



# Love's Farm News

April - May 2020

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

## Love's Farm, We've Got This

Hello Love's Farm, hope you're keeping well.

This is an unusual newsletter for an extraordinary time. In these pages we normally cover all the activities that help bring our community together. This month the coronavirus outbreak means everything is different — but ultimately, our newsletter serves the same purpose.

We are physically separated but, as a community, this is our opportunity to be closer than ever. We really need each other's support, not just for practical things like shopping, but for the little things... finding new ways to

### We're Here to Help

Stuck at home and need help with shopping? Call **01480 589059** or email [help@ourlovesfarm.co.uk](mailto:help@ourlovesfarm.co.uk). See page 2 for more information.

Visit our web portal for the latest information and to volunteer:

[www.ourlovesfarm.co.uk/COVID-19](http://www.ourlovesfarm.co.uk/COVID-19)

say hello to your neighbour, to chat to friends and keep the kids entertained. This is a stressful and scary time for many people, so let's do what we can to lighten the load for everyone in our community.

Over the next few pages we will cover a few ways that we can support each other. One way or another we all need help, and many of us are in a position to give that help, so read on to find out what's available and what you can do.

You can also find lots of information at [www.ourlovesfarm.co.uk/COVID-19](http://www.ourlovesfarm.co.uk/COVID-19) — if you are online please take a look, and click **Register** to stay up-to-date with the latest information.

### Stopping the Spread

The most important thing we all need to do is to stop this virus spreading from person to person. The advice and instructions from the government are updating regularly so please visit [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)

for the latest information. However, for those without internet access, we've covered some of the key information on the opposite page.

The government's strategy for limiting the spread will only work if we all follow it together. It's vitally important that people don't bend the rules, thinking that the odd exception won't matter. One person who needlessly gets infected could go on to infect dozens of others, and that can lead to hundreds more, some of whom might be very vulnerable. So please, do the right thing and join the rest of the country by following the rules to the letter.

## **Support for Extremely Vulnerable People**

Most people who catch the virus will display mild or no symptoms, but people with certain underlying health conditions (see opposite) are at a much higher risk.

The government describes these people as "extremely vulnerable". There are 1.5 million of them in the UK, and they should have been contacted by the NHS in March. The NHS launched a volunteer scheme to look after this group on 24 March. By 25 March over half a million volunteers had signed up — double the target. You can join this team at [www.goodsamapp.org/nhs](http://www.goodsamapp.org/nhs).

As we go to press it appears that this group of extremely vulnerable people are being reasonably well

catered for, and so at LFCA we won't seek to duplicate the work of the NHS volunteers. However, if you are in this group and the help you need isn't available please keep reading.

Some of these people classed as extremely vulnerable will have friends, family and neighbours who are already supporting them. That's fantastic and hugely appreciated. If you're one of these helpers, bear in mind that you need to be just as careful as any volunteer when providing this support — the old saying, "family germs don't count", doesn't apply here. Please see page 5 for ways to stay safe.

If you're supporting someone in this way, remember that you're not alone. Think about what would happen if you became ill or just needed a rest. There are other people who are willing to help. If you don't know who to ask, please keep reading...

## **Practical Support for Other People In Need**

There are lots of people who aren't on the NHS's "Extremely Vulnerable" list but who will need help. Under the current guidelines (as of 30 March), if you are pregnant or over 70 you are strongly advised not to leave your home at all. If you have the virus you should not leave your home (except for exercise) for seven days, and others in your household should not leave for 14 days.

You may have local family, friends



# Prevent the Spread of Coronavirus

Below are the current instructions and advice from the UK government (as of 30 March). It doesn't cover everything and may be out of date — please visit [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus) for the latest information.

## Everyone should:

- **Stay at home** except for shopping for essentials, medical needs (including helping a vulnerable person), travelling to and from work (only if you can't work from home) and one form of exercise per day.
- **Keep your distance** stay at least 2 metres from other people, except for those who live with you.
- **Wash your hands** regularly and thoroughly (for 20 seconds), especially just before and immediately after leaving your home.
- **Don't touch your face** with unwashed hands.
- **Cover your mouth** with a tissue or sleeve when coughing or sneezing. Discard the tissue and wash your hands afterwards.
- **Clean** and disinfect frequently touched objects and surfaces.

## If you think you (or someone in your household) has coronavirus:

*Symptoms include a fever and a new, continuous cough*

- If you have symptoms you **must not**

**leave your home for any reason other than for daily exercise** for 7 days from when symptoms started.

- Everyone else in your household **must not leave home for any reason other than for daily exercise** for 14 days from when the symptoms started.

