

KADRAS

June - July 2020

Issue No. 272

Coping well in Kelsall during COVID-19 Pandemic

Since the pandemic and associated restrictions began in March, community groups and local businesses in & around Kelsall have rallied around and provided much-needed help to their members and other residents – in addition to the official help available through Cheshire West & Chester Council.

Existing groups have played an essential role in helping people cope, including Good Companions, OPAL, the Churches, and the surgery's PPG. All have been very active in calling their members regularly, helping with advice and shopping, circulating information, and generally making sure that all their members were supported.

In addition, the Kelsall Support Network was started about March 20th, to help those who were unable to go out, and quickly attracted over 60 volunteers. Currently they support about 20 people, mostly with prescriptions, but also with shopping and telephone support. This has been supported by a leaflet drop and a newsletter to all households, and a 2nd newsletter was published online and emailed.

The resilience of the existing Kelsall organisations, and direct support from neighbours, friends and relatives, has meant that the demand on the support network has been



relatively low, with more offers of help than demand. Requests for help have dropped recently, as more people now have arrangements in place.

In early April volunteers came across some households in financial difficulty and asked the group for help supplying them with food parcels. The response to this was very generous, with many residents donating food, and the Co-op and the butchers contributing in kind. The food bank now supports 7 households, has obtained a grant from the Police Commissioners funds and some contributions from members of the church and residents through a collection box at the butchers.

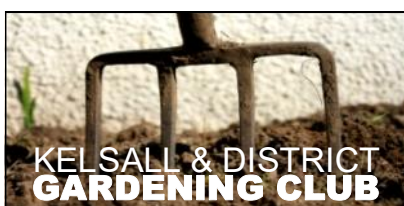
Local shops have been essential in helping residents through the new difficulties, notably the butchers, Rose Farm in Utkinton, Briscoes Dairy and Delamere Stores, who all deliver. The Co-op's new manager has been very helpful, and Morreys have also worked hard to supply customers through deliveries.

It has been interesting to see how much more responsive and supportive local suppliers have been. In addition to those above any small suppliers who were not well-known have advertised on Facebook been very proactive.

The Kelsall Support Network has produced a directory of all help available and services in Kelsall, which is available and updated on www.kelsall.org.

I'm sure that most members of the Garden Club have been out every day during "lockdown" tending to their patch so there shouldn't be a blade of grass out of place! The last few weeks have been an ideal time to divide and move plants and to bring on seeds planted in the greenhouse, indeed some shade may well have been needed under glass and the hosepipe, water butt and watering can will all have been brought into service early on and will have had regular use in this hot weather. However this lovely sun does lull you into a false sense of security and you may want to put out your tender plants but you can be caught out by a late frost so it's not ideal to do this until after the end of May.

Many people in the village will have missed our plant sale this year, we are sorry not to be able to run this but hopefully members will have twice as many plants for sale come May 2021. If you are missing your garden fix then please visit The National Garden Scheme's website at ngs.org.uk. The NGS are running virtual garden visits, adding new ones every week. This really is an excellent way to have a look at some lovely gardens from the comfort of your own chair, there is even Alan Titchmarsh's garden for you to wonder around... and it's not a little patch either!



Top 10 jobs you can be getting on with in the garden in June from the RHS



- 1 Hoe borders regularly to keep down weeds
- 2 Be water-wise, especially in drought-affected areas
- 3 Pinch out sideshoots on tomatoes
- 4 Harvest lettuce, radish, other salads and early potatoes
- 5 Position summer hanging baskets and containers outside
- 6 Mow lawns at least once a week
- 7 Plant out summer bedding
- 8 Stake tall or floppy plants
- 9 Prune many spring-flowering shrubs
- 10 Shade greenhouses to keep them cool and prevent scorching.

