



NEWS UPDATE

CODDENHAM-PARISH.UK

7 APRIL 2020

ISSUE 2.1 SHOP UPDATE

This edition is available as a downloadable digital copy only. If you know anyone who doesn't have internet access, please print and share, ensuring recommended precautions are taken at all times. Thank you.

The Coddenham COVID-19 Response Group

In less than a week from being formed the Response Group, along with many local volunteers, have launched a number of services to help and support local residents, including:

- a dedicated website: www.coddenham-parish.uk
- a dedicated support email: support@coddenham-parish.uk
- a dedicated support phone number: **01449 760313**
- a "telephone tree" support service, on **01449 760429**, for anyone feeling lonely, or just in need of a chat
- delivering our first newsletter through every door in the parish because not everyone has access to the internet or email
- securing a £900 grant from the Suffolk Community Fund

Please use these services for the latest local information, links to national information and to make use of the local help and support services in place for our parish.

We are also recommending that as many people as possible join the Coddenham Village mailing list to receive the latest local news by email. To do this just email your post-code and name from your preferred address to coddenhamvillage@gmail.com and include the text: 'I understand my details will be retained for community emails only'.

Loneliness and isolation are important issues and we urge anyone to contact the local telephone tree service on **01449 760429**, or the recently launched Suffolk 'Home But Not Alone' service on **0800 876 6926** (9am to 5pm, seven days a week).

Parish Council Update

6th April 2020

The Parish Council continues to support the work of the CCRG, assisting the start-up costs and the Response Group in securing the recent £900 grant from Suffolk Community Fund. The latest Parish Council Newsletter is available for download from the Parish Council and Response Group websites.

Helen Wyles

29 July 1927 - 2 April 2020

Although not Covid19 related, we feel as a source of your local news in these difficult times, we should report the passing of Helen Wyles, formerly of Manor Farm and a distinctive and distinguished member of the Community for many years.



It really doesn't seem that long ago since Helen was part of most of our daily lives. Whether it was knocking at your door late at night to let you know that your milk was on the doorstep, or rounding people up to perform in the next play or concert she was preparing.

She was born at Manor Farm to Christopher and Clarissa Wyles and was the grand daughter to the Rev. Walter Wyles, Vicar of this parish 1890-1930. Her love

of music led her to singing lessons with Ursula Nettleship and then to "Master Classes in Singing" at U.V.A with the late Sir Peter Pears. In 1949 she founded the "Coddenham Players", for children and adults to perform pantomimes, concerts, pageants and short plays etc., here in the village.

From 1947 she worked alongside her father with the milking herd of Red Poll cattle. Her father died in 1972 and she carried on in partnership with her mother, who died in 1983. Two years later the equipment for pasteurisation was installed, to process whole milk, skimmed milk and cream, to be sold locally until 2012.

Her dual aims in life had always been for the preservation of the Red Poll cattle and conservation of the landscape, flora and fauna. Helen went to the nursing home in Witnesham in 2014, always talkative and bright. She faded away and died peacefully. That old brown hat will be well remembered.

Sylvia Bickers 4th April 2020.

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Well Being

Home But Not Alone



A number of Apps and websites are available for those needing support during this difficult time. The Home, But Not Alone helpline is a Suffolk focussed service that will help

connect volunteers with those in need. The freephone number 0800 876 6926 will be staffed for those in genuine need from 9:00 to 17:00, seven days a week. Alternatively download the free app called Tribe Volunteer from Apple App Store and Google Play Store.

Suffolk Mind

Suffolk Mind – suffolkmind.org.uk – have lots of helpful resources for adults and children designed to help during the COVID-19 crisis and a helpline **0300 111 6000**.

Telephone Tree

More locally we have set up a Telephone Tree for anyone who would like a regular chat with someone. The coordinator is Debbie Wagstaff. Please give her a call on **01449 760429**, you will get a friendly welcome and she will explain how the Tree works.

Keeping Fit and Healthy

It's so important that we take care of our physical health and emotional wellbeing to help us manage stress and anxiety and build up physical and mental resilience.

