



TROSTON PARISH NEWS – March/April 2020

Home But Not Alone

The Parish Council are keen to support efforts where we can to help villagers during the Coronavirus outbreak. Most of us might just experience a rather nasty bout of flu but others face more serious consequences. The current situation involves advice to drastically curtail our social lives and face-to-face contact with other people to save the more vulnerable. Indeed, from this weekend those over 70 or with certain health problems are being asked to self-isolate.

This could mean an unprecedented three-month isolation period for many of us in a bid to slow (but not necessarily halt) the spread of the virus until the health service is better prepared. Until there is widespread testing the government can only base policy on those showing possible symptoms and fearing the worse.

Indeed, if a member of your household shows signs of becoming unwell, all the family are being asked to self-isolate. There is lots of advice available on the internet on what to do - we would recommend <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance> or <https://www.nhs.uk/conditions/coronavirus-covid-19>

Please take the trouble to make contact with your immediate neighbours to let them know that you will help where you can with a bit of shopping or a chat over the phone if self-isolating. We suggest you keep to neighbours who will recognise you and know your offer is genuine. It is essential that no one is left to feel abandoned.

Zumba on the Pitch?

We all need to keep as fit as we can over the coming months. An idea has been proposed to run keep fit / zumba sessions on the playing field. There is room for a sensible distance between each person. Perhaps one session for those who do not need to isolate as well as one for the vulnerable? Any other ideas on what else we might organise? Please let me know.

From Graeme Norris Parish Chairman - 0787 668 0756

Playpark

Our new play areas are nearing completion with the addition of new equipment in both the young children's area and the main field. The goal posts are up and the playtrain is now complete. If you use the equipment please don't hesitate to wipe down with cleaning wipes!

It is also sad to note, that some residents are using the playing field as a dog walking area and not picking up after their dogs. Please remember that these are play spaces where our children and grandchildren need to be able to run and play without coming across excrement. We need everyone to cooperate...

From Pete Johns

Coffee Morning

Thanks to everyone who has come along to our Coffee Mornings over the past year. It has been great to renew contacts and make new friends. Unfortunately we think it would be

unwise to meet for the time being as we would not wish to risk spreading illness, but we will resume as soon as possible. We hope everyone keeps well!

From Brenda Burridge

Keep in Touch

Alas, Covid-19 is going to be with us for quite a long while - possibly a year before even a vaccine or better treatment for the symptoms. Please don't hesitate to use Troston's Facebook page or Nextdoor as a way to share information and provide virtual support. A number of kind souls have already offered their help with shopping. We have established a misinformation policy to help ensure neighbours can find and share helpful and accurate information.

Thank you for being a good neighbour.

From Sarah Friar, CEO Nextdoor

Home Food Deliveries

Our first home delivery orders from Rambling Rose Coffee House have just left for two local residents electively self-isolating. Not only does this help those vulnerable in our society, it's helping keeping our economy moving in this unprecedented times.

If you're self isolating or need some help, please call us on 01359 230028 or 07791 394143. By taking payments over the phone, we're delivering orders to your doorstep without the need to come into contact therefore adhering to social distancing as much as possible!

Together, we will bind as a community and stand resilient as us British are always claimed to do!

From Ben Lord

Food help

I work part time at No.5 Angel Hill in town.... we have decided to try and ease this stressful time and are offering prepared food/ wine and staples for delivery.

Phone: 01284 700853 - Stay safe.

From Becci Adams

Meals Delivered

Worried about self isolating for the over 70s? We are delivering meals on wheels from £7 a day for a hot 2 course lunch. Add £3 for an evening salad, sandwich or soup & roll. provide a community service for the vulnerable-email me if you are interested - bookings@casabse.co.uk

From Vivien James

Church News

The Archbishops of the Church of England have announced that public worship will have to stop for a season. The usual pattern of Sunday services and other mid-week gatherings will be put on hold. They stated that this does not mean that the Church of England has shut up

shop, the church buildings will open for private prayer and the ministry team will be available as usual.

Troston church will be open as always, please use the hand sanitizer gel on arrival and departure. Services will be streamed from the cathedral , check out <https://stedscathedral.org/> for details.

