

# Vicar and Curate's Musings

*and any other information we found interesting,  
funny or a need to share!*

## Vicar's Musings

*Waiting in queues can elicit powerful emotions in us, I read recently in Psychology today. Stress, boredom, the nagging sensation that one's life is slipping away and of course we believe that the other line moves faster!*

*While losing to the line at our left, drives us to despair, winning the race against the one to our right, does little to lift our spirits. We almost always fixate on the line we're losing to and rarely the one we're beating.*

*All of this makes for a lasting impression on your customers' perception about your brand if you're a supermarket or a bank or an airline or any business whose business it is to serve people.*

So what does that mean today when we're faced with queues for medication and shopping for essentials? Life as we know it has changed and I hope with the waiting and queuing you find you speak to people (obviously at a 2m distance) and find out something about them. I've enjoyed the slower pace in queues and waiting in our wonderful village. Stopping to look and see that spring has arrived and the beautiful trees and blossoms. Giving thanks to God for all that's good in the world when we hear so much that isn't. Waiting in a world of now is interesting as we've been forced to slow down and in some cases stop. It's hard but also it helps us to see some of what we miss when we're rushing about and it's good for the stress levels. It also seems to be good for the environment as well—less pollution.

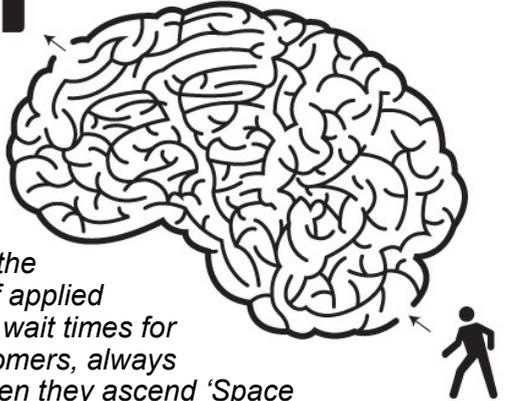
As you know I've been helping with the coordinating of the Support Group here in Broadway. Waiting sometimes seems



**You are not stuck at home.  
YOU ARE SAFE AT HOME.**

to be hard for people if they don't hear back from me immediately (which I try to do). But if I have a run of calls someone inevitably ends up with the answerphone having to wait. I find these are some of the most interesting conversations I have and most beneficial. Some have rung every phone I have (if they know me) and email me and others waiting anxiously or impatiently or patiently for me to call back.

*According to psychology today, our expectations further affect how we feel about lines. (Or in this case the phone queue.) Beating expectations buoys our mood. All else being equal, people who wait less than they anticipated, leave happier than those who wait longer than expected. This is why Disney, the universally acknowledged master of applied queuing psychology, overestimates wait times for rides, so that its guests (never customers, always guests) are pleasantly surprised when they ascend 'Space Mountain' ahead of schedule.*



*But the biggest influence on our perception of queues has got to be 'fairness': what you feel when someone jumps the queue. If you haven't faced a situation like this yet in India, where jumping the queue is a survival skill, you must be a celebrity. Ranbir Kapoor did it when Anand Damani was first in line for the application of an international driving license. He assumed it was ok for celebrities to break queues. So he simply smiled, said sorry but guess what, it worked!*

In a time of rapid happenings; in a time of quick access to whatever we want or need at our very fingertips; in a time where everything is quickly moving at high speed, our society has become extremely impatient. There was a time when we had to go inside the bank to deposit or withdraw money; now all you have to do is go to the hole in the wall and make a withdrawal in a matter of about two minutes; as a matter of fact, we don't even have to leave the house to make a deposit, we can take a picture of a check with our smart phone in order to make a deposit. There was a time when we had to wait for the news or wait until the morning newspaper arrived to get the latest scores for our favourite teams, but now, we have access as the games are in progress. We have access to breaking news every minute of every day. There was a time we mailed letters and paid bills through the Post Office, now we have email and online bill pay. There was a time when you called someone on the telephone, if the line was busy, you had to wait until they got off of the phone, but someone came up

with the idea of a “call waiting” feature on your telephone, so they can click over. All of the conveniences of quick access to just about everything has made us impatient. We don’t take the time to, as the proverbial saying says, “smell the roses,” because we are always in a hurry. Technology has contributed to our hurry up lifestyles. Technology can be good, but it can also be a curse if not kept in proper perspective.

This hastiness has caused us to be more stressed out, which causes many to be on edge all of the time. In many cases when we cannot have our way “RIGHT NOW,” we tend to become discouraged, disappointed, and dejected. This is a serious problem, I have discovered in God’s Word that He does not move with the trends of the world. In other words, He moves according to the time He has determined to do so.

If I ask the question, “Have you ever been in a hurry, and God wasn’t?”

I can safely say that at no time has God ever disrupted His will in order to satisfy me. There is never, nor will there ever be a time when God marches to the beat of our drum. He does everything after the counsel of His own will, and in His own time. There is one thing you and I can count on, and that is God is not moved because we are in a hurry and want something in an instant.

But they who wait for the Lord shall renew their strength... Isaiah 40:31a

The Word of God is replete with commands, exhortations and personal declarations to “wait.” The Hebrew word for “wait” (qavah) is used around fifty times in Scripture, and means to look for someone or something with an underlying sense of expectation or anticipation.

Therefore, there must be a strong trust factor when we are in the midst of a waiting period. This requires us to know intimately our Lord. God, who is infinitely wise has a purpose for allowing His children to wait. Most of the time we do not understand why He makes us wait, but it behoves us to know that He always knows what is best for us.

Psalms 27:14 says, “Wait on the Lord; Be of good courage, and He will strengthen your heart; Wait, I say, on the Lord!” . The word “wait” (qavah) expresses ardent anticipation of the Lord. Again, we have to know not just something about our Lord, we must know Him intimately in order to ardently anticipate His help.

