

Issue 10  
16th April  
2020

# The Kirkby Overblow COVID Newsletter



Dear Village Resident

We hope that you had a good Easter weekend even though you were staying at home. The weather has been fantastic and the swallows have returned. A resident has said if we can create a little muddy area in our gardens (especially whilst it is so dry) this will help the swallows as they build their nests.

Thank you for all of the teddies around the village too. They looked fantastic. This is Sarah [redacted] bear wearing her scrubs. Sarah has had this bear since she was a child. Thank you to you all.

We were also sent photos of some of you with your bears when you were children. We will put these on the website and perhaps you can guess who they are! Please do send your childhood photos in if you have a picture of you with a favourite teddy bear.

The website link is <https://kirkbyoverblow.org/> to access all previous newsletters and up to date information.

---

*How can we help each other and those in need beyond our village?*

---

## Supporting the NHS and each other

We have had a number of people who are wanting to donate their time or money to helping others. We are looking into various ways that we can support those on the front line in the NHS and we particularly want to support mental health and well-being in the coming weeks if we can.

**Our first project** that we would like to support is an urgent one-providing scrubs to the frontline staff in Harrogate. These are the trousers and tops worn by our NHS staff and there is a national shortage.

Here is the link if you feel you have sewing skills to offer. You don't need to be an expert- there are scrubs to make or there are the fabric laundry bags to put them in so that they can go straight into the wash after a shift without being handled or contaminating other items.

[https://www.facebook.com/groups/harrogatescrubbers/?fref=gs&dti=141805367215273&hc\\_location=group](https://www.facebook.com/groups/harrogatescrubbers/?fref=gs&dti=141805367215273&hc_location=group)



If you wish to donate funds in order for fabric and materials to be purchased, please do so by following this link:

<https://www.paypal.com/pools/c/8oeCk85bt9?fbclid=IwAR0rnXeusVVN-pHXcNtRG3UVRSVtfoi3i9jAw8Xf0ROvNpSDziXIVM1wNNk>

**Secondly**, we have been asked for plants for the garden at Harrogate hospital that is used by the nursing staff when they get a few moments to themselves. Lucy [REDACTED] and I will be coordinating this between us. Please donate flowering plants that are low maintenance and we will deliver them. Either drop them to Lucy's or outside my garage and we will coordinate the delivery. We are very happy to pick up from you so please do contact us.

**Thirdly**, a pop-up shop has been set up at Harrogate hospital so that all staff can pick up food as they finish a shift without having to go to a supermarket. If you feel able to donate cupboard food eg tins of soup, baked beans, dried pasta, pasta sauce, biscuits, cakes etc or toiletries please can you drop them off outside my garage or Lucy [REDACTED] house or I can pick them up from you if you contact us. My number is [REDACTED] and Lucy's is [REDACTED]

If both plants and foodstuffs could be dropped to us by Monday evening, we will deliver on Tuesday. Thank you.

---

*A New Food Offering.  
We're here to help.*

---

## Frozen food and fresh takeaways

Kate continues to do an amazing job and wanted to take this opportunity to thank her fabulous team. Please order your fresh meals for this Friday, Saturday and Sunday by 4pm on the day please.

We again have attached the frozen and fresh food offering on a separate attachment and if you wish to order food supplies/pantry items, please click on the link below.

<https://forms.gle/oky64szLomoCpaSC8>

## Prescriptions

Prescriptions from Leeds Road Surgery can be collected from Kate at the side door of The Shoulder of Mutton between 11am & 12 noon and between 5 & 6pm each day.



---

*This is a good time to help your neighbours or perhaps someone you didn't know before.*

---

## Volunteering, Activities and Information

By now, everyone who has requested sunflowers should have received their delivery. Lucy has been very busy making sure we all have our seeds so thank you. There are still some left if you would like to be part of filling the village with sunflowers.

Thank you to everyone who took part and put their teddies out or in their windows over Easter weekend. I know this was really appreciated by everyone walking around our village.

As we continue to be at home in the coming weeks, we want to make sure that everyone feels supported. We have linked in with the wider Harrogate network, providing support under the umbrella of North Yorkshire County Council.

As we move into further weeks at home, we want to ensure everyone has the support that they need.

- If you are worried that you may need some emergency maintenance work at home, do contact us and we will try to find a suitable tradesperson for you.
- If you have financial concerns during this difficult time, please do contact us in confidence and we will be able to advise you on the support that is available. For example, there is a voucher scheme that can be used in cases of hardship to pay for supermarket shopping (subject to criteria). NYCC have also sent us information about utility bill payments.

Please contact us and we will give you confidential advice on an individual basis or signpost you to experts who can help.

**Please note that there are a number of scam voucher schemes. If you receive one which is addressed to 'dear customer' rather than your name, has poor grammar, is sent at a late hour, is from an unknown website or appears too good to be true, it probably is! Please contact any of us if you need help.**

## Looking after our mental health

Gillian has put together the following thoughts on looking after our mental health.

