

Sparsholt Community Support Group

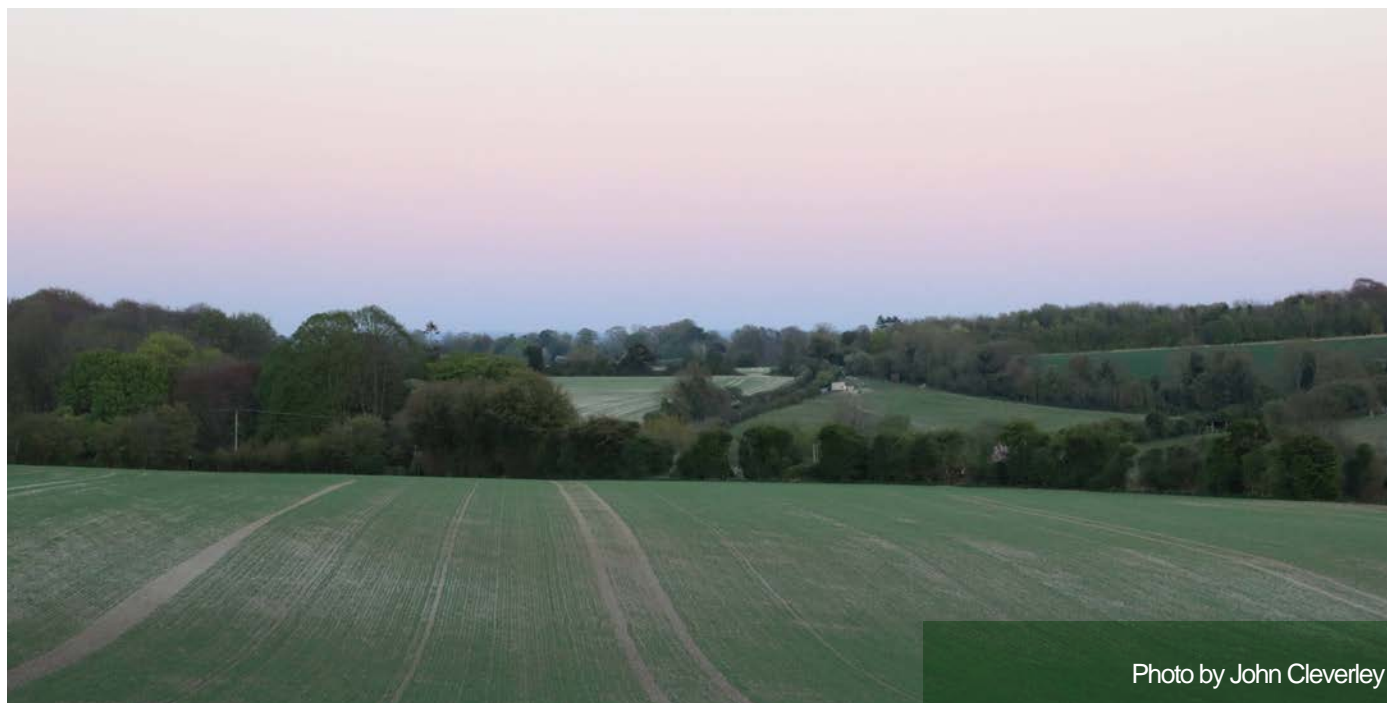


Photo by John Cleverley

AN UPDATE ON THE WAY OUR FANTASTIC VILLAGE HAS COME TOGETHER TO SUPPORT OTHERS

You'll recall we asked for volunteers to come forward to be available to help fellow villagers who found themselves needing a hand. Typically this might mean taking shopping to them, probably from the village shop, or perhaps collecting medications from the pharmacy and delivering it to them. Currently, **86 people have volunteered** to be on our list – how brilliant is that !! The significant majority of volunteers are mobile and are happy to be out and about, but helpfully some are happy to help out from their home, perhaps for a supportive phone call or to monitor our email address.