In waiting, the key is not to give up, but to persevere confidently on the Lord to come to our rescue. But again, this requires trust. The psalmist David declares in Psalm 40:1, “I waited patiently for the Lord; and He inclined to me, and heard my cry.” The fact that David waited patiently,” shows that he did not lose heart in the midst of waiting for the Lord to

deliver him from his trying situation. It is imperative that we not become disheartened while in the midst of waiting. God will help us when we patiently endure.

Isaiah 40:31 profoundly proclaims that there is a benefit in waiting on the Lord, he says, "But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagle; they shall run, and not be weary; and they shall walk, and not faint." Isaiah shows that waiting on the Lord will produce renewed strength, that is a renewed ability to handle whatever happens.

In short, we await a climax to history that writes the passion, death, and resurrection of Jesus large across the cosmos. The world, which does not believe in Christ, naturally waits in fear, because fear is all the world has to offer. One need only take a glance at the headlines that reek of fear. But the amazing thing about the Christian faith is that it teaches us to wait in hope.

Christ is raised — and so, against all odds and common sense, in a world filled with economic doom, war, cultural meltdown, social chaos, terrorism, ecological fears, and all the rest, "we wait in joyful hope for the coming of our Saviour, Jesus Christ."

And like King Théoden in Tolkien's *Lord of the Rings*, who "rode through the Shadow to the fire, and died in splendour..."

*"Out of doubt, out of dark,  
to the day's rising  
he rode singing in the sun,  
sword unsheathing.  
Hope he rekindled,  
and in hope ended;  
over death, over dread,  
over doom lifted  
out of loss, out of life,  
unto long glory."*

...so can it be said of all who suffer and wait for the Lord.

## *A Prayer for When You Are Waiting*

*My Father,*

*I know I am impatient, so prone to  
worry, to give up, to lose hope.  
Help me to rest in Your promises  
today.*

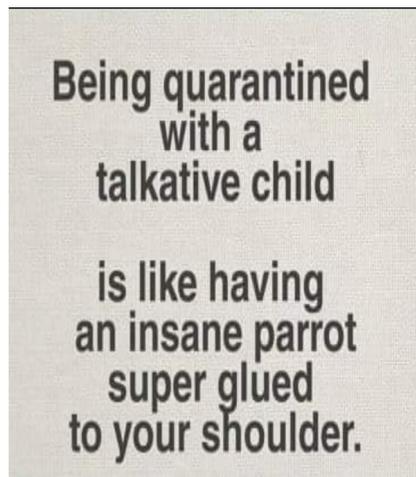
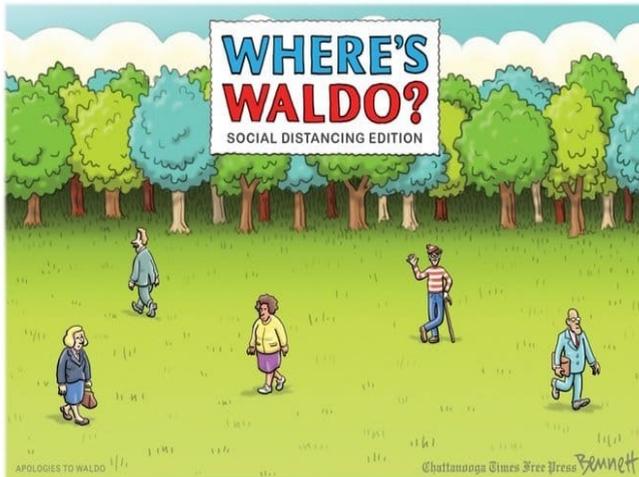
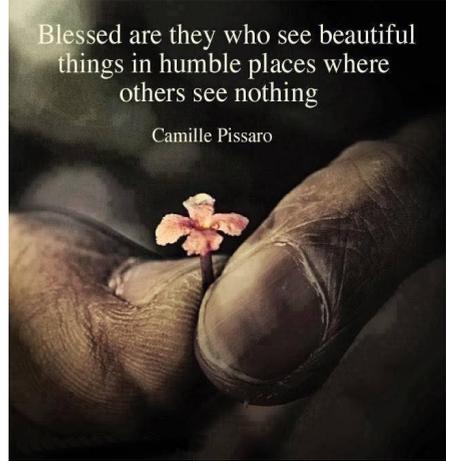
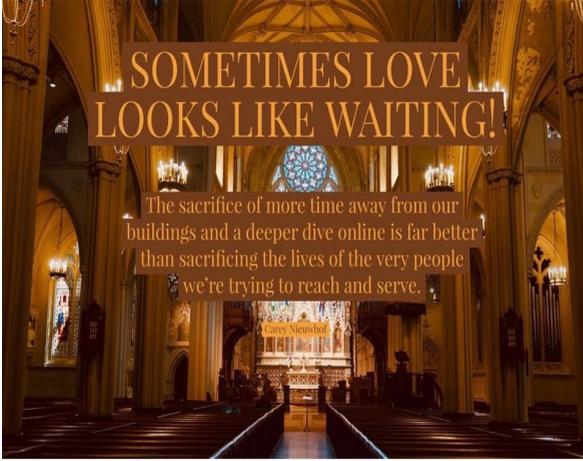
*In this season of waiting, renew my  
joy in this moment so that I do not  
miss Your presence in this place.  
Thank You for being with me and  
for never giving up on me.  
Thank You for always working for  
my good and for Your glory even  
when I can't see.*

*In Jesus' name,*

*-Amen-*



# A few Pictures, thoughts and Jokes on Facebook / Twitter



Ok, but honestly,  
**how privileged** are so many of us  
that during a global pandemic, we can  
just stay warm at home, reading, working,  
still being educated, creating, talking to  
our loved ones, with little worries and  
a fridge stocked with food?

