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Ashburnham and Penhurst Parish Magazine April 2020

Not sure which way
to turn during the
Corona Virus crisis?

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Ashburnham and
Penhurst Parish
Council is here to
help**

**Just call
07836 716723**



See inside for more information,
offers of help and some ideas to
take your mind off it all!

Please send contributions for the May issue by Friday 3rd April.
We reserve the right of refusal & the right to edit any articles

Village Plans for the Coronavirus Crisis

Your Parish Council held an Emergency Meeting on Friday 20th March (correct social distancing guidelines were observed as you can see from the table layout!)



The aim of the meeting was to discuss what needs to be done in order to help villagers deal with the current crisis and put plans in place as this situation evolves.

Here is the important information you need at the moment:

- 1) A member of the Parish Council should have paid you a visit during the week beginning 23rd March. This is to check that each villager has someone to help if need be and to hand over a leaflet with key phone numbers on. If you haven't received a flier, please phone the number on the front of the magazine and ask for one to be dropped off
- 2) We recognise that getting out and about is difficult for some at the moment so, the numbers on the flier include Ashburnham Place who have offered to help with picking up prescriptions or even cash and Nat at the Ash Tree Inn who is organising a community grocery scheme. Details of both of these services are on your flier and also on the middle pages of this magazine
- 3) If you are able to offer help at this time then please ring the number on the front of the magazine and register your details
- 4) Our Village venues - The Sports Pavilion, Village Hall and Church Hall will be closed until at least the middle of May, this may be extended for as long as necessary
- 5) Please read the information in the centre of the magazine and keep checking the Parish Website www.ashburnham-penhurst.net for up to date information and advice



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 advertisements for local services in
 this magazine does not constitute a
 recommendation.
 Readers are advised to make
 their own enquiries to ensure
 good service.**

**GREEN GRASS
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Dear Friends,
 "And when the crowd that came to see the crucifixion saw that Jesus
 was dead they went home in deep sorrow. As the body was taken away, the women
 from Galilee followed and saw it carried into the tomb" (Luke 23)
 The great Christian writer A.W.Tozer said, 'I leave possessing nothing but faith'.
 He was speaking of his life, but he could also have said such a statement upon
 seeing the empty tomb of Jesus.

As Mary Magdalene ran to tell Peter: "they have taken the Lord's body out of
 the tomb and I don't know where they have laid him. Then Peter ran to the tomb
 and saw and believed". (John 20)
 The truth of the Christian faith lies in what happened over a period of three
 days, some 2,000 years ago. If it was untrue then our faith, as St.Paul states:
 'is in vain'. Our Lent study today was about Miracles. One might easily say that the
 resurrection of Jesus was the greatest miracle of all history. In truth it really was.

Jesus went to the cross crying to the Father: 'why have you forsaken me?'.
 The answer to that agonised question came three days later.
 Billy Graham's brother-in-law was often quoted as saying:
 'Friday's here, but Sunday's coming!'
 The Father answered that agonising question with the resurrection. We celebrate
 this on April 12th this year when the darkness of Good Friday is flooded with the
 light of the resurrected Jesus! As the Easter hymn reminds us:
 "Love's redeeming work is done, fought the fight the battle won"

With our prayers for a Holy and Blessed Easter
 Peter and Diana
 Agmerhurst Granary, Kitchenham Road,
 Ashburnham, Battle, TN33 9NA
 Tel: 01424 892941
p.walker977@btinternet.com

**Please note that there will be no Church services for the
 foreseeable future, all of our Church and Chapel buildings will
 be closed to visitors from now on as well.**

These two events are still going ahead!

Book Club - via WhatsApp

Check with Nicky nearer the day about how this will work!

Our next gathering will be at **2pm on Friday 24th April**

For details call Nicky on 01424 892474

We will be chatting about the books we have enjoyed since the last time we met: sharing, swapping, lending and recommending

100 Club

If you've signed up for this, don't worry it is still taking place!

Nat will make the draw at the beginning of the month and the result will be posted on the Parish Website....it could be you!

Raise money for the New Village Hall and you could win a cash prize!

