, but everyone's contribution is important.

Happily, we all get on with one another and we live in a village which is known throughout Bedfordshire as one where there is a great community spirit. In the eight years I have been a Councillor there hasn't been a member of the council I wouldn't have wanted as a friend, or an issue that hasn't been resolved amicably.

Interested and want to help in keeping this a great village to live in? Contact the Parish Clerk, Lizzie, on 01234 743152 or by email on clerk@wilshamsteadparishcouncil.org.

We won't be able to meet with you immediately, but we'll be ready to do so when things calm down. We'll also be able to include you in some of the discussions that take place electronically at present, to give you a flavour of what we're about.

Eric Benton
Vice Chairman
Wilshamstead Parish Council

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www.wilstead.org



Art News



Although we can't meet weekly due to the "V" word, we have decided to keep in touch via a WhatsApp group (other social groups are available). Easy enough, except when you consider the average age of the group is, well, shall we say a bit on the high side. After many attempts, occasionally deleting ourselves, creating groups that were not needed and without the help of a five year old grandchild, we managed it. Us people with age on the high side are made of stronger stuff than the young'uns give us credit. We can now swap ideas and pictures of what we have been up to.

For example a few years ago a much loved resin ornament of a mallard duck had lost its colour and looked very sad. I decided to brighten it up using some acrylic paints as they are waterproof, bright and dry very quickly.

First, I thoroughly cleaned out all the cobwebs and dirt it had acquired after many years outside.

After cleaning and drying I applied a coat of black paint with an old firm brush to the whole of the duck, especially in all the nooks and crannies. Then set it aside to dry.

Next, using a medium thickness paint and a clean firm brush I dusted the ornament with the colour chosen as appropriate. i.e. yellow for the beak, dark green for the head and a mixture of colours for the wings and rest of the body.

Once dry I checked for coverage and applied a second coat where necessary, I also dusted some highlights i.e. on the tips of the wings to make the surfaces dusted more three dimensional.

I have applied this technique to many faded garden ornaments for myself and family including solar ornaments, a clock and some cast iron garden decorations.

Keep safe and well everyone.

Linda & Michael,
villagehallart@gmail.com

Notice to Contributors

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Dear Gardeners,

We hope that you are all taking care and keeping safe at this strange time. The bonus for us gardeners is that there is plenty to do at this time of the year. Mary, Viv, Lynda and I have all been busy weeding and sowing seeds to grow on. Lynda and I greet each other with news of a seed that is beginning to sprout, today I have 2 sweetcorn.

Obviously our April meeting was cancelled.

We hope that you are all keeping busy and seeing the evidence of your labour if not the fruits yet. You may have realised that quite a number of nurseries and garden centres are offering ways to order. Usually it is by phone and you pay over the phone then collect from an area outside of the business. As well as these opportunities some companies that send by post are still operating. If you need compost, I have seen a delivery van from the other Willington garden centre full of different bags and I don't know if the milkman is still able to deliver it. Have a little explore if you need anything. I hesitate to recommend or guide you towards any particular business as they all need our support.

I have had notice of a **virtual flower show** held on **25th and 26th April** with loads of gold medal winning nurseries that would be exhibiting at shows.

Details are on www.facebook.com/events/641129416677263/ or search **virtual flower show**.

We hope to find a way to get rid of any spare plants and acquire extras next month. We will see what lockdown arrangements are in place then, so keep sowing.

As we are all making our gardens beautiful, how about thinking about a village open garden weekend? Subject of course to it being safe to do so and later in the year. Something to think about.

We look forward to seeing you all soon.

Very best wishes

Maralyn, Lynda, Mary and Viv

All Saints Church

Unfortunately there is nothing to report about church activities. The Church is still closed for services and will be so for the foreseeable future until the Government lockdown ends.

No services, baptisms, weddings or funerals can take place in Church. Obviously any events planned will not be taking place and so it is extremely unlikely that the Church Fete will be happening.

Please contact the Vicar on **01234 740423** or myself on **01234 740927** for any urgent matters you may need our help with.

In the meantime keep safe.

Robert Heley



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Borough Councillor Report

Borough Council Meetings

Overview & Scrutiny Committees are suspended until June. The Planning Committee will hold virtual meetings for the time being.

Borough Council Services

Borough Council services continue to operate, with reduced capacity. The Borough is updating its website www.bedford.gov.uk – frequently with the latest information. Services are being prioritised to vulnerable people. Refuse service are reduced and planning applications are still being processed.

Recycling Centre Closed

The Borough's Household Waste recycling Centre in Barkers lane is closed until further notice.

