



# Madingley News

NEWS-SHEET No. 1, 24th March 2020

Madingley Parish Council has asked us to circulate its current advice to Villagers, so we have produced this News-Sheet for distribution around the Village. We would like in future to include news of initiatives to assist residents, or offers of practical help. If you are able to receive any future editions electronically, please send your email address to us at: [madingley.newsletter@gmail.com](mailto:madingley.newsletter@gmail.com)  
Roger and Lesley Buckley (01954 211276)

## **Madingley Parish Council Notes for Villagers during the Coronavirus Pandemic**

To help guide us through this pandemic, here are a some notes taken from the Government (<http://www.gov.uk>) and NHS (<http://www.nhs.uk>) websites, as of 23rd March 2020 following the Prime Minister's broadcast. Please refer to them for further up-dates in this rapidly changing situation.

Here is an extract from the **Government website**:

### **NEW RULES ON STAYING AT HOME AND AWAY FROM OTHERS**

The single most important action we can all take, in fighting coronavirus, is to stay at home in order to protect the NHS and save lives.

When we reduce our day-to-day contact with other people, we will reduce the spread of the infection. That is why the government is now introducing three new measures.

1. Requiring people to stay at home, except for very limited purposes
2. Closing non-essential shops and community spaces
3. Stopping all gatherings of more than two people in public

Every citizen must comply with these new measures. The relevant authorities, including the police, will be given the powers to enforce them – including through fines and dispersing gatherings.

These measures are effective immediately. The Government will look again at these measures in three weeks, and relax them if the evidence shows this is possible.

### **1. STAYING AT HOME**

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.

These four reasons are exceptions – even when doing these activities, you should be minimising time spent outside of the home and ensuring you are 2 metres apart from anyone outside of your household.

These measures must be followed by everyone. Separate advice is available for individuals or households who are isolating, and for the most vulnerable who need to be shielded.

If you work in a critical sector outlined in this guidance, or your child has been identified as vulnerable, you can continue to take your children to school. Where parents do not live in the same household, children under 18 can be moved between their parents' homes.

## **2. CLOSING NON-ESSENTIAL SHOPS AND PUBLIC SPACES**

Last week, the Government ordered certain businesses – including pubs, cinemas and theatres – to close.

The Government is now extending this requirement to a further set of businesses and other venues, including:

- **all non-essential retail stores** - this will include clothing and electronics stores; hair, beauty and nail salons; and outdoor and indoor markets, excluding food markets
- **libraries, community centres, and youth centres**
- **indoor and outdoor leisure facilities** such as bowling alleys, arcades and soft play facilities
- **communal places within parks**, such as playgrounds, sports courts and outdoor gyms
- **places of worship**, except for funerals attended by immediate families
- **hotels, hostels, bed and breakfasts, campsites, caravan parks, and boarding houses** for commercial/leisure use (excluding permanent residents and key workers).

More detailed information can be found at:

<https://www.gov.uk/government/publications/further-businesses-and-premises-to-close> including a full list of those businesses and other venues that must close. Businesses and other venues not on this list may remain open.

## **3. STOPPING PUBLIC GATHERINGS**

To make sure people are staying at home and apart from each other, the Government is also stopping all public gatherings of more than two people. There are only two exceptions to this rule:

- where the gathering is of a group of people who live together – this means that a parent can, for example, take their children to the shops if there is no option to leave them at home
- where the gathering is essential for work purposes – but workers should be trying to minimise all meetings and other gatherings in the workplace.

In addition, the Government is stopping social events, including weddings, baptisms and other religious ceremonies. This will exclude funerals, which can be attended by immediate family.

## **DELIVERING THESE NEW MEASURES**

These measures will reduce our day to day contact with other people. They are a vital part of our efforts to reduce the rate of transmission of coronavirus.

**Every citizen is instructed to comply with these new measures.**

The Government will therefore be ensuring the police and other relevant authorities have the powers to enforce them, including through fines and dispersing gatherings where people do not comply.

And from the **NHS website**:

## What to do if you have coronavirus symptoms

Continue to stay at home if you have either:

- **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature) or
- **a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)

To protect others, do not go to places like a GP surgery, pharmacy or hospital. Stay at home.

Use the 111 online coronavirus service (<https://111.nhs.uk>) to find out what to do.

Only phone 111 if you cannot get help online.

## What to do if you need medical help for another reason

If you need medical help not related to coronavirus, do not go to places like a GP surgery, pharmacy or hospital.

- for health information and advice, use the NHS website or check your GP surgery website
- for urgent medical help, use the NHS 111 online service. Only call 111 if you're unable to get help online
- for life-threatening emergencies, call 999 for an ambulance

## Who is at high risk?

You may be at high risk from coronavirus if you:

- have had an organ transplant
- are having certain types of cancer treatment
- have blood or bone marrow cancer, such as leukaemia
- have a severe lung condition, such as cystic fibrosis or severe asthma
- have a condition that makes you much more likely to get infections
- are taking medicine that weakens your immune system
- are pregnant and have a serious heart condition

If you're at high risk, you will be contacted by the NHS by Sunday 29th March 2020. Do not contact your GP or healthcare team at this stage – wait to be contacted.

Other things you can do to stop the infection spreading

DO:

- wash your hands with soap and water often – do this for at least 20 seconds
- use hand sanitiser gel if soap and water are not available
- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissue in the bin immediately and wash your hands afterwards
- stay 2 metres (3steps) away from other people, if you need to go outside

DON'T:

- do not touch your eyes, nose or mouth if your hands are not clean

## How coronavirus is spread

Because it's a new illness, we do not know exactly how coronavirus spread from person to person. Similar viruses are spread in cough droplets. It's very unlikely it can be spread through things like packages or food.

