



# THE THURSDAY NATTER

YOUR WEEKLY GOSSIP - 16TH EDITION. 09.07.20



*BRAVE*

*NEW WORLD*

It is becoming increasingly difficult to judge what level of support our community is going to need as we progress with greater confidence into the less rigorous lockdown. There will be many who have decided it is really too soon. Maybe the Government has let the exceptional pressure placed upon it by the economic situation overwhelm the arguments fighting for continuing the protective lockdown. As a result, it is even more difficult now to judge the risks that might be taken by greater social interaction.

As things stand the plan would be to make next week's edition of the Natter the last. A reaction to this proposal would be most welcome. The phone support will continue at the lower level developed about three weeks ago and the 24 hour contact line will stay operative for the next four weeks at least.

NEXT WEEK we shall be announcing the plan to accommodate Seniors at the Hub.

## *ZOOM INTO ZOOM*

Meanwhile the Monday and Thursday Zoom meetings will continue even when the Hub bubble sessions are operating as there will be a number of friends who will still feel they wish to remain away from the risks of closer social interaction. The Hub will continue to support those who make this decision.

If you would like to try this, phone Peter and he will arrange a one to one session either by internet or phone to ensure you can get involved with confidence.

From 10.45 am each Thursday You can call on your home phone. Dial 0131 460 1196. And when requested enter 377 931 4064 followed by the hash key on the keypad of your phone. There you find us all to listen and add your comments.

It is not too late to join this happy band, you will be surprised to find how close to the atmosphere we remember well at our Thursday Club is retained by this virtual video get together.

*No Rachel's Ramblings – Rachel is having some time off this week.*

## ***PETER'S REFLECTIONS ON THE EASEDOWN***

*This adapted from the Government and Covid – 19 Kings college project. As lockdown begins to lift in the UK, it's more important than ever to take precautions to stay safe and prevent new outbreaks of COVID-19. ( 6 pieces of advice)*

### 1. Regular and proper hand washing

At the beginning of the COVID-19 outbreak there was a lot of focus on hand washing, and for good reason. Hand washing is one of the easiest ways we can protect ourselves and others from COVID-19. Washing hands thoroughly with soap and hot water removes traces of the virus, stopping us spreading it to the surfaces we touch and also on to our own faces and mouths.

Basic personal hygiene like this is even more important right now if we want to prevent unnecessary spread of COVID-19 and another resurgence of the virus in the population. For more information about how to wash your hand please [visit the NHS website](#).

### 2. Cover your mouth and nose when you can't keep socially distant

Wearing a face covering in public has now become compulsory for people travelling by bus, train, ferry or plane in England (with a few exceptions, which can be found [here](#)). This is a precautionary measure to help slow the transmission of COVID-19 on the public transport and in public places. We also recommend wearing a face covering in any situation where you are indoors and can't keep at least 1m from people outside of your family bubble.

### 3. Avoid public transport where you can

Public transport due to the proximity and shared surfaces make it a perfect place for viruses to spread so try to avoid using buses, trains and tubes where possible by walking or cycling, and not making any non-essential journeys. With lockdown lifting this might seem like it is unnecessary and restrictive but as we know from the data the virus is still in the population, so limiting public transport will reduce your likelihood of catching the virus and of you spreading it further. Plus, physical activity like cycling and walking more is great for a person's overall health so it's a win-win!

### 4. Be aware of all the symptoms of COVID-19

The UK Government has only officially stated that there are three symptoms of COVID-19; fever, persistent cough and loss of smell and taste (anosmia). But did you know that according to the research from the COVID Symptom Study we have identified 19 symptoms related to COVID-19? This seems like a lot, but it's important to know all the potential symptoms because if you or someone you know is experiencing any of these it might mean you or they have COVID and therefore need to stay at home.

The most important are those that often occur in the first two days, which can be confused with other causes. These include headache, sore throat and muscle pains. The classical NHS approved symptoms typically occur at days 3-4 although there is wide variation. The full list of symptoms are (in rough order of how predictive they are of the disease):

**Loss of smell/taste, Persistent cough, Fatigue, Loss of appetite Skin rash, Hives, Fever, Severe muscle pain, Shortness of breath Diarrhoea, Delirium Abdominal pain, Chest pain, Hoarse voice, Eye soreness, Sore or painful throat, Nausea or vomiting, Headache, Dizziness or light headedness.**

If you have any of these symptoms we recommend that you self-isolate while you wait to be tested. This information is based on users of the Covid Symptom Study when they log in that they have symptoms on the daily survey.

