

CLIFTON VILLAGE

OUR COMMUNITY A CORONAVIRUS FEATURE

SPRING



2020

Covid-19 is likely going to affect most of us. Please read this newsletter and keep it somewhere for reference. It contains information about

Viral transmission	3
Social distancing	3
Self-isolating	4
Clifton Village Hall update	5
The new village card signalling system that we would like you all to adopt	6
Who to call if you need help – shopping, odd jobs, prescriptions, medication help	7
Instructions to follow if you have to enter a neighbour's house	9
Our new village library	11
Our On-line community	13
Mental and physical well-being	14
What you can do to help others	15
Police Contact information	16

Want us to keep you informed digitally – rather than by post? Just email graemebarker@virginmedia.com and we will email you all further updates and newsletter electronically

Chairwoman's Message

Dear all,

As you know we are living through difficult times. It is likely that Covid-19 is going to affect most of us. This newsletter contains information about how we, in the village, can help you and how you can help your neighbours through this time. We hope you will read it carefully and keep this newsletter somewhere obvious so that you can return to it as needed.

We are very fortunate that we live in Clifton Village. We have gardens we can get out into, big wide roads around the village so we can get out and walk, plenty of surrounding countryside, a supportive network of neighbours and a big major NHS hospital just up the road.

Guidelines for social distancing and self-isolation can be difficult to interpret and will vary a lot depending on where you live. For example, self-isolation if you live in a tower block means staying in your flat and not leaving at all (because you can only leave by passing through a public area). Self-isolating for us in Clifton village means that we can still go out into our gardens and even walk along our wide roads. We are very fortunate. Further details are given below.

Thank you to the many people who have already volunteered their help with the support networks below. Any more volunteers are gratefully received (and this includes people self-isolating who can phone others and co-ordinate jobs). You will see reference throughout this newsletter to wardens. They are the people who deliver this newsletter and sell you tickets for our functions. Their names and phone numbers are on the letter that you will already have received.

Finally, I want to make you aware of an unsung hero here. The content of this newsletter has largely been compiled by Jill Barker. Not only is she our violinist who leads us carol singing around the village at Christmas but she is also one of the doctors at the Queen' Medical Centre who is treating Covid-19 patients. So PLEASE read this and keep it safe for reference. We don't want to be meeting her at the hospital! A huge THANK YOU to Jill for keeping us safe. We appreciate how extremely busy she and our other healthcare workers are. Let's help them all by keeping safe and following the information. We are in this together.

Pat Rice - March 2020

Viral Transmission

The virus is mainly transmitted by airborne particles particularly coughing and sneezing. This is why we are asked to keep a distance from each other and cough or sneeze into a tissue (or sleeve) and then throw away the tissue safely.

Ventilation is the key to keep down airborne particles. For each air change in a room, the viral particle load will be decreased by 63%, so 5 air changes will be needed to get the viral load below 1%. If someone needs to enter your home, opening the doors and windows and letting the wind blow through your house for a few minutes will greatly reduce any risk to them or you.

The virus can also be transmitted by touch. Viral particles have been detected on the hardest metal surfaces up to 72 hrs later (less for softer materials), although by this time the particles are far, far less infectious. Hand washing is therefore essential for us all. Please wash your hands every time you come in from outside, or having been anywhere (but especially the shops). If you have to go into someone else's house, please wash your hands before you go, and as soon as you get back.

Washing clothes more often should also help to keep the viral load down.

Social distancing

It is essential that we all follow the social distancing advice to reduce spread of the virus.

Social distancing means

- do not use public transport
- work from home where possible if not a key worker
- stop all unnecessary physical contact with neighbours (e.g. shaking hands)
- keeping 2m (6ft) away from each other
- not going into each other's houses unless we absolutely have to

However, you still can

- walk or run outdoors if you stay 2m (6ft) away from others,
- walk your dog,
- provide essential care for elderly relatives and neighbours if you have no symptoms
- go to the shops to buy food and groceries.