## If you are in a vulnerable group

If you are pregnant or over 70 and don't have underlying health conditions, you are **strongly advised to stay at home** and, if possible, reduce your contact with people outside your household to zero.

## If you are in an “extremely vulnerable” group

*This means people with specific underlying health conditions such as certain cancers, severe asthma and COPD, solid organ transplant recipients — see the full list at [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus).*

The current advice is that you **must not leave your home for any reason**.

You should have been contacted by the NHS to offer support. If you think you qualify for this support but haven't been contacted, visit [www.gov.uk/coronavirus-extremely-vulnerable](http://www.gov.uk/coronavirus-extremely-vulnerable)

LFCA can help with practical support while you are self-isolating — see “Practical Support...” on the opposite page.

or neighbours who are able to support you, but if not, Love's Farm Community Association can help.

One thing we can do is to pick up shopping and deliver it to your front door. We are putting the finishing touches to a scheme in conjunction with Love's Farm Church and Love's Farm House to deploy volunteers to carry out these tasks.

Please note that the volunteers will be under strict instructions not to enter people's homes or take any payments in person. Payments for shopping must be either:

- Direct to the store (such as Tesco Click+Collect)
- By BACS transfer (online banking) to Love's Farm Community Association (LFCA)
- With a credit or debit card

**Email [help@ourlovesfarm.co.uk](mailto:help@ourlovesfarm.co.uk) or call 01480 589059 for more information and to make a request.**

Please note that we can only offer this service to people who are unable to leave their home, don't have other sources of support and are able to pay for the shopping. If you are in financial difficulties please see page 12.

Our volunteers may also be able to help with other tasks such as walking dogs or running small errands. Please ask and we'll do our best!

## Are You Able to Help?

Above is a summary of what support LFCA wants to offer. We also

need people who are willing and able to give that support. This includes:

A small number of people who will take calls and emails and deploy volunteers on a rota basis.

A larger number of volunteers who will collect shopping from supermarkets and deliver to people in need. We will provide guidance to help keep you — and the people you're supporting — safe, but please be aware that any form of social contact carries a risk. This role is only suitable for people who are not (and don't share a home with someone who is) at risk and who aren't currently displaying symptoms.

If you can help, even if it's only for an hour or two a week, please fill in the form at [www.ourlovesfarm.co.uk/COVID-19](http://www.ourlovesfarm.co.uk/COVID-19) or call 01480 589059.

There are likely to be other roles for people who aren't able to leave their homes. Please get in touch if you'd like to be on standby.

## Mapping Those Who Need Support

We want to ensure that the people who need help don't slip through the net. We know that many people won't read this newsletter or may not feel comfortable asking for help. In the current circumstances we would prefer to pester them with offers of help rather than let them struggle alone or leave their home and put themselves and others at risk.

Please tell us about you and your



# How to Shop for Others Safely

The best way to stop the spread of the virus is to keep people apart. That's not always possible, though, especially when it comes to shopping for food and medication.

People who are particularly vulnerable to infection — or who are already infected — shouldn't be going to the shops, so this job will fall to family, friends, neighbours and other volunteers. No matter which of these you fall into, please remember the following guidelines:

- 1. Don't shop** for other people if you or anyone in your household is **displaying symptoms** or is in a **vulnerable group**.
- 2. Wash your hands** thoroughly before going shopping. Use hand sanitiser just before you enter the shop.
3. Remember that your bag, phone, keys, steering wheel, wallet, purse or any other item may be **carrying the virus**, especially if you are infected but aren't showing symptoms.
- 4. Sanitise** the shopping trolley or basket before using it.
- 5. Don't touch anything** unnecessarily, especially products that you won't end up buying.
- 6. Don't touch your face.** Wearing gloves will help you remember not to do this.
- 7. Maintain a 2m distance** from other shoppers and staff. Use Contactless when paying if possible (the limit has just been raised to £45).
8. When delivering shopping to a vulnerable or infected person, place the shopping in front of their door, **ring the doorbell and then step away**.
- 9. Never enter the home** of someone who is self-isolating **for any reason**.

If you are gifting or lending anything from your home to someone who is self-isolating, remember that touching it with unwashed hands could be all it takes to infect that person.

household at [www.ourlovesfarm.co.uk/COVID-19-register](http://www.ourlovesfarm.co.uk/COVID-19-register).

