

# E-BULLETIN No 3



From Cllr Nigel Hartin



Dear All,

As we enter a second month of lockdown all the signs are that it is going to be a protracted effort to get back to normal. It is critical that our communities stand together and continue to observe the social distancing regulations if we are going to overcome this virus in the foreseeable future. Already (as we go to press) some 73 of our fellow citizens have died in Shropshire.

This third e-bulletin contains further help and information for everyone in our community including individuals, businesses and voluntary groups. I hope you find it helpful.

**If you need help please contact any of the help numbers listed on page 2 or contact me on the email/phone number below.**

Last but not least, I would like to express my thanks to all of our superb staff in the NHS as well as carers in care homes and private homes. Along with the police, fire service and an army of volunteers they are doing an exceptional job at this time of crisis.

Keep safe

*Nigel*

**Nigel Hartin**

Shropshire Councillor for Clun Division

**[Nigel.hartin@shropshire.gov.uk](mailto:Nigel.hartin@shropshire.gov.uk)**

**07583 962292**

Ps To make sure no one misses out, if you know of someone who isn't online, would you consider printing off a copy of this and pop it through their letter boxes?

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## ROAD REPAIRS

Nigel Hartin says: "Kier, Shropshire Council's road contractors are at long last taking the opportunity to carry out long awaited works on roads which are understandably much quieter. That is welcome.

What is not welcome is signage suddenly appearing to close roads with no notice at all and with no indication where the road is closed. To add insult to injury the notification for these ad hoc closures appears later that day or even – as in Clun – the following day. Sometimes these appear on roads which are not closed and they really refer to a side road. That causes chaos. Please contact me on 07583 962292 or [Nigel.hartin@shropshire.gov.uk](mailto:Nigel.hartin@shropshire.gov.uk) if this happens in your area and I will get it investigated. Kier are here to do the work not cause stressed communities more stress. **Planned works are notified to me and I advertise those on Facebook and email**

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## SOURCES OF HELP ACROSS OUR AREA

### BUCKNELL

#### PRESCRIPTIONS

Mike Starr (01547 530179 or 07577 549896) will be the liaison point for Leintwardine and Knighton surgeries; and Geri Jackson (01547 530137) has taken Clun.

GROCERIES and OTHER 'LIFE ISSUES' (e.g. non-grocery shopping, dogs, etc):

Jenny White (01547 530107) has kindly taken on this as a 'signposter' - pointing people in the right direction, making introductions to some of the Younger/FaceBook folks.

### CLUN

Call Clun Good Neighbour Scheme on 01588 640016, Chrissie Verduyn 07976 733164, Mary Eminson 640921 Jane Kent 640642 or Joan Kerry 640401 email: clunvgn@gmail.com Good Neighbours Scheme runs a helpline (640016) every weekday morning. In the current crisis, they are planning to extend this to include weekends. Good Neighbours can help with a range of tasks, such as collecting prescriptions, shopping and offering support. Clun Community Larder Food bank has postponed its weekly sessions as its volunteers are over 70. Contact Bishop's Castle Food Bank on 07773 006413 for help

### BETWS Y CRWYN

Contact Val Whately on Tel: 01547 510681  
Mobile: 07970 64493 Also Facebook:  
[www.facebook.com/groups/649752072494803/](https://www.facebook.com/groups/649752072494803/)

### CLUNGUNFORD

Clungunford Parish Council will be organising assistance to affected residents. The aim of the Parish Council and the PCC is to set up a rota of volunteers to help by getting groceries, collecting prescriptions, dog walking. Contact Jonathan Roberts on 01588 660673: Clungunford House, Clungunford, Craven Arms SY7 0QL and [jonathan.roberts@morgoedestates.com](mailto:jonathan.roberts@morgoedestates.com)

### NEWCASTLE ON CLUN

A newsletter has been set up by Cllr Burge which has a email circulation which can be subscribed to via the Parish Council website See [www.newcastleparishcouncil.org.uk](http://www.newcastleparishcouncil.org.uk)

### SHROPSHIRE MIND

Telephone 01743 368 647, there is someone to take a call 365 days a year, further info on their website [www.shropshiremind.org/](http://www.shropshiremind.org/)

### DOMESTIC ABUSE HELPLINES

National Domestic Abuse Helpline 0808 2000 247. This number has a quick exit facility on the screen if needed. West Mercia Women's Aid: 0800 783 1359.

