

Church and Parish

For the People of the Parish of Bowness-on-Solway
C-19 Support Newsletter - Easter week special edition

Stay At Home
Protect your
community
against Covid-19

Rectory Ramblings

April 2020

It has been great to hear how our Community are supporting our neighbours, whether we knew them before or not, and working together (safely) to help those finding the current restrictions more difficult. Thank you so much to all our volunteers ☺

Whilst we are physically apart, our common experience can bond us. I heard someone say that this Lent we've been forced to 'Fast' from (i.e. not enjoy) many more things than we had expected or planned to!

Though that is difficult (even heart-breaking for some) that absence will have grown our affection for some people & things, and shown us that others really are not that important. Fasting is not about self-control, but building our hunger for the truly important.

This Easter week builds up to the ultimate suffering, loss, and isolation, as Jesus was deserted by friends and family, and on the Cross experienced the agony of being forsaken by God, and death. The invincible made himself mortal, the almighty made himself helpless, the innocent took on our guilt, as he suffered death to give us Life.

We don't know how long this enforced time of 'fasting' from social contact etc. will last, nor which friends we may not see again in this life. But the Resurrection of Jesus at Easter raises our eyes to a power greater than any virus. And as we walk with Jesus we can wonder & enjoy that deep, deep love for us that led Him through death, so that we might be forgiven our sin, our hearts healed, and that we would never be separated from Him, but enjoy Him for all eternity. That is my Easter prayer for you.

Please do join in our online services (10am Easter Sunday, etc.)

via www.facebook.com/BownessonSolwayChurch

Rev Tudor vicartudor@gmail.com 01228 576324

Editor's note: there is varying advice on the possibility of coronavirus contamination on letters and packages. Dr Emeagi, lecturer in Human Biology and Biological Sciences at Liverpool Hope University advises following the 'open it, read it, bin it' rule—seems sensible.

Guidance from the Church encourages us to look to digital communication and telephone calls to keep in touch. In the first April Newsletter (available at <http://www.bowness-on-solway.co.uk/library/20%2004%20PM%20Newsletter%20draft637208356660907094.pdf>) I asked that those interested in regular digital updates can send me their email address and I now have over 100 so this Newsletter is circulated by email. A spoken copy is available for those without internet. Please share with your friends and neighbours.

Message from Chair of Bowness Parish Council: as announced in the Parish Magazine April Newsletter, distributed to every household in the Parish, your Parish Council has been busy working in partnership with other local churches and parish councils in the East Solway under the banner of **Solway C-19 Samaritans** (Aikton, Beaumont, Bowness, Burgh, Great Orton and Kirkbampton) to provide volunteer support for the vulnerable, self isolating and any parishioner needing help during these difficult times. Steve Hinks (Parish Magazine Editor) has volunteered to be the Coordinator for our Bowness Parish Group. Mike Abbs (Parish Clerk) and Steve have liaised with other Parish Councils, church representatives, Allerdale and Cumbria Councils. Numerous forms have been submitted to the councils and assurances given regarding safeguarding and confidentiality protocols adopted. Steve has also liaised with Cumbria CVS and others to provide our group with a bespoke **Volunteer Handbook** and **Risk Assessment** to ensure that we comply with the required protocols of the Church and Councils. Please be assured we are up to speed with current guidelines (despite daily changes) ahead of many groups and Parish Councils (even outside the East Solway group) who are now seeking our advice, using our documents as a template. There is a strength and resilience in the long standing community of our small Parish, having faced many battles, in recent years Foot and Mouth, another complex (although not human) and devastating virus. Isolated, we still stuck together, supported each other mentally and physically. Sacrifices were made to benefit all, we saw it through. No one is immune to this virus. Please do not put yourselves or others at risk, give support, keep safe contact with your families, friends and neighbours, show appreciation for all our key workers. Stay at home. Stay safe. Save lives. Be positive, we will get through this.

Marian Carruthers, Chair Bowness Parish Council, T. 01697351466

Cumbria Computer Repairs: available to provide remote support. Contact Paul Brown on T. 01228 576090 or M. 07742 444601

Fingland Pet Hotel: although temporarily closed they can provide dog food. Please contact T. 016973 51347 or M. 07917 764 468 for details.

