



The Value Of Kindness

a very special edition of only good and happy news from across the Nantwich and Rural Care Community highlighting the kindness and care thriving within our communities and villages – supporting Mental Health Awareness Week because it helps us all to read the good that is happening around us.

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Voices Of Our Volunteers

Wynbunbury - A Lockdown Friendship

The Wynbunbury story sent in by Vivienne one of **42** volunteers with the Viral Kindness team coordinated by Cllr Janet Clowes.

At the beginning of lock down, in our local post office I offered to make deliveries to people in my street. They asked if I would deliver a few items on a Saturday to a lady living in a granny flat at the side of her son's house. I had never met this lady before and assumed she was ok as her family lived next door. After my first visit I realised that her son was not living at the adjoining house, therefore she had no support at all. I have supported her over the last few weeks, doing her supermarket shop and collecting prescriptions, as well as delivering her weekly post office items. On VE day she was delighted to meet my husband from a 2m distance, as we walked past to see the local VE decorations. We have struck up a friendship that would not have happened without lock down and kept her safe. Vivienne said **"I am so glad to be part of this great team, and surprised and very touched when she passed on to me her thanks in the form of this lovely necklace she had made for me, something I will keep forever."**





Bunbury - A Village With a Big Heart

In Bunbury last year a lady called Pat launched a project called **ALIVE** which stands for “**Alleviating Loneliness in Village Environments**”. The aim was simply to provide friendship and support to villagers. Pat said “our motto is anyone who wants company should not be without it”. Pat and friends then went on to organise a regular Tuesday lunch and social club, which then progressed to include a Sunday roast dinner club. All these events have now had to cease of course. However, members are not forgotten as the dedicated volunteers telephone everyone a couple of times a week for a friendly chat and to ensure they have all the help they may require whilst isolating. Over one hundred people registered to offer help when an emergency telephone number was set up, and readily set to delivering prescriptions and doing peoples shopping. Another great boost to the village is that now there is also a book and DVD lending library. A real bonus is that Fiona and her

Would you like to learn more about the many social clubs, societies and support groups available to you in your area?



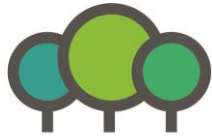
teenage friends arranged to deliver newspapers every morning which is hugely appreciated. Pat said “**We are extremely lucky to belong to a village with a big heart**”

Audlem – A Community Brimming with Ideas to Support Others

The virus has shown us that, in a global crisis, the scale for action is local and Audlem's Parish Council, businesses and residents have truly galvanised to provide vital support to its residents. Businesses have shown they have big hearts with The Lord Combermere pub becoming a busy community hub to help the village. It has been an immense help liaising with local charity Audlem and District Community Action (ADCA) to get food delivered to the community. They have also opened up a pop-up shop as well as offering a special take away menu for home delivery. Williams of Audlem Ltd shop rapidly expanded their home newspaper deliveries, increased running errands for elderly and isolating customers and put up a banner to thank the NHS workers. They also ran a raffle to raise money for the church and the prizes included the exclusive toilet rolls which resulted in £180 raised in just 5 days. The local butcher Oxtail & Trotter is whizzing around twice a week making home deliveries to everyone to supply their meat and vegetables. The team at Boots pharmacy have worked deep into the evening to manage the influx of extra prescriptions as people prepared to lock down and have supported patients brilliantly throughout.

Our local St James', Anglican and Methodist Churches are working together to providing villagers support through a live





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service on Zoom and offer pastoral support to the whole community. St James' continue their weekly Praise and Play fun for mamas and toddlers online through Facebook Live and The Methodist church has also set up a dial-a-reflection line for people to access a short 'thought for the day' which changes twice a week (01270 323610).