Lesley Rimmington

FOREWORD

How appropriate, at this time of fear and sadness, is the beautiful poem by Alan Bool which we carry in the magazine. In our own village there are victims of covid-19. In some cases caused directly by the impact of the virus on their health, in other cases by worries about employment, financial problems or by loneliness.

We are faced with a health crisis which has its roots in how we treat our planet and how we prioritise public spending; how we treat each other and how we treat animals in the food chain. It will impact on our lives for a considerable time.

The KADRAS Committee hope to return to our traditional magazine format as soon as possible. If you are a new reader and would like the magazine delivered to your home when it is practical to resume deliveries, you can contact Ray or Anne see information below.

We carry the good news that the completion of our new Medical Centre is moving closer, and also, a moving example of a patient getting to grips with the technology that many of us are struggling to master which enables us to communicate with friends and family. Help is available - details from Alan and Jen Bottomley in the PPG newsletter.

This is a particularly difficult time for charities such as Christian Aid. Please read Sarah Bunting's letter and if you can, support her appeal with a donation, no matter how small.

OPAL Club which supports older people celebrates its 30th Birthday this year. If you are over 60 I'm sure Zoe's letter will inspire you to join a really friendly caring group who will help you in very many ways.

Bridge players may be denied their communal game but help is at hand in the form of Nick Mayfield's Bridge Challenge, and if Bridge is not for you then 'Dissections' are back in fashion – if they ever went out of fashion – jigsaws to you and me. You can read Sam Geoghegan's article in this magazine. Better still borrow a jigsaw and improve your mental agility.

Visit dabhandpuzzles.uk/handy-jigsaws.

Thanks to the WI for an intriguing alternative puzzle, and also photos which are a salutary reminder of the deadly pandemic just over 100 years ago, together with a timeless poem so appropriate in 'Lockdown'.

DEADLINE FOR THE NEXT ISSUE IS JULY 12TH

Please mark contributions 'KADRAS News'.

Items to KADRAS Chairman Ray Evans, Ingleside, Chester Rd, Kelsall. tel: 752494 or email: ray.evans21@btinternet.com.

Magazine Editor: Anne O'Donnell, tel: 751836, email: longputt@hotmail.com.

A Note from the Kelsall Parish Council

Kelsall Parish Council would like to thank residents for following instructions to stay out of the playground for the duration of the lockdown. While the play equipment cannot be used, it has been given a thorough clean, and the Parish Council carries on maintaining the Green

Kelsall Parish Council is now holding meetings remotely. Anyone who wants to ask a question of the meeting, or attend the remote session should contact clerk@kelsall-pc.org.uk.

VILLAGE EXHIBITION

Postponed until 2021

Keep taking those photos and look out any potential historical or interesting photographs of Kelsall and the surrounding area during those 'lockdown sort-outs', and let Kath Roberts know of anything of interest at kr Roberts18@talktalk.net



KELSALL YOUNG PERSONS BURSARIES

The KADRAS Committee would again like to encourage applications from individuals aged 11 -21 years, and from groups in the Kelsall community for bursaries (maximum amount £100 for individuals and £200 for groups) Bursaries awarded at the committee's discretion. The aim is to encourage the widening of the horizons of individuals or groups e.g. community involvement, gap year activities, pursuing excellence, learning significant extra curricular skills or developing an interest. If anyone wishes to speak or write on this matter please contact Terry Rea 01829 751618.

Bridge Notes 8

The game of bridge is full of little known but useful conventions. One such convention is the Rosencrantz Double, invented by the Mexican scientist George Rosencrantz. George was born in Hungary in 1916 and escaped the Nazis in the 1930s, finally settling in Mexico. In July 1984, he was playing in the North American championships when his wife, Edith, was kidnapped and ransomed for \$1million. Happily, she was later released unharmed and the ransom recovered.

Rosencrantz is mainly remembered for his work as a steroid chemist and the invention of the oral contraceptive. Some of us however, remember him for the Rosencrantz Double which goes as follows:

When left hand opponent has opened and partner has overcalled, responder bidding the third suit, a Rosencrantz double shows support for the overcall including a top honour.

