

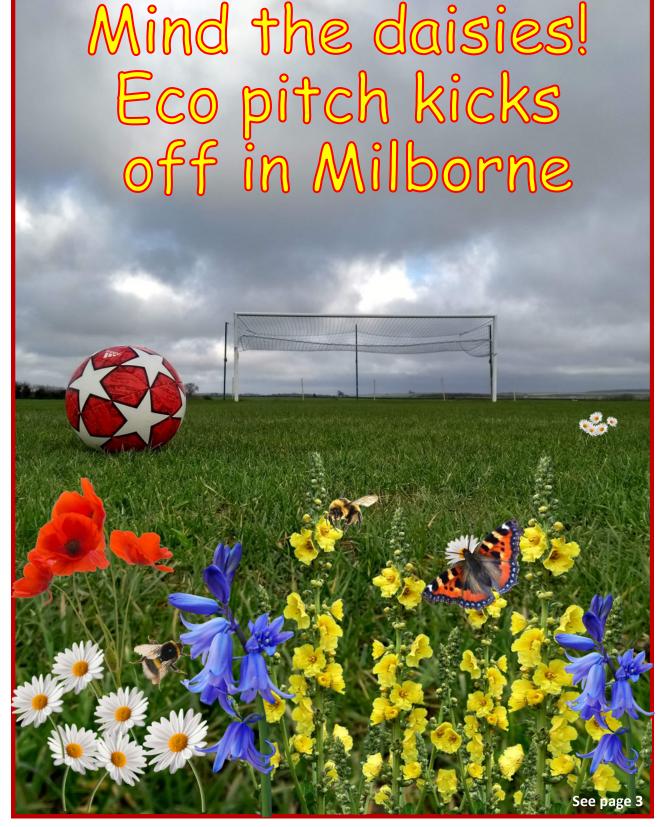


News and Views from around the area

Volume 12 Issue 4

April 2020

www.milbornestandrew.org.uk/reporter facebook.com/MilborneReporter



Lady Driver & 6 Seaters Available Airport & Cruise Terminal Specialists Wheelchair Accessible Service

## 01258 456136 www.kenskabs.co.uk travel safely in our hands

Outward Hounds Pet Care & Walking Services Companions for your friend. Peace of mind for their people.



- Your local professional dog walker, 60 minute walks
- Comfort and Companion visits for Dogs, Cats and Small Animals
- 📽 Pet sitting, tailored Pet Care

Fully Insured - Pet First Aid – DBS - Member of PDWA

PHONE: 07900 207796

EMAIL: outwardhoundspetcare@gmail.com FACEBOOK: Outward Hounds Pet Care & Walking Services, MSA.

### Advertise with the Milborne St. Andrew Reporter

Distributed to approximately 500 homes 11 times each year Full page £210.00 p.a. / £42.00 per issue

Half page £147.00 p.a. / £26.00 per issue Quarter page £78.50 p.a. / £13.50 per issue Eighth page £52.50 p.a. / £7.50 per issue Back page £375.00 per annum

Community events at the Milborne St. Andrew Village Hall, half page or less free of charge, other community events in Milborne St. Andrew at half the above rates for half page or less, all subject to availability.

Advertising copy MUST be received by the 14th of the month

msa.reporter@yahoo.co.uk

### VILLAGE LUNCH

To be held at the Village Hall on Saturday 25th April from 12.15 to 2.00pm

Wine (£1.00 per glass) or fruit juice Chicken and leek pie, mashed optatoes,

carrots and peas, rice pudding and ruit puree Mints and rottee or tea Vegetation option available 27.00 per head Prior booking essential by Monday 20th April

*Everyone welcome young and old alike* Tickets and more information available from Josie Wright 839090 or Jenny Balcon 837121

### Disclaimer

THE views expressed in the *Reporter* are not necessarily those of the editorial team. Also, please be aware that articles and photographs printed in the *Reporter* will be posted on our website and so are available for anyone to access.

The *Reporter* is not responsible for the content of any advertisement or material on websites advertised within this magazine.

### **Please note**

Please ensure that your anti-virus software is up to date before e-mailing. Copy should be sent as a Word (or other) text file and do not embed pictures, logos, etc. into the document. Photos should be sent as separate .jpg files. Do not send articles as .pdf.

All these things may seem small to you but it does make all the difference in time saved later.

### Your **Reporter** Team

Janet Allen, Linda Constant, Pete Constant, Carole Fornachon, Heather V. Hogg, David Payne, Ed Richards, Jo Whitfield, John and Josie Wright Advertising: Ed Richards 01258 837907 (07843 018007) Advertising renewals: Pete Constant 01258 839246 (daytime) Distribution: Janet Allen 01258 837551 Editor: David Payne 01258 837700. Assistant Editor: Jo Whitfield

Treasurer and photography: Heather V. Hogg 01258 837392

Copy for the next issue MUST be received by mid-day 14th April

Enquiries and copy to: msa.reporter@yahoo.co.uk

E-copy as .docx or .pub files, pictures as .jpg files please. Paper copy to any of the team Articles in this issue were submitted before the Government's latest guidelines, events will more than likely not be going ahead. Please get in touch with clubs and organisations directly to find out availability.

### FA selects Milborne to trial 'meadow pitches'

MOST of us are now more attuned to our surroundings and the need to use less, recycle more and conserve our wildlife in an everchanging world that is affected by climate change. But football has been lagging in this area, with high-consuming footballers playing on pitches mown to within a millimetre of their lives, at grounds that serve oxtail soup in polystyrene cups. (The vegan pies in compostable wrappers at Forest Green Rovers a rare example to the contrary). But football is about to get its green house in order.

Milborne Sports Club is at the forefront of a new environmental scheme introduced by the Football Association that aims to bring wildflowers on to the playing field. In a bid to make players, spectators and the wider public aware of the importance of wildlife habitat for pollinating insects, parts of the pitch will be 're-wilded'. Patches of the playing surface will be left to grow longer and encourage wildflowers to thrive to give habitat and food to our native insect species and pollinators, such as bees and butterflies.

Britain has over 20,000 football pitches so it seemed only a matter of time before the governing body of the nation's game would tap into this resource potential. Disused pitches have been known to be turned over to flower meadows but the FA wants to put butterflies and bees on the field of play for maximum impact and commitment to wildlife. About 15% of the area of the pitch will be sown with a wildflower-rich mix of native grass seed, which will include wild campion, bluebells and devil's-bit scabious. MSA Sports Club was selected by the FA to be the first ground in the country to premiere the initiative as it is seen as a forward-thinking, environmentally-aware club and also having a highly regarded pitch. It will definitely change the look of the pitch, making it more aesthetically pleasing, and

subtly alter the way in which the game is played.

Under the new FA regulation, players are instructed to tread lightly - if they have to at all - on the less manicured areas of the pitch to preserve the plant species and insects. It's thought that it will change the method in which teams play, with players avoiding the rough areas or chipping the ball over them, which are spread at different locations around the pitch. Near the corners of the pitch are to be meadow patches which will have an impact on short corners and will give a different meaning to 'kicking the ball into the long grass'. Referees are to be given new powers to penalise players that they deem have flouted the new rule. The men and women in black are to carry a third card in their shirt pockets - a green one to go with the conventional yellow and red cards. On showing a green card to a player that has bashed the buttercups or pulverised the poppies, the referee sends the offender off for a minimum of twenty minutes. In addition, the player shown the green card will be required to wear a giant bee suit whilst standing on the touchline as a form of penance and visibility to spectators and other players that he hadn't behived himself.

It is a coup for the Sports Club to be the first football pitch in the country to be involved in the FA trial, which is going to be rolled out in a nationwide programme over the course of the spring. Richard Lock, chair of the Sports Club committee, said that it is an exciting time for the club. "At the end of the day, we're over the moon to have this opportunity to showcase our green credentials and be in the floodlight of the FA's environmental push. But I haven't broken it to Malcolm the groundsman yet though." Replanting of the new meadow pitch areas is set to take place on the morning of Wednesday 1st April.





### Cutting my carbon footprint – Food

FOOD is not an easy one – you can't reduce your food intake and yet it accounts for a quarter of the world's greenhouse gas emissions. Food is rarely labelled with its carbon footprint – the only one I know is Oatly (440g  $CO_2$  for each kilo). With a lack of information, it's difficult to know what to do.

For years now I have mainly eaten as much organic as availability and finances allow. This has been because of the effect of agrochemicals on our environment and I also prefer to limit my intake of man-made chemicals (there speaks a chemist). But is organic better for my carbon footprint? Well there is no fertilizer to be mined/produced and transported and the soil retains more carbon with organic farming. But, as always, it's more complicated: productivity is lower, and that extra land could be used to grow trees. I am continuing with the organic.

With the lack of carbon footprint labelling, I tried to find out which alternatives are best. For example, is it best to buy dried or tinned beans (chickpeas, kidney beans etc.). Tinned beans use more energy in packaging and transport but probably about a tenth of the cooking energy compared to at home – making them the clear winner. Does the same apply to ready meals which probably also use up the wonky vegetables? I have no idea. I try not to become obsessive!

We have all heard that we will need to eat less meat in the future – that was probably going to happen even without the climate emergency as meat takes around 15 – 20 times as much land for the same amount of nutrition compared to beans. And as Mark Twain said about land: 'they're not making it anymore'. Not all meat is the same – it takes seven times as much energy to produce a kilo of beef compared to a kilo of chicken – an amazing 70kWh which is enough to drive my car to Liverpool! It also uses a lot of water and cows give off methane, a very powerful greenhouse gas.

I haven't stopped eating meat, but now only eat good quality local meat (where possible) as a luxury around three to four times a month. Lamb/beef from grass fed animals is far better than those (even organic) fed on soya/corn shipped here from the Americas. A lot of the UK grassland is too poor for other crops and the animals fertilize the land putting back some carbon – even so, the carbon emissions are higher than for other foods.

I have also cut down my dairy consumption – I was probably eating far too much cheese anyway. For cooking I use milk alternatives (oat and hemp milks have the lowest emissions) but I still prefer milk in my tea (delivered in glass bottles by our local dairy). I was found to be low in vitamin B12 although my wife was fine with the same diet. You have to be careful if you reduce your meat and dairy consumption. I now take a supplement.

Food waste is also an important factor – I think I've always been pretty good at not wasting food, a trait inherited from my mother who grew up in the 1930s. Now I just Google everything left in the fridge and find a new recipe – serendipity has thrown up some nice dishes. Also, the waste has to go into the council collection or a compost heap. In the general waste landfill, it will decompose without air (Anaerobic) leading to the formation of methane.

Of course, the best thing is to grow your own – my fingers are not green, so I manage only some tomatoes. The apples and brambles do well on their own. Respect to all you allotment owners.

I can't not mention drink. Transport is the major factor for wine – it can be better (emissions wise) for a New Yorker to buy French Bordeaux (shipped by boat) than Californian wine (shipped by lorry). In Milborne St. Andrew we all have to drink wine from Langhams and Badger beer! We now make our own sparkling water with only a fifth of the carbon footprint compared to bottles.

I'm not sure that I have changed my eating habits so much (mainly less meat and dairy) but I have become more aware of how these everyday actions have an effect on the planet.

