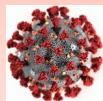
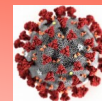


Sheriffhales Parish Magazine



Special March 2020



We have been asked by the Parish Council to publish early and bring news to everyone about all the good work that is just beginning in our community as a response to the Coronavirus epidemic

THE KEY MESSAGE is

LOOK AFTER YOUR SELF AND YOUR NEIGHBOURS!

See Dean's postcards , cut them out and fill them and get them to your neighbour.

It is important to identify your need in order that people can help you. Please read the articles carefully as there are contact numbers to use to speak with organisers/helpers directly.

These numbers may change once we have a better idea of what is required and can be provided in our community.

You recently received a leaflet from the Sheriffhales COVID-19 Support Group and Volunteers. (included in the magazine on page3) They want you to know;-

You are not ALONE-even if you are self-isolating!

The questions below are what we think will be uppermost in people's minds

1. If I need help to arrange for the delivery of food and provisions who do I contact?
2. If I need help to arrange collection and delivery of prescription and other medicines who can I contact?
3. If I need help with transport generally who can I contact?
4. If I need help exercising or caring for my pets who do I contact?
5. If I just fancy a chat with someone who do I contact?
6. If I want or need to discuss anything else with someone who do I contact?

Do you have more questions- let us know!

email to sheriffparishmag@gmail.com or send them to Sheene House, Church Lane (Tel 460541), or put them in the Parish post box next to the notice board

Groups will be working together to provide a co-ordinated response with support in the community. **Your information will help us to deliver this**

Corona Virus special including news from the Sheriffhales Covid-19 Support Group, St Mary's Church and the Parish Council plus NHS supplement

Sheriffhales COVID-19 Support Group and Volunteers



Dear Readers,

Hopefully all those of you who live in the parish have had this leaflet through your door this week, about our local Support Group for those households who are self-isolating because of either symptoms of Corona Virus, or because they are over 70 or otherwise vulnerable. If you haven't, there's a copy of it on the back page of this special edition of the magazine.

We are a pretty large group (40 and growing!) of local residents who want to do what we can to reassure and offer support to our neighbours. Being at home alone could be a welcome relief for some, but will no doubt be a worrying and lonely time for others. We can offer friendly regular phone calls to help you through this time. We can also fetch essential medicines and foodstuffs (availability permitting) and leave them on your doorstep. We're even exploring ways in which we might be able to bring devices to video-call with family and friends to those who do not have the kit and looking at possible avenues for financial hardship relief.

It's early days but we will keep you posted! Our aim is to make sure no-one feels alone with this, as we are very much all in it together! And despite what you may see on the telly, there are lots of good kind people around you wanting to help out.

There's evidence to show that the best way of handling a stressful time is to help others who are also going through it. This cushions the impact of stress and builds psychological resilience - a trait that helps us with just about every situation we encounter! So if you'd like to join us, please do and if it's not for you, rest assured if you'd like a friendly phone call or need some support, you're not burdening anyone, there's lots of us and we WANT to help.

Hello Sheriffhales!

If you're **self-isolating** because of Corona virus (due to vulnerability or due to symptoms) then **we can help** (for free)!

You can contact us (call or message) on any of these numbers:

Pippa **07811 143195** or **01952 460474**

Anne-Marie **07506 792209**

Ali **07581 506781**

We'll listen to what you need and then get one of our lovely team members to help as best we can.

We can help with things like fetching essential supplies or medicines, posting mail, dropping off reading books, walking well behaved dogs or just keeping in touch with a friendly phone call.

Please be assured we are taking every precaution to ensure we are spreading only kindness, and for everyone's benefit our volunteers will wash their hands, leave items on your doorstep and avoid physical contact (minimum of 2m distance) with anyone requesting help. Of course, we ask that you do the same in return, so that we can look after everyone.

If you'd like to join our growing team of helpers, please call or message

Pippa on 07811 143195 or 01952 460474

and we can add you to the team. Everyone does what they want to do, no pressure to do any more (you might be staying home yourself, but happy to offer friendly phone calls for example). We'll keep in touch by phone and WhatsApp (no meetings).

April magazine

We intend to print a magazine at the end of next week where the Garden Notes, Book Club and other village news will feature as normal

Thank you to everyone who put their pieces together quickly but knowing that we are preparing another bulletin for next week, they will then be included

Thanks also to all deliverers who have agreed to continue for the moment

Thanks to SaCREC for their donation of £500 to the magazine which we will use to support printing of additional editions

PC/SaCREC support

In light of the current Corona Virus situation facing all us in the Parish at the moment, SaCREC will be reducing many of the restraints of our supported **mobility taxi programme** known as **STEPS**. Our aim is to extend the reach of the programme to reach those in need of mobility support in these pressing times.

