

Dear Wavendon Resident

Yet another week of lockdown at home has passed, and I want to thank residents for sticking with it and taking full account of the restrictions. And another Thursday evening applause has taken place for our fabulous NHS, Care Workers and those many others working so hard to see us all through this challenging time. I know that an archive is being collated of these events in the village for future generations to view.

Now back in Downing Street, the Prime Minister Boris Johnson said “we are now beginning to turn the tide” on the disease but we cannot throw away all the effort and sacrifice we have been making by relaxing the lockdown too soon. We need to stick with it.

Staying at home isn't easy though is it? And not seeing loved ones can really take its toll.

It is OK to feel worried, scared or helpless about the current situation. But it is important to remember you're not alone – we are genuinely all in this together.

If you are finding it tough to cope, there are various organisations you can call or text to speak to someone. You will find some links to these at the end of this message. Please do not hesitate to reach out if you are feeling low.

Lockdown or self-isolation is a challenge. The Government and NHS have provided some tips and advice on how we can keep on top of our mental wellbeing and cope during this time. It includes things like taking time to connect with others by phone or video calls, looking after your sleep, keeping to some sort of routine and keeping your mind active. Some of these things sound obvious but they are also things we can easily let slip if we don't need to go to work or take the kids to school etc.

Being active and getting outdoors (if you can) is important. Lots of people are discovering our local recreation ground and countryside footpaths. If you want to see what's local to us here in Wavendon, take a look at the MK Council website - <https://www.milton-keynes.gov.uk/>

I produce a daily update on the news items and my weekly update is contained at the end of this message.

There's also advice about keeping your children informed - <https://mentalhealth.org.uk/coronavirus/talking-to-children> and working from home.

We are all experiencing change in one form or another and many of us will be experiencing worries or new feelings during this pandemic. I know across the Parish that neighbours are helping by looking out for each other, establishing social media links and ensuring no one is alone nor totally isolated. If you can find the time and to check on others you could be making a big difference to them. And of course, the added benefit of helping others is that it is good for your own mental health and wellbeing – it can help reduce stress and improve emotional wellbeing. In short, doing good does you good.

One thing we've seen all over the Borough is that kindness is prevailing. People are coming together to support and appreciate each other. Despite the fears, in Wavendon there is also community, support and hope.

Keep safe and stay well.

Cllr. David Hopkins - Chairman Wavendon Parish Council

HEADLINES

MKFM have a gallery of photos of cars queuing on Avebury Boulevard yesterday to take the COVID-19 test. <https://www.mkfm.com/news/local-news/in-pictures-hundreds-queue-for-coronavirus-drive-through-testing-in-milton-keynes/>

And also today at B & Q <https://www.mkfm.com/news/local-news/photos-show-huge-queues-outside-bandq-milton-keynes-despite-stay-at-home-guidance/>

The Chelsea Flower Show is going virtual (but I don't think my garden would win anything...) <https://www.rhs.org.uk/shows-events/rhs-chelsea-flower-show/news/2020/sue-biggs-open-letter-chelsea>

IMPORTANT MILTON KEYNES COUNCIL ANNOUNCEMENTS SINCE LAST MONDAY

You can sign up for regular Council updates here;
<https://public.govdelivery.com/accounts/UKMK/subscribers/new>

The Council has closed Lower Fourth Street and part of Avebury Boulevard to accommodate the new COVID-19 testing facility in CMK. This will allow visitors to queue along the Boulevard and stop vehicles jumping the queue. While the closure is in place the alternative route will be via Grafton Gate, Midsummer Boulevard and Witan Gate (and vice versa). The closure may continue in force for 21 days, and be extended. <https://www.facebook.com/MKCouncil1/>

The deadline for commenting on the Council's Regeneration & Estate Renewal Strategy has been extended until Tuesday 30 June
<https://content.govdelivery.com/accounts/UKMK/bulletins/2870919>

A narrated version of the Council's MK Futures 2050 consultative document has been put onto YouTube here <https://www.youtube.com/watch?v=NCaXFvgyJ60>