Next month - Stuff

Andy Mott

### COVID-19 (Coronavirus) – Self Isolation Assistance

THE Coronavirus is changing things for us daily, and I am sure that by the time this article has been printed the picture will look very different from when it was written two weeks ago with many villagers self isolating.

This is a global pandemic with widespread fear growing rapidly, but it is also a time when communities come together! We are seeing that around the country groups are forming to offer assistance to anyone in self isolation and Milborne St. Andrew residents have stepped up!

You should all have by now received a leaflet through your door advising we have a group of volunteers set up to offer assistance and many of you may now have made contact.

If you are reading this article and have felt you could do with some help "*but don't want to bother anyone*" then you must be assured that a phone call in the first instance will not be a bother! People volunteer because they want to help.

You may need a prescription dropping off or collecting, a letter posting, some shopping done or your four legged friend may need walking. I am sure there will be some things we haven't thought about but we are here to help if we can.

I am co-ordinating the list of volunteers and am the single point of contact which should allow the system to be managed efficiently, and will allocate a volunteer to assist with your needs. How everything works will be explained on the phone depending on your request.

We have a few caveats which will ensure the safety of both yourself and the volunteers:

We cannot come into your house and help with household chores and no medical advise will be given.

I am in daily contact with volunteer groups in surrounding villages and medical professionals who are jointly assisting in delivering a service that works, but is safe and hopefully efficient. Please don't hesitate to make contact

#### Sandie Sach 07825 880807 or 01258 837033

#### Email Sandiesach@btinternet.com

If there is no reply then please leave a message with your name, address and the number you would like to be contacted back on. Sandie

### Bingo madness at the Wednesday Club

YOU don't have to be mad to come to the Wednesday Club but sometimes it helps!!

On Wednesday 4th March, we met at the Village Hall to play Irish Bingo. For the uninitiated (like most of us were) everybody has a game card and stands up, sitting down as a number that you have on your card is called, the winner being the last person left standing. Luck that day was quite definitely with the Wright family as John won three times and Josie once and the luck rubbed off on the others at their table as they each won once, eventually a few others in the room got a look in!

Our next meeting is at 2.00pm on Wednesday April 1st (this is not a Fools Day joke) when our very own Pam Shults will be giving a talk and demonstrating the benefit of hand massage, one of them being to ease the pain of arthritis.

On Wednesday May 3rd we will be going to Holme Garden Centre for a cream tea and some retail therapy, We will be taking numbers at our next meeting but if you are unable to attend then but would like to join us for the Holme visit please call Jenny on 837121 or Ian on 837459. We will be arranging car sharing for this trip. *Lis Watts* **The last two events have now unfortunately been cancelled** *Ed*  THE BENEFICE OF PUDDLETOWN, TOLPUDDLE AND

MILBORNE WITH DEWLISH



PART OF THE CHURCH OF ENGLAND IN THE DIOCESE OF SALISBURY

### Easter Joy

Last month, I received a lovely surprise. I went to my favourite café in Dorchester to discover that the owner had left two bunches of tulips on my table as a random act of kindness. That gift brought me much joy, and I'm now planning my own ways of bringing some light into the lives of the people around me. It doesn't have to be expensive to do this - it's the thoughtfulness behind the gesture that says the most.

Easter is one way of God showing joy and brightness to the world. The resurrection shows the power of life over death and light over darkness. God's goodness will always be stronger than the negative forces in our world and beyond.

It is all too easy to get bogged down with the things that make our lives hard and focus on them; somehow at difficult times they seem to push out the more positive things, even to the point where we can forget that all lives have good things in them too – we just have to open our eyes to them.

Jesus faced the darkness of betrayal, abandonment and crucifixion. For his disciples at the time, it must have felt on Good Friday and the days beforehand as if all their hopes had died along with their friend and teacher.

But three days later, everything changed. God's gift of life could not be overcome by death, and the resurrection completely turned things around for those early followers. Hope was restored, a future emerged, joy abounded and lives changed.

But this was not just for the first disciples. More than two thousand years later, people still experience the power of the resurrection, the light in the darkness, the life that is stronger than death.

True love and true light only have meaning if there is the possibility for the opposite. Love is not love, if it is merely an automatic response over which we have no say. My gift of flowers meant something because it was a thoughtful act not a robotic gesture.

Many people question why God allows suffering and doesn't stop every famine, flood, murder and dark act. But they forget that one of the greatest gifts we have been given is the choice as to how we live our lives: choosing love or hate, light or darkness, greed or generosity. Human beings have a lot to answer for: one group of people starve while another throws food away; we concrete over the earth so that water has nowhere to go; people choose violence rather than peace.

In the midst of the evil of the world, the resurrection reminds us that ultimately what will remain is love and joy and peace. These things will never be overcome by the darkness.

Happy Easter and Best wishes

Sarah

### Milborne St. Andrew news

'WHY are you supposed to give things up in Lent?' someone asked me recently. Lent is the forty days after Ash Wednesday, when Christians remember the forty days Jesus spent in the desert being tempted by the devil. This period leads up to the most important days in the Christian calendar - when Christ was crucified and rose from the dead - Easter.

Jesus spent this time in the desert without food and initially Christians fasted in Lent. These days we prepare for this holy time with prayer and giving up something that is important to us, chocolate, gossiping, the internet, or our precious time.

At St. Andrew's Church in Milborne we celebrate an extra service in the church for Lent, every Thursday at six o'clock, Compline. This simple prayerful service dates back many hundreds of years and is led each week by a member of the congregation.

Sarah Hillman, our vicar, is running two lent courses, one recommended by the Archbishop of Canterbury is using the book, 'Saying Yes to Life'; we are studying the story of creation and how we need to care for our beautiful world. She is also running a course in Puddletown using the book, 'From Now On' where we contemplate doubt, prejudice and temptation.

Lent is a thoughtful time of prayer and realisation of how very blessed we are with this amazing world we inhabit.

So, whatever we give up for Lent, we try to come to Easter more focussed on our place in the community and where our voices and hands are needed. Josie Wright



Services in the Benefice of

9th April – Maundy Thu 6.00pm Holy Communior 7.00 Agape Supper rin 10th April - Good Frid 3 10.00am Good Friday S Topuddle

r C Ctions hymns, praye 12noon Good Friday Puddletown 2 hymns, pray

ers, reflections Messy Chitch Milborne 4.00pm Good Friday 0

Easter Holy Communion

Hab Tommunion

Holy Communion

**D** Village Hall Good Friday service **O** hymns, playels, reflection Dewlish 6.00 reflections 12th April – Easter Dy 8.15am 1662 Said Ester Cenmuni Puddletown

> Tolpuddle Milborne Puddletown Dewlish

ish Conmunion 62 Morning Prayer Tolpuddle Milborne risk Communion + APCM Puddletown ollowed by Obring-and-share lunch n Ily Service Dewlish δ Go Fourt

Tolpuddle Milborne Puddletown Dewlish

#### **MQRNING PRAYERS**

9.30

9.30

11.00

11.00

9.30

11.00

11.00

26th A

9.30an

9.30

11.00

11.0

19th April

9.30am Pa

Easte

East

Ρ

Monday to Thursday 8.15am; Saturday 9.00am Monday - Puddletown Wednesday – Dewlish Saturday – Puddletown

Parish Communi

2 Merning P

rish **So**mmun

Tuesday – Milborne Thursday – Tolpuddle

#### **Church Contacts**

ayer

on

Vicar Sarah Hillman 01305 848784 E-mail: sarah.c.hillman@outlook.com Rev Rosie Coldwell 01258 839214

Churchwardens

Milborne St. Andrew Pam Shults 01258 837203

Dewlish Jim Burg 01258 837466 Sue Britton 01258 837218

#### **Benefice Office**

Emma Hughes puddletownbenefice@outlook.com or by telephone on 01305 849039

### **Dewlish Church Notes**

**Sports Club update** 

WE HAVE one more **Lent Lunch** in April, and that is on Thursday 2nd April at 12.30pm at Elm View, the home of Daphne and Jim. We would dearly love to see you!

On Saturday 4th April we are holding our **Spring Sale** (10.30am– 12 noon) at the Village Hall. This will be held alongside the normal Community Coffee Morning, and our stalls will include new items, cakes and produce, toys and books, Easter goodies, and a raffle. Of course delicious breakfasts and cakes will also be available as usual. We would be most grateful for donations of cakes etc. and gifts for the raffle.

We hope, once again, to hold the **Agape Supper** on Maundy Thursday (9th April) at 7.00pm in the Village Hall. This consists of a light meal, the reading of the Passion Gospel, and a shortened Communion Service. The meal costs £5 per person and any profit from the evening will be sent to WaterAid. Will you kindly let us know (Tel: 01258 837466) if you would like to join us, preferably by 5th April please.

**Lent Evening Prayer** continues in the church on 2nd April at 6.30pm.

The **Good Friday Service** is at 6.00pm, and will consist of hymns, prayers and reflections.

We look forward to seeing you on Easter Sunday at 11.00am for **Easter Holy Communion**. Our church always looks wonderful for Easter thanks to the beauty of the Easter flowers and our very talented flower arrangers. *Daphne Burg* 

### Quarter Peal in Memory of Tony Coldwell

WHILST attending Tony's funeral I thought it would be appropriate to ring a quarter peal on the church bells in his memory, and noticing that it would have been his 88th birthday on 23rd February, I thought it would be perfect to ring on that day.

I contacted my ringing teachers to see if they could arrange a band to ring, and we met at St. Andrew's church at 11.00am on Sunday 23rd February.

A full peal takes around three hours, whereas a quarter peal takes around 45 minutes.

Our quarter peal took 44 minutes and we rang 1,260 changes of Plain Bob Doubles. This meant following a pattern of bell changes with bobs called which modifies the sequence of changes.

Doubles means we rang on five bells, with the sixth, or tenor bell covering behind, or ringing in sixth place each time.

8-3-18 is the weight in cwt of the tenor (heaviest) bell and it is tuned to note A.

The ringers' names are listed next to the bell they rang, Jane on the treble (smallest bell) or firsf, and myself on the tenor or sixth. The ringer on the fifth was the conductor, calling the bobs, hence the (C) after his name.

1260 Plain Bob Doubles

- 1 Jane Pridmore
- 2 Nigel Pridmore
- 3 Robin J Mears
- 4 Robert Newton
- 5 R Nicholas Lawrence (C)
- 6 Emma Hughes

Emma Hughes and Robin Mears

#### Do you need a lift to church?

If you have difficulty getting to church or need transport when the Benefice Service is at another church, we can



arrange transport for you. Please contact Pam on 837203. NOTHING much to report this month apart from the fact that 420 sapling trees have been planted pitch-side alongside the footpath from Lane End and a metal storage container planted alongside the Pavilion to replace the old wooden store. Oh and unlike the VH report last month, we will be having to raise our hire charges.

The 420 saplings were part of a Woodland Trust initiative and together with the same number planted on the lower level So in



years to come we hope to see a native hedge all along our boundary. We were extremely grateful for the assistance given with the planting by Angela and Maureen and the three of us "enjoyed" а picnic break and a chat in one of the team shelters whilst also dodging a very heavy downpour. A BIG THANK YOU to you both.