Eg W N E S
 1♦ 1♠ 2♣ ?

A bid of 2♠ by South now shows 3 card spade support but denies a top honour. Double (alerted as Rosencrantz), shows 3 card support with a top honour, inviting overcaller to continue competing. Generally, this is still a weak pre-emptive bid (6 to 8 points), with 4 card support and stronger hands dealt with by a jump raise or cue bid.

Nick Mayfield



Christian Aid – Love rises up in response to world challenges.

For many years St Philip's Kelsall and Kelsall Methodist Church have joined forces to conduct a door-to-door collection during Christian Aid Week. In recent years the efforts of the volunteers and the village's generosity has raised over £2000 a year for the campaigns of Christian Aid. Of course this year such a collection was not possible, and sadly that means Kelsall's contribution is likely to be much lower. Some may think being a Christian charity leads Christian Aid to focus on Christian plights, but Christian Aid works in 37 countries fighting global poverty and injustice regardless of race.

Christian Aid work includes helping people to:

- claim their rights and access services such as healthcare and education
- ensure they are not discriminated against for any reason

- become more resilient to shocks and disasters such as drought, climate change and hurricanes
- make the most of opportunities, such as being able to sell their produce for a fair price.

This year Christian Aid is trying to provide basic supplies (soap, clean water and medical supplies) to those in the world dealing with COVID-19 who do not have the clean water we are fortunate to have access to, to drink and to wash with.

There are over 30 collectors who this year have been donating personally, or partaking in Christian Aid quizzes (available via their facebook page). We would be most grateful if anyone who feels able and willing to donate would do so online at <https://donate.christianaid.org.uk>

You may see me over the summer (with baby Charlie on my back) litter picking across the village. Initially Christian Aid was hoping to raise money for issues affected by global warming. I committed to conduct a sponsored litter pick in Christian Aid Week but aim to do it over the longer period of the summer. If anyone sees me around and about, and is inspired to donate you can do so on Just Giving at <https://www.justgiving.com/fundraising/sarah-bunting2020>.

Sarah Bunting on behalf of St Philip's and Kelsall Methodist Church.

Kelsall Patient Participation Group: A good example of what we can do



Patient Participation Group



It is current practice for staff of Kelsall Medical Centre to contact high risk patients, by telephone, on a regular basis to ensure that they are ok and safe.

During one of these phone calls, a member of the Medical team identified that a lady was in a depressed and anxious state. The reason was established that her husband, who suffers from dementia has been in a Care Home for a number of years and she had, until recently, been able to visit him on a regular basis, but as a result of the current crisis, she has been unable to see him for 6 weeks and she was very concerned and upset.

The staff member of the Medical team reassured her and said that she would try to help by speaking to the Kelsall PPG. She then telephoned us and explained the situation to see if either we or anyone we knew of could help the lady. We offered to do what we could and the staff member then phoned the patient back and gave her our contact number, assuring her that we would try to assist and also reassuring her of our confidentiality.

This lady rang us within minutes and a trust between her and us was quickly established. We found out that whilst the lady had a smart phone as her only means of communication, she did not know how to use the technology to generate any visual contact with anyone.

She was, by this time, very anxious and clearly frustrated and upset, but so grateful for the contact we had made.

We then talked to her again and found that she actually used Facebook, so over the next hour, we talked her through the process of using both WhatsApp and Messenger, getting her to contact us on a number of occasions until she was familiar with the process.

With renewed confidence she then contacted the Care Home and asked if someone could connect her with her husband via a video link. The Care Home had never done this sort of thing before and said that they would try to find a member of staff who could help her and they would attempt to achieve some form of contact that same day.

Some hours later, she called us back, a much happier lady and confirmed that she had seen her husband on her phone and was greatly relieved. The Care Home have now promised a regular weekly video call between her and her husband.

