

The Ovington Oracle

May 2020

COVID-19 (Coronavirus Illness)



Thank you to all villagers, friends and neighbours who are helping our community stay safe and healthy. Ovington has an excellent community spirit which has paid dividends during this crisis.

We need to continue to work together, please stay in contact with your friends and neighbours and continue to check on their health and needs. When you are out taking exercise continue to monitor the RED / GREEN cards in windows, if you see a red card either offer assistance or call any Parish Councillor:

Karen Weir: 07735 205990

Timothy Birt: 01953 889208

Pete Bate: 01953 885204

Jeremy Woods: 01953 883953

David Welsted: 07443 538969

If your situation is medical or urgent phone 111 or 999

If you can offer help beyond family, friends and neighbours please give your contact details to any of the Parish Councillors above. Information will not be used for any purpose other than coordinating village help.

The Parish Council has accessed some resources to assist volunteers, please get in touch if there are any issues where you think the PC may be able to help. It is worth noting that those in need are often the least likely to say so.

If you would prefer to talk to someone outside the village the Parish Clerk is Heidi Frary: 01603 759215 (email: hefrary@gmail.com)

Contents

Status:.....	3
Fraud and Scam Aware:.....	3
Guidance for volunteers:.....	4
Guidance for anyone with symptoms:.....	4
Village Litter Pick.....	5
Parish Council (PC).....	5
Rainfall.....	5
St John's Church.....	6
Messages.....	7
And finally	8

Status:

The Government announced 'lock-down' will continue for another 3-weeks, taking us to 8 May, it seems unlikely there will be any major changes ahead of a Bank Holiday weekend. It is logical to assume any relaxation of lock-down will be gradual while the effect is monitored.

Prof Chris Whitty, senior medical advisor to the Government, said it was important to be realistic and that "highly disruptive" social distancing would need to be in place for "really quite a long period of time".

The most important action individuals can take at the moment is to stay at home; washing your hands often – with soap and water for at least 20-seconds or use a hand sanitiser. Wash hands when you get home or to work, when you blow your nose, sneeze or cough, eat or handle food. Avoid touching your eyes, nose, and mouth with unwashed hands.

More at: www.gov.uk/coronavirus

Fraud and Scam Aware:

Unfortunately there are a minority who wish to exploit the current crisis for personal gain. The National Cyber Security Centre have taken down 471 fraudulent and fake online shops and almost 900 'advance-fee' fraud schemes.

It is best to assume **any and all** unsolicited requests for you to provide personal details or buy something or make an investment is suspect. Do not give out your bank details to someone you do not know.

Guidance for volunteers:

- Generally, helpers should not enter a house and should stay at least 2m (6 feet) away from everyone else, minimise close contact time.
- Helpers may offer to fetch groceries or medication in which case it is safest to leave these at the front door, ring the bell and retire to a safe distance. Helpers can fetch medication and, with authorisation, prescriptions from the pharmacist, however they should not dispense medication.
- A helper may put bins out, but should not transfer waste from an inside bin to the wheelie bin. If this is unavoidable the bin contents should be double bag sealed and have been left for 72-hours.
- Both parties should wash hands after an exchange.

Guidance for anyone with symptoms:

- If you have symptoms of COVID-19, no matter how mild (a new continuous cough and / or high temperature, above 37.8°C), stay at home for **7-days** from when your symptoms started.

All other household members who remain well must stay at home and not leave the house for **14-days**.

- Do **not** visit a GP surgery, pharmacy or hospital.
- You do not need to contact 111 to tell them you're staying at home.
- If you feel you cannot cope with your symptoms at home, or your condition gets worse, or your symptoms do not get better after 7-days, then use the NHS 111 online service.

More at: www.gov.uk/coronavirus

Village Litter Pick

Timothy Birt

We managed a very limited litter pick while people were out taking their daily exercise. A significant pile of litter was gathered including the usual bag of Tesco security tags from spirit bottles!

Pictures at: www.ovington.org.uk/litter

Some of the village stalwarts continue to litter pick.

If you would like to borrow litter-pick equipment I have a couple of sets which can be loaned to anyone interested.



Parish Council (PC)

Timothy Birt

Next meetings:

The Annual Parish Meeting followed by the PC Annual Meeting (which are different) are still scheduled for 20 May, at the Village Hall at 7:30pm, however this looks unlikely.

The PC Annual Meeting is a statutory meeting required under the '1972 Local Government Act'. So far, we are not aware of any Statutory Instruments which remove this obligation, but it will be minimal.

