

ST MARY & ST PETER NEWSLETTER

*A free newsletter published by the church
for every home in Boxted & Langham*

OUR world has changed immensely in the last few weeks, but amid the upheaval and distress, I believe that good is coming out of the crisis.

The last few weeks have seen a real increase in the care of, and communication with, the more vulnerable members of our villages. More genuine checking that folk are coping; more offers of shopping; more respect for others in the sense of doing our best not to give them the Covid19 virus; and more gratitude to NHS staff, Care Workers, Cleaners, HGV drivers, haulage shipping etc.

Our wildlife is thriving, I've never seen, or heard, so many birds singing and the blossom in the trees is better than I can remember.

With the huge reduction in flying the world is cooling, and the levels of

carbon dioxide and nitrous oxide are falling. The world is being given an opportunity to recover a little.

On that first Easter morning there was an empty tomb and now we are celebrating this Easter Season with empty churches. The tomb could not contain Christ, he burst out in resurrection; and in a similar way church buildings cannot contain Christ today. He is with us in the world, wherever we are. He is with us in the difficult and unusual time that we are living in, giving us hope and perseverance.

We all miss our hugs with family and friends, but this time will pass and we will be together again. As Christians, we can trust Jesus to keep us safely in his care.

Please look after yourselves,

Mandy Elmes

Published by St Peter's & St Mary's

May 2020

STAY AT HOME 

PROTECT THE NHS

 **save lives**



Temporary changes to your recycling and rubbish collection



Your collection day remains the same

Households in the north of the Borough on a **Green Week** commencing 13 April, will have their rubbish and recycling collected as follows:

13 April 11 May 8 June	Food Waste Paper, card and plastic (max total of 6 clear bags)
20 April 18 May 15 June	Food Waste Household rubbish – maximum of 4 x 60 litre black bags OR 1 x black wheelie bin + 1 x 60 litre black bag
27 April 25 May 22 June	Food waste
4 May 1 June 29 June	Food waste 1 x green box of cans 1 x green box of glass Household rubbish – maximum of: 4 x 60 litre black bags OR 1 x black wheelie bin + 1 x 60 litre black bag



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GOOD NEIGHBOURS: CONTACT PHONE NUMBERS

(Amended 11 April 2020)

Monday to Friday 8 am to 7 pm

Call for help on

Monday.....230525 or 272773

Tuesday.....273804 or 271079

Wednesday....272755 or 272774

Thursday.....322301 or 272599

Friday.....273301 or 271813

PLEASE TELEPHONE THE NUMBER(S)

SHOWN FOR THE DAY ON WHICH YOU

MAKE YOUR CALL



If there is no reply, please do not leave a message but **RING ANY OTHER NUMBER**

Please note that the **second Wednesday** contact number is now **272774** (not **272504** as appears on the leaflets).

Deadline for submissions for the June edition: 20th May.

Contact the editor via email: lwbnewsletter@gmail.com

Introducing Steve Pollington, your new Editor

Greetings! With effect from the present issue, Tim Clarke has stood down from the editorial role due to his many other commitments and I have agreed to take over the reins - just as we are in the throes of COVID-19 and the resultant far-reaching changes in all our lives.

A little about me: In the past I have been the editor of a quarterly magazine devoted to history, as well as an author and contributor to a range of periodicals from *The Reader* and *Moyen Age* to some obscure academic publications.

Both my wife, Deborah, and I were born in Essex but we have only recently moved to Boxted. We fell in love with the area after a long house-hunting campaign, and feel very much at home here.

I hope to continue Tim's excellent work in providing a forum for the residents of both parishes. Although we are presently living

through uncertain times, I will be particularly keen to hear about forthcoming events in the area related to clubs and societies, and to receive reports on past events. So if your group is inviting a guest speaker, or arranging an outing to a place of interest, or organising a fun-day, I need to know about it. I will do my best to include them all, but I need to know in good time!

AS you can see, the overall format of the newsletter has changed with the introduction of colour and a new size more suited to booklet production.