Our partners, Ultimate Taxis, will be consulted as to the level of support they can currently offer to those in need within the Parish. Once this consultation has been carried out and revised terms quickly agreed, we will widely circulate the service to those living within the Parish. We ask for a little patience whilst the best possible outcome targeting those with the highest need is quickly agreed amongst the majority of the SaCREC Charity Trustees.

The aim of SaCREC will be to deploy funds already received from our Community owned Solar Farm to help those in need during these unusual, trying and quickly evolving times.

Cancellation of Village Hall AGM and Covid -19 - Caroline Smith Secretary to the Village Hall Committee

Due to the current position and likely increasing stringency of Government recommendations, the Village Hall Committee give notice that the AGM due to be held on 22nd April 2020 will be postponed until further notice together with all other meetings in the hall.

Notice of a new date will be posted in the Parish Newsletter and on the Village Hall notice board.

The spring clean in Church on 4th April is cancelled, although the Church will be open during the daytime as usual

For those with access to the internet more information can be found on the Government site at:

<https://publichealthmatters.blog.gov.uk/2020/01/23/wuhan-novel-coronavirus-what-you-need-to-know/>

Sheriffhales Montessori Preschool Closure

Following the government announcement that schools will close from Monday 23rd March for an indefinite period of time, I also have to follow this guidance for Preschool so our last session will be Friday, 20th March.

I realise this will cause immense disruption for many families and will be extremely stressful for many reasons.

The current situation is that there is an exception for vulnerable children and for children of key workers. The government will be announcing which of our workforce this will include.

As soon as I am clear on the implications of this I will then be in a position to know whether I can offer a service at the hall for these families. In the meantime, please contact me if you need any help, advice or just want a listening ear.

Jenny, Tel 07890 206 514, sheriffhalesmontessori@gmail.com

Sheriffhales Primary School closure

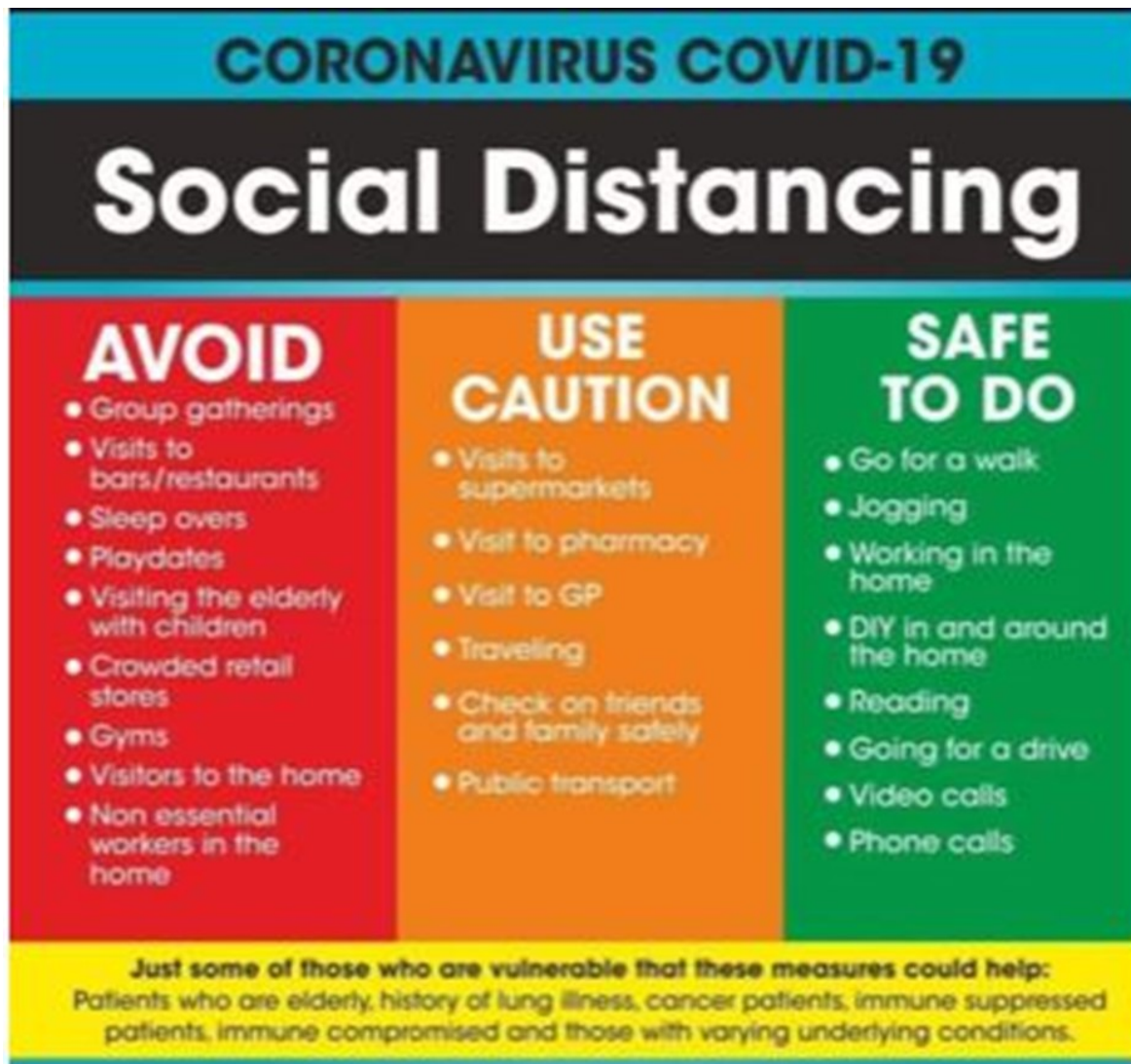
From Friday 20th March school will be closed to the majority of pupils. Provision for all children will be made via our website. Please contact us if you do not have access to the internet. More details on how to access this work will follow by email / letter. Children of essential workers will be able to attend school. We will have more information on who those workers are and the arrangements for attending will be later in the day and we will keep you posted. We will also let you know of any arrangements for lunch vouchers.

