**Coronavirus Support Network in North Marston**

**Bulletin Number 3**

**HEALTH WARNING: Government advice warns that germs can live on paper for 24 hours. If you are concerned, please put this note aside, wash your hands and take another look at it this time tomorrow.**

Government guidelines about staying home and social distancing are working and most people are doing their best to comply. Please keep it up!

**Stay at Home \* Protect the NHS \* Save Lives**

**The North Marston Village Support Network WANTS to help YOU!**

If you would like help with shopping, prescriptions or a friendly voice on the phone, please contact Pete, Tricia, Aly or Rachel; they will coordinate a volunteer to provide the help you need**:**

**Pete York 670479 or 07969 303 967**

**Tricia Mc Sweeney 670484 or 07875 085 363**

**Aly Perrett 670302 or 07814 972629**

**Rachel Callander 07538 363187**

**Need a Friendly Chat?**  These are stressful times for us all and a friendly ear can make a massive difference. If your days seem long and you would welcome a friendly chat, our many volunteers will be happy to call you. We also have professionally qualified counsellors living in our village, who have offered their services. Please call the **Volunteer Helplines** above; we will be pleased to put you in touch.

**Appreciate our Local NHS Workers** Are there any NHS Staff living in your close neighbourhood? If so, are there any practical ways in which you can show your appreciation for their outstanding efforts, like doing their ironing, making a meal, doing their shopping? Also, if you are front line NHS Staff or other essential workers and would appreciate help like this, please ask.

**Prescriptions** Due to traffic volumes, dispensaries are operating differing and restricted opening hours. Queues can be significant. Volunteers have been collecting prescriptions from Winslow,

Whitchurch and Waddesdon Surgeries. It cuts down unnecessary travel and queuing if we can collect a few prescriptions on each run, so please **do ring** the volunteer help lines above to ask for help.

**Veterinary Medications** Rachael Blackburn has agreed to collect any veterinary medications you may need for your pets from Windmill Surgery, Winslow. Please call the surgery to order and Rachel will delivery to your door on her way home. Please be sure to leave your address with your order.

**Internet Security** Since lockdown, many folk have taken to the Internet to make social contact with friends and family. The increased usage has brought an increase in scams etc. Please exercise extreme caution when using text, email, internet banking and meeting sites that require your personal data. **Remember, if it looks suspicious, it probably is**. **Do not EVER** give out your login details and passwords.

**The North Marston Village** **Shop** continues to have good supplies of everyday items, with a wonderful array of fruit and veg each morning, milk, and local bread, plus much more. Our procedure of serving from the verandah is now feeling quite normal to customers and staff alike. While it may take a little longer, we are sure you will agree, it is preferable to braving the supermarket. None of this would be possible without our amazing manager, Eddie, who is manning the till inside the shop, and our team of volunteers, who take it in turns to serve customers. We appreciate your continued patience and custom and sincerely hope that having The Shop has made daily life a little bit easier during this difficult time. Open 8-4 Mon to Fri.

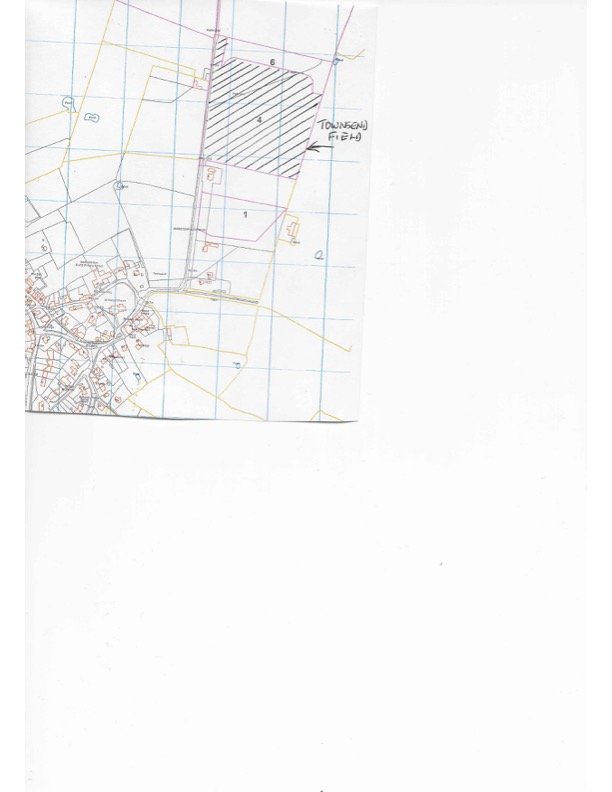
**The Pilgrim Pub** is doing its best to provide a service to the village in difficult times, including opening to sell takeaway draft beer and meals. Please visit <https://www.thepilgrimpub.co.uk> or call Nadia on 670969 for details.

**Fresh fruit and vegetables** are available from Fruity Tooty in Aylesbury. Please email Hadley on [fruitytootyzzz@gmail.com](mailto:fruitytootyzzz@gmail.com) with your name, address and order. Your order will be delivered to your door with an invoice, which can be paid by BACS.

**Foodbank Donations** The Trussell Trust Foodbank in Aylesbury has no plans to close at the moment: the need is greater than ever as donations have significantly dropped off. **Please donate on the first Sunday of the month**, placing your donations in the bags provided at Aly Perrett’s back gate (47 High Street). Dry goods such as pasta, rice, noodles etc. are welcome, but also tinned fruit and vegetables, pasta sauces, tea, coffee, long-life milk, fruit juices, tinned meat and fish, sponge puddings, rice pudding, custard, biscuits and chocolate…

Aly will deliver to the Foodbank on the first Monday of the month.

**Aly and Gill**



**Tuckett Exercise Field** Neil & Mary Tuckett are offering the opportunity for dogs to be walked over the field know as Townsend in Marstonfields Road marked by the hatchings on the map (excluding the wooded area). Please respect the government advice re social distancing and maintain at least a 2 metre distance between people not from the same household. Also be respectful of the neighbouring properties, especially the horses, and avoid touching any gates or fences as much as possible. This is for a limited period until the grass has grown above ankle level. Please ensure you pick up ALL faeces and dispose of them in the appropriate way. This is a crop to feed our animals next winter.

Please ensure that in all other agricultural areas dogs are kept on leads and access only along the public rights of way.

**Lakers Garden Centre, Furze Lane, Winslow** Lakers Garden Centre are taking orders and delivering to North Marston.  Please email [gtrack13@aol.com](mailto:gtrack13@aol.com) and ask for the availability list. Please put “*Availability List*” as the subject heading.

*Names and contacts will be held securely and will only be shared with the appropriate volunteer in line with the Privacy Statement.*