

The Link

Issue 224a
April 2020

Special FREE Newsletter



Covid 19 Information

Polzeath-Rock-St Minver-Trebetherick-Wadebridge



Our Estuary by Barbara LeMain

www.stminverlink.org - info@stminverlink.org - 01208 880714

Message from the Editor

Dear St Minver Residents

This is a special Link newsletter, produced to make sure everyone knows what is going on at this challenging time of self isolation and social distancing.

I hope you enjoy the picture taken by Barbara LeMain - how lucky we are to live in such a wonderful place and we can look forward to enjoying it again before too long.

The Link committee are hoping to be able to produce the Summer edition as usual, it's due to be out on 1st June but this may be out of our control. Rest assured, the Link will be published just as soon as it can be. Stay well and stay at home!

In the meantime, if you have any stories or pictures for the next edition, please send them to me, Morwenna Vernon morwenna@stminverlink.org or post them to Undertown Barn, Trevigo Farm, St Minver PL27 6RB

Help for St Minver Residents

In this newsletter we have listed all the things that are out there to help residents, particularly those who are self isolating.

However, there is also help available if your income has disappeared or been severely reduced due to Covid 19.

Food Bank The St Minver Community Group have registered as a referrer with Wadebridge Food Bank for the duration of the Covid Crisis.

This means that any resident who is suffering financial hardship is able to apply. The Wadebridge Foodbank will deliver a food box to your house on a Friday. There will be sufficient provisions for three days, depending on the number in your household.

All you need to do is email stminvercommunity@gmail.com with the following information:

Name and age of applicant

Ages of all household members

Address and phone number.

Reason for application.

All applications will be treated in the strictest confidence.

This is open to families, couples and single people who have lost or severely reduced their income due to covid 19

St Minver Hardship Fund This is also available for anyone whose income has been severely affected by the virus.

Successful applicants will be able to order £75 (families) £50 (couples or singles) worth of groceries from Nursery Stores on a weekly basis.

Both these funds are available due to the generosity and kindness of St Minver residents who want to help so please apply.

To apply for either or both of these funds, email stminvercommunity@gmail.com

All applications will be treated in the strictest confidence.

What's Available in St Minver?

So many of our local shops and businesses are providing a fantastic service to ensure everyone in St Minver is well looked after.

- Nursery Stores Rock (863328) and SPAR Polzeath (862913) are both open as usual and are also offering a mail order and delivery service.
- The Fish Shop (862422) is open as usual and will deliver to those self isolating
- Lewis's (863531) is offering pre ordered collections
- Fee's Food (862271) - free delivery of prepared food, and other provisions
- Baker Tom's mobile van is outside the Perceval Institute every Tuesday at 9.30am
- The Pityme Inn (862228) is offering take away Sunday lunches and fish Fridays; basic food boxes and a selection of fresh and frozen food delivered. www.pitymeinn.co.uk
- Local Farm Produce (end of Keiro Lane) 07966 201945 a wide range of local fresh produce , sausages and pork. Deliver or collect from stall
- Watts Butchers -(862239) Open as usual; phone ahead if possible and order will be ready.
- Trevathan Farm Shop (880164) - open as usual, will deliver within 3 miles.

St Minver Community Group responds to Covid 19 Crisis

As soon as it became obvious that the Corona virus wasn't going to be anything like previous 'health scares', the two parishes of St Minver Lowlands and Highlands formed a Community Group to manage the support.

This group was made up of representatives from Cornwall Council, the parish councils, local businesses, the church, and SeaGirls WI.

Seagirls WI immediately stepped up to be the organisation leading the volunteers and the practical support which could be offered to residents.

The business community have agreed on their approach to keep our community safe, including ceasing holiday lets as soon as lockdown commenced. They have also come together to produce some clear advice to others about claiming the government

support which is available.

There are now several strands to the St Minver Community Group.