If you have concerns that someone on your street is in an at-risk category, please can you tell us? Please email [help@ourlovesfarm.co.uk](mailto:help@ourlovesfarm.co.uk) or call 01480 589059.

## Let's Stay Connected

Human beings are amazingly adaptable creatures, and we're also

highly social. So let's put these two strengths together to find new ways to stay in touch.

Social media has its pros and cons, but it really comes into its own at this extraordinary time. If you have a deep-rooted dislike for Facebook, consider holding your nose and signing up just while we're in lockdown. You don't need to befriend lots of people and get into endless debates

— just follow a few helpful Pages and Groups such as Love's Farm Community Association ([www.facebook.com/ourlovesfarm](http://www.facebook.com/ourlovesfarm)), where you'll find lots of information about the goings on in and around Love's Farm. Our Facebook moderator Emma is doing an amazing job as always to keep people informed. Thanks Emma!

Many streets on Love's Farm have a dedicated Facebook group so residents can communicate directly with their neighbours. Search Facebook for your street name. If you can't find one, please get in touch with us via [www.facebook.com/ourlovesfarm](http://www.facebook.com/ourlovesfarm). If we can't find one either we can help you set one up.

WhatsApp can work well for keeping neighbours in touch with each other, as messages appear without all the other social media 'noise' of Facebook. We'll be supporting our Street Reps to get these set up — find yours at [www.ourlovesfarm.co.uk/streetreps](http://www.ourlovesfarm.co.uk/streetreps).

Video Conferencing tools are a great way to spend time with friends and family, and we can use it with our neighbours too.

Zoom ([www.zoom.us](http://www.zoom.us)) is proving to be very popular. It's free for video calls up to 40 minutes long and 100 people at a time. The ability to show tiled faces across the screen is particularly appealing. It takes a couple of minutes to create an account, and people can join a video call from a link without having to log in. Google

Hangouts ([hangouts.google.com](http://hangouts.google.com)) is another good option. The host needs a Google (ie Gmail) account, and it's free for unlimited use for up to 25 people. Both Zoom and Google Hangouts have Android and Apple apps for phones and tablets.

For those who are already up to their elbows in social media, don't forget to take a break. Many of us are using our digital devices more than ever to stay in touch with friends and family, but don't neglect the people in your household.

If you don't have access to the internet please give us a call on 01480 589059 and we'll see what we can do to help keep you connected with your community.

## Looking After Yourself

Perhaps the biggest challenge for many people will be to maintain a positive frame of mind. Our normal routines have largely gone out of the window and the relationships in our households are under a lot of pressure. Of course, there are different challenges for those living alone.

The first thing to do is to accept the things you can't control. Don't be angry at the system or at other people. Just take comfort that you are doing your bit, even if that just means staying at home.

Accept that people deal with stressful situations in different ways, so try to be patient when tempers fray in your household. If other

people's behaviour is really challenging, try to respond with calmness and love rather than anger.

Create unexpected moments of kindness for each other — they'll make everyone in your home feel happier. Say "thank you" as often as you can for all the little things people do for you. Talk to your family about how you can make these relationships stronger.

Find someone to share your concerns and fears with. Expressing our fears doesn't make them more likely to happen but may help us find a way of being able to manage them better. If you don't have that person, please get in touch with LFCA on 01480

589059 or check out the back page for other useful contacts.

Make time for the people in your household, but don't be angry if they are using social media more than ever. Remember that these online interactions are replacing the many other social connections in their lives.

If you're finding the constant rolling news about coronavirus stressful, switch it off. Spend a day in a bubble of books, films, board games and exercise with your family. Over the next few pages we have a round-up of things you can do to fill your time.

No one would have wished for this situation but there are positives we can take away from it. Use this time to

## ONLINE WORKOUTS FOR ALL!

It's so important to keep up exercise for your body, heart and mind during these uncertain times.

The following classes are available online live in your living room:

**Zumba / Pilates / Fitnum**  
as well as the **Kick Start Club** and a range of prerecorded mini workouts.



07912442622  
njfitnessandmassage@outlook.com

[www.njfitnessandmassage.com](http://www.njfitnessandmassage.com)



learn a new skill, take up a hobby you never normally have time for, sort out that filing cabinet or cupboard, or become more active in your local community – even if it's just checking in on your neighbours via WhatsApp every few days.

Make a list of all the things you're looking forward to doing once we're out the other side. With a bit of luck we can emerge emotionally stronger, physically fitter and more connected with our community than ever before.