**Do remind yourself to  
be grateful today.**

*Day 7 of the quarantine  
My wife took up gardening but won't  
tell what she's going to plant*



**SO YOU'RE STAYING INSIDE,  
PRACTICING SOCIAL DISTANCING  
AND CLEANING YOURSELF?**



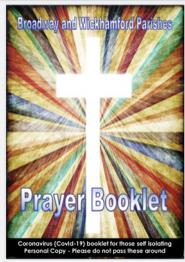
**CONGRATULATIONS MY FRIEND,  
YOU'VE BECOME A HOUSE CAT.**

We are a week into self  
isolation  
and it's very upsetting for me  
to witness my wife standing at  
the living room window staring  
aimlessly into space, with tears  
running down her cheeks.  
It breaks my heart to see her  
like this.  
I've thought very hard of how I  
can cheer her up.  
I've even considered letting her  
come in.... but rules are rules.

# QUARANTINE AND PRAY

**“Go, my people,  
enter your  
rooms and shut  
your doors behind you.  
Take cover,  
for in a little while  
the fury will be over.”  
Isaiah 26:20**

# Coronavirus / Covid 19 update



## Prayer Booklet

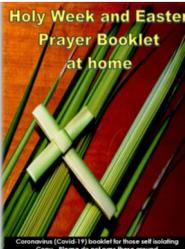
We've produced a prayer booklet for those self isolating and will produce another if this goes beyond April and will give you the new link to the digital version.

<https://shelliem.wordpress.com/.../prayer-booklet-for-those-.../>  
[#pray](#) [#prayer Church of England Diocese of Worcester](#)



This prayer booklet is for people unable to attend a funeral

<https://shelliem.wordpress.com/2020/03/29/prayer-booklet-for-those-unable-to-attend-a-funeral/>



This booklet is specifically for Holy Week and Easter.

<https://shelliem.wordpress.com/2020/04/02/holy-week-and-easter-prayer-booklet/>

## Go to church this Sunday (virtually)

You can watch (and rewatch) the Church of England's virtual Sunday services:

<https://www.churchofengland.org/more/media-centre/church-online>



## **Broadway Coronavirus Support Network**

There is a group of people who have formed a group with many volunteers—The Broadway Coronavirus Support Network—  
<https://www.facebook.com/broadwaycoronasupportnetwork>

This is updated regularly on Facebook.

(UPDATED 7pm SAT 21/03) To all residents in the Parish of Broadway

We are so far a very small group of villagers working together with the Parish Council as we would like to provide help to our fellow residents during the current Coronavirus pandemic.

We are in the process of setting this page and network up so please bear with us whilst we pull together the relevant parties to assist.

This FREE service is available to residents within the Parish of Broadway who are self-isolating, vulnerable or have underlying health issues that prevent them from going to public places.

Please contact us if you require assistance with local shopping, prescription collections, posting letters or anything else you are struggling with, or if you would simply like a friendly chat over the phone:

Contact:

Tel: Revd Michelle (Shellie)Ward - 07780002565.

E-mail: [broadwayvillagenetwork@gmail.com](mailto:broadwayvillagenetwork@gmail.com)

One of our coordinators will then put you in touch with a helper who lives near to you.

\*PLEASE NOTE - we will also aim to provide all of the details on leaflets and posters so that those who do not use online services can easily access the same help.

Please do not feel isolated or that you shouldn't be asking for help. We are all here for each other during this difficult time! Your contact details will only be shared with your designated Broadway Helper. We won't keep records, or publicise your details or ask you for money.

This free service will be available until the British government / W.H.O. has declared that the pandemic is no longer a threat.

\*PLEASE NOTE

\*\* We cannot provide medical advice / assistance or lifts to medical appointments or elsewhere. If you require this type of help please contact Cotswold Friends, a local charity:

Telephone 01608 651415 info@cotswoldsfriends.org

We will aim to work with our local stores provide delivery services.  
The following Broadway businesses offer local delivery, and you can place your orders over the phone and pay with your bank card: We will add to this list as we go;

### **UPDATED FRIDAY 3RD APRIL**

## **BROADWAY FOOD / MEALS / SHOPPING DELIVERIES**

#### **COLLINS OF BROADWAY BUTCHERS**

01386 852061 for any orders big or small.

**WAYSIDE FARM SHOP** can take orders, payment and deliver to door as well as collection; Wayside also doing roast **01386 830 546**

**CO OP** - offering food orders online between 10am -1pm on Tues, Weds,Thurs. Call order and pay on **01386 842870** and they will organise the food.

For those self- isolating due to illness, or those vulnerable / elderly you can then call us when you have made payment and we will arrange delivery **07780 002565**.

#### **NISA LOCAL - BIBSWORTH AVENUE**

Set up for online payment and delivery. If you wish to place an order please phone **01386 859218** before 2pm.

Also offering a drive through service - phone with order, pull up outside and it goes in the boot.

**THE BROADWAY DELI** – Call the boys on **07483 404497** for Deli food, letter posting, newspapers ... whatever you need :)

#### **THE BROADWAY WINE COMPANY**

Call **01386 852 501** to order your Wine, minimum of 6 bottles for home delivery.

#### **JOHN BARLEYCORN**

Selection of quality local beers, ciders, wines, loads of gins & other spirits from small British distilleries, jams, honey etc. Free delivery (on orders over £20) in Broadway and to the local area, up to 5 miles. Any orders outside this area might be subject to a delivery fee. **01386 854938** only between 9am-2pm Tuesday-Saturday with your order.

#### **THE BAKEHOUSE**

Offering fresh, daily prepped Bake@Home ready meals delivered to door. Weds – Saturday. Details on website, Telephone **01386 852277**.