The Leader of the Council, Pete Marland, describes the financial impact of COVID-19 on the Council, here <https://www.milton-keynes.gov.uk/pressreleases/2020/apr/financial-impact-of-covid-19-at-milton-keynes-council>

Later in the week he wrote to the Prime Minister requesting extra funding for Milton Keynes. Full text here <https://www.mkfm.com/news/local-news/leader-of-milton-keynes-council-sends-letter-to-prime-minister-requesting-extra-funding/>

800 businesses who might be entitled to £25,000 each have yet to contact the Council. <https://content.govdelivery.com/accounts/UKMK/bulletins/287d4f0>

The Bulky waste collection service (from people's homes, but not free) will resume on Monday 27 April. For the time being bookings must be made by telephone 01908 252570 rather than online.

It is not yet possible to re-introduce the green bin collection - priority is being given to maintaining the black & recycling sack collection.

The Council has asked that residents should hold onto old batteries or take them to supermarkets which have recycling collection points. Once the green bin service is resumed they can be placed on top of bins on collection days as previously

It is still seeking a solution to reopen the Household Waste and Recycling Centres (colloquially the tips) while adhering to government guidance.

The MK Council / MK Community Foundation Covid-19 Emergency Appeal Fund has raised £205,000 in donations. 32 groups have been awarded over £100,000 in grants. More here

<https://www.mkcommunityfoundation.co.uk/news-events/milton-keynes-community-foundation-news/2020/grants-funded-through-emergency-appeal>

The Council's Multi Agency Safeguarding Hub (MASH) includes a downloadable pdf on support for Children & Families at the present time. Look for the blue box below the main heading on the page <https://www.milton-keynes.gov.uk/children-young-people-families/milton-keynes-multi-agency-safeguarding-hub-mash>

A generous donation from the MK based Getaway Foundation has enabled the Council to help over 30 vulnerable families <https://www.milton-keynes.gov.uk/pressreleases/2020/apr/extra-support-for-vulnerable-families-in-mk-thanks-to-getaway-foundation>

IMPORTANT GOVERNMENT NOTICES SINCE LAST MONDAY

The Government's Job Retention Scheme went live on Monday <https://www.gov.uk/government/news/coronavirus-job-retention-scheme-up-and-running>

£1.25 billion of support has been announced for innovative businesses hit by COVID-19
<https://www.gov.uk/government/news/billion-pound-support-package-for-innovative-firms-hit-by-coronavirus>

Guidance on SEND risk assessment <https://www.gov.uk/government/publications/coronavirus-covid-19-send-risk-assessment-guidance>

Further guidance on the management of funerals <https://www.gov.uk/government/news/guidance-updated-to-support-the-safe-management-of-funerals>

Guidance on managing COVID-19 deaths <https://www.gov.uk/government/publications/guidance-for-those-involved-in-managing-covid-19-deaths>

Government support for online learning <https://www.gov.uk/government/news/new-major-package-to-support-online-learning>

A new 'support finder' tool to help businesses & self-employed people to find what financial support is available to them <https://www.gov.uk/government/news/government-launches-new-coronavirus-business-support-finder-tool>

Updated guidance on free school meals & NRPF groups
<https://www.gov.uk/government/publications/covid-19-free-school-meals-guidance>

New advice on reduced requirements for educational data collection
<https://www.gov.uk/government/publications/coronavirus-covid-19-reducing-burdens-on-educational-and-care-settings>

Updated guidance on the Early Years Foundation Stage
<https://www.gov.uk/government/publications/coronavirus-covid-19-early-years-and-childcare-closures>

Updated advice on the mental health and wellbeing of children & young people
<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing>

New guidance on PPE export controls <https://www.gov.uk/government/publications/coronavirus-covid-19-guidance-for-uk-businesses>

Aldi has joined the national free school meal voucher scheme

<https://www.gov.uk/government/news/aldi-joins-free-school-meal-voucher-scheme>

Summary data on the numbers of children and teachers attending school 23 March - 17 April