Sarah Hodgson Tel 01952 460204 www.sheriffhaleschool.org/

On a lighter note...

One suggestion is to have a 'Quarantini' at 6pm every evening!

A customer in a supermarket has a real go at a fellow customer with a trolley full of toilet rolls and soap products. The person heartily agrees and then asks politely if he can now put the stock on the shelves!



Something to Ponder - a Quiz to keep your mind active! *With thanks to by Nick Haves*

- In what year did Sheriffhales move from Staffordshire to become a Shropshire village?
 1795 1835 1855 1895
- As of 2015 how many cities are there in the UK
 51 57 69 83
- What 2 numbers surround the number 12 on a dart board?
- Who is the current Secretary of State for Health and Social Care?
- What are the 10 largest towns in Shropshire by population?
- Before she put them to bed, what did the old woman who lived in a shoe, give all the children to eat?
- Which Actor/Actress has won the most Academy Awards (Oscars)?
- Who are Hyacinth Buckets 2 next door neighbours in Keeping up Appearances?
- Thomas Parr a farm servant from Alberbury, Shropshire, born in 1483 is buried at Westminster Abbey. He is renowned for being the longest living person ever in the UK having thrived on a diet of "subrancid cheese and milk in every form, coarse and hard bread and small drink, generally sour whey". How old was he at his death?
 118 123 145 152 161
- Al Jolson's – "I'm Sitting On Top Of The World" was the number one single on which world figurehead's birthday?

Mental Health Hygiene - Ten top tips to keep on keeping on....

OK, so we're up to our elbows in soapy water and up to our eyeballs in hygiene advice. What about our mental health? While we're having to hunker down and wait for the storm to pass, us deeply social human creatures are going to need to take some steps to look after our mental health too. So, what can we do, to keep our minds chipper?

1 - Firstly, recognise that it is **perfectly normal to feel anxious** about the current situation. It's human nature to worry, we're programmed to do it. Allow yourself to feel what you feel, know that it's normal and totally understandable, know that everyone shares these feelings with you, and that you're not alone. It's ok to talk about it. You don't have to put on a brave face if you're not feeling brave. Write it all down in a diary. Pick up the phone and talk to a friend. You'll both be glad you did.



2 - **Keep moving.** Exercise is a really powerful way to keep your mind healthy as well as your body. If you can walk outdoors, or do a little gardening, so much the better as nature is calming and restorative. It's a great time to dig out those old exercise DVDs or look online for dance, yoga and fitness type workouts - there's so much on there, you'll be spoilt for choice! A bit of a boogie will lift your spirits.

3 - **Look after each other.** Call your friends and relatives and ask how they are. If you post on social media, post encouraging words. You'll lift other people's spirits and more than that, you'll lift your own in the process.