The wooden storage shed needed to be replaced for a couple of reasons; 1. its state of repair and 2. to reduce

the risk to the pavilion in the event of an arson attack on the shed. (it would have given our insurance company an easy "get out"). The new metal container will be safer, drier and more appropriate and will be a bonus to our user groups such as the Busy Bees, the Beavers and local football team. A big thank you to John Martin Jnr and Barry and Carol Newton for this undertaking.

Unfortunately our prices have to go up to meet our ongoing running, conformance and insurance costs which continue to rise because of market forces and our pitch and pavilion hire fees are our only form of income. In addition to all this we have about six acres of Parish Council recreation space to manage (mow, weed control etc) and we were not included in the new community grass cutting contract. We were informed at the February Council meeting that if we just wanted our banks to the side of the main pitch and between the two pitch levels cut, it would cost us £270 per cut

We will do our best to keep any rise as low as possible but for a starter, to hire the Pavilion for a children's party will now cost £30 rather than the current £25.

We hope that you like what we are trying to do for you and will continue to support us. *Richard Lock* 



### Different jobs starting with builders at Ladybirds

THIS half term we are looking at different jobs that adults do. When talking to the children it became obvious that very few of the children had any idea what their parents do except "go to work". So, starting with builders, the children have loved constructing our Wendy house and then fix the roof or paint the inside. The role play has included our play tools, safety goggles and aprons (ex B&Q craft club). Then I remembered a house making activity from years ago when a nice man called John helped the children make their own little houses from wood. Who can recognise the children in the old photo? We didn't identify a nice person to help us with wooden houses this time





but we did make little houses out of card – with opening doors, as requested.

By the time you read this we will have had a visit from a fire fighter, an ambulance man and possibly a policeman and a musician. If any one else can spare half and hour or so and does a different job and is happy to come in to preschool please let one of us know – this all helps the little ones understand the world around them.

Other things we've covered this month – apart from playing in the rain! – is St. David's Day, painting, making daffodils and cooking welsh cakes. Dressing up for World Book Day and reading lots of stories. And most exciting of all was playing with a broken table! Our purple folding table's leg snapped and after the children tried to mend it we turned it over making a great slope for cars to go down. *Liz Dyer* 

## Milborne Ladybirds

Learning through play to help children achieve their potential

#### Opening times:

Monday & Tuesday 9.00 - 14.30 Wednesday, Thursday & Friday 9.00 - 13.00 Term time only. Minimum attendance 3 hours per day starting at 9am

### Rated GOOD again by Ofsted

"Children demonstrate an eagerness to learn, gain control and coordination in their physical skills and become confident communicators"

Ofsted registered no.217717

With highly qualified and friendly staff, we offer a high quality preschool experience for children aged 2 years to school age in Milborne St Andrew and the surrounding area

#### To find out more:

Call in to see us at the village hall or contact Liz Dyer (Leader) on 01258 839117; 07771 512427; liz@milborneladybirds.com Committee on secretary@milborneladybirds.com

www.milborneladybirds.com

Registered Charity no. 1087441



### MILBORNE ST ANDREW FIRST SCHOOL Learning together and having fun **SCHOOL NEWS**



Year 1 and 2 went on a village walk. The weather was kind in that it did not rain whilst we were out. The children litter-picked as they walked. We covered 4.6 kilometres in two hours and took lots of photos.



World Book Day on 5th March saw a variety of favourite fictional characters visiting our school. We had Captain Underpants, Mary Poppins, Gangsta Granny and many more.



One of our pupils brought in some owl pellets to investigate under the microscope.



#### **Trees for Dorset magazine article**

For part of the 'My Life, My Tree' project with Trees for Dorset, the children in year 1 have been finding berries and seeds with Pete Rothman (who is paid by Trees for Dorset for the project they do

here and at five other schools) and some other volunteers. Once they have been identified and drawn they are then planted in pots ready to go in our tree nursery.

The trees are grown on and when they are ready, the Year 4 children plant them at Bagber Farm (a site that we have used for the last two years). You can see from the photos that the weather was a lot kinder to us this year, than the horizontal rain we had last year!

A great time was had by all.









Potatoes chitting getting ready to plant The Robins class has started their potatoes chitting, ready for planting out.



### **CONTACTS**

If you require any information about the school, including admission details, or would like to arrange a visit please contact the school office Headteacher: Mrs Sharon Hunt School Secretary: Mrs B Hosford FOS Chairman: Marie Chappell and Natalie Dennis Chair of Governors: David French

e-mail: office@milborne.dorset.sch.uk

website: www.milborne.dorset.sch.uk Tel: (01258) 837362

Fax: (01258) 837170

## **GRASSBY FUNERAL SERVICE**

Still a family run business, serving the local community since 1861

**Office and Chapel of Rest 8 PRINCES ST**, DORCHESTER Tel. 01305 262338 (24 Hours)



MEMORIAL MASONRY Memorial showroom at 9 Princes St, Dorchester

### www.grassby-funeral.co.uk

### RASSIC 0 M P U T E С

Golden

Charter



Call Darrell Hounsome or Lee Thompson for jargon free, patient, friendly computer help for home and business users.

computer people

Whatever your computer problem, call us... we can help!

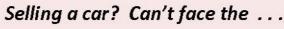
01305 755668 Repairs • Servicing • Sales • Training • Virus Removal

> Email: info@jurassic-computers.co.uk Web: www.jurassic-computers.co.uk

Are you ready for a new PC or Laptop? If so, come and see us. We offer a complete service and will guide you through the whole process. We can supply, update, set-up and then transfer your documents/emails from your old system. We will give you the benefit of our combined 37 years experience gained whilst working for Kingston Maurward College in Dorchester.

PROSPECT HOUSE, PEVERELL AVE EAST, POUNDBURY, DORCHESTER DT1 3WE







We buy cars, bikes, campers and vans for cash at a time to suit you. Trading in elsewhere? We can usually offer more ... Halcyon Motors, now based in Milborne St. Andrew, is a small, friendly business and we will happily come to you. Impartial advice comes free!

Buying? Visit www.halcyonmotors.co.uk to see "warts and all" descriptions and photos of our current stock. Warranties with all cars. Part exchange welcome. Call Don MacLeod 01258 839209 or 07782 189555 (Mon - Sun, 8.00am - 9.00pm)

### Have you met ... Andy Mott

ANDY Mott's career, which began with a child's chemistry set in his bedroom in Southgate, North London, (setting fire to his desk whilst manufacturing gunpowder) spanned over thirty years in various laboratories. He was foremost a designer and maker of novel molecules and later of scientific software.

As the youngest of three brothers, all high achievers, Andy

distinguished himself early in his education, receiving school colours for chess, the team winning the Enfield Cup. This entitled him to wear a special tie, to the amusement of the sporty. Following his BSc in Chemistry at Birmingham University, he decided (lazily) to stay and work there for his doctorate. He worked on novel chemistry of fluorocarbons but often fixed lab equipment something he enjoyed.

Having met his wife, Cate, when she was Chair of the University's Post Graduate Association and he the Treasurer, they married the day after he had handed in his thesis in 1981. She studied Social Sciences, receiving an MPhil.

With his new PhD he went to the US to undertake postdoctoral research, firstly a year at The University of North Dakota, Grand Forks. He talked of his work on antiviral agents for HIV. Of the newlyweds' move to Dakota he paints a bleak but vivid

picture of many acres of potatoes, an Air Force base with missile silos, temperatures of -20°C with a wind chill factor of -100°C. One of their passions was ice hockey and he was happy to queue in sub zero temperatures from 5.30am using his student card to get tickets.

They then moved to the (slightly) warmer University of Minnesota, Minneapolis and he gained an international reputation built on research into new methods for making trisulfides. He produced a compound found in garlic, a paper on which he later presented at a conference, on 'Voice of America,' and had published in various newspapers and *New Scientist*. The method was used in peptide synthesis (work pioneered by Nobel laureate Bruce Merrifield). During that time in Minneapolis he wrote many publications, receiving a week's holiday for each one! This enabled the couple to visit 46 US states and six Canadian provinces by car (and old tent).

Returning to the UK he worked at 3M in Harlow, as an organic chemist working on photographic chemistry, work curtailed due to the growth of digitalisation. During his working life he created many novel chemicals, two of which were used commercially, one piece of software and 23 patents.

After the Harlow lab closed, the family moved to Sweden and Andy returned to drug discovery with the much-merged company Pharmacia and Upjohn in Stockholm. He has had many titles: Organic Chemist, Medicinal Chemist and Laboratory Informatician.

Andy is admiring of the Swedish way of life, lack of ageism and of consensus-working leading, he believes, to a very productive workplace. He speaks of the Swedes' total dedication to tasks in the workplace, rarely making friends within but maintaining long-term friendships once established. There is a more equal gender balance in society generally. Couples keep their finances separate with not a joint account in sight! Learning the language for him happened partly by osmosis. He says working alongside and hearing it daily he found it 'seep(ed) in'. But, importantly, he feels that it is impossible to understand the culture of any country unless you learn their language. He also was impressed by the Swedes' attitude to the environment based on their much closer link to 'the Nature'.

However, with many major changes at work there were redundancies every year, the ethos changed and a decision was made



to return to England. He comments that he only had three different jobs and yet worked for twelve companies!

After decades as a freelance editor, Cate had newly qualified as a teacher of English to foreign residents (inspired by experience of living somewhere and not being able to speak the language). On their return from Sweden they settled in Milborne St. Andrew 2006/7, Cate working

at Bournemouth and Poole College.

Their son, Giles was 12 when the family uprooted from Hertfordshire. He attended an International School, but returned to the UK to do his A levels and obtain a degree from Oxford Brookes. He'd been captivated by a Swedish physiotherapist while in Sweden on vacation and moved back there on graduating. He is now settled in Stockholm with Anna and their 18-month-old daughter. This requires regular trips to Stockholm for Andy and Cate, usually by motorhome.

When he moved to Milborne, Andy was working for a small Swedish company. Putting the lab behind him, he worked on the software he had helped develop at Pharmacia. He joined salespeople (often using Skype), demonstrating the software's benefits to potential customers. So training, testing, documenting and developing new features also became part of his working day until the firm was bought out by an

American company and he moved solely into technical sales. After another take-over, by a large French company, the bureaucracy became demoralizing and he decided to retire in 2018.

This brief resume gives a clear picture of Andy's flexibility and ability to think 'outside the box'.

Settling in Milborne St. Andrew has been dominated by the long struggle to renovate their house, the fourth he will have completed. His sister-in-law's grandfather bought it and its neighbour for £50 when the Debenham estate was sold off during the war. Walls, floors, roof and overall structure were stripped back and renewed. In the process he discovered a well dating back to the 1700s and removed 120 bags of straw from the loft! I understand there is still a great deal of work to be done. He has settled happily here, acting formerly as the Church's Treasurer and now influential columnist on the *Reporter*, keeping us all informed on matters eco, he continues to contribute to the community. *Carole Fornachon* 

### News from Milton Abbas Neighbourcar

MILTON ABBAS Neighbourcar is continuing to provide a service to our clients although it is noticeable that demand has significantly reduced. This is due to hospitals cancelling non urgent outpatient appointments and the surgery conducting many more telephone consultations.