Planning Applications

Planning applications continue to be processed.

Borough Community Hub

This is to assist isolated and/or vulnerable people with shopping or collection of medical prescriptions. The process is as follows:

- Volunteers can shop for fellow residents.

- Many volunteers will pay for the shopping and deliver food to resident's door. The Borough reimburses the shopper.
- Shopping vouchers from Tesco, Sainsbury's and Morrison's can be emailed to volunteer shoppers.
- Cash can be provided at the Corn Exchange.
- Borough will 'invoice' the resident afterwards (if they can to repay). Do not hand over cash to volunteer shoppers.

Contact details for the Community Hub are: **01234 718 101**. If you either need help, or want to offer help, please use this weblink:

<https://www.bedford.gov.uk/social-care-health-and-community/public-health/coronavirus/coronavirus-community-hub/>

Community Group help in Wixams and Wilstead

I would like to thank Community Groups in Wixams and Wilstead with all they are doing.

Vulnerable Residents

Should anyone require help, contact me, I can notify the Borough Hub and the local Community Groups, to try and provide assistance.

Support for Businesses

£10.12m has been given to Bedford businesses, to support them through the impact of coronavirus.



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Eligible businesses should contact the Council online to get this grant funding.

Grants available to businesses include:

- Grant funding of £10,000 for all business in receipt of small business or rural rate relief.
- Grant funding of £10,000 for retail, hospitality and leisure businesses with rateable value up to £15,000, increasing to £25,000 if rateable value is between £15,001 and £50,999.

This is a 12-month business rates holiday for all retail, hospitality, leisure and nursery.

For more information on COVID-19 small business support grants, please visit:

www.bedford.gov.uk/covid19business or
email covid19business@bedford.gov.uk

Online Help and Advice for Wellbeing

Go to: bedford.gov.uk/wellbeing

There is a range of materials, such as:

- Exercise tips including indoor games for kids, live fitness classes, and seated exercise.
- Mental health advice and links to services.
- Food & nutritional guidance.
- Public Health advice including sexual health, stop smoking, drugs and alcohol, health checks and emotional wellbeing.

Dentists

Most dentists are currently closed and only those seeking emergency dental treatment should try and see a dentist.

Homeless

The Borough Council has provided accommodation for homeless people, so that they are able to stay inside and observe social distancing measures.

Schools

Schools are currently operating at up to 15% capacity mainly for children of key workers.

Council Tax

Vulnerable groups and those self-isolating can pay Council Tax by phone or online instead of in person.

Call **01234 718061** (24 hours a day) or visit
www.bedford.gov.uk/payments.

Residents can also setup a direct debit to pay their Council Tax by calling **01234 718097**.

Bogus Calls and Scams to Businesses

There have been a number of reports of bogus callers targeting businesses.

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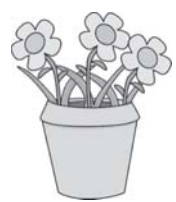
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This newsletter is published by Wilstead Neighbourhood Watch, part of Bedford & District NW Association

Wilstead Website
can be found at
www.wilsteadvillage.org.uk

Jackie's Gardening Blog



May 2020

At the end of the first instalment of my blog, in April, left the story where I had placed an order with Bradshaws for a tonne of compost.

This arrived at the time and day arranged, and the driver carefully reversed onto our drive. The A6 was still closed then, so negotiating on and off our drive was a bit of a nightmare, but the professional driver had no problems.

We had spread a large tarpaulin over the drive, onto which the driver tipped the compost. It was very fresh, still steaming and I must admit, a bit smelly.

The Lloyd team swung into action. David shovelled compost into the wheelbarrow and then wheeled it to me, where I was poised with rake, ready to spread it over the cardboard, which had been anchored with heavy flowerpots to prevent it blowing away.

In true British style, 15 minutes after we started our work, it rained! Did that deter us? No of course it didn't, hoods went up and we just worked a little faster. In one and a half hours the whole load had been spread over the 4 raised beds, giving approximately 4" cover overall.

Whilst we were working, the site manager of the A6 road-works stopped in his big white people carrier, he got out to have a chat with us. I was thrilled when he knew exactly what we were doing, and mentioned the 'No Dig' method encouraged by Charles Dowding. He told us he mulched his allotment every year, with great results.

We were glad to get indoors after our physical exercise and have a warm drink.

So here we were, the middle of February, beds all mulched with weeds hidden by cardboard, albeit only on two beds. Nothing to do now but wait for the growing seasons.

Every morning I checked to see if weeds were coming through. No weeds – so far. However the rather ripe smell continued to linger.

