



NEWS UPDATE

CODDENHAM-PARISH.UK

15 JUNE 2020

ISSUE 3

The Coddenham COVID-19 Response Group

The Coddenham COVID-19 Response Group (CCRG) was established to co-ordinate help and support for the parish, particularly to those most vulnerable and isolated. While there has been some relaxation in government restrictions, the threat of infection, sadly remains. We will therefore continue to provide support for the foreseeable future with the website playing an increasingly, wider role in community communication.

This printed newsletter to Coddenham homes is in consideration of those who might not have internet access or who prefer to read content off screen.

We urge anyone in the parish to make contact if they are need of anything. These services include:

- a dedicated website: www.coddenham-parish.uk
- a dedicated support email: support@coddenham-parish.uk
- a support phone number: **01449 760313**
- a "telephone tree" support service, on **01449 760429**, for anyone feeling lonely, or just in need of a chat
- Suffolk 'Home But Not Alone' service on 0800 876 6926 (9am to 5pm, seven days a week).

It has always been important that we support our community and look after our neighbours and ourselves. Please use the links and contact numbers listed here and on the website for the very latest information, ask questions or to request help and support during these particularly unprecedented times.

We must all follow the latest Government instructions;

- stay at home as much as possible
- work from home if you can
- limit contact with other people
- keep your distance if you go out (2 metres apart where possible)
- wash your hands regularly
- Do not leave home if you or anyone in your household has symptoms.

The CCRG is currently made up of representation from the Coddenham Centre, the Community Shop, the Day Foundation, the Gardemau Trust, the Parish Council and St Mary's Church.



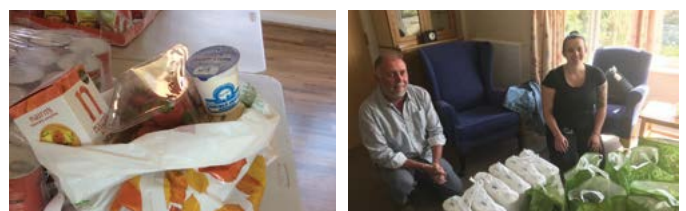
Tasty treats delivered to local residents

As many of our residents continue in lockdown the Covid-19 Response Group wanted to find a way to keep up the spirits of some of our more isolated residents. With the help of The Day Foundation and Gardemau Trust 30 parcels of edible goodies were delivered to residents around the village.

Thanks to Coddenham Community Shop for sourcing the contents for us and to the trustees of the local charities who made this possible.

The distribution followed a similar exercise sponsored by Waitrose and facilitated by the Community Shop.

The feedback from all those who wrote or personally expressed their appreciation, was very welcome.



Please contact us (confidentially) if you know of someone who is struggling in these challenging times.

Coddenham Community Shop

We Shop In Interesting Times.

In common with the rest of the world, Coddenham Community Shop, has been adapting to support the community in what is likely to be the “new normal” and we have been doing it with the help of our volunteers and the support of our customers.

Quick Update

Apart from the two week period around Easter when we had close the shop due to suspected contact with Covid-19 by one of our volunteers, we have been open and operating with a phone collection and home delivery service. During this period we have been regularly serving and supporting over 120 customers (many of them new) across the village and beyond with pre-ordered shopping collections and home deliveries. We do plan to continue this service which has been so welcomed and appreciated by so many. So keep calling!

Over the weeks we have also been gradually working to re-open our other services – so we have offered at –the-door shopping and takeaway coffees, drinks and snacks again.

We have also been working hard to make changes in the shop layout and operations to ensure safe working for volunteers and customers that allowed us to start initial re-opening for three afternoons a week to in-store customers – two at a time.

Going Forward – Our New “Normal” Opening

With the success of the initial re-opening and the support of our volunteers, I am pleased to say we can now extend this further.

We are therefore now open for in-shop or at-the-door sales - 8am to 4pm Weekdays and 8am to 2pm on Saturdays. You can also place telephone orders each morning between 8am and 12 Noon for collection or home delivery.

Thanks you all again for your support. And keep on shopping.



And finally...Two “Out Of The Blue”...

