

# HAWKHURST COMMUNITY SUPPORT GROUP

*Helping the community beat the virus*

## Newsletter No. 7

17th May 2020

*Unbelievably this is the seventh edition of the HCSG newsletter, which we hope you continue to enjoy.*

*As you can imagine, putting the newsletter together every week involves a great deal of work for all those involved, so we'd really like to hear your feedback - do you find it interesting? is it useful? is there something in particular you'd like us to feature? Please do let us know by emailing us at [hawkhurstcommunity@gmail.com](mailto:hawkhurstcommunity@gmail.com)*

*If you know of others who would like to read the newsletter, it is also published on our website: [www.hawkhurstcommunitysupport.com/hcsg-newsletter](http://www.hawkhurstcommunitysupport.com/hcsg-newsletter)*



### A word from the Chair.....

I imagine you will have had a variety of responses to the first steps towards easing the lockdown restrictions. Some will no doubt welcome the opportunity to spend more time outside, others may be worried about returning to work, whilst for many, it may feel like nothing has changed. No matter what we feel personally, we all need to continue to look out for each other and work together to keep everyone safe.

Each week, I "attend" various meetings in my role as Chairman of the Parish Council. This week our focus has been on what changes might be required to keep our communities safe, particularly in terms of maintaining social distancing. In some cases, this will simply be a continuation of the good practice that is already happening, for instance, in the measures our supermarkets, pharmacy and GP surgeries have already taken.

There are also new things to consider, one of which is the Government advice that members of the public consider wearing face coverings when in enclosed public spaces. As far as HCSG is concerned, wearing a face covering is entirely a personal decision. If you do choose to wear one, please read the guidance overleaf carefully.

**Clare**

### Volunteer & Client numbers: update

**Yet again, our volunteer and client numbers have increased over the last seven days. We can confirm that we now have a magnificent total of 143 volunteers and 185 clients registered with HCSG.**

## Face Coverings

Since 11 May 2020, the public has been advised to consider wearing face coverings in enclosed public spaces such as shops, trains and buses to help reduce the spread of coronavirus.

Face coverings are **not** a replacement for social distancing and regular handwashing which remain the most important actions, says the Chief Medical Officer.

The public are urged **not** to buy medical grade masks so they can be saved for frontline health and care workers, and instead make their own face coverings at home.

### How to wear a face covering

A cloth face covering should cover your mouth and nose while allowing you to breathe comfortably. It can be as simple as a scarf or bandana that ties behind the head.

Wash your hands or use hand sanitiser before putting it on and after taking it off and after use. Avoid touching your eyes, nose, or mouth at all times and store used face coverings in a plastic bag until you have an opportunity to wash them.

Do not touch the front of the face covering, or the part of the face covering that has been in contact with your mouth and nose. Once removed, make sure you clean any surfaces the face covering has touched.

You should wash a face covering regularly. It can go in with other laundry, using your normal detergent.

When wearing a face covering, take care to tuck away any loose ends.

### Where do I get a face covering from?

You can use a scarf or bandana. If you wish to buy a face covering, there are community groups on social media who are making them - check local Facebook or NextDoor sites. Or make one yourself - it's very easy, see Government guidance at:

<https://www.gov.uk/government/publications/how-to-wear-and-make-a-cloth-face-covering>



## Hunt the painted stone.....

You might have seen around the village a whole array of wonderful painted stones, hopefully bringing a smile to those out for a stroll in this tricky time.

It was originally conceived by a Hawkhurst mother, as a way for her daughter to still say "hi" to her nursery friends at the beginning of lockdown. It was also a really fun way to get the little ones creative and motivated to go out for a daily walk.



We took it in turns to decorate stones at home, from glitter, to rainbows, to lady birds and then hid them in places which were obvious for a pre-schooler to find - at the side of footpaths, on fences and walls. Gradually more people joined in, painting their own stones and hiding them for others to find.



It brings so much joy to see the excitement on their faces when they spot a new one! We haven't checked for a while but I hope they're still there.



If you find one, please leave it for the next person to spot, or even make and hide your own?

*Abby Allen-Eslor*

Don't forget that every household which has registered with HCSG, and is actively receiving support from the Group, will automatically be entered into the draw for a **£200 bumper hamper** donated by Tesco and Waitrose. If you are eligible for support from HCSG, please sign up today by emailing or calling us (details at the bottom of this page) and do your bit to protect our village.  
The winner will be announced at the end of May.