## Keeping Active

One of the best routes to mental well-being is through physical exercise. The release of endorphin is your body's way of rewarding you for keeping it healthy, making you feel less stressed and anxious, generally happier and – at best – euphoric. Being housebound makes it harder to keep active, so it's really important to build this into your daily schedule.

The NHS website has some great suggestions for people with mobility issues. Please take a look at [www.tinyurl.com/nhs-lowimpact](http://www.tinyurl.com/nhs-lowimpact) and scroll down to the section on Home Exercises. There's lots of other useful information for everyone at [www.nhs.uk/exercise](http://www.nhs.uk/exercise).

As we go to press the official instructions are that people who are not in an at-risk category can leave the home for one form of exercise per day. The options are pretty limited, as we need to avoid other people and



Keep fit with a bit of help from Oti Mabuse

unnecessary travel. Fortunately we're really lucky on Love's Farm to have green space within a minute or two of every doorstep.

A walk around the perimeter of Love's Farm is about two miles, so it should take between 30 and 60 minutes to walk, depending on your pace. Try to push yourself a little – you should be getting slightly out of breath. If you've never tried jogging or running, this is a great time to start. Love's Farm Runners is an amazing community of local people who will support you as you take your first strides. Visit [groups.runtogether.co.uk /LovesFarmRunners](https://groups.runtogether.co.uk/LovesFarmRunners) or find them on Facebook.

There's lots you can do within your home. From Zumba to Pilates, Streetdance to Karate, there are YouTube videos for almost everything. Try a yoga session on the Fightmaster Yoga channel, or harness your inner Strictly contestant on the Oti Mabuse Official channel.

Fitness instructor Joe Wicks has been taking the internet by storm



with his daily PE with Joe workouts, broadcast live at gam every weekday. Find them on his YouTube channel, The Body Coach TV. These are suitable for adults as well as children, and it's a great way to start the day. You'll also find Workouts for Seniors on the same channel.

If you want a supported approach to fitness and weight loss, Love's Farm's own NJ Fitness offers various packages with tailored workouts and support, which you can book at [www.njfitnessandmassage.com](http://www.njfitnessandmassage.com). They are also offering free Saturday morning family workouts at [www.facebook.com/groups/njfitfitties](https://www.facebook.com/groups/njfitfitties).

If you or your children are struggling to find the motivation to exercise at home, try dimming the lights, turning up the music nice and loud (although please consider your neighbours) and transforming your living room into an impromptu nightclub. Take it in turns to choose a song for a full DJ Battle experience. Send us your best dance moves at [www.facebook.com/ourlovesfarm](https://www.facebook.com/ourlovesfarm) — we could all do with a laugh.

## Things to Do During Lockdown

*By Jenny Bishop*

So, what else can you do to fill your days now that you're holed up in your home? Here are a few suggestions:

### Dig those board games out

Great for families or flatmates alike,

board games can be a surprisingly fun way of passing the time and even finding out more about each other. No board games? No problem. Check out [www.mypartygames.com](http://www.mypartygames.com) or [www.printableboardgames.net](http://www.printableboardgames.net) which both offer free printables.

You can also play games with people online. <http://playingcards.io> offers a really simple way to share a table online to play a wide range of card games. Combine it with an online chat service such as Google Hangouts (see page 6) so you can natter as you play.

### Learn a language

Your holiday may be cancelled but that doesn't mean you have to miss out on the whole experience. Why not use this time to learn a language for fun? Duolingo has a whopping 36 languages available from Japanese to Navajo, and even Klingon for the Star Trek fans among us. It's freely available as an app or via their website at [www.duolingo.com](http://www.duolingo.com).

### Get arty

Arts and crafts aren't just for children. From card making to jewellery making to photography, you can freestyle on your own or find an online class or tutorial. If you've toyed with the idea of coming to a life drawing class at Love's Farm House but never got around to it, you can give it a whirl at home using the (tasteful) online models at [www.artmodeltips.com/poses](http://www.artmodeltips.com/poses).

## Join a book club

The Love's Farm Book Club has moved online during lockdown; you can find them at [www.facebook.com/groups/lovesfarmbookclub](https://www.facebook.com/groups/lovesfarmbookclub). Their next book is *You* by Caroline Kepnes. Download it onto your Kindle, listen via Audible or order it online from [www.waterstones.com](https://www.waterstones.com).

## Visit a museum



Explore the British Museum from your sofa

Many famous museums have opened their virtual doors during lockdown. Tour the Egyptian Antiquities gallery at the Louvre ([www.louvre.fr/en/visites-en-ligne](https://www.louvre.fr/en/visites-en-ligne)), take a trip through time at the British Museum ([britishmuseum.withgoogle.com](https://britishmuseum.withgoogle.com)) or check out the penguins at the San Diego zoo ([zoo.sandiegozoo.org/live-cams](https://zoo.sandiegozoo.org/live-cams)).

