Clun Division

E-BULLETIN No 4

From Cllr Nigel Hartin

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LOCKDOWN LATEST

This week the Government made some changes to the Lockdown regulations. Essentially however, the requirement to stay home and maintain social distancing remains the same. These include:

From: 11th May
- **Social distancing measures continue.**
- **Work from home if you can**

From 13th May
- **Some industries such as construction and manufacturing are encouraged to return to work if safety measures are in place.**
- **Take unlimited amounts of outdoor exercise.**
- **Play sports with your household.**
- **Enjoy parks without having to exercise.**

(all whilst maintaining social distance measures)

For more information see:
https://www.gov.uk/government/publications/staying-alert-and-safe-social-distancing/staying-alert-and-safe-social-distancing

FURTHER INFORMATION

1. **Schools** in England will begin reopening from 1st June with social distancing measures in place. How this will be achieved has not been explained.
2. Paid **child minders** in England can reopen from Wednesday if they are caring for children from the same household, the government announced late on Tuesday.
3. In **Wales** some different regulations apply:

i) Travel over 10 miles including for exercise or to go to a second home or caravan is not allowed. In practical terms for us on this side of the Dyke a visit to do food shopping in Welshpool or Knighton is fine but a trip to walk on Borth beach or visit Rhayader isn't.

ii) Schools won't be re-opening on 1st June.

iii) Garden centres have re-opened.

COMMENT

The changes in the COVID 19 regulations are taken from the Governments statements on 10th and 11th of May. However, the lack of clarity and detail with these statements has led to confusion amongst the public and the media especially on social distancing, travel and schools. I will continue to give updates on these regulations in future Bulletins.

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/

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

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 .

Left: Cllr Nigel Hartin has been helping deliver meals as part of the feeding Bucknell initiative.

SpArC LEISURE
Energize is supporting the '*Elevate at Home*' campaign, a county wide approach to supporting those people over 60 who are spending more time indoors than usual and want to maintain their strength and balance. It offers a 12 week progressive **written exercise programme,** with diagrams and full descriptions and benefits relating to everyday life, accessible via www.energizestw.org.uk/elevate-at-home.

SpArC CHARITY
Voting for the Calor Rural Community Fund - to equip a simple café in SpArC - has been delayed to June 4. Please keep an eye out for news on how to vote nearer the time, when we will be sharing more about the project and how it will benefit SpArc and our local community.

SpArC THEATRE
The latest email from SpArC theatre (www.sparctheatre.co.uk) - *great things streaming on line* - gives links to new screenings from NT Live, Royal Ballet, English National Ballet, Pentabus and BBC Iplayer

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.

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/

AGE UK SHROPSHIRE has been building up a resource library of online exercises suitable for older people. Please follow the link below for more information and to access the online exercises.
https://www.ageuk.org.uk/shropshireandtelford/about-us/news/articles/ 2020/keeping-fit-at-home/

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
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.

RECYCLING CENTRES RE-OPEN

Household Recycling Centres (HRCs), colloquially known to us as tips, have now re-opened. This is a welcome move as it is inevitable the longer they are closed, the more fly-tipping we will see. Most fly-tipping is on private land so is not reported to the council. Like everything these days, the HRCs will be subject to social distancing. They will be open 9am-5pm, seven days a week.

Rules in place will include:

Anyone who has COVID-19 symptoms or is self-isolating **MUST NOT** visit an HRC site.

A strict limit to the number of cars allowed on site at any one time.

Only one person per car.

Only cars will be admitted. No trailers or vans of any sort will be allowed.

Waste permits will not be accepted.

One visit will be allowed per day.

No trade or commercial waste will be accepted.

Asbestos, oils, chemicals and paints will not be accepted. They will need to be stored safely at home until we are able to safely process them. We will publicise when we are able to accept these materials.

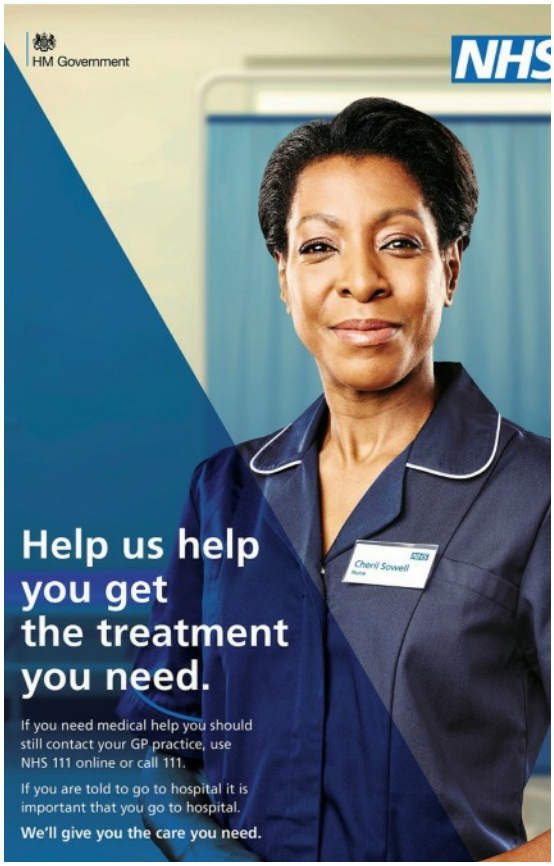
The public must respect the strict two-metre rule, both from staff and other site users.

