



TROSTON PARISH NEWSLETTER - JULY 2020

Virus Update

It is unclear how many people in our area have suffered mild symptoms of Covid-19, have taken advice and then isolated themselves at home. West Suffolk Hospital said that as of 29th June of the 252 patients admitted who had tested positive for coronavirus, 134 had recovered well enough to be discharged, 39 were still being treated, but alas, over the three months, 79 patients had died.

From Paul Derrick

According to the Police, over the last three months, the number of people who have been fined for breaching lockdown restrictions in Suffolk now stands at 259 and in Norfolk more than 410...

We now seem to be past the peak of the pandemic in Suffolk - but vigilance is still essential as the virus has not gone away. Indeed, there was a slight increase in positive cases this week. Restrictions do need to be respected.

From Katy Sandalls

Easing Lockdown

From the 4th July social distancing guidance changes.

"Where it is not possible to stay 2metres apart, people should keep a distance of 1metre plus observing precautions to reduce the risk of transmission: using face coverings when taking public transport, visiting hospitals and outpatient services, washing hands frequently, avoiding face-to-face seating, avoiding people in enclosed spaces, using (and disposing) of tissues if you cough or using the crook of your arm and not your hands".

Our children's playground will be open but not the soft play area at the RAF Community Centre. Outdoors, people from multiple households can meet in groups of up to six.

Local pubs, restaurants and cafes will be allowed to reopen but all hospitality indoors will be table service only, and contact between staff and customers will be limited. Customers will be requested to give contact details when they enter.

Two households of any size will be able to meet indoors or outside. It will be possible to stay overnight. However, meetings of multiple households indoors are not recommended because of the risk of infection. In addition, the two households would have to maintain social distancing - unless they were part of the same support bubble.

Places of worship will be able to open for prayers and services, including weddings with up to 30 guests - subject to social distancing. Singing will not be permitted...

Home But Not Alone

Individuals with health conditions, pregnant or aged over 70, however, are still deemed vulnerable and advised to stay at home as much as possible. Lockdown is being eased for economic reasons not that it is safe to do so.

If a member of your household shows signs of becoming unwell, or is traced for being in contact with someone who has been identified as a carrier, all the family are being asked to self-isolate.

If you need urgent help and support phone the Coronavirus Emergency Line 0800 876 6926 between 9am and 5pm every day. It is only for people who do not have support available from friends, family or neighbours and are struggling for food, medicines or other essential supplies.

In these uncertain times a couple of other numbers which can offer help:

Citizens Advice Helpline 0300 330 1151 or Universal Credit Helpline 0800 144 8 44

From Gill Jones, Healthwatch

Track and Trace App

This easing of lockdown strictures is dependent on identifying the beginnings of the inevitable surges of Covid-19 emerging in the coming months. The largely privatised test, trace and isolate system has yet to prove its effectiveness.

Kings College, the Wellcome Foundation, Guys and St Thomas Hospitals have produced a simple app which records how many people have possible Covid symptoms at any one time, and where they live. That then gives a good indication of the pressure on hospital beds a couple of weeks later.

It is also producing new evidence on symptoms and the prevalence in different segments of the population. As lockdown is lifted further, it will show where any 'second wave' is happening and allow targeted action to be taken.

It is free and very easy to use: **Covid 19 Tracker** <https://covid.joinzoe.com>.

From Dr Tim Spector, Professor of Genetic Epidemiology, Kings College

Whack a Mole Strategy

Boris Johnson has talked enthusiastically about the "whack a mole" approach to tackling local outbreaks but this would be no use if the people leading the response are not given the most accurate up-to-date data possible. The increase detected in Leicester took eleven days before the City were informed!

Suffolk have developed detailed plans for targeting efforts when spikes are detected in workplaces, schools and care homes - and whole towns. The government, however, must provide data more quickly to help us deal promptly with local flare-ups. At the moment, test data is collected centrally to allow central edicts to be issued with fanfare rather than enabling immediate local action.

From Chrissie Geeson, Head of Localities - Suffolk County Council

Village Hall

We are delighted that we will soon be able to welcome you back to events at the Village Hall.

The Village Hall Committee are presently working through the tasks needed prior to reopening to ensure we are compliant with the COVID-19 secure guidelines. We want to

help users to feel confident about using the premises and ensure that everyone feels safe. We will be open for bookings again as soon as possible.

From Sue Bishop

Coffee Mornings

It has been lovely to have contact with so many of you during lockdown and hope you are all keeping well. As soon as the Village Hall is ready we will restart Coffee Mornings following the Government guidance on gatherings, safety etc.

Please watch the Notice Board outside the Village Hall for further updates. We look forward to seeing you again.

From Brenda Burridge

Church News

It was very sad to see the "lockdown" notice on the church door, denying visitors the opportunity to have the quiet space to retreat to during such a worrying time. I believe that the last time churches were locked in England was in the 13 Century. But now Troston Church has reopened and welcomes visitors, but please follow the guidance and the sign the Covid-19 tracing register at the entrance to ensure everyone's safety.

Sunday and weekday services have not yet resumed but are continuing on Facebook and Zoom, as they have throughout the lockdown, provided by the local ministry team.

If you have thought you might like to join a service but haven't taken the plunge, logging on to a Facebook service is one way of joining in anonymously either live or at a later date. Just Google "Blackbourne Team Ministry Facebook" to find us if you don't have Facebook.

