Pontesbury ONLINE Newsletter

October 2020 Issue no. 268

Community Good Neighbours, Pontesbury and Rea Valley

Community Good Neighbours
Pontesbury & Rea Valley District

We are pleased to announce the development of a brand-new community project called *Community Good Neighbours, Pontesbury and Rea Valley* which is 'a team of local volunteers able to offer a helping hand within the community'.

The difficulties faced by many people, including loneliness, isolation and stress, particularly since the pandemic, have highlighted the significant need for a local network of support to enable people to remain healthy, independent and connected within their communities.

Volunteers provide essential support to local people who have found themselves alone or isolated, with health issues or even a change in circumstances.

A friendly voice and a regular chat can make a real difference, and has already made a positive impact on people's lives.

The aim of the service is to link a volunteer with a person who may be in need of a Good Neighbour volunteer for:

- A friendly chat;
- A phone call;
- Doing small errands such as medication collection;
- Support to stay active and connected within the community;
- Sign posting to local support.

This service is the combination of the existing team of Pontesbury Coco Befriending volunteers joining together with the Volunteers Helping Neighbours group, who have all have worked hard to provide social contact and a much-needed medicine and shopping collection service over the course of the pandemic.

If you would like to have the support of one of our volunteers please leave a message with your name and contact number. Messages are currently responded to within two working days.

TEL: 07944 891953

If you are interested in becoming a Volunteer, whether it is to be a befriender or simply to help with collecting prescriptions or shopping, please contact us.

We are actively seeking Volunteer drivers to transport people to the Drs, Clinic or Hospital.

Mileage allowance is paid.

All Volunteers will be DBS checked at no cost to themselves.

If you are interested in volunteering for the scheme or for further information, please leave a message on the phone number above.

We are fortunate to have the support of Pontesbury Medical Practice, Severn Hospice, Pontesbury Parish Council, Allcare, Shropshire RCC and The Atherton Trust.

Community Good Neighbours

Closing date for copy for the **Nov** edition is **Oct 10th** (please include a contact phone number)
Email contributions to **pontesburynewsletter@gmail.com** or hand in at the Post Office.
Advertisers – See inside for details of how to place your ad.



Thank you!



This section is dedicated to the wonderful people who are helping out in our community. We don't know about everyone so please add your nominations for the next issue.

• A big thank you for a generous grant of £750 for Pontesbury area Foodshare. The grant was administered by the Shropshire Food Poverty Alliance on behalf of the Shropshire Masonic Charitable Association and Masonic Charitable Foundation.

https://www.shropshiremasons.org.uk/shropshire-masonic-charitable-association

https://mcf.org.uk/

• Thank you also to Severn Rotary Club for another donation for the Foodshare.

• 'We would like to say a very big thank you for the support from Debbie, the Parish Clerk and also to Duncan Fletcher, Chair of Pontesbury Parish Council. Both have played an integral part in helping to support Helen and myself in setting up the volunteer group and Foodshare.

'With Debbie's help we have managed to secure money from a number of different sources which will enable us to operate through the winter. Debbie remains in the background but without her none of this would have been possible.

'Duncan is a true gent and never stops working on behalf of the community – he is an absolute star.

'So a huge thank you from us and the community.'

Sharon and Helen

Update on local fundraising from Sharon, Rose, Yvonne, Mandie and Tracy.

• A huge thank you to everyone who supported the Severn Hospice Draw that Helen and Sharon have run during Lockdown. Lucky winners were :-

Lesley Holder £100.00
Sandra Johnson £60.00
Deb Jones £40.00

£430.00 was donated to Severn Hospice.

• Before Lockdown a charity bingo night was organised for 21 March in aid of Breast Cancer Research, a disease sadly affecting both women men and. A group of us who know someone, or have breast cancer or who have survived it decided to raise awareness and raise money in one go.

The generosity from people was overwhelming. We were donated so many vouchers, alcohol, meals and gifts that the night would have been amazing. However, not to be deterred, we decided to ask if those that had bought tickets for the evening would be willing to swap them for raffle tickets. Fortunately, a huge majority agreed and a HUGE raffle was held on Sunday, 27 September. We are delighted to announce that we have been able to make a donation of £2,305 to Breast Cancer Research.

Thank you to everyone involved, thank you to all the businesses for their generous donations, thank you to everyone who bought raffle tickets. Bingo is not off the agenda! 2021 watch this space.

• During the month of August all the Co-ops over the West Midlands were challenged to raise awareness and money for the charity MIND. The staff, along with customers, took part in a number of events which ranged from an egg and spoon race to a cycleathon. A massive thank you to everyone who took part and to everyone who donated money. Special mention to Shropshire Homes for their generous donation.

Pontesbury Store and Community raised £1,465.00 with Minsterley raising £941.00. What a fantastic amount from two close-knit communities.

Thank you Sam and The Team.

And finally . . .

• A big thank you to Shropshire Wildlife Trust for working with us to provide bird feeders and bird food to families and older residents in our community. Thank you also to Allcare and Pontesbury Primary School for getting involved to distribute the packs to participants.See the article on page 9 on the 'Feed the Birds' project for more details about how to get involved.