This edition is being distributed electronically; there are no plans to offer a printed version at this time due to the risks involved in its physical distribution.

Contact the editor via email:
lwbnewsletter@gmail.com

Boxted Parish Council's new website can be accessed at:
boxtedparishcouncil.org.uk

100 CLUB MARCH DRAW

The lucky winners are:

1. Sylvia and Ken Hemmings (70)
2. John Smith (41)
3. Ian Hollands (28)
4. Sallie West (79)

Digital Help at Boxted Hub

There will be no digital help at the Hub for the time being, but fear not! You can still go online and get help and support.

**[www.colchester.gov.uk/
digitalaccesssupport/](http://www.colchester.gov.uk/digitalaccesssupport/)**

Bereavement support for everyone in North Essex

St Helena offers support to all those who have been bereaved in north and mid Essex, regardless of the cause of death or when or where the individual has died.

During the global coronavirus pandemic, we are facing a tragic loss of life, often under very difficult circumstances including social isolation.

Because of pressures on frontline services, and restrictions on visiting to hospitals etc, we understand that the death of your loved one may feel particularly traumatic.

At St Helena, we provide bereavement support to all, no matter the cause of death.

The death of your loved one does not have to be related to coronavirus, or have taken place during the pandemic or lockdown, and you do not need to have had support from St Helena prior to your referral for bereavement support.

Each person is affected differently by bereavement and we aim to support you by helping your life to go on in the face of bereavement.

The support we offer to you is dependent, on and tailored to,

your needs, which we identify in your assessment based on the answers you give in your referral.

The poster features a dark blue header with the title 'Bereavement support for everyone' in white. To the right is the St Helena logo with the tagline 'Helping local people face incurable illness and bereavement'. Below the header, a teal speech bubble contains the text: 'If you have been bereaved, either from the coronavirus, or any other illness, accident, or suicide, St Helena's bereavement service is here to support you.' To its right, a purple speech bubble says: 'St Helena can help you right now'. Below these, an orange speech bubble provides referral information: 'To refer yourself for bereavement support visit: sthelena.org.uk/referrals or call: 01206 984 274'. At the bottom, small text states: 'Bereavement support is currently available to anyone over the age of 18 living in north east Essex. All bereavement support is currently being offered over the phone, or via video call.' Social media handles for sthelena.org.uk, StHelenaHospice, and @sthelenahospice are listed at the very bottom.

Bereavement support for everyone

St Helena
Helping local people face incurable illness and bereavement

If you have been bereaved, either from the coronavirus, or any other illness, accident, or suicide, St Helena's bereavement service is here to support you.

St Helena can help you right now

To refer yourself for bereavement support visit:
sthelena.org.uk/referrals
or call:
01206 984 274

Bereavement support is currently available to anyone over the age of 18 living in north east Essex. All bereavement support is currently being offered over the phone, or via video call.

sthelena.org.uk • StHelenaHospice • @sthelenahospice

If you are bereaved at this time, you can refer yourself online at **sthelena.org.uk/referrals** or call 01206 984 274 for further information and support.

*You can find further information about St Helena's bereavement service on their website, as well as useful resources and documents. Visit **sthelena.org.uk/bereavement**.*

=== Advertisement ===

SIX free and easy ways for family and friends to stay in virtual touch

It's fair to say the past few months have been very disruptive with Covid-19 and the government lockdown temporarily restructuring our way of life in rapid and profound ways.

What has become very clear is that the internet has become our fourth utility, essential for providing entertainment, remote working and educating children – especially for those of us in more remote rural communities.

But perhaps most important is staying in virtual touch with family and friends as there's nothing like seeing their faces to boost everyone's spirits. However, with so many online services available, it can be hard to know where to begin.

So, here are six easy to use platforms to help get you started – and they're all free. For video calls from a laptop or PC, you will need a webcam, microphone and speakers/headphones:

1. FACETIME

Video-call an individual or group. Easy to use but only works with Apple devices (iPhones, iPads, MacBooks etc.). The app should come pre-installed.