<https://www.gov.uk/government/publications/coronavirus-covid-19-attendance-in-education-and-early-years-settings>

Advice for people who buy care and support through a direct payment

<https://www.gov.uk/government/publications/coronavirus-covid-19-guidance-for-people-receiving-direct-payments>

A large scale COVID-19 study is to be launched

<https://www.gov.uk/government/news/government-begins-large-scale-virus-infection-and-antibody-test-study>

Information and support for the bereaved

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/880807/Bereavement-Leaflet-digital.pdf

Coronavirus testing is being extended to all essential workers in England who have symptoms

<https://www.gov.uk/government/news/coronavirus-testing-extended-to-all-essential-workers-in-england-who-have-symptoms>

Extra support to keep children at risk of neglect or abuse safe

<https://www.gov.uk/government/news/multi-million-support-for-vulnerable-children-during-covid-19>

Local councils have also been given more flexibility with free childcare funding

<https://www.gov.uk/government/news/councils-given-flexibility-with-free-childcare-funding>

This is an update with added guidance for children's social care services

<https://www.gov.uk/government/collections/coronavirus-covid-19-guidance-for-schools-and-other-educational-settings>

Ofqual have launched a consultation on awarding vocational & technical qualifications this summer
<https://www.gov.uk/government/news/ofqual-consultation-on-awarding-vocational-and-technical-qualifications-in-summer-2020>

Advice on cluster and hub provision <https://www.gov.uk/government/publications/using-clusters-and-hubs-to-maintain-educational-provision>

Updated information about providing apprenticeships during COVID-19
<https://www.gov.uk/government/publications/coronavirus-covid-19-apprenticeship-programme-response>

Updated guidance to FE providers including information about the European Social Fund (ESF)
<https://www.gov.uk/government/publications/coronavirus-covid-19-maintaining-further-education-provision>

Updates guidance about aggressive High Street landlords by adding start & end dates for the temporary bans on statutory demands and winding up petitions.
<https://www.gov.uk/government/news/new-measures-to-protect-uk-high-street-from-aggressive-rent-collection-and-closure>

A clinical trial has been approved for COVID-19 treatment using plasma
<https://www.gov.uk/government/news/clinical-trial-approved-to-help-the-nhs-treat-covid-19-patients-using-plasma>

Guidance for care staff supporting adults with learning disabilities, and autistic adults
<https://www.gov.uk/government/publications/covid-19-supporting-adults-with-learning-disabilities-and-autistic-adults>

A pledge to give everyone around the world equal access to new coronavirus vaccines and treatments . <https://www.gov.uk/government/news/uk-leads-way-as-nations-endorse-landmark-pledge-to-make-coronavirus-vaccines-and-treatments-available-to-all>

Furloughed workers will receive full parental leave entitlement
<https://www.gov.uk/government/news/furloughed-workers-to-receive-full-parental-leave-entitlement>

OTHER MK-RELATED ORGANISATION ANNOUNCEMENTS SINCE LAST MONDAY

The NHS ask that people should seek medical care when they need it and not be put off by the current pandemic <https://www.bbc.co.uk/news/health-52417599>

How to contact the NHS online <https://www.nhs.uk/health-at-home/>

The Hospital have updated their advice to cancer patients <https://www.mkuh.nhs.uk/news/cancer-services-update-at-mkuh>

The Hospital, and the MK Hospital Charity have published their thanks to everyone who has contributed to their COVID-19 Appeal <https://www.mkuh.nhs.uk/news/thank-you-for-your-support>

A local GP, Dr Uzma Sawar has advised that those who are self-isolating because they are unwell with symptoms of coronavirus, or recovering from the disease, should not fast during Ramadan. <https://www.miltonkeynes.co.uk/health/coronavirus/muslims-showing-covid-19-symptoms-should-not-fast-during-ramadan-says-gp-milton-keynes-2547604>