Clients might not be sitting in the hairdresser chair but Braids Hairdressers have also been calling their customers for regular chats to cheer them up during the lockdown. Audlem's residents are hugely grateful to live in a village that has always been full of community spirit and one that has come together in such a tremendous way during these challenging times

ADCA's Hard Work & VE Day Kindness Keeps Community Going



Audlem and District Community Action (ADCA) has delivered shopping and prescriptions **630** times to those in the village that need their help. Virtually all of the charity's regular members are currently self-isolating or otherwise unable to go out during the COVID-19 crisis. On Friday 8th May they had planned to stage a special celebration lunch in Audlem Public Hall to mark the 75th anniversary of VE Day, which most of our members will have witnessed during their childhood. Obviously, their plans were scuppered

when the lockdown was announced but, nothing daunted, ADCA will be delivering to the homes of all of their members a special "VE Day afternoon tea" of sandwiches, sausage roll, crisps, and a dessert. The ADCA members will also be receiving some soup generously donated by Allan Brown and Jo from the Lord Combermere pub, whose chefs are preparing all the food for the ADCA staff and volunteers to **deliver to around 60 people**. As well as the food, the members will also receive a "Union Jack" flag and hat to help them to join in with the celebrations and make it a truly memorable day, despite the restrictions.



ADCA spreading smiles across the village of Audlem practicing social distancing and making VE 75 a special day for residents to remember





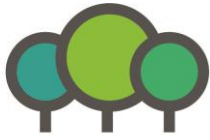
Wrenbury – Rising to the Challenge with **Compassion**

Wrenbury Together the small voluntary group of Wrenbury residents who were catapulted into the spotlight in the middle of the Covid pandemic grew overnight and rose to the challenge – it was always their vision to create a caring service and develop a compassionate community of support for the village to reduce isolation and support physical and mental and social wellness but they did not anticipate having to do it at lightning speed. March 2020 saw the group becoming a mobilised local support network providing various services to the vulnerable and isolated –there was no time for talking and planning but thanks to working with ADCA, EOLP, Wrenbury Nursing home, the GP surgery, and local businesses they took that massive step into providing community support bringing care and compassion to the doorsteps of those that need it, befriending along the way and becoming a residents support network. Julie Wynne said **“Wrenbury Together faced the unexpected together during lockdown and what we did we did quickly with the great local support to help us”** this is what they made happen at top speed because they needed to

- Identified people's need through the GP and healthcare teams and Cheshire East – People Helping People
- Used social media to develop communication networks
- Connected to other groups
- Connected with ADCA to explore funding, policies and leaflet drops
- Developed our compassionate partners in the community
- Grew our volunteer team to 30 potential helpers – some of whom wish to be part of the CoCo services in the future
- Supported 18 local residents with direct requests for help during this time
- Signposted and referred residents to other services for extra support including those in need of dementia support
- Offered services that include ongoing support for anyone needing shopping, prescription collection and weekly befriending , Julie said **“we are proud to say we support 19 residents with prescription collections helping keep them safe”**
- Created a plan for the long term befriending services post Covid-19.

By building strong connections during this period they are able to continue to grow into a proper resilient, compassionate community and are working hard to strengthen relationships and partnerships for the future. The group would like to say this **“Thank you to all who helped Wrenbury Together during this difficult and challenging time. We could not have achieved so much without all of the people who kindly supported us and gave us their time. We are very proud to be ‘Wrenbury Together’ – a resilient and caring community.”**

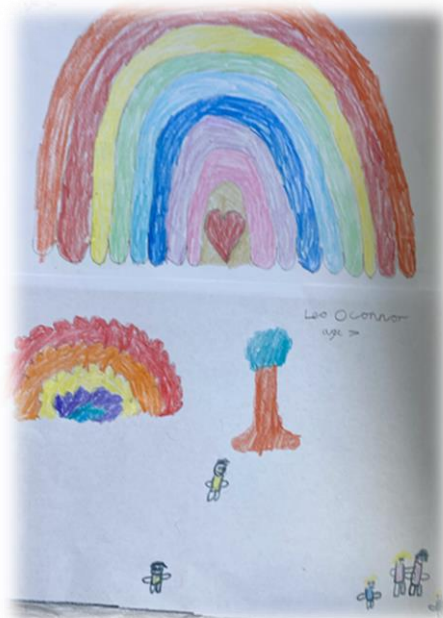
Thanks for Keeping us Going – Tracy Activity Coordinator at the Wrenbury Nursing home told us – “The residents are very keen to let everyone know that they have lived through worse times. Which I am sure they have. I have kept them busy making video calls to family members, and enjoyed seeing them becoming fascinated by the technology of it all. Local people have been fantastic we have received lots of pictures and postcards and some crafts from the children and our neighbours in the village, and our residents have all loved seeing them and reading the lovely messages, it really does make a huge difference.