We are sure that there are similar situations where we can assist and we would ask anyone to either contact Jen and Alan on 01829 458396 or call Kelsall Surgery. Either way, your call will be treated with the utmost confidentiality as was the above case and we will do all we can to help.

As always, would you please pass this information to anyone who may not have received this.

Not everyone is on our database and there are those who have no email facility.

Best wishes to everyone and stay safe!

New Medical Centre Moves One Step Closer

The Patient Participation Group is pleased to be able to report that the legal agreements are now in place to enable construction work to start on site. The Medical Practice is to be highly commended for keeping the new surgery project on track whilst dealing with the enormous clinical demands arising from the Covid-19 emergency. Doing both things at the same time has been particularly challenging and we very much appreciate their commitment.

Now the only remaining issue for the start of the build is the limitations that the Covid-19 measures place on the construction industry getting back to work and we have no news on a date for the start. It is disappointing to reflect that all our fundraising was geared to a May 2019 start on site, but problems dealing with the conditions attached to the planning approval and obtaining all the necessary approvals from the NHS have caused long and unexpected delays.

The Wellbeing Hub will be constructed at the same time. The legal agreement between the Medical Practice and the PPG has been agreed in principle but is not yet in the form of a legal contract. The Heads of Terms for the 125-year lease of the Wellbeing Hub has been agreed with Assura plc who will own both the Medical Centre and the Wellbeing Hub but the lease is not yet in final form. So, we are a long way down the path of completing all the necessary legal agreements but we're not quite there yet.

When construction has started and all the legal agreements are in place, we shall be launching our next fundraising campaign to raise the £33,000 needed to repay those who bought bonds.

Meanwhile, we would like to thank everyone who has supported our fundraising by attending events, making donations and buying bonds which has put us in the position of being able to pay for the construction.

You can follow us on FaceBook at KelsallWellbeingHub and www.kelsallppg.com or contact us at humphrey@kelsallwellbeinghub.co.uk

Kelsall Ladies THURSDAY Group

Hello to all our Members and to anyone reading this who may be thinking of joining us in the future. The Committee hope that you are all keeping well and finding plenty to do.

As we all know, this is proving to be a very challenging time for everyone, but it is also bringing about some amazing changes for the good, such as renewed friendships and a great deal of thoughtfulness. I have heard several heart-warming stories over the past weeks of kindness and consideration towards people – and not only the elderly or those at high risk. It should give us a real feel good factor if we are able to help others, even if it's only by means of a phone chat, and I do hope that you are keeping in touch with one another.

Unfortunately, like many organisations and groups, we have needed to cancel our Speakers for the immediate future, but they have each expressed a wish to come and join us once things are back to normal. The Committee are in touch with each other, and over the summer we will hopefully put together a programme for 2020-2021, but this will obviously depend on when it will be safe for us to meet up once again as a group and when the Church Lounge will re-open.