4 - **Two key things** for keeping positive are what psychologists call 'Mastery' and 'Pleasure'. Mastery means getting good at something and using your skills. So, if you're not working from home - set yourself something meaningful to do. Whether that's a creative project, learning a new skill or language, teaching your children all those things they don't teach at school (maybe even some they do!), volunteering to phone people who need a friendly chat, writing that novel, finally sorting the loft... give yourself a long term goal and break it into smaller ones along the way. Try and make a little progress towards it each day. Meaningful work is very good for our wellbeing.

5 - **Pleasure is not a luxury.** It's important for mental health. Small everyday things can still be enjoyed. Whether it's a treat to eat, a hot bath, a favourite TV show, a good book, a laugh with a friend on the phone... there's no harm in doing your hair and make-up either, if it makes you feel better.

6 - **Eat as healthily as you can.** Keep regular sleeping patterns still. Remember that alcohol is a depressant and go easy. The same rules still apply for keeping your mood as positive as it can be, as for keeping your body as well as it can be. Body and mind are as one.

7 - **Try a little mindfulness.** You've probably heard of mindfulness, and yes, there's an app for that (loads!). It's basically making a conscious decision to pay attention to the here and now. Because most of the time, in this very moment, right here, right now, this very second, things are ok. You're sitting, breathing, in and out..... it's noticing that, noticing the thoughts that are going through your mind, and letting them go by, bringing your attention back to the moment. Noticing what you can see, hear, smell, feel.... really paying attention to your senses, not judging anything, just noticing, just for now, just for a few minutes.

8 - **And, Relax....** relaxing is something we can make a conscious choice to do, and the more we do it, the better, at this stressful time. We can lower our 'baseline' resting stress levels in this way, giving us more capacity to cope with difficulties that arise. All you need to do is make yourself comfortable, sit or lie down - many people find putting their feet up helps, and tune into your body, and the tension that we carry around with us. It's hard to just relax our muscles straight off, it can help to first put a little extra tension in first....so, clench your teeth, shrug your shoulders, clench your tummy muscles.... then let go..... notice the release of tension.... work your way round your body doing this.... let your breathing slow and notice how relaxed breathing lets your tummy rise and fall, like a baby.... you can even do a 'mini' version of this standing up - maybe every time you boil the kettle for example.... you'll begin to notice just how much tension creeps into our bodies without us even noticing.... and how nice it feels to let it go!!

9 - **Gratitude....** yes, even in these tough times, there are things to be grateful for, and if we make a deliberate decision to notice and appreciate them, we help ourselves to feel better and more positive. Perhaps talk with your family about three good things you're grateful for today, or start a gratitude journal in which you write 3 good things that happened today before you go to bed. It might be as simple as you saw spring flowers blooming from the window, you watched something that made you laugh on TV, a friend texted to ask how you are....

10 - **Finally, recognise the need to balance** staying informed and connected with the stress that watching news and looking at online media can cause. Notice how they make you feel, and cut down if it's not good. Try to limit your time doing these things and remember to stick to reputable sources.

Dr Anne-Marie Green
Chartered Psychologist



Hello! If you are self-isolating, I can help.

My Name is:

I Live Locally at:

My Phone Number is:

If you are self-isolating due to COVID-19, I can help with:

Picking up shopping

Posting mail

A friendly phone call

Urgent supplies

Just call or text me and I'll do my best to help you (for free)

Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items should be left on your doorstep.

#spreadingonlykindness

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PARISH COUNCIL NEWS FOR MARCH - Alan MacWhannell

The Parish Council met for its scheduled meeting on 12th of March, a few days before the government announcement on 16 March on the measures required to control the coronavirus outbreak that included advice on restriction of exposure to the virus by reducing attendance at Public events, restaurants, pubs and large gatherings of people generally.

They say a week is a long time in politics and as everyone will know we are now having announcements every day about changes that are fundamentally changing the way our society works. The council at present has a legal requirement to hold meetings, including an annual parish meeting which we had set for 14 May but we will be reviewing this in the light of further developments.

Just before the government announcement on 16th of March I had contacted the school, church, WI, SACREC and Village Hall to see how these community groups were planning to help the community and to ascertain how we could work together. At the same time the Sheriffhales Support Group was illustrating the power of social media and I think by the end of the day about 40 people committing to help support and deliver across the Parish. That's a magnificent first response to something that is going to require us to work together as a community over the next few months and probably longer. Thanks also to the WI, Church, School and SACREC for positive responses to our requests and organising within their own organisations.

The Parish Council will be looking to help with, for example, funding for groups who are supporting our community and will be "meeting" with stakeholders to assist how we can help each other in facilitating a Parish wide response. The requirements for support will be changing daily of course as the number of cases in the Parish increase, the restriction in daily activity required to contain the outbreak and the human resources needed to deliver support all changing continuously.