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We have also had donations of sweets and snacks from Malpas Women FC. Cakes delivered from my lovely neighbours in Marbury, Easter Eggs from Morrisons, a huge donation of cheese, which surprisingly went down a storm. We have also had biscuits and treats from a few relatives. All in all I think we need to say a massive thank you to Lesley Midwinter and Sarah Goodwin who answered my SOS about an afternoon tea. They are kindly baking and making things all lovely for our residents to enjoy as part of their VE Day celebration. Plus thanks go to everyone in Wrenbury and everyone who has donated masks, visors, headbands, scrubs and washbags we cannot thank you enough for this. **Knowing you are with us throughout this hideous time is keeping us going.**



**Some of the good
wishes, crafts and gifts**



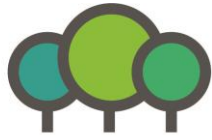
Nantwich- Caring Costs Nothing! By Lynn Lurcock

Lynn who works for care provider In SafeHands HealthCare also volunteers with Nantwich Covid Support Group known as Nantwich Buddies managed by Liz Parkin Lynn said “When I am not working, I am doing volunteering for shopping and prescription collections for isolated/locked down people in Nantwich, to support CEC and also Kieran Mullan our local MP. I’m finding the whole “giving back” volunteering experience very rewarding, and the fact that just giving a helping hand, a listening ear and some empathy and compassion is very heart warming and appreciated by those I’m helping, both of whom, even post Covid- 19 lockdown I will keep in touch with and be there to help in any time of need.” And was keen to add **“it’s refreshing to feel that this pandemic has brought about some true neighbourly support in our community again and long may it continue regardless... Caring costs nothing...”**

Nantwich Buddies – Something To Shout About!.....by Liz Parkin

I have been running the (newly named) Nantwich Buddies since day one of Lockdown. The group of cheery, friendly community-minded people have grown from a group of my friends into a wonderful team of 46 volunteers **supporting 157 isolated households** in Nantwich. Clare Hoy is my right-hand woman, how it works... I receive all the enquiries from Cheshire East and pass them on via our three WhatsApp groups to available volunteers. Clare then adds each person to our spreadsheet. After each volunteer does something for their “client” they tell Clare it is added to the spreadsheet. With each household shop averaging a two-hour round trip (on a good day with a small queue!) we estimate that **our team have provided in excess of 1,500 hours of volunteering.** A couple of people that must have a special mention, Debbie Breeze who is supporting five people, noticed that one of her elderly clients was feeling very down and getting more and more wobbly. Debbie took some advice from a physio in our chat group and took it upon herself to make some laminated exercise cards for her client to follow. Debbie was also offered, by Kate Spiers a fellow volunteer, the use of an unused walking frame from her garage. Now Debbie’s client is mobile again and feeling much perkier. Nigel Keegan has been forced to temporarily close his hypnotherapy practice due to Covid-19 but he and his wife have certainly filled their time and between them have been **supporting 16 households over the last seven weeks.** Vicky Williams who is supporting four families and has been one of our #QueueBusters at the Well’s Pharmacy in Nantwich.... kindly volunteered her teenage sons and husband to **assemble a trampoline for an isolated family** who had no means of exercise for their children. So, a week later, as soon as the trampoline was delivered (in the rain) Vicky’s family set about assembling the trampoline with the excited children watching from the window. Another positive to come from our #QueueBusters is that **Vicky has been offered a permanent job** there!

Finally, thank you to Sarah from Mrs Darlington’s who very kindly donated 100 jars of VE Day lemon curd and Strawberry jam as a gift for our volunteers and over 75’s that we are supporting.



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St Marys Nantwich Do More Than Lend An Ear update by Maureen Coulter

Covid-19 has certainly impacted our work as volunteers of St Mary's Church Nantwich. The small group of us that usually run a 'Time to Talk' face-to-face drop in and listening by appointment service, are assisting Cheshire East Council by providing a 'Listening Ear' making wellbeing calls

to those people finding themselves feeling vulnerable, isolated and lonely, with **28** people engaged on a weekly, or twice weekly basis.