It costs just £12 for a full year, you could win the monthly draw of £25

To sign up or renew your membership

Ring Robin or Gill on 01424 892674

Magazine Digital Edition

Due to travel restrictions announced on 23rd March this edition of the magazine will be only available online and via email rather than being delivered door to door.

We know not everyone has internet access, if you know your neighbour doesn't and you are able to print off a copy, please do so to help keep everyone informed, (for information, print double sided flipping the page on the short side to keep the formatting)

Some paper copies will be available at the pub to pick up with takeaways or veg boxes but please only take one if you know someone who can't get it any other way.

Thanks for your ongoing support and help.

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Ashburnham and Penhurst Facebook Page:

www.facebook.com/groups/penhurstandashburnham/

Ashburnham Church Facebook Page:

www.facebook.com/AshburnhamPlace/

Play Cafe Facebook Page:

www.facebook.com/groups/thePlaycafe/

WI Facebook Page:

www.facebook.com/ashburnhamWI/

Ashburnham and Penhurst Parish Council Facebook Page:

www.facebook.com/AshburnhamPenhurstPC/?epa=SEARCH_BOX



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All these events and meetings in our villages are postponed until further notice

Pub Quiz
at the Ash Tree Inn
01424 892104

ASHBURNHAM & PENHURST WI
For more details contact
ashburnhamandpenhurstwi@gmail.com

MI
All men in the Villages welcome to join us for a drink and find out more about our upcoming events

Table Tennis Club
Call Janet on 01424 892311
for more information

Village Lunch
at the Village Hall
For more information
ring Janet on 01424 892311

Filling Station
contact Catherine Duggleby on 07801 634034 for information

Play Cafe
call Margaret on 01424 777011
for information

The Art Group
email barbara.cornish@lilve.co.uk
for more information

Village Walking Group
email Nicky on
nickyatstreetcottage@gmail.com for information

P.A.N.T.S Radio Play
email j.french678@btinternet.com
for information

Plant Sale
Call Jay on 07876 484945
for information

Indoor Boot Sale
call Kirsty on 01424 892023 or
07800 586590 for more information

Out of the Blue Coffee Morning
due to be at the Pavilion on 18th April

Church Services and groups at
Ashburnham Church, Penhurst Church,
Ashburnham Chapel

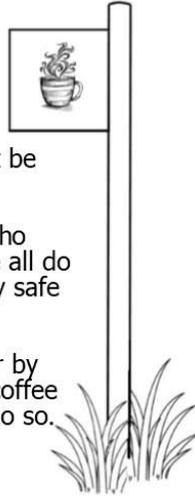
To all Group Leaders and Members
if you run or are a member of a group that usually meets regularly, why not try and keep in touch virtually with each other? It could be the only contact some people get during the week and might make a real difference to someone who is stuck at home.

The Coffee Stop

In light of recent guidelines given by the government we will not be meeting in April.

This will be a disappointment to those who are regulars, but it is important that we all do our bit to keep those in our community safe and well.

Please keep in touch with each other by phone and email and we will resume coffee mornings as soon as it is possible to do so.



Ashburnham and Penhurst Women's Institute

The WI committee have decided to postpone all WI meetings and activity for April, and will review again in Early May. However we are very aware that May also is likely to remain suspended too.

There is an email going out later. But the WI wish everyone remains well and strong through this difficult and unprecedented time. We are at the end of the phone and emails and will keep FB updated and look forward to seeing everyone again soon as things improve.



Village Litter Pick

Easter Sunday, 12th April

We will be holding a litter pick at the Pavilion (the Pavilion won't be open for refreshments). Come and collect bags and gloves. Please observe social distancing measures. Either head out to pick litter or take a bag to use on your next visit to the village.

postponed!



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www.ashburnham.org.uk/orangery-tea-room
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CHAPEL NEWS FOR APRIL

This year it is likely that our Good Friday and Easter Services will be cancelled.