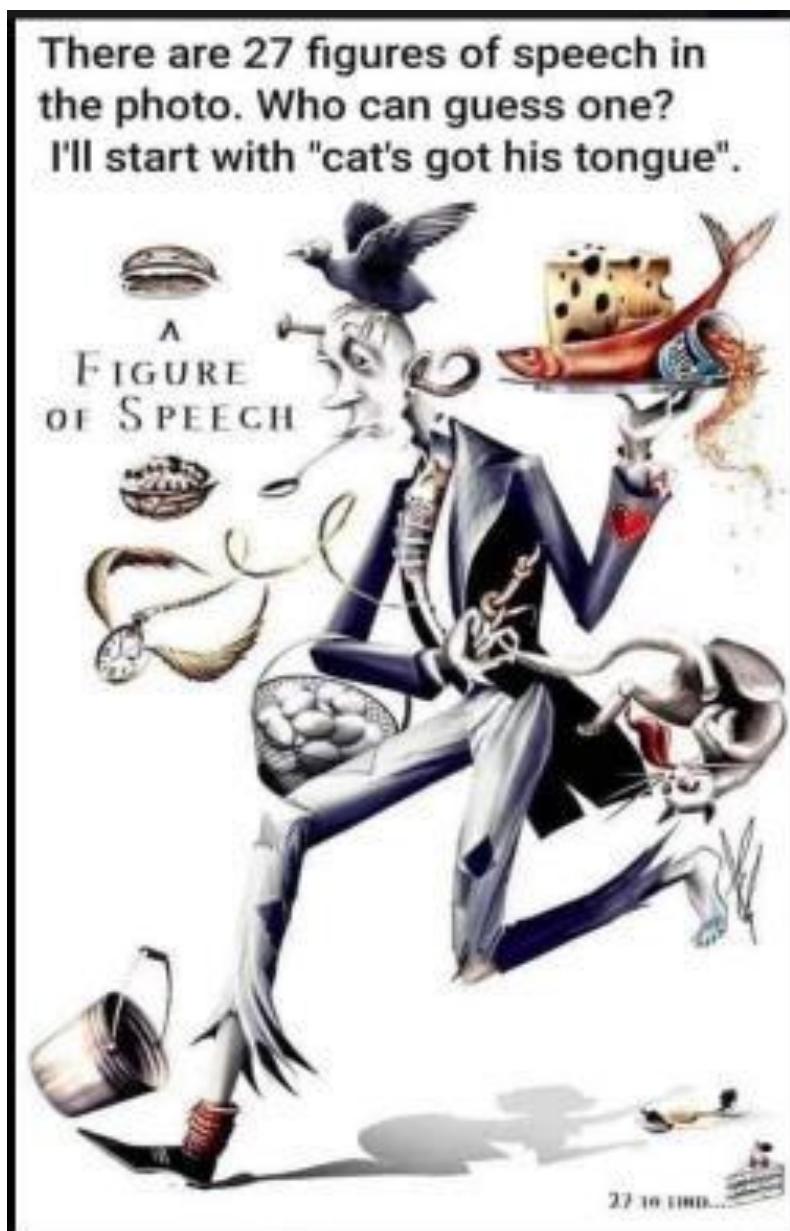
I am able to tell you that we have sent our annual donation to Tarporley Hospital following their appeal during this pandemic. Given that we have no outgoings for Speakers or room hire at the moment, we increased this to £150.00.

Please stay safe and well and we will keep in touch with you by phone or email once we have anything to report. In the meantime, do please give some thought as to whom you can bring along to Thursday Group – there are probably now a few people out there who would welcome joining a new group and making new friends.

With very best wishes from myself and the Committee.

Jen Bottomley - President

Tarporley Hospital built as a War Memorial celebrated its centenary in 2019 - Editor



Well, here we are in lockdown, but that doesn't mean we in the Kelsall WI are sitting at home with our feet up! One of our ex-presidents emails a weekly newsletter to each member which has contributions from us all, including quizzes, poems and recipes. Recently there were some fascinating photos of Edwardian ladies wearing facemasks during the 1919 Flu epidemic, and of course some pictures of our beautiful gardens which are getting a lot of attention this spring with so much time on our hands! Our programme of events for this year is a distant memory so we thought you might like to hear about some of the visits and events we have had in the recent past, which gives a flavour of what being in the Kelsall WI is all about.

The current situation with Covid-19 has been likened to a war and it is worth noting that in the Second World War it was the then National Chairman of the WI, Lady Denman, who masterminded the Land Girls initiative. With VE Day being celebrated, it seems appropriate to remember the visit we made to the National Memorial Arboretum where we attended the short daily memorial service, had an audio guided land-train tour followed by a lovely sunny day exploring the 30,000 trees, and the many exhibitions and memorials, including this statue commemorating the Women's Land Army and the

Women's Timber Corps.