Veolia staff will be **unable** to assist with unloading vehicles.

Pedestrians walking in with waste will not be permitted.

Use of the sites is limited to residents of Shropshire and Telford and Wrekin only.

Residents are advised to check their local Shropshire Council's website and social media channels before they travel, as rules may be subject to change.



Heritage Emergency Fund, National Lottery

The National Lottery are providing a package of support for the heritage sector as a response to the coronavirus (COVID-19) crisis.

This includes increased advice and support, longer-term skills and capacity building initiatives, and a £50 million Heritage Emergency Fund to provide emergency funding for those most in need.

They are also currently developing longer-term support and more information on this will be available soon.

The Heritage Emergency Fund is accepting applications for funding from £3,000 to £50,000. The application form will be available from Wednesday 15 April and you will be able to apply until 30 June 2020.

We are working closely with partners and stakeholders and will review this timescale in line with need and demand. We expect high demand for this fund and will prioritise funding against the criteria on this link:

https://www.heritagefund.org.uk/funding/heritage-emergency-fund

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.

SELF EMPLOYED PAYMENTS - HMRC CONTACTING TAXPAYERS SOON

As we go to press the HMRC have announced that they will be contacting the self-employed by letter, email or text concerning the Self-Employment Income Support Scheme. Self-employed taxpayers will then be eligible to apply to the HMRC for payouts of 80% of profits, up to £2,500 a month. The first payments are due on 21 May. The payment is currently planned to cover Mar, Apr and May.
You can use HMRC's online tool to find out if you're eligible. See https://www.tax.service.gov.uk/self-employment-support/enter-unique-taxpayer-reference You will need your self assessment Unique Taxpayer Reference (UTR) number and your National Insurance (NI) number. More information about the scheme can be found at: https://www.gov.uk/guidance/claim-a-grant-through-the-coronavirus-covid-19-self-employment-income-support-scheme

Shropshire Council

Coronavirus Support -
Working with other local groups and organisations, Shropshire Council has gathered together new information resources that may be used by individuals or groups and organisations throughout the coronavirus pandemic. See https://www.shropshire.gov.uk/coronavirus/information-for-the-public/

Roads Update

There are a number of road closures planned in the our area over the coming weeks and months. These include:
Road Closure: **Bwlch Junction To Vedw Junction, Llanfairwaterdine** 22nd June 2020 to 22nd July 2020 Surface

Road Closure: Cwm to Newhouse 11th May 2020 to 11th August 2020 Emergency Closure due to carriageway void

Lower Down, Lydbury North - Surface Dressing 26th -30th June

Weston Road, Bucknell 09th June 202- Hydrant Renewal.

Top-up to local business grant funds scheme

A discretionary fund has been set up to accommodate certain small businesses previously outside the scope of the business grant funds scheme.

This is an additional 5% uplift to the £12.33 billion funding previously announced for the Small Business Grants Fund (SBGF) and the Retail, Hospitality and Leisure Grants Fund (RHLGF), so up to £617 million. The Government will confirm the exact amount for each local authority shortly.

This additional fund is aimed at small businesses with ongoing fixed property-related costs. The Government is asking local authorities to prioritise businesses in shared spaces, regular market traders, small charity properties that would meet the criteria for Small Business Rates Relief, and bed and breakfasts that pay council tax rather than business rates.

Businesses must be small, under 50 employees, and they must also be able to demonstrate that they have seen a significant drop of income due to Coronavirus restriction measures.

There will be three levels of grant payments. The maximum will be £25,000. There will also be grants of £10,000. local authorities will have discretion to make payments of any amount under £10,000. It will be for councils to adapt this approach to local circumstances.

Furrther details will appear in the next edition of the Bulletin

Every Mind Matters

Information from the NHS

Are you or someone you know worried about coronavirus? You or someone you know could be lonely, anxious or stressed. Here are 10 ways you can help to improve your mental health and wellbeing:

1. Stay connected with people Try phone calls, video calls and social media.
2. Talk about your worries It's okay to share your concerns, there are also plenty of helplines.
3. Support and help others It's important to do this in line with official coronavirus guidance to keep everyone safe.
4. Feel prepared Working through implications of staying home could help you feel more prepared and less concerned.
5. Look after your body Try to eat healthy, well balanced meals, drink enough water and exercise regularly.
6. Stick to the facts Find a credible coronavirus source you can trust – such as **gov.uk** or **nhs.uk**
7. Stay on top of difficult feelings Try to focus on things you can control, such as your behaviour and who you speak to.
8. Do things you enjoy Focusing on your favourite hobby, relaxing indoors or connecting with others can help with anxiety.
9. Focus on the present Try to focus on the present, rather than worrying about the future.
10. Look after your sleep
Try to maintain regular sleeping patterns and keep up good sleep hygiene practices.

For more information, search every mind matters:
https://www.nhs.uk/oneyou/every-mind-matters/

In Brief

Facemasks

The Government is now advising that people should aim to wear a face-covering in enclosed spaces where social distancing is not always possible and they come into contact with others that they do not normally meet

Everyday technology to help you and your loved one, live the life you want

Are you, or do you care for someone over the age of 55 who lives in Shropshire? Activage Shropshire are offering a free Samsung watch, smartphone and home sensors (worth over £600) that can help support people to stay independent, safe and active. See https://activageshropshire.co.uk/main/