

# HAWKHURST COMMUNITY SUPPORT GROUP

*Helping the community beat the virus*

Newsletter No. 14

21st August 2020

*Welcome to the fourteenth edition of the HCSG Newsletter.*

*The newsletter is also published on our website:*

[www.hawkhurstcommunitysupport.com/hcsg-newsletter](http://www.hawkhurstcommunitysupport.com/hcsg-newsletter)

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



I hope that you are all keeping well and making the most of the summer in whatever way works for you. I appear to have managed to cleverly plan my days off to coincide with the rain!

We're very lucky to be living in an area with fairly low levels of COVID-19. Currently, the borough of Tunbridge Wells has an average of just under one new case each day. By continuing to follow the guidance, we will continue to keep each other safe.

It seems that most of us are adapting well to a new way of living with the coronavirus. What that looks like will be different for all of us. Some of us will welcome every easing of restrictions and be keen to take advantage of them; others will be more cautious. That's only to be expected, and I imagine that most organisations will adapt to enable people to take the approach that makes them feel most at ease.

For instance, Fr. Rodney has advised that St Laurence Church is gathering again for collective worship at 8am and 10am on Sundays, with the service also available on Zoom for those who would prefer to attend that way. In a similar vein, there are shops and pubs continuing to offer delivery/takeaway services, as well as welcoming people back on their premises.

Also, don't forget that HCSG is here to support you if you need help.

Take care.

**Clare**

### **Volunteer & Client numbers:**

**We currently have 137 volunteers and 188 clients registered with HCSG.**



## Could you spare a little time to help with the Hawkhurst Community Fridge?

Most of you will have seen the lovely new Community Fridge in the centre of the village, just outside the new Green Shop. We are now victims of our own success, and need some more volunteers to keep up with the increasing number of donors that want Hawkhurst to share their excess food. Current providers include Eggs to Apples, Ringden Farm, Sandhurst Farm Shop, Tesco and the Co-op in Cranbrook, but more want to join the scheme. Can you drive and lift a 15kg box? Collection slots to be filled are evenings, around 7.00pm, and Sunday at 3.30pm. There are also some ad hoc daytime collections. We have a rota of helpers so don't worry, you would not be doing it all yourself!

*If you would like to be part of this vibrant community project and keep our Community Fridge stocked, why not get in touch?*

**Email: [hawkhurstcommunityfridge@gmail.com](mailto:hawkhurstcommunityfridge@gmail.com)**

**Facebook: Hawkhurst Community Fridge**

***Thank you!***

## Coronavirus – the current rules

*Here is a summary of the current Government guidance.*

More information is available on <https://www.gov.uk/coronavirus>

### Going out

You don't have to stay at home any more but when you leave your home, you should follow the published guidelines on staying safe outside your home. This includes limiting the number of people you see, maintaining social distancing from people you do not live with and washing your hands regularly. You are required to wear face coverings in most indoor public areas including retail premises, on public transport and in entertainment venues.

### Prohibitions

You should not:

- socialise indoors in groups of more than two households (anyone in your support bubble counts as one household) – this includes when dining out or going to the pub.
- socialise outdoors in a group of more than six people from different households; gatherings larger than six should only take place if everyone is from two households or support bubbles.
- interact socially with anyone outside the group you are attending a place with, even if you see other people you know (for example, in a restaurant).
- hold or attend celebrations (such as parties) where it is difficult to maintain social distancing and avoid close social interaction.
- stay overnight away from your home with members of more than one other household (your support bubble counts as one household).

It is against the law for gatherings of more than 30 people to take place in private homes (including gardens and other outdoor spaces).

Businesses and venues following COVID-19 Secure guidelines (see the Government coronavirus website) can host larger groups provided they comply with the law. This can include weddings, civil partnership ceremonies and funerals (which should be limited to no more than 30 people), religious services, community activities and support groups.

If attending an event that is following COVID-19 Secure guidelines, you should take care to limit your interactions with anyone outside of your group and continue to maintain social distancing from those that you do not live with.

### Local restrictions

If you are planning to travel to another area of the country, consult the local restrictions page at: <https://www.gov.uk/government/collections/local-restrictions-areas-with-an-outbreak-of-coronavirus-covid-19> to see if any restrictions are in place. In some areas, it will be illegal to meet people you do not live with inside a private home or garden.

### If symptoms appear

If you or someone in your household is showing coronavirus symptoms, everyone in your support bubble should self-isolate, stay at home and get a test. If it is only you who are showing symptoms, you and your household may end self-isolation early if you receive a negative test.

However, if you are isolating because you live with someone who has symptoms, you must continue to isolate for 14 days even if you receive a negative test. You may only end isolation early if the person with symptoms in your household receives a negative test. If you are contacted as part of the test and trace programme, you should stay at home and isolate for 14 days even if you receive a negative test. If you then become symptomatic, everyone in the support bubble must then isolate.



*St Laurence Church has reopened for those who wish to visit for private prayer. The Vicar and Churchwardens request that visitors observe the following protocols for the good of all:*

The Church is open every day until approx 5.30pm.

Please use only the areas of the church not cordoned off by tape.

Please ensure to use the hand sanitiser provided on entering and leaving the church.

The toilet will be locked and out of use.

The lighting of votive candles will not be allowed.

No Prayer Books and Bibles in the Church are to be used. Please bring your own Prayer Books and Bibles if you would like to use them.

Please ensure that you thoroughly clean and sanitise the area on the pew or chair you use if you choose to sit down. Anti- bacterial wipes will be provided. Please put them in the bin provided when you have used them.

If there are other people in the church as well, please ensure that you keep to the required social distance of 2 metres.

The Holy Water Stoup at the entrance to the church is empty.

In case of an emergency, please follow the emergency exit signs. If there is more than one person in the building, please leave one by one, avoiding bottlenecks.

The church will be regularly sanitised and cleaned during periods when it is locked.

*“Thank you to the many people who share with others from their bounty. We need more.”*

*Fr Rodney*

### Meet the HCSG Team

We continue with introductions to our Volunteers.

This month it's the turn of **Kate Daniels**.



For many years, as a psychotherapist, I lived in London, running a clinical training for family therapists at the Tavistock Centre, then returned in 2017 with my bearded collie Hamish, to my old stamping ground. Apart from the cabbage whites laying eggs on my brassicas, it has been a joy.

I am also a jazz singer - set up a jazz club at The Bell, Ticehurst and with my band, perform gypsy and dinner jazz anywhere people will have us. Last week we opened the new socially-distanced season of Jazz On the Pantiles, like a summer night in Provence someone said...!