When we are asked for support, usually either via our Support Group email address or via the Support Group phone, we get in touch with the volunteer network to see who can help. We have email addresses for **84 volunteers for requests for help** that are not so time sensitive. We have **72 volunteers on the WhatsApp distribution list** and the phone is monitored all the time for more urgent requests. It is fair to say that we have not had that many requests so far but we have found someone to help out within a minute when we have been asked thanks to the willingness of the volunteer network to help.

We know of 17 people identified by themselves or were identified by a concerned relative or friend as being at higher risk either having requested to be added or nominated by someone. All but 2 are living with another family member. This is helpful as we try to keep an eye out for those being particularly vulnerable.

We are keeping in touch with the more distant parts of our community and are pleased to report they are all managing quite well with more localised WhatsApp groups being set up and people helping each other with for example shared shopping and diy tool swapping.

Thank you for your support at this difficult time – what a great place is Sparsholt!

If you'd like to help, please get in touch – details are at the bottom of the Newsletter.

If you need a hand at any time with anything or want to bring someone who might need a hand to our attention, do get in touch and we will endeavour to help or to find help – again, details are at the bottom of the Newsletter.



TAKE AWAY OR COOK CHALLENGE

We are challenging all readers to answer one (or both) questions below:

1. Name a great take away that is delivering hot meals to Sparsholt that you would recommend to others?

Or

2. Provide a recipe for the most creative use of stockpiled (sorry store-cupboard) items. The shop might have a preference for flour-free recipes as the recent demand for flour has soared. Photos and tasting notes would be a bonus.

If we get enough answers to question 2 we may even try to pull together a Sparsholt Parish Inventive Covid-19 Encyclopaedia of Recipes (ok that may be an exaggeration but it makes a neat acronym) book and get it published.

COVID SUPPORT WINCHESTER CITY COUNCIL

WCC have created a special update to share the work the council is doing to support all of those who live and work in our district, and ensure you have the best sources of information to answer some frequently asked questions regarding the impact of Covid-19 in your own towns and villages.

This document contains information on a whole range of Council services and has been made available on our website [here](#).

We would particularly like to highlight:

Hantshelp4vulnerable

A new helpline for frail or vulnerable residents who do not have help from friend or their community. The number 0333 370 4000 is available seven days a week, from 9am to 5pm.

Household Waste

Weekly collections will continue to take place, and residents are asked to put out their bins before 6.15am on the collection day. We are also encouraged to disinfect bin handles

Bonfires, BBQ and DIY

Winchester City Council are asking us to be considerate of our neighbours, and not to burn garden or household waste. Please check wind direction when lighting a BBQ.

Bonfires can have an adverse effect on the people that are at home who are susceptible to the side effects of inhaling smoke due to respiratory illnesses like COVID-19.

Local Elections

All local elections are deferred until 2021.

VE Day Celebrations

Celebrations due to take place during the bank holiday weekend of 8-10 May are being postponed until the weekend of 15-16 August.

WINCHESTER BASICS BANK

Winchester Basics Bank provides emergency food and clothes to individuals and families in need and aims to make appropriate resources available to the maximum number of people at their point of greatest need.

The Winchester Round Table are bringing out Santa's Sleigh to make door-to-door collections on behalf of the Winchester Basics Banks, in various locations around Winchester over the next two weeks.

Although Santa will not be present, as he is self-isolating, his elves will be out and about (following Government advice and guidelines, of course).

Unfortunately, Santa's Sleigh won't be visiting Sparsholt. But you can still donate when you do your shopping.

Please see the leaflet at the end of the Newsletter for more information on items urgently needed.

SIX-YEAR-OLD BOY WITH SPINA BIFIDA RAISES MORE THAN £186,000

Frank Mills, from Bristol, only started walking 18 months ago and struggles to complete even short distances. He was inspired to raise money after seeing Capt Tom Moore walk 100 laps in his garden in Bedfordshire.

The Money will go to NHS Charities Together - an organisation that supports health service charities.

His mother, Janet Mills, said: "When Frank saw Captain Tom on TV, he said, 'I want to do that'. "So we took his walker outside and chalked up 10m on the pavement.