2. FACEBOOK MESSENGER

Share messages/photos/videos and video-call an individual or group. Available on

most smartphones and tablets with a desktop version for laptops/PCs. If you already have a Facebook account, just download the app.

3. WHATSAPP

Share messages/photos/videos and video-call an individual or group. Available on most smartphones but not usually on tablets. For longer calls or with more than one person, it's better to use a service accessible on devices with bigger screens.

4. SKYPE

Video-call an individual or a group. Available on smartphones, tablets and laptops/PCs. However, for those less savvy with technology, the platform can be a bit more complicated to use than others on this list.

5. GOOGLE DUO

Video-call an individual or a group. Available on most devices but mostly Android smartphones. If everyone in your family has as iPhone it's often easier to use FaceTime as the app comes pre-installed.

6. ZOOM (FREE TRIAL)

Video call an individual or a group of people. Very similar to Skype but traditionally used more by businesses.



However, works just as well for family catch ups and very easy to use. When setting up a call, create a 'password' people have to enter when joining for security.

The above platforms all require a stable and reliable internet connection which can be tricky with more of us at home and traffic moving from roads to routers. That's why at County Broadband we're building new Hyperfast full-fibre networks to provide lightning-fast speeds up to 1,000mbps only available to 10% of UK households.



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LANGHAM LADIES

The March meeting was a talk by self-confessed galanthophile, Guy Barker - aka *The Naked Gardener* - on Snowdrops and Spring Treasures. Guy had brought along several different Snowdrops, and it was truly amazing to learn that there were so many varieties of Snowdrops with different shape, perfume and format. We also learnt their best care to increase their numbers each year. Guy had also brought along various examples of shrubs etc. that we could reasonably expect to see in bloom in our gardens at this time of the year. From humble daffodils and narcissus to exotic

magnolia blooms and shrubs. With a clever planting choice, we could hope for a garden full of colour even at this time of the year and whatever the weather brings.

Altogether a very informative talk delivered in a humorous manner followed by a very useful question and answer session.

Due to the Corona virus outbreak, the meetings and planned events are currently suspended until further notice. When the group is to be resumed will be publicised in due course.

In the meantime we hope that everyone stays safe and well.

CRAFTY LADIES GROUP

We meet the first Wednesday of the month at the Langham Community Centre. Our ladies do beautiful work be it patchworking, crocheting, knitting, tapestry or bead work et al.

Very friendly sociable group of like-minded ladies who are happy to help people who want to learn as well. Our fee is £26 for six months subscription and includes

tea and coffee and end-of-year buffet for all.

Our members come from all over but not so many from Langham so we'd like to spread the word. Ladies can come along for free to see what we do.

Email: chrissey.todd73@gmail.com
for any additional information.
Mob: 07742131454

Check in advance for meeting plans



SESAN is currently closed. However if you have an animal, or know of one, in urgent need please contact us. **Ring 01787 210888** leaving your name and most importantly your number then a brief description of the problem. The answerphone is regularly checked and we will ring you back.

Please note, cats cannot transmit COVID-19 to humans but could possibly carry the virus for a short time if someone with it had handled them. If someone in your household is displaying COVID-19 symptoms it is advisable not to let your cat out. Obviously for some cats this could be very stressful and they may need to go out, if only for a short time. Entire cats should not be let out at all until they have been neutered to prevent unwanted pregnancies. **In all cases after touching your cat, wash your hands.**

Work goes on looking after the animals at the Centre, unfortunately our fund raising activities are now suspended. If you are able to support SESAN animals by making a donation it would be greatly appreciated. Visit our website to donate via *Just Giving* or send a cheque made payable to SESAN.

Keep safe until we meet again

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 - ✓ A friendly chat
- 

We also offer a 'meals on wheels service' that you can order by telephone and which we can deliver to residents of Boxted. Should you be interested in this, we can deliver you a menu.



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**THE HALL IS
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*If you have any new clubs or events planned
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**Deadline for submissions for
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