### Have you visited the HCSG website recently?

With over 1,700 visitors to date, you should! There is a huge amount of information on the website - local information such as details of food producers who deliver, pubs and takeaways which are open, garden centres, information from our GP surgeries. Also general information - employment opportunities, details about joining Kent library, well-being at this time, scams that are doing the rounds. Have a look now:

[www.hawkhurstcommunitysupport.com](http://www.hawkhurstcommunitysupport.com)

## Are you a culture vulture?

Did you know that you can tour around some of our best museums and galleries from the comfort of your own armchair? Obviously closed at this time, the following institutions have opened their doors 'virtually' and free of charge for visitors to enjoy:

### **British Museum**

[www.britishmuseum.org/collection](http://www.britishmuseum.org/collection)

*'Get closer to the British Museum's collection and immerse yourself in two million years of history, across six continents. The collection online has been completely redeveloped, making it much easier to find what you want. It allows access to almost our and a half million objects in more than two million records'.*



### **V&A**

[www.vam.ac.uk/collections](http://www.vam.ac.uk/collections)

*'From ancient Chinese ceramics to Alexander McQueen evening dresses, take an incredible journey through 5000 years of human creativity with our online collections'.*



### **National Gallery**

[www.nationalgallery.org.uk/visiting/virtual-tours](http://www.nationalgallery.org.uk/visiting/virtual-tours)

*'Our three virtual tours allow you to step inside the Gallery and explore one of the greatest collections of paintings, from the comfort of your home'.*



### **Chatsworth House**

[www.chatsworth.org/your-visit/virtual-tour](http://www.chatsworth.org/your-visit/virtual-tour)

*'Step into Chatsworth on your device and explore our award-winning multimedia guide which features hidden stories and personal insights from our experts, plus facts and figures about works of art and rooms. Join us on an armchair adventure'.*



### **Houses of Parliament**

[www.parliament.uk/visiting/virtualtour](http://www.parliament.uk/visiting/virtualtour)

*'Explore the Houses of Parliament on this 360° virtual tour'.*



### **Buckingham Palace**

[www.royal.uk/virtual-tours-buckingham-palace](http://www.royal.uk/virtual-tours-buckingham-palace)

*'Explore this magnificent building via our virtual tours. The first tour will take you to the Grand Staircase. Further tours take you to the White Drawing Room, the Throne Room and the Blue Drawing Room'.*







## The 2.6 Challenge

Two of HCSG's clients in the village - Margaret and Derek - recently undertook the 2.6 Challenge, to raise money for the British Lung Foundation and also the HCSG 'Families in Need' appeal.

The 2.6 Challenge was set up by UK charities following the cancellation of London Marathon, the world's biggest one-day fundraising event. Many charities rely on sponsorship raised by those participating in the London Marathon. 26 relates to the date on which the Marathon was due to be held this year and of course, the distance run.

The 2.6 Challenge involved any activity based around the numbers 2.6 or 26, open to any age or ability, and completed by Sunday 26 April, the date when the 40th London Marathon would have taken place.

Margaret and Derek decided to do 26 minutes of yoga, followed by a walk of 2.6 miles around Hawkhurst. Their route took them along Rye Road to the crossroads, down the High Street towards the Community Hospital, left down North Hill Road and then footpaths 194, 193 and 196 to The Moor. At the former school on Moor Hill, the intrepid pair reached their 2.6 miles, but continued onto footpath 189 back on to Rye Road.

Many congratulations to Margaret and Derek for their great achievement and for so successfully raising money for the British Lung Foundation and for the HCSG 'Families in Need' appeal.



## Meet the HCSG Co-ordinating Group

The last two members of Co-ordinating Group to introduce you to are **Bella Hastie**, Operations Manager and **Lucy Howells**, Communications Manager and Editor of this newsletter.



**Bella Hastie**  
Operations Manager

Bella looks after the operational aspects of the Covid-19 coordination which varies from meeting with the reference groups, setting up bank accounts and ensuring that volunteers and clients are getting the support they need. She has enjoyed working with the fantastic team and getting to know places in Hawkhurst that she didn't know before. When not involved in the HCSG, Bella is a coach and on the committee for Hawkhurst Junior Football Club and has found weekends with no sport very strange.



**Lucy Howells, Communications Manager & newsletter Editor**

I have lived in the village for over nine years, work freelance from home and attempt to wrangle four children and two cats! I've been involved in the HCSG from the very beginning, initially creating a WhatsApp group of willing volunteers and since then, as a member of the Co-ordinating Group with responsibility for the Group's social media output, 'marketing' and editing this newsletter. It is said that every cloud has a silver lining and that is certainly true as far as the HCSG is concerned - it is a privilege and an honour to work with the members of this Group - a truly talented, effective and wonderful bunch of people.