## Energy Advice During the Lock Down

As households around Shropshire stay at home, we can see our energy bills rise as gadgets become essential for staying in touch and the heating may need to be on more than usual.



Keep Shropshire  
**Warm**

The Keep Shropshire Warm team are able to offer detailed advice via video calls, or put information in the post if people prefer. We've set up a password system to reassure residents, and are happy to talk to a trusted friend or relative if that's easier.

If you have concerns around the increase in your energy bills please call one of their energy advisers at Keep Shropshire Warm on 0800 112 3743."

Keep Shropshire Warm's energy top tips during the lockdown:-

If you're at home more than usual expect your bills to rise – if you don't have a smart meter, submit a meter reading at least once a month so you don't get behind.

If you can't afford your bill talk to your energy provider or Keep Shropshire Warm. Many suppliers have put in place help for customers who are struggling.

Shop around for a good energy deal – there are some bargains out there at the moment.

Get the washing out – if you've got outdoor space, washing should dry over a day, as we are in spring.

## Are you worried about your finances during this difficult time?



The team at Age UK Shropshire Telford & Wrekin are here to help. During this challenging time their highly trained benefits advisors are continuing to offer information and advice on all aspects of welfare benefits for those of state pension age.

The charity can maximise your income by checking your benefit entitlement and assist with applications.

This is a FREE independent and confidential service. Please call Age UK Shropshire Telford & Wrekin on 01743 233 123. Leave a message with your name and telephone number for an advisor to call you back to book a telephone appointment.

## Carer IDs

Shropshire Council are providing informal family carers with a carer pass as they don't have official I.D. so if they are stopped while out on an essential visit they will have something they can show.

Carers can obtain the pass by contacting Margarete Davies, Shropshire Council on [Margarete.Davies@shropshire.gov.uk](mailto:Margarete.Davies@shropshire.gov.uk) or 01743 255776. She will also send them an information sheet, relating to the pass, and a Shropshire Council Useful telephone number list.

Shropshire are also issuing 'Priority Support Volunteer letters' for community groups to give to their volunteers. Again if any groups of volunteers would like the letters they should contact Margarete on the number/email above.

## WEST MERCIA POLICE

### Message from our local Police Team

Reporting Covid guidance breaches can be done here  
<https://www.westmercia.police.uk/tua/tell-us-about/c19/tell-us-about-possible-breach-coronavirus-measures/>

**Please only report matters if you feel there is a significant issue or serious breach of the restrictions.**



### Message from Shropshire Council

Car parks, play areas, visitor centres and toilets at all our countryside sites remain CLOSED until further notice. We ask that you only visit sites and use public rights of way in your immediate area and avoid travelling to sites by vehicle. Thank you.

### Keeping up to date

To keep up to date with daily news from Shropshire Council you can register to receive newsroom updates [www.newsroomshropshire.gov.uk](http://www.newsroomshropshire.gov.uk)



## ADVICE FROM THE NATIONAL POLICE CHIEFS' COUNCIL

### What constitutes a reasonable excuse to leave the place where you live.

#### Necessities

- Buying food and necessities including pet food and alcohol.
- Collecting surplus food from a friend.
- Buying tools and supplies to repair damage to the home.

#### Exercise

- Cycling, running or walking.
- Attending an allotment.
- Stopping to rest or eat while on a long walk.

#### Work

- A key worker or other essential worker travelling to work where it is not possible to work from home.
- A non key/ non essential worker travelling to work where it is not possible to work from home.
- A person delivering food packages to vulnerable people.

#### Other

- Going to seek medical treatment including dental treatment.
- Taking an animal for treatment.
- Providing support to vulnerable people.