## Pregnancy advice

If you're pregnant and worried about coronavirus, you can get advice about coronavirus and pregnancy from the Royal College of Obstetricians and Gynaecologists:

<https://www.rcog.org.uk/en/guidelines-researchservices/guidelines/coronavirus-pregnancy/covid-19-virus-infection-and-pregnancy/>

## Treatment for coronavirus

There is currently no specific treatment for coronavirus. Antibiotics do not help, as they do not work against viruses. Treatment aims to relieve the symptoms while your body fights the illness. You'll need to stay in isolation, away from other people, until you have recovered.

## Get an isolation note to give to your employer

If you live with someone who has symptoms of coronavirus, you can get an isolation note to send to your employer as proof you need to stay off work. You do not need to get a note from a GP. See: <https://111.nhs.uk/isolation-note/>

## Help in your Community (with shopping, prescriptions, posting letters, etc.)

If you are self-isolating and need help:

- ask neighbours for their phone numbers so that you can phone them for help should you need it
- sign up to on-line shopping if you can. The supermarkets are prioritising elderly and vulnerable people, and NHS and social care workers. At present many are booked up!
- consider using a local 'milkman' or delivery service
- do not let anyone you don't know into your house. Take their name and phone number and check with someone you know in the village. Tell them you'll contact them by phone only if you want help
- do not give your bank card to anyone, especially someone you don't know – even if they are offering to help. (If a neighbour or someone else you know in the village offers to do some shopping for you there are other ways to pay, for example using cash or cheque, online banking, or telephone banking. Tesco, Sainsbury, and Waitrose offer a 'Click and Collect' service. This allows you to pay on-line and someone else can collect your shopping for you)
- do not give confidential information to anyone you don't actually know
- make sure that when you go out for exercise, or if someone comes to the door, keep two metres apart from them. If someone does shopping for you they should leave it for you on the doorstep and keep their distance. Don't feel bad about reminding people of this.

If you need to get in touch with one of the Parish Councillors, our emails are:

Charles Crichton-Stuart: [chair@madingleyparishcouncil.org.uk](mailto:chair@madingleyparishcouncil.org.uk)

Fiona Naughton: [cllr.naughton@madingleyparishcouncil.org.uk](mailto:cllr.naughton@madingleyparishcouncil.org.uk)

Joan Stevenson-Hinde: [cllr.stevenson-hinde@madingleyparishcouncil.org.uk](mailto:cllr.stevenson-hinde@madingleyparishcouncil.org.uk)

(Please note that two of us are self-isolating, but we can rally support.)

## Closures and cancellations

The **Village Hall** was closed from Monday 23rd March until further notice. The following events are not taking place:

- Wednesday 25th March: Parish Council Meeting (essential business will be carried out remotely until circumstances change)
- Saturday 28th March: Annual Village Quiz
- Saturday 2nd May: Dawn Chorus Walk
- Saturday 9th May: Village Big Breakfast

The **Village Playground** is closed until further notice.

Services at the **Parish Church of St Mary Magdalene**, Madingley, have been discontinued. The Church will be closed and locked and all baptisms and weddings are postponed. Funerals can still go ahead but within strict limits with only the closest family in attendance and essential physical distancing measures in place.

**Madingley Hall** closed on 19th March until further notice. The 'forthcoming events' listed in the March edition of *Madingley News* will not take place.

**South Cambridgeshire District Council** has suspended **Green Bin Collection** from Monday 23rd March to Monday 4th May. For this period, food waste should be placed in the **Black Bin**. If you or anyone in the household are experiencing Coronavirus symptoms, food and personal waste (e.g. used tissues) should be double-bagged and left in a secure place for 72 hours before being put into the black bin. For further advice see: <https://www.scambs.gov.uk/green-bin-collections-suspended/>

#### **From the Rev'd Christine Barrow**

On the evening of Mothering Sunday, members of all churches in England were called upon to light candles in their windows at 7pm as a sign of hope and trust in Jesus as the Light of the world, in these times when the more commonly experienced emotions are fear and panic. No-one, including the leadership of the churches, is denying the seriousness, and as the Archbishop of Canterbury was quoted as saying, the "strangeness" of these days. Yet these are the times when we dig down to draw on whatever internal mental, emotional and spiritual resources we have, besides checking on the contents of our store cupboards.

You are probably aware that services in churches have been suspended for the time being. BUT that does not mean that 'the church' has shut down. Maybe surprisingly, the Church of England is remarkably clued in to modern technology, and if you visit <https://www.churchofengland.org> under the section for 'Coronavirus liturgy and prayer resources' you will find ideas to guide your prayer and reflection. In Madingley itself, although the church has had to be closed for a while to try to prevent the spread of the coronavirus, it is a source of comfort to have the presence of a building which has stood through generations of other major challenges to the well-being of the parishioners, whether plague, Civil War, or World Wars. And it is still here.

But that other, more important understanding of the term, 'church', – the members of the congregation – are also present and willing to try to do whatever is required to support and encourage everyone in the village, and to respond to needs as well as we can. Do contact me if you, or someone you know, would appreciate prayer, or any other form of help which we might be able to supply.

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#### **Virtual socialising**

Whilst we all miss getting together with our families and friends, people are finding new ways to keep in touch. For example, remote 'meeting' using Zoom, Microsoft Teams, WhatsApp or Skype, and maybe all 'sharing' a meal and 'eating together'.

Telephone calls to those who are self-isolating can also be a life-line. Are you able to check on any neighbours who might appreciate this?

#### **Kahn Academy**

The Kahn Academy (<https://www.khanacademy.org>) is a non-profit on-line organisation with 'the mission to provide a free, world-class education for anyone, anywhere'. This may be of help to parents with children currently unable to attend school.