

# East Down and Arlington Newsletter

April 2020



Welcome to our April addition of the East Down and Arlington newsletter. Unfortunately, we are fairly low on village news this month but felt it important to share some of the coronavirus information we are receiving.

This month we have taken special measures to ensure all properties in the Parishes of East Down and Arlington receive a copy of the newsletter.

## How to contact us

East Down Parish Council and Village Hall committee are working closely together to co-ordinate support during the current crisis. We have established a team of volunteers who will co-ordinate communications, help and support. If you do not receive this newsletter by e mail, please keep the following list of contacts to hand.

The co-ordinators are available to try and ensure we stay safe as a community; it may be help with picking up prescriptions, shopping for essential supplies or even just a chat.

<b>Rod Crossman</b>	<b>850704</b>
<b>Margaret Done</b>	<b>850432</b>
<b>Mike and Sally Corfield</b>	<b>889051</b>
<b>Ray and Carol Thomas</b>	<b>850464</b>
<b>Wendy and Phil Down</b>	<b>07947 656735</b>
<b>Jamie and Ally Cook</b>	<b>850543</b>
<b>Janelle Edwards-Spear</b>	<b>07791 073824</b>

If you wish to contact us by e mail or would like to be included on our circulation for our monthly newsletter and regular Council updates during the crisis, please e mail us your contact details (name, e mail and address) [eastdownnews@gmail.com](mailto:eastdownnews@gmail.com).

All contact details supplied will remain confidential and will be used solely for the purpose of communications.

## Churches

Unfortunately, we have to advise that both East Down and Arlington Churches will be closed until further notice.

## March Coffee Morning

It may seem a lifetime ago but we started March with the same wet weather that had dogged us through February. Despite the grey skies, we had another really good turn-out at the coffee shop. Steering the ship this month were Liz Smyth and Julie Kift who tended to the teas and coffee whilst the food table groaned under the weight of the “bring and share” offerings. Plenty to talk about this month with the prospect of Spring around the corner and catching up on the stories from the previous weekends Leap Year celebration.

Another £55 raised towards the Village Hall and new entrant Martin Wright winning the 100-club draw, proving you have to be in it to win it! 2<sup>nd</sup> place was picked up by Ray and Carol Thomas.

Unfortunately, like all regular events in the Village Hall, we have had to cancel the planned April charity coffee morning but hopefully we can all re-commence our monthly gatherings in the near future.

## Food Supply and Delivery Services

### Besshill Farm Shop

Following Government advice, the shop is now closed. However, we can still supply your weekly shop – free local delivery.

Please email us to discuss what you need and we will advise a delivery day/time. As well as our usual range of produce we will also be able to supply: Flour, Baked Beans, Tinned Tomatoes, Yeast, Toilet Rolls, Antibacterial soap & dispensers (subject to availability)

We will post new items available and prices regularly on our Facebook page.

Thank you and Stay Home!

### POP UP SHOP AT BLAKEWELL FISHERIES

In light of the ongoing situation; we will be selling essential goods sourced from North Devon wholesalers in our shop at Blakewell Fisheries to offer a service for the community.

Milk, eggs, butter, cheese, vegetables, smoked fish, fresh trout, and some wine & beer.

As we are situated out of town and can hopefully help with a little food connection.

WE ARE OPEN 9am - 5pm 01271 344533,  
[mail@blakewell.co.uk](mailto:mail@blakewell.co.uk) or [www.blakewell.co.uk](http://www.blakewell.co.uk)

### **PLAISTOW MILL TROUT FARM,**

Muddiford Free delivery within a 10-mile radius.

Phone [01271 850387](tel:01271850387) or

[www.facebook.com/troutfarmuk/](http://www.facebook.com/troutfarmuk/)

**EDDS** are still delivering fruit veg etc; currently Friday deliveries, which may change but if people cannot get supermarket deliveries thus may help.

### **The Pyne Arms**

Sadly, The Pyne Arms have had to cease their popular food take away service.