Angie, a Listener says "what a privilege it is to reach out to the Community. Two people gave positive feedback to Angie on the service after being in hospital, stating how much they appreciated the calls and support given. Carole, another of our team says, "I feel it is a privilege to have been given the opportunity to support Cheshire East and my desire is to provide a professional, but caring and compassionate service."

Being 'a privilege' is echoed by us all. Maureen, another volunteer' says how much the power of kindness can ease the sense of loss that people feel in these worrying times. Not being able to be with your family; to be isolated for 12 weeks; not having family or a support network; to be in pain; to have serious and underlying health issues; or to be cut off from social activities, can all be eased in a small way by our friendly team of volunteers. As a group we have all benefitted and deepened our friendship and developed new ways of working, coordinating with other services such as food and prescription deliveries,



Let's Hear it For The Food Festival Volunteers Drop Off & Go

A second Drop-Off & Go collection took place on May 11th at Brine Leas School by Nantwich Food Festival volunteers. We wanted to support the essential work that Nantwich Food Bank provides to the community. We were privileged to help support such a worthwhile cause, particularly at a time when Covid-19 is putting an additional strain on a system already struggling.

We had fun too. Collecting **247** bags, and happy smiling faces greeted the many people who came through the school gates. It brought a tear to my eyes as so many generous and warm-hearted people made that journey, giving so much kindness to low income families. It also made me incredible proud of our festival team.

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A great demonstration of social distancing from Food Festival volunteers and their gathering of 247 bags of food for Nantwich Food Bank!

From Dr Kieran Mullans area – What Volunteering Means To Me by Christina Buckley

I responded to a message that Dr Kieran Mullan MP posted on Face book asking for volunteers to sign up to help the vulnerable and elderly in our community. Having worked for 41 years in a GP's surgery, and now retired, I was available to sign up has a volunteer. On Sunday 30th March 2020, I received my 1st task, from a Wistaston Councillor, asking if, I could take a gentleman, to his, hospital appointment, the following day. I was very happy to oblige. This gentleman also asked if, I could do his shopping for him. Again, I was happy to help. I am currently doing shopping for him, every Monday and Friday, as well as taking him to his hospital appointments. I also, do weekly shopping for three other delightful couples. And also a delightful, young vulnerable lady. O have their shopping lists each week, I go shopping for them, and ring them, when I'm on my way back, leaving the shopping at the door, keeping our social distance, we have a little chat and laugh. I look forward to these weekly trips. I also text or email them, to check, if they are ok, and to ask if they need anything. I tell them to contact anytime. I have also enjoyed supporting the queue busting at Rope / Shavington pharmacy, where staff, made me feel very welcome, and patients were very grateful, that, I was helping to reduce their waiting time in queues. My regulars have my number and ring me directly. People are so grateful and can't thank you enough. **To be a volunteer is truly amazing role, it's so rewarding, it gives me great satisfaction and a real buzz, knowing, I am helping these wonderful, lovely people, who need help, during these difficult and challenging times. I'm also helping at St Paul's foodbank, putting food parcels together, and delivering them. This makes you realise, how lucky you are, to have food on your table. This role has enriched my life, and I hope those I'm helping feel they are loved and supported.**



Burland and Acton Volunteer Group **38** Picnics

Many who were at the 1945 VE day celebration, described it as a day of grief and optimism, celebration and loss. We, the Burland and Acton Group of Volunteers felt that 75 years on in the midst of this Coronavirus pandemic, we were having a similar experience and with the news that this isolation could carry on for quite some time to come we thought that our households, mostly over 70's living alone, deserved something to cheer them up.



So we decided to deliver a VE day afternoon tea to the households that we are supporting for them to have a picnic on their front lawn.

In Sarah's words (a recipient of the picnic) **"oh boy it was a proper picnic! It was such a treat, starting with the beautifully decorated car, the beribboned bag and then all the delicious contents. Everything was so fresh and well-made and no details forgotten, the Union Jack napkins, special paper cups complete with teabags, the pretty card from Sarah Capper and not a single ingredient missing from the Ideal Picnic..... in fact it was the highlight of the Lockdown for me."** It was so uplifting for everyone involved - so much so that we are planning a June surprise to spread a little sunshine! Update shared by Jo Thomas

Supporting **45**

The Cheshire Masonic Movement Kings Friends Chapter 293 at Acton are a local charity based in Acton and although meetings have stopped the caring of its members has not, at the moment they are looking after 45 local vulnerable men, some living alone, people receive regular phone calls and home visits from their volunteers which are keen to make that friendly knock on the door to say hello during lockdown and making sure people are managing. Almoner Adrian Lindop said "we are proud to be taking on this task and equally proud to say our eldest chap we are supporting is 101" and added "we hope we are contributing to keeping people safe and well"



Organisations doing more than their bit!