Congratulations to International Dance Shoes of Stonebridge who received a Queen's Award for Enterprise on Tuesday <https://www.internationaldanceshoes.com/>

From Community Action:MK their (really helpful) weekly update <https://mailchi.mp/communityactionmk/weekly-info-updates-from-community-action-mk-23march-2623886?e=c9370b21aa>

They are also urging community groups that haven't yet done so to complete their survey <https://mailchi.mp/communityactionmk/urgent-please-complete-the-covid-19-support-services-survey?e=c9370b21aa>

And they are renewing their request for us to share any stories or pictures of what we are doing so that they can keep the wider community up to date and aware. Please email them to: info@communityactionmk.org or tag them at @ComActmk or @CommunityActionMK

They are also offering advice on how to make a Zoom background <https://fundraising.co.uk/2020/04/20/charities-how-to-make-a-zoom-background-for-your-supporters/>

Thames Valley Police would to find out how we are using technology now, what for, and why, and to determine whether we have been targeted by any COVID-19 related online scams. This information will help their Cyberhood Watch partnership deliver relevant resources and information to keep us safe at this time. Click on the link to complete the survey anonymously:

<https://www.surveymonkey.co.uk/r/9NWNMV9>

They have created a video highlighting Police priorities when dealing with social restriction breaches <https://www.facebook.com/138503923654/videos/512643612951117/>

The Police have also published a "silent solution" about how to contact them during domestic violence <https://www.thamesvalley.police.uk/silentsolution>

MKFM are inviting nominations of local people, community groups and businesses who are making a difference across Milton Keynes during the present crisis <https://www.mkfm.com/local/nominate-your-local-heroes-for-mkfms-big-stars/>

They are reporting the launch of a campaign by Iain Stewart MP & Ben Everitt MP to #Share Your Rainbows <https://www.mkfm.com/news/local-news/milton-keynes-mps-call-for-messages-of-support-and-optimism/>

MKFM has highlighted Thames Valley Air Ambulance's Virtual Dog Show (entry deadline Thursday 30 April) <https://www.mkfm.com/news/local-news/top-of-the-pups-virtual-dog-show/>

MKFM has also highlighted the work of the MK Street Food Collective delivering meals for staff at the Hospital <https://www.mkfm.com/news/local-news/mk-street-food-collective-delivers-hundreds-of-meals-to-milton-keynes-hospital/>

And more on this here <https://www.facebook.com/keepthemgoing/>

A new Channel 40 is back - here <https://www.facebook.com/MKChannel40/> Channel 40 used to be MK's own television channel which ran from 1976 to 1979

MK Citizen has reported how the Government's furlough scheme saved 500 jobs at the hotel & stadium <https://www.miltonkeynes.co.uk/health/coronavirus/governments-furlough-scheme-helped-save-500-jobs-stadium-mk-2543680>

The Citizen is also highlighting how Milton Keynes Pressings Ltd (MKP), based in Bletchley have been making beds for the NHS Nightingale hospitals

<https://www.miltonkeynes.co.uk/news/people/dedicated-milton-keynes-company-makes-hundreds-beds-equip-nightingale-covid-19-hospitals-2543764>

It has published a list of city takeaways that are still open

<https://www.miltonkeynes.co.uk/health/coronavirus/milton-keynes-takeaways-still-open-treat-during-coronavirus-lockdown-2543995>

The Citizen has reported that an MK firm has been overlooked for the provision of PPE

<https://www.miltonkeynes.co.uk/news/people/milton-keynes-firms-offer-make-1000-sets-ppe-scrubs-week-was-ignored-government-2546375>

It is also reporting that John Lewis has partnered with the British Medical Association (BMA) to distribute care packages for frontline NHS workers at the busiest hospitals across the UK including Milton Keynes

<https://www.miltonkeynes.co.uk/business/consumer/john-lewis-milton-keynes-distribute-care-packages-nhs-staff-2548797>