We were absolutely delighted in May to receive a major donation from a friend of the shop and long term resident of Coddenham. The generous donation has allowed us to purchase an additional, much needed new freezer unit for the shop which means we can further extend the range of frozen food on offer.

Thank you again for this. The new shop website on <https://www.coddenham-parish.uk/community-shop> (with several thousand page views in May alone) has been well received wherever it goes - even Israel. This is where it found its way onto the laptop of an old friend of our Vice Chair, David McDonnell, who then promptly made contact with David after more than 30 years.

I’m not sure how much David managed to sell to his friend, but as they say – Advertising Matters!

Rod Stanley-Bell

CCSL



News from St Mary's Church

Since the closure of church buildings, the congregation at St Mary's has been joining with the other church congregations in the benefice for worship online via Zoom. There are currently 3 services each week – Sunday morning worship at 10am, Morning Prayer on Tuesday at 10am and Evening Prayer on Friday at 7pm. These services are easy to join – you just need to email Ruth Dennigan – reader.ruthdennigan@gmail.com

and she will explain how it works and give you the necessary link to join a service. Our virtual congregations have up to 70 participants and the services end with an opportunity to ‘meet’ in small groups for a chat.

Rev. Philip Payne and Rev. Helen Norris write short ‘thoughts’ each week which can be found on the coddenham-parish website.

The benefice Pew Sheet is also available every week on the downloads section of the website. If you are aware of anyone who cannot access this information on line please contact Debbie McDonnell (01449 761793) so that hard copies can be arranged. St Mary's are pleased to announce that we now have **a dedicated section on the website [coddenham-parish.uk/st-marys-church-coddenham](https://www.coddenham-parish.uk/st-marys-church-coddenham)**, sponsored by the Gardemau Trust, which will enable us to keep everyone informed about changes to worship and future events.

All enquiries regarding baptisms, weddings or funerals should be made to Rev. Philip Payne 01449 711684 or revphilippayne@btinternet.com

The congregation at St Mary's continues to keep our village community in its thoughts and prayers and sends everyone their best wishes.

Debbie McDonnell

St Mary's PCC



The Coddendam Centre is stirring once again

With some easing of the governments current "lockdown", The Coddendam Centre has been able to start to come back to its usual life.

Our Tennis Courts have never seen so much activity, particularly during the fine weather. We welcomed past regulars and many new players of all skill levels and ages. You can hire the court for just £5 an hour, or join a tennis membership which gives you unlimited access (subject to availability) for a fixed annual fee. Just book online at www.thecoddendamcentre.co.uk

Equally, there's been an upsurge of interest in the Bowling Green. It's also something for all ages, which can also be booked online for just £1.50 a person, including equipment. Why not give Gail Springett, our Coddendam Centre Manager a call on 07824 662061 and she'll put you in touch with one of our volunteers to introduce you to the game?



We've also started offering training capacity for limited numbers of essential workers and a regular user, 'Jess Cooks' is still making use of the kitchens for her exciting range of organic food supplies.

Nordic Walking managed to complete its final module, with two lessons of 6 people working outside.

The playing field and recreation ground remains open (although tantalising the play equipment is still off limits) and our thanks once again to volunteers, who have kept the grass down!

All activities are of course subject to government guidelines and require social distancing. We have conducted a stringent cleaning and sanitisation regime since the onset of COVID-19.

We are staying in contact with all our regular users and hoping we'll be able to put in place our already prepared plans for a re-launch and welcome you back soon.

Do please keep in touch – everything can be found on our website either direct or through the Coddendam Parish website – go to Supporters & Links.

Stay Well!

The Trustees and Staff – The Coddendam Centre

A Word from Tim Passmore

The first week in June was National Volunteering Week, which gave the whole country a welcome opportunity to thank volunteers for all they do.

Superhuman Effort

This year the thanks is particularly poignant due to the Covid-19 pandemic. Locally there has been a superhuman effort not only in the health service and in our care homes, but in many other fields. In its hour of need, the help provided by our Suffolk volunteers has been absolutely remarkable and that's why our county is in a better place than some other areas who are, sadly, less fortunate. For me, it shows what we can achieve when we work together and I hope we harness that power of collaboration as we emerge from these difficult times.