#### 5. Test yourself at home

If you are unsure whether or not you have some of these symptoms, there are a few simple ways you can check yourself at home. Things to ask yourself include: Can you smell certain cupboard staples like coffee, orange zest or mint? If you struggle to smell these you could be presenting with loss of taste or smell a key symptom of COVID-19. Do you have a temperature? You can check yourself by using an at home thermometer or checking how the skin feels to the touch. Do you have a rash? One of the early signs of COVID-19 is skin rashes, it's a good idea to check your body daily, particularly your chest or back and your toes. Pay attention to symptoms that are very unusual for you. For example if you never get headaches -then it will be more suspicious than if you suffer regularly.

#### 6. Be aware of how long COVID-19 can last

The data from the app shows us that on average it takes people 10-12 days to start feeling better. And we are seeing a significant number of people reporting symptoms that can go on much longer than this, in some cases for 30 days or more. in one in 20 people. Many long term sufferers will relapse with days when they feel well, giving them false hope that they have recovered. The idea that COVID lasts for just a few days and is like flu is misleading, being aware that feeling unwell can last for a long time is important to make sure we aren't expecting ourselves and others to feel better too quickly and encourage people to stay at home until they feel better!

Peter has been taking part in this symptom monitoring since the beginning of the lockdown. It is not too late to join. Just access. <https://covid.joinzoe.com/>

The survey information for Stratford District states that 2 in a 1000 residents have symptoms ( 08.07.20)

This information you can glean from this organisation will help you to make up your own mind on the risks you are taking as you plan your days.

You can always phone Peter for a chat as well.

**IT SUPPORT ON THE END OF THE PHONE OR BY SOCIALLY DISTANCED VISIT.**

**If you are just thinking I would like to begin or you are a continuing learner remember there is all the support you need available by contacting Peter. The Hub has three laptops, two I-pads and a kindle to loan out to get you started.**

# Recipe Time



## Summer rarebit

### Ingredients

150g pack soft goat's cheese (or vegetarian alternative)

1 tbsp Dijon mustard

50ml cider

6 spring onions, sliced

1 egg

400g sourdough bread, thickly sliced

1 raw beetroot (about 140g), peeled

½ small pack dill, chopped

juice 1 lemon

watercress, to serve



This week's quiz indulges you in a little "Vexillology". How many countries' flags can you identify?

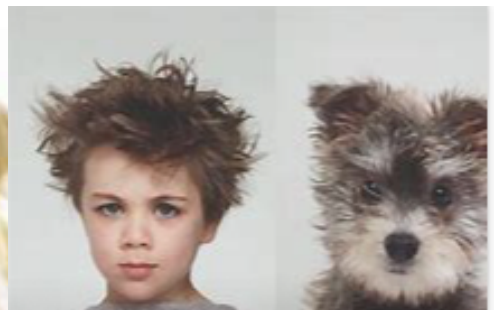
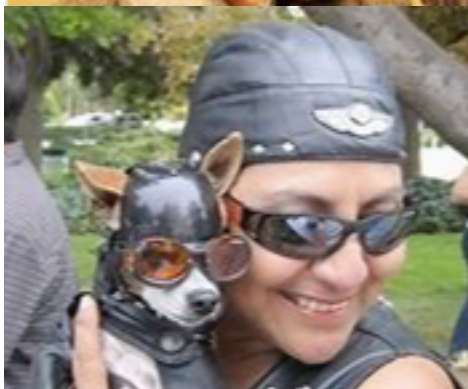
### Method

1. Heat grill to medium. In a large bowl, beat together the cheese, mustard, cider, spring onions and egg until combined, and set aside.
2. Place the slices of bread on a large baking tray and pop under the grill for a few moments to toast on one side. Turn over and spoon the goat's cheese mixture onto the untoasted side. Put back under the grill for 8-10 mins or until golden.
3. Chop the beetroot into large chunks and coarsely grate or blitz in a small food processor. Add half the chopped dill and the lemon juice, and stir to combine.
4. Serve the rarebits topped with a spoonful of the beetroot and the remaining chopped dill scattered over and watercress on the side.



During the Zoom call this morning it was noted that in some lights Susie looked just like her little dog. Unfortunately no picture is available but it got us thinking!

I wonder how many more there are?



Apologies as this is a bit of a Ruff page!!!!



## Nature Notes

We had a surprise visit to our garden lawn of 4 Jays together, I was only quick enough with my camera to catch these two as the other pair flew off. Generally secretive, not regular visitors to gardens and usually only seen singly or in pairs, this may have been a family group but all had adult plumage and it was only June 30<sup>th</sup>.



Often heard before being seen the Jay (*Garrulus glandarius*) has a loud screeching call. Easily identified by their bright blue wing patch, they live in woodland and are resident throughout the UK except in Northern Scotland.