[www.thebakehousebroadway.co.uk/bakeathome](http://www.thebakehousebroadway.co.uk/bakeathome)

\*\* If you need a volunteer to pick up a few urgent essentials for you from the local shops please ensure you have some cash at home or a cheque book. All cash should be placed in an envelope.

We're here to help!

## IMPORTANT POINTS TO NOTE ON PRESCRIPTIONS .. 27th March

1) IF YOU ARE SELF ISOLATING OR ELDERLY PLEASE CALL OUR NUMBER TO ASK FOR YOUR PRESCRIPTION TO BE DELIVERED BY US. Phone Shellie the Vicar 07780 002 565.

## 2) A NOTE ON VOLUNTEERS & QUEUES

QUEUES - The Pharmacy and Surgery are of course extremely busy and working flat out to keep everyone well and with their Medications.

The queue at the Pharmacy is fairly long (often time of day dependent) but very well managed, with those there standing at least 2 metres apart and a strict system in place for entry. SO If we can encourage more of the elderly to use our phone number the queues will be shorter and they will be safer staying home!...

VOLUNTEERS - if you are taking prescription forms down to Lloyds you will inevitably have to queue outside - but once you have submitted prescriptions you should be able to ask them 'how long will it take'? and go back to collect.

If you are just collecting already prepared Meds the same applies. Please call Shellie for any questions.

Michelle Ward

## Text below from Barn Close Surgery

“We are seeing a huge increase in the number of requests for repeat medication. Help us to help you, by not ordering early and not ordering excessive quantities. To allow dispensary time to prepare medications and order stock, we are not opening for collection until 10.00am and will close 1.00 - 2.00 but will stay open until 6.00pm. Please allow 7 working days from ordering routine prescriptions during this incredibly busy time”

## **Russell's Dine at Home Meals**

**We deliver to your door**

### **Sunday 5<sup>th</sup> April**

Roast Sirloin of Beef, Roast Potatoes, Yorkshire Pud, Vegetables, Jus

Sticky Toffee Pudding, Clotted Cream

£17

### **Monday 6<sup>th</sup> April**

Curry Night, Chicken Tikka Masala, Lamb Rogan Josh, Lentil Dahl, Rice & Naan Bread

For one £14 For two £25 (Mild)

### **Tuesday 7<sup>th</sup> April**

Russell's Chicken & Leek Pie & Side of Green Vegetables £8

### **Thursday 9<sup>th</sup> April**

Russell's Fish Pie (Pollock, Hake, Scottish Salmon) & Side of Green Vegetables £8

### **Friday's & Saturday's**

Take away pizza will be available, keep up to date with their menu on

[www.number32broadway.co.uk](http://www.number32broadway.co.uk)

### **Bottles of Wine**

Sauvignon Blanc £10

Louis Eschenauer Merlot £10

Le Potager du Sud Malbec £10

Hazy View Chenin Blanc £10

If you have access to e-mail, please send your orders via e-mail as my mobile signal for telephone orders is not very clear: [tom@russellofbroadway.co.uk](mailto:tom@russellofbroadway.co.uk)

or

Call to place your order: 01386 853555/07795259922

\*\*\*\*\*MENU FOR TUESDAY 31<sup>ST</sup> MARCH 2020 DELIVERY\*\*\*\*\*

**PRODUCE WILL CHANGE EVERY TUESDAY & FRIDAY**

**\*\*\*\*\*Please place orders at latest by Sunday for Tuesday delivery & Wednesday for Friday delivery\*\* PLACE ORDERS VIA MESSENGER OR CALL US ON 07519081061 OR 07855547160**

\*\*\*WHOLE CAKES\*\*\*

15 X 6" VICTORIA SPONGE £10

12 X CHOCOLATE, BAN & PEANUT LOAF £8

12 X RED VELVET LOAF £8

\*\*\*CAKE BY THE SLICE\*\*\*

VIC SPONGE £2.75

CARROT £3.00

CHOCOLATE £3.00

\*\*\*SOUP\*\*\*

20 X 1 LTR CONTAINER

HOMEMADE CREAM OF TOMATO & BASIL SOUP £7.50 (FEED 4)

\*\*\*TRAY BAKES\*\*\*

CHOC CHIP BROWNIES 4 STACK FOR £7.50

½ TRAY (8) £13.50

FULL TRAY (16) £20

ROCKY ROAD £2.50 SLICE

OR ½ BLOCK (6 SLICES) TRAY FOR £10

\*\*\*SAVOURIES\*\*\*

12 X HOMEMADE HOMITY PIE SLICE £3.50 (generous portion)

10 X ½ tray (6 PORTION) £14

(Pastry base, layered with caramelised onions, sliced new potatoes, and melted mature cheddar)

FREE DELIVERY IN BROADWAY, OR SPEND OVER £10 TO GET FREE DELIVERY IN 5MILE RADIUS,  
FURTHER DELIVERIES ON REQUEST.



## **Other Useful Information** found on Facebook or other places online

**Matt Matterson** of Fleece Road has very kindly made an offer of help for NHS staff and key workers in Broadway who may have concerns about their cars but cannot get into a garage.

Matt who is a professional engineer can help with basic requests and can check your car over if you have problems, but bear in mind that as he is only one person we ask that you do try and get an appointment with a garage as a first port of call.

However if you are struggling to find a garage that has space and need help please give him a call on 07866 513888 and he will do his best to help!

**Heart Felt Buddies.....** Testing times ahead. Here's how your children can also help: Lets pair-up elderly people with a local buddies who's jobs over the next few months will be to write them letters, do little outside jobs, and leave them little parcels on their door steps. \*Pen-pals who do a bit more\*. I've already 'match-made' two juniors with two seniors in their village and it took just two phone calls. Think about your elderly neighbours or enquire if anyone needs help on your local Facebook page, perhaps ask in the church, put a note in the local shop or if you have a care home near you, give them a call.