It may be future society has changed permanently. Perhaps we will value local shops and suppliers more than before. Maybe too often we are all a little self-centred or materialistic in our behaviour and would do well to think more about how to assist those who are vulnerable or in difficulty through no fault of their own.

Village Communities need to be cherished

When I was a boy (many years ago) in rural Suffolk, nearly everyone knew each other in the village. That sense of community had a real meaning and purpose and it seems this has been rekindled during the lockdown and I really hope this continues for a long time. Village communities are really important, need to be cherished and looked after, rather like growing flowers or vegetables in the garden!

On the policing front, I believe our Constabulary has done a very good job during the lockdown. The vast majority of Suffolk people have followed and continue to follow the government advice. Overall crime levels are down by around fifteen per cent and the police have taken the opportunity to clear up over a hundred outstanding investigations, which is good news for all of us.

I know we'll continue to support and help each other during these challenging times and (hopefully) it won't be that long before life returns to some form of normality. In the meantime we must not get complacent and follow the advice in the "Stick with it" campaign. So remember the social distancing rules and keep washing your hands.

Take care, keep safe and be optimistic about our future! Together we will achieve great things.

Councillor Tim Passmore

Police & Crime Commissioner.

Clap for Carers

Clap for Carers was enthusiastically supported in Coddendam, with neighbours turning out at 8:00pm each Thursday, clapping, banging drums, pots and pans, bells and all sorts of noisy apparatus! It was also an opportunity for some socially-distanced chat, especially in the centre of the village. Well done to everyone who showed such support for those in the caring professions and the brilliant job they are doing. Please send us your village photographs.



The Coddenham History Club

The initial foray into website production by the Coddenham Village History Club entailed a commemoration of VE Day with the posting of our celebrations in 1995 coupled with villager's reminiscences of WW2.



Our intention will be to delve into our extensive archive and continue to mark anniversaries of events as well as giving the background to the many characters and incidents that have been part of the Coddenham's history over the centuries. Additionally we intend uploading data which may assist the many families that contact us researching their family histories. In the longer term we hope to digitise our archives and make them available on-line for both general interest and also research purposes

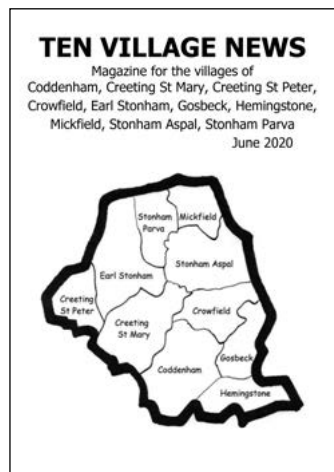
More information and our new pages can be found at www.coddenham-parish.uk/coddenham-village-history-club/

Ray Collins – Chairman

The Coddenham History Club

Ten Village News

Will be back in print next month - The Coddenham Parish website helped out with downloadable (and printable) editions over the past two months - even a well received special Coddenham Digital Edition!



Talk to Us

Don't forget to use the comment areas 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.

Communication for the community, driven by the community

While you may be reading this because you don't have Internet access, it is worth mentioning the exciting expansion of the new Coddenham Parish website. With over 4000 page views last month, it's clearly helped to engage and do what it intended to be, a communication platform for all.

The contributions are written and in most cases, posted by the stakeholders. There is opportunity for anyone to comment or just seek help or guidance. If you don't have internet access, there will be someone nearby who has. There is also content available to print, in the websites 'download' section.

It also serves as a 'window for the world' on Coddenham and everything it has to offer (see Community Shop article).

Thank you to the Gardemau Trust and Day Foundation for helping us move forward.

One of the interesting outcomes has been the number of people who with the help of others have introduced themselves to the World Wide Web, for the first time.

If you'd prefer to stick to paper and pen however - you can still drop us a note by posting to the CCRG c/o The Coddenham Centre, Mary Day Close, Coddenham IP6 9SR - or personally pop it through the letterbox.

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 Government 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.suffolk.gov.uk/coronavirus-covid-19/>
for Suffolk County Council updates

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

<https://coronavirus.data.gov.uk>
for the UK government data page