Amie and Ellis have said "it is with great sadness that we will be stopping our takeaway / delivery service with immediate effect. We need to think of the safety of our staff and customers at this tragic time. Thank you everyone for your support, it has been overwhelming, all of the messages, emails and phone calls. We hope to see you again soon".

### **Spring is Here**

Well despite the lock down of most of our usual lifestyles, spring has most definitely arrived. The fields are full of spring lambs and in the woods the local group of woodpeckers are passing the time trying to demolish most of the trees. Our resident roost of bats has returned from hibernation a month earlier than usual and are active well before dusk.

It is time to turn our attention to the garden but whilst enjoying the sunshine, please follow the guidelines issued on staying safe.

### **Doing that correctly could be the most important thing you do in your life.**

In case you are not clear what the lockdown restrictions are:

- **Only go outside for food, health reasons or work (where this absolutely cannot be done from home)**
- **Stay 2 metres (6ft) away from other people**
- **Wash your hands as soon as you get home**

By doing this you will protect the NHS and save lives. It is as simple as that.

You should only leave the house for one of four reasons:

- Shopping for basic necessities, for example food and medicine, which must be as infrequent as possible.
- One form of exercise a day, for example a run, walk, or cycle - alone or with members of your household.
- Any medical need, or to provide care or to help a vulnerable person.
- Travelling to and from work, but only where this absolutely cannot be done from home.

### **Coronavirus Updates**

So much has happened since we last sent out a newsletter on the 19th March. We have received dozens of communications from official groups, the relevant ones have been circulated via e mail.

At the time of going to press, the following information is the latest we have from the various organisations. We have tried to summarise the messages to the relevant facts but if you wish to understand the issues further or stay up to date with evolving issues, please refer to the corresponding websites.

### **North Devon Council**

#### **Coronavirus community webpages are live**

The Council understand that at this very worrying time, many people feel isolated and are relying on their community to help them through.

We have collated the community help available to our residents in the [Communities and voluntary sector support pages](#) on our website and we will be updating this on an ongoing basis. Please use this resource and spread the word among your friends and family to do the same. If you know about any community or voluntary activities that are not already listed on our website please email us at [communities@northdevon.gov.uk](mailto:communities@northdevon.gov.uk)

You can sign up for regular Coronavirus email bulletins on our [website](#), which will keep you informed with the latest advice and guidance gathered from trusted sources.

## Council Waste Disposal

Waste and recycling services are running as normal at present but school closures and illness among crews may lead to our staffing being reduced. So please be patient if your bins and/or recycling is not collected on the usual day and keep an eye on our website for further updates or to log a missed collection.

North Devon Council is asking residents to help speed up recycling collections by presenting their glass recycling, which would usually be stored in the recycling box, separately to other recycling box items such as tins and plastics. Glass items, including jars and bottles, should now be placed in a suitable alternative container that residents already have available of their own.

Residents are also being reminded to limit their food waste as much as possible and not throw it away. Try and use up leftovers if possible.

The council would also like to remind residents of recent advice issued about the disposal of waste if someone in your household is suspected of having coronavirus. Follow these simple steps:

Personal waste (such as used tissues) and disposable cleaning cloths can be stored securely within disposable rubbish bags. These bags should be placed into another bag, tied securely and kept separate from other waste.

The double bagged waste should be put aside for at least 72 hours before being placed in your usual external household waste bin.

Other household waste can be disposed of as normal. Please do continue to recycle.

Any changes to waste and recycling collections during the coronavirus outbreak will be published on the [council website](#) and also on the council's [Facebook](#) and [Twitter](#) pages.

### **All recycling centres in Devon are now closed**

Following the Government's latest stay at home advice, all 19 of Devon County Council's recycling centres have been closed until further notice.

## Council Services

The council are working hard to enable as many council staff to work from home as possible.

A video phone has been installed at the entrance to Lynton House so that customer needs can be assessed before being allowed entry. Only the most critical services will be treated face to face and customers are encouraged to use alternative ways of transacting with the Council. Signage will go on the door signposting people to all of the different alternatives they have for accessing our services.

