

HAWKHURST COMMUNITY SUPPORT GROUP

Helping the community beat the virus

Newsletter No. 17

23 October 2020

The newsletter is also published on our website:

www.hawkhurstcommunitysupport.com/hcsq-newsletter

A word from the Chair.....



As I'm writing this, I'm doing my best to avoid the distraction of the autumn sunshine in the trees outside my window. I love autumn on days like this. But I have to be honest and admit that I'm not so keen on rainy grey days, and I can find my mood drops as a result. I'm sure I'm not the only one. This winter, I think it will be especially important to keep in touch with each other to boost our moods. Look out for a helpful suggestion from one of our volunteers later in this newsletter. If anyone else has any good ideas or suggestions that will help us keep upbeat this winter, we'd love to hear from you and share them in future editions of our newsletter.

I imagine many of you will be disappointed not to be able to mark Remembrance Sunday in the usual way. However, you will be able to watch the service at the War Memorial in Tunbridge Wells live on the borough council's website www.tunbridgewells.gov.uk at 10:45am on Sunday 8th November.

Hawkhurst is currently a MEDIUM alert level, and page 3 gives a handy summary of what this means for all of us. Numbers locally have been going up and at our last reference group meeting, we were asked to advise you about the increasing infection levels so that everyone knows to look after themselves and each other.

I have also been asked to remind you about the importance of wearing face coverings. We know that we are being encouraged to wear a face covering in order to protect the people that we come into contact with, but I was interested to read about a recent research project that has shown that wearing a face covering also offers the wearer protection. Let's keep looking after each other.

Take care.

Clare

A word of thanks to



Hands of Hope, the local charity which is transforming the walled garden on Moor Hill into a market garden in pursuit of its mission to show communities how to sustain, conserve, protect and improve the natural environment and improve people's health and wellbeing.

Hands of Hope provided the fresh vegetables which our volunteers recently delivered, free of charge, to many of our clients. They have also been providing vegetable packs for our **Food4Families** project, helping us to help local families in need.

Find out more about this great local charity, and how to get involved in their work, from their Website at www.hohcharity.co.uk.

Shopping from home

From Thursday 5 November, Waitrose will be extending their Click & Collect service to their Hawkhurst store.

You'll be able to go online to waitrose.com, order your groceries and choose Click & Collect instead of home delivery. Then, you'll be able to collect your order from the enquiry desk in the store. Minimum order is £40.

This will provide a useful option for online shoppers who can't secure one of the precious delivery slots and for those who prefer to leave the trolley trudge to someone else!

The branch will start with 15 orders per day, with hourly slots for collection between 10am and 7pm Monday to Saturday and 10am to 3pm Sunday.

A Reminder: the HCSG Website contains a link to a useful directory of local businesses offering delivery or collection of all kinds of goods. Some of these will take orders and payment over the phone. Go to www.hawkhurstcommunitysupport.com/local-business-directory.

Over 70?

Just a reminder that it is HCSG policy not to engage volunteers of 70 years and older to shop for clients. This simply recognises the fact that infection with the virus tends to have more serious consequences for older people. Please let us know if you reach age 70 while volunteering with us. We need a variety of skills and may be able to offer you another worthwhile role in HCSG.

Coronavirus cases in Tunbridge Wells

Since the start of the pandemic, the Borough has recorded 811 cases and 53 deaths*.

During the 7 day period to 17 October, 63 cases were recorded in the Borough. Hawkhurst, Benenden and Sandhurst recorded eight cases; Cranbrook, Sissinghurst and Frittenden recorded six. Rates per 100 thousand population were, in both areas, slightly above the average for England as a whole.

**Deaths occurring from any cause within 28 days of a positive test for COVID-19.*

Source: Gov.UK - Coronavirus (COVID-19) in the UK.

Our local COVID alert level is MEDIUM What does this mean?

- you must not socialise in groups larger than 6, indoors or outdoors (other than where a legal exemption applies)
- businesses and venues can continue to operate, in a COVID-secure manner, other than those that remain closed in law
- certain businesses are required to ensure customers only consume food and drink while seated, and must close between 10pm and 5am
- businesses and venues selling food for consumption off the premises via a delivery service, click & collect or drive-through can continue to do so after 10pm
- schools and universities remain open
- places of worship remain open, subject to the rule of 6**
- weddings and funerals can go ahead with restrictions on numbers of attendees
- exercise classes and organised sport can continue to take place outdoors, or indoors if the rule of 6 is followed. There are exceptions for supervised activities for under-18s, and disability sport

You must:

- wear a face covering in those areas where this is mandated

You should continue to:

- follow social distancing rules
- work from home where you can effectively do so
- when travelling, plan ahead or avoid busy times and routes; walk or cycle if you can

** Any gathering of more than six people in England is illegal, unless it meets one of the exemptions. This applies to gatherings both indoors and outdoors. The rule does not apply to households or bubbles of more than six, or gatherings for work or education.

For more information: <https://www.gov.uk/guidance/local-covid-alert-levels-what-you-need-to-know>

Keep in touch - free!

One of our volunteers has shared with us his cost-free way of keeping in touch with a friend:

"At present I take a phone call from a friend at 9 o'clock each morning. He rings three times, I ring back twice. I therefore know he is OK and it costs nothing"