## Message from the South Shropshire Furniture Scheme

Despite working from home, the Furniture Scheme staff are ready to respond when needed and we are looking at how we can support the community moving forward. We continue to deal with urgent requests on a case by case basis, prioritising those that are facing immediate crisis. This has included people being re-housed due to domestic abuse, people still recovering from the effects of the floods and vulnerable people with nowhere else to turn.

Once restrictions begin to be lifted we are expecting the true impact of Coronavirus to become apparent. The economy is going to shrink, people are going to lose jobs, mental health will have deteriorated and more people will be living in poverty. We need to get ready for this.. We will need to replenish our stock of furniture pretty rapidly. We'll also be looking into developing more community activities and workshops that will help grow participants' confidence and boost mental health. We'll also continue to help those people in severe need of support by providing essential household items, assistance with fuel poverty and tackling loneliness.

If you do need to get in touch you can do so on Facebook or by emailing [info@furniturescheme.co.uk](mailto:info@furniturescheme.co.uk) . Alternatively, my phone number is 07483429667

**James Cooper**  
Operations Manager

**Cllr Nigel Hartn E-Bulletin No 3**

## SHOPS AND SERVICES

### Bucknell

**Bucknell Stores:** AM only Monday - Saturday 09.00 - 12.00 - Veg Boxes & local delivery available Tel 01547 530834

**Lance Philips Butcher** Bucknell: 08.30 -5.30 Tues & Thurs, 08.30 - 01.00 Weds, 08.30 - 03.30 Sat. Closed Mon.

**Greens Garage** Bucknell: Mon - Fri 07.30 - 05.30 Sat 07.30 - 05.00 Fuel, newspapers confectionery etc

**Bucknell Nurseries:** Collection service still available Tel 01547 530606

### Clun

**Clun Spar Shop & Post Office:** Mon - Sat 07.00am - 08.00pm - Sun from 08.00am.

#### Bright Flowers

Clun Phone orders for fruit, veg, milk, bread and basics to deliver in Clun. Closed Wednesday Call 01588 64054

#### Proper Good Dairy

Clun Car Park 2-2.30 Mon & Fri Turn up or call 07733 480348

### Pubs doing takeaway services etc:

**The Baron** at Bucknell: Providing Lunchtime "Meals on Wheels" Hot lunches for around £5 a day Contact 01547 530549 - Menu at Baron at Bucknell website:

[www.baronatbucknell.co.uk](http://www.baronatbucknell.co.uk)

**Sitwell Arms** Bucknell: Evening Takeaway service 4.30pm - 8.30pm Order from the Sitwell on 01547 530213

**White Horse Inn, Clun.** Doing takeaways from 6 to 9pm. Large menu plus drink. Ring 01588 418149 to order.

**Sun Inn** Clun also do takeaways 5.30-9.00pm. Ring 01588 640559

**Maltings Cafe** in Clun are doing takeaway lunches every day except Wednesday.

#### Hundred House Inn

Boxes £20 – Tues–Sun, varied fruit, veg, bread, eggs, extras on request if available Call 01588 660541

#### The Crown Inn, Newcastle

Boxes £20 Fruit/veg/eggs/ milk/bread etc Order by Wednesday, delivery Saturdays Call 0777 2621344

#### The Crown Inn, Clunton

Boxes £25 – fruit, veg, milk, bread, eggs; can add meat, frozen fish, (fresh if available). Pick up Tues & Fri order by 10am day before Call 01588 660265

### Other

**Bikold** in Ludlow - Payments accepted online. now delivering food in our area.

<http://www.bikold.co.uk/> - 01584 877866 bulk supplies ideal for sharing with neighbours.

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## Giving to Charity Safely

People across the county are generously giving to charities to support those in need in an amazing demonstration of community spirit and togetherness. Unfortunately, there are people who are looking to profit from this terrible situation by exploiting the kindness of others.

'Action Fraud' and Trading Standards have received reports of fraudsters seeking to exploit the pandemic by targeting vulnerable people, for example, posing as charity volunteers offering to help with shopping, offering fake virus testing, or claiming to be raising funds for charity.

If you choose to donate you should only support registered charities, to be sure your funds are reaching those in need at a time when many face an increased demand for their services.