"He was very enthusiastic and shouted at one of the neighbours to sponsor him, so we set up a JustGiving account for friends and family

<https://www.justgiving.com/fundraising/franksfinishlinefundraiser>

"We cannot believe how people are responding."

As well as having spina bifida - a condition where a baby's spine does not develop properly in the womb - Frank was also born prematurely at 25 weeks

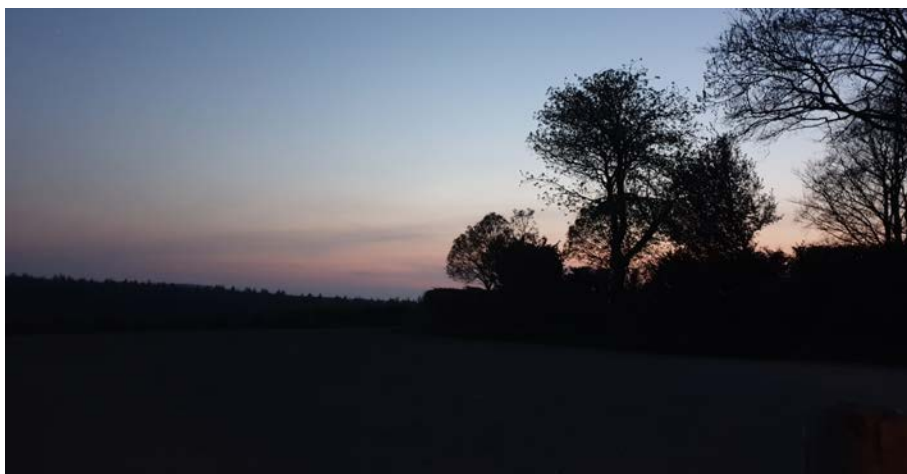


Photo by Alastair Barron

BONFIRES

There have been a number of incidents involving bonfires in the village recently.

Could we please ask everyone to consider your neighbours, and refrain from lighting any bonfires during this time.

ANDOVER MIND

People with Dementia and memory problems may be especially vulnerable during the Covid-19 social distancing restrictions. Although the charity is named Andover Mind, they actually provide a service to help across Hampshire. Please see the leaflet at the end of the newsletter.

RIDDLE ANSWERS

1. A Bank
2. A Clock
3. An Umbrella

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/>



We would be particularly grateful for donations of the following items:



- UHT milk,
- tinned veg & fruit
- pasta sauces,
- rice (bags and microwave pouches)
- tinned potatoes/mash



- Washing up liquid
- General purpose cleaning spray
- Non-bio laundry tablets
- Shopping bags (new or used)
- Nappies (esp size 5 & 6- part used packs welcome)

We are unable to accept home-made items, opened items, alcohol or items past their use-by date nor medicines/supplements or razors.

We do not accept children's clothes, but are in need of adult clothes (not coats). We are particularly short of men's jeans/jogging bottoms, T-shirts (small/med) and NEW underwear, shoes/boots.



In order to minimise social interaction, if you wish to make a donation direct to Milland Rd site please can you do so between 9.30-10am and 3-4pm on a Tue or Fri.

Our donation points in Tesco, Sainsburys and Waitrose are emptied regularly by our volunteers.

Thank you for your support. We will endeavour to update FB as our needs change, but are unable to reply to individual queries about our needs.



We're here for you



Our doors may be closed but we're still open.
Our friendly and supportive staff are on hand Monday to Friday 9.30am - 5pm.
Leave us a message outside these hours and we'll be in touch.

Well-being

We offer advice, information and support to help you manage your mental well-being. Get in touch if you are feeling anxious or distressed.

Phone: 01254 332297
Email: mind@andovermind.org.uk

Carer Support and Dementia Advice

Providing advice, information and support to carers and people with dementia and memory problems. Contact us if you have any concerns.

Phone: 01254 332297 (option 3)
Email: enquiries@andovermind.org.uk

Providing services across Hampshire