Jays love acorns but will also take seeds, berries and insects. As opportunists they will eat small rodents, bats, baby birds and eggs.

Jays are well known for hoarding food by burying it, especially acorns by the hundred in autumn, and they are thought to be partially responsible for the spread of oak woodlands after the ice age. They are intelligent and can remember where most of their cache is buried.

Jays mate for life, laying 3 to 10 eggs, incubated by the female but young birds are fed by both parents. They have a mean lifespan of about 5 years.

They are members of the Corvid family (not to be confused with Covid!) that has eight resident UK species: Carrion Crow, Rook, Magpie, Chough, Raven, Jackdaw, Hooded Crow and Jay. All adaptable birds they have, apart from the coastally confined Chough, moved into urban areas to seek more readily available food.

Derek Healing

**STRENGTHEN**  
**THE HUB HENLEY**  
**EDUCATE**  
**INSPIRE**  
**ENJOY**

Although The Hub remains closed for our regular groups and activities, please see below for information on how you can use the building and of other resources available. We hope you will appreciate that the health and safety of our users, volunteers and staff remains our number one priority and we will continue to work creatively to support our wonderful community in the meantime.

Do you and your family/social bubble need a change of scenery? Is it hard spending quality time together at home? Contact Peter to see how you can borrow The Hub for your own personal use during Lockdown. We have table tennis and pool as well as the kitchen facilities available. There is no charge for this although a small contribution towards additional cleaning costs would be welcome.

The Hub continues to provide regular telephone support, newsletters and zoom meetings for our members and additional residents who would benefit from some additional contact whilst lockdown continues.

**FREE BOOK and DVD LIBRARY**  
The Hub has a number of books and DVDs that you are welcome to borrow. These can be delivered and collected from a safe social distance. For more information please contact Peter Crathorne using the details below.

We look forward to welcoming you back to The Hub groups when it is safe to do so, or possibly even welcoming you for the first time! Just as a reminder we offer;

- Hub-a-bubbas (stay and play for 0-5 year olds)
- Evolve / Impact (youth clubs for those aged 8-16)
- Thursday Club (social club for over 65s)
- After School Coffee Bar (primarily ages 10-17)

If you would like to find out more about how The Hub can support you or how to access any of the above, please call Peter on 07974 573582

EMAIL: [thehubathenley@gmail.com](mailto:thehubathenley@gmail.com) PHONE: 01564 794042

@HubatHenleyCC @thehubathenley The Hub at Henley

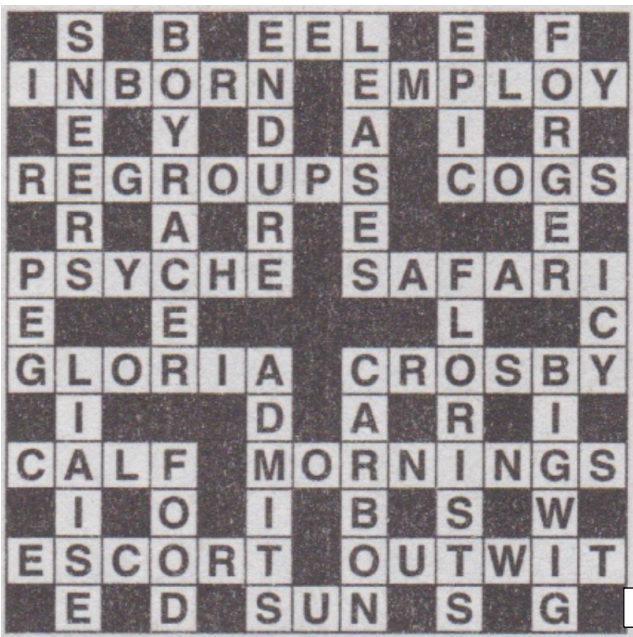
134 To advertise call Karen on 01564 774748 email: [karen@henleyfocus.co.uk](mailto:karen@henleyfocus.co.uk)

the Henley focus Summer 2020  
A community magazine and business directory for residents of Henley in Arden and surrounding area

Do you read the focus when it comes through your letterbox? You should, there is always an article about the Hub, its news and its events. Support the Focus, it's a great way of getting information. In addition, you will find a wide range of very useful information and ideas. It is always worth a look.



