

Poulshot News No.7

April 2020

- email edition -

We are living through odd times, but the one thing shining through at present is the warmth, humour and support of our friends and neighbours in Poulshot. From funny facebook posts to collecting for the food bank, shopping for others and organising support for prescriptions and hospital visits, Poulshot residents have shown what a mutually supportive community we are. It's not practical (or probably even permitted) to attempt to produce or deliver the magazine as usual in the current situation, so here is a condensed version that we will email to as many people as possible and drop through the letter box for those that are not electronically connected. Please look on the village website for earlier editions with the contact details and adverts in. Keep being lovely to each other, and email me at poulshotnews@icloud.com if you've anything for the next issue. Nina

Poulshot Lodge Farm Shop in the village is still open, operating strict distance rules in the queue to help keep everyone safe. They will also bring out your order to the car, and deliver in the village. Contact them on email on poulshotlodgefarm@gmail.com or by phone on 01380 827202.

Derek at **The Spar on Bath Road** will also deliver general supplies to those self-isolating as well as weekly veg and fruit boxes, £5 each, delivered on Fridays. They can be contacted by the Derek's Deals facebook page, or by phone on 01380 724483.

Planks Dairies deliver in Poulshot Monday, Wednesday, Friday and Saturday. They can deliver milk, eggs, bread, orange juice, cream and more. Contact them at milk@planksdairies.co.uk

Staying supplied

Townsend Garden Centre in Devizes will deliver to Poulshot – compost, seeds, plug plants, plants, pots. Call 723722 between 9 & 1 or TownsendGC.delivery@gmail.com £10 delivery charge, free over £50.

Pam Gillies has organised a list of volunteers who will help with shopping, collecting prescriptions walking the dog and getting lifts to medical appointments etc. This includes repeat prescriptions from Boots: they will deliver to Pam, then Mandy and Steve Housby will deliver in the village. Contact her on pamgillies45@gmail.com or phone 01380 828151.

**Some
ideas to
amuse
the
children
from
Claire
Phoenix**

In the Garden ... find a large leaf as a plate and make fairy dinners of tiny nuts, grass seeds and very small weed flower heads - describe what each part of it is – perhaps your favourite foods or maybe the fairy version e.g. thistle bake, petal cake ... soil can be ‘brown sugar’, for instance, keep it all very small! ... or make a Peter Rabbit mini garden on a dinner plate inside, or in a little patch of the garden with weed tops as cabbages etc. ... Use a mirror as a pond, surround with pebbles, make trees from bits of plants e.g. rosemary or bits you find on a nature walk, use tiny seed heads as flowers ... (you can also make this inside from Plasticene or Playdough, with orange for carrots with green tops and flowers from tissue paper and beads, or draw your own.)

Garden Olympics ... set up a cane on bricks or cushions as high jump ... more canes or broom handles for hurdles ... mark out a long jump with starting line to jump from and measure it ... how far can you throw a ball or cane (shot put or javelin) – measure it and try again.

Circus time ... find any dressing up clothes you have – hat and gloves for ringmaster - swimsuit/tutu for acrobat etc ... lay a long ribbon or rope or strip of fabric along the grass – try to walk along it without wobbling off – it’s tricky! ... draw on clown faces and throw a bag filled with water between you ... practice silly walks and learn some jokes to tell everyone

Inside fun for when it is wet ... have a backwards day - walk everywhere backwards, wear your clothes backwards - speak backwards e.g. drink a like you would / Jack is name my - eat supper at breakfast time and have cereal/toast before going to bed ... or ... make a paper family from a catalogue or magazine - cut out your family members (or ask an adult to do this for you) then choose and cut out their sofa, lamps, kitchen units, toys for the children etc. - arrange on the floor in the different rooms of the house - choose what they have for their birthday and Christmas ... do they have pets? A baby with a buggy? Don’t stick down, so they are easy to move around.

Have different country days ... e.g. dress up like French caricature: stripy t-shirts and draw on moustaches - learn 3 words in say French or Spanish, or common phrases from Scotland or USA - listen to national music on Spotify and try local dancing e.g. Flamenco/Salsa - perhaps eat in that style (e.g. try using chopsticks with noodles).

Getting out and about ... obviously, all village events are cancelled for the duration but we will post updates from the various village groups as the situation changes and – hopefully! Improves. **Dog walking ...** Nicky B has unfortunately had to recover some dead lambs and sheep in the fields around Dukes Farm. Sheep are easily spooked, so please do keep dogs on leads when near other animals – or better still, walk somewhere where they aren’t! We are lucky enough to have lots of places to walk and get fresh air in and around the village while still maintaining the appropriate distance – but this is not the case on the towpath, where it’s not wide enough to keep distance from people you pass or indeed for the people who live on boats there. Stay well and help others stay well too!

POULSHOT CRICKET CLUB - update

Ground Preparation - some good news, we are about to take receipt of a new outfield mower supplied by GA Groundcare with funding support gratefully received from both the Parish Community Fund (administered by Poulshot Parish Council) and also our local Wiltshire Council Area Board (with thanks for advice and support provide by Cllr Jonathon Seed). We will let you know when things are back to normal and we can think about maintaining the pitch, and the green and will make contact with Poulshot Parish Council to discuss the proposed approach. given that we play our cricket on the village green which is overseen by the Parish Council.