South Cheshire
making a difference every day

Getting Through The Tough Times

Going the extra mile to support clients is part of the everyday for staff at Right at Home for us all we have adapted to different ways of caring during the Covid-19 lockdown as for some clients, their CareGiver(s) are their only contact with the outside world. Senior CareGiver Pam explained about one lady she cares for who is missing her family. Pam came up with a great solution to help the client and her family manage through this tough period. Pam said "I suggested she makes a weekly diary which she does through me. My client dictates the things she wants to say to her family and I email all of it over together with photos or pictures she has made

for her family. This has provided my client with that little bit of comfort during her shielding and has made a difference to her wellbeing." The client and her family have told us that this has really helped them get through this tough time. Update by Ben Selby

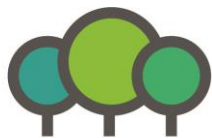


Healthwatch Cheshire Helping Local People

Working in conjunction with Cheshire East Council's Community Development Department and other community partners, Healthwatch Cheshire East have been humbled to have been able to support 49 local residents deemed to be at high risk of Coronavirus since 30th March.

This activity has so far totalled more than 90 hours of support and the completion of over 75 tasks including check-in phone calls, shopping and prescription collections, and electric top ups. Alongside this, Healthwatch Cheshire have had the opportunity





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to engage with the local community at a safe social distance, signposting people to the Healthwatch website and the latest Coronavirus updates, and also to local services. You can find out about the latest local and national updates about Coronavirus at www.healthwatchcheshireeast.org.uk/coronavirus

Supporting Cheshire East Council 'People Helping People' scheme has provided new Healthwatch volunteers with an opportunity to make a difference and to gain new skills. Healthwatch volunteer, student Ryan Langley, said: ***"I have been glad to have had this opportunity with Healthwatch, not only does it provide the motivation to get up and get going in the morning but it also gives you the satisfaction that you have been able to make a difference."***

Healthwatch have received some great feedback during this time from people in Cheshire East:

- "A massive shout out to Healthwatch Cheshire East for their incredible support!"- Joe Cosby, Connected Community Development Officer, Crewe.
- "I am very grateful for the help. I was worried how I was going to manage but feel reassured that I will now have the food and essentials that I need to get by"- local resident.
- "Thank you for all of your help, it makes a big difference" – local resident.

Tell us about your health and wellbeing during the Coronavirus outbreak

Healthwatch Cheshire are conducting a survey about Health and Wellbeing during Coronavirus. Local NHS and care services in Cheshire are doing everything they can to keep us well during this crisis. They still value your feedback on how services are being delivered, which is why we have put together this short survey.

The survey asks how you have found accessing advice and support, how you have been affected by changes to health and care services, and about your mental health and wellbeing during the Coronavirus outbreak. This is designed to find out what has been good, what lessons could be learned, and what other support you may need during this time. The survey will be ongoing and people are encouraged to complete it more than once as the situation develops.

Click here to take the survey <https://www.surveymonkey.co.uk/r/M338XBK>

Tell us about your Health and Wellbeing during Coronavirus (COVID-19)

Local NHS and care services in Cheshire are doing everything they can to keep us well during this crisis.

They still value your feedback on the services they provide - what has been good; what would improve your experience; and what lessons can be learned.

Take our short survey on your experiences of health and care services during the Coronavirus outbreak.

We will share your feedback with providers, local NHS, and Cheshire East Council. They can then understand directly from you what is going well, but also what else you need and what could be improved in the current circumstances, and as we move forward.

www.healthwatchcheshireeast.org.uk/coronavirus

healthwatch
Cheshire East



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Improve Your Health With Tai Chi & Qi Gong A New Telehealth Program by
Transfomotion DMP

We are excited to announce a development in our telehealth programme thanks to funding from Cheshire Community Foundation.