There are usually plenty of visits arranged throughout the year and in the recent past we have been to such varied venues as the Manchester Jewish Museum, The Haworth Art Gallery in Accrington which has a world famous Tiffany glass collection, and a visit to the beautiful Bodrhyddan Hall and gardens.

Last year the Kelsall WI did very well in the WI tent at the Cheshire Show, winning 2 first prizes. As the Cheshire Show will not be taking place this year as usual, it's a good job we had a Mini-Show of our own just before Christmas with categories ranging from cakes and canapés to homemade cards and paintings. It was amazing to see how talented our members are.

Our regular meetings are suspended for the foreseeable future but if you would like to know more about us, please visit our website www.kelsallwi.org.uk which has information and photographs of our activities, together with a contacts email so we can get back to you. We would love to see you at one of our meetings once life returns to normal. So in the meantime, stay safe - "we'll meet again"!

Fiona Bazley



In the Time of Pandemic

'Untitled' by Kitty O'Meara

And people stayed at home

And read books, and listened, and they rested,
and did exercises, and made art and played, and
learned new ways of being, and were still.

And they listened more deeply, some meditated,
some prayed, some danced. Some met their
shadow. And the people began to think differently.

And people healed.

And, in the absence of people living in ignorant,
dangerous, mindless, and heartless ways, the
earth began to heal.

And when the danger
passed, and the
people joined together
again, they grieved
their losses, and made
new choices, and
dreamed of new
images, and created
new ways to live and
heal the earth fully, as
they had been healed.



The Spanish Flu Pandemic 1918-1919

The so called 'Spanish Flu' was caused by an avian virus (H1N1) which crossed from birds to humans and is estimated to have infected 500 million people worldwide, and of these more than 50 million could have died. More than the total casualties – military and civilian – from the First World War

It first appeared in early in March 1918 and one of the first registered cases was a US Army cook at a camp in Kansas, home to 54,000 troops. It spread rapidly and 38 otherwise healthy young men died.

As troops deployed for the war effort, they carried the virus with them and by April and May it spread throughout western Europe. It was estimated that three quarters of the French military were infected and half of British troops.

It was then it was given the misnomer of "Spanish". Spain was a neutral country during WW1 and didn't impose wartime censorship on the press as did France, Britain and USA where newspapers were not allowed to report anything which might harm the war effort or civilian morale. So, because Spanish journalists were the only ones reporting the flu outbreak it became 'Spanish Flu'.

"In war; truth is the first casualty" Aeschylus 5th century BC



By the summer of 1918 it was hoped that the virus had run its course, but it reappeared in a more virulent form later in the year, spread by troop movements, and a unique feature was the high mortality among healthy young people in the age group 20-40. Tragically many young men who had survived the fighting died from the virus.

In January 1919 a third wave erupted in Australia and worked its way back to Europe and USA. President Woodrow Wilson is believed to have contracted the virus at the Paris Peace Conference in April 1919

It was not until the 1940s that the first flu vaccine was developed by Drs Salk and Francis with support from the US Army, because of their experience in WW1

Anne O'Donnell



Thanks to the WI for the poem and photos

JIGSAWS

on my mind



I read recently that jigsaws are back in fashion but did they ever become unfashionable? No. Instead, they kept a low profile and waited for us to realise that technology doesn't fulfil all our needs.

Jigsaw puzzles, or Dissections as they were originally called, were invented by British cartographer John Spilsbury in the 1760s. He produced his first jigsaw by attaching a world map to wood and carving out the countries. These dissected maps were used for educational purposes to teach geography. Most modern jigsaws are made from cardboard with an infinite choice of images and are largely used for entertainment purposes.

With many people seemingly inseparable from their screens you could be forgiven (but not by me) for thinking that the humble jigsaw would be in terminal decline. Not so. While the coronavirus has left us housebound for 23 hours each day, a length of time even an iGadget can't fill, there has been a remarkable revival in traditional pastimes, including jigsaws.