## Have a movie night

Dig out the popcorn and the cosy blankets and settle down for a movie. We're massively spoiled for choice with Netflix, Amazon Prime and the rest, but did you know that iPlayer has some films available for free

([www.bbc.co.uk/iplayer/categories/films](https://www.bbc.co.uk/iplayer/categories/films))? Disney+ has just launched in the UK with the full back catalogue of Disney, Pixar, Marvel, Star Wars and National Geographic films. Or for a bit of high culture, use the BFI Player to stream the classics at [www.bfi.org.uk/greatest-films-all-time](https://www.bfi.org.uk/greatest-films-all-time).

## Try a new recipe

If you have a smartphone full of bookmarks to recipes you have never tried, now is the time! If the panic buying has restricted your available ingredients, try Jamie Oliver's *Keep Cooking and Carry On* on Channel 4 [www.channel4.com/programmes/jamie-keep-cooking-and-carry-on](https://www.channel4.com/programmes/jamie-keep-cooking-and-carry-on). For those with older children at home, this might be the perfect time to give them some proper culinary skills so they won't be relying on Pot Noodles when they eventually fly the nest.

## Expand your mind

Improve your general knowledge with a TED Talk ([www.ted.com](https://www.ted.com)). With over 3,300 talks to choose from, on topics ranging from The Evolution of the Coffee Cup Lid to How Surfboards Connect Us To Nature, there's something for everyone.

## Sing in a choir

You may be lucky enough to have a family that rivals the Von Trapps, but for the rest of us there is another option. Choirmaster Gareth Malone is starting *The Great British Home Chorus*, to give everyone the

opportunity to contribute their voices and instruments to an ambitious digital music project. Register at [www.decca.com/greatbritishhomechorus](http://www.decca.com/greatbritishhomechorus).

## Try some mindfulness

Coronavirus anxiety getting you down? Try some calming mindfulness exercises. You can find some great mindfulness tips from the NHS at [www.tinyurl.com/nhs-mindfulness](http://www.tinyurl.com/nhs-mindfulness), or ask Alexa to open Guided Meditation for some short and sweet mindfulness exercises.

## And finally...

You know all those jobs you have been putting off because you're too busy? Now is the time! From weeding the garden to painting the bedroom, clearing out the loft to backing up your photos, make the most of the extra time to clear your to-do list. Be your future friend. You'll thank yourself later!

We'll be adding to this guide on the website — visit [www.ourlovesfarm.co.uk/lockdown](http://www.ourlovesfarm.co.uk/lockdown) for more suggestions and to send us your own for inclusion.

## Keeping the Kids Entertained

*By Charlie Ashley-Roberts*

My idea of keeping kids entertained differs greatly from my own kids' idea of what being entertained looks like. I have visions of reading or baking together, doing something crafty or

snuggling down and watching a film, quietly with no interruptions. How can I be so naive with three kids? For them, the pinnacle of entertainment is watching other people unpackage new toys on YouTube.

So here are my top tips for balanced entertainment:

## Arts and crafts

Silver Rock Designs ([www.facebook.com/SilverRockDesigns](http://www.facebook.com/SilverRockDesigns)) are local and provide activity packs tailored for your kids that can be delivered to Love's Farm. Jo also does a weekly craft video using things you'll find around the house (they're usually mess-free).

If you have any large cardboard boxes, let them go wild making dens/castles/drawing inside with some pens or crayons.

## Imaginative play

Even if you don't have toys and fancy dress specifically for imaginative play, you'll be amazed at what they create when you let your kids' imagination run. They'll appreciate it even more if you join in with their games. Letting the child lead the play also takes the pressure off you to think of something.

## Technology

On page 5 we've explained how technology can keep us in touch with each other. Children need this just as much as the grown ups, if not more so. Use Google Hangouts or Zoom to

reunite playground friendships online in a safe space, away from the wider world of social media.