Debbie Marais, Parish Clerk

Notice of Jury Service Scam

If you get sent a text asking you for jury service, please do not click on the link. It is a scam and you will be asked for bank account details for jury service expenses. If you have clicked on the link or given out personal/financial information, please contact ActionFraud:

https://www.actionfraud.police.uk/

Tel: 0300 123 2040

Every Mind Matters

Public Health England launches new Every Mind Matters campaign

This mental health campaign supports the wellbeing of children, young people and their parents. More information can be found at www.nhs.uk/oneyou/every-mind-matters/

Getting Support in Pontesbury

	General
Community Good Neighbours, Pontesbury and Rea Valley *Tel: 07944 891953*	**Get in touch with a local Good Neighbour for a friendly chat, small errands and support to stay active and connected within the community. Phone messages will be listened to Mon,Wed and Fri 10am-2pm**
Pontesbury Community and Care Co-ordinator *h.tazewell@nhs.net*	**Assistance for Pontesbury patients of all ages in need of help, support and advice by signposting to other useful services.**
	Covid-19
Coronavirus Helpline *0345 678 9028*	**Shropshire Council helpline for all non-health COVID related enquiries.**
	Food
Pontesbury Food Share *07940988951/07906359167*	Please ring/text the numbers in strict confidence to arrange an appointment
Shrewsbury Food Hub Shrewsburyfoodhub.org.uk	Surplus food share tables across Shrewsbury
Shrewsbury Food Bank *01743 343336*	Food parcels, debt advice, returning to work, digital inclusion, lifeskills. Referral needed.
	Money, Utilities
Local Support & Prevention Fund *0345 678 9078*	Council helpline which can help with essential living costs such as food, housing and bills.
Citizens Advice Shropshire *0344 499 1100 Universal Credit Helpline 0800 144 8444*	Confidential advice and help to solve problems with debt, benefits, housing, legal matters & employment. Need help claiming Universal Credit? Call their dedicated Help to Claim helpline.
Keep Shropshire Warm *0800 112 3743*	Advice and grants for people struggling with heating and energy bills
	Housing
Shropshire Council Housing Support *0345 678 9005*	Support on all housing matters particularly rentals and homelessness.
Severnside Housing *0300 300 0059*	Housing association. Advisors may also be able to help with debt, employment and benefits.
	Mental Health, Drugs & Alcohol
NHS Referrals & Advice Line *0800 196 4501*	For local mental health services
MIND helpline *01743 368647*	Mental health support
Shropshire Recovery Partnership *01743 294700*	Drugs and alcohol support
Shropshire Rural Support *0300 123 2825*	Mental health support for farmers and the rural community
Samaritans *116 123*	Free 24/7 helpline
	Families and Relationships
Shropshire Domestic Abuse Helpline *0300 303 1191*	Support for anyone suffering from domestic violence
West Mercia Women's Aid *0800 783 1359*	24hr helpline for women and children suffering from domestic violence.
Crossroads Together *01743 341995*	Wide range of support for unpaid carers.
Age UK Shropshire Telford and Wrekin *01743 233123*	Confidential advice for older people, their families and carers.

FoPL News

Treasure Hunt Results

We hope you all enjoyed taking part in the Treasure Hunt over the Bank Holiday weekend. There was a fantastic response from everyone, made even better by the blessing of some late summer weather. The winners of the three hampers were:

1st Catherine and Alex May
2nd Ellie Jones
3rd Izzy, Alfie and the Luther family

All the treasure hunt answers are on the website pontesburylibrary.co.uk

Writing Competition

A huge thank you to everyone who entered the competition. We had some first-class entries and worthy winners. Congratulations to you all !

Owing to Covid-19 restrictions the prizes and certificates will be awarded individually at the next FoPL lottery draw at 11 pm on Saturday, 3 October in the patio garden area.

In the Adult Section highly commended were Wendy-Jane Walton, Peter Traves, Moira Merryweather and Dawn Whittall. The overall winner is Sue Piggott-Forster.

In the Children's Section there are four joint winners. The judges felt that each of these deserved recognition. Well done to:

Edward Williams, Rosemary Williams, Jessica Crosley and Ivy Rhodes.



Rosemary's drawing to go with her competition entry 'I love my friends'.'

Coming Up . . .

Bulb Planting in the patio garden at the library.

Watch out for details on the website, in the library and in the newsletter in the next few weeks if you, your children and grandchildren would like to take part.

Christmas Tree Trail

In the light of the pandemic restrictions on large gatherings, St George's Church is sadly unable to hold its usual Festival of Trees this year. Similarly FoPL's Santa Fun Run cannot go ahead. However, we have put our heads together and come up with a Christmas Tree Trail idea to brighten up the village, have some fun and raise some funds for the Severn Hospice. We hope this will cheer us all up when Christmas this year might well be very different from any other years. Further details to be announced in the November Newsletter.

And Finally . . .

September Library Lottery Winners
1st Jackie Winwood,
2nd Joy Jones,
3rd Barbara Raybould

Yvonne Davies

****ONLINE CLICK & COLLECT****

HAS NOW LAUNCHED IN PONTESBURY!!!

- Go to shop.coop.co.uk
- Do your shopping online
- Book your time slot
- Collect your shopping from us in store

School parking at Mary Webb

Please can parents park as far away as possible from the school as there has been increased traffic this term and this is raising safety concerns for pupils at drop-off and pick up times.
Thank you
Pontesbury Parish Council

Walking for Health

It is with regret that the very successful Friday 'Walking for Health' walks will no longer continue.

For some time I have been concerned at the lack of walk leaders and following a meeting with the remaining leaders, we decided it was not viable for the walks to continue with so few leaders.

Therefore, I am sorry that we can no longer provide official organised walks from the surgery on a Friday, so there will no more 'Walking for Health' walks.