Volunteer doing your shopping? ASDA have launched **Volunteer Shopping Cards:** to help the many people self-isolating and unable to go out to buy their shopping. **Customers can buy these shopping cards online, top up and give to their family member, friend, or volunteer to pay for their shopping without the hassle of using cash or bank cards.** This also promotes a contactless way of shopping, essential for reducing risk to our self-isolating customers. These volunteer shopping cards can be bought at www.cards.asda.com/volunteer

Bowness Community Group also has a **C19 Support Group** and a **Community Hub**: based at Bowness King's Arms pub shop.

Our suppliers have slightly changed our delivery slots:

<u>Shop</u>	<u>Inform hub</u>	<u>Delivery Date</u>
ASDA	Fri 6pm	Mon pm
Bensons	Thurs 12pm	Fri pm
Pioneer	Thurs 12pm	Mon
Bookers	Sat 12pm	Tues

Essentials are not just bread & milk. If you are struggling to get anything please contact us!

Anyone struggling with Covid 19 please contact us. We can inform you of the support available to you! People can order via email: **sambehan@hotmail.com** or ring **016973 51426**

Coronavirus impact – help is at hand
Solway C-19 Samaritans (Bowness Group)

See <https://www.facebook.com/SolwaySamaritans/>

During this difficult time the local **Churches and Parish Councils of the East Solway** (Aikton, Beaumont, Bowness, Burgh, Great Orton and Kirkbampton) are working in partnership to offer help to all those affected in our communities - particularly by self-isolation etc. You may need:

- a food drop,
- items posted for you,
- medication collected, or
- someone to talk to on the phone.

Whatever your need we will do our best to help.

Local Volunteers required, please let us know your availability.

The Bowness-on-Solway Parish contacts are:

Marian Carruthers: T. 016973 51466 **Mike Abbs:** T. 016973 51722
Pauline Hinks: T. 01228 576157 **Sue Day:** T. 01228 818392

Pioneer Foodstore: now offering a 'Same-day Call & Collect' to the public with contactless 'drive-through' service.

<http://pioneerfoodstore.co.uk/call-and-collect/>

Phone 01228 585285 between 7am-noon to place order & collect on the same day after 5.30pm. We allocate an order number and collection time slot when you call. Sit in your car and we load it for you.

Hunter Leisure Group Ltd have a shop at the Bowness House Farm development in the centre of Bowness and can also provide hot & cold take-away meals.

Mr Hunter has offered to provide free hot meals, delivered to the door, throughout the parish, for any over 70's that are struggling to get hot meals. Please contact Ian Hunter for details of this offer.

Main Office: 016973 52418 (8am – 5pm) Owners Mobile: 07873 200997

Mobile Post Office Service: continues to operate in the parish on Thursdays at Drumburgh (13.20-13.40), Port Carlisle (13.45-14.15) Bowness (14.20-14.40). By special request **they are now also calling briefly in GLASSON (approx. 13.40) between Drumburgh and Port Carlisle stops.**

N.B. the van broke down this week but will be back next week.

D Paisley Butchers & Delicatessen: Mobile delivery service throughout Bowness parish on Saturdays and Tuesdays (please note that they have had to drop the Tuesday visits to Port Carlisle and Bowness temporarily).

Carrying a wide selection of raw meats plus cooked meat, pies, ready meals, fruit, veg and groceries.

Contact: Shop: **016973 44686** or Mobile: **07768882698** Orders can be rung through to the shop for payment and delivery to the door.

Allerdale Bin Collections: apparently Allerdale are not issuing a letter to advise households when the various refuse bins are being collected— they expect us to check dates on their website. It will be possible to call the Solway Samaritans contacts for those without internet.

Note: Garden bins are NOT being collected.

Bowness parish collection dates for April

Domestic waste collection: Mon 6th, Tue 14th, Mon 20th, Mon 27th

Paper and card collection: Mon 6th (next collection Mon 4th May)

Glass, cans and plastic recycling: Tue 14th, Mon 27th

<https://www.allerdale.gov.uk/en/bincollections/>

Beware of Telephone Scams: Allerdale Council is aware of a telephone scam where **callers are claiming to be from the council and saying they can change the council tax banding for a fee. This is a scam.** Please do not provide your bank details or pay any money to these people.

Boots free prescription deliveries: please note that Boots Pharmacy offer a free repeat prescription delivery service, see

<https://www.boots.com/online/pharmacy/> If you need any help to arrange this please contact Solway C-19 Samaritans on C. 576157