

Village News

(the new interim name for Village Dates)



Issue 3 April/May 2020.

For Brockhampton & Sevenhampton residents. Supported by the Parish Council & The Show at Brockhampton

Dear all,

Welcome to the 3rd issue of Village Dates. I thought I might re-name it, at least temporarily, to Village News for the obvious reason that there aren't many/any events that will take place or that we should attend, following Government's recent advice.

Please note that the Rhodes Memorial Hall is now closed until further notice.

Stay safe!

Yvette Ruggins

Below is a message from the Parish Council:

The Parish Council met last night (16th March) and discussed the current Coronavirus (Covid-19) situation.

People are already being good neighbours and this should continue. We should be especially aware of those who live alone.

There are already volunteers in place but in order to avoid confusion and instil confidence (if for instance you don't know someone's name) it seems sensible to bring these volunteers together under the umbrella of the Parish Council.

We already have the Good Neighbour Scheme and an emergency 'cascade' system in place as well as the Village Newsletter, Village Dates, run by Yvette for the Parish.

We will use Village Dates (hard copies for those without computers), noticeboards and the Parish magazine to pass on information. The following websites may also be helpful: Coln River Group (Church): colnriver.org.uk; Craven Arms: cravenarms.co.uk; NHS: nhs.uk

If you need help, please contact Lynne Jackson (820408) or Annie Van Rossem (820718)

Things you can do to support yourself

Taking care of yourself, your friends and your family can help you cope with stress. Helping others cope with their stress can also make our community stronger.



- Take breaks from watching, reading or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch or meditate. Try to eat healthy, well-balanced meals, exercise regularly and get plenty of sleep.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others: talk to people you trust about your concerns and how you are feeling.

Village Dates has been prepared with care & attention and is correct at the time of publication.

Comments? Wish to submit information? Wish to unsubscribe?

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