It is important that people keep active and healthy, so please continue walking with friends taking the necessary precautions.

Barbara Davis
Walking for Health Co ordinator Pontesbury

Pontesbury Area Foodshare Scheme

The community foodbank is still actively supporting people who are in financial hardship due to not working, not getting paid, hours have been cut or been made redundant and struggling to make ends meet.

There could be many reasons – we are here to help. You can message or ring one of these numbers **07940988951/07906359167**.

- Arrange a suitable time
- Bring a shopping bag
- Someone will meet you there – all in confidence.
- Please do not go hungry, we have food, toiletries & cleaning items.
- Do not be embarrassed – we are all in this together.

If you would like to donate food you can do so via the Drop box by the door at Pontesbury Co-op.Collection boxes will be back in both Pontesbury & Minsterley Co-ops in September.

Continuing thanks to Sam Sanderson & Becca Maund (Pontesbury and Minsterley Co-ops) and to everyone who donates food/money.

Penpal Befriending Service

Omega is a small charity based in Shrewsbury that supports socially isolated people and offers a penpal befriending service.

A Letter from Louise:

'This is a penpal befriending service. The volunteer befrienders are matched with clients with similar interests so they can share stories and experiences. It is also possible for clients only to receive letters. All post is directed via the Omega Office using a freepost system so clients addresses are confidential. Many of our befrienders include photos and pictures with their letters. You can see more information at https://www.omega.uk.net/a-letter-from-louise-p-214.htm

Omega also collect used postage stamps to raise funds for the organisation and would be grateful for your help with this. They also sell or reuse old mobile phones to support their telephone project, Chatterbox. You can read more about the recycling schemes at https://www.omega.uk.net/please-donate-your-unwanted-items-p-226.htm.'

Bereavement Support for Shropshire Residents Call 0345 678 9028

A new service has been launched to support people who are experiencing and suffering from bereavement and loss. The offer is open to any Shropshire resident who has been bereaved by either a recent death or previous loss. The Bereavement Support Service is operated by Shropshire Council and community voluntary partners Samaritans, CRUSE, Severn Hospice and Crane Quality Counselling. The service can be accessed through self-referral by calling 0345 678 9028.

The Bereavement Support Service is accompanied by the launch of a grief and bereavement during Covid-19 booklet which provides a compassionate overview of coping with loss, feelings that may be experienced, supporting others who are grieving and links to help and information. A secondary booklet provides a practical guide for the process following a death and what has changed due to the pandemic. Digital versions of these resources are available from the Shropshire Council website bereavement page at: https://www.shropshire.gov.uk/bereavement-services/support-and-resources-for-those-recently-bereaved/

Bereavement Support Service

Support for carers and self-employed

Shropshire Council have recently launched a new partnership with Mobilise online to provide additional support for carers in Shropshire.

Mobilise, the online community created 'by carers, for carers', will now offer its range of free online support to Shropshire residents with caring roles. Mobilise support includes regular contact through emails, 'virtual cuppas' and even face-to face coaching sessions, also run virtually.

Here is the link to the service: https://www.mobiliseonline.co.uk/shropshire – we encourage you to take a look at what support is available, share the link with carers you know and send any thoughts on the service to Margarete Davies, Carer Lead, Community Partnerships, Shropshire Council Margarete.Davies@shropshire.gov.uk

Help for self-employed people

There is a second chance to claim support. If you're eligible and your business has been adversely affected on or after 14 July 2020, you must make your claim for the second grant on or before 19 October 2020.

https://www.gov.uk/guidance/claim-a-grant-through-the-self-employment-income-support-scheme?utm_source=0c40359d-5a02-4692-86d6-3651cae8807d&utm_medium=email&utm_campaign=govuk-notifications&utm_content=immediate

Free Energy Advice Throughout the Coronavirus Pandemic

The Keep Shropshire Warm service continues to support residents across Shropshire, by offering free and impartial support to residents.

Many of us are spending more time at home during the Coronavirus Pandemic – and using more energy at the same time!

If you're struggling or worried about higher bills or feel like you may struggle to pay your energy bills due to a change in your circumstances – the Keep Shropshire Warm team could help. They can check bills & tariffs, speak to suppliers on your behalf and help access grants and discounts.

Call Keep Shropshire Warm on 0800 112 3743 or email advice@mea.org.uk

The scheme is backed by Shropshire Council and is managed by Shrewsbury based energy charity, Marches Energy Agency

Free Pre-Payment Meter Advice during the Coronavirus Pandemic

Thousands of residents have been told by the government to self-isolate at home - causing potential issues for residents who pay for their gas and electricity by pre-payment meter.

If you're concerned about topping-up your meter - our advisors could help with free & impartial advice & support.

Many energy suppliers have announced new support – we can check what your supplier is offering and speak to them on your behalf if needed.

If you or anyone you know finds themselves in this situation – Call Keep Shropshire Warm on 0800 112 3743 or email advice@mea.org.uk

The scheme is backed by Shropshire Council and is managed by Shrewsbury based energy charity, Marches Energy Agency

Debbie Marais, Parish Clerk

Plans for A Zero Carbon Shropshire

Shropshire Climate Action Partnership (SCAP) is now up and running in our county. It is a not-for-profit organisation set up to represent the communities, enterprises, councils and NGOs of the whole county dedicated to ensuring that Shropshire achieves net zero carbon by 2030. It will set out what a future sustainable Shropshire looks like and how we can get there in a decade.