I personally dread Good Friday because I always remember how Our Lord, was beaten, spat at, humiliated and hung on a cross, where, with His flesh in ribbons, His extensive wounds bleeding and hurting, his thirst raging in the hot sun and flies buzzing all around, nibbling at his wounds He hung and died so that we could have our sins forgiven and receive eternal life. I always ask myself how somebody like Jesus who had NO SIN could be treated so abominably, but of course that is why He came to earth and throughout the Old Testament, prophets foretold His coming, saying where He would be born, (Micah 5v2); born to a virgin (Isaiah 7v14) He would be rejected by His own people (Isaiah 53v3 and Psalm 118v22); how He would die (Psalm 22v14,16&17) and that He would rise again (Psalm 16v10) they even foretold that none of His bones would be broken (Exodus 12v46) and that His clothes would be divided (Psalm 22 v18).

Our next Healing Service was due to be held on 26th April but will also be cancelled.

We at the Chapel wish you a very Happy Easter and will be praying that the Coronavirus does not affect any of you or your families. Remember to keep washing your hands and listening to the advice of the experts.

A note for your diaries – 10th May – when we have “Saints Alive” leading our Service which will be a service for all ages with the use of puppets, something very different and something which I am sure you will all enjoy! We will confirm nearer the time whether this will be taking place!

The Chapel congregation will be praying in their homes every day at 9 p.m for 5 minutes when they will hold all the Christian establishments and all the residents in Ashburnham, Penhurst and the surrounding area up to The Lord. It is hoped that St. Peter's will join us.

A Thought for this Season

At Penhurst Retreat Centre, we lead daily morning and evening prayer and often read the words of Henri Nouwen, this message of his seemed particularly pertinent for this season, I hope you find it helpful. Jay
“I am not saying there is an easy solution to our ambivalent relationship with God. Solitude is not a solution. It is a direction. The direction is pointed to by the prophet Elijah, who did not find Yahweh in the mighty wind, the earthquake, the fire, but in the still, small voice; this direction, too, is indicated by Jesus, who chose solitude as the place to be with his Father.

Every time we enter into solitude we withdraw from our windy, earthquaking, fiery lives and open ourselves to the great encounter. The first thing we often discover in solitude is our own restlessness, our drivenness, and compulsiveness, our urge to act quickly, to make an impact, and to have influence; and often we find it very hard to withstand the temptation to return as quickly as possible to the world of “relevance.” But when we persevere with the help of a gentle discipline, we slowly come to hear the still, small voice and to feel the gentle breeze, and so come to know the Lord of our heart, soul, and mind, the Lord who makes us see who we really are”

You can find more of his writings at www.henrinouwen.org and can even sign up to a daily email of thoughts such as this from his writings.

A Message from Revd Peter Walker

We are all very conscious at present about this widespread virus.

We are all taking the necessary precautions to avoid catching it.

Washing of hands regularly for 20 seconds is one simple activity.

When washing your hands recite the Lord's Prayer – some sing Happy Birthday. Why not make the hand washing a moment of prayer?

Our prayers are with all the vulnerable, those who have lost loved ones, the dedication of our doctors and nurses, our politicians. All those who are working so hard to find a vaccine.

The disciples concentrated on the storm in the boat when Jesus was there!

We too easily concentrate on the storm – let's focus on Jesus who knows our needs and will answer us to 'still the storm'. May God bless us all in the days and weeks ahead.



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ASHBURNHAM
PLACE

Grounds and Gardens

All upcoming events and walks have been cancelled, please see the paragraph from Paul and Andy elsewhere in the magazine for more information.

We look forward to seeing you all again soon. Stay safe.

www.ashburnham.org.uk

www.penhurst.org.uk **Penhurst Retreat Centre**
01424 892088

info@penhurst.org.uk



As COVID-19 spreads around the world and now the UK, many people are anxious and fearful, not knowing what will happen. We all have times in our lives when nothing anyone can say or do will change circumstances and make everything better – this may be one. Having someone come and just be with us (or phone in current circumstances!) can be a great source of encouragement, hope and strength in such times.