For more information see: <https://www.bbc.co.uk/news/uk-51506729>

Self- isolating

There are 2 reasons to self-isolate

- 1) you are in an “at risk” group (see below)
- 2) if you become unwell.

Self-isolating means

- staying in your home or garden,
- avoiding all public areas (shops, work, school, transport)
- You can still go into your garden and you can still walk outside provided you keep away from people.

Group 1) “at risk” individuals

Currently this includes people with underlying health problems including:

- Cancer patients undergoing chemotherapy or radiotherapy
- Transplant patients
- People with severe diseases or on dialysis
- People with cystic fibrosis or severe asthma

Government advice may change, and this group may also include those over 70 soon.

People self-isolating can also go outside and walk around the village and countryside because we are fortunate enough to live in a well-spaced village,

provided they stay away from others. People who choose to self-isolate because of age alone are welcome to walk around the village.

Group 2) people with symptoms who may have the virus

Everyone who shows coronavirus symptoms - a fever of above 37.8C, a persistent cough or breathing problem - and everyone who lives in the same house or flat as someone with symptoms must self-isolate.

- If you live alone, you must stay at home for seven days from the day symptoms start. Write it in a diary as it is easy to forget when you became unwell.
- If you or someone you live with has symptoms, then the entire household needs to isolate for 14 days from the day the first person starts with symptoms.
- Anyone in the household who starts displaying new symptoms during the 14-day period will need to stay at home for seven more days, regardless of how long they have already been isolated.

If you are self-isolating but stable then just tell your friends and neighbours so that they are aware, but if you need medical advice then contact 111 as per government advice either online or by phone.

If you are unlucky enough to have Covid-19, you may have a cough afterwards that takes weeks to clear. This is normal and you will not be infectious for those following weeks. For more information see: <https://www.bbc.co.uk/news/uk-51506729>

Clifton Village Hall & School House Trust

The hall is closed until further notice as we do not provide any essential services – in line with other community and church halls and following local & national advice. There will however be some maintenance activity taking place in the hall. Following negotiations, the hall car park will continue to be utilised by Tomlinson's, the builders on site at the old Rectory, to assist with Village parking issues.

Village Signalling cards blue tick, green tick and red X

To support each other we are introducing a signal card system in the village to identify those who need help each day.

If you do not want bothering by neighbours, this is absolutely fine, but please display the green/blue tick card in your window and you will not be bothered any further by anyone.

Place the signal tick card in an easily reached window viewable from the street (this may be upstairs or downstairs, just somewhere easy for you to get to and remember, and somewhere easily seen from the road).

Please display the **blue tick on Mondays, Wednesdays, Fridays and Sundays.**

Please display the **green tick on Tuesdays, Thursdays and Saturdays.**

Please rotate the sign before 10.00am and continue this daily rotation until further notice.

Note: If you do not rotate your signal card by 10.00am you will be contacted by initially a neighbour and then a village warden to see if you are still OK.

Please display the **red X at any time if you need any help** (e.g. help with shopping, lost internet connection, changing a light bulb, have run out of books to read, are feeling unwell, or just feeling lonely and want a chat), A neighbour will and / or village warden will contact you to see what you require.



Who to call if you need help

We have several villagers who have offered their help to do jobs.

If you need help please display your **red X** in your window and call your local CVRA warden.

Glenys Blacknell	9214494
Phil Bull	9848089
Helen Huffer	9841316
Ed Peterson	9843229
Pat Rice	9140759
James Royston	07747 114421
John Woodall	9211567

If you are unable to get through to your warden, please call another one.

Help may include:

[Shopping](#)

Village helpers have offered to get shopping in for those self-isolating or for those unable to do it themselves. If you already have an arrangement whereby relatives or other neighbours are able to do your shopping please continue to use them. If you need help with shopping please display your **Red X** and call your local CVRA warden.