SCAP is bringing together organisations, businesses, and communities across Shropshire through collaboration, knowledge-sharing and empowerment in order to develop a zero carbon plan by the end of this year.

Once the plan is drawn up SCAP will work alongside residents, businesses and organisations to achieve this aim.

To achieve net zero carbon by 2030 we need a 10% per annum reduction from our 2019 carbon footprint, so the pace of change will be challenging – but success will transform Shropshire into one of the leading sustainable counties in the UK with a strong enterprise base fit for the future.

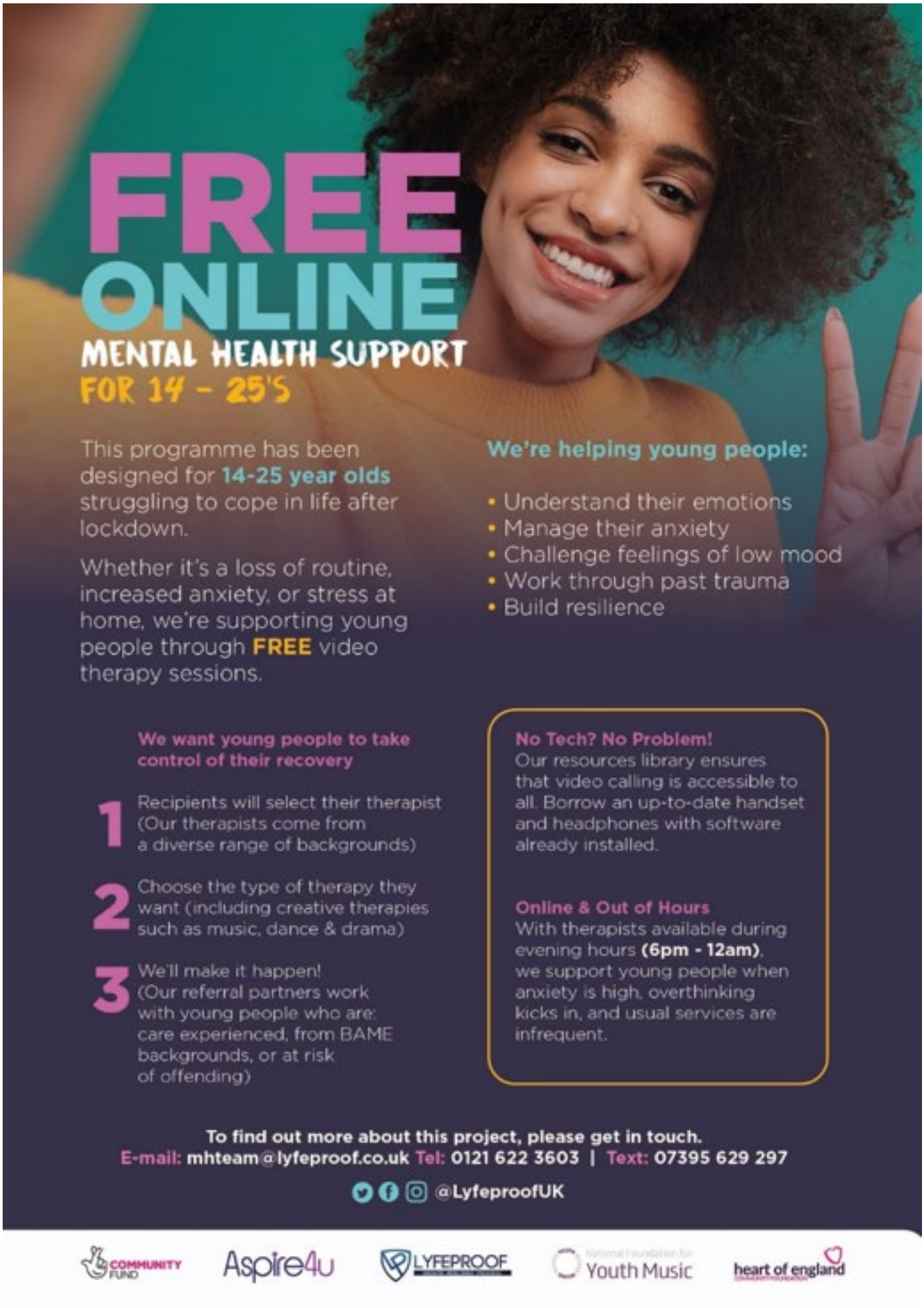
SCAP has four guiding principles:

1. Global climate justice. A positive impact of change for people and communities.
2. Restoring nature.
3. Adaption and resilience against the effects of climate change.
4. Sustainable Shropshire through local businesses and local growth.

SCAP wants and needs your support. Please visit zerocarbonshropshire.org to simply add your name to the list of supporters, or to find out how to get more involved.