But there is someone else who wants to come alongside us. More familiar at Christmas time, Matthew 1:23 says “The virgin will conceive and give birth to a son, and they will call him Immanuel (which means “God with us”)”. Through the risen Christ, God is not only present but also personal and approachable, which can give us hopeful assurance however dark our days may be. If you are anxious or struggling, why not just talk to God, tell him how you're feeling and ask him to come alongside you?

Sadly, the retreat centre is closed to guests for now, but we trust we will be able to re-open and welcome people again once the pandemic passes. Until then, we will endeavour to support the community where possible, and pray for peace, comfort and good health for everyone.

With love and blessings, Joanna, Nicci and the Penhurst Team

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Time: 10-11:30am • Ages: 0-36 month old

BUNNY THURSDAYS

We have planned lots of exciting groups from Baby Massage,
Baby Yoga, Sing & Sign plus much more! See website for the schedule.

Time: 10-11:30am • Ages: 0-18 month old

BUNNY FRIDAYS

Our Bunny Hop mornings provide a relaxed setting where
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Time: 10-11:30am • Ages: 0-36 month old

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bunnyrunchildcare.co.uk

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Thanks to Rachel for spotting this poem!

I've got a bag of pasta,
Tomatoes in a tin
an extra pack of loo rolls,
the ultimate new sin.

I can't get any hand wash,
Baked beans are rare as gold
And everyone is worried
As we protect our old.

We watch out for the symptoms,
A sore throat and a cough.
And we avoid the handshakes
Life now is getting tough.

We're following the guidelines
And up and down the land,
We're singing Happy Birthday
As we lather up our hands.

And if we are out shopping
To see what's left in town,
If we see someone sneezing
We step away and frown.

Schools might soon be closing
Parents buy up gin,
Weeks and weeks of boredom
The future's looking grim.

Many will be worried
That they can't earn any money,
And for all those little businesses
This time is far from funny.

But stop and look around you
There is blossom on the trees,
The birds haven't stop singing
We have butterflies and bees.

Use this latest crisis
To step back from the strife,
The pressures of your workplace
And reassess your life.

Spring is around the corner,
feel that gentle breeze
And when we have no paper,
There'll be plenty of dock leaves.

Jan Millward©

Flower Show

We will soon be publishing the schedule of classes on the Parish Website. So, if you've got more time in the garden at the moment, have a look and see what you might grow to enter! If the show goes ahead in July you will be ready to impress the judges with all your expertly grown produce! If it doesn't go ahead, you will still have lots of delicious vegetables and beautiful flowers to enjoy! It's a win-win!

Parish Magazine Contact Details

To advertise phone Fay on 07860 113413
oframsden@hotmail.co.uk

If you have a question about delivery

contact Catherine on 07801 634034

To submit articles or village notices

contact Jay Ashworth on

01424 532972 / 07876 484945 or

email jay.ashworth@btinternet.com

For information about Church Services Ashburnham Church

Revd Peter Walker 01424 892941

p.walker977@btinternet.com

Penhurst Church

Anthony Ramsey 01323 764557

Ashburnham Chapel

Fay Ramsden 07860 113413

01424 830078

Battle Area Community Transport

The weekly bus is cancelled until
further notice

"105" IS THE NUMBER TO CALL IF YOU GET A POWER CUT

105 is a single helpline service for
householders to report power failures or
safety concerns, or to get information
during a blackout.

Calls to **105** are **free of charge** and will
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network operator. You can call **105** from
landlines and most mobile phones.

For **Ashburnham Church** events and information go to
www.ashburnhamandpenhurstchurches.org.uk