Starting this month, we are able to offer Jingshen Tai Chi & Qi Gong sessions for folk referred through social prescribing.

These are traditional forms as advocated by the International Tai Chi Alliance to get the greatest benefit for all aspects of wellbeing, delivered in a therapeutic way to meet the need and abilities of the participants. Research has linked traditional Tai Chi to health improvements ranging from better blood pressure scores to a sharper mind. Some studies link the practice to lower rates of insomnia, depression, illness and inflammation and others have found it reduces pain and stiffness. Tai Chi can be especially healthful for people who can't manage more vigorous forms of physical activity. The practice is associated with improved balance and mobility, reduced risk of falls and better reaction times.

No previous experience is necessary, we will be starting from scratch and participants will be supported to work at their own pace.

Please do contact me if you have any questions or comments, and I look forward to discovering how we may collaborate to bring these sessions to folk in our community.

shirley@transfomotion.org.uk 07760428554

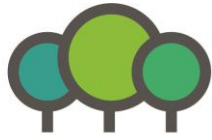
Funding

CHESHIRE
COMMUNITY
FOUNDATION

Support for disadvantaged and vulnerable people affected by the covid-19 outbreak

- Our **covid-19 Response Grants Programme** is for grants typically **up to £10,000** * (level of funding increased as of 6/4/20). It is open for applications from charitable organisations supporting the ongoing needs of disadvantaged and vulnerable people affected by the **covid-19 outbreak**, to ensure that their health and wellbeing is maintained. This includes CICs (with three unrelated Directors)
- In addition, for this programme, we want to support **small un-constituted emerging group** who are responding positively to supporting disadvantaged communities affected by covid-19 at a very local level. If you can arrange for a larger charitable group to partner with you (for example (but not limited to) a church, another charity or community group) **you can apply**. The charitable organisation must be able to provide their annual accounts and have a

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bank account in their name. They must be willing to act as the lead organisation for the application and spend of the grant.

- For this programme, Town and Parish Councils are also eligible to apply

*If you have a covid-19 project which needs **more than £10,000** – please do email us at grants@cheshirecommunityfoundation.org.uk providing a brief outline of your proposal and how we may contact you to discuss this further. Strategic, coordinated larger grants may be considered. These applications will be developed in close association with the Foundation and where possible, involve partnership working or linkages with other activities/organisations, where your project is being delivered.

Types of activities that we can consider under the covid-19 Response Grants Programmes include (but are not limited to):-

- community response coordination to covid-19
- additional volunteer costs
- additional costs of working remotely and adapting services for disadvantaged and vulnerable people delivered in the wider community
- support for lonely and vulnerable people who are self-isolating.
- support in the wider community for foodbanks for families and vulnerable people and organisations working to combat child hunger

Please note that this is immediate/ emergency relief funding, so available to meet current needs relating to the covid situation and available now please see link

<https://cheshirecommunityfoundation.org.uk/apply-for-funding/>

If you are considering making an application please let us know and we will be happy to discuss this further with you and how we can help support you/ guide your application. So please do get in touch with both of us