- Morning Prayer at 9am Monday - Saturday
- Night Prayer at 8pm Monday - Saturday
- BCP Communion at 8am Every Sunday
- Service in isolation at 10am Every Sunday

If you would like the words to accompany the services please contact Jane Harland on 07957611576.

On the first Sunday of each month we are holding our SM@11 service via Zoom, if you would like to join us please contact caroline@theredmans.co.uk

If you do need to contact a member of the ministry team their phone numbers are on the church noticeboard at the gate and also in the church porch, as listed below.

- Revd Karen burton, Team Rector: 07546 491388, revkarenburton@outlook.com
- Revd Tony Redman: 07860 868828 or 01359 269335, tony@theredmans.co.uk

From Jane Harland

Pear Tree Close

The footpath link from the Ixworth Road to Pear Tree Close and the young children's play area is now complete and will be opened within next week or so.

The pair of three-bed houses on Ixworth Road, Honeysuckle and Lavender Cottages, are now landscaped. Harris fencing is coming down, the drive ways are built and the new street scene is complete!

Our various obligations regarding the young children's play area and playing field are now being passed to the Parish Council. The residents of Pear Tree Close will be responsible for the upkeep of their verges. We have repaired the fencing in the car park but the wildlife patch is still to be properly seeded by us. Alas, the mix was not delivered in time and weeds have taken residence - for a while!

Thanks to everyone for their patience.

From Simon Burgess, Burgess Homes

Country Life

Thousands of "panic movers" are quitting cities for rural locations, acting now before the economy plummets into recession and the housing market stalls.

Savills has seen a 90 per cent increase in demand from house hunters for country locations in the past three months compared to the same period last year. Demand for flats to rent and buy has plummeted, according to the property portal Rightmove, while estate agents in coveted rural locations such as Suffolk are reporting a surge in inquiries.

Many of this new wave of buyers have proved that they can work remotely from home, removing the need to be in an office environment five days a week.

From Melissa Lawford

Suffolk Family Carers at Ixworth Surgery

Some people are finding lockdown very isolating and this has affected their mood, usually causing feelings of loneliness and difficulties living with the loss of control. Chris Armstrong is available to offer telephone support and chat about what matters to you and how she can help with any issues you may have. She may be able to help you if you want to:

- Feel less lonely or feel more in control
- Improve your anxiety levels and depression.
- Know who to contact for specialist advice like help with debt or legal advice

To make an appointment with Chris call Connect for Health at Suffolk Family Carers on 01473 835477 or ask the receptionist at Ixworth Surgery to refer you.

Rural Pastimes

Alas, the event had to be cancelled this year but it will be all systems go for 2021 when the event will be held on Sunday **13th June**. St.Nicholas Hospice and local charities will certainly miss the funding they usually receive from this event.

From Gill Farrow

Cajun, Soul, Blues and Rock'n'Roll

Hope you're all safe and keeping well. We wanted to give you a quick update about this year's festival **4th - 6th September**.

Similar mixed accommodation in Ingham is full, whilst the larger offices in Ingham have been empty for a considerable time. A mixed-use development would arguably also better suit the site. Save for the game keepers workshop and the blacksmiths forge, there is no commercial or industrial accommodation in the village, nor in any of the adjacent villages.

The farm buildings are thought to have been built by or for the Cooke family who were tenant farmers of Town Farm (later amalgamated with Street Farm), from 1798 until 1920 (or there abouts) and built the house which forms the adjacent dwelling to the south of the site in 1880 as their principle farm house. It is probable that the majority of the buildings were constructed between 1836 and 1878.

I should point out that I am a direct descendant of James Cooke who was tenant of Town Farm and later Street Farm in 1798!

From Rev. Tony Redman

Brexit like the Virus is still with us...

A few weeks ago, an attempt by rebel Tory MP Neil Parish seeking to protect UK farmers from lower-standard food imports was defeated by the Conservative government.

Our MP Jo Churchill has drawn the fire of local activists for voting with the government and against what they described as “this vital amendment”. They argue:

“There is no point having world-leading standards in the UK if we do not expect trade partners to reciprocate. Allowing preferential access to food imports produced to lower standards will put many of our farmers at a competitive disadvantage and out of business. This turns a blind eye to poor animal welfare standards abroad. As under-secretary for health and MP for a predominantly rural area, the livelihoods of the farming community should be one of her primary concerns”.

Ms Churchill said she “fully appreciated” that “there are some who have concerns about the future of our food standards”.

However, she added: “The amendment would, if passed, have significant unintended consequences which go beyond our current standards on food imports and impact other goods. Neil Parish’s clause could also have affected UK exports such as potatoes”. She added that her party had made a manifesto commitment not to compromise on the UK’s high environmental protection, animal welfare and food standards in its Brexit trade talks.

“From my regular conversations with local farmers and food producers, I know they just want a level playing field and some certainty over the coming months”.

From Sarah Chambers

Next Meeting?

The next Parish Council Meeting is scheduled for **Monday 13th July at 19.30**.

If you would like to receive the Zoom login details, please contact me on 01379 898 733 or email trostonpc@outlook.com Please also tell me about items you would like to add to the Agenda.

From Vicki Gay, Clerk to the Council

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