

The Lockdown Times

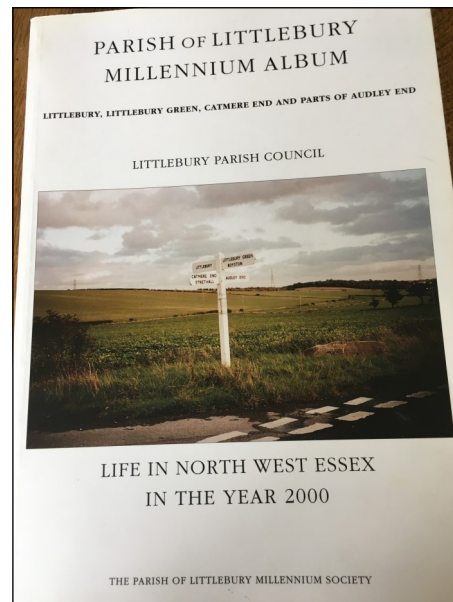
News in Littlebury Parish – w/c 27th April 2020

A new record for Littlebury Parish

Twenty years have passed, oh so quickly, since the Parish of Littlebury Millennium Album was published. Many have wisely stayed in this beautiful area, a few have moved on and sadly a few have passed away. Small children are now grown into adults and some older people are now quite a bit older!

Each Thursday at 8pm the villages resound to clapping from each and every house to celebrate those who work for our wonderful NHS. For here in 2020, about a century since the 1918 'Spanish flu' pandemic, we are confined to our houses with a few exceptions, exercise, shopping and the collection of prescriptions. Those with underlying health conditions or who are quite a bit older there must be no release from their homes. All this is to save the NHS, to save us all.

We would like to make a record of this extraordinary time in our parish history and would like photos of your family and your home, and most of all, for you to sit down and write about this extraordinary change in your circumstances.



If you have access to email, please send your words and images to littleburylockdown@gmail.com (please make sure you include your name(s) as you would like them to appear in the record, together with your address). If you don't have internet access, we can arrange to collect your handwritten piece or take down your thoughts over the telephone – please call Jo on 01799 520469 to arrange this.

You might like to include:

- the date when you first moved to the Parish
- names and ages of everyone you live with and your occupation(s)
- how you are finding life in lockdown
- how you are filling your time and what you are missing
- what you are looking forward to doing when lockdown is lifted
- how you feel things might be different after or lockdown or because of the pandemic
- what you love about living here
- how the parish has changed over the time you have lived here

These are just suggestions – do feel free to personalize your entry as you wish. **The more people that take part, the more successful the project will be so please get writing!**

This is a community project so if you have time to spare or expertise to share, and would like to help put the album together, please email joannacl.hancock@gmail.com



Brought to you by
Littlebury Village Hall Committee on
Thursday April 30th

Virtual doors open at 7pm for drinks and a chat.

Quiz proper will start at 7.30pm
with a short pause at 8pm to clap the NHS.

For more information on how to take part, please
email Isabelle
isabellepage45@gmail.com

BRIAN BELL

31st August 1936 - 27th March 2020

Brian was born in Edmonton, North London. He was one of five siblings had three sisters and one brother, and Uncle to 18 nieces and nephews. Ronnie and Brian were married on 1st April 1961 in Harlow. He was a instrument maker/engineer and also installed radar equipment for Cossor Electronics, installing equipment at Heathrow Airport, Boscombe Down, Northern Ireland, working on naval ships and travelling abroad to India and Canada. Also worked for a company in Melbourne producing fibre optic machines which he installed in Russia.

Most of their life spent together was in Saffron Walden, where their son Michael was born. His hobbies were playing badminton and swimming. He was a swimming instructor for Saffron Seals, The St. Christopher Handicap Club and also involved in the Life Saving Club.

Brian and Ronnie moved to Littlebury in September 2007 where they soon settled in to being involved in events in the village.

He was a brave man, suffering bad health over the last few years, he never said why me, but said I have had a good innings and done everything I wanted to do. Brian died peacefully at home, where he wanted to be. He will be sorely missed by Ronnie, Michael, Laura and the grandchildren, family and friends who were unable to say goodbye owing to the funeral being restricted because of the Coronavirus.