Heart Felt Buddies - go forth and sprinkle some magic!  
Please share.... X

## **The Broadway Wine Company**

During this exceptionally hard time. We at Broadway Wine Company would like to thank our loyal customers for your support. We are a small independent company who unlike a lot of companies we will not survive unless people continue to support us. We have bills to pay and children to feed and ask that during this time people find it in their hearts to support local companies. The shop is open daily from 10am and prices start from only £5.99 in the shop. We are now also offering free delivery within a 20 mile radius (minimum order applies). Please message us for a price list.

# great update from our ..



**From Weds 1st April** the Co Op (*previously Budgens*) will be taking food orders between **10am and 1pm, Tuesdays, Wednesdays and Thursdays.**

There will be **30 items available** & a crib sheet will be posted on this FB page for you to see, the Vicar will have this as well if you would like a copy we can send.

Once order and payment is taken our '**Broadway Corona Support Volunteers**' will collect and deliver to your door. You will need to let us know when you have ordered so we can arrange collection & delivery.

Please call **01386 842870** from Wednesday

## **Broadway Parish Council**

[www.broadwayparishcouncil.org](http://www.broadwayparishcouncil.org)

## **Coronavirus Update**

**The Parish Office is currently closed due to the ongoing health situation.**

If you need to speak to someone please contact:

The Clerk, Kevin Beasley 01386 858672

The Chairman, Barrie Parmenter 01386 852451

County/District Councillor, Mrs Elizabeth Eyre 07801 816755

District Councillor, Nigel Robinson 07885 695528

## **Broadway Coronavirus Support Network**

The Broadway Coronavirus Support Network has been set up by a small group of local villagers alongside the Parish Council, Signpost and St Michael and All Angels Church to support the local community in the wake of the Coronavirus pandemic.

- Are you prepared with essential items?
- Do you have a neighbour or friend who you could speak to and ask for their assistance over the coming weeks?

We are here to offer support to; those in self isolation, the elderly and those over 70 years of age.

Initially, we aim to offer support in the form of:

- Food collections & deliveries
- Prescription collection and delivery
- General friendly support / telephone chats

If you have access to the internet and can arrange online food deliveries etc then please do, but for those without easy access to mobile phones and the internet we are here to help you. We are here to help all of you.

The local Vicar, Michelle Ward is in the process of coordinating a list of helpers for each area of the Village to assist you therefore, if you should need help please contact us on:

TELEPHONE – 0778 000 2565

EMAIL – [broadwayvillagenetwork@gmail.com](mailto:broadwayvillagenetwork@gmail.com)

We are here to help, please reach out if you need us.

For those online, we can be found on Facebook at Broadway Coronavirus Support Network for news, updates & to volunteer [www.facebook.com/broadwaycoronasupportnetwork](https://www.facebook.com/broadwaycoronasupportnetwork)



## **Broadway Press** **- Ice Cyder and Apple Juice**

Our £20 Cyder boxes fit perfectly in the fridge!

That's 8.5 pints at £2.35/pint!

What's more, they'll keep for up to 1 year (in case it takes that long to finish)!!!

Order yours today at:

[www.broadway-press.com/shop](http://www.broadway-press.com/shop)

Select free local delivery at checkout on our web shop if you live within 15 mile

# Barn Close Surgery

COVID-19 Coronavirus  
27th March 2020 Update

**PLEASE STAY AT HOME, MANY MORE PEOPLE WILL DIE IF YOU DON'T DO NOT TAKE ANY RISKS, IT IS NOT WORTH IT**

From Monday 30th March 2020, in line with National and local guidance, we will be offering a locality "hub" model to provide you with medical care. Barn Close Surgery is part of the Vale Primary Care Network.

We have an excellent close relationship with our 7 local practices, and the following plans have been drawn up with the sole purpose of looking after you and our staff at this very difficult and uncertain time.

All patients will receive telephone triage prior to a face to face appointment being offered.

If the doctor or nurse deems that it is "essential" that you should be seen, then you will be asked several questions to determine where the best place to see you is.

You will be offered an appointment in one of two sites determined by clinical need. You **MUST** only attend the site where you have been asked to go:

1. Barn Close Surgery - via rear entrance to building. Please bring your mobile phone, call us when you have arrived and we will escort you from the car park.
2. De Montfort Surgery, Burford Street, Evesham. You may not be seen by a doctor who is known to you. You will receive "double triage" from 2 doctors to determine whether this is the appropriate destination for you to be assessed. Clear instructions will be given.

Routine care is currently cancelled and you will only be seen if your care is defined as "Core Work".

If you are asked to attend the practice, please be aware that the clinician seeing you will be working from a "clean room" and will always be dressed in protective clothing, gloves and a mask (PPE).

You may also be asked to wear a mask yourself. This is for your own protection and for the protection of the NHS staff looking after you.

**DO NOT ATTEND** the surgery if you have a **NEW PERSISTENT COUGH AND/OR FEVER**.

Prescriptions can still be collected from the practice, one person at a time from the tent that has been erected at the front of the surgery. You will not be allowed into the building, but medication will be given to you. Please listen to the instructions that you will be given.

You can order new prescriptions by posting the repeat slip through the door or registering for on-line "Patient Access" using the link below.

Requests for medication are outstripping supply. Please only request what you

need. You WILL NOT be allowed more than one month at a time. Please allow 7 working days for your medication to be read.

We thank you all for your patience and respect at this difficult and stressful time for all of us.

[www.111.nhs.uk](http://www.111.nhs.uk)

## **Abbey Green Vets**

As vets, our jobs have always been about protecting animal health and welfare. We now find ourselves in a position where it also our duty to do everything we can to protect human health.

Because of this we have reached the decision to stop face to face routine work. We will now operate our service from the BROADWAY clinic ONLY to allow us to provide the best service while minimising the chance of transmitting corona virus amongst our staff and the general public.