Liz Knowles

• Don't forget you can also get involved in helping to reach zero carbon in Pontesbury Parish by joining the Climate Emergency Action Group – contact Parish Clerk for more information.
clerk@pontesburypc.org.uk

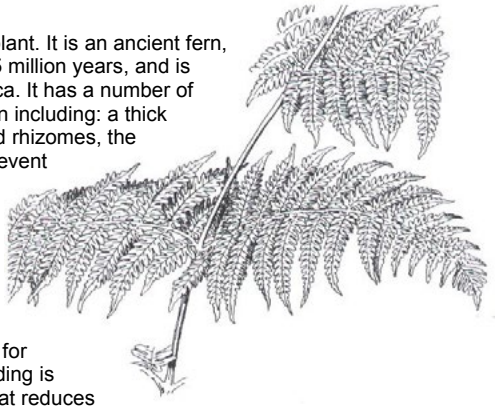

FREE
ONLINE
MENTAL HEALTH SUPPORT
FOR 14 - 25'S
This programme has been designed for 14-25 year olds struggling to cope in life after lockdown.
Whether it's a loss of routine, increased anxiety, or stress at home, we're supporting young people through FREE video therapy sessions.
We're helping young people:
• Understand their emotions
• Manage their anxiety
• Challenge feelings of low mood
• Work through past trauma
• Build resilience
We want young people to take control of their recovery
1 Recipients will select their therapist (Our therapists come from a diverse range of backgrounds)
2 Choose the type of therapy they want (including creative therapies such as music, dance & drama)
3 We'll make it happen! (Our referral partners work with young people who are: care experienced, from BAME backgrounds, or at risk of offending)
No Tech? No Problem!
Our resources library ensures that video calling is accessible to all. Borrow an up-to-date handset and headphones with software already installed.
Online & Out of Hours
With therapists available during evening hours (6pm - 12am), we support young people when anxiety is high, overthinking kicks in, and usual services are infrequent.
To find out more about this project, please get in touch.
E-mail: mhteam@lyfeproof.co.uk Tel: 0121 622 3603 | Text: 07395 629 297
@LyfeproofUK
COMMUNITY FUND
Aspire4u
LYFEPROOF
Youth Music
heart of england

NATURAL ENGLAND

Notes from the hill

There's not a day when it doesn't seem to be busy with visitors on the hill at the moment and the number of cars using our car park has probably doubled this year as people are exploring their local countryside rather than travel abroad. We are hoping that with funding from the HLF Common Cause Project, we can revamp some of the signage and information at the car park, hopefully giving visitors a better experience and ensuring that their visit is not damaging to the site. Like most things the project has been put on hold due to the lockdown, but hopefully will be up and running later this year.

Our volunteer tasks have been somewhat constrained too, but we have managed to get a few groups out scything bracken as its one activity where it's easy to maintain social distancing, after all no one wants to get very close if you are wielding a scythe. The cutting of bracken is a very effective way of controlling its vigour and its tendency to out compete other plants.



Love it or hate it bracken is an amazing plant. It is an ancient fern, thought to have been on the planet for 55 million years, and is found on every continent except Antarctica. It has a number of successful strategies for world domination including: a thick mass of underground storage roots called rhizomes, the ability to produce hydrogen cyanide to prevent animals eating it and the creation of a thick mulch of dead litter through which nothing grows, apart from bracken fronds.

In the past some of these attributes would have been used by local people. The dry fronds were cut for bedding both for grazing animals and for people. The bedding is supposed to have an antiseptic quality that reduces unwanted pests and is absorbent and breaks down well with manure to form a good spring fertiliser. It was also widely used as a packaging material for products such as slates and pottery. Another use, not recommended today, suggests; *Dead bracken, shoved up the chimney and ignited, sets light to the soot and saves bothering with sweeps*. It has also been used as a form of thatch, fuel and tinder and for dressing kid leather. It was cut and burned in 'potash kilns' a common feature in some parts of the country. The resulting ash was used for cloth processing (used to degrease woollen cloth) or to make lye, used as the alkali in soap making. The young fronds are even eaten in some parts of the world.

The presence of bracken is not necessarily a bad thing for wildlife so long as it doesn't dominate other important habitats. Bracken can provide a good habitat for nesting birds and cover for the movement of other birds, mammals, amphibians and reptiles. Bats can often be seen foraging over bracken and fritillary butterflies live in habitats where bracken is present. It is also a food plants of some moth caterpillars such as the garden tiger, brown silver-line, small angle-shades, orange swift, gold swift and map-winged swift.

If anyone wants to learn more about scything, volunteering or to put their name down for future scythe training please contact us at Stiperstones.Events@naturalengland.org.uk.

Simon Cooter for Natural England staff at Rigmoreoak.

Virtual Parish Council Meeting in October

There will be a virtual parish council meeting held on Monday, 12 October at 7pm. If you would like to attend please contact the Clerk at clerk@pontesburypc.org.uk and she will email you a link to the meeting. The link will also be available on the parish council website, along with the agenda. www.pontesburyparishcouncil.org.uk

If you wish to comment on a planning application please use the Shropshire Council planning portal at https://pa.shropshire.gov.uk/online-applications/ Or pass your comments through Cllr A Hodges at ahodges@pontesburypc.org.uk. All new planning applications for the area are listed on the parish council website.

Debbie Marais, Parish Clerk

October's Newsletter

The Parish Council has taken the decision, following Government guidelines, to only produce an online version of the Newsletter for this month. If you know of any of your immediate neighbours who don't have access to a computer, please feel free to print a copy and give it to them using gloves. Thank you.

Editor

The Pontesbury Church Of England School Charity

(Registered Charity Number 519238)

This charity was set up in 1987 to administer the income derived from the proceeds of the sale of the old School House in Pontesbury.

The object of the charity is to use its income to provide special benefits for Pontesbury Primary School of a kind that are not normally provided by the Education authority, and to promote the education (which includes religious, social and physical aspects) of people under the age of 25 who need financial assistance, and who are either pupils or former pupils of the school or who are resident in the parish of Pontesbury or a small adjacent part of the parish of Longden and Annscroft.