ANNE DAWSON

Anne and Peter moved to Littlebury in July 1978. They would have been married 53 years in September.

Initially, their garden in Merton Place was divided into his and hers. The vegetables were not so successful on the dry soil and it gradually became hers. Anne's knowledge was encyclopaedic, particularly for unusual plants and those which attracted birds and butterflies. In her unassuming way, Anne was always eager to share her knowledge at the annual plant sale in Littlebury, arriving with armfuls of treasure and leaving with more plants to find homes for. Peter and Anne looked after several gardens in the village over the years.

Anne served on the Saffron Walden Horticultural Committee, was a member of the Royal Horticultural Society for just under 20 years and would always make a cake for different events. Anne's funeral took place on 20 April. She is survived by her husband and their daughters Paula and Julie.

Dear friends,

This week has sort of been a holiday. Well, to be honest, it has really been a 'light' week work-wise, as I'm still doing a few things like this letter and Sunday's online service.

I can't go away so I've tried to do all those things that I enjoy doing. I've played a few board games, got my archery set out in the vicarage garden and gone for some long bike rides.

The other day I found myself in Cambridge and it was eerily quiet but still beautiful. As I was riding I was struck by how after the exertion, frustration and hard work of a hill there was the joy of free-wheeling downhill with a tail wind and, of course, my final destination.

This reminded me of the Passion story and our present predicament. After Jesus dies, there is the joy of the resurrection when Jesus returns. This week's gospel reading is the Emmaus story is when the resurrected Jesus is walking along with two men. They don't realise it is Jesus until after he breaks and blesses some bread.

There will be joy when this is all over and when we can freely meet again. We will also see Jesus when we are allowed back in our churches and celebrate holy communion. So we will see Jesus in the blessed bread and wine but it is more likely we shall see Jesus reflected in the eyes of one another. I'm really looking forward to that and it is what my hearts yearns for. I hope yours does too.

With love, Alex.

Our Lovely Essex

With the exception of our wonderful care workers and essential staff, each one of the rest of us is under serious but essential restriction of movement. However, we can dream and share moments of happier times that will return... and maybe lighten our days. At Essex CPRE we invite anyone (of all ages) in the county to share with us photographs and perhaps a short description of any of the following;

- *A virtual walk* in the countryside. Photos and memories of past walks.
- *Exercise walks* that abide by the current restrictions. Photos and short descriptions of things that have given you pleasure, such as new places that you discovered; landmarks; buildings; vehicles; animals; gardens; people exercising in different ways; birds; trees; peculiar sights; roads or flowers
- *Places* we are most looking forward to getting back to when this situation is over.
- *Home*. Have we learnt anything new about the nature viewed from our home?

Just send your photo and brief description to: dmairs@cpre-essex.org.uk

We will endeavour to post entries on the CPRE Essex website in a timely fashion. Some time in the future, when life is returning to normality, CPRE Essex will run a competition with various categories and awards for the best entries. **It may make someone in Essex feel a little less isolated and happier. So do take part.**



After being at home for 3 weeks I needed some exercise and visited Howe Wood
Photo Gordon Ridgewell

If you are celebrating a lock-down birthday, please post on the Littlebury News and Banter WhatsApp group, or let a member of the Littlebury Support group know a day or two beforehand, so we can celebrate with you!



Sunday 26th April 2020 11.30am – 12.30pm

Come and join us this Sunday at 11.30am for "Holy Grounds", the CamVillages Churches virtual Sunday after-service coffee and chat. If you can, watch the online service before you join, then pour a cup of freshly brewed coffee and join us on Zoom for an informal coffee and catch up. We'll have chance to share our thoughts on the sermon, have a show and tell slot for kids to see what Bible crafts they have been doing, say Hello to friends and have fellowship with each other.

Email Gillian at Website.Camvillages@gmail.com to ask for Zoom meeting details and for any help with how to join our Zoom meeting.

National One Minute Silence 11am Tuesday 28 April International Workers' Memorial Day

#NeverForgotten #IWMD20



If you can't get to the shops or can't get the food you would normally donate to us, you can purchase a preset basket of food instead via our online giving platform. Thank you for your ongoing support, it's all making so much difference whilst demand for our services grows.