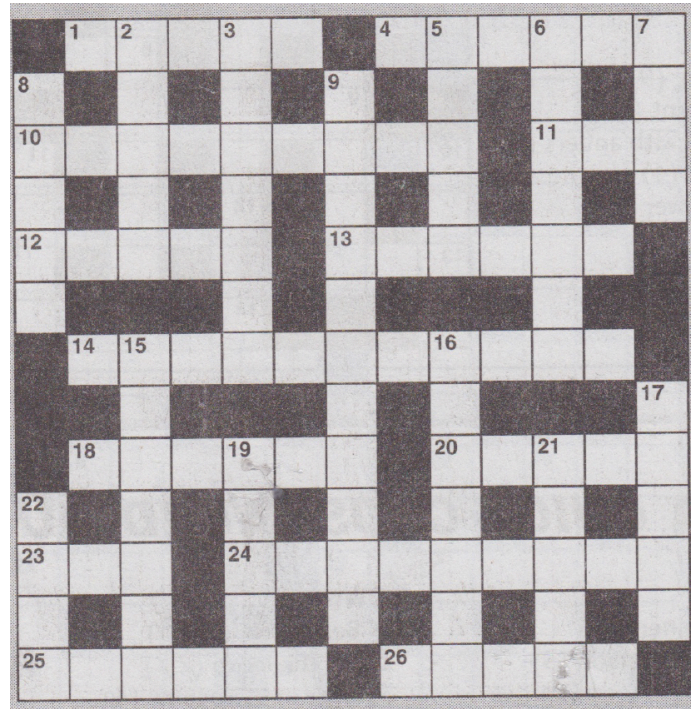
# THE CROSSWORD, ANSWERS AND QUIZ FOR THIS WEEK



ANSWERS FOR THESE MAKES OF CARS FROM THE BADGES – EXTRA PONT FOR NAMING THE COUNTRY IN WHICH THEY ARE MADE



Janet and Derek got all the quiz questions correct again.  
Let us know how you get in with our quizzes



- | ACROSS  | DOWN  |
|---|---|
| 1 Beat of blood in the wrist (5)                  | 2 Aunt's husband (5)                              |
| 4 Of inferior quality (6)                         | 3 Newspaper cutting (7)                           |
| 10 Put right (9)                                  | 5 Animal pelts (5)                                |
| 11 Point of a pen (3)                             | 6 Castle cell (7)                                 |
| 12 Chimney cleaner (5)                            | 7 Thugs (4)                                       |
| 13 Hurlled (6)                                    | 8 Outside of a loaf (5)                           |
| 14 Making a précis of (11)                        | 9 Something that takes your attention away (11)   |
| 18 In addition (2,4)                              | 15 Heavy drinkers (7)                             |
| 20 Particle of snow (5)                           | 16 Lustrous fabric that rustles when it moves (7) |
| 23 Shade of colour (3)                            | 17 Sensed audibly (5)                             |
| 24 Car suitable for just a couple of people (3-6) | 19 Exceed (5)                                     |
| 25 Christian minister (6)                         | 21 Letter that is sometimes dropped (5)           |
| 26 Russian cottage (5)                            | 22 Hack (4)                                       |





## TRY SOMETHING NEW

*There are two brass rubbing kits available for loaning out. Paper, masking tape, eraser and waxes supplied. Have you ever done this, perhaps when you were younger with the children. Contact Peter and the kit will be delivered.*

## Annie's Sponsored steps

Annie's challenge finished on 30<sup>th</sup> June; she completed around 120,000 paces. She has been truly remarkable in achieving this distance. If you would like to give support to her let Peter know or just make a Bank Transfer putting Annie's Challenge as the reference. Amount raised so far has leapt to £788, a wonderful amount of funding going to the Hub. This fund raising project is now closed.

HUB@HENLEY COMMUNITY CENTRE  
C/O, BARCLAYS BANK SORT CODE 20-48-08. ACCOUNT NUMBER 13645835  
PLEASE MAKE YOUR NAME THE REFERENCE.

**Support**  
**The Hub@Henley**  
**Community Centre Cio**

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[Find out more](#)

## BAG O'BOOKS

*There are shopping bags of books that can be delivered to your doorstep. You look through these make your selection and the bag is collected from your doorstep later in the day.*

*For DVD's YOU CAN SEE SOME OF THEM BELOW and you can book them by phoning Peter. They will be delivered.*



**EVERY PENNY RAISED SUPPORTS THE WORK OF THE HUB WITHIN THE COMMUNITY. THANK YOU**

## THE HUB APPEAL TO RECRUIT NEW TRUSTEES

The Hub normally runs with 13 Trustees. We have three vacancies, including a secretary. The aim is to create a board that has a wide range of experience and represents the community it serves. The present Trustees are a retired doctor, two retired prison governors, two retired head teachers, a retired youth worker, an ex factory manager, an engineer, a volunteer manager in a large national charity, a retired high-level trainer from industry and a structural engineer. You will notice that representatives of the younger working person are few. If you would like to find out about being a trustee why not sit in on a trustees meeting? This can be done on Zoom next Tuesday 14<sup>th</sup> July from 7.00pm. Contact Peter for more information.