

Coronavirus

It certainly seems like it is here to stay! I know that is stating the obvious but what can we do about it? Well, the parish has got together and come up with a scheme to help those in self-isolation and in need of assistance. It works like this; leaflets will have been put through your doors by now with the name and contact number of a volunteer near you. Shopping was the biggest item that spurred on the introduction of the scheme, so here are a few of the rules. We cannot expect volunteers to use their own money to buy your shopping, so if you want shopping done you must be prepared to hand over CASH with your order. Needless to say a lot of trust on both sides must be displayed if this is to work. When goods are delivered to your door they will be left on your doorstep for you to take in. The person delivering will stand about 2 meters away and watch you collect your goods, they will not enter your house. Prescriptions are a bit easier - if you have them on a regular basis from a pharmacy in town, it is easy for someone to collect them and bring them to your door. We have a trained counsellor in the village who, I'm sure, would willingly spare the time for a chat. Contact details can be passed on to you if needed.

We need to come together in the current situation and if you feel you too could help then please feel free to make contact, either with the phone number on the leaflet or Soulbury Helpers on 01525 611070.

For your further information I have just been reading details sent from an English teacher in China. She writes:

“We are just finishing our 7th week of E-Learning, seven weeks of being mainly housebound and seven weeks of uncertainty. We are healthy, we are happy, and we are humbled.

As we watch the rest of the world begin their time inside; here are some of my reflections on the last seven weeks:

1. Accept that you have no control over the situation. Let go of any thoughts of trying to plan too much for the next month or two. Things change so fast. Don't be angry and annoyed at the system. Anxiety goes down, and you make the best of the situation - whatever that might be for you. Accept that this is what it is and things will get easier.
2. Try not to listen to/read/watch too much media. It WILL drive you crazy. There is a thing as too much!
3. The sense of community I have felt during this time is incredible. I could choose who I wanted to spend my energy on - who I wanted to call, message and connect with and found the quality of my relationships has improved.
4. Appreciate this enforced downtime. When do you ever have time like this? I will miss it when we go back to the fast-paced speed of the 'real world'.
5. Time goes fast. I still haven't picked up the ukelele I planned to learn, and there are box set TV shows I haven't watched yet.
6. As a teacher, the relationships I have built with my students have only continued to grow. I have loved seeing how independent they are; filming themselves to respond to tasks while also learning essential life skills such as balance, risk-taking and problem-solving that even we as adults are still learning.
7. You learn to appreciate the little things; sunshine through the window, flowers blossoming and being able to enjoy a coffee in a cafe.

To those just beginning this journey, you will get through it. Listen to what you are told, follow the rules and look out for each other. There is light at the end of the tunnel.”