Money isn't everything and as being shown already, being good neighbours is key particularly to those most at risk, where help with shopping and telephone support to people who feel isolated or lonely also means a lot. A significant number may need to self isolate.

We are also aware that in an electronic age not everyone uses a mobile phone, social media and video conference.

The demographics of Sheriffhales are well known, similar to Shropshire as a whole, with at the last Census 302 dwellings and 286 households and a population of 722 then, likely nearer 760 now. We had just over 100 people over 70 then, part of the population more at risk of course. We are lucky our population is not as dense as central London but we should expect a significant risk to our community and act accordingly.

There is a lot of Government information available, links to this as well as a page I have copied are available but the situation is changing rapidly.

If you have comments on what you would like the Parish Council to help with or suggestions please email our clerk, pop a note in the post box by the main noticeboard or speak to a Councillor, we want to help!

Finally, back to our meeting on Thursday last week. Draft minutes will be available to see on the website and notice board. We welcomed Alan Edwards to the Council as our new Councillor. We are extremely fortunate to have someone with his experience on our team. More on this next issue of magazine.

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Church News at a Glance

Special Announcement

We are so sorry to have to suspend public worship in our churches because of the Covid19 Virus
In these difficult times we need to rely even more on our faith in God, and find ways not to be alone, but to stick together even in our isolation.

We will be offering the following:

Open Churches – our churches will remain open during the day for people to come to pray

Weekly Resources – we will send out a weekly email with prayer resources for the week for you to use at home

Televised Services – we will televise a service from St Andrew's each week so you can tune in and join in together

We have a YouTube Channel on

<https://www.youtube.com/channel/UCg1olxn1EkTe9quzWNWq7hw>

Just click on the link and it will allow you to sign in and watch

You can also see it on our website and on Facebook

Regular Phone Calls – we will be phoning you on a regular basis to check that you are ok and if you need any help

The situation is changing very rapidly, so please do look out for update emails as we move forwards

May God bless you and keep you,
May the Lord make his face to shine upon you and be gracious to you,
May the Lord lift up his countenance upon you and give you peace. Amen

Were you there?

Were you there when they crucified my Lord? It is the opening line of a song that was sung by slaves in the American deep south, but it speaks to us today of an immediacy of experience. None of the slaves were there in Palestine to see Jesus nailed to a cross, but through their sufferings they came close to his experience. That is what makes it feel so real.

Our own faith needs to be real if it is to hold us through these times. We don't want a second-hand faith! We don't want to be going through the motions! We want a faith that connects with our real lives, our joys and sorrows, a faith that makes sense of the life of the world and the real problems we face. A second-hand faith is no good to us at all when we are facing real challenges.

We are facing a worldwide crisis, a pandemic that will touch very family on earth in one way or another. It will challenge us to work out what is really important in our lives. It will challenge us to reach out to help others, and to deepen our sense of community. Sheriffhales is an amazing community and I am sure that we will hold together. Do watch the services if you can. You can just go to the website for St Andrew's www.standrewschurchshifnal.org.uk and click on the Facebook or Twitter window to watch it live.

A first-hand faith is one that we own for ourselves. It happens when we tell of those moments when "we were there" the moments that God has acted in our lives. When has God made a difference for you? When have you known a strength that was not your own? When have you felt your heart "strangely warmed" (in the words of John Wesley) and experienced the love of God yourself? This is your testimony, your eye-witness account! Jesus sends us out into the world to tell our story, that others may come to know a first-hand faith for themselves.

Blessings Chris Thorpe

Many thanks to Dean Williams and family from Sheriffhales for designing and printing the postcards. Please cut them out and post them through your neighbours' doors if you are able to help or download from the website to give out multiple copies.

Dean says:

Hi All,

With everything going on in the UK and around the world at the moment, we thought we'd do something to try to help. So we created this artwork for people to download and print at home. These A6 Postcard sized leaflets can be printed and handed to help either elderly or vulnerable people in your neighbourhood.

See the link to download the files here:

<https://www.blog.print-print.co.uk/free-to-download-i-can-help-printed-postcards-artwork-covid19/>

Many thanks

Dean Williams

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t: 01952 850730

m: 07976 725723

E: dean@dean-williams.co.uk

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#spreadingonlykindness

Magazine edited and produced by Caroline MacWhannell and Barbara Barlow, Printed at Sheriffhales School

Disclaimer— All the views expressed in this publication are those of the individual authors of articles and not of the editors of the magazine, nor the collective views of the village of Sheriffhales.