<https://uttlesford.foodbank.org.uk/giv.../virtual-food-basket/>

We're looking for donations of **ANY COLOUR FABRIC** to our Royal Papworth Hospital COVID-19 Appeal to help our amazing supporters make scrubs and linen bags for our staff.

Currently at the hospital, we are getting through 3,000 pairs of scrubs a day and our brilliant local sewing groups are helping us meet this need. To donate materials- please contact the Community Fundraiser, Jess Hughes at jessica.hughes15@nhs.net who will then be able to arrange your donation.

CAN YOU HELP US MAKE SCRUBS FOR ROYAL PAPWORTH HOSPITAL?

We are looking for donations of fabric to our Royal Papworth Hospital COVID-19 Appeal to help our amazing supporters make scrubs and linen bags for our staff.

What we need

Fabric

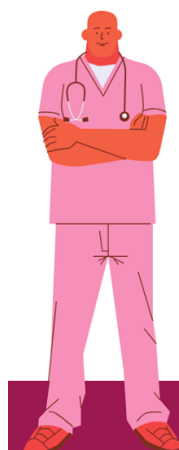
100% cotton or 50/50 polyester-cotton in plain red or blue
Must be able to be washed at 60 for infection control reasons

Other Items

Thread, cord, bias tape and labels

Patterns

For those looking to sew, your local sewing group would be able to provide you with patterns.



THANK YOU!

Saffron Fish Company

The shop is still closed, but we're really pleased to announce that fish is back on the menu! Contactless deliveries will take place every Wednesday, Thursday and Friday afternoon. Deliveries are free and apply to a 5-mile radius around Saffron Walden. The availability of fresh fish is still quite limited, so please do bear with us. It should improve as the weeks go on and rest assured we'll be getting you the best selection we can! For information about what's available and pricing, head over to our website www.saffronfishco.com/deliveries and email saffronfishco@gmail.com to order. It's great to be back, we've really missed you!

If you have news, information or photographs to share in a future newsletter, or know of anyone who would like to receive a copy, please email joannacl.hancock@gmail.com

Littlebury Support Group

If you need help with shopping, posting of mail, prescription collections, dog walking or anything else, just call one of these numbers and they will put you in touch with a volunteer from our community. If you would like someone to call you every day or every few days to check if you need anything, or just for a chat, please let one of us know.

To join the 'News and Banter' or 'Littlebury 999' group, send a WhatsApp message to Keith Winter .

Paul Fennelly	07970 707978
Laura Webster	07863 204637
Tom Ewart	07810 207901
Lindsey Coyne	07764 301032
Andy Figge	07814 189916
Keith Winter	07980 210463
Jean Cowell	01799 524072 jean.cowell@littlebury.org.uk
Joanna Hancock	01799 520469 joannacl.hancock@gmail.com

A Message from our District Councillors

Those of you who commented on the Local Plan back at the Regulation 19 stage should have received an email or letter notifying you of an Extraordinary Council Meeting (ECM) next week when Councillors will consider a recommendation to withdraw the Uttlesford Local Plan.



UTTLESFORD CALLING

LOCAL PLAN MEETING 30 APRIL

Since the Planning Inspectors, in effect, rejected the plan the council has been considering the best way forward. To assist with this decision, a Peer Review Team from the East of England Local Government Association was appointed to look at this and provide independent advice. On the basis of the inspectors' letter and considering the Peer Review Team advice, the recommendation is to withdraw the Local Plan and start work on a new plan. This is what councillors will be asked to consider and vote on at the ECM at 6pm on Thursday 30 April.

The meeting will be online and the agenda (including details of how members of the public can listen to the meeting live) and report pack are on the UDC website (see link below).

People who wish to make a representation about the local plan can do so in writing by sending their statement to committee@uttlesford.gov.uk by midday on Tuesday 28 April. The statements received will be shared with all councillors before the meeting takes place.

People who wish to make a statement via Zoom video link must also register by midday on Tuesday 28 April. There is a 60-minute public speaking limit at the start of the meeting, and three-minute slots will be given on a first come, first served basis. An internet connection will be required and a device with a microphone and video camera enabled. Alternatively, those wishing to make a statement to the meeting who do not have internet access can do so via telephone. Technical guidance on the practicalities of participating via Zoom will be given at the point a registration slot is confirmed.

