

Sparsholt Community Support Group



HAPPY EASTER TO EVERYONE
STAY AT HOME | PROTECT THE NHS | SAVE LIVES

HOW TO BEST SUPPORT OUR COMMUNITY

Your Support Group Team is working hard to make this Newsletter interesting and useful for you – we do not, though, have a monopoly on good ideas.

If you have any ideas on issues we should include or ways to improve it, please let us know on the [Support Group email address](#).

THANK YOU TO THE SHOP

We have had so many messages voicing support and appreciation for the shop - for being there and open at all, for staying really well stocked, for keeping the Post Office running, for trying hard to work in a safe way, for smiling !!

So, on everyone's behalf, we say **THANK YOU** to all those who are involved in our fab shop – Hurrah !

Please note the change in opening hours during the Easter weekend.

Shop opening hours:
Good Friday 8am - 1pm
Saturday 8am - 12pm
Easter Day Closed
Monday 9am - 10am

The Post Office will be closed during the Easter weekend.

FROM OUR CITY COUNCILLOR

I hope you and your families are all keeping well at this difficult time.

We have been blessed with good weather and live in such an amazing part of the world that I am sure we are some of the luckier ones at this time of confinement.

What a brilliant job our NHS colleagues are doing for us, all as well as other key workers and also all of the support groups that have sprung up in our communities as a result of the virus. And the Queen ...what an outstanding speech this week. I am sure you would agree she touched us all with her words.

As your City Councillor I am here to help with any issues that the Council is responsible for; for example council tax, housing issues, planning or waste collections to name just a few.

If you need advice with any of aspects of the Council's work I can be contacted on email: chorrill@winchester.gov.uk or by phone Home: 776844 /Mobile: 07710 067620.

Take care and stay safe.

Cllr Caroline Horrill



DO YOU KNOW WHERE THIS IS?

QUIZ

We are challenging everyone to have a look at the picture on the left, and guess where in the village this picture was taken.

Answers can be sent [here](#).

SOCIAL DISTANCING

Please bear in mind your distance when passing others if you are walking, cycling or running on narrow paths.

Thank you

HAIRY POT PLANTS

Hairy Pot Plants were delivered safely across the village. If you would still like to make a donation, please visit their website on

<https://www.kirtonfarm.co.uk/plants-for-people>

You can also make a donation in the village shop



CORONAVIRUS INFORMATION

The UK Government has launched a coronavirus information service on WhatsApp to provide official, trustworthy and timely information and reduce the burden on NHS services. Simply add **07860 064422** to your phone contacts and then message the word 'hi' in a WhatsApp message to get started.

Find out more [here](#).

PERSONAL SAFETY

Ladies please be mindful when running with headphones. There's been an incident in Winchester, so be careful.

CHILDREN'S MENTAL HEALTH

During this time, it's important that you take care of your family's mental health – there are lots of things you can do, and support is available if you need it. More information and guidance on supporting your family's mental health can be found [here](#).

DOMESTIC ABUSE

Sadly, there have been several news items recently about the difficulties some people are experiencing in their family relationships during this lockdown period. Advice can be found on the [Government website](#)



WHAT HAMPSHIRE COUNTY COUNCIL IS DOING

An email newsletter was sent out to Hampshire residents to advise us about what Hampshire County Council is doing in response to Coronavirus.

If you haven't received this email, you can read it [here](#).



HELPING OUT CHARITIES

As reported in the press the voluntary sector could be financially destroyed by the lockdown. All money raising events have had to be cancelled, even the "Big Issue" cannot be sold in the streets. This huge reduction in income will have a detrimental effect on the most disadvantaged in society with the homeless, seriously ill and families already struggling financially hit the hardest.

While the larger national charities will be helped by national campaigns in the media, local charities will continue to struggle without additional local support. So as a community we would like to encourage and collect donations for the smaller local charities.

Our initial efforts are to encourage and collect donations for Kirton Farm - The Hairy Pot Plant Company who kindly sent round so many beautiful plants that they could not bear to destroy.

Following on from that we would like the community to recommend those local charities that you feel need our support at this time. Please use this [google form](#) to anonymously recommend a local charity that you think the community of Sparsholt should support.

If anyone has any ideas on how we can have virtual fund raising events, using the technology we are now becoming more familiar with every day, the [Support Group](#) would love to hear from you.

#THANK YOU NHS

It was fantastic to hear everyone clapping and saucepan bashing last Thursday evening as so many of us showed our support for our wonderful NHS and essential carers – there were even some fireworks !

We urge the whole village to be out (but not breaking Government guidelines !!) at 8.00pm every Thursday to continue to show our support for those who take risks with their own wellbeing as they care for us when we need it.

Thank you to everybody in essential services!



REQUEST FROM THE SCHOOL

Sparsholt Primary School have requested that parents ensure that children do not enter the school playground at any time.

Could we also remind children of the social distancing guidelines?



KEEP AN EYE ON YOUR NEIGHBOUR

Sparsholt is a great place to live, we really do care about each other.

It is, though, worth reminding ourselves that there will be some villagers who are being really good and staying at home, and so we may not see each other too often.

It's worth taking a moment, when you go out to shop or to exercise, to check on a Neighbour if you haven't seen them in a while, give them a call – it might just bring a smile to their face.

BEFRIENDING SERVICE

There are a number of support services out there if you are an older person and feeling lonely as a result of the lockdown policy and just want to chat, either through regular one-to-one chats or as part of a conversation group.

- The **Independent Age Telephone Befriending** service that regularly connects you over the phone with someone who cares
- The **Silver Line Telephone Friend** service that connects you with someone to have a weekly chat to in the comfort of your own home: **0800 4 70 80 90**
- The **Silver Line Circles** connects you to a group where people with shared interests can discuss topics that interest them: **0800 4 70 80 90**
- The **Help Hub** is an online therapy service offering free 20-minute sessions aimed at people who are self-isolating or struggling, with therapists across the UK.

PALM CROSSES

Palm Crosses are available for everyone in the **Church Porch** – please safely help yourselves



SPARSHOLT COMMUNITY SUPPORT GROUP

Contact details:

Contact phone number for requests for support – 07595 967259

Contact email address for volunteers and requests for support - supportgroup@sparsholtparish.org

Newsletter Co-ordinator – Danielle Kleingeld at supportgroupnews@sparsholtparish.org

Volunteer and At Risk Lists Co-ordinator – Jane Kempton at supportgroupvar@sparsholtparish.org

Sparsholt Parish: <http://www.sparsholtparish.org/>
 Sparsholt Shop: <http://www.sparsholtshop.com/>
 Downs Benefice: <http://www.downsbenefice.org/>