The charity's funds are invested via professional advisers and produce an annual income for distribution of approximately £1,900. The average grant awarded is £300.

There are six Trustees. The Rectors of Pontesbury and Longden/Annscroft together with the churchwardens of St George's, Pontesbury, are ex officio Trustees, and two others are appointed by the Pontesbury Parochial Church Council.

The current Trustees are:
Allen Marsden
Barbara Norsworthy
The Revd Graham Phillips
Stephen Winwood
Mary Worrall

Stephen Winwood is also the Clerk/Treasurer and will be pleased to help with any potential applications. His address is: Parkfields, Pontesbury Hill, Pontesbury, Shrewsbury SY5 0YH, telephone 791690, and his e-mail is sandjwinwood@btinternet.com

Stephen Winwood

Secretary Wanted

Pontesbury Public Hall committee are looking for someone to take on the role of secretary to the committee. Which mainly involves attending quarterly meetings, taking and circulating of minutes and dealing with administration associated with running the Public Hall as a charity. If you would like to volunteer to assist us, please phone David Charles on 791946.

David Charles,
Chair, Pontesbury Public Hall Trustee

Update on the Feed the Birds Project, Pontesbury and Minsterley

Shropshire Wildlife Trust's 'Feed the Birds Project' is aimed at sharing the joy of wildlife and connecting people. Feeders have now been distributed thanks to Allcare and Pontesbury Primary School. We have asked everyone involved to send over pictures, drawings and letters of all the lovely birds and other wildlife they can see outside their windows or in their gardens. We plan to share the drawings and letters with the community, via social media and a newsletter, so everyone can experience the joy of wildlife and connect through their shared experiences. If you would like to get involved and write about birdlife in your garden, draw a photograph or draw/paint a picture we would love to hear from you. Please bring any photos, drawings or letters and post them in the white post-box at The Pavilion, the new community building next to the Co-op.



We are also starting up the one to one befriending visits again, where it is safe to do so. If you know of anyone that may like to have someone visit or be a volunteer in the project please contact clerk@pontesburypc.org.uk, Tel: 01691 661157. Many thanks.

Feed the Birds, Pontesbury and Minsterley team

This local project is part of the Shropshire Wildlife Trust's 'Feed the Birds project' funded by the National Lottery Building Communities Fund.

LITTER LETTER 1 from 'The Pop Cans'



SPREAD THE WORD, DON'T SPREAD LITTER

Are you horrified to see the amount of litter in verges and hedgerows everywhere in the country?

Just recently, on a 200 yard stretch of quiet country lane in the local area, we collected five cans, two bottles [one broken], a crisp packet, a loaf wrapper, a 'dip' container, and numerous chocolate wrappings! This bounty is not unusual and each item has its own story.....

Let's take an aluminium can, for example. An aluminium can is easily recycled – in fact 20 cans can be recycled for the same amount of energy it takes to produce just one new can – and it can be recycled over and over again! The production of the new can releases a toxic mix of sulphur dioxide and nitrogen oxides as well as adding to greenhouse gases and leaving behind a slurry of caustic mud. Lovely! Yet 1.5 million tons of aluminium cans worldwide fail to be recycled each year! Why do so many cans end up in the hedgerow?

So, who would do this? Why would they do it? That's what we would like to know.

Have they not seen the calls to recycle? Are they not aware that resources are running out? That's what we would like to know.

Do they not care about the countryside? Is there no care for the wildlife? That's what we would like to know

Do we want to see their lunch packaging? Why can't they take their wrappings home? That's what we would like to know.

Please tell us why oh why we have to pick up their litter from where it lies?

On behalf of Pontesbury Climate Emergency Group, *'The Pop Cans'* are appealing to everyone in the local area.



Are you experiencing financial difficulty related to COVID-19?

Worried about keeping your home?

Please call the Council's Welfare Support Team on 0345 678 9078

The Welfare Support Team can provide you with help, support, advice and signposting.

USEFUL LINKS

General information about Coronavirus
www.shropshire.gov.uk/coronavirus

Information for businesses and the self-employed
www.shropshire.gov.uk/coronavirus/information-for-businesses-and-the-self-employed

Information on rights and benefits
www.shropshire.gov.uk/coronavirus/information-for-the-public/your-rights-and-benefits

Information on Housing Benefit and Council Tax Support
www.shropshire.gov.uk/benefits

Universal Credit
www.shropshire.gov.uk/benefits/what-could-affect-my-benefits/universal-credit

Online benefit calculator
www.shropshireboc.entitledto.co.uk/home/start

Furniture and electrical goods
Reviive 01743 588458 South Shropshire Furniture Scheme 01584 877788

Citizens Advice Shropshire
03444 99 11 00 www.cabshropshire.org.uk

Shropshire Council

Right Home Right Place

On a low budget? Want to save money?

SHROPSHIRE LARDER

Visit *shropshirelarder.org.uk*
to find out about low cost or free food and help with debt, benefits, housing and more in Shropshire

'Flu Jab Invitations on Their Way' say Health Bosses

Flu vaccination invitations are on their way by post, text message or phone call, say health bosses at Shropshire, Telford and Wrekin Clinical Commissioning Groups (CCGs). GP practices across the county are now rolling out their vaccination programmes and Shropshire, Telford and Wrekin residents are encouraged to book their flu jabs to protect both themselves and their families. Patients are also reminded that they do not need to contact their GP practice directly as surgeries are currently letting people know how and when to book an appointment. This will be done by post, text message or phone call with those most in need of the vaccination prioritised first.