<https://uttlesford.moderngov.co.uk/ieListDocuments.aspx?>

[CId=159&MId=5554&fbclid=IwAR0DcjdN4QOgjG79ufNx01KlGDe-iVC50QeO2cwnMniqAyTulbO8PjBZZko](https://uttlesford.moderngov.co.uk/ieListDocuments.aspx?CId=159&MId=5554&fbclid=IwAR0DcjdN4QOgjG79ufNx01KlGDe-iVC50QeO2cwnMniqAyTulbO8PjBZZko)

Cambridge University Hospitals NHS Foundation Trust

Addenbrookes are looking for sewing superheroes in our community to help stitch new scrubs for our staff. You will be helping us to supplement our existing stock of scrubs for frontline healthcare workers who are looking after patients in our hospitals. We are registered with [For The Love Of Scrubs - Our NHS Needs You](#) on Facebook.

We would be very grateful for any items you can make, but before you start or request a free pattern, please read the specification carefully on our website - <https://www.cuh.nhs.uk/scrub-donations>

The instructions for making scrubs say that:

- **3.5 metres of material needed per set of scrubs (with a good layout this could be 3 metres).**
- **Fabric should be 115gsm as a minimum, 130gsm is better, but 240gsm is too heavy.**
- **Please avoid 100 per cent cotton. Either 65/35, 80/20, 50/50 polyester/cotton is appropriate.**
- **The plainer the material the better – patterned material is harder to inspect for staining/damage.**
- **We require labels to be stitched into the waistband: the size and a label stating 'CUH'**

Anyone who has made a donation of scrubs can deliver them to Frank Lee Centre, Addenbrooke's Hospital, Cambridge, CB2 0SN, between the hours of 7am and 10pm Monday to Friday and 8am to 10pm on Saturday and Sunday.

If you have any questions, please email support@act4addenbrookes.org.uk.

You can also offer help to cut out patterns or fabric, make scrubs, scrub bags or to cut and iron fabric for ties, by joining the 'For the love of scrubs' group in Saffron Walden—find them on Facebook

<https://www.facebook.com/groups/255990035571485/?>

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Hello there! Due to the huge amounts of phone call enquiries, we have decided to provide a Pay and Collect service. This service is to offer help and keep your gardens looking luscious at this difficult time. The service will be trialed for a week to 10 days to judge its success. Below is a list of offers provided.

Please bear in mind that it is too early to plant summer bedding and patio plants outside. We are still producing them behind the scenes and they will be ready soon.



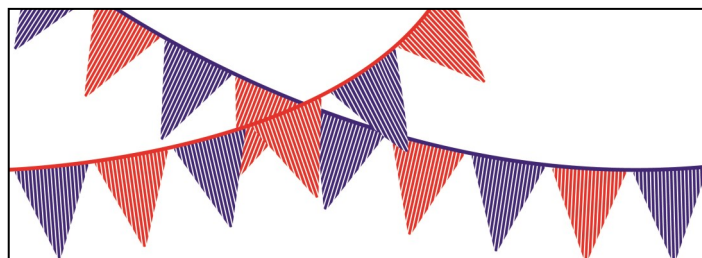
Offer options provided:

1. (£100) Including 10 X Large mature Perennials (Our selection) with a free complimentary bag of 50 litre multi purpose compost.
2. (£50) Including 5 X Large mature Perennials (Our selection) with a free complimentary bag of 20 litre multi purpose compost.
3. (£25) Including 10 X Tomato plants (Our selection) + a 1 litre bottle of Tomorite Tomato feed.

Also available: 75 litre multi purpose compost at £10.95 each
Extra large Tomorite Tomato Growbag at £6.25 each

Ordering times are from 10 am -12.30 Tel: 01799 530959

We ask you to trust us to pick and provide the plant selections for you. We are currently running on limited staff and whilst providing this service for you we are still busy working behind the scenes. We are watering and producing all other nursery stock for when we re-open to the public. Keep safe Springwell!