## Outside

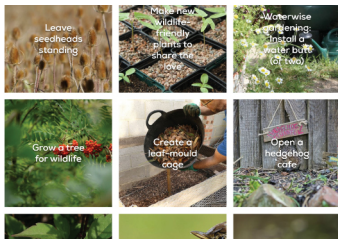
If you're lucky enough to have a garden, plant some seeds, make a small pond ([www.katierushworth.com/diy-garden-container-pond](http://www.katierushworth.com/diy-garden-container-pond)), count how many birds you can see or do a scavenger hunt (we use the cards at [www.sensorytrust.org.uk/gofindit.html](http://www.sensorytrust.org.uk/gofindit.html)). The RSPB website has dozens of other garden activities at [www.tinyurl.com/garden-activities](http://www.tinyurl.com/garden-activities).

## Reading

Our eldest reads to herself but we read to the smaller kids. David Walliams is releasing daily stories at [www.worldofdavidwalliams.com](http://www.worldofdavidwalliams.com) every day at 11am, and Audible ([stories.audible.com/start-listen](http://stories.audible.com/start-listen)) has made a whole heap of kids' books free to listen to.

## Share ideas with your Love's Farm neighbours

Join the Love's Farm Home School group on Facebook ([www.facebook.com/groups/lovesfarmhomeschool](http://www.facebook.com/groups/lovesfarmhomeschool))



Lots of garden activities on the RSPB website

to share tips and tricks to keep your children educated and entertained.

## Shake it up

In order to encourage a range of activities, make a game by putting ideas on paper or sticks and choosing one at random. If it all goes to pot one day, that's OK. Give yourself a break... and them some time on YouTube.

## Financial Challenges

The coronavirus outbreak is primarily a health issue, but as this newsletter shows, it has a ripple effect across every part of our lives. Perhaps the biggest long-term challenge will be to people's jobs and finances. Some of us continue to go to work, others are able to work from home and others will benefit from the government grants and loans designed to keep people out of poverty. There will be people who fall between the cracks though, such as directors of small businesses and those who have recently become unemployed.

If you're struggling financially, Love's Farm Community Money Advice can help. It was set up by Love's Farm Church to offer a free debt advice service to communities in and around St Neots, and Love's Farm in particular. The small team of trained volunteers offer friendly, expert advice and support to anyone struggling with unmanageable debt, whatever the cause. They can work with you, negotiating with creditors if appropriate, to find an affordable

solution to your debt issues, and support you through the whole process. They'll also do their best to work with you to draw up a household budget so that going forward you feel more in control of your money. The service is impartial, confidential, and completely free. Please email [moneyadvice@lovesfarmchurch.com](mailto:moneyadvice@lovesfarmchurch.com) or call 01480 260234.

## Support Our Local Businesses

The entire hospitality, leisure and culture industries are pretty much shut down but many people are trying to find new ways to conduct their businesses online.

One thing we can all do is to support our local businesses as much as possible. You could order craft beer online from [www.shume.co.uk](http://www.shume.co.uk) rather than buy it at Tesco, or continue attending Hartbeeps sessions for pre-school children ([www.hartbeeps.com/classes](http://www.hartbeeps.com/classes)) via your computer while Love's Farm House is closed. We are compiling a directory of local businesses that you can support at [www.facebook.com/groups/LFhighstreet](https://www.facebook.com/groups/LFhighstreet). Please post directly to this group if you'd like your business to be included.

## bpha Update

*Lindsey Smith, Housing Officer*

Like all organisations across the UK we are closely monitoring the coronavirus situation. Our biggest

priority is the health and safety of our residents and employees. We are doing everything we can to react to the changing situation and are working hard to make sure that our residents are healthy, safe and happy in their homes.

To find out more please visit [www.bpha.org.uk/coronavirus](http://www.bpha.org.uk/coronavirus).

## Living in Full Lockdown

*By Charlie Ashley-Roberts*

When my partner woke me at 1am last Sunday morning to tell me he had a fever I gave him some paracetamol and moved into the spare room with the baby. I didn't get much sleep, confused as to what we could and couldn't do.

The following morning the official guidance had changed. There were going to be five of us in isolation, for 14 days. Emotions ranged from angry to scared to frustrated to resentful. How were we going to cope?

As I write this we're halfway through our self isolation and he's back up to full capacity. We are the lucky ones; it wasn't as bad as I feared so here's what I've learned.

Ask for help. I sent a message out on Facebook telling people what was happening. Within ten minutes I had people offering help. An hour later I'd been invited to a number of online support groups and someone had already been and got me some supplies from the shop. People are

kind. There is an army of volunteers willing and able to help others, especially on Love's Farm.

You are not alone. As a community there are lots of others who are isolating. Whether it be to protect themselves or others, they too are in the same boat and we are all in this together. As Mr Rogers said, "Look for the helpers". There is so much kindness and generosity to be found in our community.