While many of our drivers (most of whom are, of course, over 70) have decided not to drive while we are asked to socially isolate and to keep our distance from others (two non related people sitting in a car is not ideal), a sturdy few are continuing to drive patients to their destination.

Those same few drivers are also supporting Milton Abbas Surgery by undertaking as many prescription deliveries as the surgery would like us to carry out – free of charge!

We wish all our clients a period of safety and wellbeing while the country comes to terms with the dramatic effects of Covid-19.

Nigel Hodder (Transport Coordinator)



### COLIN J. CLOSE FUNERAL SERVICE

A family run business, serving the local community of Blandford and surrounding villages

www.close-funeral.co.uk



Office and Chapel of Rest Peel Close, BLANDFORD FORUM, DT11 7JU email: info@close-funeral.co.uk





From **Monday 20th April**, Dorchester-bound buses will stop at a new location - in the layby adjacent to the telephone exchange, which is opposite Crown Court. Buses heading for Blandford will continue to stop outside the Post Office.

Village Hall NEW BUS STOP LAYBY OPPOSITE CROWN COURT

POST OFFICE

OLD BUS STOP OPPOSITE MILTON ROAD

## Milton Abbas Surgery

Google

With the weather getting (slightly) warmer and the evenings lighter, it must mean that the run of Spring Public Holidays are heading our way. Please note that we will be closed on the following dates:

> Friday 10th April (Good Friday) Saturday 11th April Monday 13th April (Easter Monday) Friday 8th May (May Day/VE Day) Saturday 9th May Monday 25th May (Spring holiday)

For out of hours care or advice during closures, please call 111. In the case of an emergency, call 999.

The surgery is now starting to support patients with 'social prescribing'. Social prescribing gives people time to focus on what matters through shared decision making or personalised care and supported planning. Social prescribers connect people to community groups and agencies for practical and emotional support.

Social prescribing particularly works for a wide range of people, including people:

- with one or more long-term conditions
- who need support with their mental health
- who are lonely or isolated
- who have complex social needs which affect their wellbeing.

There is emerging evidence that social prescribing can lead to a range of positive health and wellbeing outcomes for people, such as improved quality of life and emotional wellbeing. It also may lead to a reduction in the use of NHS services. If you feel you may benefit from this kind of support, please speak to reception. *Gillian Brindle* 



## Heathcote House GUEST ACCOMMODATION Tel: 01258 837219

Heathcote House is a lovely Grade II listed guest house right in the heart of Milborne St Andrew. We offer a warm welcome and friendly service, all rooms have king size beds, en-suite bathrooms and are tastefully refurbished to a very high standard.

- Aga cooked breakfast served in the conservatory under an old grape vine.
- Guests drawing room with big comfy sofas and log fires in the winter.
- A secluded garden with delightful seating areas.
- The perfect place from which to explore Dorset's unspoilt countryside and famous Jurassic coast a few miles away.

Heathcote House, Milborne St Andrew, Dorset DT11 0JG. Website: www.heathcotehouse.co.uk



### Chris Perrins Chimney Sweep

Solid fuel stove installer



Flue relining Fire place alterations Chimney repairs Cowls fitted 01258 837449

07824 698109 csweep.co.uk cfperrins@gmail.com



CONTRACTOR

www.hustingselectrical.com office@hustingselectrical.com Office: (01258) 837385 Workshop: 839052 Mobile: 07973 574 215 or 07549 380 217 New Services / Traditional Values

Call or Email us with your requirements.

## Hustings Electrical Ltd.

### New Plumbing and Heating Division

All your plumbing and heating needs catered for, from new installations of gas, oil and electric flow boilers, servicing, repairs, safety certification / landlord checks to pumping solutions, showers, heat exchangers and underfloor heating. All repairs from leaks to dripping taps and replacement parts.





### The Home Library Service in Blandford needs a local volunteer coordinator – could this be you?

Are you a keen reader? Can't bear to be without a good book? Then you'll understand how important it is to be able to carry on reading, even if you can't get to your local library.

We are looking for a volunteer to join and lead our team of

volunteers at Blandford Library, coordinating the service with support from the Service Manager and Library Staff. A clean driving licence and use of a car are essential. Training and support will be given, and expenses paid.



Interested? Please contact Maria Jacobson, Royal Voluntary Service Manager Dorset Home Library Service, on 01305 236666 or e-mail maria.jacobson@royalvoluntaryservice.org.uk.

### **Round Robin Ramblers**

#### The local villages walking group

WALKS are normally held on the first Sunday and the third Wednesday of each month. Please join us as we enjoy exercise, good company and the wonderful Dorset countryside. Any questions, please feel free to contact Ian Bromilow, 01258 880044.

#### Sunday 5th April – 2.00pm Wareham Forest

Meet at the forest car park close to Stroud Bridge. Grid reference: SY 886916 on OS Explorer Sheet OL15 (approx. 4.5 m es

### Wednesday 15th April – 11.00am Maiden Newton and Cattistock

Meet at St Mary's Church, Maiden Newton, God reference: ST 596979 on Explorer Sheet 117 (approx. 6.5 miles). Bring a packed lunch.

### Sunday 3rd May – 2.00pm Tarreyt Rushton and Ashley Wood Meet near the church in Tarrant Sushton, off B3082 Blandford to Wimborne road. Grid reference: \$1 938058 on OS Explorer Sheet 118

(approx. 4.5 miles)

#### Please note:

Who	All welcome including well-behaved dogs and their responsible owners. No pre-booking required just turn up.
Wear	Suitable clothing for wet conditions and location, walking boots or Wellington boots.
Bring	Waterproofs and refreshments (packed lunch on Wednesdays).
Pace	We go at the pace of the slowest.
Terrain	Expect mud, inclines and stiles.
Aim	Keep fit, enjoy the Dorset countryside and each other's company.
Legal	We look after one another but in the end you are responsible for yourself.

### 'Fighting Poverty' at the March WI

NELDA, our treasurer, took us through the DFWI budget for the year ahead, gave us ample time to read and consider it, and asked for a show of hands to pass, it was passed unanimously. Thanks to Nelda for her painstaking work; it is always much appreciated.

There are a number of group events coming up in the next few months; we will be hosting the summer walk, and June has offered the use of her barn as the start and finish of what should be a good event. As with all coming events, we are in the hands of the coronavirus and will take advice as directed.

We had to cancel a fund-raising coffee morning and 'bring and buy' on Thursday 19th March at Josie and John Wright's house and also a pub lunch at The Royal Oak on Monday 30th March.

We met at Angela's house for our Book Club meeting to discuss Tara Westover's memoir, '*Educated*'. This is a story of one girl's battle against diversity and her upbringing in a remote dysfunctional family in Utah. The majority of us thought it one of the best books we have read and we enjoyed a light-hearted discussion and get-together, as always. Next month's book is '*The Stopping Places*' by Damian Le Bas, his account of a journey through Gypsy Britain.

Our speaker, Gail del Pinto, is passionate about her work with Blandford Food Bank. The statistics make for salutary hearing: since 2018 they have helped over 14,000 families, and in the last two months alone 238 such families. Gail explained how the process works, how the parcels are distributed and how each one should strive to be nutritionally balanced. Their work is aligned with that of the Trussell Trust, a national charity which works to end the need for food banks and which supports a network of over 1,200 such centres, providing emergency food and compassionate practical support to people in crisis. They constantly urge politicians from all parties to protect people from hunger and campaign long and hard for change to the issues which lock people into poverty.

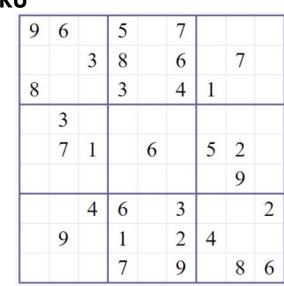
We were told that the spread of coronavirus and the resultant panic buying means that our food banks are running out of staple items, and Gail stressed how just one small donation on a regular basis can make such a difference to their work. Her talk gave us a lot to think about, and we thanked Gail for giving us an insight into this invaluable work.

As a reminder, donations continue to be welcome at our WI meetings, at St. Andrew's Church, and at local supermarkets.

Our annual meeting and beetle drive on Thursday 9th April has had to be postponed. *Pat Bull* 

### SUDOKU

Fill in all the squares in the grid so that each row, each column and each of the 3x3 squares contains all the digits from 1 to 9. No prize, just a bit of fun.



### **Community Contacts**

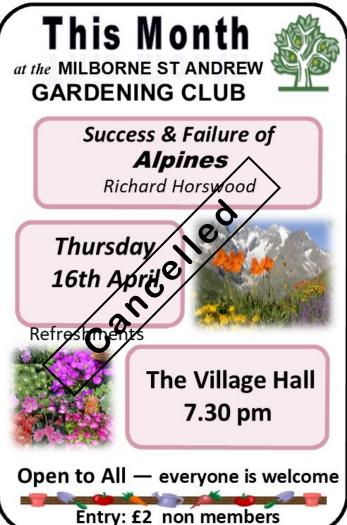
### Please let the *Reporter* know if any of these details change

More information about many community organisations can be found on www.milbornestandrew.org.uk

#### COUNCILS

	DUNCILS				
Dorset Councillor Parish Council – Dewlish Parish Council – Milborne St. Andrew	Emma Parker Clerk: Sandra Sims Chair: Andrew Booth Clerk: Wayne Lewin Chair: Richard Macnair	01258 881631 01258 837132 01258 837284 07419 136735 01258 837912			
Floods A354 problems contact t Dorset Direct dorsetdirect@dorsetcc.gov.uk v reportroadproblems	03001 235000 01305 221000				
Environment Agency Floodline South West Highways hello@sw Wessex Water Sewerage Floodli MSA Flood Warden, Non-Emerg	03459 881188 01404 821500 03458 505959 01258 839060				
Gener	al – Adult				
Moonlight Swing Band M.A. Neighbourcar Wednesday Social Club Women's Institute	Gillian Pink Nigel Hodder Sheila Burton Lesley Clarke	01305 260731 01258 470333 01258 839033 01929 471732			
GENER	al — Youth				
Milborne Ladybirds Scout Group Under 5's Group – The Busy Bees Youth Club age 8 – 13 years	Liz Dyer Sam Elliott Glaire Tudge Joanne Miller	01258 839117 07873 762035 07970 734162 07940 017577			
F	POLICE				
Police – Non-emergency contact Community Beat Officer Safer Neighbourhood Team Home watch Co-ordinator	t PC Dave Mullins PC Dave Mullins and PCSO Luke Goddard Richard Macnair	101 101 101 101 01258 837912			
SCHOOL					
Milborne First School Headteacher: Chair Governors: Friends of School co-Chair:	Sharon Hunt David French Marie Chappell and Nat	01258 837362 talie Dennis			
SPECIA	al Interest				
Bellringers Bridge Group Cribbage Dog Training Behaviour Food and Wine Club MSA Allotment Society Chair:	Pip Bowell Laurie Benn Peter Anthony Natasja Lewis Rose Frost Joy Robinson Anna Cullen	01258 837329 01258 837720 01258 837089 07896 275357 01258 837921 01258 837661 01258 837143			
Secretary: MSA Gardening Club Milborne Players Round Robin Ramblers Tai Chi Village History Group	Sally Dyer Roy Sach Ian Bromilow Brian Burton Pam Shults	01258 837061 01258 837033 01258 880044 01258 839033 01258 837203			
Sport					
Abbey Swimming Club Archers – Crossways Athletics – Information Badminton Circuit training Cricket – Dewlish Pilates (school) Football – Veterans	Pat Cowan Sheila Ryall David Pearson Bruce Dyer Grace Martin Elaine Kellaway Claire Barratt Paul David	01258 880601 01258 837504 01258 837057 01258 839117 01305 213885 01258 837696 07703 648869 07841 506839			