VE Day 75th Anniversary Celebrations

STAY AT HOME STREET PARTY!

Littlebury Parish and Wendens Ambo
Friday 8th May 2020
2pm Start

Decorate your house in red, white and blue and enjoy a picnic in front of your house

Help to commemorate the end of WW2 in Europe with your family and neighbours!

Five ways Uttlesford Citizens Advice can support you during the Coronavirus Pandemic

Telephone Advice—Our trained staff and volunteers are available to offer advice over the telephone while we must all stay at home. If you need help with benefit entitlements, money worries, employment rights, housing concerns, discrimination issues, domestic violence situations or other relationship challenges, call us on 01799 618840 or email bureau@uttlesfordcab.cabnet.org.uk and leave a message. Someone will get back to you as soon as they can.

Listening Line—If you need a friendly ear or a regular chat, whether you are worried or feeling overwhelmed, need a bit of company or just to let off a bit of steam – we are here for you. Call us on 01799 618841 or email chat@uttlesfordcab.cabnet.org.uk. One of our volunteers will call you back – we can arrange for you to receive a regular call to check how you are doing if you would like to. This is a non-advice line, but we can point you in the right direction if you need further advice and support.

Universal Credit—If you need help to make a new claim for Universal Credit, or you are having difficulty making a claim due to lack of internet access, our Help to Claim Adviser can help. Just call 01799 618840 or email helptoclaim@uttlesfordcab.cabnet.org.uk to make a telephone appointment.

Disability Benefits Advice—Our specialist disability benefits team are still hard at work. While they are unable to make home visits at the moment, they can help you complete your application forms over the telephone and offer advice to help you progress with an appeal. Call 01799 618840 or email disability@uttlesfordcab.cabnet.org.uk

Local Support Services—We work closely with Uttlesford District Council and many other local support services so we can help you access the help that you need. If your income has fallen and you don't have enough money for food, we can make referrals to Uttlesford Foodbank. We also distribute emergency funds on behalf of a number of local charities, which can help to buy fresh food, top up electricity or gas meters, and pay for pre-prescriptions, travel to appointments and other essentials.

If you are struggling financially, please call us on 01799 618840 or email bureau@uttlesfordcab.cabnet.org.uk so that we can make sure you are getting all the help you are entitled to.

**citizens
advice**

fisherandwoods

DELIVERING **GROCERIES** TO YOUR DOORSTEP

Our Premium Fruit Box

1 punnet of raspberries
500g of grapes
1 pineapple
5 satsumas
4 mixed apples
3 bananas
3 plums
2 pears
2 oranges

£15

Our Big Box of Veg

1kg of carrots
2.5kg of potatoes
1 cauliflower
1 savoy cabbage
1 bunch of asparagus
1kg parsnips
2 leeks
500g of shallots
2 large white onions
250g mange tout
2 pak choi
200g baby spinach

£20

Our Salad Box

1 cos lettuce
1 punnet of mixed leaf
1 avocado
1 cucumber
1 pepper
1 punnet of cherry tomatoes
1 bunch of spring onions
1 packet of cooked beetroot

£10

Make sure you ask us about our selection of fine cheeses...

Our Little Fruit Box

3 granny smith apples
3 red apples
5 satsumas
3 oranges
3 pears
3 bananas

£7.50

And the extras...

Eggs 1/2 dozen	£1.20	Grapefruit juice 1ltr	£1.85
Milk 2 ltr	£1.30	Baked beans, 410g	£1.00
Bread	£1.30	Soya milk 1ltr	£1.75
Apple juice 1ltr	£1.85	Almond milk 1ltr	£2.00
Orange juice 1ltr	£1.85	Oat milk 1ltr	£2.00

Please note box contents may vary due to availability. Delivery charge £3.

ORDER YOUR BOX NOW!