1. Meals on Wheels (over 60 meals delivered twice weekly to over 70s)
2. Shopping, prescription collection, dog walking etc
3. Listening ear service
4. Newspapers
5. Food Bank boxes
6. St Minver Hardship Fund

There is also a Facebook page: Covid 19-Mutual Aid St Minver (Rock & Polzeath) and all information is also on a special page on the St Minver Link website www.stminverlink.org

Temporary Newspaper Service

With the temporary closure of Newslines, Rock residents found themselves without their daily newspapers. This was especially hard for the vulnerable groups and self-isolators who found their daily reading, crossword, sudoku and puzzles not only connected them to the outside world, but also passed the time while isolating. Although the papers are available online, many were either not computer savvy or preferred the paper medium. For some this lack of connection and occupation was becoming a mental health issue. In order to be able to deliver papers to them, we approached Sophie, Charlotte and Stuart at Bricknells in Wadebridge to see if they would help us establish a delivery system. They were incredibly supportive and developed a tailored process whereby they take care of the financial side of the transaction and a volunteer mans the collection and oversees the distribution of the papers. Initially, the

round was fairly small and was running as home delivery and collection from the back of a volunteer's car, observing appropriate social distancing at all times. As the round has grown considerably, the Rock Institute has kindly opened its doors to us, so that the papers can be delivered and distributed safely in all weathers, while keeping social distancing protocols in place. Now up to a hundred news papers are delivered a day, either for collection at the institute, or one of the three delivery rounds which includes St Minver.

This has been a wonderful service to offer our community at such a difficult time.

Collection is between 7.30am and 8.00am daily at Rock Institute.

For more information please contact Jo Coker cokerjoanna@hotmail.com 01208862380

Seagirls Are Keeping Busy

A call for volunteers to sew scrubs and masks for the NHS, led the SeaGirls WI to immediately apply for fabric.

Members of the group who have been unable to take part in the St Minver volunteering initiative due to Covid 19 vulnerability, were the first to respond to this request.

Although there has been quite a wait for the fabric, it has just arrived and the patterns are downloadable from the internet, so the St Minver sewing machines will be in overdrive. Members

of the community have also requested fabric and will be joining the WI in this worthwhile activity.

The NHS are asking for funding to support the purchase of fabric for the scrubs. The appeal is at ***Go Fund Me -Scrubs - fund fabric for the NHS***

If you would like more information about this, contact Gemma Webster on ***07825168707***

We will be featuring this story in more detail in the next edition of the Link.

Message from Carol Mould, Cornwall Councillor for St Minver and St Endellion

Firstly I hope you are all staying safe and well. I would like to say thank you to everyone who has contributed to the wonderful package of care that has been rolled out across the Parish by the WI and the army of volunteers who have gone above and beyond to deliver food, prescriptions and other essentials to those in our community who are unable to get out or are self isolating. Thank you also to all those who have given help financially I know Morwenna and her team have been so grateful for all the offers of help

I have been able to donate a sum of money from the Cornwall Council Member Community Chest fund to enable volunteers to have fuel for their vehicles, in a rural area like ours the miles clock up. I forward a daily update to the volunteer group and the parish clerks, so up to date information is

available. Please do not hesitate to contact me if you have a worry or an issue, I will do my best to help. The Community Hub Group are still working with the Camel Estuary Practice towards the provision of alternative nurse / prescription service. We have had an encouraging response to our appeal for funds, the clinical unit has been ordered and we have a provisional delivery date, we are working closely with the GP Practice to determine a cross over date. It is times such as this that we realise what a wonderful part of the world we live in and the value of Community.

I hope you are all able to enjoy the lovely weather and stay well

Regards, Carol

01208 863692 or 07870118001

Listening Ear Service

Many of our residents have health needs which render them vulnerable to Covid 19, or are socially isolating because of their age group or the risk of potential infection. While many of us may have family isolating with us and supporting us, many of us do not. As a result we may be isolated, lonely and worried

In the older age group, many are not computer savvy and as such cannot take advantage of the technologies that let us communicate "face to face" with loved ones. The new "listening ear" service is provided to enable Friends in Need (FINS) to receive confidential telephone support, if required, from a befriender who has experience of providing support in this way.

While the service is primarily aimed at those who are vulnerable and isolating, it is open to all the community no matter what age. All of us in these difficult days may be struggling with mental health issues caused by the disruption to our normal patterns of life. That could be struggling with home-schooling our children, balancing working from home with additional commitments, missing our family, longing for our normal social lives. Or simply wanting to talk to someone outside the family group who will listen.

Please do not suffer alone help is at hand. It is confidential and free to all. Just give us a call.