Football – Under 14s					
Manager/coach	Andy Brown	07427 503373			
Treasurer	Simon Buckingham	01258 839122			
Skittles – Dewlish	Simon Ross	01258 837606			
Sports & Social Club	Chairman: Richard Lock	01258 837929			
·	Bookings: Richard Lock	01258 837929			
Tap Dancing for Adults	Kevin Selby	01305 250386			
Tennis	Rich Hawker	07393 309037			
Yoga (at school)	Sue Chapman	01305 848053			
Yoga (at Sports & Social Club)	Saira Francis	01258 880505			
Yoga (at Village Hall)	Sarah Ryan	01258 839230			
VILLAGE HALL					
Dewlish					
Chair:	Bernie Cosgrove	01258 837152			
Booking Secretary:	Margaret Groves	01258 837617			
Milborne St. Andrew					
Chairman:	Pam Shults	01258 837203			
Booking Secretary:	Alison Riddle	01258 837148			
HEALTH					
Bere Regis Surgery		01929 471268			
Milborne St. Andrew Surgery		01258 837383			
Milton Abbas Surgery		01258 880210			
Puddletown Surgery		01305 848333			
NHS for non-emergencies		111			
Patient Voice Secretary	Nigel Hodder	01258 880229			



### Community Events Diary

Add your event to this diary by contacting the *Reporter* – tel: 01258 837700 or email: msa.reporter@yahoo.co.uk

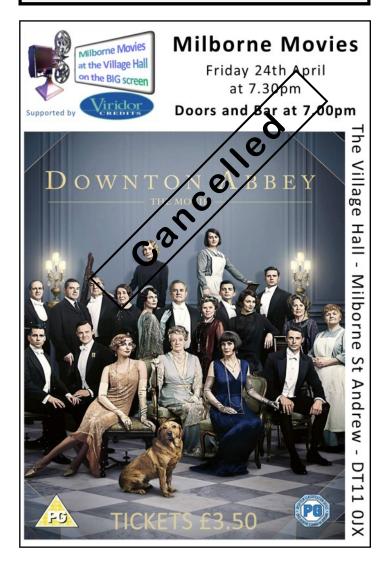
April **Tuesday 14th Reporter deadline** – send copy and photographs by mid-day via msa.reporter@yahoo.co.uk or give to a member of the team. Team members can be found on page two. It is really helpful if you send it in 9pt black and do not use underlining, UPPER CASE formatting (even for heading) or include any tables or graphics. Photos should be sent as separate .jpeg files.

> Now would be a good time to write a story for publication in the Reporter, tell us how you have managed during the past month.

At the time of going to press the following events in Milborne have all been cancelled

All church services, the church will be open during the day Badminton; Bridge Group; Circuit training at the school; Gardening Club; Ladybirds Playgroup; Milborne First School; Milborne Movies; Milborne Players; Round Robin Ramblers; Village Lunch; Walking Football; Wednesday Club; WI

In view of the current situation, the decision has been taken to cancel the 5th April, Palm Sunday concert due to be given by Canzonetta at the Church of St. John, Bere Regis.



### **Regular Bookings at the Village Hall**

Ladybirds Playgroup Monday-Friday 8.30am-1.00pm MH (term time only)

Beavers Monday 5.00–6.30pm MH (term time only) Players Monday 8.00-10.00pm MH ABC Line Dancers Tuesday 7.30-10.00pm MH Wednesday Club first Wednesday 2.00-4.00pm MH Zumba Wednesday 6.00pm MH Yoga Thursday 1.30-2.45pm MH Gardening Club third Thursday 7.30-10.00pm MH Karate Thursday 5.10–6.40pm MH Village Hall Committee every fourth Wednesday 7.30pm Women's Institute second Thursday 7.30-10.00pm Youth Club 8–13 years every other Friday MH (term time only) Village Lunch last Saturday of the month 12.15–2.30pm MH Artsreach Events – look out for the posters. Check Village Hall Notice Board for any other events that are one off for you to join in with.

### **Regular Bookings at the First School**

Pilates Monday 7.00–8.00pm (term time only) Yoga Tuesday 6.30–8.00pm (term time only) Badminton Wednesday 6.30–8.30pm (term time only) Circuit training Thursday 6.30–7.30pm (term time only)

### **Regular Bookings at the Sports & Social Club**

Kickboxing Monday evenings 4.45–5.30pm Kanga (guide ages 5–8), 5.30-6.30pm Stripes (guide ages 9-13), 6.30-7.30pm ladies class, 7.30-8.30pm all ages and abilities. Contact Nikki Rich on 07752 199409. Tai Chi Tuesday mornings 9.30am run by Geoffrey Bellinger. Local contact Brian Burton 839033.

The Busy Bees Under 5 Group from 9.30–11.30am on Thursday term time only. Contact Claire Tudge on 07970 734162.

Nightsabre Dog Training Behaviour and Rally Group. Tuesday mornings; Wednesday evenings; Saturday mornings. Contact details 01305 849221.

Yoga (Mellulah) Thursday (evening): Friday (mornings). Boxing style fitness Friday 12noon-1.00pm. Contact Nikki Rich on 07752 199409.

Ballet style fitness Friday 1.00-2.00pm. Contact Nikki Rich on 07752 199409.

Beavers Friday 5.30–6.45pm

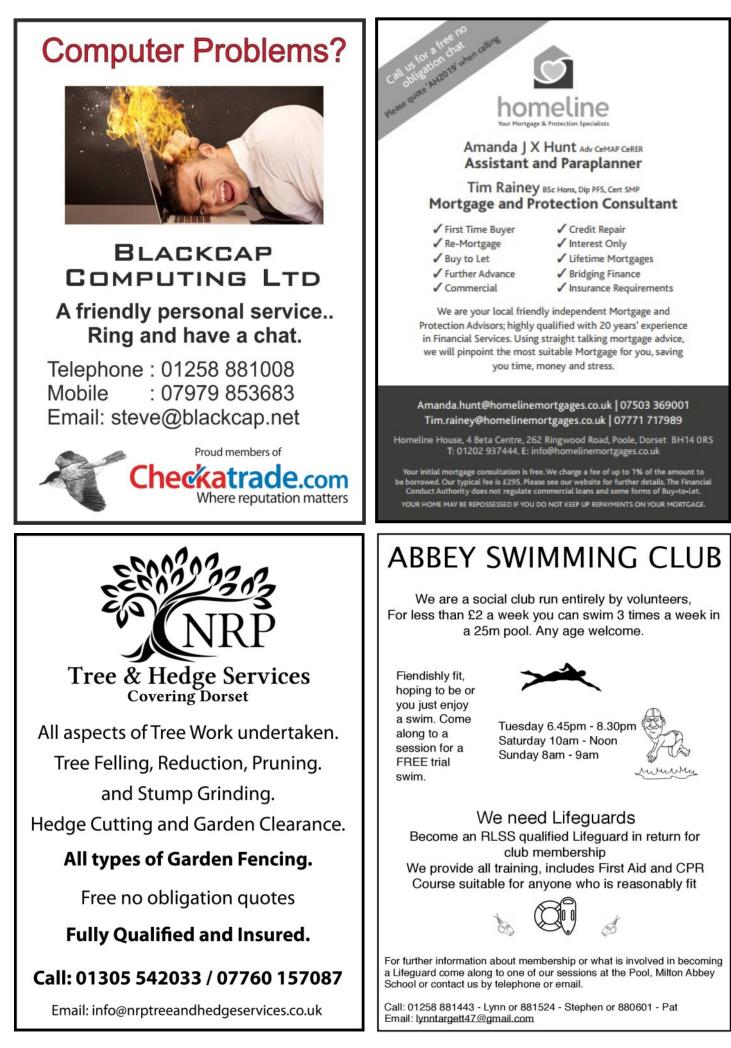
Private parties, birthdays, wedding receptions check online calendar. Check the Sports & Social online calendar on the village website for any other events you might be able to join in with.

### Milborne Movies Downton Abbey at Milborne St. Andrew Village Har Eriday April 24th

Doors and bar oper 7.00 or 37.30pm start

We are showing Downton Abbey! The Crawleys and their intrepid staff are preparing for the most important moment of their lives. A royal visit from the King and Queen of Ingland will unleash scandal, romance and intrigue that will leave the intrudient of Downton hanging in the balance. The film received great everys both from critics and 'ordinary' audiences. From two toriews: 'There is plenty of hymor and high spirits in this story and the acting

is excellent. The production values are first-rate' and 'it hits all the right notes. It's extravagant, rich and exactly what you'd expect on a trip to Downton Abbey



### Milborne St. Andrew Gardening Club – The highs and the lows of garden trees



IN February we enjoyed a wide ranging talk on garden trees, but the March and April meetings have had to be cancelled, and there is concern about our plant sale in May due to coronavirus.

On a happier note on 24th February about twenty of us enjoyed a successful meal at the White Horse in Stourpaine. *Mark Johnson* 





### **Milborne St. Andrew**

Swift stream, by olde name a bourne, This valley ran from ancient dawn, 'Fore mankind changed all nature's face, And left his footprint on this place.

Since once his mark is made then so, It shall with generations grow, Far rooftops cloaking meadows green, And God' small creatures little seen.

First came the Mill, and flour from corn, And thus the name in part was born, St. Andrews Church was builded then The village took that sign – amen.

And yet, in truth, as it now stands, Long settled midst these rolling lands, It joins with God's creations wide, Both home in hallowed countryside.

The Royal Oak, past years the inne, Where trav'llers would abide within Or local men might spend a night, With friends and ale the world to right.

From patchwork field or distant farm, Or modest hamlets wooded charm, And villages around that lie, The winding roads together tie.

Surrounding hills which watching keep Their vigil, while below sound sleep Good country folk, who now'days share Frail nature, and make her their care.

For like the Mill this wheel has turned, Mankind at least his place has earned, And now the farmer often may Be guardian of what once he slay.

And so in mill bourne, St. Andrew, There live some many from the few, Where hillock, wood and heaven's plan, Now show their peace to humble man. John Seymour



### Children bored at being at home with nothing to do?

Why not write a story, draw a picture, take some photos and send them to the Reporter

### Can you write a caption for this?

Send your suggestions to msa.reporter@yahoo.co.uk. No prize, just a bit of fun.