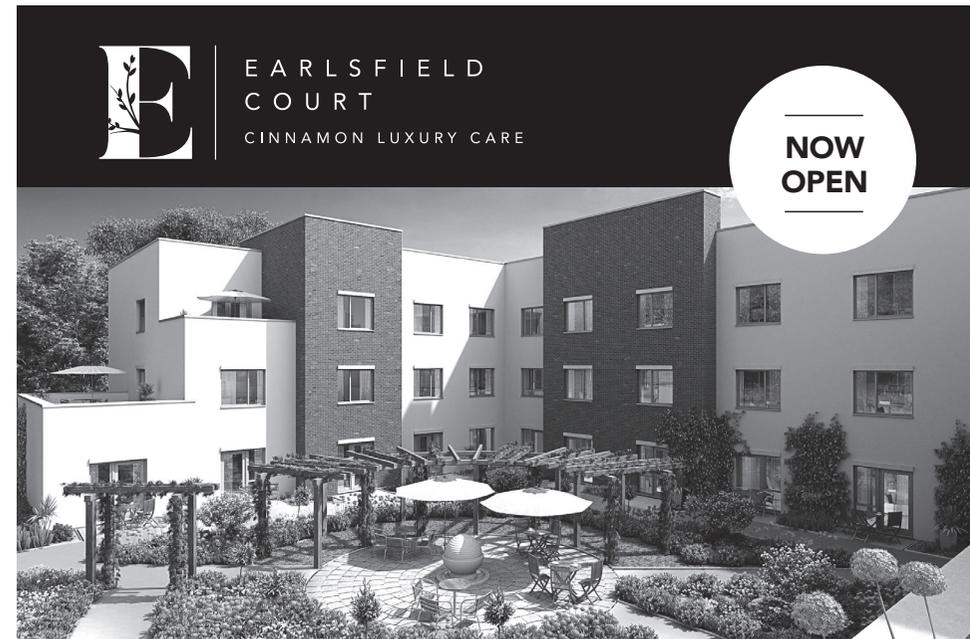
For **Village** events and information go to
www.ashburnham-penhurst.net

Articles for the Magazine

It is likely that the May edition of the Parish Magazine will have some space in it due to the ongoing cancelling of events and meetings. So, now is your chance, have a go at writing an article, get your kids to draw a picture or write something and I will try and make room for everything!

I know many of us get inspiration and distraction from going online but not everyone has internet access so let's make sure next month's magazine is full of creative encouragement from all around our community!

Email me on jay.ashworth@btinternet.com



Luxurious New Care Home in Bexhill-on-Sea

Every aspect of our new care home which is now open for residents has been planned with the people we care for in mind... at Earlsfield Court, people will always come first.

If you would like to arrange a visit or request further information, please contact our friendly Home Admissions Advisor on **01424 868 320**.

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t: 01424 868 320 e: earlsfield.haa@cinnamoncc.com w: cinnamoncc.com/earlsfield

Village Meeting

APRIL 23 7.00 pm

Ashburnham Village Hall
in partnership with Penhurst Parish Council



From Ashburnham Place

A S H B U R N H A M

PLACE

It seems inevitable that we all have a challenging few months ahead of us and neighbours are going to be more important than ever. If there is any way you think we might be able to help you or the villages over the coming weeks please do get in touch. We have offered via the Parish Council to help with picking up prescriptions and cash, check out the centre pages of the magazine for more information about this service. If there are other ways we can help, get in touch, maybe we can help with shopping, checking in on local isolated or elderly people or any other ideas you may have. We will also be regularly praying for our local communities so please let us know if there is anything specific we can pray for.

It is with some sadness that we have taken the decision to close the grounds and gardens, Orangery Tea Room and Be the Word Bookshop to the general public in order to play our part in limiting non-essential travel, this will mean the main gates and car parks will be closed. However, we would like our local neighbours to be able to walk the grounds so please feel welcome to use the back gate and enjoy a stroll around the lake, for your daily exercise, in accordance with the guidelines laid out by the Government. Please respect all other guidance for the safety of our onsite community.

Paul and Andy

Garden and Nature Notes

In these strange times it is rather reassuring to find Spring unfolding around us just the same as usual, it is also wonderful to see some sunshine after all the wet, grey weather we had over the winter.

Even if you can't get out far at the moment, open a window or step out of your door and listen to the birdsong, the dawn chorus is really taking shape now as our feathered friends gear up for nesting seasons. Chiffchaffs have been heard locally so they are making their way back from the Mediterranean and Western Africa, although many over-winter in this country now and don't all migrate as they used to.