Legal documents at: ovingtonclerk.wixsite.com/home

Rainfall

Rod Rumsby



Having dodged the last downpour, I can now bring you my latest calculations concerning rainfall in Ovington for March, which amounts to 19.5 mm or 0.76".

The figure so far for April, is just 1.5mm or some insignificant amount in inches. Over the month there has been the odd light shower but of insufficient quantity to register on my fully automated, all singing, rain gauges.

[Editor: on the 'bright' side, solar panels are on target to produce the best April output for a decade.]

St John's Church

Jean Rockett, Lay Minister – 07749 870485



All services in the Church have been cancelled and the Church is closed until further notice.

I never envisaged our Church being closed again. The last time was due to work being carried out on the building. That was for the benefit of us all in the long run.

I did start to go up daily to light the Paschal candle, as I said that I would in my April message, and I held a short service with prayers each time, just on my own with God. It was a very peaceful experience, but my peace was broken by a notice from the Bishops to close the Church indefinitely until this dreadful Covid-19 virus is contained.

Although I am no longer able to go to the Church, I am praying for you daily from my own home. Our Lord is with us wherever we are.

I am so grateful to a group of people who are going up to the Church to keep the grounds looking presentable. They have been mowing the grass, tidying graves and removing ivy, which has been trying to take over some of the graves. A big thank-you to all who are helping to keep the area presentable. Also thank-you to a lovely family whose family plots are kept immaculate.

A special thank you to two of my neighbours, who hearing that I could not get any Lactose-free milk from the shops, (due to the sudden buying up of most of our grocery items) very kindly brought some to my home. Such a kind neighbourly act. I haven't mentioned the names of these kind neighbours or of those helping at the Church. Our Lord knows who they are and what they have done, and I am sure that many kind neighbourly acts have been made throughout our wonderful village.

Although I am not able to visit at this point in time, if you would like special prayers said for relatives or friends, or would like to talk to me, then please put a note through my front door (No.24-26 The Street) with names and/or your phone number and I will be in touch with you. Or you can call me 07749 870485.

With love in Christ

Messages

A big thank-you

Rod & Grace

Many, many thanks to our good neighbours, Mike, Beth and Stuart, who have kindly stepped in and done our shopping and also to Barry and Robert who have carried out some odd jobs for us. Also to those kind folk who have offered help. Thank you all.

Supermarket

Tesco

Tesco trading hours are 6:00am – 10:00pm (except Sunday), a one-way system and distancing measures have been introduced both around the store and at the checkout.

NHS and priority workers may go to the front of the queue to enter the store.

To ensure more vulnerable and elderly customers can shop in-store, Tesco will prioritise one hour every Monday, Wednesday and Friday morning between 9:00-10:00am, please respect this.

Local Shops

Editor

Some smaller shops are open in Watton, having introduced social distancing measures. Where possible, please support local businesses.

Games and Puzzle Exchange

The old phone box has some games and puzzles, please help yourself. Linda at Stone House Farm has jigsaws for loan, ring 07741477941 to arrange collection or delivery.

Nexus Fostering

Hayley Attew

Nexus Fostering in Norwich are in desperate need of foster carers in the Norfolk region in these unprecedented times. All recruitment events have been cancelled for the foreseeable future so we are looking for help. We can help you to provide a young person with a stable, secure home. Call us on 0800 389 0143

Visit us at www.nexusfostering.co.uk

And finally ...

Rod+Tim

Daft thoughts:



- >> Married for many years, Paul had been ignored by his wife, Liz, for some days, so he asked her outright "Come on Liz, admit it" he ranted. "You only married me because my Granddad left me 5 million, didn't you?" "Don't be silly Paul" retorted Liz "I couldn't care less who left it to you".
- >> It was the first day at school and the teacher was asking the little boy about his family.
"And what does your Daddy do?"
"He's a magician"
"That must be exciting, what tricks can he do?"
"He can saw people in half"
"That is clever, and tell me do you have any brothers and sisters?"
"Yes, one half brother and two half sisters".

Logic Puzzle:

This should exercise the little grey cells during lock-down...

Use each of the digits **1, 1, 5, 8** once, write a maths sum where the answer equals **10**, using only the operators: **+**, **-**, **×**, and **÷**

You must use all four digits and may use operators as many times as you like, or not at all. Just for clarity, because I have a smarty pants friend who suggested using another base, these are normal decimal digits!

Answer next month.

Deadline for next issue: 22 May

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