We will not be using money or cheques to pay for the shopping because of the infection risk. If possible, you will be asked to do a bank transfer. If not, the

Village Hall Trust has kindly offered to act as a “bank”. Your shopper would get paid out of the Village Hall Trust fund, and a tab will be kept such that you pay the Village Hall Trust back at the end of the epidemic.

Please do use this service if you need it. Lack of cash, cheque book or no online banking are not barriers to the service.

Odd jobs

If you need help with an essential odd job doing, please display your **red X** and call your CVRA warden. This may be changing a light bulb, reconnecting your internet, reprogramming your TV, changing a fuse or getting your essential cooking and food storage (fridge or freezer) back up and running.

Talking

If you just need a talk, please let us know. There will be many villagers who just need to talk to someone else. We are hoping that round-robin / buddy phone networks will be set up in the village. If you want to join one, please display your **red X** and call your CVRA warden.

Prescriptions

If you already have an arrangement whereby relatives or other neighbours are able to collect your medication, please continue to use them. If, however you need help collecting a prescription please display your **red X** and call your warden.

Due to delivery disruptions, it may be that your medication changes brand. If you receive a medication that looks different from your usual and you want to ask about it, please display your **red X** and call your warden. We have medically qualified volunteers who can explain your prescription, check if it is the same, and explain how to take it.

Please keep your old medicine box and or strip of tablets so we can compare.

Taking other medicines.

If you are unsure whether or not you can take paracetamol for a fever, please display your **red X** and call your warden. We have medically qualified volunteers who can look through the rest of your prescription medications to see if any of

them also contain paracetamol (remember paracetamol is good for fever, but never take more than 8 tablets in a 24hour period.

[Help understanding medical care.](#)

If a relative is in hospital, particularly if they are very unwell, the hospital staff are likely to be very busy and might not have their usual time to explain things in detail. If you need help understanding what is going on, please display your **red X** and call your warden. We have medically qualified volunteers who can clarify what the long medical words mean and help with medical explanations about what is going on.

Instructions to follow if you need to enter someone else's house

Part 1 – Before you go to visit

Please consider these guidelines to minimise risk to you and your neighbour and whenever you enter someone else's house, regardless of whether they are just social distancing or are self-isolation for personal health reasons or if they have the virus. Often this will be for a designated odd job.

- Don't go, at all, if you feel unwell or you have been near anyone unwell. The quarantine rules will apply but **if in doubt don't go.**
- Circulation of air seems "old fashioned" but does make a real difference. Please think about how the air around you can circulate so that when you are in someone else's house that protects them (and you). Each air change reduces the airborne viral load by 63%; so, 5 air changes reduces the airborne viral load to less than 1%.
- Find out what the job / problem is before you go in – this could be by telephone or shouting through a closed window.
- Find out what room it is in and how to get there from their front door.
- Ask the neighbour to **wash their hands and of course you wash yours too** before leaving.
- Ask them to open doors/windows for that room and at the front and back of the house to get a draft of air through the house.

- Ask them to close doors to rooms not needed for ventilation but open all doors from the front door to the room in which the job needs doing.
- Get them to identify a room in which they can go and close the door (but ideally still shout through to you), a “self-isolation room”.
- Ask them to open the front door then go into the room identified to isolate and close the door.
- Wait for 10-20 minutes to allow air to circulate

So e.g. – changing light bulb in a living room, the downstairs toilet can be the self-isolation room, all bedroom doors can be closed. Windows front and back need to open, as do front and back doors, but a downstairs study could be closed off.

**Well ventilated areas pose less of a risk to you and your neighbour.
Please touch as little as possible.**

Part 2 - Guidance to consider when in someone else’s house

- **Wear gloves at all times (even Marigolds will do)**
- **Go into the house, leaving the front door open, do the job, touching as few other things in the house as possible, including not sitting on their furniture, and without touching your face.**
- **You can shout to your neighbour to clarify what you are doing, and when you have finished and leaving.**
- **Leave through front door, leaving it open.**
- **Your neighbour can then come out of the isolation room and close their front door and windows**

Part 3 - Guidance to consider having left the house

- **Take off your gloves, starting at the open end at your wrist such that they become inside out. Throw away plastic gloves. If using marigolds, take them home inside out and wash them immediately in detergent and hot water.**

- Go home and wash your hands, again.