If you're feeling anxious, focus on those things within your control. Take a break from the news and social media and do something to bring your anxiety down.

Do what works for you. If you need a routine, follow one. If you prefer to be more go-with-the-flow, that's OK too. This situation is stressful enough

without adding more pressure on yourself.

Get creative. Helene Tame, our community chaplain, said to a friend of mine this week that we are not socially distancing but spatially distancing. We put a stool outside our window at a safe distance and added a blanket and chatted with our friends. We've used video calling and messages to stay in touch and I'd have to say that our relationships have never been better.

There are wonderful opportunities to declutter, use up some of the food in the cupboards and in our case, do some of the craft activities I've been keeping for a rainy day.

Finally, remember that we're all doing the best we can... yes, even the people stockpiling or ignoring the social distancing advice. Everyone moves through change at a different rate and we all go through denial, anger, bargaining, helplessness and acceptance. The most important thing we can do (other than stay at home) is to treat others with understanding because we can't change their behaviour, we can only change our own.

## Love's Farm Out of Doors

*By Phyllis Hooper*

Well, if we have to go through all this upheaval and change of lifestyle, aren't we lucky that the weather is getting better and warmer. Just



Charlie accepting visitors during lockdown

imagine how much worse it would be if it had started in October and we faced the prospect of cancelling Christmas and a winter indoors.

If we are sensible we can enjoy the great outdoors without danger to ourselves or others.

#### REMEMBER SPATIAL SEPARATION.

Only go for walks with those you live with. Take individual snacks and drinks and a packet of wet wipes. Use the latter to wipe down anything that other people might have touched and bag and bin wipes very carefully. Chat at a good distance.

You don't have to go on a route march. A gentle stroll and a little sit down will top up your Vitamin D (it needs to hit bare skin, vital for healthy bones). It is the things you might see that are exciting.

Birds are beginning to nest and are easy to spot as they look in bushes and trees for nest sites and material to build. Nests that you can already see in leafless trees are possibly magpie, wood pigeon, collared dove, or at Paxton Pits they could be rooks (high up and quite crowded) or even herons (huge very untidy stick piles) — why do such long-legged birds as herons and storks nest in trees?

Most birds build a new nest each year to avoid overwinter squatters such as mice, snails and mini-beasts, but little birds like tits and finches use the same area. Now the buds are bursting, sit still and watch who is popping in and out of the bushes. As



One of our bulb banks, with more buds to come

the days get warmer, butterflies, moths and bumble bees will start flying around. Take a notebook and write down a quick description of anything you don't know, then Google them when you get home.

You may spot a mammal: rabbit, weasel, stoat (a bit bigger than a weasel and with a black tail tip) or even a fox, or a muntjac deer (the size of a rather lumpy dog). Spring flowers are appearing daily — dandelions always lead the way, daisies, violets (white and purple), cowslips so far. Remember when trees first get their leaves in spring the greens are all so different. Enjoy that because later in the summer the vibrancy fades.

Our bulbs are looking good, especially the wild daffodils by Auntie's Wood. Watch out for our first bluebell flowers in a few weeks.

I like to think we may all have learnt new skills when this is over. I did my first international FaceTime yesterday and will have to become much more IT savvy. Because I grew up on a farm

I knew all my birds and plants before secondary school — they haven't changed and in this ever-changing world it is rather comforting to understand nature.

Enjoy! Let me know if you want help.

[phyllis.hooper@btinternet.com](mailto:phyllis.hooper@btinternet.com)

## Thank you

This newsletter was edited by

Ben Pitt with contributions from Charlie Ashley-Roberts, Jenny Bishop, Helene Tame, Marcus Pickering, Phyllis Hooper, Lindsey Smith, Katie Rush and Richard Slade, plus support from Caroline Henderson, Kirsty Pitt, Raymon Gompelman and David Wells.

Huge thanks to everyone who is doing their bit to keep our Love's Farm community going strong.