Flu clinics may also be delivered differently to previous years as some practices are working together to ensure maximum efficiency. As a result, they may be asking patients to go to a different practice for their jabs. Practices may also be using marquees, school halls or drive-through facilities to ensure infection, prevention and control measures, as well as social distancing guidelines, are upheld. Details of your practices' arrangements will be shared with you when you book your flu vaccination appointment.

The flu vaccine is offered at GP practices and local pharmacies. Patients are encouraged to take up the offer of a free flu vaccine when contacted by their GP practice. If a patient does not plan to attend their session, or has had the vaccine elsewhere, they should decline their appointment at their GP practice so that others can take their place.

Those eligible for the free flu vaccination are as follows:

- children aged 2 and 3 on 31 August, 2020
- children in primary school
- children in year 7 (secondary school)
- adults 65 and over
- people with certain medical conditions (including children in at-risk groups from 6 months of age)
- pregnant women
- people living with someone who is at high risk from coronavirus (on the NHS shielded patient list)
- frontline health or social care workers

Children in primary school and in year 7 of secondary school will be able to access the free flu vaccine through the schools programme and not at a GP practice. For people aged between 50 and 64 that do not have underlying health conditions, the vaccination will not be available until November and December of this year, providing there is a sufficient amount of vaccine left. No appointments will be offered for this age group until then as this ensures those patients most at risk are vaccinated first. If you are between 50 and 64 and you fall into another group eligible for the flu vaccination, for example; you have a health condition which puts you at risk from the flu, you will be invited earlier.

The symptoms of flu are fever, cough, sore throat, runny or stuffy nose, muscle and body aches, headaches, tiredness and some may experience vomiting and diarrhoea.

Connecting Shropshire programme update, September 2020

Top-up Voucher Scheme – http://connectingshropshire.co.uk/gigabit-broadband-voucher-scheme

Shropshire Council has made up to £1 million of additional funding available to 'top-up' the Gigabit Broadband Voucher Scheme in partnership with the Department for Digital, Culture, Media & Sport (DCMS).

The purpose of this strategic investment is to support those premises currently not included in any Connecting Shropshire contract.

For homes, the maximum funding per voucher will be £4,000, thanks to an extra £2,500 per voucher from Shropshire Council. Eligible businesses can receive an additional £3,500 bringing the maximum funding per voucher to £7,000. To qualify for the Scheme, groups of 2 or more residents/businesses must be located in a rural area and be unable to get broadband speeds of 100Mbps.

How does the Voucher Scheme work?

The chart below shows the step-by-step process that each voucher recipient will go through to activate their voucher:



1. Enter your postcode in the checker on the DCMS website (https://gigabitvoucher.culture.gov.uk/) to find a registered supplier and sign up for a gigabit-capable broadband connection;
2. Your supplier requests a voucher from DCMS, who will email you to check that you're happy to go ahead;
3. Your supplier installs the infrastructure required to deliver your new broadband connection;
4. Once you're connected, your supplier lets DCMS know the work is done;
5. DCMS emails you to check that the new broadband connection is working properly;
6. DCMS may make further checks, including a site visit, before they pay your supplier.

Be prepared – Shropshire Council guide on how to prepare for self-isolation

You can read a guide to help you prepare yourself for self-isolation through this link http://newsroom.shropshire.gov.uk/2020/09/coronavirus-be-prepared-in-case-you-need-to-isolate/

STAY ALERT › CONTROL THE VIRUS › SAVE LIVES

My Self-Isolation Checklist

Shropshire Council

You must not leave your home if you're self-isolating.
Isolating is hard but is vital to stop spreading the virus.

When to self-Isolate

- ✓ you have any symptoms of coronavirus (a high temperature, a new, continuous cough or a loss or change to your sense of smell or taste)
- ✓ you've tested positive for coronavirus – this means you have coronavirus
- ✓ You and anyone you live with must stay at home (self-isolate) until you get your result.
- ✓ you live with someone who has symptoms or tested positive
- ✓ someone in your support bubble has symptoms or tested positive
- ✓ you're told to self-isolate by NHS Test and Trace
- ✓ you arrive in the UK from a country with a high coronavirus risk – see GOV.UK: how to self-isolate when you travel to the UK

How long to self-isolate

- ✓ **For at least 10 days if:**
  you have symptoms of coronavirus and you tested positive, had an unclear result or did not have a test.

  You tested positive but have not had symptoms
  If you have symptoms, the 10 days starts from when they started.
- ✓ **For 14 days if:**
  you live with (or are in a support bubble with) someone who has symptoms of coronavirus and tested positive, had an unclear result or did not have a test or tested positive but has not had symptoms

  You've been told to self-isolate by NHS Test and Trace

It is really important to keep to the self-isolation periods
Click on the link to find out more

A Helpful Checklist

- ✓ Food supplies
  Can I food shop online? Do I have an account set up ready to use?
  Can someone shop and deliver for me?
  Who else can help? Ring 0345 6789 028 to find out or visit Shropshire Council - Support for the public
- ✓ Medication
  Can some collect for me?
  Who else can help? Ring 0345 6789 028 to find out or visit Shropshire Council - Support for the public
  Do I have enough over the counter medication? Add it to your shopping list
- ✓ Money/Cash – do I have enough money to support me for my needs
- ✓ Do I have any caring responsibilities? For further advice and support please take a look at information for social care services
- ✓ Can I work from home if I'm well enough? Speak to your employer or visit financial support for further guidance
- ✓ Pets – everyday tasks, feeding walking, maybe as a friend or neighbour
- ✓ How do I look after my mental health and wellbeing? There is a wealth of support online for you. Please look at the following:

  Looking after your mental health and wellbeing during coronavirus – including a great new resource with a variety of information such as local immediate support and online resources, top tips for self-isolation, a children's 14 day coronavirus challenge and helping to manage coronavirus anxiety.