01799 581620 sales@fisherandwoods.co.uk

Essex Youth Service are offering online activities for young people aged 13—19 years or up to 25 with additional needs - sessions from Film Club, Quizzes to Dance! To check them out and find out how to book on, go to:

<https://youth.essex.gov.uk/young-people/online-activities/>



YOUTH SERVICE

Essex County Council

SUSPICIOUS COUNCIL CALLS

Recently there have been a variety of council related telephone scams circulating. In these difficult times you must feel able to challenge callers on their identity. There are a number of genuine council schemes operating at the moment, such as the Essex Welfare Service – these callers will have no issue with you verifying who they are. Before handing over personal details, always remember ABC, which are:-
Never Assume they are legitimate.
Never Believe they are legitimate.
Always Confirm using a trusted number or asking friends and family.

Courtyard Dental Practice

Not everybody has a dentist but we are keen to help anyone who has a dental problem. Many people ring 111 with dental problems but this puts more pressure on a system stretched to the limits. Please call us direct on 01799 523500 and we will do everything we can to help, free



Bonnefirebox are offering #pizzafriday on Friday evenings from 5-8.30pm. Orders MUST be booked in advance by either DM on Instagram or Facebook messenger. Menus will be posted on facebook. Pizzas can be collected from the cafe at the prebooked time - if you're early feel free to wait in the car. Simply wait outside if someone else is in as there should be one person in the cafe only. (you don't need to go to the van!!!) Pay by CARD ONLY, preferably contactless but key pad shall be sanitised after each use. Beers and soft drinks available to takeaway too!

Creative Walden offer a channel for the creative ambitions of the young people of Saffron Walden. Episode 3 features Iron Maiden/Lionheart Legend Dennis Stratton, ex-QPR Football hero Stuart Wardley, We have poems, a cooking segment, How to re-string and tune a guitar, Music from the Zombeensies, History from Mark State, A visit to Puppet TV, Film with Izzy Poles, Photo advice from Martin Porter, Cycling tips from Roy Mason as well Alfie's challenge. There's drama, a tribute to the NHS and much much more. Your hosts are Paul Bellany and Alfie Wells from Creative Walden www.creativewalden.co.uk Take a look at their YouTube page! here – <https://www.youtube.com/channel/UCInE14LgXQOwgR3hpEzji3w>

CREATIVE WALDEN as
info@CreativeWalden.co.uk
www.CreativeWalden.co.uk

Online services from Essex Libraries

E-Books and E-Audio—you can access thousands of e-books and e-audio completely free of charge through the e-books system Borrowbox, with a huge range of best sellers, popular fiction and non-fiction available. You may borrow up to 7 e-books and 7 e-audio at any one time, in addition to the 14 items through your normal Essex library card.

RBdigital—You can also access over 1000 e-audio titles completely free of charge through RBdigital. Many of these titles have unlimited access so there are no reservation queues. You can borrow 6 titles at any one time for a period of 21 days. RBdigital also provide [e-magazines and e-comics](#). If you download the RBdigital app to your phone or tablet you can access titles from a mobile phone or tablet that you have already checked out on your computer, or you can download direct from the app.

E-magazines, e-comics and newspapers—With your library card you also have free access to 1000s of e-magazines, e-comics and newspapers on your PC, tablet or mobile phone, via RBdigital or PressReader. There is a wide range of popular magazine titles such as Amateur Photographer, BBC Good Food and OK! and also hundreds of comic and graphic novel titles from Marvel, Disney, IDW and Dark Horse. PressReader has a wide range of newspapers and magazines from the UK and around the world, including many of the UK daily tabloids and broadsheets as well as local publications such as 'Essex Life'. There are also comics, such as The Beano and magazines covering everything from homes and gardens to sports and entertainment. The number of e-comics available has also been increased from 238 to over 1,500, all with unlimited access.

Family history—Ancestry and Find My Past has been made available for customers to use from home and the valuable research tools Times Digital Archive and British Library 19th century Newspapers are now available to library members who have just joined the service online.

For babies and children—Audible has made its extensive collection of children's audio books available to stream free of charge while schools remain closed, including titles in six different languages. While libraries are shut, you can still enjoy the Rhymetime experience with some of our library stars sharing rhymes, songs and stories. <https://libraries.essex.gov.uk/children-and-young-adults/babies-and-toddlers/>

If you are not already a member of the library, you can join online to get access to e-books, e-audiobooks, e-magazines and e-comics; you now longer have to visit the library to sign up. For more information or to join the library go to <https://libraries.essex.gov.uk/>