## Useful Contacts

### Love's Farm News

Editor: Ben Pitt

[ben.pitt@ourlovesfarm.co.uk](mailto:ben.pitt@ourlovesfarm.co.uk)

Advertising Enquiries:

Jenny Bishop 01480 262626

[jenny@lovesfarmhouse.co.uk](mailto:jenny@lovesfarmhouse.co.uk)

### Love's Farm Community Association (LFCA)

Chair: Marcus Pickering [marcus.pickering@ourlovesfarm.co.uk](mailto:marcus.pickering@ourlovesfarm.co.uk)

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

  [ourlovesfarm](https://www.facebook.com/ourlovesfarm)

Coronavirus community support:

[help@ourlovesfarm.co.uk](mailto:help@ourlovesfarm.co.uk),

01480 589059

### Medical assistance

Emergency: 999

Non-urgent medical help: 111

Love's Farm Pharmacy:

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

01480 215665

### Crime / Police assistance

Emergency: 999

Non-urgent crime reporting, police

assistance: report online at

[www.cambs.police.uk/report/Crime](http://www.cambs.police.uk/report/Crime)

or call 101

### Help with Children and Young People

Round House/Wintringham Primary

Academy: 01480 479890

School emergency contact (Miss

Roberts) including safeguarding

concerns: 07521 976313

Child protection concerns.

Multi-Agency Safeguarding Hub

(MASH) 0345 045203

Young Carers' Support (leave a message): 0333 414 1809

[youngcarers@centre33.org.uk](mailto:youngcarers@centre33.org.uk)

Child health issues — duty school

nurse advice line (9.30am-4.30pm)

0300 029 5050 [ccs.cambs.hcp](http://ccs.cambs.hcp).

[schoolnursingdutydesk@nhs.net](mailto:schoolnursingdutydesk@nhs.net)

Children's mental health (CHUMS)

0330 0581 659

Special education needs (SEN) help/

advice (SENDIASS:.) 01223 699214,

[pps@cambridgeshire.gov.uk](mailto:pps@cambridgeshire.gov.uk)

[sendiass@cambridgeshire.gov.uk](mailto:sendiass@cambridgeshire.gov.uk)

Child and Family Centres

(Facebook pages will provide

up-to-date information):

Bargroves: 01480 376199

Eaton Socon: 01480 358340

Eynesbury: 01480 358350

### Financial Difficulties

Love's Farm Community Money

Advice: [www.lovesfarmchurch.com/moneyadvice](http://www.lovesfarmchurch.com/moneyadvice)

01480 260234,

[moneyadvice@lovesfarmchurch.com](mailto:moneyadvice@lovesfarmchurch.com)

### Community Chaplain

Helene Tame, 07938 803501

[community.chaplain@](mailto:community.chaplain@yahoo.co.uk)

[yahoo.co.uk](mailto:community.chaplain@yahoo.co.uk)

### Cambridgeshire County Council

(Schools, roads, social care)

0345 045 5200

[www.cambridgeshire.gov.uk](http://www.cambridgeshire.gov.uk)

County Councillor:

Julie Wisson, 07725 791459,

[julie.wisson@cambridgeshire.gov.uk](mailto:julie.wisson@cambridgeshire.gov.uk)

### Huntingdonshire District Council

(Bins, open spaces, council tax, planning, housing)

01480 388388

[www.huntingdonshire.gov.uk](http://www.huntingdonshire.gov.uk)

HDC Coronavirus advice website:

[www.wearehuntingdonshire.org](http://www.wearehuntingdonshire.org)

District Councillors:

David Wells, 01480 211629,

[davidjwells@hotmail.co.uk](mailto:davidjwells@hotmail.co.uk)

Nik Johnson, 07957 210183,

[nikmagpiejohnson@btinternet.com](mailto:nikmagpiejohnson@btinternet.com)

### St Neots Town Council

01480 388911

Town Councillors:

Stephen Ferguson, [stephen.ferguson@stneots-tc.gov.uk](mailto:stephen.ferguson@stneots-tc.gov.uk)

Caroline Gregson, [caroline.gregson@stneots-tc.gov.uk](mailto:caroline.gregson@stneots-tc.gov.uk)

Rob Simonis, [robert.simonis@stneots-tc.gov.uk](mailto:robert.simonis@stneots-tc.gov.uk)

Ben Pitt [ben.pitt@stneots-tc.gov.uk](mailto:ben.pitt@stneots-tc.gov.uk)

### BPHA

Contact Customer Services on

0330 100 0272 [www.bpha.org.uk](http://www.bpha.org.uk)

### Love's Farm House

Bookings and general enquiries

(Mon to Fri, 9am to 3pm): Jenny

01480 262626,



[jenny@lovesfarmhouse.co.uk](mailto:jenny@lovesfarmhouse.co.uk)

Chair of trustees:

Raymon Gompelman

[raymon@lovesfarmhouse.co.uk](mailto:raymon@lovesfarmhouse.co.uk)

[www.lovesfarmhouse.com](http://www.lovesfarmhouse.com)

  [lovesfarmhouse](https://www.facebook.com/lovesfarmhouse)