If you get the chance to be outside in your garden or nearby countryside, take advantage of having a bit more time to just stop, look around you, note what you can see and listen to what you can hear. I spent a few minutes recently watching bumble bees working their way over cherry blossoms, it was fascinating to watch their industrious buzzing from flower to flower. It certainly took my mind off anything else for a few minutes! There are lots of studies that show getting out into nature has a positive effect on our mental health, let's make the most of living where we do and engaging with the nature on our doorstep, even if it's just for a few minutes each day.

In the garden, the busiest season is getting underway, I have sweet pea seedlings, cosmos, teasels, cephalaria, calendula, sunflowers and gaura all growing away in the greenhouses at Ashburnham Place ready for planting out when they have got a bit stronger and any chance of frost has passed. I have more seeds to plant soon as well, trying to space out the growing so I can cope with the quantities! I'm aiming to grow wildlife friendly plants this year, all the flowers will be attractive to bees and butterflies - assuming other wildlife such as rabbits don't get to them first!

If you've never grown vegetables before, this year might be a good time to start - you can use a veg patch, pop them in with ornamentals in your flower beds or even use pots and troughs on a patio. There is still time to sow many different vegetable and salad seeds, some of the easiest are things like radish or the kind of salad leaves you get ready cut in bags at the supermarket - these are cut and come again types so you get lots of delicious salad all over the summer months. There are many growing guides and lots of advice online so why not have go?

Jay Ashworth

Give Nat a ring at the Ash to order a takeaway or a grocery box - 01424 892104

THE ASH TREE INN

TAKEAWAY MENU

(LOCAL DELIVERY AVAILABLE)

AVAILABLE 12PM-3PM AND 6PM-9PM

BAGUETTES

CHEESE AND PICKLE

HAM AND MUSTARD

PRAWN AND MARIE ROSE SAUCE

(ALL WITH SKINNY FRIES)

ALL £5

SOUP OF THE DAY £3.50

WHITEBAIT WITH TARTARE SAUCE £4

PIE OF THE DAY £8.50

CASSEROLE OF THE DAY £8

CURRY OF THE DAY £8

BEERBATTERED FISH AND CHIPS, TARTARE SAUCE £9

BREADED WHOLETAIL SCAMPI AND CHIPS, TARTARE SAUCE £9

TRADITIONAL FISH PIE £9

MACARONI CHEESE £7.50

WILD MUSHROOM RISOTTO, PARMESAN £9

SIDES

CHUNKY CHIPS/SKINNY FRIES £2

CHEESY CHIPS £2.50

SWEET POTATO FRIES £2.50

GARLIC BREAD £3.50

PUDDINGS AVAILABLE, PLEASE ASK FOR DETAILS WHEN CALLING

£3.50

AMERICANO/LATTE/CAPPUCCINO

£2

FEEL FREE TO BRING A CLEAN BOTTLE OR CONTAINER TO TAKE AWAY YOUR FAVOURITE ALE, DRAUGHT LARGERS OR CIDER! BOTTLED WINES AND SOFT DRINKS ALSO AVAILABLE!

This menu will be available from the 23rd March but we are happy to do takeaway as of today if you would like to call us to see what is available

Hygiene Guidance

Wash your hands often with soap and water for at least 20 seconds or use a hand sanitiser when you get home or into work, when you blow your nose, sneeze, cough, eat or handle food

Avoid touching your eyes, nose and mouth with unwashed hands

Cover your cough or sneeze with a tissue, then throw the tissue in a bin and wash your hands

Clean and disinfect frequently touched objects and surfaces in the home (including mobile phones and tablets)

Mental Wellbeing

Go to the NHS website for ideas of exercises you can do at home

Spend time doing things you enjoy and try and keep a structure to your days

Try to eat healthy, well balanced meals, drink enough water

Keep your windows open to let in fresh air, get some natural sunlight if you can or get outside into the garden

You can go for a walk or exercise outdoors if you stay more than 2 metres from others

Important Contact Details

www.gov.uk/coronavirus - for up to date and detailed guidance

www.nhs.uk - for information about what to do if you fall ill

www.ashburnham-penhurst.net - for local guidance

Information from the Government

(This was accurate at the time of going to print 22/03/2020)

Guidance for households with possible Coronavirus:

If you live alone and have any symptoms, stay at home for 7 days from the start of symptoms.