  NHS Mental Health and Wellbeing Support

  Fitness studio and exercise videos, Strength exercises, 10 minute workouts

If you start to feel worse call NHS 111

You are not alone! We are here to help Please ring 0345 6789 028 for welfare support where you will find a variety of information to help you while you are self-isolating.

STAY ALERT › CONTROL THE VIRUS › SAVE LIVES

healthwatch Shropshire

healthwatch Telford and Wrekin

Out of hours palliative care survey

Healthwatch would like to know about the experiences of those who have received 'out of hours' palliative care since the beginning of March 2020.

Have you contacted the ShropDoc Palliative Care Helpline, NHS 111 or another service for help when you GP is closed?

Please share your experience with us at

healthwatchshropshire.co.uk/out-hours-palliative-care-survey
enquiries@healthwatchshropshire.co.uk
01743 237884

Visiting pubs and bars

From 14 September, by law you can only visit a pub in groups of up to 6 people (unless you are visiting as a 'household' or 'support bubble' which is larger than 6)



To avoid risks of transmission and stay as safe as possible, you should always maintain social distancing with people you do not live with – indoors and outdoors.



For more information visit www.gov.uk/coronavirus

Shropshire Council

CORONAVIRUS – WE'RE HERE TO HELP

Useful contacts: We want to ensure you get the right support and advice to help you through these times.

Coronavirus helpline for non-health related enquiries – 0345 678 9028
8am to 6pm weekdays, 9am to 1pm Saturday
Email customerfirst@shropshire.gov.uk

Child welfare and safety – 0345 678 9021
For concerns about a child's safety or welfare, or for family support

Adult welfare and safety – 0345 678 9044
For concerns about a vulnerable adult's safety or welfare, or advice about adult social care

Council tax and benefits – 0345 678 9002
Email: council.tax@shropshire.gov.uk
Email: benefits@shropshire.gov.uk

Housing support, Including homelessness and prevention – 0345 678 9005
Email housing.options@shropshire.gov.uk

Schools and education (including free schools meals) – 0345 678 9008
Email customerfirst@shropshire.gov.uk

Waste and recycling, including assisted collections – 0345 678 9007
Email customerfirst@shropshire.gov.uk

Business support and advice
For business rates enquiries – email business.rates@shropshire.gov.uk
For business-related enquiries – email COVID19businessenquiries@shropshire.gov.uk
For information about help and support for businesses please visit www.investinshropshire.co.uk

To report a business which should be closed or isn't complying with social distancing requirements – 0345 678 9067 (option 3).
Email advicecompliance@shropshire.gov.uk

For advice and information about all service areas, please visit www.shropshire.gov.uk/coronavirus
For any health-related queries and issues please use the NHS 111 online service.
Visit our Newsroom website – www.shropshirenewsroom.com where you can sign up to receive email alerts.

Follow us on Twitter (@shropcouncil)
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Shropshire Council

Symptoms and Safety

Keep yourself and others safe



Coronavirus symptoms



If you have these symptoms, you must **STAY AT HOME** and self isolate for:
7 days - If you have symptoms or have tested positive for coronavirus

14 days - if someone you live with has symptoms or tested positive, or you've been told by NHS Test and Trace you've been in contact with someone with coronavirus

Get tested- Call NHS Test and Trace on **119** or go online at **nhs.uk/coronavirus**

For advice and support during the pandemic (especially if you are self-isolating)
Call our Covid 19 helpline on 0345 678 9028
Or visit our website at www.shropshire.gov.uk/coronavirus

Shropshire Council

Pick Up The Phone – You Are Not Alone

To help raise awareness of the range of support available to those who feel suicidal, a new Suicide Prevention Zcard designed by the Shropshire and Telford Suicide Prevention Network (with representation from across health, social care, emergency and blue light services, voluntary services, experts by experience amongst others) has been launched.

The Zcard provides; • Brief advice and guidance on how to address concerns • Contacts for a confidential, listening ear • Primary contacts to seek immediate appropriate support

Useful Resources

1. Free online Suicide prevention training (20 min video on see, say, signpost): www.zerosuicidealliance.com/training

This is a great resource on how to identify risk and how to have difficult conversations, it has been widely shared amongst our networks

2. Help Is At Hand: national resource for support after suicide (physical cards available to order direct from the website for free): https://supportaftersuicide.org.uk/support-guides/help-is-at-hand

Suicide Prevention Action Group

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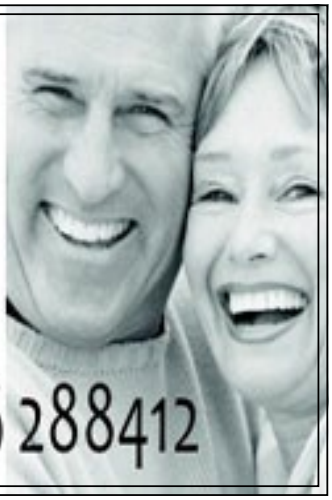
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