From Jane Harland

School News

First the good news. Our Years 4 and 5 started swimming lessons at Bury Leisure Centre and our Year 4s continue to learn the clarinet, with the County Music Service. We had a visit from some reptiles from Banham Zoo – with children having the opportunity to meet a snake!

After school activity clubs have started and we were offering yoga, football and Honington Hedgehogs (outdoor learning). We had a tractor from Euston Farm visit us at school where the children learnt about agriculture in the area and machinery used on the local farms.

We started a parent support group for local parents/carers who have children with ASD or social communication difficulties.

Alas, as you know, this week, schools were told to close this Friday to prevent the further spread of coronavirus. There is some confusion, however, as some Schools are expected to stay open to look after the children of key-workers and vulnerable children. The definition of a key worker is still to be agreed!

Education Secretary Gavin Williamson told BBC Breakfast that the Cabinet Office will release the full list of key-workers later and parents not on the list will be "immediately aware" their child wouldn't be offered a place in school.

The list would include NHS workers, school staff and delivery drivers, he said.

Geoff Barton, general secretary of the Association of School and College Leaders, said he was not expecting schools to open again before September.

From Jane Diver

Our football club needs you!

Difficult times but we need to keep our children occupied in the coming months. Honington foxes are looking for Under 9 players to join our club, also looking for people who might be interested in coaching the Under 9s.

We're a small, friendly club that did train on Thursday evenings with matches on Sunday mornings. We're unsure when we start again but if you're interested then send me a message: edevlin229@gmail.com or 07950556350.

From Emma Devlin

Rural Pastimes

The above event is still being planned for Sunday 7th June, in Euston Park as previously. If you would like to contribute items to the Tombola Stall, Ann Grimwood (01359) 268132 has agreed to be the collector for Troston, so if you could get items to her she will then get them

to me (01842) 763660 at Euston. These are uncertain times, so please contact Ann before you visit.

This event raises money for St. Nicholas Hospice as well as local churches, and any support you can give would be very much appreciated.

From Gill Farrow

Cajun, Soul, Blues and Rock'n'Roll

With the safety of our audience being of the utmost importance, Red Rooster 2020 has been postponed and will now take place 4-6 September at Euston Hall. All tickets will be valid for the change of dates, and anyone that is unable to make the new dates, please email info@redrooster.org.uk. For those that haven't bought tickets yet, please buy here: www.redrooster.org.uk/tickets.

From Henry, Duke of Grafton

No Man is an Island

The 17th century poet and priest John Donne famously wrote, 'No man is an island.' Sometimes we forget just how connected we are. We need to be sensible and take the public health advice offered (and with due regard to our own vulnerabilities), while looking after each other. This current outbreak reminds us of our common humanity, irrespective of national borders, economic or social status, or anything else that usually divides us. St Paul describes the church as 'the body of Christ' – one body, made of many parts. He says, 'If one member suffers, all suffer together with it; if one member is honoured, all rejoice together with it' (1 Cor. 12.26). The same could be said of our world: if part of it suffers, we are all affected.

In a time when families are often separated by great distances, let's be family for our neighbours. It's something villages do so well: keeping an eye out for each other, being mindful of the vulnerabilities and needs of neighbours, keeping each other's spirits up.

With respect to worship, we would like to offer you our special service sheets or prayer books so that you can join in with us at home. Please just let me know. The church is open every day. Do pop in and sit for a while, maybe add your prayers to our prayer tree. You are so welcome.

If anyone would like a phone call, prayer or practical help with collecting medicines/wool/jigsaw puzzles/food, please do call me or email me and the church will help as much as possible. 07546 491388 revkarenburton@outlook.com

Let's be practical and play our part in seeking the health and wellbeing of everyone.

God bless us all,

From Rev Karen Burton

Next Meeting?

The next Parish Council Meeting is still scheduled for 19.30 Monday 4th May in the Village Hall. Let me have issues you would like put on the agenda - contact 01379 898 733 or email trostonparishcouncil@btinternet.com

From Vicki Gay, Clerk to the Council