These are difficult times and anxiety, stress, depression can affect anyone at any time. In normal times 1 in 4 of us will experience a mental health problem during our lifetime. It is therefore not surprising that the current

situation and social distancing will add to this. It is normal to feel down and it can affect us in many different ways. The key is to not be frightened or worried as there are many places to seek help.

If you are already receiving treatment, make sure you follow the guidance of those supporting you and make sure you have enough medication. Remember prescriptions can be delivered to the pub for you to pick up.

At a time of physical isolation there is no need to feel mentally isolated. A good chat on the phone or participating in web chats and doing all those things you have always wanted to try like new recipes can be a real tonic. If you would like to just talk our volunteers are here to help. Contact Lucy [REDACTED] who can arrange this for you.

The following NHS link 'Every Mind Matters' is an excellent source of advice and signposting:

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/>

There is also Mindwell, a Leeds based website that brings together information from the NHS, Leeds City Council and the third sector into one single 'go to' place.

<https://www.mindwell-leeds.org.uk/home/mindwell-launches-coronavirus-mental-health-information-hub-1>

We will share further sources of help in our next newsletter.

Please look after your mental health. Be kind to yourself.

## A message from our vicar Craig Marshall

Dear Friends

It was a great delight last Sunday sharing with so many via 'zoom', the celebration of the resurrection of our Lord Jesus having journeyed through Holy week; sharing the last supper, standing at the foot of the cross and witnessing the light of a new dawn emerge. I think that the path of Holy week is a necessary journey to take if we are to truly celebrate on Easter Sunday. Good Friday is a tough place to find ourselves.

As we continue our journey into the Easter season, I wonder what is on your heart and mind? Whilst continuing to unpack boxes and settle in to the Rectory, I was struck by the number of different crosses I had collected or been gifted over the years. The cross, that great symbol of our Christian faith provides so much comfort yet at the same time is a great source for personal reflection about all that Jesus did for us so that we might truly live.

This year our Easter experience has been so different. In a sense, given that we are still in the grip of the Covid-19 pandemic, it is as if we continue to be

---

### Church News




---

in the midst of an ongoing, Lenten wilderness experience. Being 'locked down' must be tough for so many. However, maybe this year our Easter celebration has even more poignancy as we overlay the story with our present reality. Through the tough journey of the passion, Jesus emerged triumphant. We know this pandemic is awful and many have and will continue to suffer but if Easter teaches us anything about the reality of Christ, it is a message of 'hope', hope that we are in the hands of a great God who has ultimately removed the sting of death. So, we continue to pray for those who are struggling at this time and also for the front-line health and care workers to whom we owe a debt of gratitude. May God richly bless them and us as we look to the Cross of Christ and its power to save.

Every blessing

Craig

## Upcoming Events

### Monday 20<sup>th</sup> April-Pub Quiz from the Shoulder of Mutton at 7.30pm

The pub quiz was a great success again! Please do join Kate for the next one on Monday night. It is really easy to join and if you give one of us a call a couple of days before, we can talk you through how you set up Zoom.

All you need to do is download the Zoom app on your mobile phone, PC or ipad and then ten minutes before the event, please click on this link below and you will go straight through to join the quiz.

The quiz link for Monday is as follows:

<https://us02web.zoom.us/j/437224837?pwd=amlocnhLM2twL2lwb0YxdWZZQzI5UT09>

The password is: **shoulder**

## And Finally...

Thank you for your local photographs. They really are appreciated by everyone and we aim to add them all to the website photo gallery as well as using some on the newsletters.

As always, please contact us with any questions, queries or ideas for future bulletins. We are always pleased to hear from everyone.

Take care of yourselves, **stay home** and **stay safe**.

**Best wishes**

**Kirkby Overblow Parish Council and CoVid Community Group**

---

A blue button with rounded corners and a white right-pointing triangle. The text "Useful links" is written in white, sans-serif font to the left of the triangle.

---

## Useful Links

All our links are to official sources.

---

### ***Coronavirus: How to help safely***

---

Published 26 March 2020

<https://www.gov.uk/government/publications/coronavirus-how-to-help-safely--2/coronavirus-how-to-help-safely>

---

### ***Stay at home: guidance for households with possible coronavirus (COVID-19) infection***

---

Updated 24 March 2020

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

---

### ***COVID-19: guidance on social distancing and for vulnerable people***

---

<https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people>

---

### ***Staying at home and away from others (social distancing)***

---

Published 23 March 2020

<https://www.gov.uk/government/publications/full-guidance-on-staying-at-home-and-away-from-others/full-guidance-on-staying-at-home-and-away-from-others>

---

### ***Coronavirus (COVID-19): what you need to do***

---

<https://www.gov.uk/coronavirus>