



EXTON VILLAGE NEWS SHEET – COVID 19

25th April 2020

Dear Residents

As the weeks go by we are all getting used to the 'stay at home' scenario and for many this is a complete change of lifestyle. We are fortunate that the weather has been so kind enabling much tidying in the garden and the blossom so beautiful at this time of year to show off its splendour. Exton and indeed Rutland is blessed with so many green fields and open spaces that our hearts must go out to those less fortunate living in the cities in tower blocks. As of 22nd April there have been 13 Rutland residents tested positive for Covid 19.

Driving

There is a plea from the Rutland County Council and the Leicestershire Police jointly for drivers to watch their speeds on local roads during this lockdown. It would appear some motorists are driving at unsafe speeds just because the roads are much quieter than the norm.

Shield

Operation Shield continues to provide support to vulnerable residents. We also have our own **Exton volunteers**. Our own local volunteers have not been overworked at all, the majority of residents seem to have been very independent either getting their own groceries or shopping on line or have family, friends or neighbours to help if needed. The most used service is for collecting prescriptions. Sheila has been brilliant organising this and sending the returns to the agency as required. We are very grateful. Just remember to give her plenty of notice when supplies are required. Do not run out of anything.

Contact: Dr Sheila Koehring Tel: 07931 260839 **Prescription collection only**

Remember our volunteers have an identity card and can use your debit card to 'swipe' up to £45, however if anybody has not got this type of card or insufficient cash, the Parish Council have a small community fund to use, this can be a loan or in certain circumstances a gift.

Contact Jo Downton 01572 811576 jo.downton@btinternet.com 4 Blacksmiths Cottage, Blacksmiths Lane

Fortunately too the other option is to use the many local businesses who are delivering meat and vegetables after a telephone call and payment over the phone, or in other instances, 'click and collect'. A list of just some alternatives are at the end of this information sheet.

The RCC tell us that supermarkets ASDA, Sainsbury's and M&S are now offering a volunteer card/voucher scheme. These can be purchased online by residents who are self-isolating and then given to family, friends or volunteers who are helping them with shopping. They are

available to purchase online so may not be an option for all residents. However, it's a good way to safeguard both residents and volunteers, where possible, as these are cashless transactions and avoid the need to share bank cards/details etc.

More details can be found on the relevant supermarket's website:

- www.sainsburysgiftcard.co.uk
- cards.asda.com/volunteer
- www.marksandspencer.com/all-in-this-together/p/p60282075ASDA

School

A big thanks is due to Megan and her team at Exton and Greetham school who have prepared home packs for the children to use after the Easter break. Unfortunately it's not one long holiday!!!

There is some additional information on the Rutland County Council website Covid-19-[New Young People's Page](#) as well as another addition signposting information for home learning - www.rutland.gov.uk/learnathome

Dentist

Should any resident need urgent dental treatment, they are advised to contact their own dentist initially who will then triage your problem. While admittedly you do get referred to a line of people – about three? – if it is considered urgent, you will then be referred for treatment. Your own dentist will be kept informed. The hub information cannot be shared but it has been proven that the system is working well. So if you need help do not let the triage system put you off.

Community Amenity Sites/Tips

There are no plans to reopen these sites and this decision has been taken across the whole of East Midlands. Currently driving to these is not considered an 'essential' journey and the staff are being deployed in more urgent areas including to keep our county clean. It is essential to keep the staff within social distancing as much as possible emptying our three household bins which is why once again it is requested no extra rubbish is left at the side of the bins as this will not be picked up. This needs to be stored until 'normal service' can be resumed. Any fly tipping should be reported to [Fix My Street](#) on Rutland County Council website. There have been 9 incidents so far and one prosecution pending.

Update on local transport services

All local bus services in Rutland are now operating temporarily reduced timetables, having seen a significant drop in passenger numbers following the introduction of government social distancing guidelines. Further timetable changes may also be made at short notice. As a result, passengers who need to make essential journeys are being asked to check regularly with bus operators to see which services are running and when. For information about local bus services relevant to your journey, passengers are advised to check with:

Centrebus www.centrebus.info 0844 351 1120

CallConnect www.lincsbus.info 0345 263 8153

Delaine Buses www.delainebuses.com 01778 422866

Mark Bland Travel www.markblandtravel.com 01780 751671

Rutland County Council continues to run a free minibus service for essential journeys between Oakham and Stamford, calling at Whitwell, Empingham, Tickencote and Great Casterton.

This service runs at set times, Monday to Friday, and must be booked in advance by calling 01572 758138 with at least one working days' notice.

USE OF TECHNOLOGY

Love it or Loath it - a large chunk of the community are using their phones and laptops and other tech gadgets far more socially – if that was possible – and of course some are working from home. Sometimes these things can cause a lot of frustration; we have a volunteer in the village willing to try and help out if you have a problem, while social distancing:

Contact: Paul Cundy : 07761 944942, or 14stamfordroadexton@gmail.com

The Exton and Horn Parish Council are holding their first official 'remote' meeting ' in accordance with government guidelines 6th May. All details are on the village website www.exton.org.

CEMETERIES AND CHURCHYARDS

St Peter & St Paul Churchyard and the Catholic Burial ground on the Exton Estate parkland are open for funerals, burials and private visits only. Visitors are asked to please observe social distancing guidelines and maintain a distance of two metres from other people at all times. For further guidance please visit www.gov.uk/coronavirus

ENTERTAINMENT

It is such a pity that the plans for the year have been disrupted. The trip organised by Ann Bell for the Parkinsons Group had intended to go to the Ketton Works but this is now not allowed under the present regulations.

The Open Gardens in June at Exton Hall seems unlikely – but who knows?