## JJ Motors

We are a local business Established for over 40 years Servicing, repairs and MOT work All makes and models Air conditioning specialists Full diagnostic facilities Free local collection and return

Contact: Ian Joyce 01258 881173 - 07789 724082 ianjoyce@hotmail.co.uk



<u>AGRICULTURAL – DOMESTIC</u> <u>INDUSTRIAL – COMMERCIAL INSTALLATIONS</u> <u>ESTABLISHED OVER 60 YEARS</u> <u>VAT NO: 185-883-509</u>

ALL ELECTRICAL WORK UNDERTAKEN FROM INSTALLATIONS TO MINOR WORKS INSPECTION AND TESTING REWIRING AND MAINTENANCE

GIVE US A CALL FOR A FREE NO OBLIGATION QUOTATION OR JUST SOME FRIENDLY ADVICE



Silver Linings Pet Care and Training Professional Service from a Veterinary Nurse Qualified Pro Dog Trainer

Fully Insured

Services Include:

🏶 Pet Care Visits in Your Home

🛣 Group and One to One Dog Walks

🔆 One to One Dog Training

🛣 Wedding Day Care and Training

and much more, see website for details

www.silverlinings.pet info@silverlinings.pet 07432 656 134



### COMPREHENSIVE AND FAST PICTURE FRAMING SERVICE

- Excellent choice of frames and mounts.
- Re-glazing, re-mounting and refurbishing of existing frames.
- Stretchers made to order in all sizes.
- Professional restoration of both oils and works on paper.
- Reflection-control and UV protective glass available.
- Trade prices for artists and galleries please enquire.

The Old School House

Tincleton, Dorset DT2 8QR T 01305 848 909 · M 07901 946 102

### Yoga in Milborne Yoga class on Thursdays in term time in the Village Hall, 1.30 – 2.45pm I also teach one to one in my home, whether your needs are for yoga as

therapy or meditation or a simple way of keeping yourself healthy.

For information ring

Sarah Ryan on 01258 839230

or email saryan6630@gmail.com Yoga teacher, trainer, therapist



<text><text><text><text><text><text><text><text><text><text><text>

### **Milborne History Group**

LAST month we had a fascinating talk by Sylvia Hixon Andrews curator of the Blandford Museum. We learned how the town grew up from the ford across the river Stour; Blaen-y-ford. The town became Blandford Forum in 1297 to distinguish it from Blandford St. Mary, Blandford Langton Long and Blandford Brian (now Bryanston). Of course it was the devastating fire of 1731 that gives us the town we see today. Starting in a tallow chandlery in Salisbury Street about 2.00pm by the evening most of the town was gone. Even the wooden water pumps had been burnt! John and William Bastard were from a family of architects, surveyors and builders and they were responsible for much of the rebuilding work. In the pavement outside the Corn Exchange is the inscription "Recipe for regeneration, take one careless tallow chandler and two ingenious Bastards". So next time you go to Blandford look above the shop fronts and admire the Georgian architecture.

This month we will be looking at Milborne through the newspaper articles of the 1800s. Come and hear about suspicious deaths, elopements, drunken behaviour and much more! It was all going on in Milborne! Wednesday 8th April at 7.30pm The Royal Oak skittle alley. All are welcome. Linda Wright

### Walking is good for you – Join our new walks from Puddletown surgery on 1st April

WALKING is a normal, everyday activity. It helps us to stay healthy and gives us energy. When walking our brains release chemicals that makes us feel good. Walking can help us cope with things like depression, stress and anxiety. And it is a great way to meet people.

We have teamed up with Walking for Health which is England's largest network of health walks with over 360 active walking schemes;



there are lots in Dorset. The walks are led by friendly, trained volunteers; they are not strenuous and will take no longer than an hour.

What do you have to do? Just turn up on the day! We will have a weekly circular walk from the surgery every Wednesday, setting off at 10.00am and returning to the surgery for a spot of refreshments after. And it's all free.

If you have decided to join us, please remember to wear appropriate footwear; the walks in Puddletown are primarily on pavements/lanes but do include footpaths that can be muddy after rain.

If you have any questions, please telephone me on 01305 848333 or drop me an e-mail: clare.stickland@dorset.nhs.uk. Find us online at https://www.walkingforhealth.org.uk/content/puddletown-healthwalks Clare Stickland Practice Manager

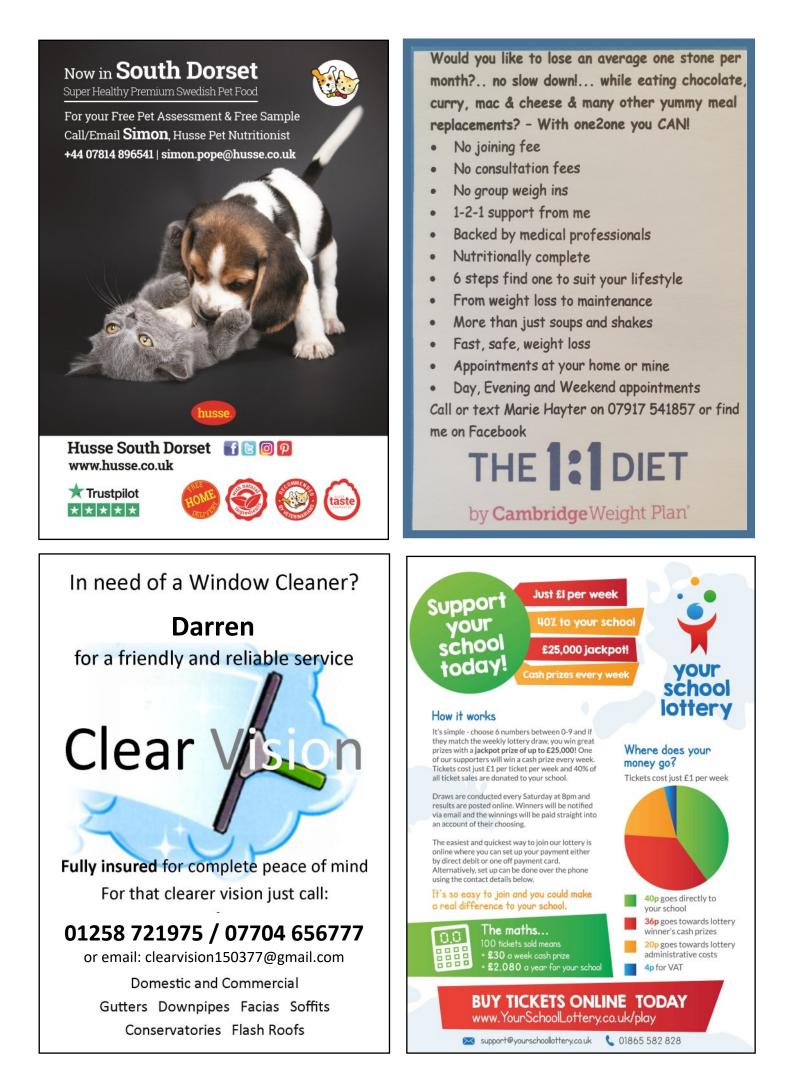


Holistic Therapies

Massage - Hot Stone Massage -Ear Candling - Indian Head Massage -Reiki - Baby Massage Instruction

www.Roka-Relaxation.com

Email: Balance@Roka-Relaxation.com Telephone: 07834 060662 ~ Milborne St Andrew



### An update from the Friends of (Milborne St. Andrew First) School

THE first quarter of 2020 has flown by and we have been hard at work coming up with fundraising ideas and ways to benefit our school's children.

Our first piece of news is that we are launching a lottery! This will be open to the whole community to take part in (see posters). We understand that people lead busy lives and cannot always offer support in person but a contribution of £1 per week through a lottery scheme is a fantastic way to show support for your village school, and potentially win a cash prize for yourself. If you would like to take part, just type this website address into your search engine browser: https://www.yourschoollottery.co.uk/lottery/ school/milborne-st-andrew-first-school and follow the instructions. It is very easy to set up but if you would like any further information or guidance on how to do this, please email msa\_fos\_chair@outlook.com or contact the School office and a member of the FoS team would be happy to assist you to set this up.

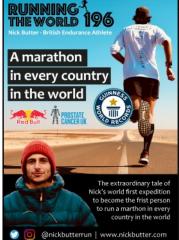


In other news, we hosted a children's second-hand clothing and cake sale which took place at the Sports Pavilion on 29th February and raised £140 for the school. Thank you to all those who donated clothing and came along on the day to pick up a bargain.

With World Book Day in mind, we organised and funded a whole school trip to Dorchester Library & Learning Centre, with the aim of encouraging the children who had not been to the Library before, to sign up, learn how libraries can be used and ultimately feel more confident about visiting in future. The children were shown how to check books in and out, how to search for books and the younger children were treated to a 'story time' by a member of staff. Shockingly, according to the National Literacy Trust "one in eight disadvantaged children in the UK say that they don't have a book at home" but "children who enjoy reading and writing are happier with their lives" so this was deemed a very worthwhile outing. (Source: https://literacytrust.org.uk/information/what-is-literacy/ accessed March 2020). Also in March, the School were visited by 'Marathon Man' Nick Butter, who has entered the Guinness World Record book for running a marathon in *every* country in the world; yes, all 196 of them! The children took part in an energetic bleep test and were enthralled by his tales of close encounters with wild animals, running while unwell and he even treated the children, staff and helpers to the pictures of his blisters!! Nick is releasing a book of his







adventures, which will be available to purchase in August, and will make for interesting reading.

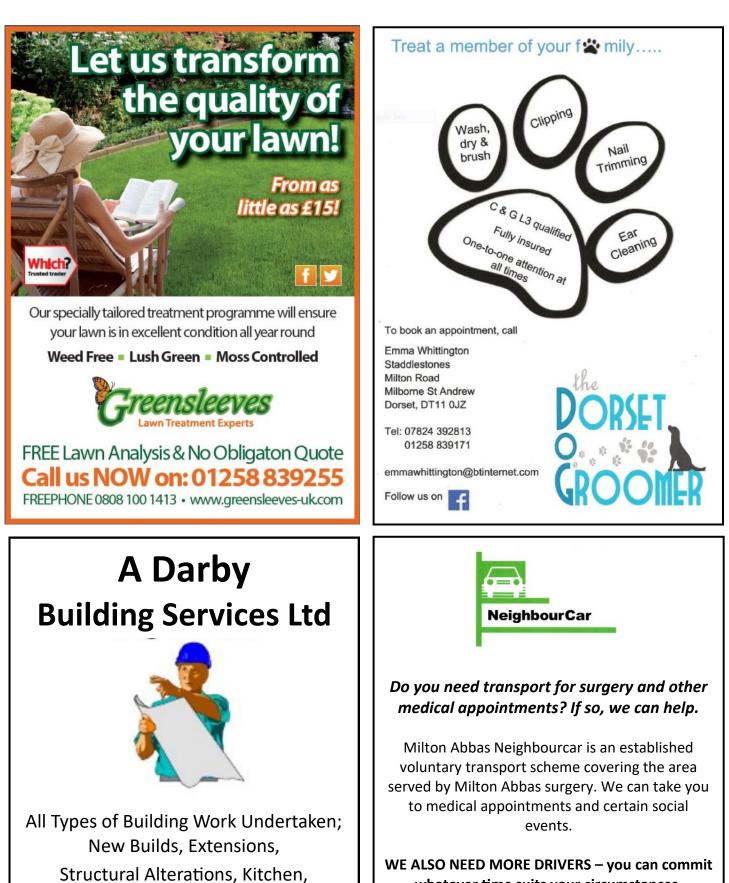
We look forward to announcing further exciting developments throughout the year.