Listening ear co-ordinator *Jo Coker*
cokerjoanna@hotmail.com 01208862380

Extraordinary Meals on Wheels Service for Extraordinary Times

One of the ways that St Minver Community Support has been working with our elderly and socially isolating neighbours is with the twice weekly provision of a two-course meal. Teams of drivers deliver a nutritious main meal that has been freshly prepared by Marc Dingle of Rock's Blue Tomato cafe along with a tasty dessert cooked by Jason and Chris Black of The Pityme Inn. The basic cost of the food before meal preparation has been funded by a generous donation from a local benefactor whilst Marc, Chris and Jason are kindly donating their time.

On Tuesdays and Fridays two '*meals on wheels*' teams set off. One covers the Lowlands area, delivering across Rock, Porthilly and Pityme; the other covers the Highlands area, starting in Trebetherick, then around Polzeath and over to St Minver, finishing in Tredrizzick. The teams aim to deliver each meal before noon, so the recipient can choose to have it for lunch or dinner.

The very first meals distributed within the community were generously donated by Paul Ainsworth of The Mariners Inn at the start of the coronavirus crisis and is still supporting

the St Minver community with meals. It was quickly recognised that systematically providing a delicious meal twice a week would not only help support the physical health of isolating individuals but also be an additional way of keeping in regular touch with this important section of our community. The perfect compliment to the teams of friendly volunteers who collect prescriptions and deliver shopping, along with other help that might be needed.

For our older neighbours receiving a meal and the driving team delivering it, this twice weekly contact provides a good opportunity for a quick chat or even just a friendly wave. Over one hundred and twenty meals are delivered directly to the front and sometimes the back doors of the recipients each week. We often have new over 70s added to our meal lists - if you know someone who you think would benefit please do not hesitate to contact Jacqueline Coltsmann on 07970 319798. She'll let Marc, Jason and Chris know and a super meal will shortly be delivered with a smile.





Some of the Meals on Wheels team!

Left: Vicki delivering meals
Jason from The Pityme Inn

Above: Marc Dingle of the Blue Tomato puts
the meals on the wall outside his cafe as the
team arrives to collect.

Right: Annie is one of the drivers



If you would like to make a donation to the
St Minver Covid 19 Initiative, please email
stminvercommunity@gmail.com or ring
Morwenna on 07731552904

Thank you

Message from Scott Mann MP

Over the last few weeks, my team and I have been dealing with a very large caseload ranging from residents being stuck in far-flung parts of the world to businesses seeking clarification of the measures that our Chancellor has announced. Just to give you all an idea about the volumes, between the first Withdrawal Agreement vote and the General Election (around a year) we had 1170 new contacts regarding the deal (and several hundred other Brexit related contacts), in just the first week we had 660 on Covid-19. My team and I are working around the clock to get information out to everyone and ensure we have helped as many people in any way we can.

I always knew that Cornwall's residents were kind but over the last two weeks, we have seen all kinds of local activity to support those who are vulnerable or at risk. The government are quite rightly trying to shield those who are in the at-risk groups and our communities are pulling together to support them as well. I was immensely proud last

evening to take part in the 8 pm claps for our fantastic front line workers, including NHS and care staff, they are out there doing their job under the most intense pressure to keep our health system in Cornwall at full capacity.

I travelled back to Cornwall late on the Tuesday evening after the lockdown began, and we have thus far avoided the virus in our household, I know others haven't been as lucky. As I write this today I understand that both the Prime Minister has been taken to hospital for tests, and I am sure you will join me in sending best wishes to him. We have an incredible team at the top of government right now, and I am sure that many of you will have been impressed with our fantastic Chancellor Rishi Sunak.

The speed with which the government are moving on supply chains, business and employment support and new social measures is unprecedented.

Politics can wait at the moment, I have a very simple message for you all.

Stay safe.

HOLY WEEK REFLECTIONS

JOIN US FROM HOME

9 APRIL 7PM

MAUNDY THURSDAY
REVD GERALDINE ASHTON

10 APRIL 12PM

GOOD FRIDAY
REVD ELIZABETH WILD

12 APRIL 11AM

EASTER SUNDAY
REVD ELIZABETH WILD

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DOWNLOAD SERVICE SHEETS TO FOLLOW THE WORDS**

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