Some of you may be contacted to cancel your appointment. We apologise if you turn up and cannot let you in but hope you understand. We will be in touch shortly to discuss things further with you.

From today, some of our consults will be taking place via telephone or video link. In some cases you may be advised to come to the practice if we feel your pet needs some treatment that we cannot provide over the phone, or to collect medication, which will be done in a 'no contact' manner. Local delivery or postage of medications may also be necessary.

Please phone the practice on arrival. We are no longer allowing clients into the clinic so the vet or nurse will speak to you on the phone, come to collect the pet and bring it into the building for the examination/treatment. They will let you know a treatment plan and deliver your pet and medication back outside to you. Reception will take your payment, by card, over the phone. We will not accept cash payments.

If you have symptoms of coronavirus or are self isolating please make this known on the phone and STAY at HOME. We will try and assist by delivering medication or arranging for someone else to transport your pet to us.

We will not be booking any routine appointments face to face, but please feel free to call us if you need us as we may be able to provide this service by telephone or video link.

Repeat prescriptions and medications can be requested online via our website or by emailing [mail@abbeygreenvets.co.uk](mailto:mail@abbeygreenvets.co.uk) or by calling 01386 852421

between 10am and 3pm on week days. Please allow 3 days notice while our suppliers deliver every other day rather than daily. We can post some medication out.

Be patient when calling as we may be dealing with an emergency.

## Farm Animal Update

We will be providing essential services:

### Medicines Orders

please do NOT stockpile supplies – please order normal amounts  
Ring all orders into the office.

For medicine collection, please do not enter reception. Please ring the office from the carpark when you arrive, and your order will be placed outside the front door to avoid immediate contact

### Farm Visits

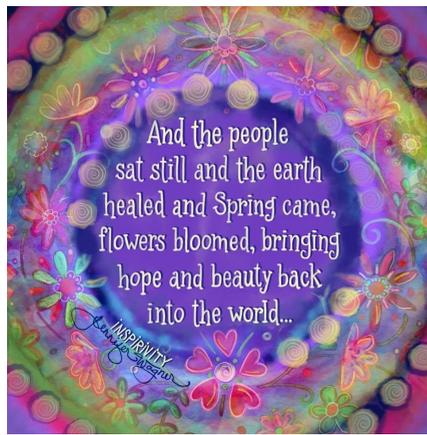
We will maintain all essential calls.

If you or anyone on farm is unwell, in advised self-isolation, you MUST make us aware before we arrive on farm so that we can make the best decision to reduce risks for everyone

We will continue to use our usual protective equipment and practice strict hygiene and biosecurity measures such as disinfecting between visits and wearing disposable gloves.

Please always practice social distancing – no hand shaking, passing equipment and stand 2 metres apart from other people.

Abbey Green vets was first opened in 1893 and we survived the Flu pandemic in 1918, WWI and WWII...we will endeavour to continue to provide our service to the local pets and farm population through this very difficult period. Wishing you all our very best and thank you for your support.



Up to a point it was nice to see signs of spring. . .



For those suffering **domestic abuse**, isolation will be a terrifying prospect and **significantly increase the risk of harm**.

If you, or anyone you know is **in need of help**, please reach out to Women's Aid, us, a trusted friend or family member and consider using a code word to communicate safely.

National Domestic Abuse Helpline: **0808 2000 247**



[www.fb.com/groups/wearethemotherload](http://www.fb.com/groups/wearethemotherload)



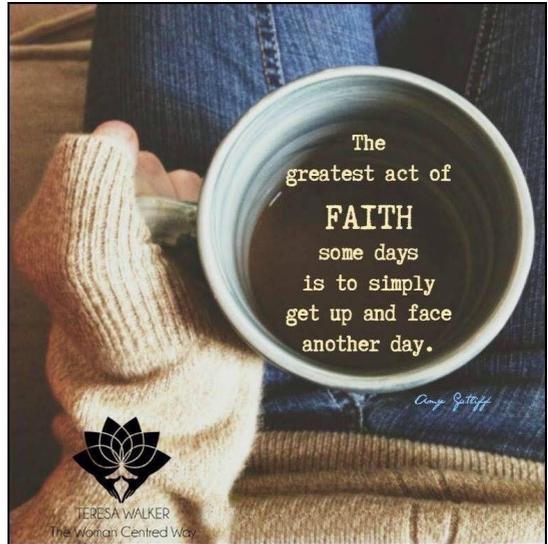
**COVID-19**

The following test was developed as a mental age assessment by the School of Psychiatry at Harvard University

Take your time and see if you can read each line aloud without a mistake. The average person over 50 years of age cannot do it.

1. This is this cat.
2. This is is cat.
3. This is how cat.
4. This is to cat.
5. This is keep cat.
6. This is an cat.
7. This is old cat.
8. This is person cat.
9. This is busy Cat.
10. This is for cat.
11. This is fourty cat.
12. This is seconds cat.

Now go back and read the third word in each line from the top down. I bet you can't resist passing this on.



The joys of self-isolation, no. 62

I spy with my little eye something beginning with 'g'.



# STAYING AT HOME

NAME: \_\_\_\_\_

DRAW / COLOUR / FILL IN THE GAPS

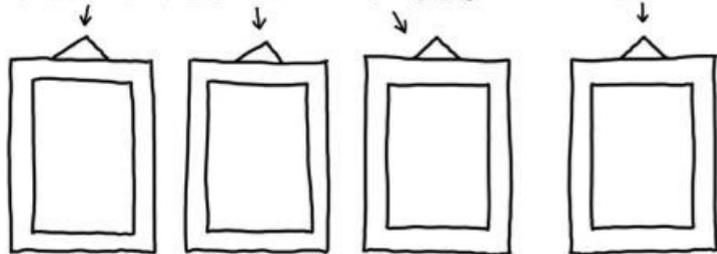
SHOE SIZE:



THE PEOPLE IN MY HOUSE

PETS

↑ COLORING



PEOPLE I'M MISSING SLIGHTLY



.....  
.....  
.....  
.....