Tasks may include:

- changing a light bulb or batteries (e.g. in alarms or remote controls)
- sorting out internet problems
- re-programming a television
- changing a fuse to get cooking, fridge, freezers, kettles, toasters going again. (it may be possible to pass small items outside to be mended, but please still wear gloves)

Please let us have feedback of any learnings once you have undertaken some tasks. Thanks.

Village library

In order to combat loneliness, boredom and isolation, there will be a village library run from Clare Ashton's "barn" in her garden. There will be books (including talking books), jigsaws and games.

The barn has huge doors and windows, so will be very well ventilated. Please do come and use this resource.

She will put out chairs in her garden, well distanced, and all are welcome to donate items or borrow items.

As you know, the virus is spread by airborne droplets and ventilation is the main key to reduce spread. However, there is some evidence that the virus can be spread by direct contact. Viral particulates having been found on metal surfaces up to 72hrs (less time for softer surfaces and materials), and they are far less infectious over time. There is therefore going to be a strict quarantine system whereby all new donations and returned items will be quarantined for 72hrs before being able to be borrowed again to make sure no virus can spread via contact with the books/jigsaws/games.

[Within the library:](#)

One person/household in the barn at a time,

allow a few minutes between visits to allow for air changes (each air change reduces the airborne viral load by 63% so 5 changes of air are needed to reduce viral particles to below 1%)

There will be a deposit box to drop all returns or new items in each day. Please drop items in it and don't take anything out of it. If you drop something in accidentally, please leave it – you will be able to retrieve it in 3 days. This will be covered when the library closes and not touched for 72 hours.

Please use this facility. Volunteers can also take items to others in the village who are self-isolating.

The library will open between 14.00 – 16.00 but this may change with demand. Clare will also hang a note on her gate when it is open.

The library will not open until Thursday 26th March as current donations are in quarantine. Please take all donations round to Clare's at Glebe Cottage, 48, Village Road

Nottingham City Council have a digital library service, including books and magazines, that can be viewed directly on your tablet or laptop.

<https://www.nottinghamcity.gov.uk/leisure-and-culture/libraries/ebooks-emagazines-and-audio/>

Amazon have also released their children's audiobook collection for free: go to <https://stories.audible.com/start-listen>

Finally – a local fruit and vegetable business called the 'The Fruit Basket', based in West Bridgford, are offering an on line ordering and delivery service. They offer an online ordering portal which can be accessed from a laptop or via an app on a phone or order over the phone.

There is No minimum order and free delivery is offered but they will only deliver when there are enough orders in our village area. Contact wardens if you are going to use this service.

You can download a form at www.thefruitbasketdirect.uk or contact them on 0115 7841579.

Our On-line Community

We aim to start providing more village-based communication channels so that villagers can use their smartphones to communicate with other villagers in chat groups and to conduct transactions.

Please start by providing your telephone number, smart phone number and your email address to your local village representative. If you want to join in these coming activities, we need this information to enrol you. We would prefer to use this communication method where possible so if you would prefer to receive any updates digitally, rather than on paper through your door please do email us and let us know.

One candidate for the designated shoppers, is to enrol each of them into a village-based Microsoft teams user set. Here designated shoppers can record expenditures requiring reimbursement for shopping and prescription payments.

The Microsoft Teams app can be used on smartphones, tablets and computers. If you are looking to undertake shopping or similar volunteer activities for the village can you download and install the Microsoft team's app to your device.

A further idea is to use WhatsApp for multi user chat groups so that a good virtual chinwag can be conducted digitally with other isolating villagers. WhatsApp can be used for multi user Video, Audio and text-based communications. Do download and install WhatsApp to your smartphone ready for the start of this service.

However, for many the telephone will be their primary point of connection and we will start putting villagers together if you share your telephone number with your street warden.