The resurgence in enthusiasm for jigsaws pre-dates the coronavirus crisis and has its roots in the mindfulness movement of recent years and changing attitudes to mental health. Academic studies show that frequent jigsaw puzzling is likely to alleviate mental health problems such as anxiety and depression by occupying sufferers with an enjoyable and structured activity. The concentration required for the activity and the eventual satisfaction of a mission accomplished are thought to be very positive factors for improved self-esteem and wellbeing. It is also thought that jigsaws can improve brain function in later years. People living with dementia or cognitive decline may benefit from the popularity of nostalgic themed jigsaws in the UK as these can evoke fond memories and spark conversations.

Celebrity endorsements

An increasing number of celebrities have revealed



Laurel & Hardy
'Me and My Pal' (1933)

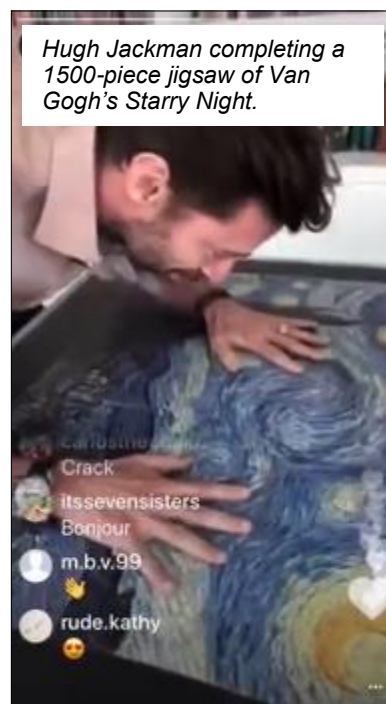
themselves to be avid puzzlers. Not since the 1933 Laurel & Hardy film 'Me and My Pal' have so many famous people been willing to reveal their hobby. Actors Hugh Jackman and Patrick Stewart and musicians Ronny Wood and Fatboy Slim are all devotees, as is the Queen apparently.

If jigsaws are good enough for Stan & Ollie, they're good enough for me.

If you are persuaded that jigsaws tick many boxes, we run an entirely free lending library available to all Kelsall residents.

Visit dabhandpuzzles.uk/handy-jigsaws-library-kelsall-launch/ for details or call Delia on 07803 203617 or 01829 458259.

Sam Geoghegan



HANDY JIGSAWS

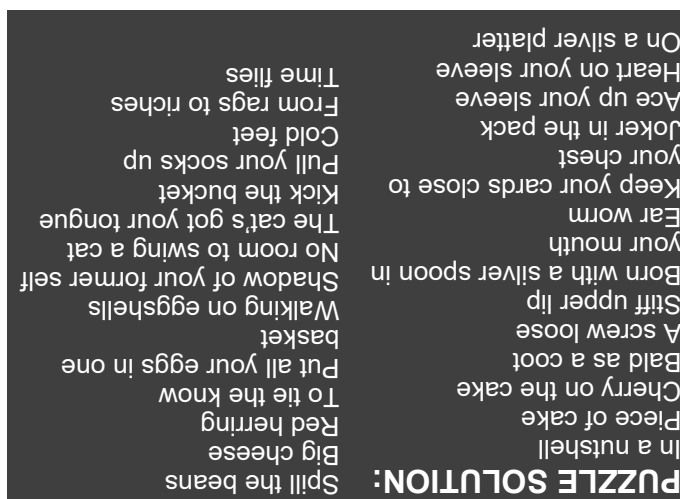
Kelsall's new **FREE** jigsaw lending library

Supporting the local community and the Kelsall Wellbeing Hub

Launched in consultation with the Kelsall PPG

Available to ALL Kelsall residents

A long-term initiative run by Dab Hand Puzzles & Pastimes



Life

by Alan Bool

The joy of waking on a summer's morn
The thanks when harvested is the corn
The thrill of youth for ventures new
The contentment of age admiring a view
The pleasure of holding a baby new born
The warmth of the sunlight upon a new dawn.