(THEY MIGHT HAVE TO SHARE A FRAME...)

IDEAS FOR FUN ACTIVITIES WE COULD DO THIS WEEK



THINGS TO BE THANKFUL FOR:

- ① \_\_\_\_\_
- ② \_\_\_\_\_
- ③ \_\_\_\_\_

NOTES :

I saw this on the Leedons Park Facebook Group page and asked if I could share it.....

## **Isolation: Day Something or other: Tuesday**

*by Bryn Richards*

Sorry for the late posting of the latest edition. This was due to a technical hitch.

I received a thoughtful phone call from a gentleman called Trevor who apparently worked for Microsoft in a call centre in Mumbai. He pointed out that my laptop had the virus and that for a very reasonable consideration he could cure it. I thanked him but pointed out that our government had already given clear instructions and that I would deal with the infection. As I hung up Trevor's final comments showed his excellent grasp of English language.

Anyway, pulling on rubber gloves and donning a face mask I proceeded to wash the ailing laptop with soap and copious amounts of water. It took longer than 20 seconds to get into all the crevices but I often have that problem. I had completed Happy Birthday to Me, Oh Come all Ye Faithful and all three verses of the National Anthem (I had to hum the last two verses as I don't know the words) before I was complete.

Sad to say, the laptop didn't immediately switch back on. That may have been because, by coincidence, the power had failed as I plunged the laptop into the sink - perhaps unplugging it first may have been a precaution but we can all be wise after the fact.

I'm a little stuck now, Trevor isn't replying to my calls and having put the power back on there's a faint buzzing coming from the laptop. Perhaps it wasn't a viral infection but a wasp infestation.

I've really no idea how I'm going to get this blog on-line.

Damn this isolation!

**JUST CHECKING TO SEE**

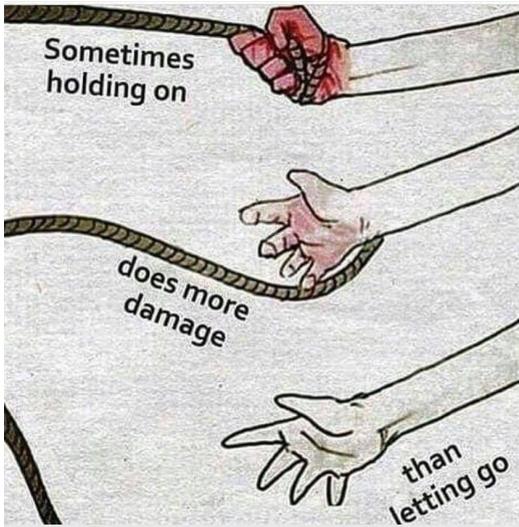


**IF Y'ALL DOING ALRIGHT**



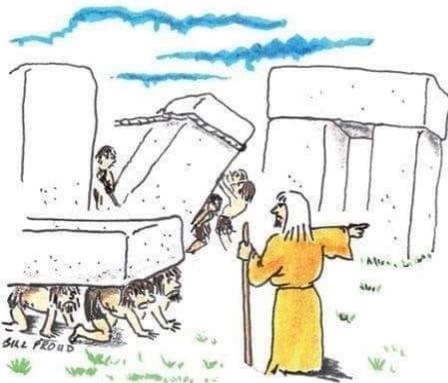
Did you know that when a dog sees their human, their brain secretes the same substances as ours do when we are in love.

*Simple Organic Life*



INTEGRITY IS CHOOSING COURAGE OVER COMFORT. IT'S CHOOSING WHAT IS RIGHT OVER WHAT IS FUN, FAST, OR EASY. IT'S CHOOSING TO PRACTICE YOUR VALUES RATHER THAN SIMPLY PROFESSING THEM.

-Brené Brown

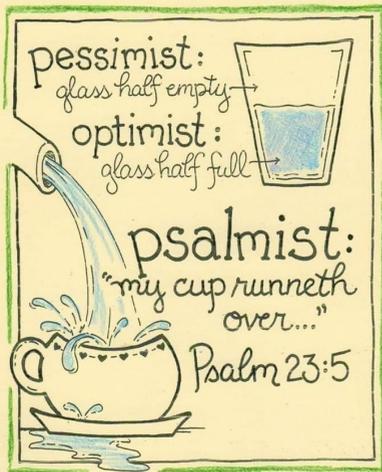


*"I hate it when the clocks go forward"*

**"GOD DOESN'T STOP THE BAD THINGS FROM HAPPENING; THAT'S NEVER BEEN PART OF THE PROMISE.**

**THE PROMISE IS:  
I AM WITH YOU.  
I AM WITH YOU NOW  
UNTIL THE END OF TIME."**

*~Madeleine L'Engle*



## Mental health

The Church of England has produced some mental health reflections to help you in this time of uncertainty. You can access them at: [cofe.io/MentalHealth](https://cofe.io/MentalHealth).