If you live with others and you are the first to have symptoms, you must stay at home for 7 days but all other household members who remain well must stay at home and not leave the house for 14 days (starting from the day the first person in the household became ill).

If anyone else in the house develops symptoms, they must stay at home for 7 days from the day symptoms first appeared.

If you have symptoms, do not go to a GP Surgery, pharmacy or hospital. Don't contact 111 to tell them you are staying at home.

If your illness worsens but it is not an emergency contact 111 online or via the telephone if you don't have internet access. Ring 999 in an emergency and inform the call handler that you or others in your household have coronavirus symptoms.

Social Distancing Guidelines

If you are at increased risk because you are aged 70 or older (regardless of medical conditions) or are under 70 with underlying health conditions (see online for details) then you are advised to stay at home, not even leaving to go shopping or see family.

For all others, you are advised to avoid contact with anyone with symptoms, avoid public transport when possible, work from home if possible, avoid any gatherings in public spaces, avoid meeting friends and family.

Symptoms of Coronavirus

A high temperature - you feel hot to touch on your chest or back

A new, continuous cough - coughing a lot for more than an hour or 3 or more coughing episodes in 24 hours (if you usually have a cough it may be worse than usual)

VEGETABLE BOX

POTATOES X5

CARROTS X4

SWEDE X1

LARGE WHITE ONION X1

BROCCOLI X6 FLORETTES

RED CABBAGE (POT- PREPPED/RAW)

£6

OTHER PRODUCTS AVAILABLE

SAUSAGES X6 £4

LOAF OF BREAD £2.20

BLOCK OF BUTTER £2.00

EGGS X6 £1.80

MILK SEMI SKIMMED 4PT £2.00

RUSTIC BAGUETTE (FROZEN & OVEN READY) £0.80

SLICED HAM (2 LARGE SLICES) £2.00

BLOCK OF MATURE CHEDDAR £2.00

Depending on availability 24 hours notice would be helpful

Some products available now

Information from your Parish Council about the Coronavirus

Call 07836 716723

If you are worried about yourself or a neighbour
If you need help or advice
If you would like to offer help or assistance

Call Nat at the Ash Tree Inn - 01424 892104

To order grocery supplies or a take away lunch or hot dinner

Call Ashburnham Place Reception - 01424 892244

If you need help picking up prescriptions or getting cash

Go to www.ashburnham-penhurst.net

For up to date information
For a list of other useful numbers - including other local stores
and post offices that are offering delivery services

*Let's keep looking out for one another
during this difficult time, give a neighbour
a call, offer to help if you can, give
updates to those you know without
internet access and above all
let's all stay safe!*

Name Competition

The Parish Council will be holding regular, weekly conference call meetings during this crisis. We know that the Government's emergency response committee is called COBRA (for Cabinet Office Briefing Rooms), what do you think our Parish Council emergency meetings should be called?

Email any suggestions to jay.ashworth@btinternet.com and the best one will be used from now on!

This current crisis is changing our way of life for the foreseeable future, we won't be able to get out to see friends, join in clubs or pursue our hobbies as we are used to doing. Jobs and businesses are under threat and we have to get used to being confined to our homes much more than usual.

It would be great to keep encouraging one another through this time and there are lots of creative ways to keep in touch via technology or via the older ways of writing a letter or sending a postcard.

If you have a smart phone, WhatsApp video calls are easy to set up and you can include small groups of people, if you have an iphone or ipad you can use facetime and there are other similar ways of connecting using computers as well such as Skype or video conferencing apps such as Zoom.

If you need help setting any of these things up to enable to better keep in touch with family and friends, then get in touch with the Parish Council using the number on the front of the magazine and they will put you in touch with someone who can talk you through it over the phone!

We are fortunate to live in a beautiful part of the country and most of us have easy access to fresh air, lovely views and glimpses of spring. Being out in nature is known to have beneficial effects on mental health and wellbeing so make the most of your garden, window box or view to help during this time!