Check the charity's name and registration number at **[www.gov.uk/find-charity-information](http://www.gov.uk/find-charity-information)**. Most charities with an annual income of £5,000 or more must be registered.

Make sure the charity is genuine before giving any financial information – it's OK to decide not to give on the spot. Be wary of unsolicited emails from charities you have never heard of, and be careful when responding to emails or clicking on links within them.

Exercise the same caution as with any other Internet transaction. For example, to donate online visit the charity's own website and always type the website address into the browser yourself.



### Road Repairs in Our Area

There are a number of road closures planned in our area over the coming weeks and months. These include repairs to:

1. Black Mountain junction to Moor Hall junction, Bettws-Y-Crwyn 19th June to 19th July 2020 surface dressing and lining.
2. Surface dressing between Shadwell and Bicton junction. Date to be confirmed.

Should you have any queries regarding these and other closures please call Customer Services on 0345 6789006, or Nigel on 07583 962292. Planned works are notified to Nigel and he shares these on his Facebook page and in regular email updates.

### EMAIL UPDATES

For up to date info as it happens on services and local news etc. sign up to Nigel Hartin's update service by emailing [nigel.hartin@shropshire.gov.uk](mailto:nigel.hartin@shropshire.gov.uk) and asking to be put on my mailing list. In normal times this also tells you of road closures, local planning applications and events

# Health, Care and Wellbeing Services During the Covid-19 Pandemic

Healthwatch Shropshire want to hear from you about how coronavirus / Covid-19 has affected you or your family members so that we can let health and care services in Shropshire know what they're doing well during the pandemic and where people feel things could be improved. To have your say go to:  
<https://www.healthwatchshropshire.co.uk/have-your-say>



The Bishop's Castle and South West Shropshire Covid 19 community support group has also encouraged the local production of face masks and more recently full face visors. Free visors are offered to key workers and volunteers, contact Evelyn Bowles, 01588 638 851, or [evelynbowles@decorich.plus.com](mailto:evelynbowles@decorich.plus.com) Members of the public who want protection can buy them from Bamber Hawes, 07957 667 847 for £3.

The visors are made by local artist and Bishop's Castle picture framer Bamber Hawes whose previous work has been very different and includes Nelson and Lucy the elephants (above) that have been at the Bishop's Castle Michaelmas Fair since 2015. More recently he has made a giant polar bear which he was planning to carry to Glasgow for the start of the COP26 climate talks. Unfortunately the Climate Conference has now been cancelled and this opportunity to raise awareness about pollution and climate change has been lost for this year.



## Help for children aged 2 to 4 to learn at home during coronavirus (COVID-19)

To help parents with children's learning during the current crisis, the Government has produced the following online help: [www.gov.uk/guidance/help-children-aged-2-to-4-to-learn-at-home-during-coronavirus-covid-19](http://www.gov.uk/guidance/help-children-aged-2-to-4-to-learn-at-home-during-coronavirus-covid-19).

This is meant as a supplement to work set by schools and pre-schools

## Guidance for parents and carers on supporting children and young people's mental health and wellbeing during the coronavirus (COVID-19) pandemic

The Government has also produced the following online help for guidance on children and young people's mental wellbeing during the crisis: [www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing](http://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing)

## Connecting Shropshire Programme Update, April 2020

For the latest on the Connecting Shropshire broadband project go to : [www.connectingshropshire.co.uk/wp-content/uploads/2020/04/20200420-Connecting-Shropshire-broadband-programme-update-April-2020.pdf](http://www.connectingshropshire.co.uk/wp-content/uploads/2020/04/20200420-Connecting-Shropshire-broadband-programme-update-April-2020.pdf)

## Sports Club Grants

The link below is to a Sport England Fund for local sports clubs affected by Covid 19. Sports clubs can apply to the Community Fund for grants of between £300 and £10,000. The link to the application process explains what can be funded and how to apply: [www.sportengland.org/news/195-million-package-help-sport-and-physical-activity-through-coronavirus](http://www.sportengland.org/news/195-million-package-help-sport-and-physical-activity-through-coronavirus)