The pound of the heart when love's in the air
The hug of a loved one to show that they care
The help one can give to others less able
The prayers one should give when sitting at table
The acceptance of others whose views you oppose
The loss of all tiredness when having a doze.

The friendship of others that helps to support
The wise use of language that many are taught
The care one can give when others are ill
The horror of death that makes us stop still
The shyness we have with others unknown
The infection of laughter so good when its sown.

The peace that we hope, for others at war
The striving we do to keep wolf from the door
The courage of those who smile through their fear
The voice of a dear one bringing warmth to the ear
The smell of fresh bread at the baker's door
The greed of those who always want more.

The anger we feel with little good cause
The time we should give to stop for a pause
The look in the eye that can tell one so much
The feel of your hair so soft to the touch
The knowledge assembled by past generations
The skill of the surgeon in heart operations.

The vastness of space so much to explore
The limits of man no one should ignore
The destruction of people when settling wars
The loss of morality when evening scores
The power of forgiveness to regenerate hope
The life that we live such a slippery slope.

Kelsall OPAL Club celebrates its 30th Birthday



This week marks the 30th Birthday of Kelsall OPAL Club. What an achievement! Founded with the help of Gill Clough in 1990, the Club has several volunteers with over 25 years' service under their belts. Based in the Methodist Church on Mondays, the Club has offered a fun weekly day out for local older people in much the same way then as it does now.

In late 1990 John Faries, a widower for 6 years, decided to give the Club a go and wrote the following about his experience in KADRAS magazine :

'After a few weeks, I now look forward to Mondays. We are greeted with smiling faces, we talk, exchange memories, play games and make new friends, especially with those who volunteer to transport, entertain and feed us. The wonderful thing is that so many people from diverse fields of life have come together as a community. The spirit of humanity is supreme, this fills an old man with gratitude and hope for the future.'

Zoe Blocksidge, Kelsall OPAL Clubs Organiser praised everyone involved throughout the last 30 years- *"Well done to each and every volunteer, the Club's success has been achieved through your hard work and support. Long may it continue to provide support for older people in our rural community - thank you."*

The Coronavirus outbreak has meant that OPAL has had to quickly adapt how we support older people in our local communities. We closed our Clubs and other services early on and knew it was vital we found other ways for people to stay in touch with one another so we rapidly developed a number of ways to keep our OPAL community connected including:-

- A telephone befriending service – with help from our wonderful volunteers we have been able to arrange regular telephone calls for our members.
- A telephone IT support service offering those aged over 60 advice on using mobile phones, tablets and laptops.
- A fun and informative weekly newssheet called OPAL Reach which is emailed or posted out to everyone in our OPAL community.
- A weekly online meeting for Carers with guest speakers and the opportunity to share tips and advice.

All our OPAL volunteers, trustees and staff have stepped up to the plate and we have some wonderful stories of support, kindness and compassion during these strange times. We have been able to help people get connected online with their loved ones, provide information on shopping and other services available and have even had our community planting sunflower seeds, making butterflies and sharing VE day memories!

Thanks to some emergency funding from the Cheshire West and Chester Coronavirus Community Response Fund we are now delighted to open up our new services to new members - free of charge. So, if you live in Kelsall or one of the surrounding villages in rural west Cheshire and are aged over 60, why not get in touch with us today?

More information can be found at www.opalservices.org.uk or by calling Zoe Blocksidge on 07562 619275 or if you would like to find out more about volunteering at OPAL please contact volunteering@opalservices.org.uk.

Think about me, not my age

OPAL Services (Rural West Cheshire)
PO Box 161, Whitechurch, SY13 9BG
www.opalservices.org.uk

Registered Charity No: 1143753
Registered Company No: 7521625