The Mental Health Foundation has also produced some useful resources, which can be found at: <https://www.mentalhealth.org.uk/coronavirus>

You can find a host of other [mental health resources](https://www.mentalhealthatwork.org.uk/toolkit/coronavirus-and-isolation-supporting-yourself-and-your-colleagues/) from a variety of different organisations and charities. <https://www.mentalhealthatwork.org.uk/toolkit/coronavirus-and-isolation-supporting-yourself-and-your-colleagues/>

Some helpful books and resources are also available from [Sacristy Press](https://www.sacristy.co.uk/books/coronavirus-church-resources#) at <https://www.sacristy.co.uk/books/coronavirus-church-resources#>

When I say I'll  
pray for you, it isn't because  
I'm forcing my religion on you  
It's because I believe in God and  
the power of prayer, and just  
because I care.

positivezone



**Lord**  
please heal those with the  
Coronavirus. And keep  
all my loved ones safe.  
**Amen.**



www.sacristy.co.uk @nedinilife ©



CartoonChurch.com

# THE FOODBANK

WAYS YOU CAN HELP IN 2020



FIND OUT WHAT IS NEEDED



PICK UP EXTRA ITEMS WHEN YOU SHOP



THEY DO A GREAT JOB AT THE FOODBANK



GOSSIP POSITIVELY

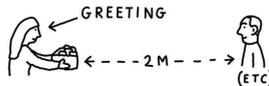


DONATE MONEY



FUNDRAISE

MIGHT HAVE TO BE ONLINE NOW

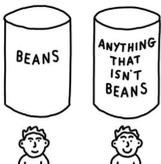


VOLUNTEER  
(REALLY IMPORTANT AS MANY VOLUNTEERS OVER 65 AND NOW SELF-ISOLATING)

WHY IS THE NEED FOR FOODBANKS INCREASING?



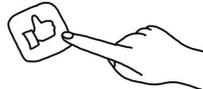
ASK AWKWARD QUESTIONS



[ BUT CHECK LOCALLY ]



ASK PEOPLE FOR FOODBANK DONATIONS RATHER THAN PRESENTS

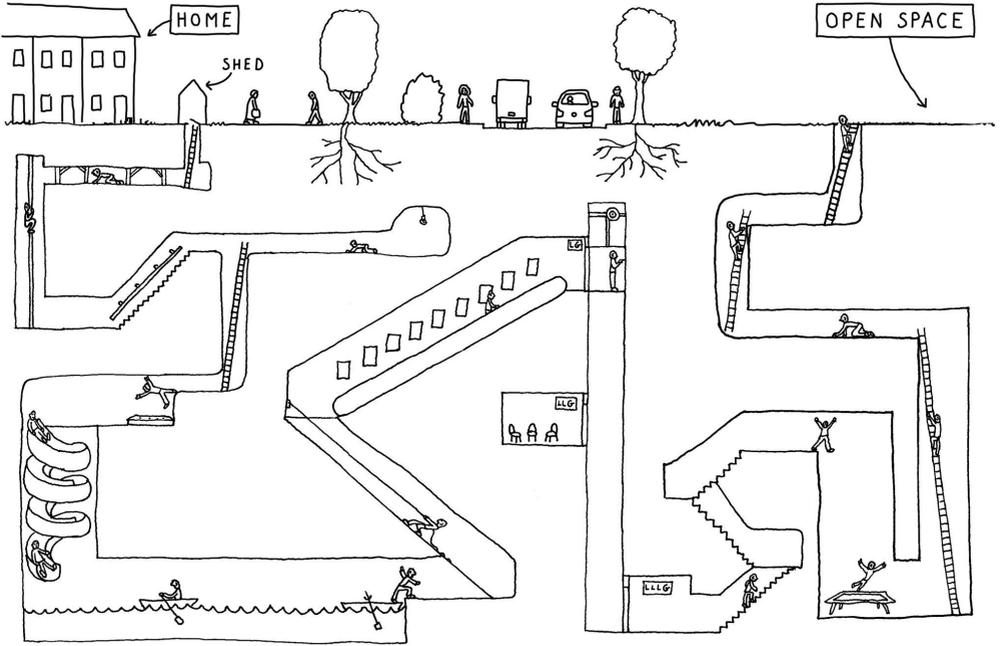


LIKE THE SOCIAL MEDIA PAGE

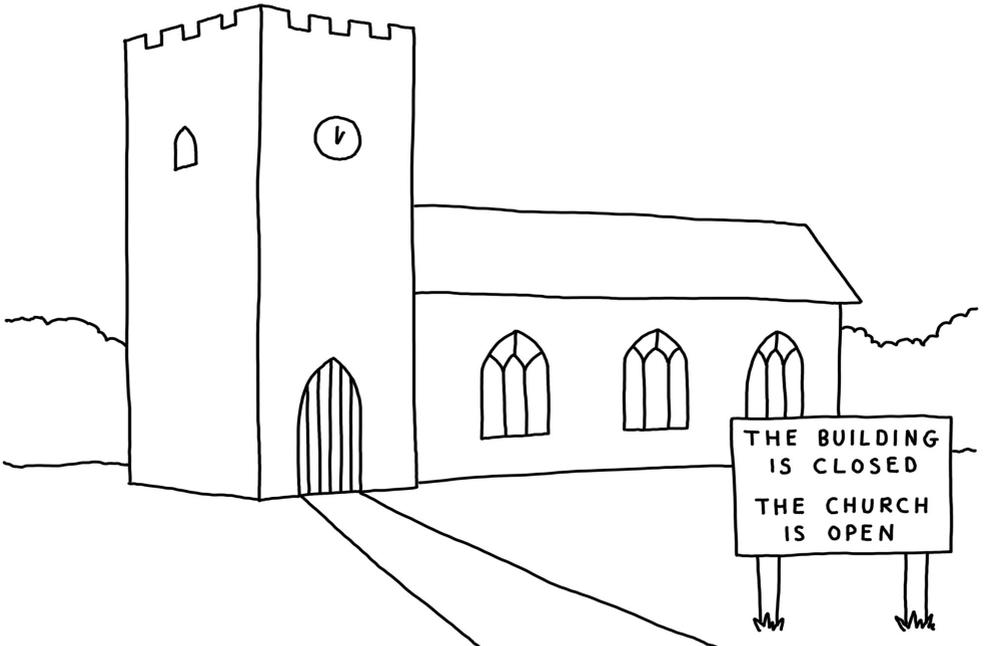
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# EXERCISE

HOW TO AVOID EVERYONE ELSE



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