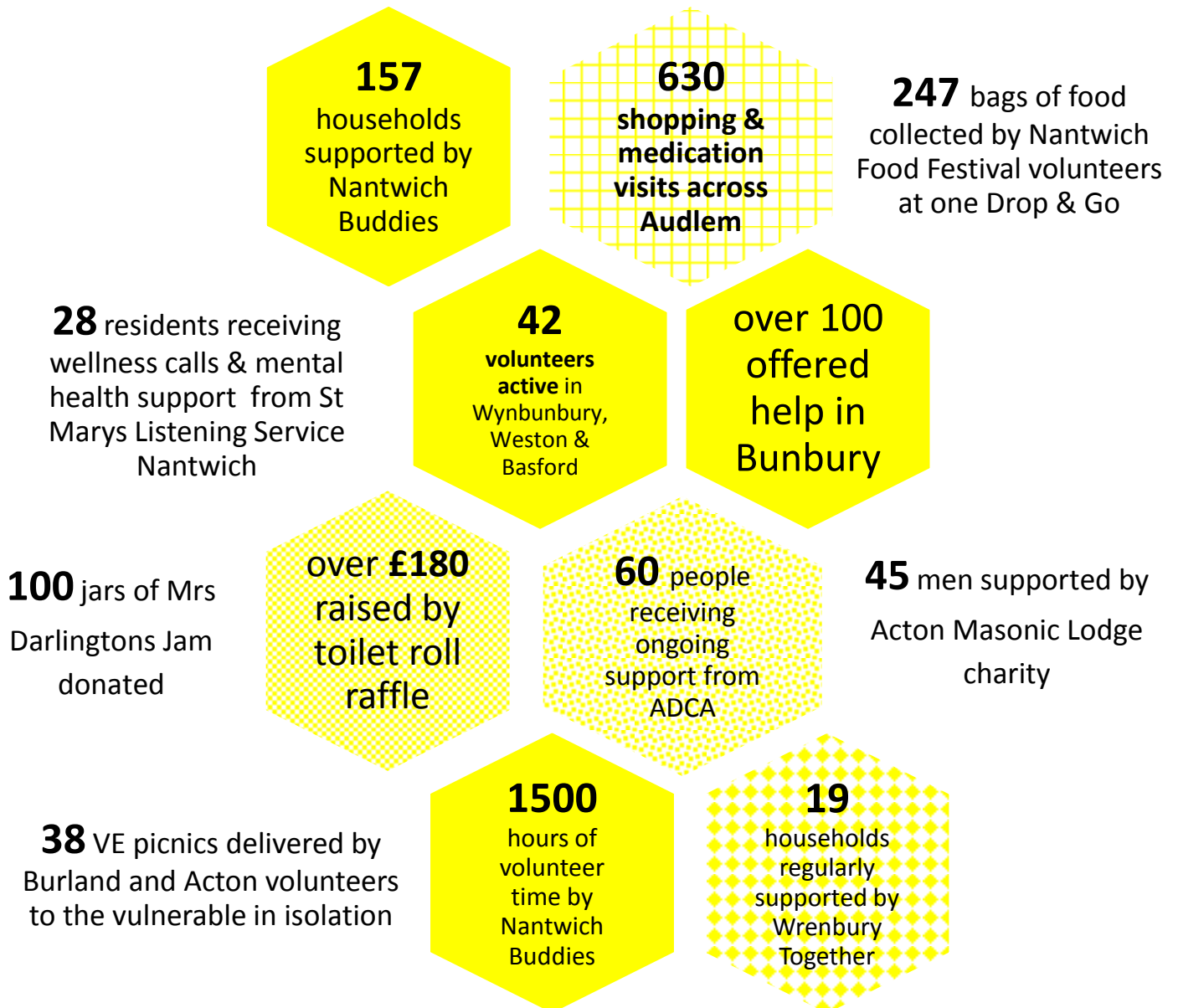
Deb Lindop – deb.lindop@cheshireeast.gov.uk

Chris Hart - chris.hart@cesap.org.uk



The Facts at a Glance

Stories of kindness from Volunteers makes facts to be proud of





Staying Safe & Informed

Staying Safe Outdoors Government Advice

<https://www.gov.uk/government/publications/staying-safe-outside-your-home/staying-safe-outside-your-home>

Public Health England - <https://www.gov.uk/government/organisations/public-health-england>

The Government's COVID-19 recovery strategy -

<https://www.gov.uk/government/publications/our-plan-to-rebuild-the-uk-governments-covid-19-recovery-strategy/our-plan-to-rebuild-the-uk-governments-covid-19-recovery-strategy>

I hope you have enjoyed this special edition and reading just a slice of the vibrant community and voluntary action happening across our communities. None of the articles were my words but were the words of the fantastic volunteers dedicating their time to managing support across their neighbourhoods, put together as a way of saying thank you and giving space to your much deserved recognition that you all deservethe last word are my words ...I am really proud of how Nantwich and Rural volunteers are supporting their communities to keep well and safe at this uncertain time, and please know this includes all those other groups not included in this newsletter but are nevertheless not forgotten- please now take a quiet moment to reflect and realise what you have achieved personally and collaboratively and know how fantastic you all are and how every small act of kindness makes a huge difference. Please also know I value your community spiritedness, dedication and time and look forward to meeting up in the future in more carefree times and very importantly look forward to working with you all within the recovery phase ahead.

For future article submissions or funding support please contact me on 0773 6694443 or email on deb.lindop@cheshireeast.gov.uk