I look forward to hearing whether our submission request has been successful. Many thanks.

Natalie Dennis Co-Chair, Friends of Milborne St. Andrew First School

## Advertise in the *Reporter* and get results

This publication relies on advertisers to pay for all production costs. If you reply to one of our advertisements, please mention that you saw it in the Milborne St. Andrew **Reporter** 



whatever time suits your circumstances.

*Ring 01258 470333 to register* or to obtain more information.

Local villages covered: Milborne, Cheselbourne and Dewlish

Bathrooms

Telephone: 01258 470151

01305 757162 Mobile: 07974 260938

Email: adbsltd@gmail.com

## Last PC meeting for foreseeable future

MARCH'S Parish Council meeting took place against the extraordinary backdrop of the Covid-19 virus, with councillors agreeing a number of proposals to help support the village. With seats for the public spaced two metres apart and a dispenser of hand sanitiser available at the entrance, the meeting was the last for the foreseeable future. Councillors discussed emergency measures for the council, which resulted in future meetings being cancelled until further notice. Consultation between councillors will take place via email, with decisions requiring the agreement of at least four councillors, or three plus the chairman. Council business will publicised on the PC website and Facebook, with a monthly column appearing in the *Reporter* as usual. Further guidance on planning decisions would be sought from Dorset Council.



Sandie Sach was present on behalf of the Milborne Covid-19 Community Support Group, which aims to provide assistance to locals in need in these unprecedented times of pandemic. She said it was early days for the group, which is liaising with volunteers and health professionals, so specific resources that were needed were still being assessed. Chairman, Cllr Macnair, thanked her for coming forward and said the Parish Council had already assigned £200 to the group to buy hand sanitiser gel, dispenser bottles and latex gloves, as well as paying for printing costs. Councillors agreed to increase the initial grant to £500, with the door being left open for the support group to return for further funds. There was discussion whether, in time, food would be supplied to those in need, although Cllr Smith said that national guidelines should be followed.

Hardship would also be felt strongly by the Sports Club, with all football fixtures cancelled, as well as the club's events diary decimated. Cllr Macnair said, "They're going to be absolutely hammered", after being left with no income. He stressed that the club had not approached the PC, but said that it was the "right and decent thing to do" to offer the club free rent for the quarter. He said that councillors will keep an eye on future developments with regard to further help.

High quality community arts productions were given a mini boost in the form of a grant of £100. Artsreach stages live music, theatre and children's events at the Village Hall but organiser, Sarah Ryan, was concerned by the cuts to funding by the new Dorset Council. The Parish Council agreed that the grant was good value for money.

The ground behind the allotments that had been set aside for "boisterous play" by village youngsters is to be strimmed in preparation for another season of use, although it was suggested from the floor that it had not been played on frequently.

Finances for the year end showed an income surplus of £1,172.38, although this did not take account of the £500 given to the Covid-19 support group and £100 for Artsreach. Ed Richards

#### Children we need you

Why not write a story, draw a picture, take some photos and send them to the Reporter – msa.reporter@yahoo.co.uk

### A Good Read **'Frankie and Stankie'** by Barbara Trapido



THIS is a funny and optimistic semiautobiographical novel written 17 years ago and is a departure from the author's usual style. To those of you who are familiar with her work the most prominent are 'Brother of the More Famous Jack' and 'The Travelling Hornplayer'. The title refers to two children's clowns attached in the middle each with their own head at opposite ends. It follows the birth and upbringing of two sisters in 1950's and 1960's Durban during a distinct tightening of apartheid laws. This makes it, at times, an uncomfortable read but rewarding in its perceptive, satirical

take on quirky and captivating characters. We focus throughout on Dinah and her preoccupations, mainly friends, clothes and food. Her Dutch/German family epitomises the vague, liberal guilt that many felt as whites whose lives followed fairly 'normal' lines in a time of great cruelty when gun happy Afrikan farmers sometimes shot their own black servants by accident. As one reviewer wrote "We are in the era of breathtakingly sadistic teachers, of callipers and polio and iron lungs, of liquid paraffin, Syrup of Figs and cock-a-leekie soup, a world of gingham, tapioca and rick-rack braid". It does detail the intensity of adolescence, Trapido's forte. It is full of light and shade, tragedy and comedy chronicling one of the darker passages of the twentieth century. Although ostensibly a novel it has an immediacy which keeps the reader thinking about it when not reading. It generates an ability to make you, the reader, remember smells, places, big baggy school knickers! It is written in the present tense throughout with a linear narrative structure. It is a reminiscence, a fractured series of vignettes insightful about the highs and lows of life for post WW2 emigrants to South Africa. Afrikaner Nationalists tighten the race laws and people are re-classified including one of Dinah's classmates who just disappears. Frighteningly, no-one asks any questions. I leave you with one of my favourite lines, what could be called a lunch break puzzle for Dinah. A classmate asks 'Would you rather have a native girl or a koelie to make your sandwiches?' But Dinah doesn't know because her father makes them. Carole Fornachon

## Summer comes early for the MSA Bridge Group

WINTER is now over so the Milborne St. Andrew social Bridge Group will be reverting to our summer schedule with effect from Monday 20th April. We will be meeting in The Royal Oak starting at 7.00pm every Monday evening so now would be a good time for anyone with an interest in finding out about bridge to make a start.

The aim of the group is to provide an opportunity to learn and/or improve your playing skills in a social and 'blame free' environment. There are currently around 10 members and generally around six to eight of us play each week. For anyone who has never played before you will be made very welcome and instruction will be provided. In fact, several of our 'regulars' had never played before joining the group and have enjoyed learning and improving their game. There is no charge for joining or playing.

If you would like to try something new or to improve your playing skills by regular practice and would like more information please contact me, Laurie Benn, on 01258 837720 or by email at laurie@benn.me.uk

I look forward to hearing from you.

Laurie Benn



Bedding & Baskets Vegetable Plants in Season

> Come and see them at: 12 The Rings, Milborne St Andrew Telephone: 01258 837386

PURBECK AERIALS SKY - SMART TV - WALL MOUNTED TV FREESAT - EXTRA POINTS RICHARD HARVEY 07976 222887 / 01929 553705 SAME DAY SERVICE FREE QUOTES - OAP DISCOUNT www.purbeckaerials.com ~I am local"

## What to do with those disturbing headlines!

IF you are getting your magazines and newspaper inserts in recyclable covers or just have a surplus of newspapers and you want to use less plastic in your gardening, this technique for making paper containers for seedlings can help you avoid having to buy new pots.



To make seed pots, cut the paper into strips 15cm wide and 30cm long, fold along one long edge of the paper then flatten out again. Place a drinks can in the middle and roll up tightly. Fold up the paper to make the base of a pot, pushing it into the indent in the base of the can. Gently remove the can by twisting it out. Refold the 1.5cm strip at the top of the pot to secure the paper into place. Fill to the brim with potting compost, firming it down on a hard surface to stop the base unfolding. Sweet peas planted this way can be very rewarding even if kept outside. *Carole Fornachon* 

### New freephone number for the Citizens Advice Consumer Service: 0808 223 1133

#### This is who to contact with consumer problems, where consumer advice is needed or if you want to report something to Trading Standards.

There is a new freephone number for residents to use to call the national Citizens Advice Consumer Service – this service is funded by central Government and is the first point of contact for any consumers needing advice on unfair trading, or unsatisfactory goods and services they have bought, or to report a matter to local Trading Standards, at Dorset Council.

This replaces the normal rate 03454 04 05 06 number, which will still work and carry an introductory message to invite callers to make use of the freephone number.

An adviser will answer your call as soon as possible, usually within a few minutes. Once you are speaking to an adviser your call should take an average of eight to ten minutes.

Calls are free from mobiles and landlines using the new number: 0808 223 1133.

More details on the Dorset Council website, Trading Standards pages: https://www.dorsetcouncil.gov.uk/business-consumers-

licences/trading-standards/trading-standardsconsumer-advice/trading-standards-consumeradvice.aspx .

#### citizens advice

To enable Trading Standards to investigate offences and intervene in appropriate cases, referrals from Citizens Advice are made electronically overnight or by instant call contact where required.

### Boosting your immune system

THERE are things we can all do to help ourselves, whatever the current state of our health. There has been much research in the last few decades to help us know what can boost our immune system – so that even if we get viruses and illnesses, we are in a better position to fight them off.

One thing is to drink a lot of water and eat simple foods, with lots of vegetables in our diet, and not too much sugar. This doesn't mean that we shouldn't enjoy our food – in fact, enjoying our food helps us get much more benefit from it . . . so 'a little of what you fancy', whether it's chocolate, sugar or alcohol, is fine for the vast majority of people. But if you are regularly drinking so much that your body has to cope with hangovers, or eating more than your body needs, then it is not able to do its job properly of letting you do what you want to do in your life.

Another thing is exercise – and walking is just about the best exercise for human beings. Most of us could walk more than we do. We in Milborne are fortunate to live in the countryside, where it should be possible for us all to walk without being too close to people, if that becomes necessary. There is a lot of research to show that being in the fresh air, especially around trees, or the sea, or water such as lakes and streams, really helps boost the immune system.

Yoga helps make people healthier, and the two most important things probably, in this respect, are the focus on breathing, and teaching people how to relax. If you can slow down your breathing a little, breathing fuller and deeper, but (and this is crucial) without any strain, then your body benefits and your mind does too – you feel calmer and clearer. You can combine this with some slow simple stretches, to give the lungs and organs more space – particularly important if you spend a lot of time sitting down.

Relaxing consciously is so helpful because it is when we relax that the body can repair itself: when we are fearful, the body-mind goes into the stress response – the opposite of the relaxation response which helps the immune system. Instead, the body and mind think they need to get ready to fight or to run away – so the body diverts resources from the organs which help the immune system, to the arms and legs – great if you are being chased by a sabre-toothed tiger, not so helpful for combatting many modern stressors.

So one of the most important things is to not give into fear and panic. When you find yourself feeling anxious or fearful, try thinking instead of something that makes you feel happy and strong and safe: do this often and it gradually will change your thinking – and your health. Sarah Ryan

### **The Herbert Protocol**

WHEN a person goes missing, it is very distressing for family and friends and can be even more worrying when the missing person has dementia.

Local Police are encouraging carers and family members of people with dementia to use the Herbert Protocol scheme. The Herbert Protocol is a simple process to help the police in their search for people with dementia who go missing.

By completing the Herbert Protocol form and building a profile of the person with dementia when they are safe, it will help give the carer or loved one peace of mind and speed up the police search if they should ever go missing.

The initiative is named after George Herbert, a war veteran of the Normandy landings who lived with dementia. He died whilst 'missing', trying to find his childhood home.

If you believe a person has gone missing and are concerned for their safety complete the 'missing now' section of the form which can be found on the website below. Call the police on 999 and tell the police operator that you have a Herbert Protocol.