Check out the June newsletter to read the next instalment. Hopefully by then the Covid-19 pandemic will be under control and we can all interact a bit more.

Happy Gardening, Jackie Lloyd

Green Waste Collection

Bedford Borough Council has a 'check your bin day' page on its website.

Go to www.bedford.gov.uk and search for 'check your bin day'. Then click on 'bin day calendar' and you will be taken to a page where you can put in your postcode.

They have scheduled a green and orange collection for **Friday 1st May**, although no further green collections are listed at the moment. It is worth checking every week or so.

Alternatively, perhaps now is the time to start your own composter.

Covid-19 Mental Health Campaign

Data shows over 4 in 5 adults are worried about the effect that coronavirus (COVID-19) is having on their life right now, with over half saying it affected their wellbeing and nearly half reporting high levels of anxiety

Public Health England's Every Mind Matters website includes new NHS expert tips and advice on looking after mental wellbeing and supporting your family and loved ones during this time

Their Royal Highnesses The Duke and Duchess of Cambridge have narrated a powerful new film in support of campaign and to encourage people to look after their mental and physical wellbeing

Every Mind Matters campaign will be supported through social media, digital, national TV and partner support activity, helping to reach the audiences most at-risk of poor mental health

The range of new resources include a tailored COVID-19 Mind Plan, COVID-19 specific content for individuals and their loved ones, and support for specific mental wellbeing issues such as anxiety, stress, low mood and trouble sleeping.

Everyone in the country has been affected by COVID-19 in some way, be it through staying at home and being separated from friends and family, uncertainty about work or education, or knowing someone with the virus.

NHS's Top Tips for maintaining mental wellbeing during the Coronavirus outbreak

- **Talk about your worries:** it is normal to feel worried, scared or helpless about the current situation. Maintain contact with friends and family via phone and video calls to share how you are feeling.
- **Keep a regular routine and set goals:** you may need to set a new routine for now. Setting goals and achieving them gives a sense of control and purpose.
- **Maintaining good-quality sleep** makes a big difference to how you feel mentally and physically too, so it's important to get enough (the Every Mind Matters sleep page provides practical advice on how to improve your sleep).
- **Manage your media and information intake:** if 24-hour news and constant social media updates are making you worried, try to limit the time you spend watching, reading, or listening to coverage of the outbreak to once or twice a day.

continued on back page

Newsletter

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for any copy, new advertisements or changes to existing advertisements

Friday 22nd May

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Next Co-ordinators' Meeting

Date and venue to be advised of the next co-ordinators' meeting.

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Abandoned Vehicles	01234 221768
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Advertisements & Accounts

MAXINE HENDRY, 17 Hampton Close, Wilstead MK45 3DA
wilstead.newsletter@gmail.com Telephone 407998

Editors

Crime Prevention News/Information

BRIAN JONES, 16 Hooked Lane, Wilstead MK45 3DL
wilstead.newsletter@gmail.com Telephone 741931

Local Village News & Information

JACKIE LLOYD, 41A Luton Road, Wilstead MK45 3ER
wilstead.newsletter@gmail.com Telephone 742757

Art Editor

LINDA MARLTON, 157 Cotton End Road, Wilstead MK45 3DD
wilstead.newsletter@gmail.com Telephone 403829

NW Area Co-ordinator

GERALD GALE, 149A Cotton End Road, Wilstead MK45 3DD
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Continued from page 15

- **Do things you enjoy and try something new:** focussing on your favourite hobby, learning something new, or simply taking time to relax indoors should give you some relief from anxious thoughts and feelings and can help boost your mood. Look online for lots of free tutorials and courses.
- **Look after your body:** our physical health has a big impact on how we feel. At times like these it can be easy to fall into unhealthy patterns of behaviour that end up making you feel worse. Try to eat healthy, well-balanced meals, drink enough water and exercise regularly. You can leave your house, alone or with members of your household, for one form of exercise a day – like a walk, run or bike ride. But make sure you keep a safe 2-metre distance from others.

Minister for Mental Health, Nadine Dorries said: 'I know how scary a time this must be for many. We are all feeling something over Coronavirus – anxiety, fear of the unknown, or even just frustration at not being in control. It's easy to forget that this is an unprecedented situation which is both physically and mentally draining'.

The campaign is backed by NHS psychiatrist, Dr Max Pemberton, who has shared his top tips for supporting mental wellbeing at this current time, including advice on managing your sleep and trying to stay positive.

For more information, search 'Every Mind Matters' or visit www.nhs.uk/oneyou/every-mind-matters/ to create your personalised Mind Plan.

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