Mark Butterill is keeping readers entertained with his photos and information about films however on his Facebook page. Some really good black and white images too.

Many of us involved with social groups are using the internet to keep in touch, sending photos and videos with friends and family is a lifesaver. But how we miss those hugs!!!

I have had a purge on photo albums! Transferring many from the old adhesive albums with plastic sheets over them to acid free pockets. With the former type of holder they tend to discolour and are sometimes difficult to remove. Nowadays of course we all keep them on phones, laptops, memory sticks. Back in the day though we had cameras!! Some of us are old enough to remember black and white!

It occurs to me that some of you may have had plans for **VE day celebrations**? As a member of Market Overton Bowls Club we had intended a match with a red and white and blue theme.

Fortunately we have members who live in that village and they are still going to decorate the car park with suitable flags. You should have seen it on St Georges day! We had our very own Knight and the flag was flying! Hopefully it cheered up those in the village.

The Lord Lieutenant, High Sheriff is teaming up with the Oakham Armed Forces & Veterans Breakfast Club, Rutland County Council and Rob Persani on Rutland Radio for a **virtual VE day commemoration!**

They would love for you to decorate your home, workplace or even care home in commemoration of this date in history and send a picture. They will display it on the online gallery and share some on social media. The best effort as judged by the Lord Lieutenant, High Sheriff, Rutland County Council Chief Executive and Rob Persani will then win a prize (yet to be decided). They would also like any pictures or stories of how Rutland and Stamford celebrated VE day in 1945, please share those too!

So how about it? Decorate your house/window?

Let us know if you are a winner? Perhaps we can put a picture or two on the village website www.exton.org.

A Special Church service will be broadcast on Sunday May 10th at 10.30 a.m. when Dr Sarah Furness, Her Majesty's Lord-Lieutenant of Rutland will reads the tribute.
www.oakhamteam.uk

Contact Paul Taylor for website: paul.taylor282@outlook.com

EXERCISE

This has proved a tricky thing to manage for the police. The government regulations seem obvious to most of us but there are always those who think they can bend around them. We all want to see an end to this pandemic and in order to do that we must be sensible. It would seem that there are only the occasional visitors now to the village to walk or use the entrances to the Exton parkland. The advice is the same that you should not drive to another village to walk ideally but it is not for residents to take the law into their own hands. If you feel there is an issue then the police should be contacted. Leicestershire and Rutland Police are patrolling a lot more and trying to be reasonable with demands.

Very disappointing to learn that some youngsters thought it appropriate to enter the Exton Playpark via the hedge when it is clearly signed that it is closed. Fortunately the Police were able to move them on but we do not need to waste their valuable resources .

With regard to Rutland Water which is closed– Anglian Water have just published the following:

“We realise that many of our customers are disappointed about our parks being closed. We do understand how much people love visiting our green spaces and it has been a difficult decision for us to make.

“Re-opening our parks would attract large numbers of people from out of the area and, following the scenes we’ve all witnessed recently where people have travelled outside of their locality and we need we do all we can to discourage this.

“We all need to stay home where possible, exercise locally and observe social distancing measures. For these reasons, and for the safety of our staff, our parks will remain closed to public access until the national guidance changes.

"We're sending all our best wishes to our customers and visitors, and look forward to welcoming them back to enjoy our parks again as soon as we can."

LIBRARY

<https://www.rutland.gov.uk/my-services/health-and-family/health-and-nhs/health-and-support-services/coronavirus-covid-19/community-support>

The Library has an excellent service still and this can be accessed on line on the Rutland County Council website, using your library card or you can join as a new member.

FOODBANK

It is likely that during the next couple of weeks a source will be set up to enable residents to donate to the local Foodbank. The goods will be collected by the Foodbank's own vehicle and taken to the distribution centre. More details when known. Keep an eye open on the website or on the Exton Covid 19 Facebook page.

GOOD NEIGHBOURS

We hope nobody is feeling alone during this crisis. I would urge everyone to keep an eye out for their neighbours especially if they are alone or unwell. A phone call or a chat over the fence bearing in mind the social distancing could mean a lot.

Perhaps you can share a coffee break using your own cups! as I did with my neighbour the

other day. 

WHERE CAN I SHOP?

Here below are just some of the local businesses where shopping can be done over the phone, by credit card, click and collect etc. In these changing times, demand can be high so times, notice required etc, alter but if you fancy a change from supermarket – here are a few suggestions:[note I have not tried them but some of you have I know].

Brocklebys Pies 01664 813200

Cottesmore Fish and Chip Shop: 01572 811180

Cottesmore Shop : 01572 812322

Fox and Hounds Exton: 01572 811032

Gates Garden Centre and Farm Shop : 01664 454309

Hambleton Bakery : 01572 812995

June's Farm: 01780 461133

Launde Farm: 01572 490428

March House Farm: 01664 562798

Nelsons Butchers: 01572 722518

Northfield Farm: 01664 474271

Otters: 01572 756481

Parsnips and Pears: 0115 822 8622

Rutland Gourmet, Morcott: 01572 747909

Rutland Water Garden Nursery : 01572 498720

Welland Vale Garden Centre: 01572 824930

Wing Hall Shop: 01572 737090

And for more:

Rutland County Council

<https://www.rutland.gov.uk/my-services/health-and-family/health-and->

There is free parking in Oakham on all the official car parks.

Unfortunately there are lots of people who do not have social media of any sort. If you are able to print off a copy of this 'Newslette' which may be useful for a neighbour, without breaking distancing regulations, I am sure it would be appreciated.

We need to keep in touch.

If you need any help or information – give me a ring

DON'T FORGET – KEEP SAFE – KEEP WELL

BE KIND

Best wishes

Annette

01572 812233

Parish Clerk