Total MK is reporting that six dogs from Medical Detection Dogs based in Great Horwood may soon

be able to identify COVID-19 <https://www.totalmk.co.uk/news/six-super-sniffers-from-milton-keynes-that-could-detect-cv-19>

It has also reported that Willen Hospice raised £13,500 from their virtual relay race

<https://www.totalmk.co.uk/news/willen-hospice-overwhelmed-by-response-to-virtual-relay-powered-by-energie-fitness>

It is drawing attention to Living Archive's request for us to keep a diary on how we're managing lock

down <https://www.totalmk.co.uk/whats-on/history-corner-with-the-living-archive-fancy-keeping-a-diary>

Total MK is also highlighting social distancing concerns <https://www.totalmk.co.uk/news/health-worker-slams-lack-of-social-distancing-at-milton-keynes-supermarket>

It recorded Thursday's weekly CMG Rescue Services parade in Newport Pagnell to support NHS and Care staff and other key workers.

<https://www.facebook.com/thisistotalmk/videos/162534421782918/>

Total MK describes how a Milton Keynes man has completed two marathons in a wheelchair for Willen Hospice

<https://www.totalmk.co.uk/news/milton-keynes-man-completes-two-marathons-in-wheelchair-for-willen-hospice>

SOME NOTES & ADVICE FROM OTHER SOURCES SINCE LAST MONDAY

The BBC's new Bite Size Daily learning channel launched on Monday

<https://www.bbc.co.uk/bitesize/articles/zfwrcqt>

So also did the new Government backed online Oak National Academy

<https://www.thenational.academy/>

The National Cyber Security Centre is offering guidance on how to stay secure online during coronavirus <https://www.ncsc.gov.uk/cyberaware>

Each Tuesday the Office of National Statistics (ONS) publishes data about all deaths registered in England & Wales including those outside hospitals which might be attributed to COVID-19. There is a time lag with ONS data as opposed to the almost daily figures provided on confirmed case and hospital deaths. The figures in this link are up to and including Friday 10 April

<https://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/deaths/bulletins/deathsregisteredweeklyinenglandandwalesprovisional/weekending3april2020>

It has been announced that at 9 pm on Friday 8 May (VE Day) there will be a UK-wide rendition of Vera Lynn's "We'll Meet Again" which everyone is invited to join.

For statistical nerds only: a Financial Times analysis of possible numbers of deaths from COVID-19 in settings other than hospitals <https://www.ft.com/content/67e6a4ee-3d05-43bc-ba03-e239799fa6ab>

MindEd is a free educational resource on children & young people's mental health funded by the Government departments of Health & Education <https://www.minded.org.uk/>

The BBC reporting the Chief Medical Officer's warning on Wednesday that some form of social restrictions might have to be retained for some months yet <https://www.bbc.co.uk/news/uk-politics-52389285>

The BBC also has some thoughts on Zoom <https://www.bbc.com/worklife/article/20200421-why-zoom-video-chats-are-so-exhausting> From the Education Endowment Foundation a range of free resources to support schools and parents during the present crisis

<https://educationendowmentfoundation.org.uk/covid-19-resources/>

UEFA announced on Wednesday that the postponed 2021 UEFA Women's Football tournament will be played in England in 2022 including at the MK Dons stadium

<https://www.uefa.com/womenseuro/news/025c-0f3d8be5c46b-a606252552ee-1000--uefa-women-s-euro-moved-to-july-2022/>

The English Cricket Board announced on Thursday that no professional cricket will be played before Wednesday 1 July <https://www.ecb.co.uk/news/ecb>

The BBC's Big Night In, also on Thursday, raised £27.4 million which will be doubled by the Government <https://www.bbc.co.uk/news/entertainment-arts-52379802>

The Care Quality Commission (CQC) is encouraging open feedback on safety concerns during the current crisis <https://www.cqc.org.uk/news/stories/safety-speaking-during-covid-19-emergency>

Advice on loneliness during the present lock down <https://letstalkloneliness.co.uk/news-government-launches-plan-to-tackle-loneliness-during-coronavirus-lockdown/>