New members – given the circumstances not a priority now, but a reminder to all that we welcome new members / players to the club: young, old and of all ability and experience: if you are interested or know someone who might be please spread the word and ask people to get in touch.

Take your permitted daily exercise ... with family or keeping the appropriate distance from everyone else - Poulshot facebook page has a pic of the local byways map if you fancy a walk ... **get in the garden or the shed or the kitchen table** and get started on sowing seeds / bringing on plug plants – flowers or veg or both – one of the best things you can do for your mental health ‘gardening is better than therapy, and you get tomatoes’ ... **get crafty** ... dust out the knitting needles, crochet hooks, paintbrushes, drawing pencils, hammers, hacksaws and cookbooks – there are lots of online sites that will give you ideas, deliver resources and generally feed your imagination – just type in the name of your craft and get browsing ... remember **books and reading?** ... rediscover all those childhood stories and read them with your children ... get ebooks when you’ve got through the books at home ... go onto audible (other spoken word sites are available...) to get books to listen to ... or even write your own, a diary or a fantasy, just express yourself ... **volunteer online** - go onto <https://zooniverse.org/projects/edh/rainfall-rescue> and help transcribe years’ worth rainfall data which will help scientists plot and predict weather patterns ... join an **online quiz night** or do one via whatsapp or online with friends, or just for the family ... **have fun with your children** and don’t beat yourselves up with the home schooling – this is a challenging time for children, hard to understand - and lack of understanding can breed anxiety – go easy on the worksheets and read, play, make together. **Be good to yourselves and each other and remember we are not stuck at home; we are safe at home.**

**And
some
ideas
for
the
grown
ups**

From the Vicar ... **Love Alone Overcomes Fear**

It is shocking to think how much the world has changed in such a brief time. Each of us has had our lives and communities turned upside down. Many have gone into isolation not knowing for how long. I've been struck by how events like this make the world seem very small. Events which start off half a world away and seem very remote, can in a very short space of time draw close to home. The 17th century poet and priest John Donne famously wrote, 'No man is an island.' Sometimes we forget just how connected we are. It's hard to know what to say or what to do at times like this. I'm trying to take in psychologically, spiritually, and personally, what is God trying to say? I'm trying to resist filling my time so much that I miss what it is that I can really learn through this. I'm not saying that God causes suffering to teach us. But God does use everything, and if God wanted us to experience global solidarity, and communities coming together I can't think of a better way of doing that. At this time many are suffering, no race, gender, religion, or nation can avoid it. We are in the midst of a highly teachable moment. There's no doubt that this period will be life changing and referred to for the rest of our lives. Globally, we are all experiencing this together. It has been said that 'Great suffering always leads to great love'. But for God to reach us, we have to allow suffering to wound us. Real solidarity needs to be felt and suffered. That's the real meaning of the word "suffer" – to allow someone else's pain to influence us in a real way. Moving beyond our own personal feelings and taking in the whole. How are people, in countries other than our own, hurting? What is going to happen to those living in isolated places or for those who don't have health care? Imagine the fragility of the most marginalized of people, the homeless, or even the people performing necessary services, such as ambulance drivers, nurses, and doctors, risking their lives to keep society together? At this time we are coping with feelings of urgency and panic, rapid change, grief and devastation. This is not exaggeration: we are responding to the real human situation. We have to allow these feelings to be expressed, and invite God's presence to hold and sustain us in a time of collective prayer and lament, without becoming unduly anxious. This current experience reminds us of our common humanity, irrespective of national borders, economic or social status, or anything else that usually divides us. Later this month we will celebrate Easter, when Jesus died and rose again to bring reconciliation and peace between the whole world and God. The story of Easter takes us on a roller coaster ride from the devastation of the cross on Good Friday through to the joy that Jesus was alive on Easter Day! This was Good News – the best news. News that has brought hope to many as they have faced dark and difficult times in their lives. News that brings hope out of chaos and darkness, that brings order to disorder, harmony out of confusion, beauty out of brokenness, and makes all things new bringing: new attitudes, new desires, new ways and new life. Although we cannot meet together in church this Easter we will try and find new and creative ways to celebrate the new life and hope that Jesus' resurrection brings to the whole of creation. The church continues to be alive and active, but our buildings must close. As a nation we are seeing a huge increase in the number of people falling sick with COVID-19. We must distance ourselves from one another and prevent the spread of infection in order to save lives. **Therefore, as well as public worship being suspended, this and all church buildings in the Church of England are now closed.** Our worship of God and our care for each other continues through things like the 'Good neighbours schemes' that are operating in our villages, but cannot now be done in our church building. Our website contains details of how to join others online for prayer, worship, study, and community life - see: www.wellspringsbenefice.co.uk or our face book page. In the meantime my prayer is that we will not fear unnecessarily and that this experience will force our attention outwards to the suffering of the most vulnerable. Love always means going beyond self to another. Love alone overcomes fear and is the true foundation that lasts (1 Corinthians 13:13). With every blessing Ali Rev'd Ali Bridewell