For the digitally connected amongst you look for further announcements on the village Facebook page <https://www.facebook.com/cliftonvillagenottingham/>

Regular updates on the Village co-ordinated response to the virus can be found on our Facebook page.

can either search for 'Clifton Village' from your Facebook homepage or find us at:

www.facebook.com/cliftonvillagenottingham

Mental and physical well-being

In times of isolation we all get low, and its well-recognised that isolation causes depression. With a lack of daily structure, it is also easy to get out of a daily routine, days roll into one and even night and day can become blurred. This in itself is another risk for depression. With concern and worry some insomnia – yet another cause of depression. To look after your mental health, it is important to retain a daily pattern. Some small things can help a lot.

Keep to a regular time to get up, and a regular to go to bed time.

Keep a regular 3 meals a day.

Get outside each day – even if self-isolating, you can go into your garden. Exposure to natural light is essential to maintaining our natural body clock, sleep–wake cycle, and good quality sleep.

Exercise every day – by going for a walk or other exercise (even if just in your garden) you will expand your lungs and this reduces the chance of pneumonia

If you are having trouble sleeping, reducing caffeine intake, especially in the afternoons and evenings, can be important for good quality sleep. It takes 6 hours for your body to remove half the caffeine, so if you have a cup of tea or coffee at 6.00pm, half of that caffeine is still in your body at midnight.

Using mobile phones and screens in the evening or during the night is also very bad for our sleep. It stops us producing a vital hormone, melatonin, that helps us sleep. If you are having difficulty sleeping, stop your screen use in the evening, leave your mobile out of your bedroom and read a book (not a kindle) in bed.

Isolation can also make us turn to other props, such as alcohol. Too much alcohol is not only terrible for sleep quality, but overuse causes depression. If you think you are sliding this way, please be in touch via the wardens (and **red X**), and this will be kept totally confidential.

What you can do to help

Anyone who thinks they can offer any help, please do – contact your warden even displaying the **red X** will get someone's attention so they will speak to you. Even if you are self-isolating there is plenty you can do to help coordinate other people's needs.

In addition, you can develop a phone network where each day you have to phone 3 to 5 people. If anyone would like to join a phone network, again, please display the **red X** or phone your warden.

Loneliness is going to be one of the biggest problems, phone calls can really make a difference.

If you see a **red X** in a neighbour's window, please phone them to find out what the problem is. If you can't deal with it, please call your local warden.

St Mary's Church

As you will all be aware all places of worship are closed until further notice, except funerals will go ahead but with new guidelines.

The good news is that we have a new Rector, Rev Lydia Cartwright, whose licensing service was held 9th March 2020. If anyone needs any help or has someone to pray for, please contact Lydia on 07305 820553 or rev.cartwright@gmail.com

Home Worship Packs have been distributed to those who regularly attend church but if you would like to receive one in the future, please let Clare Ashton, Churchwarden, know on 07775 902385, 0115 921 3937 or clare31337@btinternet.com

Finally, we pray for all those who live in this Village, our family and friends, and for all those who are caring for the sick and the vulnerable in our hospitals & community.

Neighbourhood Watch



Neighbourhood Sergeant: Sgt 1083 Nigel Bradley
E-mail: cliftonsnt@nottinghamshire.pnn.police.uk
 Tel 101 EX 3101083 Mob 07595 004236



jonathan.cooper@nottinghamshire.pnn.police.uk PC 578 Jon Cooper	07792437325
matthew.walker@nottinghamshire.pnn.police.uk PCSO 8147 Matt Walker	07595074169
phillip.button4245@nottinghamshire.pnn.police.uk PCSO 4245 Phil Button	07976171744
jonathan.hartley4630@nottinghamshire.pnn.police.uk CPO 4630 Jon Hartley	0776522 0474

Please see the website for further contact details for your local beat team
http://www.nottinghamshire.police.uk/local/nottingham_city/the_meadows_and_clifton/clifton_and_meadows/