Here are six ideas to help:

1. **Breathe** – deep breathing can really help us feel more relaxed. Try 'triangle breathing' (breathe in for 4 counts, hold for 4 and out for 4) and box breathing (inhale for 4, hold for 4, exhale for 4, hold for 4).
2. **Be mindful** – the meditation app Headspace has a free collection of meditations, sleep and movement exercises (Weathering The Storm). Or now we have more time be mindful throughout the day – just focus on your breath while making a cup of tea or handwashing for example.
3. **Keep Active** – there is a wealth of exercise videos on line – take a look at NHS Fitness Studio to find something that suits you.
4. **Eat Smart** – perhaps now is a good time to use up all those foods that have been lurking in our cupboards and using leftovers. Remember to try to have a variety of foods and avoid too much unhealthy snacking!
5. **Get Creative** – being creative can significantly improve our mental health and wellbeing – try journaling, sketching or painting, try a new craft, sing in the shower, plant new things – coddtenham-parish.uk would love to see your creative efforts which could be posted on the website.
6. **Space for self-care** – allow yourself some 'me' time. A long hot soak in the bath, time to read a book or watch a film or sit in the garden enjoying the sights, sounds and smell without feeling guilty that you don't have time!

Easter at St Mary's

Our journey towards Easter would normally have started with a Palm Sunday walk to St Gregory's Hemingstone, led by a donkey, with stops along the way for readings and singing. This year our Palm Sunday service was held via Zoom but donkeys and palm crosses played their part as usual.



This year's Good Friday service, instead of being at the cross in the churchyard, will be a Zoom service of devotion at 6.30pm on 10th April led by Rev. Philip Payne. On Easter Sunday, 12th April, Rev. Payne will lead Easter communion via Zoom at 10.00am. If you would like to join either service please email Ruth Dennigan – reader.ruthdennigan@gmail.com and she will give you details for joining the Zoom session – it is very easy and can be accessed even if you are a technophobe.

The congregation at St Mary's wish you a very Happy Easter and hope, that even if you are unable to join our Easter services, you will be able to spend some time thinking about the real meaning of Easter whilst enjoying some Easter eggs and catching up with family, even if that is only with a phone call.

Please use the coddtenham-parish.uk website to find out about our ongoing plans for worship via Zoom.

Many thanks to Colin Hardy for allowing us to use his photograph of one of the stained glass windows in St Mary's.

The Coddtenham Centre

While the Coddtenham Centre remains accessible if required, subject to the usual precautions, most activity has now ceased in line with the latest guidelines.

We thank our customers for their co-operation, wish them well in this difficult time and look forward to welcoming them back in hopefully, the not too distant future.

The recreation ground remains open subject to sensible use for exercise, although it is with regret, play and outdoor gym equipment should not be used.

With one eye on the future, there is good news in that Active Suffolk through the Fit Villages initiative, have agreed to support our own indoor Bowls club, once we fully reopen. Details of this and other events will be available nearer the time.

We will also be launching more sponsored Nordic Walking training and complete the winter programme, the final lesson of which had to be postponed.

Stay well and stay exercised where you can!

Talk to Us

Don't forget to use the comment pages on our website or the private messaging form under 'Contact'. Alternatively, give us a call and leave a message, if there is something you want to say, recommend or comment on.

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Coddenham Community Shop

Temporary Closure until Tuesday 14th April

To all our customers.

One of our volunteers has been in recent contact with someone who may have contracted Covid 19. The volunteer is now in 14 day self-isolation.

As a purely precautionary measure and to protect our customers, volunteers and suppliers, we have therefore made the decision to temporarily close the shop for all business (orders, deliveries and collections) for the next 7 days.

We intend re-opening after the Easter break, on Tuesday 14th April.

I realise that this will cause issues for a number of our customers at this difficult time. However, a brief closure now, will mean we can hopefully re-open as quickly as possible to get back to serving you and your families.

Thank you again for your support

Rod Stanley-Bell

Chair, CCSL

Monday 6th April 2020

COVID-19 Information

Information is changing regularly so please keep up to date on the latest advice online:

<https://www.gov.uk/coronavirus>

for the latest advice and to register for email updates

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

for NHS advice

<https://111.nhs.uk/service/COVID-19/>

to check if you have symptoms

<https://www.bbc.co.uk/news/health>

for the latest news

Local Links

<https://www.thecoddenhamcentre.co.uk>

for community centre updates and meetings

<https://www.coddenham-parish.uk>

for continuing updates and local information on the current situation.