For more information visit www.dorset.police.uk/herbertprotocol/

Deadline for the next issue is mid-day 14th April. Send your stories and pictures to msa.reporter@yahoo.co.uk

## Woods Funeral Services

Providing a caring service since 1878

### Independent Funeral Directors

Memorial Specialist

24 Hour Personal Service

Prepaid Funeral Plans

Pauline J Guy Dip FD MBIFD Allan Quartermaine Dip FD LMBIFD



Visit us at: 11A Icen Way, Dorchester, Dorset, DT1 1EW Call us on: 01305 250425 Fax: 01305 250625 Email: enquiries@woodsfuneralservices.co.uk Website: www.woodsfuneralservices.co.uk



## **Barry Bright**

### Carpenter and General Builder

FREE ESTIMATES Local builder for last 30 years All building works undertaken Extensions, All carpentry and roofing Repairs, Maintenance Hard landscape, Fencing, Brick Pavior Drives Kitchens, Bathrooms Double Glazing, Conservatories, Carports and all plastic cladding Also decoration work undertaken

Telephone: 01258 837042 Mobile: 07787551256 Greenacres, Dorchester Hill, Milborne St. Andrew Blandford Forum, Dorset DT11 0JQ

### Digital Champion's bright idea helps Barbara switch and save

A LADY from Dorchester has benefitted from free digital sessions on how to change suppliers online and has managed to save over £450 a year on energy bills with the first switch.

Barbara Scanlon went online at Dorchester library under the guidance of her local volunteer Digital Champion Mike Watson. She visited a price comparison website and worked out that with just a few digital moves she would be over £40 a month better off.

Mike has been helping her master a range of digital skills to do household bills and chores online such as paying Council Tax, setting up insurance, joining a loyalty discount scheme, using email, printing and using price comparison sites.

Mike said: "All Digital Champions are able to help you master the skills to do these essential households tasks online and a whole lot more. Don't waste time and money, just book a slot to see your local Digital Champion and we will help you every step of the way. It won't cost you a penny."

Digital Champions work in communities, usually in libraries, one-toone with people to help improve their digital skills. They are volunteers who enjoy using computers and have the patience and enthusiasm to show others how to benefit from being online, in this case how to save money.

To get help from your own Digital Champion and find out how much you could save, please call us and we will put you in touch with your nearest Digital Champion.

Call now 01305 221048.

### Milborne Players –pause after pantomime

WE were delighted by the enthusiastic audiences we entertained at the pantomime. Thank you so much for your support. The Players are emerging after pause to clear up after the Pantomime. We are reorganising our storage and most importantly choosing our summer production. We plan to go ahead if possible. Put the dates in your diary 26th and 27th June – title to be announced.

Much more importantly, come and join us! With a few more members we could be much more flexible in what we present. We need actors but also back stage workers and front of house helpers.

Meet us on Mondays in the Milborne Village Hall at 8 o'clock. Do come and meet us to help you decide what role might suit you. Our AGM is planned for 20th April, 2020, in the Hall. [**This is now cancelled.**]

Auditions for the summer play will be coming soon. Jo Coetzee is our Chairperson, she loves to chat 01305 853162.

### Free arts activities for people living with dementia or mental health conditions

FREE creative activities are on offer to vulnerable people in Dorset as part of a pilot scheme.

My Creative Life is an innovative new programme set up by The Arts Development Company to bring free arts experiences to those living with dementia or mental health conditions.

The programme gives a choice of different creative activities for people to take part in outside of usual day care settings.

The events and creative workshop courses aim to combat isolation and loneliness, lack of confidence, low self-esteem, anxiety and depression.

Find out more and see who's eligible for these free workshops and arts experiences at http://theartsdevelopmentcompany.org.uk/my-creative-life/.

By 2025, 10,100 people aged 65+ will be living with dementia in Dorset.

During the course of a year, almost one in four of us in the county will suffer from some form of mental health condition.

### Oil well planned near Milborne

AN application for an oil well close to Basan Hill has been made by South Western Energy Ltd. (SWEL). Dorset Council has extended the deadline for its decision until the end of April as it requires the energy company to supply further information, including details of ground water protection, climate change mitigation and answers to a number of wildlife species' concerns. The application is for a single vertical well for oil production, which includes a twelve week test phase and the building of both test and production sites.

The company's desktop analysis of historical records has indicated that hydrocarbons are present, and SWEL's planning application seeks to allow up to 25 years of oil production. The oil would be transported by eight tanker movements per day to Fawley oil refinery, on Southampton Water from the site, which is accessed by farm track from near the Basan Hill roundabout.



Figure 4: OS Map of the Location of the Puddletown Pilot Production Wel



Proposed view of production site

Concerns have been raised about infiltration of watercourses by the development, especially since Devil's Brook, a tributary of the River Piddle, is 150m from the site. However, the company has said that they will adhere to Natural England's current guidelines for Devil's Brook. Dorset Council (DC) has requested further details from SWEL regarding ecological effects, including concerns about barn owls, Great Crested newts, bats, dormice and hedgerows. Puddletown Parish Council rejected the application on environmental grounds and noted that DC has declared a climate emergency.

To view the application, see orlo.uk/A92Am

Ed Richards

View the Reporter each month in colour at www.milbornestandrew.org.uk/Reporter/index

## Award winning lawyers by your side

With an approach that makes the complicated simple, we work side by side with you to ensure you receive the best advice and results.

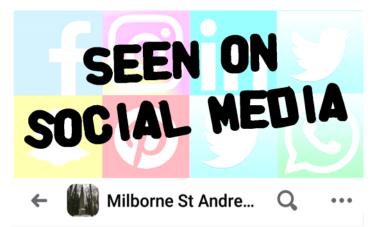




Telephone 01258 459361 www.blanchardsbailey.co.uk



Blandford | Dorchester | Shaftesbury | Weymouth





Mark Bagwell 9 Mar at 18:55 • 🖪

I bet the person that discovered hand sanitizer are now rubbing their hands together...



### **Coronavirus related scams**

PLEASE pass this information on to relatives, friends and neighbours. Fraudsters are exploiting the spread of the coronavirus (COVID-19) to facilitate various types of fraud and cyber crime.

Since February 2020 the National Fraud Intelligence Bureau (NFIB) has identified 21 reports of fraud where coronavirus was mentioned, with victim losses totalling over £800,000. Ten of these reports were made by victims that attempted to purchase protective face masks from fraudulent sellers.

Fraudsters are also sending out coronavirus-themed phishing emails in an attempt to trick people into opening malicious attachments or revealing sensitive personal and financial details.

Some of the other tactics that NFIB has identified from victim reports include:

**Fraudsters purporting to be from research organisations** affiliated with the Centers for Disease Control and Prevention (CDC) and the World Health Organisation (WHO) contact potential victims over email. They claim to be able to provide the recipient with a list of coronavirus infected people in their area. In order to access this information, the victim needs to click on a link, which leads to a malicious website, or is asked to make a payment in Bitcoin.

Watch out for scam messages: Don't click on the links or attachments in suspicious emails, and never respond to unsolicited messages and calls that ask for your personal or financial details.

**Shopping online:** If you're making a purchase from a company or person you don't know and trust, carry out some research first, and ask a friend or family member for advice before completing the purchase. If you decide to go ahead with the purchase, use a credit card if you have one, as most major credit card providers insure online purchases.

For more information on how to shop online safely, please visit: https://www.actionfraud.police.uk/shoponlinesafely

Protect your devices from the latest threats: Always install the latest software and app updates to protect your devices from the latest threats. For information on how to update your devices, please visit: https://www.ncsc.gov.uk/guidance/securing-your-devices. *Communications Team (Dorset Police, CED, Dorset)* 

All copy for the **May** *Reporter* must be received by mid-day **14th April** 

### **Coronavirus outbreak** 10 ways to protect yourself, your loved ones and your community

YOU will all be aware of the coronavirus (COVID-19) outbreak. Neighbourhood Watch exists to look out for communities across England and Wales and at a time like this we encourage you to consider ways to keep yourself, your loved ones and those in your community safe, particularly the isolated and vulnerable. We are following the advice from the government and encourage you to do the same: https://www.gov.uk/government/topical-events/coronavirus-covid-19uk-government-response.

- Meet with household members, other relatives, friends and neighbours to discuss what to do if a COVID-19 outbreak occurs in your community and what the needs of each person will be.
- If your neighbourhood has a website or social media page, consider joining it to maintain access to neighbours, information, and resources. Alternatively, share phone numbers and email addresses particularly with those who are isolated or vulnerable.
- Consider establishing a 'buddy' system within your community to ensure everyone stays connected to COVID-19 related news, services and can receive support safely, such as essential deliveries.
- 4. Plan ways to care for those who might be at greater risk for serious complications.
- 5. Choose a room in your home that can be used to separate sick household members from those who are healthy.
- Learn how to self-isolate. Guidance can be found on the NHS website: https://www.nhs.uk/conditions/coronavirus-covid-19/self -isolation-advice/.
- Create a list of local organisations that you and your neighbours can contact in the event that one of you need access to information, healthcare services, support, or resources. Consider including organisations that provide mental health or counselling services, food, and other supplies.
- 8. Create an emergency contact list of family, friends, neighbours, healthcare providers, teachers, employers, the local public health department, and other community resources.
- Learn about the emergency operations plan at your child's school or childcare facility, and your employer's emergency operations plan.
- 10. Practice everyday preventive actions including regular hand washing.

The NHS provides guidance on how to wash hands: https:// www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/.

The World Health Organisation provides guidance on basic protective measures: https://www.who.int/emergencies/diseases/ novel-coronavirus-2019/advice-for-public.

The Centre for Disease Control and Prevention provides guidance on handwashing for families https://www.cdc.gov/handwashing/ handwashing-family.html.

Please note: whilst we encourage you to follow advice from UK Government we are also sharing links to organisations such as the Centre for Disease Control and Prevention an agency which works 24/7 to protect the safety, health, and security of America from threats here and around the world. Some of our key points above have been sourced from: https://www.cdc.gov/coronavirus/2019-ncov/ community/home/get-your-household-ready-for-COVID-19.html.

The Centre for Disease Control and Prevention also published (14th February 2020) Interim Guidance for Preventing the Spread of Coronavirus Disease 2019 (COVID-19) in Homes and Residential Communities which you may find useful: https://www.cdc.gov/ coronavirus/2019-ncov/hcp/guidance-prevent-spread.html. *Central Support Team at Neighbourhood Watch* 

View the *Reporter* each month in colour at www.milbornestandrew.org.uk/Reporter/index



# A family friendly traditional village pub in Milborne St. Andrew

### **News from The Royal Oak**

We are offering delivery where possible; this will include homemade meals that can be cooked at your home later. We can also tailor needs with this, so if there is something specific you want or need, please ask. Whilst Gray's Stores is the village's first stop for groceries, if you are struggling to get hold of anything, please ask and we may be able to help.

Take away meals are available between 5.00 and 8.00pm on Wednesday, Thursday, Friday and Saturday.

We have no clue what each day will bring – we are stressed and worried, and so are our staff so please be patient and KIND! Sarah and Andy Fox

 $1258 \ 83724$ 