As you may be aware, the government is writing to 1.5 million people who are most at risk from the Coronavirus and they will be advised to stay at home for 12 weeks. We have very little guidance on this yet and so if the public contact us about it, we are advising them that:

- If you have been identified as being at risk then you will receive a letter from the NHS within next few days it will tell you what you or your carer or family member should do and how you can register for support
- The letter will say that from Tuesday 24 March you will be able to register for additional support for getting food, basic needs and prescriptions delivered
- Don't worry arrangements are being put in place to help you to get what you need in a safe way either through the government, your local council and pharmacy
- Local agencies may contact you in the next few days to check if you have specific requirements that can be supported locally
- Visit [GOV.UK](https://www.gov.uk) for more guidance

We've had to close the main bus station building as customers are ignoring social distancing guidelines in the waiting room. Bus services are running normally as far as we know.

The government has now created a dedicated website for [business support](#) so this is where we are now referring all business enquiries about government announcements to.

The council is also being given [extra powers](#) to shut down any businesses that have been told to close but continue to trade.

As ever, if you have any remaining questions, please email [communities@northdevon.gov.uk](mailto:communities@northdevon.gov.uk).

As of today, the following service changes have happened:

- Car park charges have been suspended in all NDC car parks to reduce the risk to our wardens
- All NDC public toilets are closed for public health and safety
- A footer will be added to all outgoing emails to explain our service reductions and emergency contact details.
- A new community support page has been set up on our website, pointing people to where they can get support in their community – please let us know if you know of anything that's not listed
- Customers are being advised we won't be investigating complaints unless they are deemed to be critical
- We have provided the Foodbank with a £6k grant to help them support our most vulnerable customers
- The North Devon Crematorium is introducing some initial measures to minimise the risk of infection from the COVID-19 virus and to ensure maximum service availability. For more information see our website.

Longer term, we will be looking at Lynton House being some sort of community hub, particularly to support the most vulnerable people but details on this are still emerging. We will be keeping a close eye on our Waste and Recycling services and amending them as and when necessary. The priority will always be to collect food waste above all else but we are reliant on Devon County council keeping their waste facilities open to take our waste.

Please note that information has been compiled on support that is available for each parish. This information is now available on North Devon Council's website on the link below:

<https://www.northdevon.gov.uk/coronavirus/communities-and-voluntary-sector-organisations/>

## Coronavirus Advice

Thanks to Dr Oliver Hassall of Lower Loxhore for the following Coronavirus advice / guidance. "I hope some of the points below may be of some help but bear in mind this is a very fast-moving situation and official advice is changing all the time. Please be careful where you are getting your information from."

### 1. Are you in a high-risk group?

\* aged 70 or older (regardless of medical conditions)

\* under 70 with an underlying health condition listed below (i.e. anyone instructed to get a flu jab as an adult each year on medical grounds):

- chronic (long-term) respiratory diseases, such as [asthma](#), [chronic obstructive pulmonary disease \(COPD\)](#), emphysema or [bronchitis](#)
- chronic heart disease, such as [heart failure](#)
- [chronic kidney disease](#)
- chronic liver disease, such as [hepatitis](#)
- chronic neurological conditions, such as [Parkinson's disease](#), [motor neurone disease](#), [multiple sclerosis \(MS\)](#), a learning disability or cerebral palsy
- [diabetes](#)
- problems with your spleen – for example, [sickle cell](#) disease or if you have had your spleen removed
- a weakened immune system as the result of conditions such as [HIV and AIDS](#), or medicines such as [steroid tablets](#) or [chemotherapy](#)
- being seriously overweight (a body mass index (BMI) of 40 or above)

\*those who are pregnant

**If so, you should be taking social distancing measures**, which you can find by following this link:

<https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people/guidance-on-social-distancing-for-everyone-in-the-uk-and-protecting-older-people-and-vulnerable-adults>

Social distancing is actually physical distancing; it does not mean social isolation. You need space, but you also need connection.

### 2. Anyone with recent onset of either

- A temperature of greater than 37.8C OR
- A new, continuous cough

**MUST self-isolate for 7 days. And the household must self-isolate for 14 days.**

For health advice please call [111](tel:111) or your own GP through the normal channels.